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August 1, 2014

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Youth Baseball Skills Sharpened at Camp



After training at the Dusty Baker Baseball Camp, the 28 kids were split into two teams to play a game. During the games, instructors stopped the action to reinforce drills and situations. Staff archive photo

By Mike Bush

RANCHO CORDOVA, CA (MPG) - More than two-dozen kids from the Sacramento region converged at the Cordova High School baseball diamond recently for the 31st annual Dusty Baker Baseball Camp.

For three days, 12 and 13 year old baseball players were taught the fundamentals of fielding and throwing the ball on defense. On offense, they were taught proper techniques at the plate, from their batting stance to

knowing their situation with runners on base. The players were also shown the mechanics for running and sliding into bases and home plate.

After training, the 28 kids were split into two teams to play a game. During the games, instructors stopped the action to reinforce drills and situations.

One of the instructors at the camp was Cordova High School baseball coach, Guy Anderson, who completed his 42nd season running the Lancers program this past spring.

"We do a lot of work on the tees, soft toss, teach them more about the game and the talent they have," Anderson said.

Most of the kids at the camp had just finished playing for their respective Little League All-Star baseball teams and were enthusiastic about playing at the camp. "They just have to make adjustments, show them how to handle a bat, a little bit quicker swing on the ball," Anderson said.

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Gold Rush Days Activities Cancelled due to Drought

SACRAMENTO REGION, CA (MPG)

- Due to California's drought conditions and the enormous amounts of water needed to put on the annual heritage event, the traditional Gold Rush Days activities in Old Sacramento have been cancelled for 2014. The decision was made by Steve Hammond, President & CEO of the Sacramento Convention & Visitors Bureau, along with the City of Sacramento and other stakeholders of the event.

Each year, nearly 200 tons of dirt or decomposed granite is used to help transform Old Sacramento into a scene out of the 1850s. In addition to the visual transformation, the dirt also creates a safe foundation for the horses, wagons and various skits and performances taking place in the streets. However, it takes up to 3,000 gallons of water per day to keep the dirt dampened and dust down during the event, plus up to 100,000 gallons of water to clean up the dirt at the conclusion of the event.

Even without the traditional Gold Rush Days activities, guests are encouraged to visit Old Sacramento over Labor Day weekend. "With four museums and more than 100 shops, eateries and entertainment venues, there's always something happening in Old Sacramento," said Chris McSwain, Executive Director of the Old Sacramento Business Association. "We invite guests from near and far to visit Old Sacramento over Labor Day Weekend and stay tuned for some fun surprises that will be announced at a later date." For continually updated information about events and activities happening in Old Sacramento, visit www.oldsacramento.com. ★

Source: T-Rock Communications

Blessings in a Backpack Needs Room to Grow

RANCHO CORDOVA, CA (MPG) - Blessings in a Backpack is a 100 percent volunteer organization that provides food for elementary school children across America who might otherwise have little or no food to eat on weekends during the school year. The Rancho Cordova branch of Blessings in a Backpack is new, and they are in desperate need of a donated space they can use to store food and pack lunches.

"We are in desperate need of a Rancho Cordova location to store and pack our food weekly so it can be delivered to the school," Said Janice Davis of Blessings in a Backpack. "No refrigeration is required, just the space, with air conditioning, lighting and preferably a door we can lock. We work 100% on volunteers and donations so we can't offer to pay you BUT we promise you media coverage, and it's a really great feeling helping to feed the kids."

Blessings in a Backpack Rancho Cordova adopted Cordova Villa as their first school and started feeding just 20 children weekly. Their program has grown, and they



Blessings in a Backpack food being set up and prepared to be donated (above). Jen Paredes, daughter Lindsay Paredes, Malayla Parker and Rickey Davis display some of the food prior to delivery (right). Photo courtesy of Blessings in a Backpack.

won't have to limit themselves to feeding only 20 children; they will be able to feed every Cordova Villa child in need during the new school year.

For more information on Blessings in a

Backpack Rancho Cordova, visit www.BlessingsinaBackpackRancho.org. ★

Source: Blessings in a Backpack Rancho Cordova and Blessings in a Backpack (national).



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Rancho Cordova Breaks Ground for Sunrise Boulevard Rehabilitation Project



Participating in the groundbreaking are Vice Mayor Robert McGarvey (left); Council Member Linda Budge; Cyrus Abhar, the City's Public Works Director; Brian Ricks from Assemblyman Ken Cooley's office; Mayor Dan Skoglund; Sacramento County Supervisor Don Nottoli; Sacramento County Supervisor Roberta MacGlashan; Keaton Riley and Faith Whitmore from Congressman Ami Bera's office; Rancho Cordova City Manager Brian Nakamura; Marlon Flournoy from CalTrans; Chris Boyer, the City's Project Manager; and Stephen Muck from Teichert Construction. Photo courtesy of the City of Rancho Cordova



Symbolizing the "Getting the Ball Rolling" theme for the \$2.2 million project, emcee Cyrus Abhar, Rancho Cordova's Public Works Director, has attendees throw colorful rubber balls in the air during the program. The project includes placing an overlay of rubberized asphalt to the roadway, upgrading stormwater issues, and adding ADA upgrades to curbs. Work, which is being done at night to lessen impact on traffic, will be completed by the end of September. You can follow construction progress at cityofranhocordova.org. Photo courtesy of the City of Rancho Cordova

Rancho Cordova City Clerk Receives Master Municipal Clerk Designation

RANCHO CORDOVA, CA (MPG) - Rancho Cordova City Clerk Mindy Cuppy has been awarded the designation of Master Municipal Clerk by the International Institute of Municipal Clerks (IIMC), Inc.

IIMC grants the Master Municipal Clerk designation to only those clerks who have actively pursued education and professional activities and obtained the Certified Municipal Clerk (CMC) designation. Cuppy earned both designations in six years.

"Continued education and learning opportunities are essential for municipal clerks to effectively support citizens," said Cuppy. "I chose courses and leadership roles that would make me more efficient and valuable to the city that I serve."

Cuppy has been Rancho Cordova's City Clerk for five years and is the local official who administers democratic processes such as publishing agendas and overseeing City Council meetings, transparency of council actions and city records, administering elections, contract and records management, and compliance with federal, state, and local statutes including the Political Reform Act, the Brown Act, and the Public Records Act.

Cuppy has served on the Board of Directors for the Northern Division of the City Clerks Association of California for four years. She is currently the Board Chair and is a member of the mentor committee that assists municipal clerks in obtaining their CMC designations. She also is on the Association's professional development committee that cultivates programs and curriculum for their annual conference. As a result of her contributions, Cuppy received the Association's designation of



Mindy Cuppy has served on the Board of Directors for the Northern Division of the City Clerks Association of California for four years. She is currently the Board Chair and is a member of the mentor committee that assists municipal clerks in obtaining their CMC designations. Photo courtesy of City of Rancho Cordova

2014 City Clerk of the Year in April.

In addition, Cuppy was Conference Coordinator for the International Association of Administrative Professionals (IAAP) California Division Annual Education Forum in June. She developed educational programs, identified speakers, recruited sponsors and exhibitors, and coordinated a silent auction.

"Mindy is dedicated to expanding her knowledge as a municipal clerk," said Mayor Dan Skoglund. "We

are proud that she has received this prestigious honor for her educational and professional accomplishments."

IIMC is a global non-profit corporation founded in 1947 with 10,300 members throughout the United States, Canada, and 15 other countries. Cuppy has been a member of the organization for six years.

Learn more about the City Clerk's Department by visiting CityOfRanchoCordova.org or calling (916) 851-8720. ★

Source: City of Rancho Cordova

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Metro Fire and Ken Cooley Host Sidewalk CPR Taught at the State Capitol



In May, Metro Fire launched a program called Sidewalk CPR. This Hands-Only CPR training is open to all ages, takes only five minutes to learn, is easy to remember, and is free! Photo courtesy of Sacramento Metro Fire

SACRAMENTO REGION, CA (MPG) - Metro Fire has joined with Assemblyman Ken Cooley (D-Rancho Cordova) to host a Sidewalk CPR event on August 21, 2014 on the North Side Steps of the State Capitol.

In April, Metro Fire crews had the opportunity to reunite with three year old Mason, whose father had performed CPR after pulling him out of a backyard pool. Later that month, we met Ricky, the Assistant Manager of a store in Rancho Cordova, who started CPR on a shop- per who had collapsed. Both of these patients not only survived, but are expected to make close to full recoveries. How is that possible? Because CPR was started immediately by somebody on scene, while paramedics were

en route. This early CPR completely changed the outcome, and the future quality of life, for both these patients and their families.

In May, Metro Fire launched a program called Sidewalk CPR. This Hands-Only CPR training is open to all ages, takes only five minutes to learn, is easy to remember, and is free! At our most recent Sidewalk CPR event, Metro Fire taught roughly 500 people how to save a life, with students ranging in age from two to seventy.

At the Capitol event, hosted by Assemblyman Ken Cooley, Metro Fire will be teaching Hands-Only CPR in six different languages: English, Spanish, Russian, Ukrainian, Vietnamese and Japanese. The event is open

to everyone. Bring your friends and co-workers and help us reach our goal of teaching 1,000 people how to Be Somebody's Hero!

"If I can learn how to save a life in five minutes, so can you," stated Assemblyman Cooley. "I am excited to be working with Metro Fire to teach this simple, yet priceless skill. I challenge my fellow legislators, business owners, community members, and neighbors to come out to the Capitol and learn CPR with us."

The event is Thursday, August 21st, 9 a.m.-1 p.m., California State Capitol, North Side Steps at 11th and L St. For more information, visit www.metrofire.ca.gov. ★

Source: Sacramento Metropolitan Fire Department

Assemblyman Ken Cooley Hosts Community Career Fair in Arden-Arcade

SACRAMENTO REGION, CA (MPG) - On Friday, August 15th, Assemblyman Ken Cooley (D-Rancho Cordova) and 10 local employers will host a community career fair in Arden. Starting at 9:00 a.m. inside the Conzelmann Community Center, attendees will meet with local employers, and hear from CalHR on how they can search and apply for state jobs. During the second

half of the event, Crossroads Diversified Services will host an application and interview workshop. This event is free and open to the public. Attendees should bring copies of their resumes and cover letters.

WHO: Assemblyman Ken Cooley, Bonney Plumbing, LLC, CalHR, including representatives from the CHP and Dept. of Corrections, CVC

Construction Corp, Crossroads Diversified Services, Home Instead Senior Care, National Air Traffic Controller Association Sacramento County, Sacramento Metropolitan Fire Department

WHEN: Friday, August 15, 2014 9:00 a.m. – 1:00 p.m.

WHERE: Conzelmann Community Center, 2201 Cottage Way, Sacramento, CA 95825 ★

How Much Does “it” Cost?



For those who were at our last City Council meeting, or read in the paper, or watched online, the City Council voted to put “it”, that being the 1/2 cent sales tax increase, on the November ballot. And as the article in the Grapevine said, if approved the measure will provide additional local funds to address community priorities. In my opinion, however, there are some other reasons to pass this sales tax measure.

First, all the cities in California had their redevelopment revenue taken away by the State in 2011. That money was what we used to improve our city – an example: getting rid of “Stagger Inn”. The tax measure in November will allow us to further improve the police protection we already have, begin working on vacant buildings and streets that haven’t been worked on yet, and speeding up some other enhancements that are needed. The tax will replace some of the money we lost to the State.

Second, when we voted for cityhood in 2002, we also had to vote to pay the taxes that were demanded by the County. If we hadn’t agreed to pay the taxes, we would have been denied the right to vote on cityhood and that measure for our cityhood would not have been on the ballot. We have paid more than \$67 million from our city’s revenue during the past 11 years . . . and we still have 14 years to pay off our “mortgage” (taxes) to the County. These “mortgage” payments are increasing every year no matter what the economy is doing. So over the next 14 years, we will pay an additional \$135 million. After 25 years, that will be a grand total of \$202 million that you and I will have paid in taxes to exercise our constitutional right to vote to become a city. Therefore, in addition to helping our city improve our current great services, the 1/2 cent sales tax will also act as a cushion; because as I mentioned earlier, the revenue neutrality taxes continue to increase every year.

Now on to the most common material things we think of when talking about “how much money will it cost?” Is it a car or a house, a ball game or a trip, new clothes or going to a movie, food for you or gas for the car, a computer or a smart phone, an iPad or a toy that didn’t exist

three years ago, an education or a vaccine that also didn’t exist until a few years ago? A list like that could probably go around the world more than once, and we still would never think of all the things that might fit there.

There are some “its” that don’t have a \$ sign on them, but they can cost dearly anyway. Whatever or whoever we are talking about can end up taking something from you or giving something to you. What is the emotional cost you pay when someone you love is hurt? What is the cost a soldier pays in battle and when he/she comes home, the memories of what he/she has seen in war? And there are also Veterans who remember the child they held and comforted after the child was hurt because of war and needed to know that even someone who had come from far away, cared about them.

When asked how much “it” costs, money is easy to count. But how do you find the cost of feelings or time? Time, we are told, heals all wounds, but some wounds are too deep to heal quickly – if at all. We all will continue to move forward with the future of our city first and foremost on our minds. ★

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

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Volunteers of America Saves Voiceless Heroes

Organization Gives Homeless Veterans Hope for the Future

SACRAMENTO, CALIF. (JULY 23, 2014) - Volunteers of America Northern California & Northern Nevada (VOA), is “helping America’s most vulnerable” rebuild their lives and reach their full potential. Among these vulnerable individuals are veterans who are experiencing a difficult time transitioning from military to civilian life. From assisting in employment opportunities, to providing stable housing, VOA continues their search for veterans who are homeless or soon-to-be homeless and is in need of support in Sacramento, Yolo, El Dorado, and Placer counties.

A large number of men and women who have served our country are currently living on the streets. In most cases, these homeless veterans are unaware that organizations such as VOA

provide services specifically designed for those in their current situation.

“We are proud to support the courageous men and women who have fought for the freedom of our country,” said Becca Bettis, VOA Veterans Services Director, “Our passion to provide programs to assist veterans everyday reminds us of what truly matters: coming together as a community for a greater good.”

The leading cause of homelessness is directly related to an individual’s inability to find, and maintain, sufficient employment. In turn, young veterans, ages 18 to 30, are twice as likely as the general population to be homeless, not to mention female veterans are 2 to 3 times more likely to be homeless than male veterans. Aiming to provide

homeless veterans, and their families, with a second chance at life, VOA recognizes its impact on a specific situation that may have seemed unattainable to those fighting through an unwavering transition. Since inception, VOA’s Veterans Services have given 509 veterans the tools to build brighter futures and a healthy living.

For those individuals who served in the military, but never experienced combat firsthand, many do not self-identify as veterans. In turn, these individuals are unaware of the programs available to them in order to assist in building a life after the military. One in five homeless individuals in the United States (U.S.) is a veteran, with California being the largest veteran population in U.S. The

goal of VOA Veterans Services is to empower these men and women and provide them with the best tools for reintegration through human service programs, including emergency shelter, transitional housing and referrals for substance abuse treatment. It is never too late to touch the minds and hearts of those in need..

To learn more about VOA’s

Veterans Services, visit www.voa-nccn.org or call (916) 228-3153.

Founded nationally in 1896 and established in Sacramento in 1911, Volunteers of America is a national, non-profit, faith-based organization dedicated to ending homelessness, supporting the most vulnerable populations and transforming the community into a safer, healthier place.

Sacramento Area’s Volunteers of America currently offers more than 40 locally managed and delivered programs. Services provided include food and shelter, counseling, independent living and parenting skills, substance-abuse treatment and rehabilitation, and job development.

Source: Augustineldeas

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Julie Interrante, MA, teaches the Art of Compassion to colleges, healthcare organizations, corporations, and seminars across the country. Julie has more than 20 years of experience serving as chaplain in both acute care and home hospice care settings. She is the author of the book *The Power of a Broken-Open Heart, Life-Affirming Wisdom from the Dying; Caregiver Therapy; Reduce Your Stress; Will You Stay With Me, a CareNote on Not Dying Alone* as well as a contributing author to *What Helps the Most When You Lose Someone You Love*. A gifted speaker and teacher, Julie brings humor, compassion, and a deep respect for life to all that she does.



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 now serves women and children, too, and is an amazing testament to the good that comes with committed volunteers, inspired leadership and the community’s support.

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COMMENTARY

One Jew’s Open Letter to the World

Israel - Liberty Counsel received this from a friend in Israel: one man’s story from inside the only democracy in the Middle East.

ISRAEL (MPG) - It has taken me some days to write down something coherent ... but this is how I feel tonight. I feel like I weigh 500 pounds. Everyone I know feels like they are walking through water. And sad. We are all so very, very sad.

This is what I know right now, today:

The ugliness, the venom and sheer, violent hatred you are seeing in Paris, London, Berlin, LA, Boston, Denver.... this is just the beginning.

We Jews are the canaries in the coal mine for all of humanity. Today, they are throwing bricks at synagogues and smashing chairs and saying “Kill the Jews.”

