

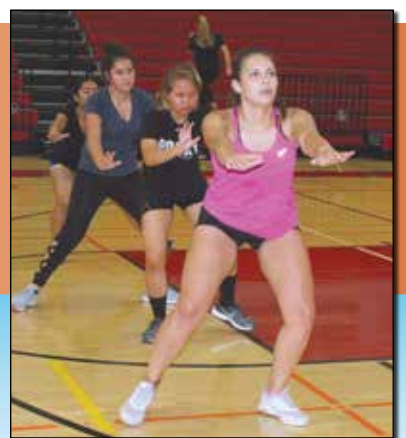
**Fab 40's 5k Run  
Brings Out  
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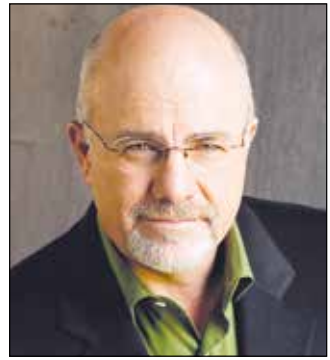
# Grapevine Independent

VOLUME 49 • ISSUE 32

PROUDLY SERVING RANCHO CORDOVA & SACRAMENTO COUNTY

August 5, 2016

**DAVE RAMSEY:  
LEARNING  
AND LIVING**



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**D.A. SENTENCES  
CRIMINALS FOR  
MULTIPLE CRIMES**



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**YOU THINK YOU WANT  
TO GET ORGANIZED,  
BUT DO YOU REALLY?**



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## Come Run for Reece

Story by Margaret Snider

**RANCHO CORDOVA, CA (MPG)** - Reece Jones of Rancho Cordova is an enthusiastic 9-year-old going into 4th grade at Navigator Elementary School. Reece's life, however, has been quite different from other students.

Reece was diagnosed with developmental delay at 6 months, and at 14 months began having episodes of uncontrolled body movements. Doctors and specialists followed one after another, as Reece and his parents, Matt and Kelly Jones, over seven years, waited for referrals, for appointments, for lab work, and for results, all of which had been negative. "We've been all the way down to Children's Hospital in Los Angeles a couple times," Kelly said. "We've been to Stanford . . . and finally Kaiser is the one who got us a diagnosis." The diagnosis came three days before he turned 8 years old.

Exome testing, which checks 5,000 genes, revealed Reece to have glucose transporter type 1 deficiency syndrome, or Glut1. Only about 500 people in the world have that diagnosis.

Unlike more common disorders, Glut1 deficiency has no national society to raise funds for research. All fundraising is done by parents, and Kelly began thinking about having a fundraiser here. The result is the Color 5K "walk, run, hop, skip, leap, mosey" on Saturday, August 27, starting at Navigator Elementary School, 10679 Bear Hollow Drive, Rancho Cordova. Pick up packets starting 8 a.m. The run begins at 10 a.m. Register to participate or donate at [RanchoCordova.Color5K.run](http://RanchoCordova.Color5K.run). Donation is \$40 for an individual, \$35 for a family group of 3 or more, and \$35 for a team of 4 or more participants. Other donation options can be found on the registration page. To save \$5 on registration, put in the donation code GRAPEVINE in all caps.

4A Promotions of Rancho Cordova is one of the sponsors of the event. Vice president of 4A, Jennifer Laret, has a daughter in Reece's class at school.



The Jones family, from left to right: Matt, Reece, and Kelly. Their seven year quest led to Reece's diagnosis with a rare genetic disorder. Photo by Penny Sylvia Photography

Reece Jones (at right) participates in Build and Grow, a program provided by Lowe's for kids with disabilities. This summer the children are building a series of Marvel superheroes. Photo by Margaret Snider

Knowing the family, Laret and her brother and sister Matthew Anderson and Brittany Smith, co-owners of 4A, are helping organize and promote the event. "I feel that our family benefits as much, if not more, from the relationship as the Jones family," Laret said. "Reece is just one

Continued on page 3



## Golden State Water Launches H2OMakeover Contest

Customers Encouraged to Share Creative Water-Saving Tips For Chance to Win a Free Indoor Conservation Makeover

**RANCHO CORDOVA, CA (MPG)** - Golden State Water Company (Golden State Water) is hosting a #H2OMakeover contest during the month of August, asking customers to submit creative conservation tips for a chance to win a free indoor conservation makeover. The #H2OMakeover contest is designed to promote water-use efficiency and responsible water use during the current drought emergency.

To participate in the contest, customers are encouraged to share creative conservation tips in written, photo or video format through Aug. 26, 2016. Tips can be emailed to [waterways@gswater.com](mailto:waterways@gswater.com) or sent to @GoldenStateH2O on Twitter using the #H2OMakeover hashtag. Golden State Water will select the five most creative conservation tips as finalists, and one contest winner will be selected by customers in an online poll at [gswater.com](http://gswater.com), between Aug. 29-Sept. 1, 2016. The winning conservation tip will be announced on Sept. 2, 2016.

The contest winner will receive a free indoor conservation makeover, which can include up to two new high-efficiency toilets, showerheads, features (faucet aerators, etc.) and installation. Only current Golden State Water customers are eligible to participate in the contest.

"We are always seeking fun, innovative ways to engage with and educate customers regarding the importance of using water wisely and efficiently," said Edwin DeLeon, Water-Use Efficiency Manager for Golden State Water. "The #H2OMakeover contest gives customers an opportunity to share their creative conservation tips with others, and one winner will have their home retrofitted with high-efficiency devices and fixtures that can help them save water and be even more water savvy."

All conservation tips submitted through the contest may be highlighted on Golden State Water's website ([gswater.com](http://gswater.com)), as well as the organizations' Twitter and other social media channels. Tips may be displayed with the first name, last initial and city of the person who submitted the creative tip.

"Our customers have done a tremendous job saving water during this drought, and many realize that responsible water use must become a way of life for Californians," said DeLeon. "We hope the #H2OMakeover contest will raise awareness that simple changes can make a big impact."

For more information on the #H2OMakeover contest, customers are encouraged to visit [gswater.com](http://gswater.com). For contest updates and information about the drought and conservation, follow Golden State Water (@GoldenStateH2O) on Twitter.

Source: Golden State Water

## Food Locker Receives Grant for New Truck



**RANCHO CORDOVA, CA (MPG)** - At the August 1 City Council meeting, the Rancho Cordova City Council presented checks to five local organizations who received grants from the City's Community Enhancement Fund. The Cordova Community Food Locker received a grant for \$40,784.87 to purchase this new box truck! The truck will be used to collect and deliver emergency food supplies to the hungry, including families and children, in the City of Rancho Cordova. Pictured left to right: Council Member Robert McGarvey, Deacon Walter J. Little, Council Member Dan Skoglund, Vice Mayor Donald Terry, Council Member Linda Budge, and Gary Greeson.

# Fab 40's 5k Run Brings Out 1,000 Runners

**SACRAMENTO, CA (MPG)** - The Annual Fab 40's Run/Walk to benefit the Alzheimer's Association drew close to 1,000 runners from around the Sacramento area on Saturday, July 30th at East lawn Memorial Park on Folsom Blvd.

enthusiasm as the children. Mia Lynn Fisher is the young lady opening the ceremony by signing the National Anthem.

Plan to attend next year's run now. Contact East Lawn to become a supporter or participant by calling 916-732-2020. ★

This yearly event proves to be a tremendous gathering of people volunteering their time and efforts to help the cause against Alzheimer's disease and to honor their loved ones who have suffered or died from the disease.

The event draws many sponsors, vendors and contributors, all who support the work for a cure. It could not be possible without the huge effort provided by the entire staff at East Lawn.

These photos show the runners participating, from youngsters who get their own run, to the adults who take on the 5K run with as much



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# Grant Given for VA Meditation Garden



**RANCHO CORDOVA, CA (MPG)** - The VA Northern California Health Care System received a check for \$2,500 to create and install a mosaic mural in the newly constructed meditation garden at our local VA Hospital. It is anticipated that mosaic flowers will be

donated from artists worldwide, and veterans and their families and members of the community will be invited to assist with the creation and installation of the mural. Pictured left to right: Vice Mayor Donald Terry, Program Director of Voluntary

Services Maria Almes, Council Member Robert McGarvey, Council Member Linda Budge, Rancho Cordova resident, artist and VA volunteer Robin Moyher, and Council Member Dan Skoglund. ★

# Come Run for Reece

*Continued from page 1*

of those special kids – you feel like you get a lot out of knowing him.” The money raised will benefit both the Glut1 foundation and the celiac foundation.

Since the diagnosis, Reece has started on a special ketogenic diet. “No sugar, low carbs,” Reece said. “What we use to figure out my meal is called a keto diet calculator.” Since starting the treatment, Reece’s condition has significantly improved. Though his weakness remains, he has gone for 11 weeks without the movement disorder occurring, the longest period of time ever for him.

“This year, he was most often walking out of class after school,

as opposed to being in his wheelchair,” Kelly said. “He joined the track and field club at school and he was able to run.” He also joined the Navigator drama club and choir, and participated in Pirates the Musical.

“You’ve been working a lot harder than most kids have had to work at things,” Kelly told Reece.

