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Grapevine Independent

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PROUDLY SERVING RANCHO CORDOVA & SACRAMENTO COUNTY

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Experience One of California's Hidden Treasures



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Rancho Cordova Woman, 71, Takes Tandem Skydive Leap of Faith



Jean Pergande, 71, of Rancho Cordova, dives tandem with Greg Foster of SkyDance Skydiving. This was Jean's first jump, with around 60 seconds of free fall before deployment of parachute. "It was so freeing!" Pergande said. Photo courtesy KurtVert Unlimited.

By Margaret Snider

RANCHO CORDOVA, CA (MPG) - All her friends thought 71-year-old Jean Pergande was crazy

when she said she was going to jump from an airplane. She had planned to do this when she reached the age of 80, but things changed for her after she broke

her hip a couple of years ago.

"I had gained an awful lot of weight, and I wasn't as active," Jean said. "I talked to Donald (her husband) and I said I want

to do something about this." She joined a supervised weight management program with Kaiser. "I started on my journey there,"

Continued on Page 14

Rancho Cordova Kick-Starts Neighborhood Projects

RANCHO CORDOVA, CA (MPG) - The City of Rancho Cordova created a Small Community Grant Program to encourage citizens to unleash creative ideas for neighborhood projects and activities. The City will provide up to \$500 one-time cash awards to community groups for special projects or activities that enhance a Rancho Cordova neighborhood.

Any community group, collection of neighbors, club or agency can apply and is responsible for proposing, designing, and implementing the project.

The program was developed through the Growing Strong Neighborhoods initiative that was launched in 2007 to improve the quality of life in Rancho Cordova. Community engagement is one component of the initiative with the goals to connect citizens and grow civic pride.

"We want to encourage citizens to get a fresh take on neighborhoods," said Mayor Dan Skoglund. "Citizens envision the project, and the City will pitch in up to \$500 to make it a reality with specific qualifications."

Interested groups may apply for a grant by submitting an application form and three letters of support from community members who will be part of the project or who live in the project neighborhood. Grants will be awarded on a first come, first served basis.

To apply or learn more about the program, visit www.MicroGrant.CityofRanchoCordova.org or contact Lorianne Ulm at (916) 851-8755 or lulm@cityofrancho-cordova.org.

★
Source: City of Rancho Cordova

Sportsman's Warehouse Rancho Opens Rivergate Shopping Center Getting Even More Improvements

RANCHO CORDOVA, CA (MPG) - Sportsman's Warehouse in the Rivergate Center in Rancho Cordova opened this past week, adding excitement to the major improvements for the shopping center.

After the Kmart store closed last December, crews split the store's former space of over 84,000 square feet, filling the need of Sportsman's Warehouse which needed roughly one half that space.

Local store manager Kyle Hendrickson said, "We are excited to be a part of the community. We look forward to meeting the needs of our many new customers. Thank you, Rancho Cordova, for all of your support in bringing Sportsman's Warehouse to the Rivergate Center."

Sportsman's Warehouse will open seven new stores in the West and Pacific Northwest through the summer of 2014. The stores will increase the number of Sportsman's Warehouse locations to 54.

"We are very pleased to increase our presence throughout the western United States in such a significant manner," noted company CEO John Schaefer. "The addition of these stores keeps with our business plan, promoting stable growth



Kyle Hendrickson, store manager; Bri Vanark; Sarah Murphy; Jessica Hershberger, customer service; and Tony Sacco, fishing manager all greet their new customers at Sportsman's warehouse in Rancho Cordova. Staff

that will benefit our company, our vendors, and most importantly, our loyal customers for many years to come."

Other Sportsman's Warehouse store openings will include Chico; Wenatchee and Kelso in Washington; Hillsboro,

Oregon; Carson City, Nevada; and Vernal, Utah.

The Rivergate property in Rancho Cordova is in one of the highest traffic intersections in the greater Sacramento area. The center's owner is commercial real estate investor Ethan Conrad.

A Dollar Tree store opened in the shopping center late last year. Scooter's Coffee and Dickey's Barbecue Pit have also recently opened. Other leases in the center include Mr. Pickles, Big Savings Insurance, and Barebones Workwear. Smart and Final is due to open in the fall.

Sportsman's Warehouse serves outdoor enthusiasts by providing a large selection of top-quality, brand-name products essential to enjoying the great outdoors to the fullest. With complete product lines in hunting, fishing, camping and other outdoor pursuits, savvy outdoor shoppers know that Sportsman's Warehouse is their one-stop shop for everything outdoors. Visit www.sportsmanswarehouse.com.

★
Sources: PRWeb, Sportsman's Warehouse

www.RanchoCordovaIndependent.com

Summer Celebration at Sacramento Children’s Museum July 25th

RANCHO CORDOVA, CA (MPG) - Celebrate summer at the Sacramento Children’s Museum. There will be live music, food trucks and family fun!

The celebration starts at 4 p.m. on Friday, July 25th, and ends at 8 p.m. at the Sacramento Children’s Museum, 2701 Prospect Park Drive in Rancho Cordova. Entry is free for SCM members and \$4 for non-members.

For more information, visit www.sackids.org or call (916) 638-7225.

★
Source: Rancho Cordova Chamber of Commerce



By Sal Arrigo, Jr.

How many of you start your day with breakfast? If you already do, or would like to, then you are perfectly suited to join the Rancho Cordova Kiwanis Club! We are in the midst of our membership drive and want to add to our ranks. We are looking for individuals who want to make a positive difference in the lives of young children, teenagers, college students and senior citizens, and who can attend our Thursday morning breakfast meetings.

Do you like to laugh? Do

The Kiwanis Corner

you like to be informed? How about heading up a project that is near and dear to your heart? There are many service clubs in the area that do wonderful work, but in my humble opinion, our Kiwanis club has them all beat. Consider this: what other club has a joke of the week or a member who broke his arm while sitting down?

We are an informal group, but we are dedicated to doing good work in our community. Already a diverse club, we hope that more young adults will consider becoming members. As part of the younger generation, they can see what is needed in the community now while they are young, and they can work toward making positive strides for many years in the future. Kiwanis offers them this opportunity. Another benefit: our dues are purposely intended to be very affordable. Other service clubs seek members based on their ability to contribute financially to causes their clubs support, but the Rancho Cordova Kiwanis

Club is a hands-on, roll-up-your-sleeves kind of organization when it comes to getting projects done. We want members who are interested in being a part of the greater Rancho Community, who will show up for our events ready and willing to work, and who want to be part of the fellowship the Club offers.

Your Rancho Cordova Kiwanis Club may not have a secret handshake or hold any crazy hazing ritual, but we sure can provide a great kick-off to your day! We understand you may have kid drop-off duty on occasion or have to travel for work—and that’s not a problem! Don’t let those possible issues become a roadblock to joining our great organization. At least give us a try . . . Thursday, 7:00 a.m., at the IHOP on Sunrise Blvd. near Trinity River Dr. I hope to see you there!

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

Nooners Toastmasters Meeting

RANCHO CORDOVA, CA (MPG) - Come join the Nooners Toastmasters club on Wednesday, July 23rd. We practice public speaking and leadership skills every 2nd and 4th Wednesday from 12:05 p.m. to 12:55 p.m. in the Community Board Room at the Rancho Cordova City Hall, 2729 Prospect Park Drive, Rancho Cordova.

Congratulations to the new 2014-15 club officers!

Last Wednesday the new club officers were sworn in. They are:

- President – Brad Findlay
- VP Education – Michael Sanchez
- VP Membership – Lisa Clark
- VP Public Relations – Brit Snipes
- Secretary – Laura Osborne
- Treasurer – Carla Tilford
- Sergeant at Arms – Rajiv Arya

For more information, visit www.noonerst.toastmasters.com or email Lisa Clark at lisagclark@gmail.com.

★
Sources: City of Rancho Cordova and Rancho Cordova Nooners Toastmasters



Sorry Rick. We Goofed!

In last week’s issue we were lucky enough to get some really great 4th of July parade photos from a friend of the Grapevine Independent, Rick Sloan. After carefully placing all the photos to make sure his work was prominently placed on page two, we missed giving him the proper credit he deserved. We apologize for the mistake. If you see Rick around town, be sure to let him know he took some really good shots!



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IN MEMORIAM

Thresa LaVella Pilipovich

07/09/1925 – 07/03/2014

It's July 3, 2014, six days short of my 89th birthday. I am not going to see tomorrow. My name is Thresa Pilipovich. I was born to John and Maria LaVella. I am the last of the 14 children living. I lived on Limerick Hill in Herminie, PA until I married George in 1948. We moved to Rancho Cordova, CA in 1962.

I was a devoted mother and freely shared my family's joys and sorrows. I was in awe of my grandsons Joseph, Jamin and Nicholas, who brought so much joy to my life. I loved babies! I had five. I could not walk through a grocery store or mall without oohing and aahing over every infant I saw.

I took pride in myself, my home, my friendships and most of all George, my husband of 68 years, to whom I am lovingly grateful. I cared for him as I watched him work long hours to provide for his family. Isn't life interesting that he should be the one caring for me these past 8 year as I struggled with dementia! At age 87 he underwent open heart surgery with words to his doctor expressing his need to stay in this world and care for me as long as he could. And he did so with love, devotion, humor, and determination.


Fortunately, back in the day, my daughters brought many people to our home. I enjoyed every moment with those boys and girls - their laughter and drama. I had one rule -- no boys past the hallway bathroom!

I am proud of all I accomplished in my life. I came from humble beginnings in a large, Italian family. I worked hard from a young age. When I was 14, my mother took sick, and I had to drop out of school to care for my father and 5 brothers. I was a glass blower and a nurse's aid. I ran away from home and worked at a military base in Arizona during WW II.