Tomorrow it will be someone else.

Do the French really think these people will protect and safeguard the treasures of the Louvre? Do Londoners really think these people will cherish the symbols of the British Empire? Does anyone really think this is only about Israel and the disputed territories?

Today it is Israel, tomorrow it will be you.

Maybe that is why everyone gets so disproportionately annoyed about this conflict. Because everyone knows after us, it gets real personal ...

Seeing these violent protests, hearing the sickening screams for death, we Israelis understand better than ever we must fight for every square inch and with all we have. It matters not how much better our military is, how much more precise our targets can be. It only matters that when the smoke clears Hamas is disarmed, destroyed, disabled and defeated. Forever.

Hamas. NOT the people of Gaza. I feel so very sorry for them. Sorry they were misguided and elected these lunatics. Sorry that in their desperation they allowed Hamas to fill the empty bedrooms next to their children’s room with rockets. Sorry that their leaders have mansions and swimming pools and are sitting in air conditioning in another city while they are sweating and wondering where the roof over their houses went (if not the house itself). Sorry that they have been brought up with no inkling of who Israelis are nor what compromise is.

Defeating Hamas will be a big problem for the power brokers because shame and honor are all that matter in this part of the world. Honor in the Middle East does not come from whether your children are literate, how successful you are, how much money you make, how civilized your community is, nor how many paved roads you have, and whether or not you have garbage collection and recycling. Here in this part of the world—for Hamas, honor comes from getting revenge.

For them revenge is everything.

For them revenge is the only thing.

Remember, we left Gaza. There was no blockade. They were free to build a model democracy—the first successful, shining taste of the new, proud Palestine. But they didn’t want that kind of success ...

Fool me once, shame on you. Fool me twice, shame on me. We will not be fooled again.

We have nowhere else to go. And the rockets won’t stop. The folks in Ashkelon cannot shower, have a bowel movement, get more milk or walk a dog without wondering if they are taking their lives in their own hands.

There is another Gaza underneath Gaza. Hamas could have built hundreds of schools, paved thousands of roads, built hundreds of kindergartens with the cement and iron they have used to build these underground bunkers and tunnels (and you wondered why Israel put a blockade on bringing building supplies into the Gaza strip?).

These tunnels to hell are filled with ammunition. And no women or children, not a single elderly person is brought to safety there. They want them on the street - on the roof, standing right behind - nice and close to the terrorist firing the rocket.

Hamas has refused to let journalists out of Gaza. Why? They need them to take pictures and record the carefully staged piles of bloody children and women. If the journalists leave, they have lost the vehicle for distributing their bloody ad campaign.

Hamas asked for a cease-fire. And they broke it. They break every single one.

Israel is setting up a massive field hospital to treat our enemies. From 8 p.m. on tonight, there will be a working maternity ward, an operating theater ... a working hospital. For ... our enemies.

We are going to lose more boys. Last night we lost 13. With each day we are going to lose more. But everyone here now understands this is a fight to the death. It is them or us.

They cannot compromise, and they don’t want peace or to share or to negotiate. They want revenge even if it means killing their own people.

So we have to go in there and do things none of us want to do, but we have to.

So this is why we are all so sad.

Israelis want peace so badly. But we also desperately want to live. We love life, and we are not about to let anyone, let alone a bunch of deranged thugs take it away from us.

So yes, this is a fight to the death for both sides.

Remember, if they win, you are next.

If we win, those symbols of civilization that everyone takes so for granted will remain standing and everyone will criticize and complain about disproportionate responses and war crimes and all kinds of other irrelevant nonsense, but secretly I think everyone will be heaving a sigh of relief.

Liberty Counsel is an international nonprofit, litigation, education, and policy organization dedicated to advancing religious freedom, the sanctity of life, and the family since 1989 by providing pro bono assistance and representation on these and related topics. ★

Source: Liberty Counsel



By Sal Arrigo, Jr.

My good friend, Adrian Kissler, was an important person in my life. Adrian taught me the importance of looking at each day with one goal in mind – facing my challenges. If one challenge seemed too daunting, then I was urged to try a different approach, a new way of thinking. Adrian recently passed away and I will forever have many fond memories of him, but it was his zest for life that stays with me.

Adrian was the creator and builder of the ROPES Challenge Course, located in Grass Valley, CA. Designed by individuals who were tired of working the daily grind and who wanted to unleash their creative “juices” and to share with others, the course is for adventurers who want to push themselves to new limits, but it is also for the first-timer who needs a nudge to go beyond his or her

My Friend Adrian

comfort zone. A favorite quote of Adrian’s was, “When was the last time you did something for the first time?” ROPES offers you this opportunity; thousands of individuals, from the corporate world, local school districts or even SWAT police teams have ventured onto the course. I have visited more than 30 times with Sacramento State students and each time I learn something about human nature and certainly something about myself.

One of the benefits of participating in the ROPES course is the bonding that individuals feel after their day is complete. When I take students there, I have the hardest time keeping the class quiet, as they now have developed new friendships and camaraderie. This, too, happens for corporate groups, who send their managers to enjoy a day away from the office; here, they realize they have solved, or have begun to solve, issues at work in an environment of challenge and learning for all involved.

Take, for instance, one of the morning challenges, the Spider Web. How does a group of 12 people work its way through this obstacle when the instructions say not to touch any part of the web? You can bet it takes teamwork! The office manager may not be so comfortable leading the way, so a fellow worker rises to the

challenge and takes charge. The ROPES course allows everyone, no matter the title they carry at the office, to speak up and offer their suggestions.

After the morning routine, attendees prepare for additional challenges. One important point to be made is that everyone who attends the ROPES course is asked to move out of his or her comfort zone and challenge themselves, either mentally or physically. All present look skyward as the facilitators explain the various climbing elements; many wonder how anyone is going to climb the highest element measured at 80’ 3” and then jump off! (The extra 3” was Adrian’s idea. He never did things that were standard!).

The ROPES Challenge Course is a place where your creativity, both individually and as a team, can flow freely. There are no wrong answers, only solutions. Students love this educational and leisure-filled outing and, before you ask, yes, I have jumped twice from the highest element and lived to write about it. Let me know when you’re up to the challenge – Adrian would be proud. ★

Sal Arrigo, Jr. worked for 15 years as the director of the Cordova Senior Center. He currently is an instructor at CSU Sacramento.

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Things I Have Learned in My Lifetime

Dr. James L. Snyder

In celebrating my recent birthday, I found myself caught up in a case of nostalgia. I never imagined I would really get this old. Not that I am old, mind you, but I have reached the point in life I never thought I would when I was younger. Had I known I would get this old, I would have saved some of the energy I wasted during my teenage years.

How was I to know that as you got older your supply of energy began diminishing?

When I was younger, I could not sit still for long and no matter where I went, I ran. It was impossible for me just to walk. Often my mother chided me by saying, “Slow down, young man.” But I never could. I have finally come to the point where I am in harmony with my mother’s desire. The only problem is, I am not a young man anymore.

Today, I can sit in my easy chair for hours and not even move. I keep a little mirror on the stand next to my chair so my wife can periodically check to see if I am still breathing. Often, the only indication of life is the occasional snoring.

One thing I have learned in growing older is that my eyes are not quite what they used to be. For example, the mailbox used to be rather close to the front door of our house. Now, I can barely see it from the front door and it takes over an hour to reach it by walking. To be truthful, halfway to the mailbox I have to pause and catch my breath.

And, when I look at my check-book, I can barely see to the end of the month. When I was young, I used to hear the saying, “A penny saved is a penny earned.” Now, my eyes are so bad, I cannot see anything to buy for a penny.

Not only are my eyes going, but my hearing is not quite what

it used to be when I was young. It is not as bad as it might seem. There is a good side to diminished hearing. When I am in a crowd with people talking, I can sit back, smile, nod my head occasionally and not have to be bored with what everybody is saying.

Experience has taught me that people are not really interested in hearing what I have to say. Rather, they want me listening to what they have to say. Usually, people have a lot to say and all they require are two ears. It does not have to be ears that hear, just ears that appear.

Most things heard in such circumstances are not worth hearing. Perhaps that is the genius of our ears. In aging, they develop a little bit of wisdom and after a while, they just give up, not hearing anything really worth hearing. I cannot remember the last time I heard something under such circumstances worth hearing the first time, let alone remembering.

This brings me to my memory. The best thing about memory is, you can remember things the way you want to remember them. After all, it is your memory and it should be up to you to remember what you want. My memory has a way of bringing out the positive to the absolute exclusion of the negative. And who wants to dwell on the negative?

Whoever said you cannot live in the past is probably not old enough to have any past worth remembering. And the marvelous thing about remembering things in the past is that you can remember them as you like. It is your version of the past. Some people write journals, I like to trust my memory.

As my memory has aged, it has become better, just like a fine wine. In fact, my memory is so good I can distinctly remember things that never happened.

And the details I remember are simply astounding. Each time I recount a memory I remember new details.

The Gracious Mistress of the Parsonage has quite a different take on all of this. She remembers everything that actually happened. She has a photographic memory, whereas I have, according to her, a problematic memory. At her discretion, she can marshal all of the facts of the incident in the order in which it happened. Usually her memory throws my memory in a different light.

No matter how I recount my memory, she always has some correction to it. More than once, she has claimed I stretched the truth. But I believe, if the truth cannot handle some stretching what good is it in the first place? If it is so fragile and cannot handle a little bit of stretching, I am not sure it is worth remembering.

As my body gets weaker, my memory gets stronger.

In the Old Testament, David spoke often of the importance of memory. “I remember the days of old; I meditate on all thy works; I muse on the work of thy hands” (Psalms 143:5 KJV). For David, in his old age his memory brought him a great deal of comfort. “I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread” (Psalms 37:25 KJV).

My goal is to live each day in such a way that years down the road I will have a good memory.

★
Rev. James L. Snyder is pastor of the Family of God Fellowship, P.O. Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 866-552-2543 or e-mail jamesnsnyder2@att.net. His website is www.jamesnyderministries.com.



Dare to Live Without Limits

Self-sufficiency



by **Bryan Golden**

Able to maintain oneself or itself without outside aid : capable of providing for one’s own needs.

“Our remedies oft in ourselves do lie.” — William Shakespeare

“The worst thing you can do for those you love is the things they could and should do themselves.” — Abraham Lincoln

“Happiness belongs to the self-sufficient” — Aristotle

Self-sufficiency provides freedom. A dependency on others erodes your independence. The timeless adage, “Give a hungry person a fish and he eats once, teach someone how to fish and they eat for a life time.” encapsulates the essence of self-sufficiency.

Linda and her husband, Jim are always struggling financially. They have two young kids and Jim is constantly bouncing around from one job to another. Linda’s father, Paul, feels bad for them and often “loans” them money. Needless to say, Linda and Jim are dependent on Paul to make ends meet.

Since an emergency source of cash is always available, Linda and Jim have little incentive to become self-sufficient. Although Paul feels he is acting benevolently, in the long run he is inadvertently keeping his daughter dependent. This scenario has been going on for a number of years and no one is

willing to break the cycle.

By relying on others to provide for your needs, you become dependent on them. As a result, they hold a great deal of power over you and the decisions you make. Being able to provide for yourself gives you options which in turn affords freedom. There is no end to the frustration caused by feeling there are few options in your life.

Consider one’s occupation. When someone feels they can’t get another job or one that pays as well as the one they have, they are entirely dependent on their employer. What can they do should they have a distasteful boss or undesirable working conditions? Invariably they feel trapped at work.

Regardless of your current job, you can become more self-sufficient. If you don’t feel you have enough marketable skills, do whatever is needed to acquire them. There are more options for self improvement than ever. Take classes, visit your library, and use the internet. Many skills can be expanded without getting a college degree. If you need a degree for what you want to do, get one. It’s never too late and you are never too old.

Strive to become an expert at whatever line of work you are in. The more you know, the more self-sufficient you will be. Competent, knowledgeable, and reliable people are always in demand, regardless of the economy. As the demand for your

services increases, so does your level of self-sufficiency.

Financial self-sufficiency is also very important. What are your answers to these questions? Are your expenses less than your income? Do you save money on a regular basis? Do you have enough savings to support you for a year without any additional income? Being able to answer “yes” to these questions indicates that you have a comfortable level of economic self-sufficiency.

Happiness is another area of self-sufficiency. You should be happy with who you are without needing the approval of others. Those who look to others to make them happy are often disappointed. Other people can’t control your emotions unless you let them.

Regardless of where you are now, you can become more self-sufficient. When you are self-sufficient in the major areas of your life, you will be happier, freer, more satisfied, and have more options. ★

NOW AVAILABLE: “Dare to Live Without Limits,” the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail bryan@columnist.com or write him c/o this paper. © 2009 Bryan Golden.

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Rancho Cordova Library Events

EARLY CHILDHOOD (0-5)

Rancho Cordova Library
Storytime @
Rancho Cordova Library
Wednesdays, 10:30 AM
Build early literacy skills with fun rhymes, stories, songs and more! Part of the Summer Reading Program - PAWS TO READ!

ADULT

Rancho Cordova Library
Garden Club of Rancho Cordova Branch Library
Fridays, 1:00 PM
Learn what you can be doing in your garden now, take an armchair garden tour, or share tips and information with other gardeners. Special guest gardeners at many of our meetings! We may plan field trips to gardens as well. Sponsored by the Rancho Cordova Branch Friends' Group.

ADULT

Rancho Cordova Library
Volunteer Orientation at the Rancho Cordova Branch
Fridays, 4:00 PM
Learn to be a library Volunteer. Primarily, we need volunteers to shelve books. Thank you for thinking of the library. Please note: NO MEETING JULY 5 2013, Library CLOSED.

ADULT

Rancho Cordova Library
Coffee, Tea and Conversation for Seniors at Rancho Cordova Library
First Saturdays, 10:00 AM
Share what your favorite books are, your favorite memories: let the conversation flow! Light refreshments will be served. First Saturday every month except July 5 2014, Furlough Day. Sponsored by the Rancho Cordova Branch Friends' Group.

SCHOOL AGE (6-12)

Rancho Cordova Library
Kids' Snacks Program @ Rancho Cordova Library
Thursdays, 3:30 PM
The Junior League of Sacramento's After School Snack Program provides activities that promote the health and well-being of children and youth in our communities. This program provides students with a tasty nutritional boost and encourages participation in supervised snack preparation using local and seasonal produce. We provide activities that are safe, fun and filled with learning opportunities. Co-sponsored by Sacramento Public Library. Free program for school age children ages 6 - 12 years old.

ADULT

Rancho Cordova Library
The junior league does upkeep on the library garden
Saturdays, 9:00 AM
Help the Junior League keep the children's training garden in good shape.

BOOK CLUB

Rancho Cordova Library
Rancho Cordova Library Mystery Lovers Book Club
Tuesdays, 3:00 PM
This library book club is for lovers of mysteries. We are a friendly, informal group that meets the third Tuesday of each month from 3 pm to 4:30 pm in our Community Room. Please join us for exciting discussions.

SCHOOL AGE (6-12)

Rancho Cordova Library
Kids' Chess Club @ Rancho Cordova Library
Wednesdays, 4:00 PM
Here's a chance for school-age chess players of all skill levels to play against each other free. Beginning chess lessons provided. Challengers and visitors are welcome to gather around, watch and learn from games in progress. Come any time between 4 and 6 p.m., sign in and find out how much fun chess can be! Part of the Summer Reading Program - PAWS TO READ!

ADULT

Rancho Cordova Library
Rancho Cordova Third Thursdays Writing Group and Literary Readings
Thursdays, 6:00 PM
Rancho Cordova Library Adult Writing Group - If you are just starting to write, want feedback on your writing, or need a helpful push to write more, this group is for you! We will provide gentle advice in a supportive writing environment!

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Thursdays, 6:00 PM
Rancho Cordova Library Adult Writing Group - If you are just starting to write, want feedback on your writing, or need a helpful push to write more, this group is for you! We will provide gentle advice in a supportive writing environment!