What Reece likes best at school is seeing his friends. As far as schoolwork, he likes math. For fun, he has a Wii and 3DS video game. “I’ve been practicing on it a lot,” Reece said. ★

**Reece Jones with his service dog, Tamson. Reece can hold onto Tamson when he is walking if he has trouble with his balance.** Photo by Margaret Snider



*There is such a thing as a*

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# And Another Thing ...

*Life Is Too Full of Good Things to Let The Bad Things Take Over*

that is provided, but she thinks that too many people put out their trash and just wait for it to be picked up. The problem with that though, is that whoever just piles the stuff out on the curb doesn't call Republic Services for them to come by and collect the waste. Our city doesn't have the time or the people to drive around looking for trash, and at times it looks like someone just dumped their stuff during the night.

Republic Services will pick up bulk waste after you call them, and that's why they say "Dial before you pile". It is a reminder that the resident must call them at (916) 638-9000 before the resident puts all the trash out on the street, and it is only supposed to stay on the street for 48 hours. In the City of Sacramento, the residents can only have the trash on the street for 24 hours. The bulk waste pick-up appointment then sets the time for the resident to put things out. I can understand the residents' complaints when the trash looks like it did before we became a city and the county only picked up bulk waste once a year, and all of Rancho Cordova had trash out for almost a month waiting for it to be picked up. So, remember to call and set

up a time that is convenient for you before you put your bulk trash out on the curb.

And another thing, the news media can find so many bad things that happen every day and focus only on them. I told our children when they were growing up that if they were mad about something, it is easier to go through life if you take just a moment and think about how important it will be an hour, or even how much it may mean to you in 10 minutes. Life is too full of good things to let the bad things take over. I think it may have helped them get through some of the difficult times, at least I hope so. If you get hurt in an accident, your brain doesn't let you think of or remember all the pain, say when you broke your arm or your leg.

As I said earlier, there are too many good things we can hold on to than to let all of our worries and pain take over our lives. E. Joseph Cossman said, "If you want to test your memory, try to recall what you were worrying about one year ago today." My memory works much better remembering the good.

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



My family and I went to Florida to visit our daughter and her family in Jacksonville last month. We had a wonderful visit. They say that going on a vacation can refresh your mind and body, and it did. It also meant that I missed my column last week, but I don't think I will miss it again for a while. I know, famous last words, but watching our grandkids as they go back to school next week, going back to work, getting some work done at home... It will be easier to work on the column. Speaking of the column, it gives me an opportunity to pass on some information that is sometimes just a regular conversation piece, and at other times it is information that I feel is very important. And thanks to everyone who passed on their thoughts about the column.

I received a letter from a resident who doesn't think much of the three times you can get your bulk trash picked up every year. She knows it is handy for some people to use the service

## WIDOWED PERSONS ASSOCIATION OF CALIFORNIA



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

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**Crossword Puzzle on Page 9**

S	T	A	M	P		A	R	C		L	A	D	Y						
C	A	N	O	E		B	Y	E		C	O	B	R	A					
A	B	O	D	E		L	E	A		A	G	L	O	W					
D	U	N	A	W	A	Y		S	T	R	E	E	P						
						L	E	I	N	E	E	D							
F	A	R		E	L	B	E		E	I	G	H	T	S					
O	D	E	S		E	R	R	S		A	L	A	R	M					
N	O	D	E		D	A	V	I	S		E	T	U	I					
D	R	I	E	S		G	O	B	I		N	E	T	T					
A	N	D	R	E	A		U	S	E	R		S	H	H					
						E	G	I	S		G	O							
						K	E	A	T	O	N		H	E	P	B	U	R	N
F	E	T	C	H		L	E	O		E	E	R	I	E					
I	N	A	N	E		A	V	E		R	A	S	E	S					
N	O	S	E			W	A	R		S	H	A	L	T					

