

Dr. Judith Orloff to Speak and Hold Workshop at Unity of Sacramento

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PLUS:

Do You Prefer a Traditional School Calendar for Your Students? If so, Check Out the Open Enrollment Invitation Inside! Page 3

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VOLUME 46 • ISSUE 20

PROUDLY SERVING RANCHO CORDOVA & SACRAMENTO COUNTY

May 16, 2014

Children's Museum in Rancho Cordova **Honors Founder**



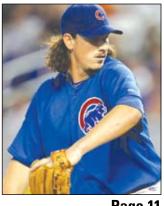
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Gae Ruddell: Now That's a Lot of Love!



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Athlon Sports INSIDE MAJOR LEAGUE BASEBALI



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PRSRT STD U.S. Postage Paid Rancho Cordova CA PERMIT NO. 91

iFest Returns Saturday



RANCHO CORDOVA, CA (MPG) - You can take a trip around the world on Saturday, but no need to pack any luggage. Rancho Cordova's international festival, iFest, returns for a seventh year from 5-9 p.m. Saturday, May 17th, and no passport is required.

The festival of ethnic food, exhibits, music. dance, art and more returns to Village Green Park, 3141 Bridgeway Drive. The park takes on a global feel as performers in colorful international dress meander about and music from around the world fills the air. Admission is free of charge.

This year holds some special rewards: get a picture of yourself in some exotic locale at a free green screen exhibit; take a whack at a piñata, get a free henna tattoo or your hair braided Mexican style.

A group of local artists will have their work on display and for sale under the Art Tent and kids can search for treasure during the Amazing Race Scavenger Hunt. Food trucks will be offering a wide array of

ethnic foods, so come hungry.

Hosting iFest is magician Trevor Wyatt, who will be adding tricks and sleight of hand to the mix of music, dance and martial arts on stage.

Featured on the Main Stage beginning at 5 p.m. will be Filipino traditional performances by the University of the Philippines and Sinag-Tala, followed by Kyla's School of Scottish Highland Dance, Mudra Dances of India, Dancers of the Pacific, and Italian dance by "Balliamo!" They will be followed by Move Studio performing Brazilian Capoeria and First Covenant Dance Studio.

Other Main Stage performers include a Ukrainian Bandura Ensemble, Vahana and Jewels of the North (belly dance). Victoria Mendoza Studio of Mexican Dance, McKeever School of Irish Dance and the

exuberant Jodama African Dance.

On the Small World Stage designed especially for children, Radio Disney will be on board from 5-6:30 p.m. with their special brand of fun and music with a message: recycle to save the world, presented by the City of Rancho Cordova.

They will be followed by Jodette's Jewels of the Nile, Scottish, Indian and Irish dancers, plus some Trevor Wyatt Magic.

Sponsors of iFest include the City of Rancho Cordova, Cordova Recreation and Park District, Golden State Water Company, Heritage Community Credit Union, SMUD, Wingstop, Real Estate America, Folsom Cordova Unified School District, Heald College, Pacific Gas and Electric Company, Sacramento County, Wells Fargo Band, California Carnival Company, Rancho Cordova Dental Group and Orthodontics, Sims Metal Management, Assemblyman Ken Cooley, Republic Services, B&J Body Shop and Towing, Rancho Cordova Rotary Club, The Art of Popcorn and Atlas Disposal.

Source: Cordova Community Council

CHP And OTS Stress Safety to Help Put the **Brakes on Motorcycle-Involved Collisions**

SACRAMENTO REGION, CA (MPG)

- Fatal collisions involving motorcyclists have been increasing in California over the past few years. In an effort to change this disturbing trend, the California Highway Patrol (CHP) and Office of Traffic Safety (OTS) are hoping to save lives through a month-long motorcycle safety and awareness campaign during May.

With more than 1.3 million licensed motorcycle riders in California, most drivers are likely to find themselves sharing the road with a motorcyclist on a regular basis.



"Regardless of your mode of travel, safety comes first," said CHP Commissioner Joe Farrow. "By staying alert and using common sense and courtesy, drivers and riders alike can help to create a safer roadway environment for everyone."

According to 2011 data from the CHP's Statewide Integrated Traffic Records System (SWITRS), fatal motorcycle collisions accounted for nearly 16 percent of the total number of fatal collisions in California. SWITRS data also indicated the number of people killed in motorcycle-involved collisions increased nearly 20 percent from 2010 to 2011. An additional eight percent increase was noted between 2011 and 2012, when 467 people died in motorcycleinvolved collisions.

"Motorcycle riders must be mindful of their skills and vulnerabilities," said OTS Director Rhonda Craft. "Meanwhile, other vehicle drivers must be mindful to always look for motorcycles. Getting home safely involves concentration on driving and consideration for everyone on the road."

A key component to reduce the number of motorcycle-involved collisions is training. Regardless of a motorcyclist's skill level, the CHP encourages all riders to seek life-long training opportunities. The California Motorcyclist Safety Program (CMSP) is the state's official motorcycle training program. With more than 130 training sites throughout California, the CMSP offers courses for both new and returning riders. To enroll in a CMSP course, call 1(877) RIDE-411 or visit their website at www. ca-msp.org. Source: California Highway

City Employee Earns Cal Green Certification RANCHO CORDOVA, CA (MPG) - Denise and promote the use of efficient

Reese, a Building Permit Technician for the City of Rancho Cordova and a student at Consumnes River College, has earned her CalGreen Inspector certification from the International Code Council. CalGreen codes promote building concepts that have a positive environmental impact. Requirements place limits on substances that cause harm to the environment, encourage conservation of natural resources,

materials and equipment.

A City employee since 2006, Reese said her goal is to graduate with an Associate in Sciences Degree in Building Inspection Technology in 2015. She said, "I have lived in Rancho Cordova for 29 years. I voted for cityhood and I am proud to be serving the city in which I live and have raised my children." Source: City of Rancho Cordova



Denise Reese (right) processes building permits for the City of Rancho Cordova Building & Safety Division. Reese is continuing her education and her goal is to earn a degree in building inspection technology. Photo courtesy of City of Rancho Cordova





Page 2 The Independent May 16, 2014

Children's Museum in Rancho Cordova Honors Founder DVD Helps Those Who Stutter

RANCHO CORDOVA, CA (MPG)

The honoree at the inaugural Sacramento Children's Museum (SCM) Inspire! Luncheon last week was Kathleen Palley, founder of the Museum. Opened in August 2011, the Museum recently welcomed its 250,000th visitor.

In addition to honoring its founder, the luncheon also featured a table setting design competition. Fifteen participating agencies or individuals brought centerpieces, dishes and silverware, napkins and tablecloths, favors, and everything else that was needed to service the 8 to 10 diners at their table. Winner of first place honors was Explorit Science Center that set a table that featured foaming test tubes and an electric wave maker. Heidi Foondos took home second place with a spring décor that featured a four-foot flowering tree. Third place was won by Sierra Oaks with a Dr. Seuss theme.

Other table themes included a University of Oregon football goal post made of balloons, a jewelry store that is known for its little blue box, a Girl Scout table complete with boxes of cookies, and a tree of knowledge

Heidi Foondos won 2nd place with a spring theme.



Stephanie Snyder (left), Senior Management Analyst, presents a proclamation from the City of Rancho Cordova to Kathleen Palley, founder of the Sacramento Children's Museum that is located next door to the Rancho Cordova City Hall. Palley was the first honoree at the Museum's Inspire Luncheon.

with SCM's mascot sitting on a bench reading a book.

"All 15 tables were different, colorful, and distinctive," said Sharon Stone Smith, SCM's CEO. "Kathleen is an inspiration

to us all and we were delighted to have a unique event to honor

Called a women's luncheon, the event had one special table. Decorated with a desert theme of cacti and rocks created by SCM's graphic designer, Pomegranate Design, the table was for the 10 men who attended. "Kathleen's husband, John, invited nine of his friends to attend the luncheon," explained Stone Smith.