Additional Events at Rancho Cordova Library: Family/All Ages: Lego Mania! @ Rancho Cordova Library - Fridays, 3:30 PM
• **Adult:** Spanish Conversation Circle for Adults at Rancho Cordova Branch Library - Saturdays, 3:00 PM

Marzipan, the Ostrich Dies at Sacramento Zoo

SACRAMENTO, CA (MPG) - The Sacramento Zoo is mourning the loss of Marzipan, the Zoo's 21 year-old Ostrich. The morning of July 14th, the Zoo's male Ostrich was pursuing the female ostriches around the exhibit in typical breeding behavior when Marzipan went to the ground (a normal sign of submission). Once the male was moved off exhibit, keepers noticed that Marzipan seemed unable to stand. Zoo veterinarians and staff were able to anesthetize her on exhibit and then move her to the veterinary hospital for examination. Radiographs revealed a severely comminuted (multiple small fragments) fractured leg bone that could not be repaired. The difficult decision was made to euthanize Marzipan. She was taken to UC

Davis for a complete necropsy. "Marzipan was really special—she enjoyed enrichment when we put it out, loved when keepers got the hose and gave her showers on hot days, and was just an all-around enthusiastic bird," said primary zookeeper for ungulates, Melissa McCartney. "With her big brown eyes, she had a very sweet look to her. She was really special to me and the exhibit will have a little less flair without her." Marzipan arrived at the Sacramento Zoo in 2008. She shared an exhibit with three female Grevy's Zebras and two other Ostriches. Ostriches are native to Africa, south of the Sahara. Males can range from 7-9 feet and weigh up to 300 pounds while females are

5-6 feet and weigh between 200 and 300 pounds. They are social animals and can often be found roaming with herds of antelope,gnu zebra and cattle. Their long necks make them great lookouts for other animals while herds of hoofstock stir up seeds and insects for the Ostriches to feed upon. Ostriches are the largest flightless bird and have very powerful legs that can deliver 500 pounds of pressure per every square inch of contact. While this species is not severely threatened their populations are declining. Their range once included the Middle East, Asia and Africa in the north as well as south of the tropical rainforests. ★

Source: Sacramento Zoo

Man Pleads Guilty To Sex Trafficking with Underage Girl in Sacramento Area

SACRAMENTO, CA (MPG) - Marquist Piere Bradford, 28, of Chicago, pleaded guilty on Thursday, July 24, 2014 to sex trafficking of children by force, United States Attorney Benjamin B. Wagner announced. According to court documents, in early 2012 Bradford recruited a 15-year-old girl to travel from Fresno to Sacramento where she was used by Bradford as part of a prostitution business from January 19 through February 5, 2012. According to court documents, Bradford maintained an apartment in Rancho Cordova, which he used as a base of

operations for a prostitution business that spanned the Sacramento and Bay areas, as well as cities outside California. At least two of Bradford's victims were under the age of 18. Bradford fled from Sacramento to the Chicago area after law enforcement recovered the victim in this case. This case was the product of an investigation by the Sacramento County Sheriff's Office and the Sacramento FBI Innocence Lost Task Force. Assistant United States Attorney Matthew G. Morris is prosecuting the case. Bradford has remained in custody since his arrest in

Springfield, Ill. in April 2012. He is scheduled to be sentenced by United States District Judge Morrison C. England, Jr. on October 23, 2014. Bradford faces a maximum statutory penalty of life in prison and a \$250,000 fine. The actual sentence, however, will be determined at the discretion of the court after consideration of any applicable statutory factors and the Federal Sentencing Guidelines, which take into account a number of variables. ★

Source: www.usdoj.gov/usao/cae

Rancho Cordova Soroptimists Donate Comfort Kits to WEAVE



The Comfort Kid kit is to give some comfort to the children, who many times, are forced to leave beloved toys behind as their mother leaves to find refuge with WEAVE. Photo courtesy of WEAVE

RANCHO CORDOVA, CA (MPG) - The Soroptimist International of Rancho Cordova and Gold River club recently assembled and donated to Women Escaping a Violent Environment (WEAVE) about 175 Comfort Kits and 75 Comfort Kid kits. The club made its first delivery of 50 Comfort Kits to WEAVE four years ago, "and with the incredible generosity of donors such as the employees of Franklin Templeton Investments, Cordova Church of Christ, American River Dental as well as Rancho Cordova residents, we have been able to grow the number of kits we produce every year and now we can also offer some comfort to the children who have also been affected by their mother's choice to reclaim her life and begin a better life with her children," said club president, Julie Schaffer.

A "Comfort Kit" is a large zippered canvas tote bag filled with a 30-day supply of toiletries and personal care items that most women do not think about packing when they are fleeing from an abusive environment. Soroptimists are filling a need to support these women when they may be afraid, hurt, depressed or suffer from low self-esteem. The kits are designed to help these survivors feel normal and taken care of and also show them that there is a group of women out there who care and provide encouragement. The Comfort Kid kit is to give some comfort to the children, who many times, are forced to leave beloved toys behind as their mother leaves to find refuge with WEAVE. A Comfort Kid kit is a drawstring backpack containing a small

blanket, plush toy, coloring book and crayons as well as some personal hygiene items that will hopefully comfort the children enough so that their mother can focus on what she needs to do to begin a healthy new life for her family. Megan Laurie, Manager of Events and Community Relations at WEAVE, stated in her thank you letter to the Rancho Cordova club, "In the past year, at our Safehouse, we served 171 women and 210 children for a total of 8,934 bed nights. These survivors of domestic violence or sexual assault often come to us with only the items they could carry as they left their house in a hurry or nothing at all. When they arrive to our home they are welcomed with not only safety but with your comfort kits. The comfort kits that you put together for WEAVE provide our clients with the basic essentials to get them started on their new journey." The name Soroptimist, means "best for women," and that's what the organization strives to achieve. Soroptimists are women at their best, working to help other women to be their best. If you would like more information about Soroptimist International of Rancho Cordova & Gold River, please visit our website www.soroptimistranchocordova.org. If you would like to join our mailing list to be notified of future project volunteer opportunities or meetings, please sign up at www.LiveYourDream.org. ★

Source: Soroptimist International of Rancho Cordova



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Grapevine Independent Community Calendar

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

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

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

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

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

SPANISH LANGUAGE CONVERSATION CIRCLE
Time: 4th Saturdays, 3-4:30 pm
Place: Rancho Cordova Library
9845 Folsom Blvd.
Contact: 264-2920
www.saclibrary.org
Info: Practice Spanish in a fun and relaxed way with library staff, community.

BRECA MEETING
Time: 4th Tuesdays, 6:30-8 pm
Place: Rancho Cordova Library
9845 Folsom Blvd.
Contact: 361-8087
www.breca.us

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

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

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

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

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

FORK TAIL DEVILS
Date: 2nd Thursdays
Place: Rancho Cordova IHOP
2216 Sunrise Blvd.
Contact: 488-2645
Info: Lockheed Lightning P-38 enthusiasts, pilots, mechanics no-host brunch.

WOMEN'S GOLF CLUB OF CORDOVA
Date: Wednesdays
Place: Cordova Golf Course
9425 Jackson Rd., Sacramento
Contact: 363-0363
Info: All players welcome.

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

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

SOROPTIMIST INTERNATIONAL OF RANCHO CORDOVA
Time: 2nd Monday each month, 6-7 pm
Place: Cattlemen's Restaurant
12409 Folsom Blvd.
Contact: siranchocordova@soroptimist.net
Info: Organization serving needs of women & girls in our community and around the world.

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

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CLUES

ACROSS

1. Shrub or tree especially

common in Africa

6. *"Toy Story" child

antagonist

9. "That was close!"

13. ___-___-la

14. *He confronted Jafar

in Disney's "Aladdin"

15. This one should

beware

16. Asteraceae flower

17. Presidential election

month

18. State indirectly

19. *Cuckoo's nest

guardian

21. Open-mouthed

23. Fa follower

24. December stone

25. Fitting

28. Embarkation location

30. *"The Exorcist"

possessor

35. Brooding

37. Last word in radio

transmission

39. Flax plant fabric

40. Calcium oxide

41. *He's evil in "the

Jungle Book"

43. Penpoints

44. Hipbone-related

46. Like the White Rabbit

47. ___ Crawley, The

Countess of Grantham

48. The enlightened one

50. Post-deductions

amount

52. "Uh-uh"

53. To a remarkable

degree, in U.K.

55. ___ or decaf

57. Right-hand page

59. **Seven" sadist

63. Floorboard sound

65. ___ Beta Kappa

67. Spacious

68. Ancient

69. Bro or sis

70. Amnion, pl.

71. "___ all work out"

72. *All about her

73. Egg holders

DOWN

1. "The first ___ I see tonight"

2. "Major" animal

3. "He played a sociopath in "The

Talented Mr. Ripley"

4. Smart ___, pl.

5. Drive-in employee

6. Sometimes used for timing

7. U.N. labor agency

8. Parlor piece

9. Shoe option

10. Sensational promotion

11. Moray ___

12. Kind of humor

15. With two axes

20. Poet T.S.

22. To swindle or cheat

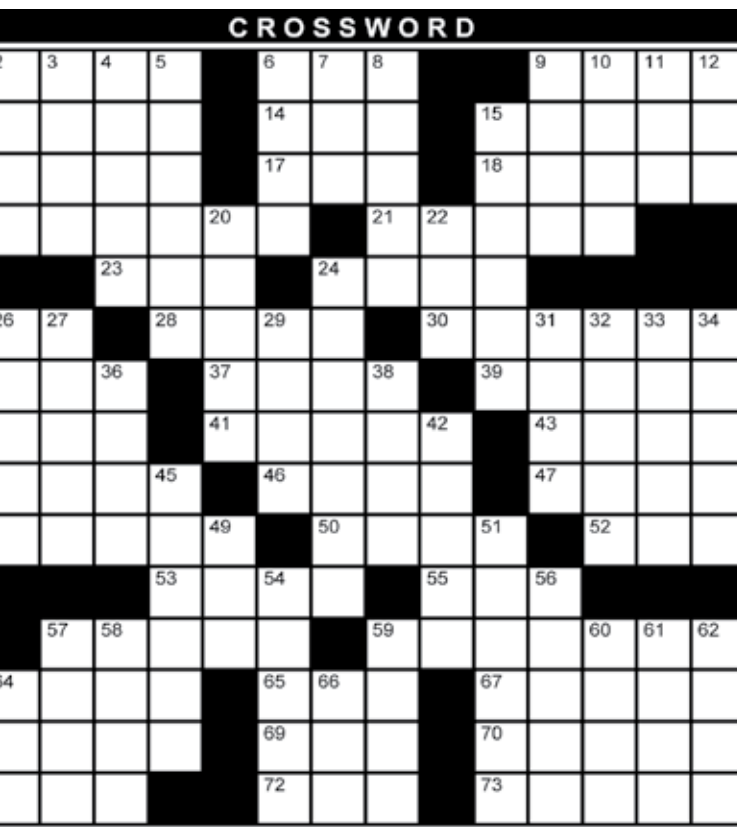
24. Kitchen herb

25. Wing it

26. WWI French soldier

27. Abnormally distended, especially

by fluids



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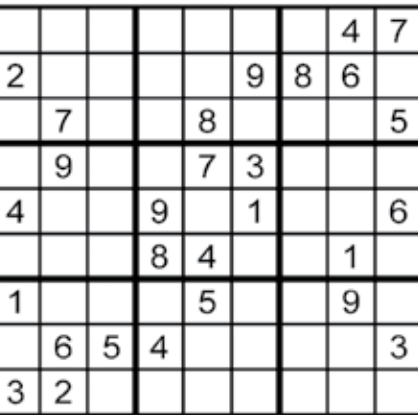
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Sudoku Puzzle on Page 8

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

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Want to purchase minerals and other oil/gas interests. Send details to: PO Box 13557, Denver, CO 80201. (NANI)

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-04721. Colten O. Scott, 7444 Wisam Court, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Garage 47" at 4701 El Camino Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on June 5, 2014. Publish: July 10, 17, 24 and 31, 2014
GARAGE 140630 07-31-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05393. Deborah L. MacDonald, 5141 Linda Lou Drive, Carmichael, CA 95608 is doing business under the Fictitious Business Name "A & M Firearms Training" at 5141 Linda Lou Drive, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on June 27, 2014. Publish: July 10, 17, 24 and 31, 2014
A&MFIREFARMS 140630 07-31-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05069. Rusanra Coyerin, 1029 Moreno Way, Sacramento, CA 95638 is doing business under the Fictitious Business Name "Mobile Notary and Etc." at 1029 Moreno Way, Sacramento, CA 95638. Filed with the Clerk of Sacramento County on June 16, 2014. Publish: July 10, 17, 24 and 31, 2014
MOBILE 140630 07-31-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05258. Device Brewing Company LLC, 139 Fountain Oaks Circle, Sacramento, CA 95831 is doing business under the Fictitious Business Name "Heretic Brewing Company" at 8166 14th Avenue, Suite A, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on June 24, 2014. Publish: July 10, 17, 24 and 31, 2014
HERETIC 140701 07-31-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-04650. Katrin J. Hooper, 4953 Rockland Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "The Learning Wave" at 4953 Rockland Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on June 4, 2014. Publish: July 10, 17, 24 and 31, 2014
LEARNING 140701 07-31-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-04832. Larry Leonard, 2516 Rio de Oro Way, Sacramento, CA 95826 is doing business under the Fictitious Business Name "Leonard Enterprises" at 2516 Rio de Oro Way, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on June 6, 2014. Publish: July 10, 17, 24 and 31, 2014
LEONARD 140701 07-31-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05510. Haidai Karim, 5351 Ridgeway Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Pacific Autobody & Paint" at 3290 Luyung Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on July 1, 2014. Publish: July 10, 17, 24 and 31, 2014
PACIFIC 140701 07-31-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05207. Richard Hayes Davis, 6038 Van Alstine Avenue, Suite 400, Carmichael, CA 95608 is doing business under the Fictitious Business Names "R.H. Davis & Co., Ltd. and R.H. Davis Co." at 6038 Van Alstine Avenue, Suite 400, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on June 23, 2014. Publish: July 10, 17, 24 and 31, 2014
RHDAVIS 140702 07-31-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05205. Blind Magic Inc., 4562 Roseville Road #B, North Highlands, CA 95660 is doing business under the Fictitious Business Name "Blind Magic" at 4562 Roseville Road #B, North Highlands, CA 95660. Filed with the Clerk of Sacramento County on June 20, 2014. Publish: July 10, 17, 24 and 31, 2014
BLIND 140701 07-31-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05456. Troy Matthew Birkey, 7010 Lincoln Oaks Drive, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Capital Print Repair" at 7010 Lincoln Oaks Drive, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on June 30, 2014. Publish: July 10, 17, 24 and 31, 2014
CAPITAL 140630 07-31-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05382. John Park, 5925 Brittany Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Westcoastremodels.com" at 5925 Brittany Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on June 27, 2014. Publish: July 10, 17, 24 and 31, 2014
WESTCOAST 140702 07-31-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-04882. S & D Concrete, Inc., 7840 Kezar Street, Orangevale, CA 95662 is doing business under the Fictitious Business Name "S & D Concrete" at 7840 Kezar Street, Orangevale, CA 95662. Filed with the Clerk of Sacramento County on June 10, 2014. Publish: July 10, 17, 24 and 31, 2014
S&D 140702 07-31-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05217. Parking Enforcement Specialist, Inc., 5140 San Jacinto Circle, Fairbrook, CA 92028 is doing business under the Fictitious Business Name "Black Rhino" at UC Davis Medical Center, 2315 Stockton Boulevard, Sacramento, CA 95817. Filed with the Clerk of Sacramento County on June 23, 2014. Publish: July 10, 17, 24 and 31, 2014
BLACK 140701 07-31-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05474. Jeanette Graybill, 2701 Ribier Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name "House of Maille" at 2701 Ribier Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on June 30, 2014. Publish: July 17, 24, 31 and August 7, 2014
HOUSE 140702 08-07-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05515. Bridget Duffy, 5826 Primrose Drive, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Die-O-Mile" at 5826 Primrose Drive, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on July 1, 2014. Publish: July 17, 24, 31 and August 7, 2014
DIEOMITE 140708 08-07-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05545. The International Brotherhood Welfare Association, 4366 Auburn Boulevard #122, Sacramento, CA 95841 is doing business under the Fictitious Business Name "Wavcrest Foundation" at 4366 Auburn Boulevard #122, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on July 2, 2014. Publish: July 17, 24, 31 and August 7, 2014
WAVECREST 140707 08-07-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05261. Christine Louise Ponczek, 7887 Olive Street, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Twin Rivers Dental Hygiene Group of Christine Ponczek, RDHAP" at 7887 Olive Street, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on June 24, 2014. Publish: July 17, 24, 31 and August 7, 2014
TWINRIVERS 140702 08-07-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-04709. Manader Lavetta Walker, 7029 Checkerblom Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Plushlux" at 7029 Checkerblom Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on June 5, 2014. Publish: July 17, 24, 31 and August 7, 2014
PLUSHLUX 140707 08-07-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05643. Sankara R. Yaramala, 1148 Fulton Avenue, #A, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Kaveri Madras Cuisine" at 1148 Fulton Avenue, Suite A & B, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on July 7, 2014. Publish: July 17, 24, 31 and August 7, 2014
KAVERI 140707 08-07-14