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**Sudoku Puzzle on Page 9**

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

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## FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05479 Hoi Wah Derek Lok and Margaret Wai Lan Yeung, 7712 Hendon Way Elk Grove, CA 95758 are doing business under the Fictitious Business Name(s) "Lok Creation Company, Team Resources Company" at 7712 Hendon Way Elk Grove, CA 95758. Filed with the Clerk of Sacramento County July 6, 2016. Publish: July 15, 22, 29, and August 5, 2016  
LOK 160708 8-5-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05547 Robert J. Cancilla, 9445 Golden Plover Way Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "R.J. Cancilla Consulting" at 9445 Golden Plover Way Elk Grove, CA 95624. Filed with the Clerk of Sacramento County July 8, 2016. Publish: July 15, 22, 29, and August 5, 2016  
RJ 160708 8-5-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05539 Vitaliy Nechay, 8000 Barton Road Granite Bay, CA 95746 is doing business under the Fictitious Business Name(s) "Great American Auto" at 7201 16th Street Rio Linda, CA 95673. Filed with the Clerk of Sacramento County July 7, 2016. Publish: July 15, 22, 29, and August 5, 2016  
GREAT 160708 8-5-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05399 Brenda Baranda and Edgar Ramirez, 10413 Georgetown Drive Rancho Cordova, CA 95670 are doing business under the Fictitious Business Name(s) "Greenview Maintenance & Landscape" at 10413 Georgetown Drive Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County July 1, 2016. Publish: July 15, 22, 29, and August 5, 2016  
GREENVIEW 160708 8-5-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05540 Yuri Kovalyov, 6100 Landis Avenue Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "5 Star Delivery and Courier Service" at 6100 Landis Avenue Carmichael, CA 95608. Filed with the Clerk of Sacramento County July 7, 2016. Publish: July 15, 22, 29, and August 5, 2016  
SSTAR 160708 8-5-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05475 Quyen Thi Do, 6968 Maita Circle Sacramento, CA 95820 and Thanh Thi Dan Nguyen, 1601 Vineyard Road Apt #822 Roseville, CA 95674 are doing business under the Fictitious Business Name(s) "Q's Salon and Spa" at 8047 Greenback Lane Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County July 6, 2016. Publish: July 15, 22, 29, and August 5, 2016  
QSSALON 160708 8-5-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05195 Debra Casha, 7880 Olive Street Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Royal Totes by Titan" at 7880 Olive Street Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County June 23, 2016. Publish: July 15, 22, 29, and August 5, 2016  
ROYAL 160708 8-5-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05418 Mingdan Wei, 4026 Barbara Street Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Lotus Day Spa" at 2830 Northgate Boulevard #2 Sacramento, CA 95833. Filed with the Clerk of Sacramento County July 5, 2016. Publish: July 15, 22, 29, and August 5, 2016  
LOTUS 160708 8-5-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05138 Global Water Management, LLC, 21410 North 19th Avenue Suite 201 Phoenix, AZ 85021 is doing business under the Fictitious Business Name(s) "Fathom Contracting" at 21410 North 19th Avenue Suite 201 Phoenix, AZ 85021. Filed with the Clerk of Sacramento County June 22, 2016. Publish: July 15, 22, 29, and August 5, 2016  
FATHOM 160708 8-5-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05381 Shelley Lynn Gregory, 3080 Spencers Road Camino, CA 95709 is doing business under the Fictitious Business Name(s) "SL Gregory Public Adjusters" at 101 Parkshore Drive #100 Folsom, CA 95630. Filed with the Clerk of Sacramento County June 30, 2016. Publish: July 15, 22, 29, and August 5, 2016  
SL 160708 8-5-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05509 Nicholas L. Snell, 600 Laurel Drive Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Clean Care Pool Service" at 600 Laurel Drive Sacramento, CA 95864. Filed with the Clerk of Sacramento County July 6, 2016. Publish: July 15, 22, 29, and August 5, 2016  
CLEAN 160708 8-5-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05161 Omara Kakar, 1320 Los Robles Boulevard Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Omara's Room & Board" at 1320 Los Robles Boulevard Sacramento, CA 95838. Filed with the Clerk of Sacramento County June 22, 2016. Publish: July 15, 22, 29, and August 5, 2016  
OMARA 160708 8-5-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05211 RElbase Inc, 548 Market Street #69797 San Francisco, CA 94104 is doing business under the Fictitious Business Name(s) "Beverly Hills Association of Real Estate Investors" at 548 Market Street #69797 San Francisco, CA 94104. Filed with the Clerk of Sacramento County June 24, 2016. Publish: July 15, 22, 29, and August 5, 2016  
BEVERLY 160708 8-5-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05417 Julieta Nolan, 8218 Silk Tree Way Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Fabrication Design" at 8218 Silk Tree Way Antelope, CA 95843. Filed with the Clerk of Sacramento County July 5, 2016. Publish: July 15, 22, 29, and August 5, 2016  
FABRICATION 160708 8-5-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05433 The Lavennis Company, 3726 Los Santos Drive Cameron Park, CA 95682 is doing business under the Fictitious Business Name(s) "Your Energy Source" at 11295 Sunrise Gold Circle Suite B Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County June 29, 2016. Publish: July 15, 22, 29, and August 5, 2016  
ENERGY 160708 8-5-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05459 Ilya Nechitaylo, 3317 Folklore Way Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "EZtunez" at 3317 Folklore Way Sacramento, CA 95827. Filed with the Clerk of Sacramento County July 5, 2016. Publish: July 15, 22, 29, and August 5, 2016  
EZTUNEZ 160708 8-5-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05499 Kien Le, 25466 Mosswood Way Lake Forest, CA 92602 is doing business under the Fictitious Business Name(s) "Spoiled Pet's Elegance" at 8249 Rivallo Way Sacramento, CA 95829. Filed with the Clerk of Sacramento County July 6, 2016. Publish: July 15, 22, 29, and August 5, 2016  
SPOILED 160708 8-5-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05579 Terrille Wallace, 9812 Fair Oaks Boulevard Apt #713 Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Angie's Angels" at 9812 Fair Oaks Boulevard Apt #713 Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County July 11, 2016. Publish: July 15, 22, 29, and August 5, 2016  
ANGIES 160708 8-5-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05371 Kelly Ravenscroft, 3903 49th Avenue #25 Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Kellys Food Smoke & Gift" at 6650 Fair Oaks Boulevard Carmichael, CA 95608. Filed with the Clerk of Sacramento County June 30, 2016. Publish: July 22, 29, August 5, and 12, 2016  
KELLY 160716 8-12-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05383 Casual Elements, INC, 2419 Mercantile Drive #B Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Casual Elements, Inc" at 2419 Mercantile Drive Suite B Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County July 1, 2016. Publish: July 22, 29, August 5, and 12, 2016  
CASUAL 160716 8-12-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05727 Kassandra Douglas, 4058 Pinoche Peak Way Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Crafted By Kas" at 4058 Pinoche Peak Way Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County July 15, 2016. Publish: July 22, 29, August 5, and 12, 2016  
CRAFTED 160716 8-12-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05707 Michael Baumgartner, 660 Robertson Way Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "AMP Real Estate" at 660 Robertson Way Sacramento, CA 95818. Filed with the Clerk of Sacramento County July 14, 2016. Publish: July 22, 29, August 5, and 12, 2016  
AMP 160716 8-12-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05719 Mark R. and Teri L. Isaacs, 1990 Cottonwood Court Folsom, CA 95630 are doing business under the Fictitious Business Name(s) "Westcoast IT Solutions" at 1990 Cottonwood Court Folsom, CA 95630. Filed with the Clerk of Sacramento County July 15, 2016. Publish: July 22, 29, August 5, and 12, 2016  
WESTCOAST 160716 8-12-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05726 Erdenekhui Bajaakhuu, 3208 Black Eagle Drive Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Ericsson Trucking & Company" at 3208 Black Eagle Drive Antelope, CA 95843. Filed with the Clerk of Sacramento County July 15, 2016. Publish: July 22, 29, August 5, and 12, 2016  
ERICSSON 160716 8-12-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05423 Dan Perlea, 8546 Twin Trails Drive Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Know Big Deal" at 1931 H Street Sacramento, CA 95811. Filed with the Clerk of Sacramento County July 5, 2016. Publish: July 22, 29, August 5, and 12, 2016  
KNOW 160716 8-12-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-04939 Stephen Knox, 11908 South Carson Way Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Society of Clinical Neurology, SCN" at 11908 South Carson Way Gold River, CA 95670. Filed with the Clerk of Sacramento County June 16, 2016. Publish: July 22, 29, August 5, and 12, 2016  
SOCIETY 160716 8-12-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05513 Jose Luis Cruz Escalante, 3011 Bell Street Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Green Landscaping" at 3011 Bell Street Sacramento, CA 95821. Filed with the Clerk of Sacramento County July 6, 2016. Publish: July 22, 29, August 5, and 12, 2016  
GREEN 160716 8-12-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05266 Vickie Allen, 5871 Woodleigh Drive Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Vickie Allen Enterprises, Through Fresh Eyes" at 5871 Woodleigh Drive Carmichael, CA 95608. Filed with the Clerk of Sacramento County June 27, 2016. Publish: July 22, 29, August 5, and 12, 2016  
VICKIE 160716 8-12-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05577 Roberta Saucedo, 4510 Longview Drive North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Roberta's Mobile Pet Grooming" at 4510 Longview Drive North Highlands, CA 95660. Filed with the Clerk of Sacramento County July 11, 2016. Publish: July 22, 29, August 5, and 12, 2016  
ROBERTA 160716 8-12-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05564 Eleanor Tanglao, 6844 Woodlock Way Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Novateur Enterprises" at 6844 Woodlock Way Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County July 8, 2016. Publish: July 22, 29, August 5, and 12, 2016  
NOVATEUR 160716 8-12-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05364 Hector Rodriguez Santos, 1923 Bell Street Apt #130 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Capitan Headwear" at 1923 Bell Street Apt #130 Sacramento, CA 95825. Filed with the Clerk of Sacramento County June 30, 2016. Publish: July 22, 29, August 5, and 12, 2016  
CAPITAN 160716 8-12-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-04992 Vickie Allen, 5871 Woodleigh Drive Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Discover California, Taste of California" at 5871 Woodleigh Drive Carmichael, CA 95608. Filed with the Clerk of Sacramento County June 17, 2016. Publish: July 22, 29, August 5, and 12, 2016  
DISCOVER 160716 8-12-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05172 William Owens, 2105 I Street Rio Linda, CA 95673 is doing business under the Fictitious Business Name(s) "Arts Above the Realm, Through People Publishers" at 1110 Melody Lane #120 Roseville, CA 95678. Filed with the Clerk of Sacramento County June 22, 2016. Publish: July 22, 29, August 5, and 12, 2016  
ARTS 160716 8-12-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05568 Marsha Schindler, 1100 34th Street Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Clay/ARTstudio814" at 814 Alhambra Boulevard Sacramento, CA 95816. Filed with the Clerk of Sacramento County July 8, 2016. Publish: July 22, 29, August 5, and 12, 2016  
CLAY 160716 8-12-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05603 Sacramento Metro Chamber Foundation, One Capitol Mall Suite 300 Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "Metro Edge, Leadership Sacramento" at One Capitol Mall Suite 300 Sacramento, CA 95814. Filed with the Clerk of Sacramento County July 12, 2016. Publish: July 22, 29, August 5, and 12, 2016  
METRO 160716 8-12-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05601 Chang Yun, 3154 Flager Way Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Aqua Pulse Pool Service and Repair" at 3154 Flager Way Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County July 11, 2016. Publish: July 22, 29, August 5, and 12, 2016  
AQUA 160716 8-12-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05584 Mosel, LLC, 4000 Random Lane Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Ghiotto Gelato" at 6241 Fair Oaks Boulevard #E Carmichael, CA 95608. Filed with the Clerk of Sacramento County July 11, 2016. Publish: July 22, 29, August 5, and 12, 2016  