SCM is located at 2701 Prospect Park Drive in Rancho Cordova. Its mission is to provide a place where children are encouraged to think for themselves, expand their problem-solving abilities through creative exploration, and exercise both their bodies and minds.

For information about hours of operation and activities, call (916) 638-7225 or go to www.sackids.org.

Source: City or Rancho

SACRAMENTO REGION, CA (MPG) -

For the three million Americans who stutter, not being able to say their own name is just one of the many challenges which confront them as they start their work

Help is available for adults and teenagers who stutter in the form of a DVD, If You Stutter: Advice for Adults available at most public libraries. Some libraries have an older video version.

"We focus on demonstrating a variety of therapy strategies that are appropriate in working with adults and teens," explains Dr. Peter Ramig of the University of Colorado at Boulder. "We also answer questions about stuttering and present examples of therapy sessions showing how stuttering can be reduced."

"Stuttering remains a mystery to most people," said Jane Fraser, president of the Stuttering Foundation. "Research strongly

supports the fact that stuttering is not caused by psychological problems nor are people who stutter any less intelligent than those who don't."

"This DVD is meant to give stutterers some insight into the tools they need to begin dealing with stuttering, but it also offers good ideas for family members, speech-language pathologists, and health care professionals," said Professor Barry Guitar of the University of Vermont. Guitar is one of six nationally recognized experts appearing in the DVD produced by the nonprofit Stuttering Foundation.

"We have seen people who stutter not only learn to deal with stuttering effectively," said

Dr. Barry Guitar of Northwestern University," but go on to become better than average communicators." He notes that this century's most eloquent speaker, Winston Churchill, stuttered and yet became a respected statesman renowned

for his oratory skills. The DVD features men and women who stutter from the United States and Canada, discussing their experiences with stuttering and the techniques that have helped them. They talk openly about the problems they

face in the work place and how

stuttering affects their lives and

their self esteem.

Books and DVDs produced by the 66-year-old nonprofit Stuttering Foundation are available free to any public library. A library that will shelve them can contact the Foundation at 1-800-992-9392, e-mail info@ stutteringhelp.org, or visit www. stutteringhelp.org or www.tartarmudez.org. This DVD was received by the Sacramento Public Library.

Source: The Stuttering Foundation I.S.

Gardening at the Library Healthy Food by Kids, for Kids

RANCHO CORDOVA, CA (MPG) -Nicolas Come is a nine year-old who has already created an app called Nicolas' Garden. He has a vision that growing and serving healthy food is not only good for us, it can be fun to share ideas, games and recipes By Kids and For Kids. He wants to introduce a healthy "Nicolas' Seal of Approval" that kids and their parents will trust when they shop

for produce or products world-

wide. He also wants to design

and launch games that make

being healthier fun for kids of all



Join him and support and share his mission for a healthy future. Meeting dates are: July 11 -Cancelled, August 1, September 5. October 3, November 7, December 5 or 12.

The Rancho Cordova Library Garden Club meets the first Friday of every month from 1:00pm - 2:30pm at the Library, 9845 Folsom Blvd, Sacramento CA 95827. For more information, contact Claudia Alstrom, scalstrom@sbcglobal.net or Jill Stockinger, jstockinger@

saclibrary.org, or visit www. saclibrary.org, click on Events, and follow the prompts.

Source: Rancho Cordova Library Garden Club

The Rancho Cordova Library Garden Club meets the first Friday of every month from 1:00pm - 2:30pm at the Library, 9845 Folsom Blvd, Sacramento CA 95827.

Future meeting dates:

July 11 - Cancelled, August 1, September 5, October 3, November 7, December 5 or 12

The Rancho Cordova Branch Library is a branch of the Sacramento Public Library.

Website: http://www.saclibrary.org, click on Events, and follow prompts.

Contact: Claudia Alstrom scalstrom@sbcglobal.net or Jill Stockinger – jstockinger@saclibrary.org.

ESKATON ASSISTED LIVING and MEMORY CARE



Where residents are #1

Eskaton Lodge Gold River was recently selected a "Caring Star" of 2014 as part of an annual nationwide program honoring service excellence based on consumer ratings and reviews posted on Caring.com, the leading senior care website. Only the top 1% (about 400) of assisted living communities nationwide captured the 5-star consumer rating (the highest possible score).

THANK YOU! And may we humbly admit that the reason we are number one is because our residents are number one with us.

Call or come by for a visit. Learn more about the **Eskaton Lodge Gold River difference.**



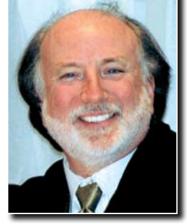
Eskaton Lodge Gold River Assisted Living and Memory Care 11390 Coloma Road Gold River, CA 95670

> 916-900-1685 License # 347001241





eskaton.org



Publisher, Paul V. Scholl

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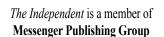
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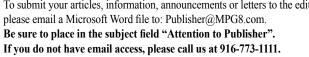




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rdependent

May 16, 2014

Dr. Judith Orloff to Speak and Hold Workshop at Unity of Sacramento



RANCHO CORDOVA, CA (MPG)

- Unity of Sacramento and Reverend Kevin Kitrell Ross is excited to present New York Times Bestselling Author and popular Oprah Magazine columnist, Dr. Judith Orloff. She will address her new book, The Ecstasy of Surrender: 12 Surprising Ways Letting Go Can Empower your Life. Dr. Judith will be a guest speaker on May 18, 2014 at both 9:00 a.m. and 11:00 a.m. services at Unity of Sacramento, 9249 Folsom Blvd. She will then conduct a workshop and book signing at 1:30 p.m. in the Peace Chapel.

In this workshop, Dr. Judy will be discussing ways to surrender to a blissful, intuitive life. Registration will include a copy of Dr. Judy's book. For info and registration: call (916) 368-3950 or go to www.showclix.com/ event/3839810 to purchase tickets online.

Transforming the face of psychiatry, she asserts that we are keepers of an innate intuitive intelligence so perceptive that it can tell us how to heal-and

prevent—illness. Yet intuition and spirituality are the very aspects of our wisdom usually disenfranchised from traditional health

Dr. Orloff advocates "a democracy of healing," wherein every aspect of our being is granted a vote in the search for total health. It is our birthright, both as health-care givers and health-care recipients, to reclaim our intuition to build energy and well-being. In response to her work, The Los Angeles Times calls her "a prominent energy-based healer."

Dr. Orloff is accomplishing for psychiatry what physicians like Dean Ornish and Mehmet Oz have done for mainstream medicine—she is proving that the links between physical, emotional, and spiritual health can't be ignored. She has spoken at medical schools, hospitals, the American Psychiatric Association, Fortune Magazine's Most Powerful Women Summit, and alternative and traditional health forums, venues where she presents practical intuitive tools to doctors, patients, and everyday people.

As a board-certified psychiatrist and assistant professor of psychiatry at UCLA, she draws upon her own intuitive abilities to help her patients and workshop participants. Dr. Orloff's latest book The Ecstasy of Surrender: 12 Surprising Ways Letting Go Can Empower Your Life (Harmony Books, 2014) describes the power of letting go in everyday life, health, and wellness--an enlivening and sane alternative to pushing, forcing,

and over controlling people and situations. In addition, her struggles acknowledging and then finally embracing her gift of intuition are chronicled in Second Sight (Warner Books). Her second book, Dr. Orloff's: Guide to Intuitive Healing (Three Rivers Press) shows how breakthroughs in healing our body, emotions, and sexuality can be accomplished by listening to intuition. Positive *Energy,* which has been translated into 23 languages, takes a probing look at the American epidemic of exhaustion and how we can reverse it using specific strategies to build energy and combat draining people. Her New York Times Bestseller, Emotional Freedom describes how to transform negative emotions into positive ones

with specific techniques. Dr. Orloff begins talks by creating a bond of warmth, trust and intimacy with participants, within which they can hear and explore her ideas. Her sincerity, humor, and joy bring everyone in the audience with her-leaving everyone certain of their own intuitive abilities, as well as Dr. Orloff's contributions to a radically new kind of medicine.