I found the courage to begin driving at 45 and obtain my high school diploma at age 60, and was asked to deliver a commencement speech. I even took some college courses. I was an activist against Rancho Seco and a campaigner for Bill Clinton. In twenty-two years in the Folsom Cordova School District, I achieved the title of Cafeteria Manager and was fortunate to meet and enjoy so many kids in Rancho Cordova. Collecting my retirement check was really gratifying. Over the years I was an avid reader and loved to learn new words. I also enjoyed tap dancing, bowling, water aerobics, music, and needlework.

I am content with my life, finding most of what I needed right within my own home. George and I fished, traveled, we argued some and made up. We worked side by side to build our first home and later created gardens that we enjoyed. A perfectly ripe home grown tomato was a delight to me. Some of my favorite memories are when George, the girls, their husbands, boyfriends and grandsons filled the house with food, laughter, and craziness.

As I lie here surrounded by George and my girls Georgette, Michele, Patrice and Jeanine, I am comforted to know that the family we created will live beyond my last breath. I am grateful that our family has extended to include so many fine men, Chris, Mike, Greg, Allan, James and Aaron. What a beautiful life this has been. Now I'm off to join those who are waiting for me . Daughter Lisa, grandson Joe, my mother. I have missed them all. I hear a polka -- It's the Lou LaVella quartet --Arrivederci!



September Used to Be...

on August 11 in some other districts in this area.

September also used to be when a few showers would sneak in and it was the beginning of the rainy season. It was almost like clockwork when I first came to Mather AFB in 1963. That was the norm for the fall, winter, and spring. Then, when the last showers came in May, that was the end of the rain for the summer and people planned on summer "stuff" such as picnics, swim parties, camping, and traveling locally or across the country. When school began again, most teachers gave students the assignment to write and let everyone know "What did you do this summer?"

Today, stores have begun stocking their shelves with school supplies and displaying fall clothes. And if you look around a few stores, you'll find some Christmas trees already. Now it seems to be a little early for Christmas to me, but as I've said a few columns back, the President's race started two years ago and the campaign for Congress and the Assembly started two months after the end of the last election. The summer recess for kids is shorter and campaigns for elections are longer. And yet in the primary election in California last month, the voters set a new low record according to the Secretary of State. There were fewer people who voted in the primary than ever before. I guess people (the voters) are taking a recess from voting. I know children will usually tell you that recess is their favorite part of the school day.

As the Secretary of State said, the voters aren't going to vote in record numbers. It sort of reminds me of some articles that say how fewer people are going to church. That's two things that are seeing fewer people: the ballot box and churches. Voters think very little of their hired public servants in Washington, D.C., no matter what party they belong to or used to belong to. I received an email that said, "I don't know why some people change churches; what difference does it make which one you stay home from." Author is anonymous.

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

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Women’s Empowerment 13th annual Gala Raises \$160,000

Annual Fundraiser Benefits Homeless Women And Children

SACRAMENTO REGION, CA (MPG) - More than 500 community members recently mingled with 100 graduates of the program at the 13th Annual Celebration of Independence Gala, raising \$160,000 for Women’s Empowerment, a local nonprofit helping women who are homeless find homes and jobs so they can support their families. Graduates attended the program in ball gowns, and many of the women were sponsored by community members to attend the event.

The event honored the group’s 1,158 graduates at the Red Lion Woodlake Hotel in Sacramento. Guests enjoyed a formal dinner, silent auction, live auction by Keith McLane of KLM Auctions, live music and presentations from the graduates.

“Thank you to everyone who came out to celebrate and to those who sponsored our graduates for this night that celebrated their

amazing accomplishments,” said Lisa Culp, executive director.

Women’s Empowerment offers the most comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The 2014 Organization of the Year has graduated 1,158 homeless women and their more than 2,500 children. Last year, 81 percent of graduates found homes and 90 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women’s Empowerment is funded solely through private donations from the community. For more information and to donate online, visit www.womens-empowerment.org. ★

Source: Kristin Thébaud Communications



Graduates of Women’s Empowerment’s job-readiness program for homeless women celebrate at the organization’s annual Celebration of Independence Gala.



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Look for the Block Party Trailer

Please join us to hear an uplifting message from Pastor Tom Jones, and worship with music led by our Minister of Music, David Black.

Brief Outline:
Friday, July 25
5:00-6:00 pm Meet for a dinner of Hot Dogs & Chips
6:00-6:30 Worship Rally
6:30-8:30 Bible Study; Crafts; Snacks, Recreation, & Music
8:30 Dismissal Rally

Saturday, July 26th
8:00 -9:15 am Juice & Pastries
9:15-9:50 am Worship Rally
9:50-11:50 Bible Study; Crafts; Snacks, Recreation, & Music
11:50-12:50 Lunch - Hamburgers, chips & drinks
12:50-1:20 Worship Rally
1:20-4:00 Bible Study; Crafts; Snacks, Recreation, & Music
4:00-4:15 Dismissal Rally

Sunday, July 27
10:30 am-12:00 Worship Rally & Family Activity at First Baptist Church, 10720 Coloma Road
12:30-12:30 Meet in the Fellowship Hall for Refreshments

Sunday Schedule: Bible Study (Sunday School) for all ages @ 9:00 am
Worship Service @ 10:30 am • Wednesday: Bible Study @ 6:00 pm

916-635-4672 • fbcrancho.org



Grief Support Group

Monthly Meeting Schedule
Wed, June 18 Thurs, Aug. 21
Thurs, July 17 Wed, Sept. 17

Located at: St. Francis Community Hall
6700 Verner Avenue, Sacramento, CA 95841
(off I-80 & Greenback)

Grief is not just limited to the loss of a loved one - it can be from the loss of a job or pet or anything of significance. Please come and learn more about how to cope with grief.

Coffee and refreshments will be served.
Hosted by East Lawn Sierra Hills

Contact: Lisa West for more info
(916) 732-2020 or lisaw@eastlawn.com

   www.EastLawn.com

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.





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A Day That Will Change Your Life

By Sal Arrigo, Jr.

One minute, life is going along as it usually does. The next, you get a call that will change everything: Mom has Alzheimer’s.

You may be thinking that this kind of situation happens to other families, not ours! Your life, and that of your family, has changed in an instant. Whether you realize it or not, you may be on the way to becoming a caregiver. There are more than five million Americans living with Alzheimer’s disease, and the cost of care provided by unpaid caregivers was estimated in 2013 to be 220 billion dollars, according to the Alzheimer’s Association.

I was recently given a copy of the “Caregivers Bill of Rights,” and among the many important things contained in it is this: take care of yourself! A caregiver who is exhausted and isolated is no good to anyone, and is far more likely to develop a seri-

be overstated! These groups are great places to tell your story without anyone judging you, and you will undoubtedly pick up good care giving tips from those who have already walked this path.

Doing some reading about Alzheimer’s disease may prove enlightening: the more education you have on the subject, the more likely you will be to ask the right questions of medical personnel, and more importantly, be able to locate the resources to help you cope. As time goes on, you may find that new caregiving challenges have arisen that are causing you more stress than ever before; if that happens, it may be time to seek out a counselor who can help you deal with the emotional issues of care giving. Unloading on a neutral party can help you take things one day at a time and learn constructive ways to live life while being a caregiver.



ous illness or die while being a caregiver. Consider creating a checklist where you can keep track of your emotions. Are you depressed? Not sleeping very well? Are you angry? Are you exhausted and feeling so overwhelmed that one more issue will make you “blow your top?”

Carving out time for your personal needs is essential. Do not feel guilty when you take time to renew your mental and physical being. Something as simple as taking an hour away to get a haircut or going for a walk can be amazingly restorative.

You have your work cut out for you, but do strive to have healthy outlets to keep your mind and body functioning properly. How’s your diet? Drinking a little too much alcohol? What physical exercise are you getting? Are you attending any support groups? The importance of support groups to individuals and families cannot

be overstated! These groups are great places to tell your story without anyone judging you, and you will undoubtedly pick up good care giving tips from those who have already walked this path.

Doing some reading about Alzheimer’s disease may prove enlightening: the more education you have on the subject, the more likely you will be to ask the right questions of medical personnel, and more importantly, be able to locate the resources to help you cope. As time goes on, you may find that new caregiving challenges have arisen that are causing you more stress than ever before; if that happens, it may be time to seek out a counselor who can help you deal with the emotional issues of care giving. Unloading on a neutral party can help you take things one day at a time and learn constructive ways to live life while being a caregiver.

Being a caregiver is an evolving work in progress and may last only a short time, or it may take place over the course of many years. I’ve mentioned only the basics here—even seasoned caregivers need refresher courses!

In the words of John Donne from 1624, “no man is an island;” this is especially true in regards to caregiving.

Just like a newborn, the person in your care is dependent on you to make the correct decisions based on expert advice. Be honest with yourself: is the situation beyond the scope of care you can provide at home, requiring you to find a quality assisted living facility?

Getting help, in even the smallest matter, is an important step as you become a more experienced care giver.

In this region, there are many places to choose from, but do not be taken in by the “glamor”

of the facility—in other words, being shown how attractive the place is by means of material goods is less important than the care your loved one will be given. Check into the nutrition program, recreation and social outlets, dispensing of medicines, transportation services and how many staff are on-duty at any given time. Visit them at different hours, and enlist some friends or family members to visit the same places and ask questions. Gather written information from each, and visit a minimum of four facilities. In addition, ask the personnel if they have been cited for any code violations and if a place suits the care that is needed. There are also websites that show any violations the facility may have been cited for by the state of California.

Granted, this care giver task involves legwork and certainly is time consuming, yet it is important. Once you have located the right place for your loved one, you can get back to a more normal lifestyle, and you’ll likely find your stress level is reduced. Although this is a major step to helping your loved one, there is still plenty of work that must be done as soon as reasonably possible. There are legal matters that need to be attended to.