GHOTTO 160716 8-12-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05588 Zaid Saad Hussein, 5047 North Avenue #A Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Low Key Locksmith" at 5047 North Avenue #A Carmichael, CA 95608. Filed with the Clerk of Sacramento County July 11, 2016. Publish: July 22, 29, August 5, and 12, 2016  
LOWKEY 160716 8-12-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05590 Ericka M. Bradley, 7557 Skelton Way Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "My Heavenly Travels, Grown Folks Travel Club" at 7557 Skelton Way Sacramento, CA 95822. Filed with the Clerk of Sacramento County July 11, 2016. Publish: July 22, 29, August 5, and 12, 2016  
HEAVENLY 160716 8-12-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05589 Desiree Jordan, 421 Lanfranco Circle Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Desired Travel" at 421 Lanfranco Circle Sacramento, CA 95835. Filed with the Clerk of Sacramento County July 11, 2016. Publish: July 22, 29, August 5, and 12, 2016  
DESIRED 160716 8-12-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05542 Joan D. Doyle, 8176 Center Parkway #52 Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Bible Walk Ministries, Bible Walk Ministries Media and Publishing" at 8176 Center Parkway #52 Sacramento, CA 95823. Filed with the Clerk of Sacramento County July 7, 2016. Publish: July 22, 29, August 5, and 12, 2016  
BIBLE 160716 8-12-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05227 Dennis Cook, 8332 Elegans Court Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Keegans" at 8332 Elegans Court Antelope, CA 95843. Filed with the Clerk of Sacramento County June 24, 2016. Publish: July 22, 29, August 5, and 12, 2016  
KEEGANS 160716 8-12-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05579 Terrille Wallace, 9812 Fair Oaks Boulevard #713 Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Angie's Angels" at 9812 Fair Oaks Boulevard Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County June 11, 2016. Publish: July 22, 29, August 5, and 12, 2016  
ANGIES 160716 8-12-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05968 Svetlana Dubinsky, 8336 Ghislaine Way Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Bijir Jewelry" at 8336 Ghislaine Way Antelope, CA 95843. Filed with the Clerk of Sacramento County July 22, 2016. Publish: July 29, August 5, 12, and 19, 2016  
BUJR 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05984 Cynthia Unmack, 9012 Leedy Lane Fair Oaks, CA 95628 and Elizabeth L. Callahan, 6245 Louth Way Citrus Heights, CA 95621 are doing business under the Fictitious Business Name(s) "Speakeasy Fibers" at 9012 Leedy Lane Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County July 22, 2016. Publish: July 29, August 5, 12, and 19, 2016  
SPEAKEASY 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05931 Kishia M. Ogans, 8612 Forte Street Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Drum Key Investments, DK Investments" at 8612 Forte Street Sacramento, CA 95823. Filed with the Clerk of Sacramento County July 21, 2016. Publish: July 29, August 5, 12, and 19, 2016  
DRUM 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05961 Member In Black Private Security M.I.B., 4705 Donnie Lynn Way Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "M.I.B., Members In Black Private Security" at 4705 Donnie Lynn Way Carmichael, CA 95608. Filed with the Clerk of Sacramento County July 22, 2016. Publish: July 29, August 5, 12, and 19, 2016  
MIB 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05950 Michelle Sobala, 4146 N Country Drive Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Organic Webs, Good Vibes Salt Co, Yoga Crown, The Sky Has No Limits" at 4146 N Country Drive Antelope, CA 95843. Filed with the Clerk of Sacramento County July 21, 2016. Publish: July 29, August 5, 12, and 19, 2016  
ORGANIC 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05982 Ryan Farr, 1126 T Street # 5 Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "New Leaf Tree Service" at 1126 T Street #5 Sacramento, CA 95811. Filed with the Clerk of Sacramento County July 22, 2016. Publish: July 29, August 5, 12, and 19, 2016  
NEW 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05793 Miguel Marquez, 8054 Dorian Way Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "CoDevelopIT" at 8054 Dorian Way Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County July 18, 2016. Publish: July 29, August 5, 12, and 19, 2016  
CODEVELOPIT 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05424 Debi Giorchino, 4717 Star Road Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "On Target Media" at 4717 Star Road Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County July 5, 2016. Publish: July 29, August 5, 12, and 19, 2016  
ONTARGET 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05668 Terri Sher Barrett, 4704 Selway Court Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Downdog Boutique, Splash Dye" at 4704 Selway Court Elk Grove, CA 95758. Filed with the Clerk of Sacramento County July 13, 2016. Publish: July 29, August 5, 12, and 19, 2016  
DOWNDOG 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05383 Casual Elements, Inc, 2419 Mercantile Drive Apt #B Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Casual Elements, Inc" at 2419 Mercantile Drive Suite B Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County July 1, 2016. Publish: July 29, August 5, 12, and 19, 2016  
CASUAL 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05733 Xe Do Cali, LLC, 6830 Stockton Boulevard Suite 175 Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Xe Do Cali, LLC, Bus Cali, LLC" at 6830 Stockton Boulevard Suite 175 Sacramento, CA 95823. Filed with the Clerk of Sacramento County July 15, 2016. Publish: July 29, August 5, 12, and 19, 2016  
XE 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05880 Richard A Breadwell, 166 Feather River Circle Vacaville, CA 95688 is doing business under the Fictitious Business Name(s) "Capitol Planning Group" at 1540 River Park Drive Suite 107 Sacramento, CA 95815. Filed with the Clerk of Sacramento County July 20, 2016. Publish: July 29, August 5, 12, and 19, 2016  
CAPITOL 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05911 Poonam and Manjot Rakkar, 2626 Maybrook Drive Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Furniture Floors & More" at 3319 Watt Avenue Sacramento, CA 95821. Filed with the Clerk of Sacramento County July 20, 2016. Publish: July 29, August 5, 12, and 19, 2016  
FURNITURE 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05844 Muhammad Arfan, 3359 Norwood Avenue #14 Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Hat Trucking" at 3359 Norwood Avenue Apt # 14 Sacramento, CA 95838. Filed with the Clerk of Sacramento County July 19, 2016. Publish: July 29, August 5, 12, and 19, 2016  
HAT 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05811 Kenneth Sanchez Barnaby, 720 26th Street Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Sacramento Network Solutions" at 720 26th Street Sacramento, CA 95816. Filed with the Clerk of Sacramento County July 19, 2016. Publish: July 29, August 5, 12, and 19, 2016  
SAC 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05042 Wrinton Enterprises, 1924 Gold Nugget Place Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Associated Resources, Wrinton Enterprises" at 1924 Gold Nugget Place Gold River, CA 95670. Filed with the Clerk of Sacramento County July 20, 2016. Publish: July 29, August 5, 12, and 19, 2016  
ASSOCIATED 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05592 Sarah Torres, 8500 Pronghorn Court Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Little B Photo, Sarah Beth Photography" at 8500 Pronghorn Court Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County July 11, 2016. Publish: July 29, August 5, 12, and 19, 2016  
LITTLEB 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05504 Bright Futures Charities, Inc, 8900 Gold Leaf Way Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Bright Futures Charities" at 8900 Gold Leaf Way Sacramento, CA 95826. Filed with the Clerk of Sacramento County July 6, 2016. Publish: July 29, August 5, 12, and 19, 2016  
BRIGHT 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05769 Leonard L. Purdy Jr., 2312 Villanova Circle #8 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Purd Man Entertainment, DJ Purd Man" at 2312 Villanova Circle #8 Sacramento, CA 95825. Filed with the Clerk of Sacramento County July 18, 2016. Publish: July 29, August 5, 12, and 19, 2016  
PURDMAN 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05892 Tups Inc, 6326 Florin Road Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Wireless Stop" at 4540 Florin Road # C Sacramento, CA 95823. Filed with the Clerk of Sacramento County July 20, 2016. Publish: July 29, August 5, 12, and 19, 2016  
WIRELESS 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05866 Paul and Tamara Zimmer, 7616 Telegraph Avenue Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Red Rock Stables" at 7616 Telegraph Avenue Orangevale, CA 95662. Filed with the Clerk of Sacramento County July 20, 2016. Publish: July 29, August 5, 12, and 19, 2016  
REDROCK 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05689 Xpress Care Pharmacy Inc, 8774 Yellow Rose Court Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "True Quality Pool Service" at 3487 Edison Avenue # 10 Sacramento, CA 95821. Filed with the Clerk of Sacramento County July 13, 2016. Publish: July 29, August 5, 12, and 19, 2016  
TRUE 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05809 Xpress Care Pharmacy Inc, 8774 Yellow Rose Court Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Medicare Pharmacy" at 4241 Florin Road Suite 50 Sacramento, CA 95823. Filed with the Clerk of Sacramento County July 18, 2016. Publish: July 29, August 5, 12, and 19, 2016  
MEDICARE 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05797 Richard and Sandra Roberts Ministries, 8134 Great House Way Antelope, CA 95834 is doing business under the Fictitious Business Name(s) "Natomas Community Church, NCC" at 4147 Northgate Boulevard Suite 2 Sacramento, CA 95834. Filed with the Clerk of Sacramento County July 18, 2016. Publish: July 29, August 5, 12, and 19, 2016  
NATOMAS 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05778 Michael Prestwich, 2711 Tioga Way Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Bio Cleanze" at 2711 Tioga Way Sacramento, CA 95821. Filed with the Clerk of Sacramento County July 18, 2016. Publish: July 29, August 5, 12, and 19, 2016  
BIO 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05600 Tarig Iqbal, 5936 Winterham Way Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Quran Tutoring" at 5936 Winterham Way Sacramento, CA 95823. Filed with the Clerk of Sacramento County July 11, 2016. Publish: July 29, August 5, 12, and 19, 2016  
QURAN 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-06011 Anthony Munoz, 6040 Merindale Drive Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "A n D Home Services" at 6040 Merindale Drive Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County July 25, 2016. Publish: July 29, August 5, 12, and 19, 2016  
AND 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05515 Amy M. Davis-Carver and Michael C. Carver, 1601 Hood Road #21 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Bella Royal Salon" at 4350 Sunrise Boulevard Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County July 7, 2016. Publish: July 29, August 5, 12, and 19, 2016  
BELLA 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05957 La Merienda Inc, 6621 Dawson Way Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "La Merienda Inc" at 6621 Dawson Way Sacramento, CA 95823. Filed with the Clerk of Sacramento County July 22, 2016. Publish: July 29, August 5, 12, and 19, 2016  
LAMERIENDA 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05522 Michelle Barker, 2411 River Plaza Drive #148 Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Dabifonia" at 2411 River Plaza Drive #148 Sacramento, CA 95833. Filed with the Clerk of Sacramento County July 7, 2016. Publish: July 29, August 5, 12, and 19, 2016  
DAB 160723 8-19-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05855 Andrea Rosenblum, 5031 Runway Drive Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Healthcare Pathways" at 5031 Runway Drive Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County July 19, 2016. Publish: August 5, 12, 19, and 26, 2016  
PATHWAYS 160723 8-26-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-05632 Maria Stephanie Madrigal, 6141 37th Street Sacramento, CA 95824 is doing business under the Fictitious Business Name(s) "Jose's Street Maintenance and Landscape" at 8521 23rd Avenue #102 Sacramento, CA 95826. Filed with the Clerk of Sacramento County July 12, 2016. Publish: August 5, 12, 19, and 26, 2016  
JOSES 160723 8-26-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-06022 Nancy Jean Chermesk, 131 Davis Avenue Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "I'll Be Your Notary" at 131 Davis Avenue Sacramento, CA 95823. Filed with the Clerk of Sacramento County July 25, 2016. Publish: August 5, 12, 19, and 26, 2016  
PROS 160723 8-26-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-06030 Stef