Dr. Orloff is also a Huffington Post, Psychology Today, LifeScript.com and PBS Next Avenue (boomer site), blogger. She was voted "Most Inspirational Person" for the Readers Choice 2012 awards on About.com. The Sunday Times Style in London calls Dr. Orloff "the positive energy guru."

Source: Unity of Sacramento



A retired Army sergeant agreed to be interviewed by a high school student reporter. The young reporter was trying to gather information for a story that would be printed in his school newspaper. He wanted his story to explain why that sergeant and so many others of that generation went to fight in WWII and Korea and Vietnam. Why go to other countries to fight and maybe die when the war wasn't in the United States?

The sergeant began talking about a time when he and another soldier dove into a foxhole to get out of the direct line of fire in the battle. He said he and other soldier took the opportunity to grab something to eat and to talk about home for a short time instead of just talking about the war. Then the sergeant stopped speaking to the young reporter and thought about that long ago past. After a few seconds, he continued that he and the other soldier couldn't help A Story and a Letter!

families, work, church, movies, and all the things and people that were so precious to them.

In Europe as soldiers, they had been through pure hell and back again as they fought through France and then Germany. They couldn't imagine their homes in Indiana or Montana being blown apart. The thought of seeing the people they knew and loved dying was more than they could bear. They had witnessed those scenes in Europe and they knew they had to stop that from happening at home. It defined what they were willing to die for.

Those memories struck too close to the core of what the sergeant and his generation had fought for, so he stopped the interview again. He looked at the teenager for a moment and with a very sad look in his eyes said, "I'm sorry to say it, son, but I don't think today your generation even knows what it is willing to live for, much less willing to die for. And unless something disastrous happens, I don't think your generation ever will."

The student didn't really grasp what the sergeant was talking about, but was glad he had finished the interview and that he would be able to write his story

but think and talk of their homes, for the September 10, 2001 issue of his school's paper. The next day, that student had a better understanding what that retired sergeant was talking about.

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In the May 2014 American Legion Magazine, Marine Sgt. William Stacey, who was killed on January 23, 2012 in Afghanistan by an IED, left behind a "just in

case letter": "My death did not change the world. It may be tough for you to justify its meaning at all. But there is a greater meaning to it. Perhaps I did not change the world. But there will be a child who will live because men left the security they enjoyed in their home country to come to his. And this child will learn in the new schools that were built. He will walk his streets and not be worried about whether or not his leader's henchmen are going to come and kidnap him. He will grow into a fine man who will pursue every opportunity his heart could desire. He will have the gift of freedom, which I have enjoyed for so long. If my life buys the safety of a child who will one day change the world, then I know that it was all worth it."

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

Precinct Officers Needed in Sacramento County

SACRAMENTO REGION, CA (MPG) Division of Sacramento County - Sacramento County Elections announced today that they need Precinct Officers to work the polls on Election Day.

"Interested parties who are residents of the State of California can work at the polls on Election Day and earn a stipend for their service" says Jill LaVine, Registrar of Voters. If you are Bi-lingual and speak Spanish, Chinese, Korean, Tagalog, Japanese, Hindi or Vietnamese, you can earn an additional stipend for your translation services.

Interested parties should contact the Precinct Operations Elections at (916) 875-6100 for more information about working the polls on Election Day.

Key Election Dates

May 19 – Last day to register to vote in the June 3 Statewide Direct Primary Election. Voter registration forms must be mailed (postmarked by this date) or delivered to the Elections Office, 7000 65th Street, Suite A, Sacramento 95823. You can also register on-line at registertovote.ca.gov.

May 27 – Last day to request a vote by mail ballot be mailed to you for the June 3, 2014 election. Call (916) 875-6155 for

information.

June 3 – Statewide Direct Primary Election. Polls are open from 7 a.m. to 8 p.m.

For more information, contact Alice Jarboe at (916) 875-6255 or email Jarboea@saccounty.net.

SACVote app puts the election in your hands. Download the SACVote election information app for your mobile device from the iPhone App Store or Android Google Play Store.

Visit us online: www.elections. saccounty.net. Sign up to receive Voter Registration and Elections

Source: Sacramento County

Earn \$200 per month for just a few hours delivery work per week! **CALL 773-1111**



Do You Prefer A Traditional School Year Calendar?



Visit www.fcusd.org/contact us for more information or contact your home district for an Interdistrict Agreement form

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Navigator Elementary School

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Mather Heights Elementary School

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- SCORED 9 OUT OF 10 ON **GREATSCHOOLS.ORG** Rating!

Open Enrollment District is accepting transfers from out-of-district students!

ENROLL TODAY in Sacramento's NUMBER ONE SCHOOL DISTRICT Page 4 The Independent May 16, 2014

Raising Drug-Free Kids

A Community Meeting

Parent & concerned adults input is needed to keep Rancho Cordova youth drug-free!

Thursday, May 15th, 6:30-8:00 p.m.

Rancho Cordova City Hall in the American River Room 2729 Prospect Park Drive, Rancho Cordova, CA 95670



This is your chance to make a difference! Learn strategies to keep teens drug-free and share what is happening in your neighborhood.

Refreshments are provided!

Opening remarks by State Assembly member Ken Cooley

For more information, contact Rachel Aquino at 916-361-8684 ext. 238 or RAquino@theFCCP.org



Load your events up!

Go to www.RanchoCordovalndependent.com, click on EVENTS and add your EVENTS to our calendar. It's that easy!

Most EVENTS can be posted for FREE!



Grapevine Independent Community Calendar

On-going meetings; in Rancho Cordova unless otherwise noted.

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

11223 Trinity River Dr. www.sunriverchurch.com

WESTERN SWING SOCIETY Time: 1st Sundays, 1-5:30 pm Place: Machinists Hall 2749 Citrus Rd.

www.westernsswingsociety.org Info: Live music, dancing. Food & beverages available for purchase. Members \$4, Nonmembers \$7.

MILITARY RETIREE/SPOUSE MEETING

Time: 2nd Tuesdays, 10:30 am Place: N. Highlands Park & Rec Office

6040 Watt Ave., N. Highlands Contact: 561-7476 Info: Meets monthly.

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

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

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

library staff, community.

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

POWERTALK INTERNATIONAL MONTHLY MEETING

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

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

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

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

CORDOVA SENIOR CITIZENS
SOCIAL CLUB
Time: 1st and 3rd Mondays,
11 am
Place: Cordova Community

Center
2197 Chase Dr.
Contact: 638-8065 for bridge or
858-1660 for membership
Info: Brown bag lunch,

bridge party. Free. FORK TAIL DEVILS

Date: 2nd Thursdays

Place: Rancho Cordova IHOP 2216 Sunrise Blvd. Contact: 488-2645 Info: Lockheed Lightning P-38 enthusiasts, pilots, mechanics no-host brunch.

WOMEN'S GOLF CLUB OF CORDOVA Date: Wednesdays Place: Cordova Golf Course 9425 Jackson Rd., Sacramento

Contact: 363-0363

Info: All players welcome.

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

Call for more information.

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

SOROPTIMIST INTERNATIONAL OF RANCHO CORDOVA Time: 2nd Monday each month, 6-7 pm Place: Cattleman's Restaurant

12409 Folsom Blvd.
Contact: siranchocordova@
soroptimist.net
Info: Organization serving
needs of women & girls in our
community and around
the world.

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TAX REDUCTION NOTICE

FOR SENIOR CITIZENS/DISABLED PERSONS RESIDING IN THE ELK GROVE UNIFIED SCHOOL DISTRICT

Voters in the Elk Grove Unified School District approved the Community Facilities District No. 1 Bond Election and a special tax to pay for the bonds. The special tax provides that a property owner/occupant who resides in the Elk Grove Unified School District and is 65 years or older (as of July 1) or disabled, as defined by the State Controllers Office, may receive a reduction in the residential tax rate if student-age children do not reside with them.