If your loved one does not already have these matters taken care of, your next move is to secure the proper paperwork for healthcare decisions, financial decisions as well as legal decisions. These are usually done

simultaneously, as they do overlap in certain areas. There are healthcare directives that are necessary to complete so that someone is authorized to make health decisions on behalf of your loved one. Determine whether it will be up to you to follow their wishes or if someone else has been designated as the decision-maker. While you’re at this task, long-term contingencies also need to be considered, such as increased care or the selling of property.

Who is empowered to make legal decisions? It is recommended to seek the advice of an Elder Law attorney. This means an attorney that specializes in the issues that are common in this type of situation, and they are skilled in asking what your loved one needs in order to protect assets. Like your other critical decisions, you should interview attorneys, check out their legal backgrounds and ask for referrals if applicable.

Many of your concerns can be answered by the professionals that I have mentioned. You may begin to feel your caregiving work is coming to an end when all the paperwork is signed and

sealed. However, somewhere in your conversations the issue of end-of-life decisions will be presented to you.

Although it is not a popular subject to discuss around the dinner table, it is just as important as if you were planning a wedding. A wedding can often take up to a year of planning; however, when it comes to making final arrangements, we’d often like to avoid it altogether, as if talking about it will somehow result in hastening death.

Those feelings aside, death is something everyone will face, and the more knowledge a caregiver has and the more arrangements that are determined ahead of time, the better. Start by knowing the wishes of your loved one. Do they want a funeral and a viewing, or will it be a cremation? Is there a need for flowers and some music? Will there be a religious ceremony? What type of urn or casket will fulfill your loved one’s wishes? So many decisions to be made, and just like a wedding, funeral arrangements also need to be planned, preferably well in advance. There are several advantages to this:

payment for the prepaid arrangements can take place over time instead of in a lump sum; pre-planning assures that your loved one’s wishes will be carried out just as they have instructed; and there will be no need for all these many details to be decided while the family is in the midst of grief over the loss of their loved one. Many people criticize the funeral industry for the expense involved in a funeral. Think about it this way—when you have to get an airline flight at the last minute, you don’t always have many options and it generally costs more than if you’ve had time to plan a trip in advance. The same is true of funeral planning. Planning ahead allows you much greater flexibility. It also can prevent family squabbles. Take the time to get this information along with the price list so you are educated.

If you are in a situation where you loved one can’t or won’t make the decisions for final arrangement, it is the responsibility of the caregiver (or the person who has the legal authority to make these decisions) to know what should be done. Look around; you may be able to gather the information you’ll need to plan an appropriate tribute. What is her favorite color? Is there any favorite music to incorporate into the funeral or memorial service? Was there a favorite scripture passage or a poem that relates to your loved one’s life?

Think about your own final arrangements for a moment. If you do not have any, do you want to wind up being dressed in the shirt you hate? Do you even want a funeral? Does your family know your wishes? There is no time like the present; do it while you are able to make your wishes known, to take action and write down what you want for your final arrangements. Don’t wait. ★

“Just like a newborn, the person in your care is dependent on you to make the correct decisions based on expert advice. Be honest with yourself: is the situation beyond the scope of care you can provide at home, requiring you to find a quality assisted living facility?”

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“Let It Go, Let Go, Let It Go”

Dr. James L. Snyder

This year I celebrate my 20th year as a practicing grandfather. I am not sure that after 20 years I know anything more about being a grandfather than I did before. I have not found any books written on how to be a grandfather, maybe I should write one. I have enjoyed those 20 years and it just seems to be getting better.

One of the interesting things about a grandfather is spending time with the grandchildren, especially when they are trying to watch a movie.

I enjoy a movie every now and again, but when it comes to little girls, they do not seem to have the same taste in movies as their grandfather. This is something I will never understand. What is a grandfather to do? The only way to get them to sit still and be quiet is to show one of their movies.

One of the movies so important to little girls these days is the movie called Frozen. As it happened, we had to have a special night set aside to watch this movie with the granddaughters. I figured, how hard could it really be?

I consented on this movie because I thought this would give those tired, overworked little gray cells upstairs a chance to relax and not work so hard. After all, how can you think when you are watching something like a movie for children?

I also thought it would be nice to rest my body as well as my eyes, if I can get away with it. After all, who wants to follow the plot, if there is any such thing, in a children’s movie.

We had settled down to watch this exciting little girl’s movie, I was half dozing and then I began to think about the manuscript I was working on. I had been having trouble with a certain aspect of that manuscript and as I sat there, I begin to think about how I could fix

that problem. It almost came to me, but then I heard, “Grandpa, grandpa, grandpa look at that, look at that!”

The cheering granddaughters brought me back to the land of the living and the reality as they were watching it. Both of them at the same time begin to explain to me what it happened and what was going to happen. Between the two little chatterboxes, I had no idea what they were talking about. What is a grandfather to do but smile broadly and pretend you are listening. After all, they are only little once.

They soon quieted down and were fixated on the screen watching the movie unfold. I sighed a deep sigh of relief and went back into my previous stupor. I try to follow the movie, but then I remembered that in the afternoon I had to write a column for my newspapers. As of yet, I did not have an idea what that column would be. I like to start with the title and then following that develop a story line. As yet, I did not have an acceptable column title. As I mused about this, thoughts were beginning to gel and that little light bulb began to flicker. Thoughts were beginning to come into place, and then I heard some loud screaming and clapping and two little girls were jumping up and down singing, “Let it go, let it go, let it go.”

I sat up in my chair, looking around trying to figure out what in the world they were trying to let go. It is at this point that grandmothers are no help to grandfathers. Grandmothers can say, “You girls watch the movie with grandpa while I make supper.”

Personally, I do not think it is fair. I would like to make supper one night while grandma joins the little girls watching a movie. The problem is, nobody would eat the supper that I would prepare, not even Yours

Truly.

What these little girls were all excited about was something I was trying to figure out. It did not make any sense to me, but as I watched the little grandchildren, they were excited, laughing, shouting and singing. Of course, it is hard to tell the difference between shouting and singing, especially in today’s musical world. They were absolutely enjoying themselves and I tried to focus in on the source of their enjoyment.

“Grandpa,” both of them yelled at me in absolute delight, “sing the song with us.”

What grandpa’s go through while entertaining their grandchildren.

I made a deal with them at that time, “I will sing with you, but I certainly will not dance with you.” A grandfather has to draw the line somewhere. And so, I joined in singing, “Let it go, let it go, let it go.” I got those words down pretty good, but the rest of the song was a mysterious blank to me. They were excited about singing it and soon I was excited about watching them sing it.

That evening when the little ones were snuggled into bed, I remember what David said. “For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning” (Psalms 30:5).

In the Hebrew, so they tell me, the word “joy,” also means singing. My faith in Jesus Christ has brought me to a wonderful place where I can sing, “Let it go, let it go, let it go.” ★

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.jamesnsnyderministries.com.



Dare to Live Without Limits Living Proactively



by Bryan Golden

You can either wait for things to happen in your life or you can make things happen. You are living proactively when you take charge of the direction you are headed. Although there may be circumstances that are out of your control, there are many more matters within your influence.

People who live passively feel as if they are victims with little or no power over what happens to them. They blame bad luck, the actions of others, fate, or anything else. They don’t take personal responsibility for their situations. Their lives will not change until they alter their outlooks to become proactive.

Anyone can commit to a proactive lifestyle. It starts with a desire to do take the steps needed to get your life on track. Take a look at your past. Identify any instance where you were proactive and what the results were. You are looking for cause and effect. Even when you make a bad decision, you are being proactive.

Proactivity requires goals. Write down what you want to accomplish along with the necessary steps. Self-awareness is essential. You need to understand what’s important to you, what you like, and where you want to be. A surprising number of people do not know this about themselves. If you don’t, take some time for reflection

and figure it out.

Harness your imagination. Pay attention to what you daydream about. Daydreams are a window into how you would like to live. Your thoughts are your reality. Whatever you can conceive of and believe in, you can achieve. Conversely, your mind will not allow you to accomplish anything you consider to be impossible.

For this reason, you must constantly monitor your thoughts along with what you say to yourself. Replace limiting thoughts such as “I can’t” with “I can.” You are in control of your thoughts and are the only one that can change them.

Don’t tolerate aspects of your life you don’t like. You don’t have to suffer. Anything can be improved. Identify where you want to make positive changes. These areas should be among your goals.

Take action. Without action nothing happens. Therefore, taking even the smallest step towards a goal is essential. If you’ve tried something that didn’t work, try something different. Experiment with new approaches. Give things you try enough time to work rather than skipping around. It’s a balancing act between perseverance and creativity. Where possible, you can try a variety of things at once.

For inspiration, look at other people who are where you want

to be and study their strategies. After your first step, take the next. Don’t stop. As long as you continue to take action you are proactive. For proactive people, action is a way of life rather than an occasional effort.

Although success requires effort, so does failure. Any perception that a passive life takes less effort than a proactive one is erroneous. Passive people have a lotto mentality; they want their dreams to become reality without having to do any work. Consequently, you should be happy and willing to do what it takes to get what you want. It’s a sad feeling to look back and think that you should have done more to reach your objectives.

Living proactively takes practice. Don’t get frustrated. Don’t give up. If one approach doesn’t work, change to another and keep going. If you slip into inactivity, pull yourself out. Make an investment in yourself. You’re in this for the long haul. ★

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 at bryan@colum-nist.com or write him c/o this paper. © 2009 Bryan Golden.

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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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!

ADULT
Rancho Cordova Library
Capitol Crimes Sisters In Crime @ Rancho Cordova Branch Library
Saturdays, 1:00 PM
Mystery authors and fans gather to hear speakers and read and discuss mystery books and the writing mysteries.