Make It Fun and It Will Get Done!

The Secret to Being Organized

Pam Young's Corner

You Think You Want to Get Organized, But Do You Really?

If you're overwhelmed by life's ups and downs and twists and turns, or a little depressed because you don't like where you live, or who you're with, or just maybe you've gotten down on yourself, all that's happened is you've gotten a little sidetracked.

The only reason we ever want anything is because we want to feel better. Will getting more organized make you feel better? Sure it will, but there's not a whole lot to it. All you really need is a calendar, a watch and a timer. If you're not organized, it just means you're not using those tools!

Okay, there is one more element and that's clutter. The biggest destroyer of peace is clutter. You can't organize clutter, unless you'd like your home to look like a Goodwill outlet with each room resembling a specific aisle, like the toy aisle (kid's bedroom), the pots and pans aisle (kitchen), the linen and bedding aisle (master bedroom) and the clothing aisles (closets).

The changes you want to make are easier than you think. The solution to the mess you're in requires three intangibles: a decision to change, a commitment and a plan. You have

to make the decision to have a peaceful, less stressful life AND you have to commit to it FOR THE RIGHT REASON. The best reason is so that you can enjoy life more. We come here to enjoy life, not to be organized. Most of us get sidetracked when we grow up and get sucked into the world with so much to do that we forget to just enjoy the being part. We lose track of the gift of this precious life we've been given and usually only when we're threatened to lose it do we suddenly seek to "hold on for dear life."

The third element of change is a plan and the plan is simple. It's about knowing "what" to do and "how" to do it. You can Google yourself silly and in the hours you take to find just the right way to fold a towel, clean a toilet, dust and vacuum, while the laundry backs up, the toilets get dirtier and the dust piles up. The Club Organized plan (available on my website) involves 3x5 cards, real, hands-on cards you can print out and also use for DELAGATING to your family.

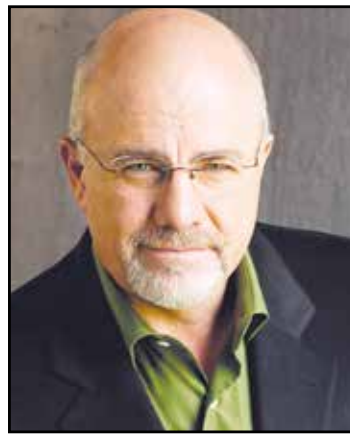
You also need those three tools: a calendar, a watch and a timer. With a calendar, you must look at it daily and a watch hourly. (Most of my club members have no concept of time.)

Being organized involves having a routine that keeps your body and mind healthy, your finances stable and your home clean and cozy. If you're overweight, stressed out, your house is a mess, you're in a financial mess (or all of the above), your routine has created those conditions.

If you create a daily routine and a weekly plan with a special focus for each day, and a plan to have a special focus for each week of the month so deeper cleaning can occur, you'll discover what fun it is to get organized just enough to please you.

I recommend my latest "get organized" book, *The Joy of Being Disorganized*, to help you set up the simple 3x5 card file system and to guide you in raising your consciousness high enough to see your wonderful life in a new light.

For more from Pam Young go to [www.cluborganized.com](http://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. ★



Dave Says

Learning and living

Dear Dave,

I'm a recently retired widow, and my husband always took care of most of our finances. We never had any debt, but after starting to learn a little bit about how money works, I'm worried that there may be too much of it invested in CDs (certificates of deposit). The total nest egg is a little over \$1.5 million, with \$300,000 of that in CDs. There's also a \$317,000 annuity, a 403(b) and around \$900,000 in IRA mutual funds. I also have two homes and a new car that are paid for. How do you think I should handle things going forward?

- Joan

Dear Joan,

I'm really sorry to hear about your husband, but you two did a fantastic job with your finances. You're worth at least \$1.5 million, and you have no debt. You're set for life, but you're wise to want to be careful.

The CDs give you some stability, but obviously they're not earning much of anything. I think of them as money kicked up in a hammock — it's not working for you. You both worked hard for that money, so personally I'd like to see it working

hard for you now. If you've had good luck with a variable annuity, that's fine. You've also had very good luck with your mutual fund investing. So, with all this money in different areas, you're definitely diversified. It's just a matter of wrapping your arms around it all and developing a deeper understanding of things going forward.

At this point, I would urge you to find an investment professional in your area with the heart of a teacher — someone who's not trying to sell you stuff. You want to learn. Joan, and I'm really impressed by that. It's a smart and necessary thing. Every time you see an investment person, whoever it may be, your goal should be to leave the room smarter and with more understanding than you had before.

—Dave

Buy the car?

Dear Dave,

My wife and I are 31 years old, and we have no debt except for our home. We also have an emergency fund and college savings in place for the kids. Over the last several months we've saved \$22,000 for a newer car, but we're also worried about retirement. We've been putting 15 percent of our income toward retirement, and we're concerned that maybe we shouldn't spend the whole \$22,000 on a car. We make around \$100,000 annually and have \$50,000 in our nest egg. What do you think, Dave?

- Brandon

Dear Brandon, In your situation, a \$22,000 car is not unreasonable at all. You guys are both 31 years old, and you're going to be in great shape for retirement if you just keep doing what you've been doing. On top of all that, you've got your emergency fund in place, in addition to a nest egg and car savings. If I'm in your shoes, I'd go out and find the best car \$22,000 can buy. You're doing all the right stuff. Your kids can go to school debt-free, and you're going to have the house paid off in no time. In short, you're going to retire multi-millionaires at the rate you're going — as long as you keep on keeping on!

Think about this, too. As a general trend, most people's incomes go up throughout their lifetimes. That being the case, chances are you're going to make and invest even more money in the years ahead. You and your wife could easily retire with \$5 million to \$10 million sitting there.

You've done a great job together, Brandon. Keep up the good work, and enjoy that car! —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](http://daveramsey.com). ★

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LEGAL ADVERTISING

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TRUSTEE SALE NOTICES

NOTICE OF TRUSTEE'S SALE TS No. CA-16-701780-JP Order No.: 14-0018609 NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED TO THE COPY PROVIDED TO THE MORTGAGOR OR TRUSTOR (Pursuant to Cal. Civ. Code 2923.3) YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 3/5/2007. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): MIKE DOUGLAS PORTER, A SINGLE MAN Recorded: 3/14/2007 as Instrument No. xxx in Book 20070314 Page 0266 of Official Records in the office of the Recorder of SACRAMENTO County, California; Date of Sale: 8/19/2016 at 10:00 AM Place of Sale: At the entrance to the County Courthouse located at 720 9th Street Sacramento, California 95814 Amount of unpaid balance and other charges: \$403,523.28 The purported property address is: 11200 BOLD RIVER COURT, RANCHO CORDOVA, CA 95670-2901 Assessor's Parcel No.: 056-0290-016-0000 NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 888-968-8299 or visit this Internet Web site <http://www.altsource.com> for information regarding the trustee's sale or visit this Internet Web site <http://www.qualifiedloan.com>, using the file number assigned to this foreclosure by the Trustee: CA-16-701780-JP Information about postponements that are very

short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be 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 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. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee'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 rights against the real property only. As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. 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: 888-968-8736 O r Login to: <http://www.qualifiedloan.com> Reinstatement Line: (866) 645-7711 Ext 5318 Quality Loan Service Corp. TS No.: CA-16-701780-JP IDSPub #0111581 7/29/2016 8/5/2016 8/12/2016 QLS0111581 160715 8/12/16

T.S.No.:2016-00251-CA A.P.N.:128-0270-001-0000 Property Address: 14811 Reynosa Drive, Rancho Murieta, CA 95683 NOTICE OF TRUSTEE'S SALE PURSUANT TO CIVIL CODE § 2923.3(a), THE SUMMARY OF INFORMATION REFERRED TO BELOW IS NOT ATTACHED TO THE RECORDED COPY OF THIS DOCUMENT BUT ONLY TO THE COPIES PROVIDED TO THE TRUSTOR. NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 09/27/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. Trustor: BRIAN RENTSCHLER AND MARCIA RENTSCHLER HUSBAND AND WIFE AS JOINT TENANTS Duly Appointed Trustee: Western Progressive, LLC Recorded 10/05/2006 as Instrument No. --- in book 20061005, page0536 and of Official Records in the office of the Recorder of Sacramento County, California, Date of Sale: 08/30/2016 at 10:00 AM Place of Sale: AT THE EAST MAIN ENTRANCE TO THE COUNTY COURTHOUSE 720 9TH STREET, SACRAMENTO, CA 95814. Estimated amount of unpaid balance and other charges: \$ 480,490.48 NOTICE OF TRUSTEE'S SALE WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, A SAVINGS ASSOCIATION OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE: All right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described as: More fully described in said Deed of Trust. Street Address or other common designation of real property: 14811 Reynosa Drive, Rancho Murieta, CA 95683 A.P.N. 128-0270-001-0000 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$480,490.48 If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary of the Deed of Trust has executed and delivered to the undersigned a written request to commence foreclosure, and the undersigned caused a Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on this property. NOTICE OF TRUSTEE'S SALE Note: Because the Beneficiary reserves the right to bid less than the total debt owed, it is possible that at the time of the sale the opening bid may be less than the total debt NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (866)-960-8299 or visit this Internet Web site <http://www.altsource.com/MortgageServices/DefaultManagement/TrusteeServices.aspx> using the file number assigned to this case 2016-00251-CA. 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. Western Progressive, LLC, as Trustee for beneficiary C/o 30 Corporate Park Suite 450 Irvine, CA 92606 Automated Sale Information Line: (866)960-8299 <http://www.altsource.com/mortgageservices/defaultmanagement/trusteeservices.aspx> For Non-Automated Sale Information, call (866)240-3530 Date: July 21, 2016 WESTERN PROGRESSIVE, LLC MAY BE ACTING AS A DEBT

COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. APP1607 160715 8/12/16 T.S. No.: 2016-00773-CA A.P.N.:203-0960-039-0000 Property Address: 8232 Northam Dr, Antelope, CA 95843-4544 NOTICE OF TRUSTEE'S SALE PURSUANT TO CIVIL CODE § 2923.3(a), THE SUMMARY OF INFORMATION REFERRED TO BELOW IS NOT ATTACHED TO THE RECORDED COPY OF THIS DOCUMENT BUT ONLY TO THE COPIES PROVIDED TO THE TRUSTOR. NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 01/18/2007. 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. Trustor: Heather C. Jones, An Unmarried Woman, Joe D. Poff, An Unmarried Man as Joint Tenants Duly Appointed Trustee: Western Progressive, LLC Recorded 01/26/2007 as Instrument No. --- in book 20070126, page1230 and of Official Records in the office of the Recorder of Sacramento County, California, Date of Sale: 08/29/2016 at 10:00 AM Place of Sale: AT THE EAST MAIN ENTRANCE TO THE COUNTY COURTHOUSE 720 9TH STREET, SACRAMENTO, CA 95814 Estimated amount of unpaid balance and other charges: \$ 298,662.04 NOTICE OF TRUSTEE'S SALE WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, A SAVINGS ASSOCIATION OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE: All right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described as: More fully described in said Deed of Trust. Street Address or other common designation of real property: 8232 Northam Dr Antelope, CA 95843-4544 A.P.N.: 203-0960-039-0000 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$ 298,662.04. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary of the Deed of Trust has executed and delivered to the undersigned a written request to commence foreclosure, and the undersigned caused a Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. 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If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (866)-960-8299 or visit this Internet Web site <http://www.altsource.com/MortgageServices/DefaultManagement/TrusteeServices.aspx> using the file number assigned to this case 2016-00251-CA. 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. Western Progressive, LLC, as Trustee for beneficiary C/o 30 Corporate Park Suite 450 Irvine, CA 92606 Automated Sale Information Line: (866)960-8299 <http://www.altsource.com/mortgageservices/defaultmanagement/trusteeservices.aspx> For Non-Automated Sale Information, call (866)240-3530 Date: July 21, 2016 WESTERN PROGRESSIVE, LLC MAY BE ACTING AS A DEBT

outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on this property. NOTICE OF TRUSTEE'S SALE Note: Because the Beneficiary reserves the right to bid less than the total debt owed, it is possible that at the time of the sale the opening bid may be less than the total debt NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (866)-960-8299 or visit this Internet Web site <http://www.altsource.com/MortgageServices/DefaultManagement/TrusteeServices.aspx> using the file number assigned to this case 2016-00773-CA. 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. Western Progressive, LLC, as Trustee for beneficiary C/o 30 Corporate Park Suite 450 Irvine, CA 92606 Automated Sale Information Line: (866)960-8299 <http://www.altsource.com/mortgageservices/defaultmanagement/trusteeservices.aspx> For Non-Automated Sale Information, call (866)240-3530 Date: July 25, 2016 WESTERN PROGRESSIVE, LLC MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. APP1607 160725 8/19/16

NOTICE OF ADOPTED ORDINANCE The following is a summary of an ordinance adopted by the City Council of the City of Rancho Cordova at its meeting of August 1, 2016. ORDINANCE NO. 5-2016 AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF RANCHO CORDOVA AMENDING THE VILLAGES OF ZINFANDEL SPECIAL PLANNING AREA ZONING DESIGNATION FROM MEDIUM DENSITY TO LOW DENSITY CLUSTER ON ASSESSOR PARCEL NUMBER 072-2360-004 FOR A PROJECT KNOWN AS VILLAGES OF ZINFANDEL, VERANDA AT STONE CREEK PROJECT NO. DD9609 The full text of the proposed ordinance is available in the City Clerk's office, 2729 Prospect Park Drive, Rancho Cordova, CA 95670. Passed and adopted by the City Council this 1st day of August, 2016 by the following vote: AYES: Budge, McGarvey, Skoglund, Terry NOES: None ABSENT: Sander ABSTAIN:None Printed in the Grapevine Independent on August 5, 2016.

NOTICE OF ADOPTED ORDINANCE The following is a summary of an ordinance adopted by the City Council of the City of Rancho Cordova at its meeting of August 1, 2016. ORDINANCE NO. 7-2016 AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF RANCHO CORDOVA APPROVING AMENDMENTS TO TITLE 19 (TREE PRESERVATION AND PROTECTION), TITLE 22 (LAND DIVISION), AND TITLE 23 (ZONING) TO ADDRESS CHANGES IN STATE LAW IMPACTED BY THE 200-YEAR FLOODPLAIN The full text of the proposed ordinance is available in the City Clerk's office, 2729 Prospect Park Drive, Rancho Cordova, CA 95670. Passed and adopted by the City Council this 1st day of August, 2016 by the following vote: AYES: Budge, McGarvey, Skoglund, Terry NOES: None ABSENT: Sander ABSTAIN:None Printed in the Grapevine Independent on August 5, 2016.

NOTICE OF ADOPTED ORDINANCE The following is a summary of an ordinance adopted by the City Council of the City of Rancho Cordova at its meeting of August 1, 2016. ORDINANCE NO. 6-2016 AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF RANCHO CORDOVA APPROVING A THIRD AMENDMENT TO THE VILLAGES OF ZINFANDEL DEVELOPMENT AGREEMENT BETWEEN THE CITY OF RANCHO CORDOVA AND ELLIOTT HOMES, INC. RELATIVE TO THE VERANDA AT STONE CREEK SUBDIVISION The full text of the proposed ordinance is available in the City Clerk's office, 2729 Prospect Park Drive, Rancho Cordova, CA 95670. Passed and adopted by the City Council this 1st day of August, 2016 by the following vote: AYES: Budge, McGarvey, Skoglund, Terry NOES: None ABSENT: Sander ABSTAIN:None Printed in the Grapevine Independent on August 5, 2016.







# Jasper's GIANT BURGERS

**Free Giant Hamburger**  
Buy 1 Giant Hamburger and a medium drink and get 1 Giant Hamburger FREE or equal or lesser value.  
Not valid with any other offer, coupons, combos, or meal deals. Must present coupon at time of order. Dine-in or take-out. 1 coupon per visit. Cheese 45¢ extra for each burger. Bring this coupon to Jasper's Giant Hamburgers at 2342 Sunrise Blvd., Rancho Cordova, CA to redeem this valuable special offer. Expires: 08/31/16

**Every Tuesday Night Kids Meals ONLY \$1.99**  
5:00pm-9:00pm (10 yrs & under)

**Monday Madness**  
5:00pm-9:00pm  
**ONLY \$1.99 Giant Burger**  
**ONLY \$7.99 Any Pitcher of beer**

**Jasper's Family Pack for Only \$23.99**  
4 Giant Hamburgers, 4 skin-on fries & 4 small sodas.  
Not valid with any other offer, coupons, combos, or meal deals. Must present coupon at time of order. Dine-in or take-out. 1 coupon per visit. Bring this coupon to Jasper's Giant Hamburgers at 2342 Sunrise Blvd., Rancho Cordova, CA to redeem this valuable special offer. Expires: 08/31/16

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# Grapevine Independent Community Calendar