TO QUALIFY FOR THE REDUCTION

A property owner or renter shall have the option of applying for a Senior Citizen/Disabled Person Tax Reduction, which would allow the **school tax** to be reduced by 70% for each qualified dwelling unit, **if**:

- The property owner shows evidence that the dwelling unit is occupied by a citizen that is at least 65 years of age or fully disabled.
- The applicant shows evidence of ownership of the property.
- The applicant shows evidence that student-age (grades K-12) children did not reside in the dwelling unit during the previous 24 months.

Also:

The reduction is allowed only for the residence in which the applicant resides; all others are subject to the full tax.

If the applicant rents his or her home or resides in a mobile home park, the landlord/owner must certify that the entire reduced tax will be reflected in the rent for the exempted dwelling unit(s).

YOU MUST RENEW YOUR STATUS EACH YEAR

(Those currently receiving this tax reduction will receive a renewal reminder notice in the mail)

THE FILING PERIOD FOR THE TAX REDUCTION IS APRIL 15, 2014, TO JUNE 30, 2014

Applications and qualification details for the Senior Citizen or Disabled Person Tax Reduction may be obtained in person or by writing, phoning, or e-mailing:

ELK GROVE UNIFIED SCHOOL DISTRICT FACILITIES AND PLANNING 9510 ELK GROVE-FLORIN ROAD, ROOM 206 ELK GROVE, CA 95624

Telephone: (916) 686-7562 E-mail: schooltax@egusd.net



Cost of Driving is Cheaper in 2014

New research from AAA finds that the average annual cost of owning and operating a new car has decreased by 2.7% in the

United States for 2014.

The 2014 edition of AAA's annual Your Driving Costs study estimates the overall cost of owning and operating a new average sized sedan fell to 59.2 cents per mile, a 1.64 cent per mile decrease from 2013. This decrease amounts to an average of \$8,876 in yearly costs, based upon 15,000 miles of annual driving.

"Despite increases in maintenance and registration fees, there is an overall decrease in the cost of owning and operating a vehicle," said Cynthia Harris, AAA Northern California spokesperson. "This year's decrease is caused by a drop in fourth quarter gas prices and lower tire, insurance and depreciation expenses. Owners are saving more than one and a half cents on every mile they drive."

Before making any vehicle purchase, it is important to determine ownership and operational costs and compare them to current and future vehicle costs. To assist consumers in determining individual driving costs, the AAA Your Driving Costs brochure contains a worksheet that can be filled out and personalized for a specific area, driver and vehicle.

AAA estimates driving costs based on an extensive list of fac-

maintenance, financing, depreciation and insurance.

Maintenance costs are up in 2014 by two percent to \$5.06 per mile on average for sedan owners. This increase is due to labor expenses, auto replacement parts, and extended warranty policies.

Nationwide, fuel costs had the single largest percentage decrease from 2013. This represents 13 cents per mile expense for 2014. The average cost of regular grade fuel fell 5.96 percent, from \$3,486 to \$3,278 per gallon per year. The 2014 gas price study was calculated using the national average price for regular unleaded gasoline during the fourth quarter of 2013.

The cost of tires in 2014 has decreased three percent, to \$0.97 cents per mile on average for sedan owners. Auto depreciation decreased for 2014 to \$3,510 from \$3,571 in 2013. While the numbers improved in all three sedan categories, they are particularly strong in the medium size vehicles where several very tors including gasoline, tires, desirable redesigned models California

have been introduced.

In 2014, average insurance costs remained relatively unchanged at an average annual cost of \$1,023, compared to \$1,029 last year. Insurance rates vary widely by driver and driving record, issuing company, and geographical region.

AAA's Your Driving Costs brochure includes a breakdown of specific costs by category of vehicle and can be downloaded at www.aaa.newsroom. AAA has published Your Driving Costs since 1950. That year, driving a car 10,000 miles per year cost \$0.09 cents per mile and gasoline sold for \$0.27 per gallon.

AAA Northern California offers a wide array of automotive, travel, insurance, DMV, financial services and consumer discounts to more than 4.1 million members. AAA has been a leader and advocate for the safety and security of all travelers since it was founded 114 years ago.

Source: AAA Northern

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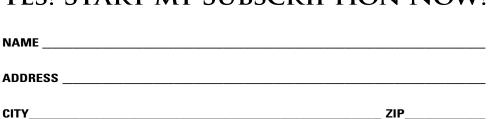
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- 6. Bit of binary code 9. *Baltimore's has deep
- enough water for largest 13. Ancient assembly
- 14. Boy toy 15. Ancient
- Scandinavian characters 16. Bird action
- 17. Howard of "Happy
- Days' 18. To open
- 19. *Location of highest point in U.S. 21. Victorian era
- overcoat 23 William Penn to Sir
- William Penn 24. Civil rights concern
- 25. Watergate device 28. O. Henry's "The Gift
- of the_ 30. Baking soda
- 35. Seaward 37. Paris Hilton's and
- Kelly Osborne's dogs 39. Black cat crossing
- the street, e.g. 40. Try, as in a case 41. Wise guys
- 43. Frost-covered 44. *What Harvard Crew
- did on Lake Charles 46. Crystal
- 47. Country alliance 48. Call for
- 50. Aforementioned he drove out
- of sight' 53. Retained 55. Strive
- 57. *The deepest lake 60. *Archipelago state
- 63. Disorderly disruption 64. Roswell subject
- 66. What sinners are expected to do
- 68. "The Waste Land" poet 69. Animal house
- 70. Pretend 71. Be dependent

73. Absurd

DOWN 1. 50 Cent piece

72. Part of a hurricane

- 2. Tai Mahal city 3. "Piano Man" Billy
- 4. Domains or expanses 5. Type of horse-drawn carriage 6. Creole vegetable
- 7. "New" prefix 8 Roredom 9. Often done on 4th down
- 10. Enough, for some 11. End of the line
- 12. Recipe amt. 15. *U.S. maritime neighbor
- 20. Breaks off abruptly
- 22. Dr. Frankenstein's workplace 24. *Lake Superior holds this U.S.

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27. Active or lively

33. Word of mouth

32. Nimble

25. *Lake located on CA-NV border

26. Southeast Asia association

29. *Pacific Ocean territory

_ Canyon

_ good example

31. Sidewalk/road divide

36. Singular of #4 Down

42. Judaic mourning

45. Stalin's order, e.g.

about decorum

59. Call to matey

61. I. to a Greek

60. Use a whetstone

62. To let someone '

67. Compass reading

58. Agitate

49. Confederate general

51. Hindu Festival of Lights

56. Like yesterday's meal?

57. Jazz musician Nat

54. One excessively concerned

63. Joaquin Phoenix' 2013 film

65. Whimiscal and otherworldly

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(MPG 16-02-14)

489-2299

Suduko Puzzle on Page 6 4|5|3|2|1|7|8|6|9

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Sutter Auburn Faith Hospice Thrift Store invites volunteers to work as cashiers, sales floor assistants, donation processors or pricers. Training is provided; a four hour weekly commitment is requested. Location: 13342 Lincoln Way, Auburn. Call store coordinator, Kim Chase, 530-887-0561. (MPG 12-31-13)

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Crossword Puzzle on Page 6

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-01994. Zhongqi Wang, 1226 T Street, #7, Sacramento, CA 95811 is doing business under the Fictitious Business Name "T T T Express" at 1226 T Street, #7, Sacramento, CA 95811. Filed with the Clerk of Sacramento County on March 10, 2014. Publish: April 24, May 1, 8, and 15, 2014 TTTEXPRESS 140331