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FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05544. Phuong Nguyen, 8715 Clear Star Court, Elk Grove, CA 95758 is doing business under the Fictitious Business Name "Vapobox" at 7411 W. Stockton Boulevard, Suite 130, Sacramento, CA 95823. Filed with the Clerk of Sacramento County on July 20, 2014. Publish: July 17, 24, 31 and August 7, 2014
VAPEBOX 140709 08-07-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-04651. Susan M. Osborn, 7541 Wooddale Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "LifeThread Publications" at 7541 Wooddale Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on June 4, 2014. Publish: July 17, 24, 31 and August 7, 2014
LIFETHREAD 140709 08-07-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05611. Mykol Mason, 8151 Civic Center Drive #244, Elk Grove, CA 95675 is doing business under the Fictitious Business Name "Steady Mobbin Motorcycle Club" at 8151 Civic Center Drive #244, Elk Grove, CA 95675. Filed with the Clerk of Sacramento County on July 7, 2014. Publish: July 17, 24, 31 and August 7, 2014
STEADY 140709 08-07-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05771. Sansho Park DDS Inc., 3517 Marconi Avenue, Suite 104 & 105, Sacramento, CA 95821 is doing business under the Fictitious Business Name "Premier Dental Group" at 3517 Marconi Avenue, Suite 104 & 105, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on July 10, 2014. Publish: July 24, 31, August 7 and 14, 2014
PREMIER 140711 08-14-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05618. Anabel Chavez, 912 Sandemara Street, Sacramento, CA 95838 is doing business under the Fictitious Business Name "Casa Bella Cleaning Services" at 912 Sandemara Street, Sacramento, CA 95838. Filed with the Clerk of Sacramento County on July 1, 2014. Publish: July 24, 31, August 7 and 14, 2014
CASABELLA 140718 08-14-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05536. Masoud Nafey O.D. Inc., 1705 Gloria Circle, Tracy, CA 95377 is doing business under the Fictitious Business Name "Vision-Union Family Optometry" at 1930 Ninth Street, Suite 204, Sacramento, CA 95811. Filed with the Clerk of Sacramento County on July 2, 2014. Publish: July 24, 31, August 7 and 14, 2014
VISION+ 140712 08-14-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05842. Julian Christopher Bradford Smith, 9572 De La Rosa Place, Elk Grove, CA 95758 is doing business under the Fictitious Business Name "Architectural Resources" at 9572 De La Rosa Place, Elk Grove, CA 95758. Filed with the Clerk of Sacramento County on July 14, 2014. Publish: July 24, 31, August 7 and 14, 2014
ARCHRES 140715 08-14-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05852. Cloud 9 Technologies, LLC, 314 Euer Court, Folsom, CA 95630 is doing business under the Fictitious Business Names "Playbook Sports, EZ Mobile Livescan, Youth Sports Registration and Sports Registration" at 314 Euer Court, Folsom, CA 95630. Filed with the Clerk of Sacramento County on July 14, 2014. Publish: July 24, 31, August 7 and 14, 2014
PLAYBOOK 140714 08-14-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05531. Clifford G. Mardison, 5046 Hackberry Lane, Unit 314, Sacramento, CA 95841 is doing business under the Fictitious Business Names "P.O.L. Society and Cliff Ford" at 5046 Hackberry Lane, Unit 314, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on July 1, 2014. Publish: July 24, 31, August 7 and 14, 2014
POLSOCIETY 140714 08-14-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05685. Star Education, Inc., 9837 Folsom Boulevard, Suite A, Sacramento, CA 95827 is doing business under the Fictitious Business Name "Medical Arts Professionals" at 9837 Folsom Boulevard, Suite B, Sacramento, CA 95827. Filed with the Clerk of Sacramento County on July 8, 2014. Publish: July 24, 31, August 7 and 14, 2014
MEDICAL 140711 08-14-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05802. Kevin Fara, 7640 Southcliff Drive, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "H2FLO Consulting" at 97840 Southcliff Drive, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on July 11, 2014. Publish: July 24, 31, August 7 and 14, 2014
H2FLO 140711 08-14-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05618. Yui Maru Inc., 6531 Oak Bend Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "Yui Maru Japanese Restaurant" at 6720 Madison Avenue, Suite 5, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on July 7, 2014. Publish: July 24, 31, August 7 and 14, 2014
YUIMARLU 140711 08-14-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05750. Larry A. Dorsett, 1203 Regina Street, Rocklin, CA 95765 is doing business under the Fictitious Business Name "Manzanita Nursery" at 4243 Manzanita Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 9, 2014. Publish: July 24, 31, August 7 and 14, 2014
MANZANITA 140711 08-14-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05276. PacificCoastSupply, LLC, 4290 Roseville Road, North Highlands, CA 95680 is doing business under the Fictitious Business Name "Diamond Pacific" at 4290 Roseville Road, North Highlands, CA 95680-5710. Filed with the Clerk of Sacramento County on June 24, 2014. Publish: July 24, 31, August 7 and 14, 2014
DIAMOND 140711 08-14-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05277. PacificCoastSupply, LLC, 4290 Roseville Road, North Highlands, CA 95680 is doing business under the Fictitious Business Name "Pacific Supply" at 4290 Roseville Road, North Highlands, CA 95680-5710. Filed with the Clerk of Sacramento County on June 24, 2014. Publish: July 24, 31, August 7 and 14, 2014
PACIFIC 140711 08-14-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05883. Ingegood, LLC, 6705 Raycroft Way, Elk Grove, CA 95757 is doing business under the Fictitious Business Name "Cerzua" at 6705 Raycroft Way, Elk Grove, CA 95757. Filed with the Clerk of Sacramento County on July 15, 2014. Publish: July 24, 31, August 7 and 14, 2014
CERZUA 140716 08-14-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05875. Robert Fields, 1242 Jacob Lane, Carmichael, CA 95608 is doing business under the Fictitious Business Name "The Extra Camera" at 1242 Jacob Lane, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 15, 2014. Publish: July 24, 31, August 7 and 14, 2014
EXTRA 140716 08-14-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05893. Camacho Communications Corporation, 517 8th Street, Sacramento, CA 95814 is doing business under the Fictitious Business Names "Camco Wire & Data, Camco Solutions and Camco" at 517 8th Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County on July 15, 2014. Publish: July 24, 31, August 7 and 14, 2014
CAMCO 140716 08-14-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05749. Rebecca O'Callaghan, 6768 9th Avenue, Sacramento, CA 95820 is doing business under the Fictitious Business Name "Play 2 Grow Pediatric Therapy" at 6768 9th Avenue, Sacramento, CA 95820. Filed with the Clerk of Sacramento County on July 9, 2014. Publish: July 24, 31, August 7 and 14, 2014
PLAY2 140710 08-14-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05749. Rebecca O'Callaghan, 6768 9th Avenue, Sacramento, CA 95820 is doing business under the Fictitious Business Name "Play 2 Grow Pediatric Therapy" at 6768 9th Avenue, Sacramento, CA 95820. Filed with the Clerk of Sacramento County on July 9, 2014. Publish: July 24, 31, August 7 and 14, 2014
PLAY2 140710 08-14-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05927. Morgan Spiller, 1000 Fulton Avenue #15, Sacramento, CA 95825 is doing business under the Fictitious Business Names "One and Eight Design and One and Eight Designs" at 1000 Fulton Avenue #15, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on July 16, 2014. Publish: July 24, 31, August 7 and 14, 2014
ONEANDEIGHT 140716 08-14-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05758. Danielle Geary, 4623 Foutz Court, Sacramento, CA 95821 is doing business under the Fictitious Business Name "Plucky Dot Collections" at 4623 Foutz Court, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on July 10, 2014. Publish: July 24, 31, August 7 and 14, 2014
PLUCKYDOT 140717 08-14-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05738. Kayla Williams, 3216 U Street, Antelope, CA 95843 is doing business under the Fictitious Business Name "Kayla's Kid Care" at 3216 U Street, Antelope, CA 95843. Filed with the Clerk of Sacramento County on July 9, 2014. Publish: July 24, 31, August 7 and 14, 2014
KAYLAS 140717 08-14-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05959. Adam Gregory Wills, 3546 Altamont Drive, Carmichael, CA 95608 is doing business under the Fictitious Business Name "American River Painting Solutions" at 3546 Altamont Drive, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 17, 2014. Publish: July 24, 31, August 7 and 14, 2014
AMERICAN 140718 08-14-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-04618. Robert Jeffrey McKiernan, 101 Hensley Court, Folsom, CA 95630 is doing business under the Fictitious Business Name "McKiernan Realty" at 49 Natoma Street, Suite A, Folsom, CA 95630. Filed with the Clerk of Sacramento County on June 3, 2014. Publish: July 24, 31, August 7 and 14, 2014
MCKIERNAN 140718 08-14-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-06008. James Thuyduong Ly, 8059 Bucks Harbor Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name "Ly Wang Enterprise" at 8059 Bucks Harbor Way, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on July 18, 2014. Publish: July 31, August 7, 14 and 21, 2014
LYWANG 140721 08-21-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-06012. GLP Stores, LLC, 5980 88th Street, Sacramento, CA 95828 is doing business under the Fictitious Business Name "GLP Brands" at 5980 88th Street, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on July 21, 2014. Publish: July 31, August 7, 14 and 21, 2014
GLPBRANDS 140721 08-21-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05840. Farid K. Yousefi, 7409 Auburn Boulevard #N, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "Sierra Valley Auto" at 8016 Auburn Boulevard #1, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on July 14, 2014. Publish: July 31, August 7, 14 and 21, 2014
SIERRA 140722 08-21-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05942. Young Kim, 3600 Data Drive #489, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Names "Café Sunrise and The Bay Food Co." at 11150 Sunnirise Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on July 17, 2014. Publish: July 31, August 7, 14 and 21, 2014
CAFE 140718 08-21-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-06040. Naycora Griffin-Faunterly, 2119 Wyda Way #6, Sacramento, CA 95825 is doing business under the Fictitious Business Names "On Time Tech Company and Academics Academy" at 2391 Arden Way #3, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on July 21, 2014. Publish: July 31, August 7, 14 and 21, 2014
ONTIME 140721 08-21-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05564. Beverly Van Santen, 8408 Grinnel Way, Sacramento, CA 95826 is doing business under the Fictitious Business Name "Sweater Up" at 8408 Grinnel Way, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on July 3, 2014. Publish: July 31, August 7, 14 and 21, 2014
SWEATERUP 140722 08-21-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05940. Naem Janjua and Jasmin Ali, 7857 Caldonia Way, Sacramento, CA 95832 is doing business under the Fictitious Business Name "Jasmin's Boutique" at 2811 Florin Road, Suite C, Sacramento, CA 95822. Filed with the Clerk of Sacramento County on July 17, 2014. Publish: July 31, August 7, 14 and 21, 2014
JASMINS 140722 08-21-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05567. Rancho CPD Inc., 3731 Recycle Road, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name "AAA Dodge Truck & Van" at 3731 Recycle Road, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on July 3, 2014. Publish: July 31, August 7, 14 and 21, 2014
AAADODGE 140722 08-21-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05908. Stacy Kutsar, 7772 Kalwani Circle, Sacramento, CA 95828 is doing business under the Fictitious Business Name "Sisters Floral" at 7772 Kalwani Circle, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on July 16, 2014. Publish: July 31, August 7, 14 and 21, 2014
SISTERS 140722 08-21-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-06037. Jonathan David Brown, 5541 McKay Street, Fair Oaks, CA 95628 is doing business under the Fictitious Business Names "JDB's Custom Landscape Construction and JDB's Services" at 5541 McKay Street, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on July 21, 2014. Publish: July 31, August 7, 14 and 21, 2014
JDBS 140722 08-21-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-06031. Baudilio Lirano, 9233 Earl Fite Drive, Elk Grove, CA 95624 is doing business under the Fictitious Business Names "We Do It Right and Fixed Fast" at 9233 Earl Fite Drive, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on July 21, 2014. Publish: July 31, August 7, 14 and 21, 2014
WEDOIT 140723 08-21-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-06060. Gerald Reguera, 8031 Grand Avenue, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Network Flood Insurance Agency" at 8031 Grand Avenue, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on July 22, 2014. Publish: July 31, August 7, 14 and 21, 2014
NETWORK 140723 08-21-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05806. Bradley A. Buchmiller, 2891 Anderson Way, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Brad's Home Repair" at 2891 Anderson Way, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on July 7, 2014. Publish: July 31, August 7, 14 and 21, 2014
BRADS 140723 08-21-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05856. Brandon C. Lewis, 792 Krypton Court, West Sacramento, CA 95691 is doing business under the Fictitious Business Name "Dot Eye Photography" at 8313 Oakenshield Circle, Antelope, CA 95843. Filed with the Clerk of Sacramento County on July 14, 2014. Publish: July 31, August 7, 14 and 21, 2014
DOTEYE 140723 08-21-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-06136. Patricia Waldon, 7862 Winding Way #1624, Fair Oaks, CA 95628 and Frederick Gundra, 5291 Wisteria Road, Pollock Pines, CA 95726 is doing business under the Fictitious Business Name "Pinnacle Financial Services" at 5150 Sunrise Boulevard, Suite H-6, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on July 24, 2014. Publish: July 31, August 7, 14 and 21, 2014
PINNACLE 140724 08-21-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-06137. G Punjab TV USA LLC, 40W 39 Street, New York, NY 10018 is doing business under the Fictitious Business Names "G Punjab TV USA LLC and Global Punjab TV" at 5109 Gibbons Drive #13, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 25, 2014. Publish: July 31, August 7, 14 and 21, 2014
GPUNJAB 140725 08-21-14

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FBNF2011-02920
The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Alta Sierra Services", located at 4562 Roseville Road #B, North Highlands, CA 95660. Benjamin D. Heaps and Cleone Heaps, 8815 Elwyn Avenue, Elverta, CA 95626. The Fictitious Business Name Statement referred to above was filed on March 31, 2011 in the County of Sacramento. Publish: July 10, 17, 24 and 31, 2014
ALTA 140701 07-31-14

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FBNF2011-009452
The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Blind Magic", located at 4562 Roseville Road #B, North Highlands, CA 95660. Benjamin D. Heaps and Cleone Heaps, 8815 Elwyn Avenue, Elverta, CA 95626. The Fictitious Business Name Statement referred to above was filed on March 31, 2011 in the County of Sacramento. Publish: July 10, 17, 24 and 31, 2014
BLIND 140701 07-31-14

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FBNF2011-00452
The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "McKiernan Realty", located at 49 Natoma Street, Suite A, Folsom, CA 95630. Robert J. and Linda A. McKiernan, 101 Hensley Court, Folsom, CA 95630. The Fictitious Business Name Statement referred to above was filed on January 15, 2013 in the County of Sacramento. Publish: July 24, 31, August 7 and 14, 2014
MCKIERNAN 140718 08-14-14

ORDER TO SHOW CAUSE CHANGE OF NAME

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00159352

WHEREAS, Danielle Conley, has filed a petition with this court for a decree changing the names of Tatyano-Kamara Raeline Koslow to Tatyana-Kamara Raeline Conley. IT

Legal Advertising Hotline
916-483-2299

LEGAL ADVERTISING

Legal Advertising Fax
916-773-2299

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 SALES

APN: 057-0111-005-0000 Property: 10516 Malvasia Drive, Rancho Cordova, CA 95670 Title Order No. : 730-1305364-70 Trustee Sale No. : 2001-011727-F00 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED August 31, 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. On August 07, 2014, Sage Point Lender Services, LLC, as duly appointed Trustee WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/CASH EQUIVALENT drawn on a state or national bank, cashier's check drawn by a state or federal credit union, or a cashier's check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, or other form of payment authorized by 2924h(b), (Payable at time of sale in lawful money of the United States). The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to satisfy the obligation secured by said Deed of Trust with interest and late charges thereon, as provided in said note(s), advances, 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 undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. 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: AS MORE FULLY DESCRIBED IN BELOW MENTIONED DEED OF TRUST Executed by: William Palitto and Evelyn Palitto, husband and wife as joint tenants Recorded on September 06, 2006, in Book 20060906, at Page 1104 of Official Records, in the office of the County Recorder of Sacramento County, California Date of Sale: August 07, 2014 at 02:00 PM Place of Sale: at the 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: 10516 MALVASIA DRIVE, RANCHO CORDOVA, CA 95670 APN# 057-0111-005-0000 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 this Notice of Sale is \$277,182.28. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the County where the real property is located. 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 the return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee's Attorney. 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 (619)590-1221 or visit the internet website www.dlppllc.com, using the file number assigned to this case 1388343-31. 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. For sales information: (619)590-1221. Cal-Western Reconveyance LLC, 525 East Main Street, P.O. Box 22004, El Cajon, CA 92022-9004 Dated: July 10, 2014. (DLPP#438843 07/18/14, 07/25/14, 08/01/14) DLPP#438843 170715 8/1/14