<p><b>CODEPENDENTS ANONYMOUS</b> Time: Tuesdays, 7:30-9 pm Place: Sunriver Church 11223 Trinity River Dr. www.sunriverchurch.com</p>	<p>Info: Practice Spanish in a fun and relaxed way with library staff, community.</p> <p><b>BRECA MEETING</b> Time: 4th Tuesdays, 6:30-8 pm Place: Rancho Cordova Library 9845 Folsom Blvd. Contact: 361-8087 www.breca.us</p>	<p>Info: Brown bag lunch, bridge party. Free.</p> <p><b>CORDOVA COUPLES GOLF CLUB</b> Date: Alternate Sunday mornings Place: Cordova Golf Course 9425 Jackson Rd., Sacramento Contact: 682-2285 All players welcome. Call for more information.</p>
<p><b>WESTERN SWING SOCIETY</b> Time: 1st Sundays, 1-5:30 pm Place: Machinists Hall 2749 Citrus Rd. www.westernswingssociety.org Info: Live music, dancing. Food &amp; beverages available for purchase. Members \$4, Non-members \$7.</p>	<p><b>POWERTALK INTERNATIONAL MONTHLY MEETING</b> Time: 3rd Tuesdays, 6:30-8:30 pm Place: Arden-Dimick Library 891 Watt Ave., Sacramento Contact: 361-1745 Info: Coaching, effective speaking, listening, leadership skills. Beginners are welcome.</p>	<p><b>COFFEE, TEA AND CONVERSION FOR SENIORS</b> Date: First Saturdays, 10-11 am Place: Rancho Cordova Library 9845 Folsom Blvd. Contact: 264-2920 Info: For those 55+. Free. Share thoughts, memories: let the conversation flow! Light refreshments served. First Saturday each month.</p>
<p><b>MILITARY RETIREE/SPOUSE MEETING</b> Time: 2nd Tuesdays, 10:30 am Place: N. Highlands Park &amp; Rec Office 6040 Watt Ave., N. Highlands Contact: 561-7476 Info: Meets monthly.</p>	<p><b>WRITING WORKSHOP</b> Time: 3rd Thursdays, 6-7:30 pm Place: 9845 Folsom Blvd. Contact: 264-2920 www.saclibrary.org Adult writing &amp; poetry workshops (writing for various types of genres and more).</p>	<p><b>SOROPTIMIST INTERNATIONAL OF RANCHO CORDOVA &amp; GOLD RIVER</b> Time: 2nd Tuesday each month, 6-7 pm Place: Cattleman's Restaurant 12409 Folsom Blvd. Rancho Cordova, CA 95670 Contact: siranchocordova@soroptimist.net for more info Info: Organization serving needs of women &amp; girls in our community and around the world.</p>
<p><b>RANCHO CORDOVA HISTORICAL SOCIETY</b> Time: 4th Thursdays, 5 pm Place: Rancho Cordova City Hall 2729 Prospect Park Dr. www.ranchocordovahistory.com Info: Meets in the American River Room</p>	<p><b>AA NEWCOMERS</b> Time: Tuesdays, 6:30-7:30 pm Place: Sunriver Church 11223 Trinity River Dr. www.sunriverchurch.com</p>	<p><b>V I N S VOLUNTEER IN NEIGHBORHOOD SERVICES</b> Time: 1st Thursday of month 3-5 PM Place: Rancho Cordova City Hall 2729 Prospect Park Dr. Please join us if you are looking for city involvement for the Betterment of Rancho Cordova</p>
<p><b>SPELLBINDERS TOASTMASTERS</b> Time: 2nd &amp; 4th Mondays, 6:30 to 8 pm Place: China Buffet 5623 Sunrise, Citrus Heights Contact: 631-1703 Info: Hone communication skills. Beginners welcome.</p>	<p><b>READING WITH THE DOGS</b> Time: 1st Tuesdays, 6:30-7:30 pm Place: Rancho Cordova Library 9845 Folsom Blvd. Contact: 264-2920 www.saclibrary.org Info: Read to a canine pal, boost reading skills. Free.</p>	
<p><b>SPANISH LANGUAGE CONVERSATION CIRCLE</b> Time: 4th Saturdays, 3-4:30 pm Place: Rancho Cordova Library 9845 Folsom Blvd. Contact: 264-2920 www.saclibrary.org</p>	<p><b>CORDOVA SENIOR CITIZENS SOCIAL CLUB</b> Time: 1st and 3rd Mondays, 11 am Place: Cordova Community Center 2197 Chase Dr. Contact: 638-8065 for bridge or 858-1660 for membership</p>	

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Not valid with any other offer. Expiration 8/31/16

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*Donations are greatly Appreciated!*

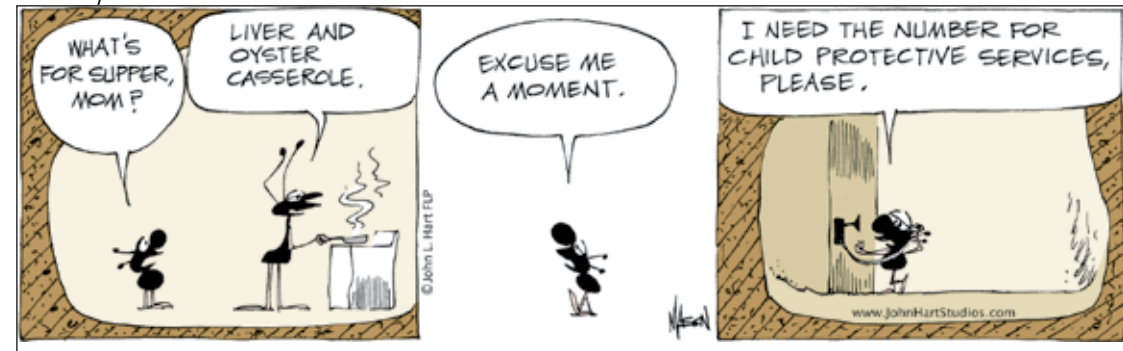
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www.BlessingsinaBackpackRancho.org  
**213-5595**

**Wizard of Id** by Parker, Mastroianni & Hart



**BC** by Mastroianni & Hart



**Frank and Steinway** by Wil Panganiban



**Friday Morning** by Brad Diller



"BETWEEN YOU AND ME, I HOPE IT'S A TRAIN."

**Speckticles** by Bill Abbott



"Can you measure this one and see if it's a keeper, Dad?"

**Tastes Like Chicken** BY JOSH ALVES



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www.facebook.com/tasteslikechickencomic

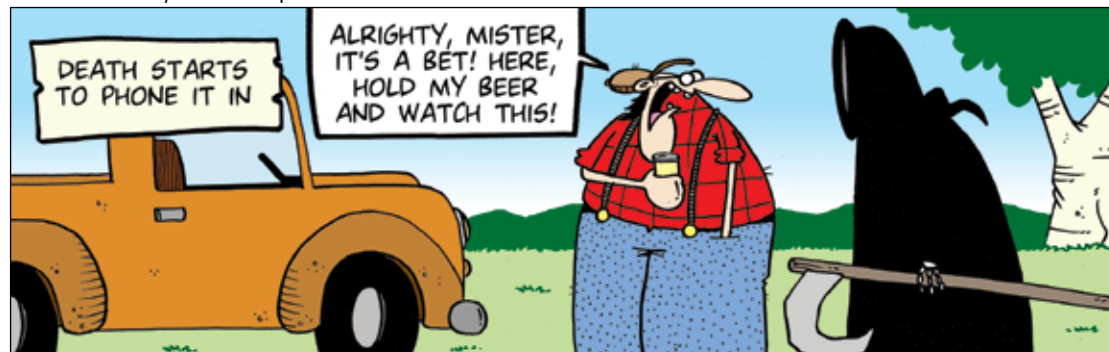
**Hole Mole** by Rick Hotten



**Cranky Girl** by Crystal Jones



**Tundra** by Chad Carpenter



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# The Moral Case for Fossil Fuels

*Environmental Extremism is on the Wrong Side of History*

**Commentary**  
by Andrew Langer

Environmental activists have a new tactic: protesting outside shareholder meetings of major energy gas firms. In May, protestors gathered outside ExxonMobil's annual meeting to scream "keep it in the ground."

These demonstrations are part of a larger effort to bully major institutions, like universities and pensions, into selling their fossil-fuel stocks. As green hero Bill McKibben explained, "[It's] time for shareholders of conscience to simply break ties."

If shareholders want a clean conscience, though, they should reject such advice. The moral case for supporting fossil fuels has never been stronger.

Reliable, low-cost energy is essential to lifting the developing world out of poverty. Producing oil and gas delivers extraordinary economic benefits. Plus, as America's fracking boom makes clear, natural gas extraction can help lower greenhouse gas emissions.

Green campaigners insist that fossil fuels are an unalloyed evil that should be abandoned at all costs. For these activists, the only ethical sources of energy are expensive and unreliable technologies like solar, wind, and hydropower.

Such arguments ignore the fact that oil and gas remain indispensable to life.

They're crucial to expanding

access to electricity, clean water, and economic opportunity, particularly for the 85 percent of the global population living in the developing world. Without fossil fuels, it's impossible to create the kind of modern infrastructure -- including roads, hospitals, schools, and electrical grids -- that supports economic progress.

Globally, 1.2 billion people lack access to electricity. The situation is particularly dire in sub-Saharan Africa, where the local electricity-generating capacity -- excluding South Africa -- is just 28 gigawatts, roughly equivalent to Arizona's.

About 6.5 million people live in Arizona; 860 million live in the sub-Saharan.

The lack of reliable electricity forces about 3 billion people worldwide to use charcoal and wood for their everyday energy needs. Dependence on these harmful fuels are one reason why diseases caused by air pollution kill more than 4 million people annually.

As UN Secretary-General Ban Ki-moon has pointed out, "Widespread energy poverty condemns billions to darkness, to ill health, to missed opportunities . . . It is inequitable and unsustainable."

Expanding the supply of cheap fossil fuels could lift billions out of poverty. Indeed, over the last four decades, some 680 million Chinese have moved out of destitute privation into the global middle class. Their economic miracle was powered by fossil fuels.

Work from the International Energy Agency estimates that sustained expansion of fossil fuel use in Africa would improve energy access for a quarter of a billion people and add \$7 trillion to the regional economy. That's roughly \$1,000 more in annual income for every person on the continent.

Remarkably, the green movement would have no problem denying these underserved populations access to low-cost, life-improving energy. Such a perverse ethical position puts ideological purity before the genuine human needs of the world's least advantaged people.

Perhaps the biggest problem with the environmentalist case against fossil fuels concerns the environment itself.