FICTITIOUS BUSINESS NAME STATEMENT

#FBNF2014-03259. Jesus Santoyo, 5107 Andrea Boulevard, apt. 119, Sacramento, CA 95842 is doing business under the Fictitious Business Name "Mr. Spectacular Clean" at 5107 Andrea Boulevard. apt. 119, Sacramento, CA 95842. Filed with the Clerk of Sacramento County on April 15, 2014. Publish: April 24, May 1, 8, and 15, 2014 140415

FICTITIOUS BUSINESS NAME STATEMENT #FRNF2014-03042. First Alarm Security & Patrol. Inc., 1731 Technology Drive #800, San Jose, CA 95110 is doing business under the Fictitious Business Name "Bayer Protective Services" at 3436 American River Drive #10, Sacramento, CA 95864. Filed with the Clerk of Sacramento County on April 8, 2014. Publish: April 24, May 1, 8, and 15, 2014 140415

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-02844. Lending Tree, LLC, 11115 Rushmore Drive, Charlotte, NC 28277 is doing business under the Fictitious Business Names "GetSmart.com, LendingTreePartners. com and GetSmart" at 11115 Rushmore Drive, Charlotte, NC 28277. Filed with the Clerk of Sacramento County on April 2, 2014. Publish: April 24, May 1, 8, and 15, 2014 GETSMART 140415 05-15-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03092. Dunn Right Incorporated, 11867 Larisa Way, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Names "Play-ology and Play-ology Kids" at 3084 Sunrise Boulevard, Suite 4, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on April 10, 2014. Publish: April 24, May 1, 8, and 15, 2014

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03165. Mohsen Razani, Marconi Avenue #33, Carmichael, CA 95608 is doing business under the Fictitious Business Name "www.autodemands.com" at 5307 Marconi Avenue #33, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on April 11, 2014. Publish: April 24, May 1, 8, and 15, 2014 140415

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03469. ATLAS of Carmichael, 8061 Livorna Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business "ATLAS Thrift Shop" at 6634 Fair Oaks Boulevard, Carmichael, CA 95608, Filed with the Clerk of Sacramento County on April 22, 2014. Publish: May 1, 8, 15 and 22, 2014

ATLAS 140422 05-22-14 FICTITIOUS BUSINESS NAME STATEMENT

Raquel Bonilla, DeVecchi Avenue #77, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "R & R" at 4447 Auburn Boulevard, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on March 31, 2014. Publish: May 1, 8, 15 and 22, 2014

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-02675, Steven M. & Jamie L. 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 March 28, 2014. Publish: May 1, 8, 15 and 22, 2014 **GARAGE** 140423

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03555. Chou Vang, 5824 Franklin Boulevard, Sacramento, CA 95824 is doing business under the Fictitious Business Name "Mama Vang's" at 5824 Franklin Boulevard, Sacramento, CA 95824. Filed with the Clerk

of Sacramento County on April 24, 2014. Publish: May 1, 8, 15 and 22, 2014

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03487. Knarik Dermishyan, 4120 Big Meadow Way, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name "Master Auto Sales" at 3167 Fitzgerald Road, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on April 23, 2014. Publish: May 8, 15, 22 and 29, 2014 MASTER 140429 05-29-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03261. Alex Tong, 515 P Street #1102, Sacramento, CA 95814 is doing business

under the Fictitious Business Name "Safe, Swift Arrival Trips (SSAT)" at 4812 Roosevelt Avenue, Sacramento, CA 95820. Filed with the Clerk of Sacramento County on April 15, 2014. Publish: May 8, 15, 22 and 29, 2014 140428 05-29-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03281. Kate M. Baker, 8200 Fair Oaks Boulevard #37, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Adagio Weddings & Events" at 8200 Fair Oaks Boulevard #37, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on April 15, 2014. Publish: May 8, 15, 22 and 29, 2014

FICTITIOUS BUSINESS NAME STATEMENT

#FBNF2014-03482. Legal Age ID Systems, Inc., 2425 Mercantile Drive, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name "See America RV" at 2425 Mercantile Drive, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on April 23, 2014. Publish: May 8, 15, 22 and 29, 2014 SEEAMERICA 140429 05-29-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03622. Dina Paulos, 631 Wilhaggin Drive, Sacramento, CA 95864 is doing business under the Fictitious Business Name "Evolve Sites" at 1715 I Street #135, Sacramento, CA 95811. Filed with the Clerk of Sacramento County on April 28, 2014. Publish: May 8, 15, 22 and 29, 2014 EVOLVE 140430

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03660. The Foredeck, 10210 Systems Parkway #390, Sacramento, CA 95827 is doing business under the Fictitious Business Name "Catalina Direct" at 10210 Systems Parkway #390, Sacramento, CA 95827. Filed with the Clerk of Sacramento County on April 30, 2014. Publish: May 15, 22, 29 and June 5, 2014

06-05-14 CATALINA 140505

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03779. Michael Scott Welsh, 1994 Zinfandel Drive, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name "Advance Sports Information" at 1994 Zinfandel Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on May 5, 2014. Publish: May 15, 22, 29 and June 5, 2014

GAL ADVERTISIN

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 #FBNF2014-03852. Meghan Quallick, 3138 Staysail Street, Sacramento, CA 95833 is doing business under the Fictitious Business Name "Raven Treats" at 3138 Stavsail Street, Sacramento, CA 95833, Filed with the Clerk of Sacramento County on May 6, 2014. Publish: May 15, 22, 29 and June 5, 2014 140506 06-05-14

CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00159379

WHEREAS, Jillian Victoria Toolson (AKA Jillian Eliiah Toolson has filed a petition with this court for a decree changing the name of Jillian Victoria Toolson to Jillian Elijah Toolson

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 22, 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: April 15, 2014

David I. Brown, Judge of the Superior Court

Publish: April 24, May 1, 8 and 15, 2014

140415 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2014-00160737 WHEREAS, Robert Daniel Learned (AKA Robyn Danylla Learned) has filed a petition with this court for a decree changing the name of

Robert Daniel Learned to Robyn Danylla Learned IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 27, 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: April 16, 2014

David I. Brown, Judge of the Superior Court Publish: April 24, May 1, 8 and 15, 2014 140416

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00157061

WHEREAS, Brandis Kristin Davis has filed a petition with this court for a decree changing the name of Quincy Talib Thaggard to Quincy Talib Esau Curry

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on May 29, 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: March 5, 2014

Raymond M. Cadei, Judge of the Superior Court Publish: April 24, May 1, 8 and 15, 2014 140417

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162076

Phillip WHEREAS, Carroll Katrina Mary Carroll) has filed a petition with this court for a decree changing the name to Katrina Mary Carroll

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on May 23, 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: April 16, 2014

Raymond M. Cadei, Judge of the Superior Court Publish: April 24, May 1, 8 and 15, 2014 CARROLL 140417 05-15-

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

#34-2014-00162097 WHEREAS, Baldeep Sidhu has filed a petition with this court for a decree changing the name of Baldeep Singh Sidhu to Kai Sidhu Gill

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on May 28, 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: April 16, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: April 24, May 1, 8 and 15, 2014 SIDHU 140416

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00161507

WHEREAS, Michael Lorance Hutchins has filed a petition with this court for a decree changing the name of Michael Lorance Hutchins to Michael Lorance Olson

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on June 5, 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: April 17, 2014

David I. Brown, Judge of the Superior Court Publish: May 1, 8, 15 and 22, 2014 **HUTCHINS** 140421 05-22-14 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2014-00162074 WHEREAS, Mary Nguyen has filed a petition with this court for a decree changing the name of Ethan Hang to Ethan Van Nguyen IT IS ORDERED that all persons interested in

the above entitled matter appear before this court at 9:00 a.m. on June 2, 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: April 16, 2014 Raymond M. Cadei, Judge of the Superior Court

Publish: May 1, 8, 15 and 22, 2014 NGUYEN 140416

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162392

WHEREAS, Conrad Duvekot Alexa Duvekot) has filed a petition with this court for a decree changing the name of Conrad Marcel Duvekot to Alexa Duvekot