NOTICE OF TRUSTEE'S SALE APN: 067-0610-016-0000 T.S. No. 009801-CA Pursuant to CA Civil Code 2923.3 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 8/24/2006. 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 On 8/15/2014 at 9:30 AM, CLEAR RECON CORP., as duly appointed trustee under and pursuant to Deed of Trust recorded 8/31/2006, in Book 20060831, Page 1186, The subject Deed of Trust was modified by Loan Modification recorded as Book Number 20100621, Page Number 0724 and recorded on 06/21/2010, also recorded as Book Number 20130805 Page Number 1614 recorded on 08/05/2013. of Official Records in the office of the County Recorder of Sacramento County, State of CALIFORNIA executed by: ANGELA K SLAUGHTER AN UNMARRIED WOMAN 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, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE: 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: THE LAND REFERRED TO HEREIN BELOW IS SITUATED IN THE COUNTY OF SACRAMENTO, STATE OF CALIFORNIA, AND IS DESCRIBED AS FOLLOWS: LOT 16, AS SHOWN ON "SUBDIVISION NO. 01-385.8, FINAL MAP OF ANATOLIA II VILLAGE 14", FILED FOR RECORD MARCH 17, 2004, IN BOOK 326 OF MAPS, MAP NO. 6, SACRAMENTO COUNTY RECORDS. EXCEPTING THEREFROM AN UNDIVIDED ONE-HALF INTEREST IN AND TO ALL OIL, GAS, ASPHALTUM AND OTHER HYDROCARBONS AND ALL MINERALS LOCATED 100 FEET OR MORE BELOW THE SURFACE OF SAID PROPERTY AND THE RIGHT TO TAKE AWAY AND DISPOSE OF THE SAME, BUT WITHOUT ENTERING SAID REAL PROPERTY UPON OR ABOVE ITS SURFACE AS RESERVED IN DEED DATED JUNE 20, 1955, RECORDED JUNE 30, 1995, IN BOOK 2867 OF OFFICIAL RECORDS, PAGE 18, EXECUTED BY NATOMAS COMPANY, A CALIFORNIA CORPORATION, TO HECKES AND HURST CONSTRUCTION COMPANY, A CORPORATION. ALSO EXCEPTING THEREFROM THE REMAINING ONE-HALF INTEREST IN ALL OIL, GAS AND OTHER HYDROCARBON SUBSTANCES, INERT GASES, MINERALS, AND METALS, LYING BELOW A DEPTH OF 500 FEET FROM THE SURFACE OF SAID LAND AND REAL PROPERTY, WHETHER NOW KNOWN TO EXIST OR HEREAFTER DISCOVERED, INCLUDING, BUT NOT LIMITED TO, THE RIGHTS TO EXPLORE FOR, DEVELOP, AND REMOVE SUCH OIL, GAS, AND OTHER HYDROCARBON SUBSTANCES, INERT GASES, MINERALS, AND METALS WITHOUT, HOWEVER, ANY RIGHT TO USE THE SURFACE OF SUCH LAND AND REAL PROPERTY OR ANY OTHER PORTION THEREOF ABOVE A DEPTH OF 500 FEET FROM THE SURFACE OF SUCH LAND AND REAL PROPERTY FOR ANY PURPOSE WHATSOEVER, AS RESERVED IN DEED DATED JULY 16, 2003 AND RECORDED JULY 18, 2003 IN BOOK 20030718 AT PAGE 1376 EXECUTED BY SUNRIDGE-ANATOLIA LLC, A CALIFORNIA LIMITED LIABILITY COMPANY TO CAMBRIDGE (ANATOLIA), LP, A CALIFORNIA LIMITED PARTNERSHIP. The street address and other common designation, if any, of the real property described above is purported to be: 4463 MALANA CT 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 held, but without covenant or warranty, express or implied, regarding title, possession, condition, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured 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: \$600,128.87 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 a written 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 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) 280-2832 or visit this Internet Web site WWW.AUCTION.COM, using the file number assigned to this case 2001-011727-F00. 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. Date: July 2, 2014 Sage Point Lender Services, LLC 400 Exchange, Suite 110 Irvine, CA 92602 949-265-9940 Brenda Avila FOR TRUSTEE'S SALE INFORMATION PLEASE CALL 855-880-6845 or visit WWW.NATIONWIDEPPOSTING.COM SAGE POINT LENDER SERVICES, LLC MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. NPP0233021 To: GRAPEVINE INDEPENDENT PUB: 07/18/2014, 07/25/2014, 08/01/2014 NPP#0233021 140705 8/1/14

NOTICE OF TRUSTEE'S SALE T.S. No. 1388343-31 APN: 056-0183-002-0000 TRA: 08-011 LOAN NO: XXXXXX3871 REF: JOHNSON, VERA IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED July 13, 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. On August 07, 2014, at 10:00am, Cal-western Reconveyance Llc, as duly appointed trustee under and pursuant to Deed of Trust recorded July 21, 2006, as Inst. No. XX in book 20060721, page 2005 of Official Records in the office of the County Recorder of Sacramento County, State of California, executed by Leon Johnson and Vera Arlene Johnson, Husband And Wife, 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, savings association, or savings bank specified in section 5102 of the financial code and authorized to do business in this state: At the east main entrance to the county courthouse, 720 9th Street Sacramento, California, 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: Completely described in said deed of trust The street address and other common designation, if any, of the real property described above is purported to be: 10560 Georgetown Dr Rancho Cordova CA 95670-2142 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 held, but without covenant or warranty, express or implied, regarding title, possession, condition or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured 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: \$263,878.40. 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 a written Notice of Default and Election to Sell. The undersigned caused said 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 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 (619)590-1221 or visit the internet website www.dlppllc.com, using the file number assigned to this case 1388343-31. 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. For sales information: (619)590-1221. Cal-Western Reconveyance LLC, 525 East Main Street, P.O. Box 22004, El Cajon, CA 92022-9004 Dated: July 10, 2014. (DLPP#438843 07/18/14, 07/25/14, 08/01/14) DLPP#438843 170715 8/1/14

NOTICE OF TRUSTEE'S SALE APN: 067-0610-016-0000 T.S. No. 009801-CA Pursuant to CA Civil Code 2923.3 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 8/24/2006. 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 On 8/15/2014 at 9:30 AM, CLEAR RECON CORP., as duly appointed trustee under and pursuant to Deed of Trust recorded 8/31/2006, in Book 20060831, Page 1186, The subject Deed of Trust was modified by Loan Modification recorded as Book Number 20100621, Page Number 0724 and recorded on 06/21/2010, also recorded as Book Number 20130805 Page Number 1614 recorded on 08/05/2013. of Official Records in the office of the County Recorder of Sacramento County, State of CALIFORNIA executed by: ANGELA K SLAUGHTER AN UNMARRIED WOMAN 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, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE: 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: THE LAND REFERRED TO HEREIN BELOW IS SITUATED IN THE COUNTY OF SACRAMENTO, STATE OF CALIFORNIA, AND IS DESCRIBED AS FOLLOWS: LOT 16, AS SHOWN ON "SUBDIVISION NO. 01-385.8, FINAL MAP OF ANATOLIA II VILLAGE 14", FILED FOR RECORD MARCH 17, 2004, IN BOOK 326 OF MAPS, MAP NO. 6, SACRAMENTO COUNTY RECORDS. EXCEPTING THEREFROM AN UNDIVIDED ONE-HALF INTEREST IN AND TO ALL OIL, GAS, ASPHALTUM AND OTHER HYDROCARBONS AND ALL MINERALS LOCATED 100 FEET OR MORE BELOW THE SURFACE OF SAID PROPERTY AND THE RIGHT TO TAKE AWAY AND DISPOSE OF THE SAME, BUT WITHOUT ENTERING SAID REAL PROPERTY UPON OR ABOVE ITS SURFACE AS RESERVED IN DEED DATED JUNE 20, 1955, RECORDED JUNE 30, 1995, IN BOOK 2867 OF OFFICIAL RECORDS, PAGE 18, EXECUTED BY NATOMAS COMPANY, A CALIFORNIA CORPORATION, TO HECKES AND HURST CONSTRUCTION COMPANY, A CORPORATION. ALSO EXCEPTING THEREFROM THE REMAINING ONE-HALF INTEREST IN ALL OIL, GAS AND OTHER HYDROCARBON SUBSTANCES, INERT GASES, MINERALS, AND METALS, LYING BELOW A DEPTH OF 500 FEET FROM THE SURFACE OF SAID LAND AND REAL PROPERTY, WHETHER NOW KNOWN TO EXIST OR HEREAFTER DISCOVERED, INCLUDING, BUT NOT LIMITED TO, THE RIGHTS TO EXPLORE FOR, DEVELOP, AND REMOVE SUCH OIL, GAS, AND OTHER HYDROCARBON SUBSTANCES, INERT GASES, MINERALS, AND METALS WITHOUT, HOWEVER, ANY RIGHT TO USE THE SURFACE OF SUCH LAND AND REAL PROPERTY OR ANY OTHER PORTION THEREOF ABOVE A DEPTH OF 500 FEET FROM THE SURFACE OF SUCH LAND AND REAL PROPERTY FOR ANY PURPOSE WHATSOEVER, AS RESERVED IN DEED DATED JULY 16, 2003 AND RECORDED JULY 18, 2003 IN BOOK 20030718 AT PAGE 1376 EXECUTED BY SUNRIDGE-ANATOLIA LLC, A CALIFORNIA LIMITED LIABILITY COMPANY TO CAMBRIDGE (ANATOLIA), LP, A CALIFORNIA LIMITED PARTNERSHIP. The street address and other common designation, if any, of the real property described above is purported to be: 4463 MALANA CT 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 held, but without covenant or warranty, express or implied, regarding title, possession, condition, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured 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: \$600,128.87 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 a written 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 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) 280-2832 or visit this Internet Web site WWW.AUCTION.COM, using the file number assigned to this case 2001-011727-F00. 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. Date: July 2, 2014 Sage Point Lender Services, LLC 400 Exchange, Suite 110 Irvine, CA 92602 949-265-9940 Brenda Avila FOR TRUSTEE'S SALE INFORMATION PLEASE CALL 855-880-6845 or visit WWW.NATIONWIDEPPOSTING.COM SAGE POINT LENDER SERVICES, LLC MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. NPP0233021 To: GRAPEVINE INDEPENDENT PUB: 07/18/2014, 07/25/2014, 08/01/2014 NPP#0233021 140705 8/1/14

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 or visit this Internet Web site WWW.LPSASAP.COM, using the file number assigned to this case 009801-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. FOR SALES INFORMATION: (714) 730-2727 Date: 7/7/2014 Date Executed: CLEAR RECON CORP., Authorized Signature CLEAR RECON CORP. 4375 Jutland Drive Suite 200 San Diego, California 92117 A-4470043 07/25/2014, 08/01/2014, 08/08/2014 ASAP#4470043 140714 8/8/14

NOTICE OF TRUSTEE'S SALE Trustee Sale No. 458875CA Loan No. XXXXXX7228 Title Order No. 120407132 ATTENTION RECORDER: THE FOLLOWING REFERENCE TO AN ATTACHED SUMMARY IS APPLICABLE TO THE NOTICE PROVIDED TO THE TRUSTOR ONLY. PURSUANT TO CALIFORNIA CIVIL CODE 2923.3 NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 07-11-2005. 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 PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 08-15-2014 at 9:30 AM, ALAW as the duly appointed Trustee under and pursuant to Deed of Trust Recorded 07-20-2005, Book 20050720, Page 2299, Instrument N/A, of official records in the Office of the Recorder of Sacramento County, California, executed by: VICTOR E. TORRES AND ARNILYN F. OMAN-TORRES, HUSBAND AND WIFE, AS JOINT TENANTS, as Trustor, ARGENT MORTGAGE COMPANY, LLC, as Beneficiary, will sell at public auction sale to the highest bidder for cash, cashier's check drawn by a state or national bank, a cashier's check drawn by a state or federal credit union, or a cashier's 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. Sale will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to the Deed of Trust. 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, interest thereon, estimated 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. Place of Sale: AT THE EAST MAIN ENTRANCE TO THE COUNTY COURTHOUSE, 720 9TH STREET, SACRAMENTO, CA Amount of unpaid balance and other charges: \$309,277.97 (estimated) Street address and other common designation of the real property: 3142 CHETTENHAM DRIVE RANCHO CORDOVA, CA 95670 APN NUMBER: 077-0233-014-0000 Legal Description: LOT 78, AS SHOWN ON THAT CERTAIN MAP OF "SUNRISE HAVEN", RECORDED IN BOOK 116 OF MAPS, MAP NO. 11, RECORDS OF SAID COUNTY. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The property heretofore described is being sold "as is". In compliance with California Civil Code 2923.5(c) the mortgagee, trustee, beneficiary, or authorized agent declares: that it has contacted the borrower(s) to assess their financial situation and to explore options to avoid foreclosure; or that it has made efforts to contact the borrower(s) to assess their financial situation and to explore options to avoid foreclosure by one of the following methods: by telephone; by United States mail; either 1st class or certified; by overnight delivery; by personal delivery; by e-mail; by face to face meeting. Date: 07-14-2014 ALAW, as Trustee BRENDA BATTEN, ASSISTANT SECRETARY ALAW 2900 OAKDALE AVE. - 3RD FLOOR CHATSWORTH, CA 91311 (818)435-3661 For Sales Information: www.servicelinkASAP.com 1-714-730-2727 or www.priorityposting.com or 1-714-573-1965 www.auction.com or 1-800-280-2832 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, this information can be obtained from one of the following three companies: LPS Agency Sales and Posting at (714) 730-2727, or visit the Internet Web site www.servicelinkASAP.com (Registration required to search for sale information) or Priority Posting and Publishing at (714) 573-1965 or visit the Internet Web site www.priorityposting.com (Click on the link for "Advanced Search" to search for sale information), or auction.com at 1-800-280-2832 or visit the Internet Web site www.auction.com. Using the Trustee Sale No. shown above, 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. Date: 07/25/2014, 08/01/2014, 08/08/2014 ASAP#4472517 140714 8/8/14

NOTICE OF TRUSTEE'S SALE T.S. No. 13-21225-SP-CA Title No. 130199219-CA-MAI ATTENTION RECORDER: THE FOLLOWING REFERENCE TO AN ATTACHED SUMMARY IS APPLICABLE TO THE NOTICE PROVIDED TO THE TRUSTOR ONLY. PURSUANT TO CIVIL CODE 2923.3 NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 05/24/2004. 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(s) must be made payable to National Default Servicing Corporation), drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state; will be held by the duly appointed trustee as shown below, of 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 below. The 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 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. Trustor: Phyllis J Lawrence an unmarried woman and Deirdre R Boileu, an unmarried woman as Joint Tenants Duly Appointed Trustee: NATIONAL DEFAULT SERVICING CORPORATION Recorded 05/28/2004 as Instrument No. BK#20040528PG#2431 (or Book, Page) of the Official Records of SACRAMENTO County, California. Date of Sale: 08/14/2014 at 9:30 AM Place of Sale: At the east main entrance to the county courthouse, 720 9th Street, Sacramento, CA Estimated amount of unpaid balance and other charges: \$242,556.11 Street Address or other common designation of real property: 2481 MCGREGOR DR, RANCHO CORDOVA, CA 95670 A.P.N.: 058-0116-005-0000 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. 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. The undersigned mortgagee, beneficiary or authorized agent for the mortgagee or beneficiary pursuant to California Civil Code Section 2923.5(b) declares that the mortgagee, beneficiary or the mortgagee's or beneficiary's authorized agent has either contacted the borrower or tried with due diligence to contact the borrower as required by California Civil Code 2923.5. 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 714-730-2727 or visit this Internet Web site www.ndsncorp.com/sales, using the file number assigned to this case 13-21225-SP-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. Date: 07/21/2014 Tiffany and Bosco, P.A. as agent for National Default Servicing Corporation 1230 Columbia Street, Suite 680 San Diego, CA 92101 Phone 888-264-4010 Sales Line 714-730-2727; Sales Website: www.ndsncorp.com / sales Linda DeGrandis, Trustee Sales Representative A-4473029 07/25/2014, 08/01/2014, 08/08/2014 ASAP#4473029 140721 8/8/14

Trustee Sale No. 14-000925 CXE Title Order No. 1592565 APN 056-0212-016-0003 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 03/26/09. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 08/25/14 at 9:00 am, Aztec Foreclosure Corporation as the duly appointed Trustee under and pursuant to the power of sale contained in that certain Deed of Trust executed by Linda Craig, an Unmarried Woman, as Trustor(s), in favor of Mortgage Electronic Registration Systems, Inc., solely as Nominee for W.J. Bradley Mortgage Capital Corp., an Oregon Corporation, as Beneficiary, Recorded on 04/03/09 in Book No. 20090403, Page No. 0085 of official records in the Office of the county recorder of SACRAMENTO County, California; Nationstar Mortgage LLC, as the current Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, 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), Gordon D. Schaber Sacramento County Courthouse, 720 9th Street, East Main Entrance, 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, California described as: 10823 COLOMA ROAD, #3, RANCHO CORDOVA, CA 95670 The property heretofore described is being sold "as is". 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 the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to wit: \$74,870.82 (Estimated good through 8/5/14) Accrued interest and additional advances, if any, will increase this figure prior to sale. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such reoordation. DATE: July 15, 2014 Robbie Weaver Assistant Secretary & Assistant Vice President Aztec Foreclosure Corporation 20 Pacifica, Suite 1460 Irvine, CA 92618 Phone: (877) 257-0717 or (602) 638-5700 Fax: (602) 638-5748 www.aztectrustee.com 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 or visit the Internet Web site, using the file number assigned to this case 14-000925. 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. www.Auction.com or call (800) 280-2832 Or Aztec Foreclosure Corporation (877) 257-0717 www.aztectrustee.com P1104012 7/25, 8/1, 08/08/2014 PPP#1104012 140718 8/14