TECHNOLOGY INSTRUCTION
Rancho Cordova Library
Individual E-Reader Help @ Rancho Cordova Library
Saturdays, 2:00 PM
Individuals may schedule a personalized help session for the use of their e-reader with the library's digital collection. First come, first served, with individual sessions lasting up to 20 minutes. A library card and pin number is needed. This is free help from the Library.

BOOK CLUB
Rancho Cordova Library
Fantasy & Science Fiction Teen Book Group
Thursdays, 4:00 PM
Teens! Do you enjoy reading books about fantasy, ghosts, other galaxies, and life forms? Join our book discussion group once a month for fun talks about other worldly books that conjure the imagination.

ADULT
Rancho Cordova Library
Fantasy & Science Fiction Teen Book Group
Thursdays, 4:00 PM
Teens! Do you enjoy reading books about fantasy, ghosts, other galaxies, and life forms? Join our book discussion group once a month for fun talks about other worldly books that conjure the imagination.

ADULT
Rancho Cordova Library
Job Searching Online @ Rancho Cordova Library
Fridays, 10:00 AM
This free Oasis class will help you look for a job by using the Internet. Learn to search for jobs online, & communicate with prospective employers. Register via our website, by calling 916-264-2920, or by visiting a library service desk. Class is held during closed hours, so please enter through the staff entrance.

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

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City of Sacramento Championship
5k Run/Walk
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LETTERS TO THE EDITOR

A Big Thank You!

I can’t believe I overlooked thanking two extremely important people for the success of Cordova High’s Sober Grad Night in the article I wrote that ran in the 6/27/14 edition! I owe a HUGE thank you to Cordova High teachers, Ron Arellano, for being our on-campus Sober Grad ticket salesperson extraordinaire and point of contact for our seniors as well as Brian Botsford for lending his wisdom and guidance as well as logistical support throughout the year and volunteering that night to help get the seniors loaded safely on to the buses. Mr. Arellano and Mr. Botsford are the lynch pins in the Sober Grad operation, that we could not be successful without their support. Thank you, thank you!

Sheryl Longsworth

Response to the Uniqueness of Marriage
Commentary by Randy Thomasson

Uniqueness means existing as the only one or as the sole example; single; solitary in type or characteristics. Marriage is any of the diverse forms of interpersonal unions established in various parts of the world to form a familial bond. Uniqueness of marriage, therefore, can only apply to one single marriage.

While Proposition 8 may have been approved by the voters, it did not make it legal. The Supreme Court of the United States deemed it illegal under the Constitution. This is not, nor will it be, the last time a law passed by voters has been deemed unconstitutional.

SB1306 does not reveal “who’s for and against real marriage and the best interests of children.” It reveals that marriage has once again evolved as society has changed. In the past marriages were strategic alliances between families arranged by the parents, even allowing for the marriage of one child to the spirit of a deceased child. Polygamy was common as evidenced in the Christian Bible.

As for “the best interests of children”, this statement is fraught with issues. Who determines what is in the best interest of children? You suggest that only a married couple made up of a man and a woman can have the best interest of any children. Does that include a married couple that consists of an abusive husband and his wife and children? Are single parents or grandparents not capable of the best interest of the children? I suggest you are wrong.

While you are entitled to your beliefs, just because you believe marriage should only be allowed between a man and a woman does not make your beliefs legally binding on the rest of society.

Bobbi Smith
Rancho Cordova



Reports from
Sacramento Metro
Fire District

Charity Golf Tournament to
Benefit Public Safety Programs

SACRAMENTO COUNTY, CA (MPG) - The Sacramento Metro Public Safety Foundation is hosting its inaugural Golf Tournament at 11:30 am, Friday, August 29th at the beautiful Rancho Murieta Country Club.

The Sacramento Metro Public Safety Foundation is a 501(c)3 tax-exempt organization, comprised of fire and law enforcement agencies throughout the region. The Foundation’s mission is to support youth, family and community development projects by raising funds through grant funding, individual donations, payroll deductions, and special events such as this.



Photo courtesy: Sacramento Metropolitan Fire District

- **Fire Camp for Kids:** Fire Camp provides local 11-13 year olds a once-in-a-lifetime opportunity to experience today’s fire service. The one week program takes place each July and is designed to instill self-confidence, teamwork and a basic understanding of the firefighting profession, in a fun and exciting atmosphere. Funds raised will be used to provide camp scholarships to children in need.
- **Fire Camp for Kids:** Fire Camp provides local 11-13 year olds a once-in-a-lifetime opportunity to experience today’s fire service. The one week program takes place each July and is designed to instill self-confidence, teamwork and a basic understanding of the firefighting profession, in a fun and exciting atmosphere. Funds raised will be used to provide camp scholarships to children in need.

Sign up to be a sponsor or register to golf at <http://sacmetrofoundation.org/Tournament.html>.

For more information, contact Bob Webber, Tournament Director, at 916.616.2446 or by email at webber.robert@sacmetrofoundation.org

Source: Sacramento Metropolitan Fire District

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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.

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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.

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Bishop - California's Hidden Treasure



Journeying south through the majestic mountain vistas along Highway 395, you also escape the boring flat landscapes and awful traffic of other freeway routes. And there are few places in America that can compare to the clear starry night skies of the Eastern Sierra. Photo courtesy of Judy Zimmerman.

By Judy M. Zimmerman

Bishop and the spectacular beauty of the Owens Valley in the Eastern Sierra Mountains is one of California's hidden treasures.

By journeying south through these majestic mountain vistas along Highway 395, you also escape the boring flat landscapes and awful traffic of other freeway routes. And there are few places in America that can compare to the clear starry night skies of the Eastern Sierra.

Be sure to visit Bishop, the area's largest town. It's a great place to base your stay any time of year and only about a five hour drive from Sacramento.

A few miles northeast of Bishop on Highway 6, Laws Railroad Museum and Historical Village is a special place that will take you back in time to the "good old days." Thirteen acres of exhibits include a church, school, homes, mining shacks and ranch buildings. There's also a huge assortment of all the things that used to be commonplace over 100 years ago, but are never, or seldom, seen today.

Another must-see in Bishop is the Mountain Light Gallery, founded by the celebrated wilderness photographer Galen Rowell. It features extraordinary images of the High Sierra as well

as from around the world.

Bishop is also proud of its spectacular outdoor art gallery. Educational and historical murals of the area's Western tradition showcase the talents of many artists. You can pick up the driving map and guide to the 18 murals at the Visitors' Bureau located on Main Street at the entrance to Bishop City Park, a great place to relax, enjoy a picnic, or let the kids run around to their hearts' content.

Across the street from the park, there's the famed Erick Schat's Bakery, "Home of the Original Shepherd Bread," baked fresh daily since 1907. The original Shepherd plus other delicious breads and pastries are worth their weight in gold. A sandwich bar, cappuccino drinks, and imported specialty items attract many visitors.

From Bishop, take U.S. 395 fifteen miles south to Big Pine. Then turn east on Hwy. 168 into the harsh and windswept White Mountains to see the Ancient Bristlecone Pine Forest, a hauntingly beautiful landscape dotted with the oldest recorded living trees on earth.

Continuing south on Highway 395 to the town of Independence, you'll find one of the West's finest collections of Native American baskets,

beadwork, garments, and several exhibits related to Manzanar. From Independence, heading toward Lone Pine, history lovers shouldn't miss the Manzanar National Historic Site where more than 10,000 Japanese Americans were interned during World War II. Established by the National Park Service, the original auditorium is now restored as an interpretive center with exhibits and a film, serving as a reminder of the fragility of American civil liberties.

Manzanar's memories are unpleasant, but there is also beauty here; its breath-taking backdrop of Mt. McKinley rises over 14,000 feet into the Sierra Sky, making it the highest peak in the 48 contiguous states. ★

If You Go:

- **Bishop Area Chamber of Commerce & Visitor Center, 888-395-3952, www.BishopVisitor.com.**
- **Laws Railroad Museum & Historical Site, 760-873-5950, www.lawsmuseum.org.**
- **Galen Rowell's Mountain Light Gallery, 760-873-7700, 106 S. Main, www.mountainlight.com.**
- **Bodie Ghost Town, one of the best-preserved in the West, 90 mi. N. of Bishop at Bridgeport.**

CA Drivers Want Snoopy License Plates

SACRAMENTO REGION, CA (MPG) - Snoopy was doing his signature "happy dance" in 110 museum Facebook and Twitter feeds across California last week. The social media campaign created some buzz around a statewide effort to put the beloved beagle on California license plates, and help fund the state's museums at the same time.

The special license plate, available for pre-order now at www.snoopyplate.com, features a reproduction of an original drawing of Snoopy by Peanuts cartoonist Charles Schulz. In five short months, over 4,000 Californians have pre-ordered their plates.

Many California museums got creative with their social media posts, snapping photographs of the Snoopy license plate with artifacts from their collection, in exhibitions, or proudly held by museum fans or volunteers. Searchable by #SnoopyPlate, these fun posts highlight the diversity of the museum field and the unique role they play in preserving collections and educating the public

Proceeds from sales of the Snoopy license plate will establish a competitive grant program administered by the California Cultural and Historical Endowment (CCHE) to support California's museums.

The Department of Motor Vehicles (DMV) will begin issuing the Snoopy license plates upon receipt of 7,500 paid applications. Sequential plates are



Many California museums got creative with their social media posts, snapping photographs of the Snoopy license plate with artifacts from their collection, in exhibitions, or proudly held by museum fans or volunteers.

\$50, personalized plates are \$98. The Snoopy plate is also an opportunity to commemorate Santa Rosa cartoonist and cultural icon Charles Schulz. Jean Schulz, the widow of Peanuts cartoonist Charles Schulz, the Schulz family, and Peanuts Worldwide are generously allowing access to the original drawing for this special plate.