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on June 3, 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: April 23, 2014

Raymond M. Cadei, Judge of the Superior Court Publish: May 1, 8, 15 and 22, 2014 05-22-14 DUVEKOT

140423 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2014-00162375 WHEREAS, Mohammad Reza Pisheh has filed a petition with this court for a decree changing the name of Mohammad Reza Pishehto Ashkahn Pisheh

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 30, 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: April 23, 2014 David I. Brown, Judge of the Superior Court

Publish: May 1, 8, 15 and 22, 2014 140423

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00159573 WHEREAS. Andrew A. Well 2881911) on behalf of Tiffanie Ann Rupchock,

has filed a petition with this court for a decree changing the name of Brandon Lemonte Terry to Brandon Lerrionie Trapportori IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 29, 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 California, once a week for four consecutive weeks Dated: April 17, 2014 David I. Brown, Judge of the Superior Court

Publish: May 1, 8, 15 and 22, 2014 140423 05-22-14 RUPCHOCK

SUPERIOR COURT OF CALIFORNIA COLINTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162423

WHEREAS, Ahmed Nemr & Mariam Elshahawi, has filed a petition with this court for a decree changing the names of Safiah Ahmed to Safiah Ahmed Nemr and Yusuf Ahmed Ahmed to Yusuf Ahmed Nemr

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on June 5, 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: April 23, 2014

David I. Brown, Judge of the Superior Court Publish: May 1, 8, 15 and 22, 2014 NEMR 140423 05 05-22-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162673

WHEREAS Mecca Prewitt, has filed a petition with this court for a decree changing the names of Mecca Jane Permar-Prewitt to Mecca Jane Prewitt IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on June 11, 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: April 30, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: May 8, 15, 22 and 29, 2014 PREWITT 140430

Classified **Advertising**

MPG773-1111 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2014-00162691 WHEREAS, Ariel Cecilia Pagan (AKA Ace Cebastian Pagan), has filed a petition with this court for a decree changing the names of Ariel Cecilia Pagan to Ace Cebastian Pagan

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on June 16, 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: April 30, 2014 David I. Brown, Judge of the Superior Court

Publish: May 8, 15, 22 and 29, 2014 PAGAN 140430 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2014-00162690 WHEREAS, Richard Ikechukwu Anumene (AKA Alice Dorothy Reynard), has filed a petition with this court for a decree changing the names of Richard Ikechukwu Anumene to Alice Dorothy Reynard

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on June 13, 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: April 30, 2014 David I. Brown, Judge of the Superior Court

Publish: May 8, 15, 22 and 29, 2014 REYNARD 140501

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162695

WHEREAS, Anthony William Hutto (AKA Kelsey Patricia Williams), has filed a petition with this court for a decree changing the names of Anthony William Hutto to Kelsey Patricia Williams

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on June 16, 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: April 30, 2014 David I. Brown, Judge of the Superior Court

Publish: May 8, 15, 22 and 29, 2014 WILLIAMS 140501

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00163000 Adil WHEREAS. Saed Mohamed, has filed a petition with this court

SUPERIOR COURT OF CALIFORNIA

for a decree changing the names of Adil Saed Mohamed Mohamed to Adil Joan Saed IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on June 19, 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, four consecut prior to the date set for hearing on the petition. Dated: May 7, 2014

Raymond M. Cadei, Judge of the Superior Court Publish: May 15, 22, 29 and June 5, 2014 SAED 140507

PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF VICTOR LIMING (decendent) ESTATE NO. 34-2014-00161764

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested or estate, or both of VICTOR LIMING. also known as RAY LIMING (deceased) petition has been filed by ASHLEY in the Superior Court of California County of Sacramento, requesting that VICKI JO ASHLEY be appointed as Executor administer the estate of the decedent

The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority Bond is not required.

A hearing on the petition will be held in this court as follows: May 28, 2014, 9:00 a.m. in Dept. No. 129, Room214atRidgewayFamilyRelationsCourthouse 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the

petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney IF YOU ARE A CREDITOR or a contingent

creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult vith an attorney knowledgeable in California law YOU MAY EXAMINE the file kept by the court. If

you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number

of petitioner is: Hayley E. Dewey 289823, Law Office of Joan M. Medeiros, 3550 Watt Avenue, Suite 140, Sacramento, CA 95821. (916)729-1307 Publish: May 8, 15 and 22, 2014 140501 05-22-14

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PETITION TO ADMINISTER ESTATE

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NOTICE OF PETITION TO ADMINISTER ESTATE OF RICHARD CONWAY BARNES

(decendent) ESTATE NO. 34-2014-00160352

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of RICHARD CONWAY BARNES (deceased) A petition has been filed by MARIE ESTELLE BARNES in the Superior Court of California.

County of Sacramento, requesting that MARIE

ESTELLE BARNES be appointed as Executor

to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. Bond is not required.

A hearing on the petition will be held in this court as follows: May 6, 2014, 9:00 a.m. in Dept. No. 129, Room214atRidgewayFamilyRelationsCourthouse 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the

petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section

with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

9052 of the California Probate Code. Other

California statutes and legal authority may affect

your rights as a creditor. You may want to consult

The name, address and telephone number of petitioner is: Marie Estelle Barnes, 10521 Abbottford Way, Rancho Cordova, CA 95670. (916)366-1000 Publish: May 15, 22 and 29, 2014 BARNES 140506

NOTICE OF LIEN SALE

5NPFC4AC0BH047306 Year: 2001. Make: Hvundai Model: Sonata License: 6MIW536 Sale Date: 06/02/14 at 10:00 am

Location: Johnnie's Body shop 5755 35th Street Sacramento, CA 95824 Publish: May 23, 2014

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TRUSTEE SALES Trustee Sale No. : 00000004141651 Title Order No.: 140005727 FHA/VA/PMI No.: NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST. DATED 12/21/2005. 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. BARRETT DAFFIN FRAPPIER TREDER & WEISS, LLP, as duly appointed Trustee under and pursuant to Deed of Trust Recorded on 12/29/2005 as Book No. 20051229 and Page No. 1871 of official records in the office of the County Recorder of SACRAMENTO County, State of CALIFORNIA. EXECUTED BY: DENNIS P. MCTYGUE AND MONICA B. MCTYGUE, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/CASH EQUIVALENT or other form of payment authorized by California Civil Code 2924h(b), (payable at time of sale in lawful money of the United States). DATF OF SALE: 05/29/2014 TIME OF SALE: 2:00 PM PLACE OF SALE: AT THE MAIN ENTRANCE TO THE COUNTY COURTHOUSE, 720 9TH STREET. SACRAMENTO, CA. STREET ADDRESS and other common designation, if any, of the real property described above is purported to be: 4194 TULIP PARK WAY, RANCHO CORDOVA, CALIFORNIA 95742 APN#: 067-0480-058-0000 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$443.642.61. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 916-939-0772 for information regarding the trustee's sale or visit this Internet Web site www.nationwideposting.com for information regarding the sale of this property, using the file number assigned to this case 00000004141651. 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 TRUSTEESALEINFORMATIONPLEASECALL: NATIONWIDE POSTING & PUBLICATION A DIVISION OF FIRST AMERICAN TITLE INSURANCE COMPANY 5005 WINDPLAY DRIVE, SUITE 1 EL DORADO HILLS, CA 95762-9334 916-939-0772 www.nationwideposting. com BARRETT DAFFIN FRAPPIER TREDER & WEISS, LLP IS ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED USED FOR THAT PURPOSE. BARRETT DAFFIN FRAPPIER TREDER & WEISS, LLP as Trustee Dated: 05/02/2014 NPP0230113 To: GRAPEVINE INDEPENDENT 05/09/2014 05/16/2014, 05/23/2014