NOTICE OF TRUSTEE'S SALE File No. 7233.25901 Title Order No. 1610178 MIN No. APN 058-0116-002-0000 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 08/17/07. 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 §5102 to the Financial code and authorized to do business in this state, will be held by duly

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 SALES
Continued from Page 11

NOTICE OF TRUSTEE'S SALE Trustee Sale No. 756243CA Loan No. XXXXX6669 Title Order No. 120195471 ATTENTION RECORDER: THE FOLLOWING REFERENCE TO AN ATTACHED SUMMARY IS APPLICABLE TO THE NOTICE PROVIDED TO THE TRUSTOR ONLY. PURSUANT TO CALIFORNIA CIVIL CODE 2923.3 NOTICE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 04-06-2006. 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 PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 08-22-2014 at 9:30 AM, ALAW as the duly appointed Trustee under and pursuant to Deed of Trust Recorded 04-19-2006, Book 20060419, Page 0219, Instrument N/A, of official records in the Office of the Recorder of SACRAMENTO County, California, executed by: DAVID T. BARRERA A MARRIED MAN AS HIS SOLE AND SEPARATE PROPERTY, as Trustor, MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC., AS NOMINEE FOR FIRST MAGNUS FINANCIAL CORPORATION, AN ARIZONA CORPORATION, ITS SUCCESSORS AND ASSIGNS, as Beneficiary, will sell at public auction sale to the highest bidder for cash, cashier's check drawn by a state or national bank, a cashier's check drawn by a state or federal credit union, or a cashier's 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. Sale will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to the Deed of Trust. 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, interest thereon, estimated 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. Place of Sale: AT THE EAST MAIN ENTRANCE TO THE COUNTY COURTHOUSE, 720 9TH STREET, SACRAMENTO, CA Amount of unpaid balance and other charges: \$322,161.78 (estimated) Street address and other common designation of the real property: 10424 BLACKBURN WAY RANCHO CORDOVA, CA 95670 APN Number: 077-0073-005-0000 Legal Description: LOT 37, AS SHOWN ON THE "PLAT OF CORDOVA TOWNE NORTH UNIT NO. 1", RECORDED IN BOOK 53 OF MAPS, MAP NO. 9, RECORDS OF SAID COUNTY. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The property heretofore described is being sold "as is". In compliance with California Civil Code 2923.3(c) the mortgagee, trustee, beneficiary, or authorized agent declares: that it has contacted the borrower(s) to assess their financial situation and to explore options to avoid foreclosure; or that it has made efforts to contact the borrower(s) to assess their financial situation and to explore options to avoid foreclosure by one of the following methods: by telephone; by United States mail; either 1st class or certified; by overnight delivery; by personal delivery; by e-mail; by face to face meeting. DATE: 07-18-2014 ALAW, as Trustee REGINA CANTRELL, ASSISTANT SECRETARY ALAW 9200 OAKDALE AVE. - 3RD FLOOR CHATSWORTH, CA 91311 (818)435-3661 For Sales Information: www.serviceinlinkASAP.com or 1-714-730-2727 www.priorityposting.com or 1-714-573-1965 www.auction.com or 1-800-280-2832 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. 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, this information can be obtained from one of the following three companies:

LPS Agency Sales and Posting at (714) 730-2727, or visit the Internet Web site www.serviceinlinkASAP.com (Registration required to search for sale information) or Priority Posting and Publishing at (714) 573-1965 or visit the Internet Web site www.priorityposting.com (Click on the link for "Advanced Search" to search for sale information), or auction.com at 1-800-280-2832 or visit the Internet Web site www.auction.com, using the Trustee Sale No. shown above. 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-4473504 08/01/2014, 08/08/2014, 08/15/2014 ASAP#4473504 140718 8/15/14

NOTICE OF TRUSTEE'S SALE Trustee Sale No.: 20130015001475 Title Order No.: 130133452 FHA/VA PMI No.: ATTENTION RECORDER: THE FOLLOWING REFERENCE TO AN ATTACHED SUMMARY APPLIES ONLY TO COPIES PROVIDED TO THE TRUSTOR, NOT TO THIS RECORDED ORIGINAL NOTICE. NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 02/11/2005. 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. NDEX West, L.L.C., as duly appointed Trustee under and pursuant to Deed of Trust Recorded on 02/23/2005 as Book No. 20050223 and Page No. 0850 of official records in the office of the County Recorder of SACRAMENTO County, State of CALIFORNIA. EXECUTED BY: ANNA PETRENKO, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH. CASHIER'S CHECK/CASH EQUIVALENT or other form of payment authorized by California Civil Code 2924h(b), (payable at time of sale in lawful money of the United States). DATE OF SALE: 08/21/2014 TIME OF SALE: 9:30 AM PLACE OF SALE: AT THE EAST MAIN ENTRANCE TO THE COUNTY COURTHOUSE, 720 9TH STREET, SACRAMENTO, CA STREET ADDRESS and other common designation, if any, of the real property described above is purported to be: 10893 COLOMA ROAD#4, RANCHO CORDOVA, CALIFORNIA 95670 APN#: 058-0242-050-0004 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, 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 \$156,369.12. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said 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 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.lpsasap.com for information regarding the sale of this property, using the file number assigned to this case 20130015001475. 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. FOR TRUSTEE SALE INFORMATION PLEASE CALL: AGENCY SALES AND POSTING 3210 EL CAMINO

REAL, SUITE 200 IRVINE, CA 92602 714-730-2727 www.lpsasap.com NDEX West, L.L.C. MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. NDEX West, L.L.C. as Trustee Dated: 07/28/2014 NDEX West, L.L.C. 15000 Surveyor Boulevard, Suite 500 Addison, Texas 75001-9013 Telephone: (866) 795-1852 Telecopier: (972) 661-7800 A-4474634 08/01/2014, 08/08/2014, 08/15/2014 ASAP#4474634 140725 8/15/14

NOTICE OF TRUSTEE'S SALE File No. 7069.28037 Title Order No. 1570498 MIN No. 100055401251204949 APN 058-0104-004-0000 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 01/16/07. 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 §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 satisfy the obligation secured by said Deed of Trust. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. Trustor(s): WILLIAM W. TOLLESTRUP, A SINGLE MAN AND JAMES ROBERT PEEK, A SINGLE MAN AS JOINT TENANTS Recorded: 01/24/07, as Instrument No. Book 20070124 Page 0342 of Official Records of SACRAMENTO County, California. Date of Sale: 08/25/14 at 11:00 AM Place of Sale: At the main entrance to the County Courthouse, 720 9th Street., Sacramento, CA The purported property address is: 2336 BENITA DRIVE, RANCHO CORDOVA, CA 95670 Assessor's Parcel No. 058-0104-004-0000 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 \$203,109.64. 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, plus interest. The purchaser shall have no further recourse against the beneficiary, the Trustor or the trustee. 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 877-484-9942 or 800-280-2832 or visit this Internet Web site www.USA-Foreclosure.com or www.Auction.com using the file number assigned to this case 7069.28037. 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. Date: July 21, 2014 NORTHWEST TRUSTEE SERVICES, INC., as Trustee Hung Pham, Authorized Signatory 1241 E. Dyer Road, Suite 250, Santa Ana, CA 92705 866-387-6987 Sale Info website: www.USA-Foreclosure.com or www.Auction.com Automated Sales Line: 877-484-9942 or 800-280-2832 Reinstatement and Pay-Off Requests: 866-387-NWTS THIS OFFICE IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE ORDER # 7069.28037: 08/01/2014,08/08/2014,08/15/2014 NWTS#7069.28037 140724 8/1/14

NOTICE OF LIEN SALE

Vehicle Identification No:
KNALD124X55062763
Year: 2005, Make: Kia Motors, Model: Amanti
License: DP651CF
Sale Date: 08/18/14 at 9:00 a.m.
Vehicle Location: A1 Towing Elk Grove
9701 Railroad Street
Elk Grove, CA 95624
Publish: August 1, 2014

Classified Advertising


773-1111

City of Rancho Cordova Planning Director
Notice of Public Hearing

NOTICE is hereby given that on **Monday, August 11, 2014, at 1:00 p.m.**, or as soon thereafter as the matter may be heard, the Planning Director of the City of Rancho Cordova will hold a Public Hearing at the **Rancho Cordova City Hall, in the Community Board Room** located at **2729 Prospect Park Drive, Rancho Cordova**, to consider the following:

RIVERGATE SHOPPING CENTER SIGN PROGRAM - PROJECT NO. DD8419 - UNIFIED SIGN PROGRAM:
OWNER/APPLICANT:
Ethan Conrad Properties
Mr. Ethan Conrad
1300 National Drive, Suite 100
Sacramento, CA 95834
REQUEST: A Unified Sign Program for the Rivergate Shopping Center to uniformly regulate signage throughout the shopping center. Building-mounted signage within the center will conform to the City's city-wide standards for commercial centers. Signs will remain proportional to the building, be compatible in color, design, and material, and in keeping within the overall intent of the City's sign standards.
LOCATION/APN: 2310-2352 Sunrise Boulevard; APN: 058-0261-026-0000 and 058-0261-027-0000
ZONING: Commercial Mixed Use (CMU)
ENVIRONMENTAL: Exempt from the CEQA pursuant to Title 14 of the California Code of Regulations, Chapter 3, Division 6 (State CEQA Guidelines) Section 15183 (Projects Consistent with a Community Plan, General Plan, or Zoning)
PROJECT PLANNER: Jessica Jordan, Senior Planner

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 Kelly Kennedy, Planning Department Secretary at (916) 851-8759. 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 August 1, 2014

T.S. No. 14-0086-11 Loan No. 114667180 NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED 注：本文件包含一个信息摘要 참고사항: 본 첨부 문서에 정보 요약서가 있습니다. NOTA: SE ADJUNTA UN RESUMEN DE LA INFORMACION DE ESTE DOCUMENTO TALA: MAYROONG BUOD NG IMPORMASYON SA DOKUMENTONG ITO NA NAKALAKIP LUU Y: KEM THEO DAY LA BAN TRINH BAY TOM LUOC VE THONG TIN TRONG TAI LIEU NAY PLEASE NOTE THAT PURSUANT TO CIVIL CODE § 2923.3(d)(1) THE ABOVE STATEMENT IS REQUIRED TO APPEAR ON THIS DOCUMENT BUT PURSUANT TO CIVIL CODE § 2923.3(a) THE SUMMARY OF INFORMATION IS NOT REQUIRED TO BE RECORDED OR PUBLISHED AND THE SUMMARY OF INFORMATION NEED ONLY BE MAILED TO THE MORTGAGOR OR TRUSTOR NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 10/10/2005. 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 a 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 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of 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 below. 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. Trustor: SOCORRO MAYORGA, A MARRIED WOMAN AS HER SOLE AND SEPARATE PROPERTY Duly Appointed Trustee: The Wolf Firm, A Law Corporation Recorded 10/18/2005 as Instrument No. in book 20051018, page 1984, of Official Records in the office of the Recorder of Sacramento County, California, Street Address or other common designation of real property: 11008 GINGERWOOD WAY RANCHO CORDOVA, CA 95670-5216 A.P.N.: 058-0430-048-0000 Date of Sale: 8/25/2014 at 9:00

AM Place of Sale: East Main Entrance of the Gordon D. Schaber Sacramento County Courthouse, 720 9th Street, Sacramento, CA 95814 Amount of unpaid balance and other charges: \$399,032.49, estimated The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. 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. 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) 280-2832 or visit this Internet Web site www.auction.com, using the file number assigned to this case 14-0086-11. 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. Date: 7/16/2014 The Wolf Firm, A Law Corporation 2955 Main Street, 2nd Floor Irvine, California 92614 Foreclosure Department (949) 720-9200 Sale Information Only: (800) 280-2832 Auction.com Frank Escalera, Team Lead NPP0233328 TO: GRAPEVINE INDEPENDENT 07/25/2014, 08/01/2014, 08/08/2014

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gbones@boneslawfirm.com

NOTICE OF PUBLIC SALE OF LIENED PROPERTY

Notice is hereby given that a public lien sale will be held at:

Auburn Blvd. Mini Stor
6230 Auburn Blvd.
Citrus Heights, CA 95621

On 08/07/14 at 12:00 PM in accordance with Section 21700 et seq of the Business and Professions Code of the State of California. The auctioneer is Forrest O'Brien, Bond # 001040533207, telephone # (925) 679-8679. General description of the goods: clothing; furniture; appliances; misc. household goods; bicycles, scooters, skateboards and similar misc. motorized & non-motorized transportation devices; hand/garden and power tools; construction equipment/tools and materials; musical instruments; exercise equipment; beds and bedding; misc. boxes/containers and bags, contents unknown; craft, art, hobby and pet supplies/materials; artwork; sporting goods incl. snowboard equipment; engine and auto parts and accessories; toys; electronic equipment; office furniture, machinery, equipment and supplies; large flat screen TV; SCUBA diving gear; child rocking horse; +/-5' cigar-store-type carved American Indian figure.

The units belonging to the following self-service storage unit tenants will be auctioned at this public lien sale: Jeff Arnett, Rozalyn R.Besso, Courtney Brazelton, Anthony Catalano, Tyler Chalais, Melissa Davis, Kathleen A.Fagliano, Adriane Fairchild, Hope Frazier, Cheryl Hart, Sonya Howell, Mark Jensen, Michael J. Johnson, Ericka Kendrick, Crissy Layne, Kenneth Leger, Kenneth Logans, Kenneth Logans, Alfonso Lopez, Danika Mouton, William E. Oder, Kevin Odozil, Jhamia C.Parker, Lawrence (Ron) Salazar, Martha Delia Villapando, Kimberli Washington and Rene E. Whittlock.

All purchased goods are sold "as is" and must be removed by 12:00 PM (noon) on the second day following the sale. This sale is subject to cancellation.

Published: July 24, 25, 31 and August 1, 2014.

NOTICE OF PUBLIC SALE OF LIENED PROPERTY

Notice is hereby given that a public lien sale will be held at:

Hazel Mini Stor
6108 Hazel Avenue
Orangevale, CA 95662

On 08/07/14 at 10:00 AM in accordance with Section 21700 et seq of the Business and Professions Code of the State of California. The Auctioneer is Forrest O'Brien, Bond # 001040533207, telephone # (925) 679-8679. General Description of the goods: clothing; furniture; appliances; misc. household goods; bicycles, scooters, misc. motorized & non-motorized wheeled transportation devices; hand/garden and power tools; construction and hardware equipment/supplies/tools and materials; musical instruments; exercise equipment; ambulatory equipment; beds and bedding materials and soft goods; misc. boxes/containers and bags, contents unknown; craft, hobby and pet supplies/materials; artwork; sporting goods; engine and auto parts and accessories; toys; electronic and audio/video equipment; office machinery, supplies and equipment; misc. computer parts and components; fishing equipment; electric scooter; deer (buck) taxidermy; rototiller; drill press; lathe; tool chest; restaurant equipment incl. drink mixer, soup warmer; meat slicer and heat lamp; comic book collection; beverage case/cart; baseball gear/equipment.

The self-service storage units under contract with the following tenants will be auctioned at this public lien sale: Michelle Adamski, Stacey Austin, Danny Aznoe, David G. Buck, Stephanie Cabral, Eileen Castonguay, Anna Corrington, Reberta Edd, William Esbit, Jennifer Flachman, Ronald Friel, Michelle Harrison, Danielle Hyzdu, Angela Ivey, Wayne Jobbins, Jessica Mace, Elizabeth Murphey, Michael Pratt, Susanna Sanchez, Jeffrey Vanacore, Christina White and Aaron Zimbelman.

All purchased goods are sold "as is" and must be removed by 12:00 PM (Noon) on the second day following the sale. This sale is subject to cancellation.

Published: July 24, 25, 31 and August 1, 2014.

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Most **EVENTS** can be posted for **FREE!**



River Cats Opened Eight-Game Homestand On Tuesday, July 29

WEST SACRAMENTO, CALIF.

- The River Cats returned home for an eight-game homestand featuring four games against the Albuquerque Isotopes—the Triple-A affiliate of the Los Angeles Dodgers—and four games against the Las Vegas 51s—the Triple-A affiliate of the Toronto Blue Jays. The homestand will feature an Addison Russell Home Grown Garden Gnome giveaway, two fireworks shows, BloodSource Night, Princess & Pirate Night, and Raley Field’s first-ever Shark Night.

Friday, Aug. 1 vs. Albuquerque Isotopes – 7:05 p.m. Fireworks Friday: Enjoy a fireworks display after the game. BloodSource Night: Help save lives by stopping by the BloodSource concourse table during the game to pledge to participate in the blood drive on Friday, Aug. 8. Addison Russell Garden Gnome Giveaway: The first 2,500 fans through the gates will receive a limited-edition Addison Russell River Cats garden gnome.