In 2013, Assembly member Toni Atkins (D-San Diego) authored and Governor Brown signed legislation that created the grant program that will be funded by the Snoopy license plates. The plates will raise money for a competitive grant program to make funding available to the state's 1,400 museums and science centers. CCHE, a state entity recently reorganized into the California Natural Resources Agency, will administer the California Museum Grant Program with funds raised from the license plates. A smaller portion of the revenues will support

professional development programs and services provided to the museum community by the California Association of Museums. Snoopy and museums fans are encouraged to visit www.snoopyplate.com to pre-order their Snoopy

license plates and support California's museums.

The California Association of Museums (CAM) is a non-profit service organization representing the interests of California's 1,400 museums, including art and history museums, aquariums, natural history museums, science centers, children's museums, zoos, cultural centers, and botanical gardens. CAM assists California museums in fulfilling their missions as educational and research institutions that interpret and preserve art and cultural and scientific collections for public benefit. www.calmuseums.org. ★

Source: California Association of Museums

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Sudoku Puzzle on Page 6

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

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-04707. KevinNelsonBlundon, 6591 Pacheco Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Blue Valley Carpet Care" at 6591 Pacheco Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on June 5, 2014. Publish: June 26, July 3, 10 and 17, 2014
BLUE 140616 07-17-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-02147. Bruce A. Mills Realtor, Inc., 1401 El Camino Avenue, Suite 200, Sacramento, CA 95815 is doing business under the Fictitious Business Name "Advantage Property Management & Real Estate" at 1401 El Camino Avenue, Suite 200, Sacramento, CA 95815. Filed with the Clerk of Sacramento County on March 13, 2014. Publish: June 26, July 3, 10 and 17, 2014
ADVANTAGE 140616 07-17-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-04615. Optimus Management Corporation, 1545 River Park Drive #300, Sacramento, CA 95815 is doing business under the Fictitious Business Names "Hybrid Broker Services and Optimus Marketing Solutions" at 1545 River Park Drive #300, Sacramento, CA 95815. Filed with the Clerk of Sacramento County on June 3, 2014. Publish: June 26, July 3, 10 and 17, 2014
HYBRID 140616 07-17-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-04982. J. D. Allman, Inc., 1730 I Street, Suite 240, Sacramento, CA 95811 is doing business under the Fictitious Business Names "HR to Go, American River Insurance Solutions" at 1730 I Street, Suite 240, Sacramento, CA 95811. Filed with the Clerk of Sacramento County on June 12, 2014. Publish: June 26, July 3, 10 and 17, 2014
HRTOGO 140617 07-17-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05174. Michael Jon and Lubertha Pleshette Carney, 5314 Iris Spring Way, Elk Grove, CA 95757 is doing business under the Fictitious Business Names "Rhema Word Ministries, International and Rhema Word Worship Center" at 5314 Iris Spring Way, Elk Grove, CA 95757. Filed with the Clerk of Sacramento County on June 20, 2014. Publish: June 26, July 3, 10 and 17, 2014
RHEMA 140620 07-17-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05165. Alexandra DeLee, 3602 Gold Creek Lane, Sacramento, CA 95827 is doing business under the Fictitious Business Names "Prestige Legal Marketing & Focus Groups and Prestige LMFG" at 3602 Gold Creek Lane, Sacramento, CA 95827. Filed with the Clerk of Sacramento County on June 19, 2014. Publish: June 26, July 3, 10 and 17, 2014
PRESTIGE 140619 07-17-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05094. Jeff Boek and Laura Carolina Luchu Alfaro, 1170 E. 22nd Street, Apt. #49, Marysville, CA 95901 is doing business under the Fictitious Business Name "CJ Pacific Goods" at 1105 Front Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County on June 17, 2014. Publish: June 26, July 3, 10 and 17, 2014
CJPACIFIC 140619 07-17-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05010. David J. Elliot Co., LLC, 11845 Randall Island Road, Courtland, CA 95615 is doing business under the Fictitious Business Names "David J. Elliot & Sons and Stillwater Orchards" at 11845 Randall Island Road, Courtland, CA 95615. Filed with the Clerk of Sacramento County on June 13, 2014. Publish: June 26, July 3, 10 and 17, 2014
DAVID 140619 07-17-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05019. Elliot Delta Orchards, LLC, 11845 Randall Island Road, Courtland, CA 95615 is doing business under the Fictitious Business Names "Elliot Delta Orchards and Delta Orchards" at 11845 Randall Island Road, Courtland, CA 95615. Filed with the Clerk of Sacramento County on June 13, 2014. Publish: June 26, July 3, 10 and 17, 2014
ELLIOT 140619 07-17-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-04996. DonationSafe Corp., 1279 Berry Creek Road, West Sacramento, CA 95691 is doing business under the Fictitious Business Name "DonationSafe" at 3661 63rd Street, Sacramento, CA 95820. Filed with the Clerk of Sacramento County on June 12, 2014. Publish: June 26, July 3, 10 and 17, 2014
DONATION 140619 07-17-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05139. Dennis J. Aguilar, 3014 Chestnut Hill Drive, Sacramento, CA 95826 is doing business under the Fictitious Business Name "SoftTech Supply" at 3014 Chestnut Hill Drive, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on June 18, 2014. Publish: July 3, 10, 17 and 24, 2014
SOFTTECH 140620 07-24-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05296. Michael P. Allen, 4320 Rand Lane, Sacramento, CA 95864 is doing business under the Fictitious Business Name "MP Construction & Consulting" at 4320 Rand Lane, Sacramento, CA 95864. Filed with the Clerk of Sacramento County on June 24, 2014. Publish: July 3, 10, 17 and 24, 2014
MPCONSTRUCT 140624 07-24-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05253. Ginger Field, 2405 D Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name "Firefly Jewelry Studio" at 2405 D Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County on June 23, 2014. Publish: July 3, 10, 17 and 24, 2014
FIREFLY 140624 07-24-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05246. Yuriy Pittsin, 405 Arlingdale Circle, Rio Linda, CA 95673 is doing business under the Fictitious Business Name "CB Cleaning" at 701 Howe Avenue, Suite C3, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on June 23, 2014. Publish: July 3, 10, 17 and 24, 2014
CBCLEAN 140623 07-24-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05196. Jerry and Jennifer Amaral, 402 Mormon Street, Folsom, CA 95630 is doing business under the Fictitious Business Name "Pipe Dream Pottery" at 402 Mormon Street, Folsom, CA 95630. Filed with the Clerk of Sacramento County on June 20, 2014. Publish: July 3, 10, 17 and 24, 2014
PIPE 140623 07-24-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05167. Estan Realty Inc., 3830 Watt Avenue, Suite #3, Sacramento, CA 95821 is doing business under the Fictitious Business Names "Estan Realty and BDS Ventures" at 3830 Watt Avenue, Suite #3, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on June 19, 2014. Publish: July 3, 10, 17 and 24, 2014
ESTAN 140624 07-24-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05366. Henry J. Albon, 5310 Spilman Avenue, Sacramento, CA 95819 is doing business under the Fictitious Business Names "Libra Communications" at 5310 Spilman Avenue, Sacramento, CA 95819. Filed with the Clerk of Sacramento County on June 26, 2014. Publish: July 3, 10, 17 and 24, 2014
LIBRA 140627 07-24-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05372. Charles and Andrew Kearney, 623 Rivergate Way, Sacramento, CA 95831 is doing business under the Fictitious Business Name "River City Auto Wholesale" at 623 Rivergate Way, Sacramento, CA 95831. Filed with the Clerk of Sacramento County on June 26, 2014. Publish: July 3, 10, 17 and 24, 2014
RIVER 140626 07-24-14

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05372. Charles and Andrew Kearney, 623 Rivergate Way, Sacramento, CA 95831 is doing business under the Fictitious Business Name "River City Auto Wholesale" at 623 Rivergate Way, Sacramento, CA 95831. Filed with the Clerk of Sacramento County on June 26, 2014. Publish: July 3, 10, 17 and 24, 2014
RIVER 140626 07-24-14

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RIVER 140626 07-24-14

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RIVER 140626 07-24-14

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RIVER 140626 07-24-14

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RIVER 140626 07-24-14

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RIVER 140626 07-24-14

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RIVER 140626 07-24-14

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RIVER 140626 07-24-14

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

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05311. Premier Concours Promotions, 11300 Coloma Road, A-4, Gold River, CA 95670 is doing business under the Fictitious Business Name "Brian D. Moore Restorations" at 11300 Coloma Road, A-4, Gold River, CA 95670. Filed with the Clerk of Sacramento County on June 24, 2014. Publish: July 3, 10, 17 and 24, 2014
BRIAN 140625 07-24-14

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. Rusanana Coyamin, 1029 Moreno Way, Sacramento, CA 95838 is doing business under the Fictitious Business Name "Mobile Notary and Etc." at 1029 Moreno Way, Sacramento, CA 95838. 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. Haidari Karim, 5351 Ridgevel 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 "Westcoastmodels.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, Fallbrook, 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 Mailer" 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
FBNF2014-04709. 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

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PLUSHLUX 140707 08-07-14

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PLUSHLUX 140707 08-07-14

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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

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2014-05544. Phuong Nguyen, 8715 Clear Star Court, Elk Grove, CA 95758 is doing business under the Fictitious Business Name "Vapebox" 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 95757 is doing business under the Fictitious Business Name "Steady Mobbin Motorcycle Club" at 8151 Civic Center Drive #244, Elk Grove, CA 95757. 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

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
FBNF2011-02920
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