Natural gas generates only half of the emissions as coal when burned. And now that falling gas prices have led to a transition away from coal, America's emissions have fallen to historic lows. Indeed, domestic carbon emissions are 12 percent lower today than they were in 2005, making America the world leader in emissions reductions.

The fossil fuel industry has done more to improve living conditions and safeguard our environment than the green movement could ever hope to do. If environmentalists want to attack these accomplishments as unethical, they'll need something more than picket-line slogans.

*Andrew Langer is President of the Institute for Liberty.* ★

# Sacramento County DA Reports

*Defendant Sentenced for Murder of Garden Store Owner  
25-Year Career Criminal Sentenced for Bank Robbery  
Defendant Convicted of 18 Counts of Child Molestation  
Woman Sentenced for Child Sexual Assault*



**DATE:** July 15, 2016

**CASE:** Marlon Palmer

**PROSECUTOR:** Deputy District Attorney Andrew Smith, Homicide Unit

The Honorable Matthew Gary sentenced Marlon Palmer to 50 years to life in prison. On June 8, 2016, a jury convicted Palmer for the second-degree murder of Hoa "Rickey" Tuyen.

On February 25, 2014, Mr. Tuyen was found face down on bags of soil in the back of his business, Discount Indoor Gardening. He was pronounced dead shortly after arriving at the hospital. The autopsy report revealed Mr. Tuyen died from asphyxia due to neck compression. There were no witnesses or surveillance video. The District Attorney's Crime Lab developed a DNA profile from fingernail scrapings from Mr. Tuyen. Detectives were notified a cold hit on the DNA profile matched Marlon Palmer.

Palmer was interviewed and denied knowing or having any contact with the victim. He also denied visiting or being in the area of the store, even though cell tower information placed Palmer's phone in the area of Tuyen's business during the timeframe of the murder.

Palmer was on parole at the time for multiple counts of robbery and assault with a deadly weapon. The Honorable Matthew Gary found two prior strike allegations true, making Palmer a three striker.

**DATE:** July 22, 2016

**CASE:** Rome Robert Dennis

**PROSECUTOR:** Deputy District Attorney Amber Walter, Career Criminal Prosecution Unit

The Honorable Sharon Lueras sentenced Rome Robert Dennis to 35 years to life in prison. On June 13, 2016, a jury convicted Dennis of two counts of second-degree robbery.

On January 29, 2015, Dennis went to the Chase bank on Florin Road and requested assistance from an employee for a "charged off" account. Once he was seated at the banker's desk, he wrote a note on a business card that it was a robbery and demanded money. He told the victim not to press anything, not to do anything stupid, and to stay calm because he had a gun and a bomb that could explode. The victim did not have access to cash at his work station, so he approached a fellow employee and told him that they were being robbed. Dennis then approached both victims, threatened them, and demanded money. They complied and gave him nearly \$3,000 in cash. Dennis then fled the bank, but was apprehended less than a mile away by law enforcement.

Dennis has a lengthy criminal history dating back to 1990, including two prior strike convictions for assault with intent to commit rape and attempted robbery. He also has prior convictions including recklessly fleeing from police, failing to register as a sex offender, and indecent exposure. Dennis had been returned to prison multiple times on parole violations.

**DATE:** July 27, 2016

**CASE:** Richard Lee Betz

**PROSECUTOR:** Deputy District Attorney Nancy Cochrane, Special Assault & Child Abuse Unit

Thirty-seven-year-old Richard Lee Betz was convicted by a jury of 18 counts of committing lewd and lascivious acts with a minor under the age of 14 years old.

Between 2003 and 2011, Betz molested a female family member in numerous residences within the county of Sacramento starting when the victim was six years old until she was 13 years of age.

Betz faces a maximum potential sentence of 42 years in prison. Sentencing is set for August 26, 2016, at 11:00 a.m. in Department 19 before the Honorable Patrick Marlette.

**DATE:** July 29, 2016

**CASE:** Stormy Mollissa Myers

**PROSECUTOR:** Deputy District Attorney Quirina Orozco, Special Assault & Child Abuse Unit

The Honorable Sharon Lueras sentenced Stormy Mollissa Myers to 15 years to life in prison. On September 23, 2015, Myers pled guilty to committing a sex act with a child under 10 years old and committing lewd acts upon a child.

In January 2013, a citizen tried to text a photo of her 8-year-old daughter to a family member. The photo was instead received by Jason Wymer, who was unknown to the sender. Wymer began texting the sender requesting more photos and began communicating in a sexually explicit manner to who he thought was an 8 year old. The FBI began an investigation, which revealed thousands of images and videos of child pornography taken from 2010 to 2011 in Sacramento and San Joaquin counties. The images included children and toddlers engaged in sexual acts with adults. Several images showed a 3-year-old child being sexually abused by Wymer and Myers.

On October 9, 2015, a jury convicted Jason Wymer of multiple sexual assault and exploitation charges. Wymer received a sentence of 100 years to life plus 9 years, 8 months in prison. ★

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# CORDOVA SPORTS

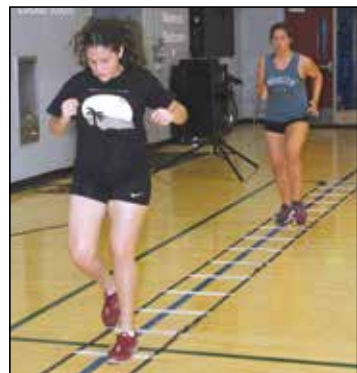
## CHS Volleyball Players Getting Back into Shape

## Meet the Lancers This Weekend

Story and photos by Mike Bush

**RANCHO CORDOVA, CA (MPG)** - For the last two weeks, Cordova High School varsity volleyball head coach Shavonna Andrews and her coaching staff has been conducting conditioning drills for returning and incoming players.

On Tuesday evening, 21 girls were inside Lancer Gym taking part in circuit and footwork drills – but without the use of



Two Cordova High School volleyball players work on their footwork inside Lancers Gym on Tuesday.

volleyballs. That is because Cordova, along with the rest of the Sac-Joaquin Section high schools, are now in the dead period that started July 18th and ends Monday when fall practices for prep volleyball teams begin. Coaches, however, can still conduct voluntary conditioning drills without the use of the ball for that sport during the dead period.

“A lot of footwork without the ball,” Andrews said. “I have a lot



Rosaline Meyer, one of four returning players for the Cordova varsity volleyball team this season, leads a group of girls in a conditioning drill Tuesday evening.

of new girls who are inexperienced right now.”

Andrews has been pleased with the improvement of the girls who have been taking part the drills.

“There has been a lot of

improvement since we’ve started,” Andrews said.

Taking part in the conditioning and footwork drills are some of Andrews’ returning players. That includes seniors Gianna Bell and Rosaline Meyer, and juniors

Shaieve Monroe and Elizabeth Ruiz, both of whom started as sophomores last fall.

“You see the ones that have athletic ability,” Andrews said. “They are just jumping in and going after it.” ★

By Mike Bush

**RANCHO CORDOVA, CA (MPG)** - From the end of the Fourth of July weekend until July 15th, the Cordova High School varsity and junior varsity football teams spent their time in the weight room and field working on plays on offense and defense, as they had prior to the holiday.

But on Saturday, the public will have a chance to meet members of both squads.

The Lancer football teams, along with the school’s cheerleaders and band, will take part in Meet the Lancers festivities. The event will be held at Village Green Park in Rancho Cordova from 6 to 8 p.m.

“We have 94 kids in our program,” said Cordova varsity football head coach Darrin Nill of the varsity and junior varsity squads.

In addition, the Cordova Jr. Lancers’ football teams and coaches are also scheduled to be present.

“We will represent the entire football community in Rancho Cordova,” Nill said.

Another treat for Lancer football fans is the varsity football team will be donning its new uniforms. Plus, show off some new gear that they will be using for the new season.

The grid program will also be selling its spirit wear for the upcoming season.

Nill noted that many food vendors would be present at the park during the Meet the Lancers festivities. ★

“It’s a real feel good type of community event,” Nill said.

The Sac-Joaquin Section’s “dead period” started July 18th. High school football teams, along with fall sports teams in volleyball, girls tennis, girls golf, water polo and cross-country, can continue to their workouts but only voluntary such as weight training and conditioning, and without the use of a ball, with the exception of cross-country.

“We have 30 to 45 kids showing up regularly for conditioning and weight training,” said Nill of players showing up during the dead period the last two weeks.

Next Monday, the dead period officially ends when practices for football and the other CHS fall sports teams officially start. The gridders will go through conditioning for two days and end the week with donning the shoulder pads.

Nill said he, his coaches on both levels and the players are more than anxious to get the 2016 season underway.

“We’re starting to get more kids out for weight training (this week),” Nill said. “The kids are starting to hang around a little bit more. Getting a lot more texts, lot more phone calls from kids, just staying in touch.”

Cordova will kick-off the season on Friday, Aug. 26th when it hosts Rio Americano in a non-league game. The Lancers play three of their five non-league games at home before starting Sierra Valley Conference action. ★

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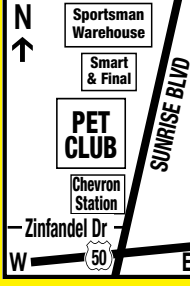
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