NOTICE OF TRUSTEE'S SALE Trustee Sale No. 450313CA Loan No. XXXXXX3602 Title Order No. 822920 ATTENTION RECORDER: THE FOLLOWING REFERENCE TO AN ATTACHED SUMMARY IS APPLICABLE TO THE NOTICE PROVIDED TO THE TRUSTOR ONLY. PURSUANT TO CALIFORNIA CIVIL CODE 2923.3 NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 03-17-2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU. YOU SHOULD CONTACT A LAWYER. On 06-06-2014 at 9:30 AM, ALAW as the duly appointed Trustee under and pursuant to Deed of Trust Recorded 03-23-2006. Book 20060323, Page 1873, Instrument N/A, of official records in the Office of the Recorder of SACRAMENTO County, California, executed by: JOLYNN M. ROE AND ANTHONY ROE. WIFE AND HUSBAND AS JOINT TENANTS. Trustor, MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC.,(MERS) SOLELY AS NOMINEE FOR LENDER, 21ST

NPP#0230113

CENTURY MORTGAGE BANKERS. IT'S SUCCESSOR'S AND ASSIGNS, as Beneficiary, will sell at public auction sale to the highest bidder for cash, cashier's check drawn by a state or national bank, a cashier's check drawn by a state or federal credit union, or a cashier's check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state. Sale will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to the Deed of Trust. The sale will be made, but without covenant or warranty. expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust. interest thereon, estimated fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Place of Sale: AT THE EAST MAIN ENTRANCE TO THE COUNTY COURTHOUSE, 720 9TH STREET, SACRAMENTO, CA Legal Description: LOT 136, AS SHOWN ON THE "PLAT OF GRAND OAKS UNIT NO. 5," RECORDED IN BOOK 56 OF MAPS, MAP NO. 25, RECORDS OF SAID COUNTY. EXCEPTING THEREFROM ALL OIL. GAS. ASPHALTUM AND OTHER HYDROCARBON SUBSTANCES. BUT WITHOUT THE RIGHT OF ENTRY ON THE SURFACE OF SAID LAND FOR SUCH PURPOSES, AS RESERVED IN THE DEED FROM LOUISE LESSER ENTERPRISES, LTD. ET AL, FOR RECORD FILED ON APRIL 27, 1959, IN BOOK 3762 PAGE 503, OFFICIAL RECORDS. Amount of unpaid balance and other charges: \$292,276.43 (estimated) Street address and other common designation of the real property: 6815 LEAOAK COURT CITRUS HEIGHTS, CA 95621 APN Number: 209-0152-017-0000 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The property heretofore described is being sold "as is". In compliance with California Civil Code 2923.5(c) the mortgagee, trustee, beneficiary, or authorized agent declares: that it has contacted the borrower(s) to assess their financial situation and to explore options to avoid foreclosure; or that it has made efforts to contact the borrower(s) to assess their financial situation and to explore options to avoid foreclosure by one of the following methods: by telephone: by United States mail: either 1st class or certified; by overnight delivery; by personal delivery; by e-mail; by face to face meeting. DATE: 05-06-2014 ALAW, as Trustee MARIA MAYORGA, ASSISTANT SECRETARY ALAW 9200 OAKDALE AVE. - 3RD FLOOR CHATSWORTH, CA 91311 (818)435-3661 For Sales Information: www.lpsasap.com or 1-714-730-2727 www.priorityposting.com or 1-714-573-1965 www.auction.com or 1-800-280-2832 NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien. you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed. and, if applicable, the rescheduled time and date for the sale of this property, this information can be obtained from one of the following three companies: LPS Agency Sales and Posting at (714) 730-2727, or visit the Internet Web site www.lpsasap.com (Registration required to search for sale information) or Priority Posting and Publishing at (714) 573-1965 or visit the Internet Web site www.priorityposting.com (Click on the link for "Advanced Search" to search for sale information), or auction.com at 1-800-280-2832 or visit the Internet Web site www.auction. com, using the Trustee Sale No. shown above. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement

ASAP#4457841 140506 5/30/14 No: CA08001247-12-1 TO No: 120404792-CA-MAI NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED August 1, 2006, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU. YOU SHOULD CONTACT A LAWYER. On June 10, 2014 at 01:30 PM, at the main entrance to the County Courthouse, 720 9th St., Sacramento, CA 95814, MTC Financial Inc. dba Trustee Corps, as the duly Appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded on August 11, 2006 as in Book 20060811, on Page 1190, of official records in the Office of the Recorder of Sacramento County, California, executed by ANTONIO M. RICAMARA, A MARRIED MAN AS HIS SOLE AND SEPARATE PROPERTY AND ANTHONY J. RICAMARA, A SINGLE MAN . AS JOINT TENANTS, as Trustor(s). in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC. as nominee AMERICAN BROKERS CONDUIT as

information is to attend the scheduled sale.

A-4457841 05/16/2014, 05/23/2014, 05/30/2014

Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER, in lawful money of the United States, all payable at the time of sale, that certain property situated in said County, California describing the land therein as: AS MORE FULLY DESCRIBED IN SAID DEED OF TRUST The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 10600 MILAZZO WAY, RANCHO CORDOVA, CA 95670 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made without covenant or warranty, express or implied. regarding title, possession, or encumbrances, to pay the remaining principal sum of the Note(s) secured by said Deed of Trust, with interest thereon, as provided in said Note(s), advances if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligations secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of this Notice of Trustee's Sale is estimated to be \$340,694.34 (Estimated). However, prepayment premiums, accrued interest and advances will increase this figure prior to sale. Beneficiary's bid at said sale may include all or part of said amount. In addition to cash, the Trustee will accept a 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 California Financial Code and authorized to do business in California, or other such funds as may be acceptable to the Trustee. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed Upon Sale until funds become available to the payee or endorsee as a matter of right. The property offered for sale excludes all funds held on account by the property receiver, if applicable. 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. 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 Priority Posting and Publishing at 714-573-1965 for information regarding the Trustee's Sale or visit the Internet Web site address listed below for information regarding the sale of this property, using the file number assigned to this case, CA08001247-12-1. 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: May 5, 2014 MTC Financial Inc. dba Trustee Corps TS No. CA08001247-12-1 17100 Gillette Ave Irvine, CA 92614 949-252-8300 Amy Lemus, Authorized Signatory SALE INFORMATION CAN BE OBTAINED ON LINE AT www. priorityposting.com FOR AUTOMATED SALES INFORMATION PLEASE CALL: Priority Posting and Publishing at 714-573-1965 MTC Financial Inc. dba Trustee Corps MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT

APN: 057-0010-044-0000 Property: 2365 Rudat Circle, Rancho Cordova, CA 95670 Title Order No.: 730-1400198-70 Trustee Sale No.: 2068-012634-F00 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED November 17, 2010, 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 June 09, 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

PURPOSE, P1093437 5/16, 5/23, 05/30/2014

140506

PPP#1093437

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: Kristin Middaugh, an unmarried woman & Billy Hicks Jr., an unmarried man & Anne C, Hicks & Billy J. Hicks Sr., husband & wife as joint tenants Recorded on November 30, 2010, in Book 20101130, at Page 2269 of Official Records, in the office of the County Recorder of Sacramento County, California Date of Sale: June 09, 2014 at 09:00 AM Place of Sale: at the Edgewater Ballroom of the Woodlake Hotel Sacramento. 500 Leisure Lane, Sacramento, CA 95815 The street address and other common designation, if any, of the real property described above is purported to be: 2365 RUDAT CIRCLE. RANCHO CORDOVA, CA 95670 APN# 057-0010-044-0000 The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of this Notice of Sale is \$327,137,67. 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 hidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to the return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee's Attorney. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien. you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (800) 280-2832 or visit this Internet Web site WWW.AUCTION.COM, using the file number assigned to this case 2068-012634-F00. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: May 2, 2014 Sage Point Lender Services, LLC 400 Exchange, Suite 110 Irvine, CA 92602 949-265-9940 Edward Foster FOR TRUSTEE'S SALE INFORMATION PLEASE CALL (800) 280-2832 or visit WWW. AUCTION.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. NPP0230527 To: GRAPEVINE INDEPENDENT PUB: 05/16/2014, 05/23/2014, 05/30/2014