ORDER TO SHOW CAUSE CHANGE OF NAME

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00164782

WHEREAS, Karen Adelle Martin, has filed a petition with this court for a decree changing the names of Karen Adelle Martin to Karen Adelle Meyer
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 8, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: June 12, 2014
David I. Brown, Judge of the Superior Court
Publish: June 26, July 3, 10 and 17, 2014
MARTIN 140616 07-17-14

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00164988

WHEREAS, Ethan Jay Vloria, has filed a petition with this court for a decree changing the names of Ethan Jay Vloria to Ethan Jay Silva
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 12, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: June 18, 2014
Raymond M. Cadei, Judge of the Superior Court
Publish: June 26, July 3, 10 and 17, 2014
VILORIA 140618 07-17-14

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00164970

WHEREAS, Nary Kuoy, has filed a petition with this court for a decree changing the names of Nary Kuoy to Jennifer Nakry Kuoy
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on August 11, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: June 18, 2014
David I. Brown, Judge of the Superior Court
Publish: June 26, July 3, 10 and 17, 2014
KUOY 140619 07-17-14

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2014-00165007

WHEREAS, Joseph McTernan, has filed a petition with this court for a decree changing the names of Joseph James McTernan, Jr. to Jaime Shauna McTernan
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on August 14, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
IT IS FURTHER ORDERED that a copy

TRUSTEE SALES

TRUSTEE SALES

NOTICE OF TRUSTEE'S SALE TS No. CA-14-1614765-JB Order No.: 8412957 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 06/16/2011. 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's sale to the highest bidder for cash, cashier's checks drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or Savings association, or savings bank specified in Section 5102 to the Financial Code and authorized to do business in this state will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. THE BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): MICHAEL R. DALEY AND SHEILA DALEY, HUSBAND AND WIFE AS JOINT TENANTS Recorded: 6/28/2011 as Instrument No. xxx in Book 20110628 Page 0954 of Official Records in the office of the Recorder of SACRAMENTO County, California; Date of Sale: 8/1/2014 at 1:30:00 PM Pacific Date: At the main entrance to the County Courthouse, 720 9th St., Sacramento, CA 95814 Amount of unpaid balance and other charges: \$236,885.90 The purported property address is: 4159 CHOTEAU CIRCLE, RANCHO CORDOVA, CA 95742 Assessor's Parcel No. 067-0800-026-0000 NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgage, 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 who are 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 714-573-1965 or for information regarding the trustee's sale or visit this Internet Web site <http://www.qualityloan.com> , using the file number assigned to this foreclosure by the Trustee: CA-14-1614765-JB 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 postponements is to attend the scheduled sale. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other information designation, if any, shown herein. If no street address or other common designation is shown, the undersigned Trustee disclaims any liability for any incorrectness of the property address or other information designation, if any, shown herein. If no street address or other common designation is shown, the undersigned Trustee disclaims any liability for any incorrectness of the property address or other information designation, if any, shown herein.

shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagee, the Mortgagee, or the Mortgagee's Attorney. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holder's rights against the real property only. As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. QUALITY MAY BE CONSIDERED A DEBT COLLECTOR. ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. Date: Quality Loan Service Corporation 2141 5th Avenue San Diego, CA 92101 619-645-7711 For NON SALE information only 619-645-7711 7/14-573-1965 Or Login to: <http://www.qualityloan.com> Reinstatement Line: (866) 645-7711 Ext 5318 Quality Loan Service Corp. TS No.: CA-14-617465-JB IDSPub: 0068135 7/11/2014 7/18/2014 7/25/2014 QLSR0068135 140701 7/25/14

APN: 057-0111-005-0000 Property: 10516
Malvisra Drive, Rancho Cordova, CA 95670 Title
Order No.: 730-1305364-70 Trustee Sale No.
#: 2001-011727-000 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 hereon.
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, 722
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 MALVISRA 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 public auction

in 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 Mortgagee, 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 or this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or court, pursuant to Section 2924 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 855-880-6845 or visit this Internet Web site WWW.NATIONWIDEPPOSTING.COM, using the file number assigned to this case 2001-011727-F000. 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 92603-9940 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. NPP02330221 To: GRAPEVINE INDEPENDENT PUB

07/18/2014, 07/25/2014, 08/01/2014, 08/01/2014
NPP0233021 140705 8/1/14

NOTICE OF TRUSTEES'S SALE, T.S. No. 138834331 APN: 056-0183-002-0000 TRA: 08/01/11 LOAN NO: XXXXXX3871 REF: Johnson, Verne 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 205 of Official Records in the office of the County Recorder of Sacramento County, State of California, executed by Leon Johnson and Verne Arlene Johnson, Husband And Wife, will sell a

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 eas 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 95670-2412 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 with or 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 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, 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 who are 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)590-1222 or visit the internet website www.dplpic.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. California 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
DLPP43438843 140715 8/1/14

T.S. No. 10-2301-11 Loan No. 0596620404 NOTICE OF TRUSTEE'S SALE NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED TO THIS DOCUMENT.
 注：本文件包含一个信息摘要
 양곡사항: 본 청부 문서에 정보 요약서가 있습니다. NOTE: SE ADJUNTA UN RESUMEN DE LA INFORMACION DE ESTE DOCUMENTO TALA: MAYROONG BUOD NG IMPORMASYON SA DOKUMENTONG ITO NAKALAKIP LU'Y : KEM THEO ĐÂY LA BẢN TRÌNH BÀY TÓM LƯỢC VỀ THÔNG TIN TRONG TÀI LIỆU NÀY 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. A copy of California Civil Code Section 2923.54 (SB 7) Declaration is attached hereto and incorporated herein by reference. YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 10/17/2005. 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 as 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: ENRIQUE V ALBERT A MARRIED MAN AS HIS SOLE AND SEPARATE PROPERTY Duly Appointed Trustee: The Wolf Firm, A Law Corporation Recorded 10/31/2005 as Instrument No. in book 20051031, page 1741 of the Official Records in the office of the Recorder of Sacramento County, California, Date of Sale: 7/25/2014 at 2:00 PM Place of Sale: At the

main entrance, to the County Courthouse, 720 9th Street, Sacramento, CA. Amount of unpaid balance and other charges: \$333,80.88, estimated Street Address or other common designation of real property: 10301 GEORGETOWN DRIVE RANCHO CORDOVA, CA 95670 A.P.N.: 056-00051-009-0000 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. 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 (916) 939-0772 or visit this Internet Web site www.nationwideposting.com, using the file number assigned to this case 10-2301-11. 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: 6/23/2014 The Wolf Firm, A Law Corporation 2955 Main Street, 2nd Floor Irvine, California 92614 Foreclosure Department (949) 720-9200 Sale Information Only: (916) 939-0772

www.nationwideposting.com Frank Escalera, Team Lead NP0232587
TO: GRAPEVINE INDEPENDENT
07/04/2014, 07/11/2014, 07/18/2014

Peter Ibrahim, Housing Services Assistant
Rancho Cordova City Hall
2729 Prospect Park Drive
Rancho Cordova, CA 95670
(916) 851-8785
pibrahim@cityofranchocordova.org

NOTICE REGARDING CHALLENGES TO DECISIONS

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

ADA COMPLIANCE STATEMENT

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

Printed in the Grapevine Independent on July 18, 2014

City of Rancho Cordova Notice of Public Hearing
NOTICE is hereby given that on **Monday, July 21, 2013, at 5:30 p.m.**, or as soon thereafter as the matter may be heard, the City Council of the City of Rancho Cordova will hold a Public Hearing at the **Rancho Cordova City Hall, located at 2729 Prospect Park Drive, Rancho Cordova**, to consider the following:

PROPOSED ANNUAL STORMWATER UTILITY FEE

Notice is hereby given that the City Council (the "Council") of the City of Rancho Cordova (the "City") adopted its Resolution Designating a Time and Place for Hearing Protests in Connection with a Proposed Annual Stormwater Utility Fee (the "Fee") under the provisions of California Health and Safety Code Section 5471, et seq. Under the provisions of this Code and in compliance with the provisions of Article XIII D of the California Constitution, the Council gives notice as follows:

The Council is undertaking proceedings to impose the proposed Fee for the financing of the maintenance and operations of the stormwater drainage and flood protection system in the new development areas of the City. The text of the Resolution with Exhibit A as adopted by the Council, and of the Preliminary Rate Analysis Report for the Stormwater Utility Fee (the "Rate Analysis Report"), is on file with City Clerk and reference is made thereto for the particular provisions thereof. The Rate Analysis Report contains a description of each parcel of real property within the City to which the Fee is applicable (collectively, the "Identified Parcels").

At the date and time set above, the Council will hold a public hearing in connection with the Fee. At the hearing, all interested persons shall be afforded the opportunity to hear and be heard, and the City Council shall consider all protests from property owners subject to the Fee. If written protests against the Fee are presented by a majority of owners of the Identified Parcels, the City shall not impose the Fee. In the absence of a majority protest, the City Council may submit the Fee to a vote of the property owners in accordance with Article XIII D of the California Constitution.

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.

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Printed in the Grapevine Independent on July 18, 2014

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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;

a) Getting up in the morning,
b) Getting dressed,
c) Bathroom duties
d) washing or bathing,
e) fixing your meals,
f) handling your medication,
g) 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.



LOST TREASURE

I met her in early 1980. How? After I had done a radio show about Marilyn Monroe. I had a guy on who claimed he was married to Marilyn for about two and a half minutes, and then got a quickie dissolution in Mexico. What tales he had to tell about her. After the show, I got a call from this disembodied voice who, in no uncertain terms, told me this guy was full of it! I asked her who she was, and she told me she was Joe DiMaggio’s niece and that her mother and father, Tom and Louise owned “DiMaggios” Restaurant on Fisherman’s Wharf in San Francisco. Her name? June DiMaggio.