Saturday, Aug. 2 vs. Las Vegas 51s – 7:05 p.m. Sutter Health Fireworks Saturday: Sutter Health is once again partnering with the River Cats to bring you fireworks across the Sacramento skyline after every Saturday home game this season. Kovar’s Karate Kid Night: Celebrate a



classic, where local youths will put on a pregame karate demonstration right on the field, sponsored by Kovar’s Karate. **Sunday, Aug. 3 vs. Las Vegas 51s – 5:05 p.m. K-LOVE Sunday Funday: Kids of all ages will enjoy face painters and balloon artists, and the opportunity to “Run the Bases” on the field after every Sunday home game.**

Monday, Aug. 4 vs. Las Vegas 51s – 7:05 p.m. Cache Creek Baseball Bingo Monday: Try your luck at baseball bingo every Monday at Raley Field, courtesy of Cache Creek Casino Resort.

Tuesday, Aug. 5 vs. Las Vegas 51s – 7:05 p.m. Toyota Family Value Tuesday: Come out to the park and enjoy \$1 hot dogs and \$1 desserts courtesy of Toyota.

River Cats Season Tickets, Mini-Plans, Flex Plans and group outings are on sale now, and can be purchased by calling the River Cats Ticket Hotline at (916) 371-HITS (4487). Individual game tickets, starting at just \$8, are available now at ticketmaster.com and at Raley Field’s Round Table Pizza Ticket Office. For more information about the River Cats, visit www.rivercats.com. For information on other events at Raley Field, visit www.raleyfield.com. ★



By Pam Young

When my grandchildren were younger, I turned my home into a summer camp for them. Now most are grown and too busy with their own, big kid activities. It’s kind of sad, but it’s all part of life. It just happens, but I’ve got photos to remind me of the fun we had.

One year, my son’s two children came down from Seattle. Brooklyn was eleven and Jackie was eight. When they arrived, Brooklyn was especially clingy. She wanted to be hugged a lot and often a hug would last a minute or two. I knew the reason; she’d been away at a soccer camp the week before and her mom was with her just one night and then they came here for the week. Jack didn’t go to camp, so he had been with his mom and dad and wasn’t in the least clingy.

It was interesting for me to work with Brooklyn’s “neediness.” I found that if I dropped everything when a hug was needed and I let her break the hug when she was ready, the hugs got shorter and shorter as time went on. I felt like a gas station and she was my constant customer, needing another fill up.

What was fascinating to me was that when Brooklyn got my full attention on her time terms, she was then happy to go do all the things an eleven year old loves to do. It made me wonder how children who don’t get a lot of one-on-one time with



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Pam Young’s Corner Camp Grandma

their parents deal with that lack of attention.

I admit we grandmas have the luxury of dropping everything and just being with our grandchildren and of course we have the privilege of SOG (Spoiling Our Grandchildren). The list of activities at Camp Grandma would make the social director on a cruise ship green with envy. We hiked, picnicked, swam in the river, caught crawdads and let them go, picked wild blackberries and made a pie, had fresh Chinook salmon at our neighbor’s home, rode bikes, read for quiet time and watched zero television (a real change for these two).

Two milestones: Brooklyn learned to sew (she made a pillowcase thanks to Gail Stone who sent me this wonderful link to a tutorial. Brooklyn had a friend over and we went to a fabric store and they picked out fabric and made a pillowcase to take home as a Camp Grandma souvenir. Here’s the link: <https://www.youtube.com/watch?v=MrYWCma9wgM>

The other milestone, Jack learned to ride a bike.

Do you feel like a gas station?

So, Miss Gas Station, make sure your tank is filled up so your children can get filled up when they need to. I discovered through years of meditation and prayer that whenever I get needy and think I need something outside of myself, if I take a minute or two and spend some time refilling from my own, God-given

reservoir of love, I cease to look for that love outside of myself. Someone said, the only reason we want anything is that we think it’ll make us feel better. We can feel better by just basking in our own ability to nurture ourselves. One of the greatest lessons I’ve learned is that we can tap into an inner source of love that is eternal. Here’s a prayer I wrote that has always helped me to refill my tank.

I am in a peaceful loving place. All the love I can experience is mine right now. All I have to do is be open and alert to accept this love that is mine. I let go of worry and fuss. I’m steadfast in refusing to listen to negative thoughts, especially from myself and from others who sabotage this promise of love God has made to me. I declare that peace and love grace this house with its soothing presence. In this moment, love rushes to me, enough to share with my family, my community, and my world. I’m not alone. My Creator is always mighty in the midst of me. I love who I am, and I accept Divine love which always has and always will meet my every need. My love can never be denied me because my source of love comes from God, the indwelling essence of my life.

All is well. Take care and thank you for reading my article today.

To see what Pam’s got up her cyber-sleeve, check out www.cluborganized.com. Want to get organized? Join the club! ★

How Much Do You Really Know About Long Term Care?

By Richard H. Will, Attorney at Law

Do you know what long term care in a skilled nursing home now costs?

Between \$7,000.00 to \$9,000.00 per month. In some cases it can be more.

Do you know what Skilled Nursing Centers are and when one may be required to enter one?

“Skilled Nursing Centers” are what we may call nursing homes. All Skilled Nursing Centers are required to have a full time Registered Nurse on duty at all times. They are all privately or corporately owned. There are no “Government” nursing homes.

Do you know that your elderly family members, or you and I, may have to enter a Skilled Nursing Center. Over 50% of all persons who reach the age of 70 will need to do so.

Do you know why?

1. Physical problems that prevent you from taking care of regular activities of daily living at home without major assistance, such as;

- Getting up in the morning,
- Getting dressed,
- Bathroom duties
- washing or bathing,
- fixing your meals,
- handling your medication,
- undressing and going to

bed

2. Memory or Dementia problems

3. Release from a hospital where you no longer require hospitalization but may need therapy and you are not able to go home to care for yourself, or where you have no one at home to care for you.

4. There are other reasons but the above are the major reasons.

Do you know the average time a person remains in long term care? It is over three years.

Do you know if a Skilled Nursing Center is paid for by Medicare at all? Many people think that they are covered for 60 or 100 days but, Medicare pays only for long term care when the client is receiving rehabilitation services. Not for 60 days or 100 days but rather, for up to such a limit of 60 days or 100 days, for rehabilitation only. Once rehabilitation is over, Medicare ceases payment. This is usually in 10 to 20 days after entry into a Skilled Nursing Center.

Do you know who then pays for the long term care? Well, you do. The average time you or your loved one may need care in a Skilled Nursing Center is about 36 months. You can easily deplete your life savings. How long

does it take to spend a life savings of \$100,000.00 at the rate of \$9,000.00 per month? Not long!

Do you know that long term insurance it will not pay all of the long term care costs?

Do you know what happens when you run out of life savings? By then you have so few assets that you will be able to qualify for long term care benefits in a Skilled Nursing Center by what is called in California, Medi-Cal. But your home may still be in jeopardy.

Do you know if there is a way of not losing your life savings and home and still receive long term care Skilled Nursing Center government benefits? There is.

Do you know that you can protect your assets and obtain long term care government benefits by proper planning?

If you do not know, you really need to find out and take action to develop a plan to protect your assets. This requires in-depth planning with a qualified attorney who has a comprehensive knowledge of Medi-Cal Regulations.

Richard H. Will is an Elder Law and Probate Attorney in the Greater Sacramento Area and can be reached at 916-482-8897.

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LOCAL SPORTS

Baseball Skills
Sharpened at Camp



Here Duty Baker is seen with some of the participants in his baseball camp from a recent year at his camp. Staff photo

Continued from page 1

Joining Anderson at the camps is Bruce Carmichael, a former Major League Baseball player who is the general manager for the camp. A former Stockton native, Carmichael played in the Chicago Cubs’ organization in the mid-late 1960s.

In 1985, Carmichael brought his son, Blake, to the camp. Bruce Carmichael spoke with

one of the instructors, and the following summer found himself teaching baseball to kids at Dusty Baker Baseball Camp. “The coaches are made up by position,” said Bruce Carmichael. “We are all trained to work with kids to become better within their ability.”

Defense is stressed at the camp, Anderson and Carmichael noted. “What they come to this

camp for is instruction, fundamentals ... cutoffs, relays, throwing ahead of the runner instead of behind the runner, thinking about the next play,” Carmichael said.

Camp was also open to high school ball players and youth seven to 12 years old at CHS and Capital Christian High School; Dusty Baker was on hand for all of the camps. ★

Baker Enjoying Summer Break

Story and photo by Mike Bush

SACRAMENTO, CA (MPG) - For the first time in many years, Dusty Baker is enjoying life to its fullest. The Sacramento area native, who’s had an illustrious Major League Baseball career with the Los Angeles Dodgers, San Francisco Giants, Oakland A’s and the Atlanta Braves, made stops to all sites of his 31st annual Dusty Baker Baseball Camp for youth ages seven to high school. He took photos and signed autographs after one camp session at Capital Christian High School last week.

After 16 seasons playing in the majors, Baker retired but stayed in the game as a coach. That led to becoming manager of the Giants, who played in the 2002 World Series. Baker also had management stops with the Chicago Cubs and Cincinnati Reds.

Vacationing and spending time with family and friends has made for a very enjoyable summer. “It’s been pretty nice,” Baker said. “I’ve been to Montana fishing. I’ve been to Hawaii and Yosemite—which I’d never been to before. I’m going to Vancouver (British Columbia, Canada).”

Does this mean he’s steering clear away from baseball? Not a chance. “I still watch baseball, it’s in my blood,” Baker said. His appearance at the camp at CCHS delighted many kids and their parents. “You love to see improvement in kids,” Baker said.

Spending time with kids at the camp and with their fathers, who competed at Dusty Baker Baseball Camp as kids in the 80s and 90s, was very enjoyable for Baker. “I run into adults all the time that remind me they went to the (camp),” Baker said. “We’re proud of some of the guys who have gone on to college and played; some of them have gone on to professional baseball.”

But Baker wants the kids taking part in his camp



Here Duty Baker with some of this years’ camp participants. Staff photo

to look at life beyond America’s favorite past time.

“More important,” Baker said, “we help others to be good adults and better parents hopefully, give them a foundation for life.” ★



Sacramento River Cats

S	M	T	W	T	F	S
JULY						
	1	2	3	4	5	
	6	7	8	9	10	11
12	13	14	15	16	17	18
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26	27	28	29	30	31	

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24	25	26	27	28	29	30
31	1					

S	M	T	W	T	F	S
SEPTEMBER						

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Around the Horn

• Why are the St. Louis Cardinals so desperately seeking pitching? Since Michael Wacha, on the disabled list since June 24, made his last start on June 17, the Cardinals are just 17-16, seemingly stalled behind the Milwaukee Brewers in the NL Central. Cy Young candidate Adam Wainwright and Lance Lynn are doing their part, but the five other starting pitchers during that time have struggled. Wainwright and Lynn have made seven starts each and the Redbirds are 9-5 in those games. The two aces have combined for a 2.08 ERA and 1.176 WHIP. The others (Shelby Miller, six starts; Jaime Garcia, one; Carlos Martinez, six; Marco Gonzales, three; and Joe Kelly, three) are a combined 3-7 with a 6.34 ERA and 1.819 WHIP. The Cardinals are 8-11 in those 19 games.

• For the first time in several weeks, it appears that the Rays actually have some competition on the seller's market for starting pitching. Jon Lester and the Red Sox don't appear to be close on a contract extension beyond this season, and with Boston falling out of the pennant race, the club has made their ace lefthander available. Over his last eight starts, Lester is 4-0 with a 1.07 ERA and 0.886 WHIP. He was 7-3 with a 2.68 ERA after the All-Star break last season before putting together an excellent postseason.

• Over the past month and a half, five pitchers have dominated hitters posting sub-1.50 ERAs. The quintet is led by Clayton Kershaw of the Dodgers, of course, who is 7-0 with a 0.70 ERA over the past 45 days. He is joined by Jon Lester (3-0, 1.06), Felix Hernandez (3-1, 1.34) and Adam Wainwright (4-2, 1.46). It wouldn't have been a surprise for those four to be in anyone's fantasy rotation at the beginning of the season. So who's the fifth member of the 1.50-and-under club? Jesse Hahn of the San Diego Padres. Hahn, originally drafted by the Tampa Bay Rays in 2010, made his major league debut on June 4 against Pittsburgh. It was a forgettable start for Hahn, giving up four earned runs in less than four innings. But since that time, the righthander is 6-1 with a 1.47 ERA.

AL Player of the Week

Carlos Santana, Cleveland
Santana, one of the most patient hitters in the game, has struggled making solid contact for most of the season. But last week, he hit everything on the nose. Santana hit safely in all seven games, and tallied nine knocks in the final four games of the week. Overall, he batted .556 with six home runs and 10 RBIs. He raised his season average from .204 to .232.

AL Pitcher of the Week

Chris Sale, Chicago
The lanky lefty continues to dominate the American League. Last week, Sale made two starts and allowed just 15 baserunners and only one run in 15 innings of work. He allowed just a run to the Royals over seven innings, then shut out Minnesota for eight frames. He posted 20 strikeouts and lowered his season ERA to 1.88, good enough for first in the AL.

NL Player of the Week

Nolan Arenado, Colorado
The Rockies' third baseman drove in seven runs and scored six times in Colorado's six games last week. He swatted three home runs and batted .321 with a 1.148 OPS for the week.

NL Pitcher of the Week

Jacob deGrom, New York
The Mets' rookie is pitching like a veteran this season for New York. He gave up a lone run over seven innings at Seattle, then followed with 6.1 scoreless innings at Milwaukee. Over his most recent four starts, deGrom has given up just two runs over 27.1 innings. His 2.79 ERA ranks in the top 15 in the National League among pitchers with more than 80 innings.

Farm Report

Byron Buxton, Minnesota
Rated the top prospect in baseball prior to the season, Buxton's season was derailed by a wrist injury. Now healthy, he's batting .261 with three homers in 17 games with High-A Ft. Myers.



Carlos SantanaAthlon Sports

Athlon Sports Power Ranking

- A's** Scott Kazmir and Sonny Gray last nine starts: 8-0, 1.18 ERA.
- Angels** Won 32 of last 45 games, but remain two back of Oakland.
- Dodgers** Outscored Giants 17-4 in three-game sweep at San Francisco.
- Nationals** Nats are three games ahead of Braves in loss column.
- Tigers** Joakim Soria addition could have huge impact.
- Brewers** Allowed just 40 hits over last seven games.
- Braves** Monday afternoon ended a 20-11 run vs. string of losing teams.
- Giants** Managed just 28 hits over last five games (.177 AVG, .203 SLG).
- Orioles** 25 straight days in first place as of Sunday.
- Cardinals** Lead majors with 18 shutouts, 10 started by Adam Wainwright.
- Pirates** Can Bucs add enough pitching to win the NL Central?
- Blue Jays** Need to make the most of four games at Houston this weekend.
- Yankees** Newest Yankee Chase Headley already paying dividends.
- Rays** Only 4.5 games out in wild card race, but must jump five teams.
- Mariners** Won't play A's or Angels again until September.
- Indians** Santana hit .556 last week, rest of team .219.
- Royals** 10 games remaining with Twins beginning with three this week.
- Marlins** Steve Cishek checked in with five saves last week.
- Reds** Running out of gas (and healthy bodies).
- White Sox** Outfielders batting a combined .242.
- Red Sox** May be more likely to trade Jon Lester than Rays are Price.
- Mets** Hitting just .186 since the All-Star Game.
- Padres** Equal inopportune hitters: .219 on the road and .219 at home.
- Twins** 13 of next 15 games are on the road.
- Diamondbacks** 32-59 when scoring fewer than seven runs.
- Phillies** How aggressively will Phils approach trade market?
- Rockies** What was Troy Tulowitzki doing in New York?
- Cubs** Will Cubbies be David Price's next team?
- Astros** Tough week ahead with Oakland and Toronto coming to town.
- Rangers** Still searching for positives this season.

Weekend on Tap

Trade Deadline
With the annual midseason trade deadline Thursday, two prized acquisitions — David Price of Tampa Bay and Jon Lester of Boston — are both scheduled to pitch on Wednesday, July 30. That could be the final appearance for either of them in their current uniform. Lester, due to be a free agent at the end of the season, is most certain to be dealt. Price, who can't become a free agent until after the 2015 season, may not be on the move. If the Rays determine they have a legitimate chance to make the postseason this year, the club will likely hold on to their prized lefty through this season.

Milwaukee at St. Louis
Sure, Boston and the Yankees will play this weekend, but with the Red Sox so far out of the race, the rivalry has lost some of its luster. The only series featuring two teams clearly in a pennant race will be played in St. Louis. With thin starting pitching and inconsistent hitting, the Cardinals have managed to stay within striking distance of the Brewers in the National League Central. When ace Adam Wainwright and Lance Lynn take the hill, the Redbirds have a good chance of winning. When someone else starts, the odds favor the Cardinals opponents. Wainwright is scheduled to take the ball on Friday night, and Lynn on Sunday afternoon. The Brewers, who have been in first place since April 5, have gotten superb pitching over their last seven games. Brewers hurlers posted a 0.841 WHIP and 2.00 ERA during that time. The Cardinals have won five of nine meetings this season.