I invited her to come on my show and share her side of the story, which she did. Luckily, I had the opportunity to meet her mom and dad when we had dinner with them at “DiMaggios.” I say luckily, because her dad passed away later that year. Suffice to say, we became good friends, and oh the stories she had to tell about Marilyn, Joe, and her own life during the glory years of Hollywood. She knew so many stars like Barbara Stanwyck, Ann Sothern, and Carol Channing to name just a few, but especially Marilyn Monroe. She knew Marilyn for some eleven years from the time Joe was dating the starlet until the day she died. She actually saw Marilyn that fateful day. Over the years, I heard

POPPOFF!

with Mary Jane Popp

so many wonderful stories about her life and the greats she worked with and knew as friends.

After the passing of June’s very dear friend, mentor, and vocal coach to the stars Barbara Klein, she told me Barbara had encouraged her to tell her stories. She asked if I would help. I hesitantly said yes, but I had no idea it would be a seven year journey to hear all her stories and pick out the pictures and get her memoirs published. It all happened with “Marilyn, Joe and Me” June DiMaggio tells it like it was. June and I remained friends til her passing late on the eve of Marilyn Monroe’s birthday June 1. It was so fitting. She dearly loved Marilyn and wanted

I talked with her for just a few minutes every morning just to say hi and how are you, and I will treasure those few moments we had together. We also shared many holidays at my home with family and friends. And June could still belt out a song from her repertoire anytime someone suggested it. She starred in some eleven Sacramento Music Circus productions as well as all her performances in Hollywood on TV and movies. She always enjoyed the Romanian food we prepared, and always had a doggy bag with goodies to take home. June was also a generous and loving friend who always wanted to know how Rick and I were doing, and if we had any medical



fans to know the lovely Marilyn she called her dear friend, not the sex goddess they all thought she was. June would have been 91 June the eleventh, and I can tell you she lived life to the fullest. She loved to travel and visit with friends, and she dearly loved a party. I am so pleased we got to cruise together a few years back and we traveled the country on tour with our book.

issues, called upon her church to say prayers for us.

June, I will miss your loving smile and your good nature, but I will always be grateful that I knew and loved you my dear friend. You are a lost treasure, but some of that glitter will always remain with me! Rest in peace and sing a song for me in Heaven! ★

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Rancho Cordova Woman Takes Skydive Leap of Faith



Greg Foster of SkyDance SkyDiving and Jean Pergande, 71, of Rancho Cordova give thumbs up after their tandem jump from 14,000 feet. Jean Pergande's husband, Don, gave her first skydiving session as a gift for their 20th wedding anniversary. Photo courtesy KurtVert Unlimited.

Continued from Page 1

Jean said. "I've lost 58 pounds and I've gotten down to a weight where I haven't been in a very long time."

In addition to losing weight, she reconsidered the age at which she wanted to skydive, and thought why wait? "It was a change of attitude, a change of direction," Jean said. It's almost like a spiritual journey for me, too. I said, this is the way I would like to celebrate this, and I called it a Leap of Faith."

Her husband, who is a motorcyclist and Cowboy Action Shooter, gave her the jump as a gift. "I have been very proud of Jean's accomplishments, especially that she has managed to lose 60 pounds since last September," Don Pergande said. "When she said that she had always wanted to skydive, I said sure, why not do it for our 20 year wedding anniversary?"

Preparation included the mandatory class at the Yolo County Airport. Greg Foster was her teacher and made the jump with her. He has been skydiving for 19 years and has been with

SkyDance SkyDiving in Davis for two and one-half years. "She did a great job and did what she was supposed to do and had a great time," Foster said.

The photographer, Kurt Issel, climbed out on the wing and jumped at the same time to get photos and video to commemorate the event.

Jean said she wasn't afraid or even nervous, that it was a matter of knowing the people she was working with and having trust.

"I just kept thinking to myself, oh my goodness, this is what the birds see," Jean said. "You can go in an airplane and look out the window, but to be able to do this . . . I just felt very free in doing it. For me it was a gift that God gave me that I could be able to do this."

If her experience can help others to challenge themselves, Jean Pergande said, that's good. "Like I said, it's a leap of faith, but also it was a challenge to change," Jean said. "It doesn't make any difference how old you are, you can always change, and the only person that can change your

attitude is yourself." She considers it good if her experience can help others to challenge themselves.

Jean has always been an independent person. She came alone to California from New York State when she was just 18. In 1970, she became the first woman letter carrier in Alhambra, California. She was a single mom and raised her son on her own. Later on she met Don, who also worked for the postal service.

Jean is active with St. John Vianney Catholic Church, and is a Eucharistic minister to the Veterans Administration Hospital in Mather, California. She is also involved with Gabriel Project, which helps women in crisis pregnancies.

Now it looks as if she may add skydiving as at least an occasional feature in her busy life. She is planning her next jump for August. "I told Donald that I'm not going to be saying Geronimo, I'm going to be saying Halleluiah," Jean said, "because it was very freeing." ★

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Around the Horn

• Just when you think you've seen just about everything in baseball, amazing accomplishments continue to happen. On Sunday, pitcher Madison Bumgarner and catcher Buster Posey became the first battery mates to hit grand slams in the same game. Trailing 1-0 in the bottom of the fifth, Bumgarner started a Giants' rally with a double. Posey ended the rally with a grand slam. In the sixth, Bumgarner homered with the bases loaded to give the Giants an 8-1 lead. San Francisco would go on to win 8-4. Bumgarner is the first pitcher with two grand slams in one season since Tony Cloninger hit two for the Braves back in 1966. Both of Cloninger's slams came in the same game against the Giants on July 3.

• No hitter has terrorized Cincinnati pitching over the last five years more than Andrew McCutchen of the Pittsburgh Pirates. The All-Star centerfielder leads all players with 18 home runs against the Reds during that time. The two most recent clouts are, perhaps, the most significant to date. After the Pirates blew a 4-0 lead in the sixth inning on Saturday, McCutchen led off the top of the ninth with a home run off of Jonathan Broxton to tie the game. His next plate appearance came in the 11th and resulted in a game-winning homer off of reliever J.J. Hoover.

• When considering indispensable pitchers, the Rockies' Jorge De La Rosa cannot be ignored. Over the last two years, the Rox are 33-15 with him on the hill and 81-128 when he's not.

AL Player of the Week

Conor Gillaspie, Chicago
The White Sox third baseman, a former first-round pick of the Giants, batted .526 last week with a 1.782 OPS. He hit safely and scored at least one run in all six games. Gillaspie homered in all three games at Boston, including a pinch-hit, two-run shot off of closer Koji Uehara in the ninth inning to send the game into extra frames. His eight runs and seven extra-base hits were tops in the American League.

AL Pitcher of the Week

Hisashi Iwakuma, Seattle
The Seattle righthander has found a groove recently. Last week he tossed 15.2 scoreless innings, until giving up a two-run homer to Brandon Moss with two outs in the ninth inning while leading 6-0 over the A's. Prior to that, Iwakuma pitched seven scoreless frames against the Twins with 10 strikeouts, four hits and no walks.

NL Player of the Week

Chris Coghlan, Chicago
Most of the positive news coming from the Chicago Cubs organization this year is about the team's bright future. But last week, Coghlan put up huge offensive numbers in the club's eight-game week. A first-round pick by the Marlins in 2006, the 2009 NL Rookie of the Year blasted nine extra-base hits last week, including three home runs. He batted .452 with a 1.476 OPS. He scored eight runs and drove in nine. The leftfielder raised his season average from .229 to .275 during the week.

NL Pitcher of the Week

Jacob deGrom, New York
The Mets ended the first half as the hottest team in the National League. The young deGrom was dazzling in two starts last week, picking up a pair of wins. He tossed seven shutout innings against the Braves, then yielded just one run in seven frames vs. the Marlins. He struck out 19 and gave up just 12 hits and two walks.

Farm Report

Nick Gordon, SS, Minnesota
The younger brother of Dee Gordon of the Los Angeles Dodgers and son of former major leaguer Tom Gordon hasn't been overmatched during his first month of professional baseball. The Orlando, Fla., high school product is batting .322 with five extra-base hits, four steals and 19 runs in his first 20 games with Elizabethton (Rookie League).

Turn Back the Clock

July 23, 1974
Steve Garvey of the Los Angeles Dodgers, whose name is not listed on the All-Star ballot, is voted a starter for the National League in the All-Star Game by write-in votes. With two hits in four at-bats, Garvey earns the game's MVP honor in the NL's 7-2 win at Three Rivers Stadium in Pittsburgh.

July 16, 2006
Chipper Jones of the Atlanta Braves takes Jake Peavy of the Padres deep in the fourth inning at San Diego. The hit ties a 79-year-old record held by Paul Waner for 14 consecutive games with an extra-base hit. Jones bats .544 with a 1.088 Slugging percentage during the streak that includes eight doubles, a triple and seven home runs.



Mike Trout
Walter G. Arce, Sr.

Athlon Sports Power Ranking

- | | |
|------------------|--|
| 1. A's | Scored in double-digits 13 times this season. |
| 2. Angels | Next 13 games vs. Seattle, Detroit and Baltimore. |
| 3. Dodgers | Won back-to-back 1-0 games to close out first half. |
| 4. Tigers | Only AL Central team with a winning record within its division. |
| 5. Giants | Hunter Pence, Pablo Sandoval only guys hitting this month. |
| 6. Orioles | Face brutal schedule coming out of All-Star break. |
| 7. Braves | Posted double-digit hits in seven of last 10 games. |
| 8. Brewers | Crew has fallen back to crowded pack in NL Central. |
| 9. Mariners | Outhitting opponents .263 to .191 in July, outscoring them 37-36. |
| 10. Nationals | Opposing cleanup hitters have just five home runs. |
| 11. Cardinals | Can Redbirds survive the loss of Yadier Molina? |
| 12. Reds | Injury bugs still biting Reds. |
| 13. Pirates | Andrew McCutchen enjoying MVP surge. |
| 14. Blue Jays | More homers from infield than any other team. |
| 15. Royals | Eric Hosmer batting .426 this month. |
| 16. Yankees | Still searching for reliable starting pitching. |
| 17. Indians | Michael Brantley hitting himself into MVP discussion. |
| 18. Mets | Best record in the National League in July. |
| 19. White Sox | Can Sox make a trade splash for the future? |
| 20. Twins | Playing host to all of MLB this week. |
| 21. Rays | Closed out first half 20-11, but is it enough to get back in race? |
| 22. Red Sox | Relying on rookies more than ever. |
| 23. Marlins | Only three home runs from cleanup hitters this season. |
| 24. Padres | 31-1 when leading after six innings. |
| 25. Rockies | A 6.20 ERA over last 25 games has derailed the season. |
| 26. Cubs | Pitchers have 6.72 ERA since Samardzija, Hammel trade. |
| 27. Diamondbacks | Pitching is improving, 3.13 ERA in last 15 games. |
| 28. Phillies | Are they willing to trade Cliff Lee or Cole Hamels? |
| 29. Astros | Opponents are batting .340 in July. |
| 30. Rangers | Continue downward spiral. |

Weekend on Tap

Milwaukee at Washington
Two first-place teams will battle right out of the gate in the second half. Milwaukee ended the first half by losing 11 of 13. The Brew Crew must right the ship quickly. The Nationals closed out the first half on a much higher note, winning 10 of 14.

Los Angeles Dodgers at St. Louis
All eyes will be on the schedules of pitchers Adam Wainwright of St. Louis and Clayton Kershaw of the Dodgers, clearly, the best two starting pitchers in the National League. St. Louis manager Mike Matheny chose to start the All-Star Game with Wainwright over Kershaw. Both hurlers are having tremendous seasons. The Dodgers have announced that Kershaw will start on Sunday, and presumably Wainwright will as well, although either pitcher could be moved up to Saturday. Los Angeles is a game out in front of the Giants, and the Redbirds are a game behind the Brewers.

Seattle at Los Angeles Angels
The American League West is the latest division to claim "best" honors. Beyond Oakland, owner of the best record in the majors, both the Angels and Mariners are having fine seasons with rosters stocked with star players. Hisashi Iwakuma and Felix Hernandez will start the first two games for Seattle, opposing Jered Weaver and Garrett Richards.

Baltimore at Oakland
Baltimore won three of four at Oakland last season with Jason Hammel — now a pitcher for the A's — winning the finale.

Athlon Spotlight

First Half Awards, Second Half Preview

AL MVP

1. Mike Trout, Los Angeles

This is probably the easiest choice of all the first-half awards. Trout is first in the AL in OPS, extra-base hits, WAR, second in runs and third in RBIs. So, no matter your taste in stats, Trout has you covered nicely.

2. Jose Abreu, Chicago
3. Nelson Cruz, Baltimore
4. Michael Brantley, Cleveland
5. Robinson Cano, Seattle
End of Year Pick: Mike Trout

AL Cy Young

1. Felix Hernandez, Seattle

Seattle's ace has one Cy Young trophy on his mantle, and perhaps a few more first-half awards. He leads the AL in both ERA and WHIP, and is just one behind the leaders with 11 wins.

2. Masahiro Tanaka, New York
3. Scott Kazmir, Oakland
End of Year Pick: Felix Hernandez, Seattle

AL Rookie of the Year

1. Masahiro Tanaka, New York

Tanaka carried the Yankees just a tad more than Jose Abreu did the White Sox.

2. Jose Abreu, Chicago
3. Brock Holt, Boston
End of Year Pick: Jose Abreu

AL Manager of the Year

1. Bob Melvin, Oakland

While his rivals have spent the past few offseasons collecting superstars, Melvin is given a solid but not spectacular roster.

2. Buck Showalter, Baltimore
3. John Gibbons, Toronto
End of Year Pick: Buck Showalter

NL MVP

1. Andrew McCutchen, Pittsburgh

The gifted centerfielder is the focal point of the Bucs' team. Among the top candidates, his average and OPS trail only Troy Tulowitzki and his RBI

total trails only Giancarlo Stanton. And he leads the circuit in walks. Tulo does very little to help his team win on the road, and Stanton doesn't have the benefit of a deep lineup around him.

2. Giancarlo Stanton, Miami
3. Troy Tulowitzki, Colorado
4. Jonathan Lucroy, Milwaukee
5. Yasiel Puig, Los Angeles
End of Year Pick: Andrew McCutchen

NL Cy Young

1. Adam Wainwright, St. Louis

In a race that is actually too close to call, Wainwright edges Clayton Kershaw of the Dodgers by having avoided a DL stint while the Los Angeles lefty missed all of April.

2. Clayton Kershaw, Los Angeles
3. Johnny Cueto, Cincinnati
End of Year Pick: Clayton Kershaw

NL Rookie of the Year

1. Billy Hamilton, Cincinnati

Well, the Reds' brass was right. Hamilton was ready for the big leagues even though his slow start raised a few questions. Don't be surprised if Gregory Polanco of the Pirates or one of the phenoms in St. Louis — Oscar Taveras or Kolten Wong — end up with the hardware in November.

2. Chris Owings, Arizona
3. Gregory Polanco, Pittsburgh
End of Year Pick: Gregory Polanco

NL Manager of the Year

1. Bruce Bochy, San Francisco
The Giants' lineup doesn't strike fear in many pitching staffs, but Bochy somehow finds enough offense to support terrific pitching.
2. Mike Redmond, Miami
3. Fredi Gonzalez, Atlanta
End of Year Pick: Mike Redmond



Seattle's Felix Hernandez (left) and Andrew McCutchen of the Pirates were first-half award winners and likely will be holding the hardware in November as well.



Walter G. Arce, Sr. (2)

Second Half Preview

AL East

First place is most assuredly going to change hands a few more times down the stretch, and the best acquisition at the trade deadline may be enough to tip the scale. I believe Baltimore and Toronto will rise above as the Yankees fade with the lack of pitching. Tampa Bay is the most interesting study. The decision whether or not to trade David Price will be the next major domino to fall, and will determine many other starting pitchers' fates.

AL Central

The Royals and Indians may have moments during which they believe they are contenders, but there is only one contender in this division.

AL West

It wouldn't be a shock for both the Angels and Mariners to make a splash in the trade market this month. It also wouldn't be a shock for the trio to end the season with the three best records in the league.

Division Winners: Baltimore, Detroit, Oakland
Wild Cards: Los Angeles, Seattle

NL East

The Braves' pitchers were overachieving, but now they're beginning to come back down to earth. The Nationals, meanwhile, have been sputtering. Now healthy, the Nats are ready to take off and leave the Braves behind.

NL Central

This may be an exciting four-team battle for a while, but the race will eventually come down to two teams: Pittsburgh and St. Louis. The Pirates' pitchers are beginning to get healthy. How long Michael Wacha is on the shelf for St. Louis could be the key to this division. The All-Star break came at a great time for the reeling Brewers. A pause to refresh was just what the Crew needed, but their pitching depth will be exposed. The Reds seemingly have not exterminated the injury bug that has infested the team all season.

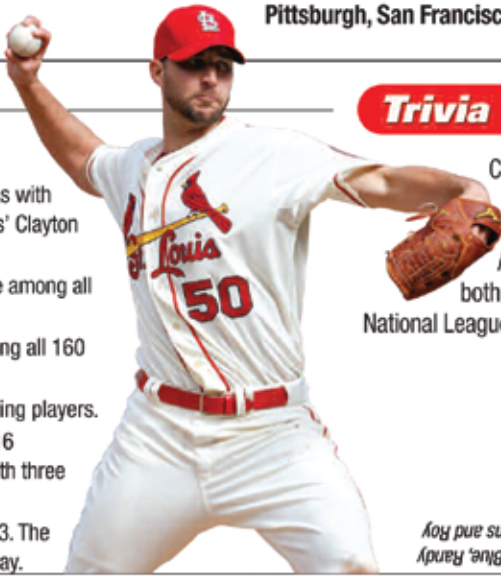
NL West

The deep Dodgers' lineup and sound rotation shouldn't allow the Giants to hang around much longer. However, San Francisco manager Bruce Bochy has done more with less before.

Division Winners: Washington, St. Louis, Los Angeles
Wild Cards: Pittsburgh, San Francisco

Numbers Game

- 9 Games started by Adam Wainwright of the St. Louis Cardinals that have resulted in a shutout this season. That's more whitewashes than 21 teams. The Cardinals lead the majors with 17 shutouts, followed by Texas with 14 and the Dodgers with 12. Yu Darvish of Texas has started six games that ended in shutouts, the Dodgers' Clayton Kershaw five.
- 24 More strikeouts than total bases for Chicago White Sox catcher Tyler Flowers. That's the greatest difference among all players this season. He has whiffed 102 times (batting .218) and owns just 78 total bases.
- 4.48 Pitches per plate appearance that Mike Napoli of the Red Sox has seen this season. That is the most among all 160 players with enough qualifying plate appearances.
- 3.21 Pitches per plate appearance that Jose Altuve of Houston has seen this season; the fewest among qualifying players.
- .214 Red Sox batting average (3-for-14) after an intentional walk to David Ortiz. Big Papi leads the majors with 16 intentional passes. Mike Napoli is 3-for-9 with six RBIs, a walk and hit-by-pitch. Jonny Gomes is 0-for-4 with three Ks. David Ross is 0-for-1.
- 20 Years since the Yankees failed to make the postseason in back-to-back years. The last time was in 1992-93. The Yankees were in first place at the time the strike ended the 1994 season when there was no postseason play.



Jon Robbers

Trivia Corner

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