Athlon Spotlight

Who are the Future Hall of Famers?

The Hall of Fame celebrated the induction of the 2014 Hall of Fame class this past weekend, and record crowds enjoyed the festivities in Cooperstown. The class, featuring Tom Glavine, Greg Maddux, Frank Thomas and managers Bobby Cox, Tony La Russa and Joe Torre, will be remembered as one of the best in history. Now as the 2014 celebration ends, our focus moves to current players who could be enshrined one day.

HITTERS AGE 30+ In

Derek Jeter
There's little doubt that Jeter will be a first-ballot Hall of Famer. With 12 more RBIs, the shortstop will join an exclusive club that includes Pete Rose, Stan Musial, Hank Aaron, Willie Mays and Ty Cobb as the only six players with 3,000 hits, 1,900 runs, 1,300 RBIs and 1,000 walks.

Ichiro Suzuki
At 40 years old, Ichiro has become a punchless .280 hitter, but he still runs well and is handy at all three outfield positions. The Japanese-born outfielder amassed more than 1,000 hits in his native country before emigrating to the U.S. He still has a shot at 3,000 hits stateside, but that's not necessary to make him Hall worthy.

Albert Pujols
In his first 11 seasons with the Cardinals, Pujols collected 11 top-5 finishes in MVP balloting. While he's hit below his career batting average for six consecutive seasons, he's still a feared hitter, if no longer elite.

Miguel Cabrera
Since his debut in 2003, only Joe Mauer can match Miggy's .320 batting average, and Cabrera has close to 300 more homers than Mauer. If Cabrera's career ended this season, his election would be debatable. He'll finish the year with about 2,200 hits and maybe 400 home runs. At age 31, his career track has him ticketed for Cooperstown.



Albert Pujols (left) of the Angels and the Yankees' Derek Jeter are sure-fire Hall of Famers.

Probable

Robinson Cano
The second baseman's power numbers are down this season, but his average is a robust .329, and Cano is as good around second base as anyone. At age 31, he qualifies as "highly probable." The only four second basemen with a higher OPS+ are Hall of Famers Rogers Hornsby, Nap Lajoie, Eddie Collins and Joe Morgan.

Possible

Adrian Beltrre
Beltrre batted .271 prior to his 30th birthday. He's hit .308 since turning the big 3-0. With more than 2,500 hits, he'll likely reach 400 homers this season. At age 35, the above-average defender has a real shot at Cooperstown.

Carlos Beltran
He is one of only five players with 1,300 runs and RBIs, 350 home runs and 300 steals. But he still needs two more productive seasons to ensure enshrinement.

David Wright
Wright is the face of the Mets, but he's spent the majority of his career playing for a losing team. He's only 31 and he's a career .300 hitter. But he's yet to reach 1,000 runs or RBIs.



Pujols, Athlon Sports; Jeter, Tom DiPace

David Ortiz

Big Papi ranks in the top five all-time in the postseason with 17 homers, 60 RBIs and 21 doubles. As designated hitters go, Big Papi joins Edgar Martinez as the best ever. But is that good enough for the Hall? His late start to his career will prevent Ortiz from compiling numbers big enough to satisfy many voters.

Prince Fielder

The big first baseman had missed just 13 games over his first eight full seasons until a neck problem has cost him almost all but 42 games of 2014. With just 288 homers and less than 1,000 RBIs, the .285 hitter has much work to do. He's only 30, but a physical breakdown would wreck his chances.

Bobby Abreu

Okay, don't laugh. I know he doesn't look the part of a Hall of Famer, but the only other player with as many runs, RBIs, walks and steals is Barry Bonds. But Abreu was never among a handful of "best players in the game" at any point of his career.

Long Shot

Paul Konerko
Torii Hunter
Adrian Gonzalez

Yadier Molina
Jimmy Rollins
Joe Mauer

PITCHERS AGE 30+ Probable

Justin Verlander
Verlander turned 31 in February, and earlier this season he appeared to hit a wall. He has 146 wins already, but he must continue to be effective on his way to 230 wins. The Tigers' ace owns an MVP trophy, but of the other eight pitchers who were named MVP in the expansion era, only four have reached the Hall. So, he isn't a lock.

Possible

CC Sabathia
If he has hit a wall, he has little chance to make the Hall. If he recovers and puts together another four solid seasons, he could near 300 wins and has a shot.

Joe Nathan

The reliever averaged 41 saves over his first six seasons as a closer for the Twins. Even though Nathan has 362 saves, Lee Smith, who pitched in an era when saves were more difficult to come by, has 478 and is still waiting for his Hall call.

Jonathan Papelbon

The owner of 286 saves at age 33 is 15 better than future Hall of Famer Trevor Hoffman at the end of his age 32 season. However, few experts believe Papelbon, owner of just one 40-save season, can reach Hoffman's total of 601.

Long Shot

Mark Buehrle
Adam Wainwright
Tim Hudson

BEST CANDIDATES <30

Clayton Kershaw
Mike Trout
Buster Posey
Craig Kimbrel
Freddie Freeman

Felix Hernandez
Andrew McCutchen
David Price
Troy Tulowitzki

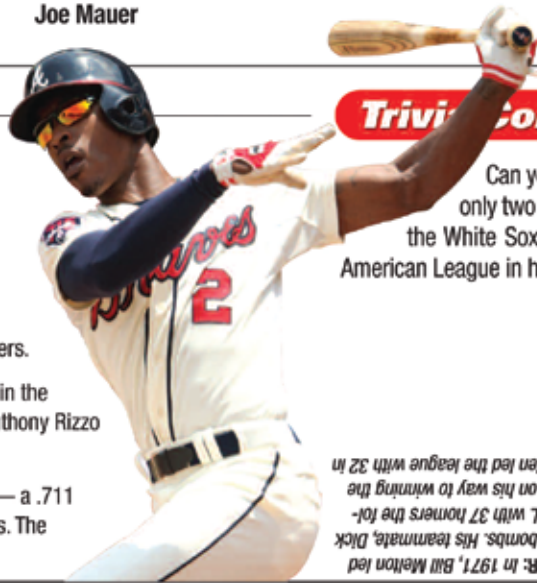
Turn Back the Clock

Aug. 3, 1948
After making nine relief appearances in July, Satchel Paige pitches seven innings in the Indians' 5-3 win over Washington in his first start in the major leagues. He allows seven hits, three runs and posts six strikeouts.

Aug. 1, 1978
Cincinnati Reds star Pete Rose fails to hit safely, ending his National League record-tying 44-game hit streak. He walks to lead off the game, then lines out to the pitcher — against Braves' starter Larry McWilliams. He then lines out to third resulting in a double play off reliever Gene Garber. With the Braves leading 16-4, Garber strikes out Rose swinging to end the game and the streak.

Numbers Game

- 22 Runs scored in 28 games in the leadoff position by **B.J. Upton** of the Atlanta Braves. The team is 18-10 in those games, and only Anthony Rendon with 24 runs has scored more than Upton during that time. Upton, who has struggled in his two seasons in Atlanta, has raised his batting average from .202 to .217 while batting leadoff.
- 13 Consecutive hitters retired by Baltimore's Zach Britton while notching five consecutive saves.
- .402 OPS over the past 45 days for Zander Bogaerts of the Boston Red Sox, ranking last among 250 qualified hitters.
- 0 Times since 1901 that players from the Cubs and White Sox have led their respective leagues in home runs in the same season. Jose Abreu of the White Sox currently leads the American League in homers with 30, while Anthony Rizzo of the Cubs leads the NL with 25.
- 3.5 Games gained on the Oakland A's by the Los Angeles Angels since the Angels won 32 of their last 45 games — a .711 winning percentage — dating to June 5. During that time the A's went 28-16 (.636), a pace to win 103 games. The American League West may claim the two best teams in the majors this season.



Tom DiPace

Trivia Corner

Can you name the only two members of the White Sox to lead the American League in home runs?

1974 as well.
MVP award. Allen led the league with 32 in the following season on his way to winning the AL MVP.
Allen, led the AL with 37 homers the following season.
the AL with 33 bombs. His teammate, Dick Allen, led the league with 32 in 1971. Bill Mott led



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Sacramento County Residents Indicted For Tax Refund Fraud Scheme

SACRAMENTO, CA (MPG) - A federal grand jury returned an eight-count indictment on Thursday, July 24th against Sergey Shchirskiy, 38, of Carmichael, and Vladislav Atamanyuk, 27, of Rancho Cordova, charging them with conspiracy to defraud the United States and aggravated identity theft, United States Attorney Benjamin B. Wagner announced.

According to court documents, the defendants conspired to file multiple fraudulent tax returns using other people's identities. The returns falsely claimed refunds based on fraudulently reported income and the Earned Income Tax Credit. The defendants caused the fraudulent refunds to be directly deposited into bank accounts that they controlled.

This case is the product of an investigation by the Internal Revenue Service, Criminal Investigation and the Federal Bureau of Investigation. Assistant United States Attorney Michele Beckwith is prosecuting the case.

If convicted, the defendants face a maximum statutory penalty of 10 years in prison for

the conspiracy, and a mandatory two years in prison for identity theft, as well as a \$250,000 fine. Any sentence, however, would be determined at the discretion of the court after consideration of any applicable statutory factors and the Federal Sentencing Guidelines, which take into account a number of variables.

The charges are only allegations; the defendants are presumed innocent until and unless proven guilty beyond a reasonable doubt. ★

Source: www.usdoj.gov/usao/cae

CDPH Warns Not to Use Certain Tattoo Products Due to Risk of Infection

SACRAMENTO, CA (MPG) - Dr. Ron Chapman, director of the California Department of Public Health (CDPH) and state health officer, warned consumers not to use White & Blue Lion tattoo products because testing has found microbial bacterial contamination in both the inks and needles. Use of the contaminated inks or needles may result in bacterial infection and can lead to sepsis, a potentially life-threatening complication of an infection. One illness has been linked to the affected products at this time.

White & Blue Lion, Inc. of City of Industry, California, is voluntarily recalling the following varieties of tattoo products: Tattoo Ink, Tattoo Needles, and Tattoo Kits incorporating tattoo ink and needles. These products were distributed by White & Blue Lion and sold separately by 8Decades and White & Blue Lion, Inc. online. Product

labeling on the Inks indicate a "Best if used by date" of "16/12/16" (December 16, 2016). The recalled products were sold separately and in kits by 8Decades and White & Blue Lion, Inc. through www.amazon.com.

Consumers in possession of the recalled products should discard the products following acceptable biohazard and sharps disposal methods.

CDPH recommends that consumers experiencing any ill effects after use of these products should consult their health care provider.

Consumers who observe the product being offered for sale are encouraged to report the activity to the CDPH toll-free complaint line at (800) 495-3232. ★

Source: *California Department of Public Health*



Consumers are warned not to use White & Blue Lion tattoo products because testing has found microbial bacterial contamination in both the inks and needles. Photos courtesy of www.fda.gov.

Trading Money for Mayhem: Anti-depressants' Deadly Effects on America

By Ann Blake Tracy, executive director, International Coalition for Drug Awareness

SACRAMENTO REGION, CA (MPG) - I am Ann Blake Tracy, author of *Prozac: Panacea or Pandora?* – *Our Serotonin Nightmare*. Since early 1990 I have devoted every minute of my life to researching and writing about the SSRI antidepressant drugs. Since 1992 I have been testifying as an expert court witness on their adverse effects. I also head an international organization, the International Coalition for Drug Awareness (www.drugawareness.org), designed to educate the medical profession, patients, government authorities and others about these adverse effects and their impact upon our society. To see a full bio of who I am and what I have been doing over the past two plus decades you can go to www.drugawareness.org/mission/board.

In the beginning I had NO idea the overwhelming opposition I would face in my attempt to point out the obvious faults in the hypothesis behind these new antidepressants. I quickly learned that opposition was due to the massive amount of income produced by this group of drugs. But when I saw the damaging results I have seen from these drugs upon our society, I was determined to help save the lives of so many that are being needlessly lost. So concerned was I about the violence we were seeing in women and children I called the NRA and asked them to help me warn of the dangers of these drugs telling them that in the end these drugs would be the means by which enough violence would be produced that there would be a call to take America's guns. Two decades later that is exactly where we are. Once you understand the science behind the drugs you will be able to see that such a prediction was only simple deduction.

Most important to learn is that SSRI (selective serotonin reuptake inhibitors) antidepressants are the most similar drugs to LSD and PCP– long known to produce indescribable violence, we have

ever seen. Yet LSD, was patented in 1956 by Eli Lilly, the makers of Prozac which was the first of these SSRI antidepressants to be produced. They marketed LSD as a cure for mental illness and alcoholism and as an aid in psychoanalysis even though initially LSD was introduced by Sandoz Pharmaceuticals as a way to chemically induce insanity in someone so that scientists could then determine what was the root cause OF insanity.

PCP was introduced by Parke Davis Pharmaceutical and thought to be such a safe and effective prescription drug that it was on the market 7 years before pulling it. Its removal from the market was NOT due to concerns of the AMA or FDA, but at the insistence of law enforcement and judges who were tired of dealing with the violence produced by the drug. In fact over the past decade now scientists have even suggested that Ketamine (Special K), a sister drug to PCP, is the perfect antidepressant ... with only one major drawback being the hallucinations/psychosis it produces. Of course since PCP and Ketamine are anesthetics they should know the drugs would stop all feeling, but do we really want a huge portion of society walking around under anesthesia? Yet since these antidepressants are so similar in action that is exactly what we have now.

In the early 2000's law enforcement began to ask why violence for seemingly NO reason at all was appearing everywhere. And in February of 2004 Sheriff Richard Mack testified before the FDA on this same type of violence being produced as a result of these antidepressants. He ended his comments with: "“Some people don't have the adverse reaction to these drugs, some do. I learned the same with LSD when I investigated that as an undercover narcotics officer. I can only say that the evidence is mounting over and over [as we investigate]. We cannot, as law enforcement officials, ignore such circumstantial evidence. I doubt very seriously if you could either... I am an advocate for state's rights

and I do believe that if the FDA fails to take action, the state and local authorities will have to.” (Sheriff Mack's full testimony can be viewed here: <http://youtu.be/t9wLpnu-iSc>)

As you look at the following information I believe you will agree that it is time for state and local authorities to take action.

For the science behind the violence I would point out that these drugs have *suicidal and homicidal ideation* listed as side effects. Ideation is not just thoughts of either suicide or homicide. Ideation is ruminating compulsive thoughts or actions resulting in suicide or homicide. Once again I ask why is it okay to have prescription medications on the market known to cause both suicide and homicide?

Another very serious issue I have been tracking this entire time is the problems in the military with these drugs. Hopefully you noticed the last two mass shootings in the military, the Navy Yard shooting and the Fort Hood shooting were both committed by someone taking antidepressants. Besides that since about 2007 the number of suicides in the military have outnumbered the deaths in battle – a first in our military while young recruits are being told they must take these antidepressants to go into combat. At this point we now have 660 suicides and another 1600 suicide attempts per month! I know the very large majority are being caused by these drugs, but it needs to be documented and then it needs to stop!

It is also important to note that I just testified before the Danish Parliament on the brain damage, endocrine damage and terrible long term withdrawal associated with antidepressants. Critical to understand is that the FDA has issued warnings that ANY abrupt change in dose of an antidepressant (whether increasing or decreasing the dose) can produce suicide, hostility, and/or psychosis. The withdrawal MUST be extremely (months and even years) in order to avoid these deadly effects! ★

For more information, visit www.drugawareness.org.

LETTER TO THE EDITOR

NEW sales tax for the city

Dear Editor;

The defining rally cry for city hood was NO NEW TAXES! This cry was echoed by all the member of our city council. This will be the tenth or so new tax. Can't we get these guys for voter fraud?

Frank Harris, Rancho Cordova

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WEDNESDAY

WEDNESDAY

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9249 Folsom Blvd, Sacramento (at Unity of Sacramento Church) on Saturdays
8 am - 1 pm, year round.

Carmichael Park Farmers Market
5750 Grant Avenue, Carmichael (Corner of Grant & Fair Oaks Boulevard under the trees in the Park). Every Sunday from 9 am to 2 pm - all year round.

Sacramento Midtown Farmers Market
2020 J Street (Between the STANF Native American Health and Bioware buildings). Every Saturday from 8 am to 1 pm - all year round, rain or shine.

Sunrise Mall Farmers Market
6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot). Open every Saturday from 8 am to 1 pm - all year round.

Historic Folsom Farmers Market
915 Sutter Street, Historic Folsom Public Plaza, Folsom. Every Saturday from 8 am to 1 pm - all year round

UC Davis Health System Farmers Market
45th and Y Street (UC Davis Campus). Seasonal - Opens 4/24. 3 pm - 7:30 pm

Fair Oaks Farmers Market NEW LOCATION, LOTS OF PARKING!
8101 Sunset Ave. (New Life Church). Seasonal - Opens 4/16. 3 pm - 7:00 pm

VA Mather Farmers Market
10535 Hospital Way (VA Hospital). Seasonal - Open Now. 9 am - 1 pm

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