No. 1000703-0000462401-8 APN 077-0071-004-0000 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 03/06/07. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY. IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in §5102 to the Financial code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to satisfy the obligation secured by said Deed of Trust. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein, Trustor(s): ROBIN B SMITH, A SINGLE WOMAN Recorded: 03/22/07, in Book 20070322 Page 0408, of Official Records of SACRAMENTO County, California. Date of Sale: 06/05/14 at 11:00 AM Place of Sale: At the main entrance to the County Courthouse, 720 9th Street, Sacramento, CA The purported property address is: 2943 BETLEN COURT. RANCHO CORDOVA, CA 95670 Assessors Parcel No. 077-0071-004-0000 The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$236,880,66. If the sale is set aside for any reason, the purchaser at the sale shall be entitled only to a return of the deposit paid, plus interest. The purchaser shall have no further recourse against the beneficiary, the Trustor or the trustee. NOTICE TO POTENTIAL

BIDDERS: If you are considering bidding on

NPP#0230527

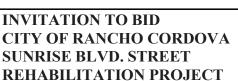
140507

NOTICE OF TRUSTEE'S SALE File No.

7042.13101 Title Order No. 1573885 MIN

this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and if applicable, the rescheduled time and date for the sale of this property, you may call 877-484-9942 or 800-280-2832 or visit this Internet Web site www. USA-Foreclosure.com or www.Auction.com using the file number assigned to this case 7042.13101. 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: May 7, 2014 NORTHWEST TRUSTEE SERVICES, INC., as Trustee Victoria Gutierrez, Authorized Signatory 1241 E. Dyer Road, Suite 250, Santa Ana, CA 92705 866-387-6987 Sale Info website: www.USA-Foreclosure.com or www.Auction. com Automated Sales Line: 877-484-9942 or 800-280-2832 Reinstatement and Pav-Off Requests: 866-387-NWTS THIS OFFICE IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE ORDER # 7042.13101: 05/23/2014. 05/16/2014. NWTS#7042.13101 140509

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MPG

Sealed Bids will be received at the office of the City Clerk, City of Rancho Cordova, 2729 Prospect Park Drive, Rancho Cordova, CA 95670, up to the hour of 2:00 P.M. on Friday, May 16, 2014 and will be publicly opened and read for performing the work on the Sunrise Blvd. Street Rehabilitation Project.

GENERAL DESCRIPTION: The work to be performed under this contract includes the furnishing of all labor, materials, and equipment for doing all the work necessary associated with placing rubberized or conventional asphalt concrete pavement overlay; repairing failed pavement (base repair); cold planning the pavement to accommodate the overlay; wedge grinding along curb and gutter; lowering manholes in areas to be cold planed; adjusting manholes to finished grade after the pavement overlay; removing and replacing damaged concrete curb, gutter, and sidewalk; replacing inductive loop detectors; installing handholes; removing and replacing pedestrian pushbuttons; storm water manholes; storm water drainage inlets; storm water pipelines; re-striping the pavement to conform to the existing configuration or to the striping plans, as well as other items and details not mentioned above, but described in these Special Provisions, as shown on the Plans, and as designated by the Engineer.

Copies of the Contract Documents, including Bid Proposal Forms are available for free download online at: http://CIPLIST.COM Contact Chris Boyer for more information (916) 851-8907

cboyer@cityofranchocordova.org

Published in the *Grapevine Independent* on May 2 - 16, 2014

City of Rancho Cordova Request For Proposal

Street Signage Services for the City of Rancho Cordova

Proposals will be received at the office of the City Clerk, City of Rancho Cordova, 2729 Prospect Park Drive, Rancho Cordova, CA 95670, up to the hour of **3:00 p.m. on Thursday, May 29, 2014**. Proposals **will not** be publically opened.

General Description: The work to be done under this contract consists, in general, of furnishing all labor, materials, tools, equipment, incidentals, and for doing all work necessary for on-call and emergency services consisting of new installations, repairs, resetting and replacements of old, damaged, illegal and knocked down signs within the City of Ranch Cordova.

Submission Deadline: May 29, 2014 @ 3:00 p.m.

To obtain a copy of the RFP Packet, email John Samuelson at jsamuelson@cityofranchocordova.org.

The City of Rancho Cordova is an equal opportunity employer and encourages the participation of small businesses and disadvantaged business enterprises.

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The Independent May 16, 2014

CORDOVA HIGH SCHOOL SPORTS

Cordova Baseball Rides 5-Game Winning Streak By Mike Bush RANCHO CORDON Although the Control of the Cont

By Mike Bush

RANCHO CORDOVA, CA (MPG) -In its last five Capital Athletic

League games, the Cordova High School baseball team has seen the bats become livelier and defense solid.

That has led the Lancers to a five-game winning streak going into Wednesday's league finale at Whitney. Cordova (10-4 in CAL, 16-10) can win a share of the league title if it beat Whitney (11-3 in CAL, 18-8). The Lancers would earn the league's No. 1 seed based on winning their best of three series against the Wildcats.

A loss would put the Lancers into a second place tie with Rio Americano (9-5 in CAL, 14-11).

The Raiders won the best of three series with the Lancers, who enter into the Sac-Joaquin Section Division III playoffs.

If Cordova won Wednesday's game for the CAL title, it earns the league's No. 1 seed and play the Tri County Conference's No. 3 seed at McAuliffe Memorial Ballpark in Sacramento on Thursday, May 15 at 7 p.m. Should the Lancers land

the No. 2 seed, they will play Colfax, which won the PVL title and earned the No. 1 seed, also on May 15 at 7 p.m. If Cordova is the No. 3 seed, it will host Lincoln, the Pioneer

Valley League's No. 3 seed, in an out bracket game on Monday that starts at 4 p.m. "Our hitting has picked up,"

said Cordova head coach Guy Anderson, "and our defense has picked up. At one time we were averaging three to four errors a game. Now we've cut that down quite a bit."

On Monday, Cordova rallied from a 3-0 deficit to score in the bottom of the sixth inning to post a 4-3 win over Whitney in the Lancers' last home regular season finale. Nigel Robinson went 2-for-3 with a double and 2 RBIs. Cordova had eight hits in the game.

"He's been coming through for us," said Anderson of Robinson, who is batting .370 for the season. "We're kind of on a roll of just playing good team ball."

The Lancers had eight hits in Monday's game. Tylor Myers went 2-for-3 with an RBI. Zachary Tapia, Dominic Gentry, Jerome Brown and Jarrett Harris had a hit each for Cordova.

Cordova 4, Antelope 1

In a CAL road game May 2, the Lancers had three hits; Tapia, Gentry and Myers had a hit each.

Tapia, on the mound, struck out six and tossed a four-hitter.

Cordova 7, Antelope 6

In their April 30 meeting at the Lancers' field, Cordova had nine hits. Logan Appino went 3-for-4 with an RBI. Brown had two

Lady Lancers Take Second Place in CAL

RANCHO CORDOVA, CA (MPG) -

Although the Cordova High School softball team concluded its regular season with a 6-1 loss to Antelope in the Capital Athletic League finale at the Titans' field Tuesday, the Lady Lancers will keep the season going.

Cordova (7-3 in the CAL, 11-4) tied with Whitney for second place in league, as they advance into the Sac-Joaquin Section Division III playoffs. The teams split their season series. Either a seeding game or tie-breaking criteria would be used to determine seeding.

If Cordova is the No. 2 seed, it will play the Tri County Conference's No. 2 seed Friday, May 16 at 6 p.m. at the

Sacramento Softball Complex. But if the Lancers are the No. 3 seed, it would host the Pioneer Valley League's No. 3 seed Tuesday, May 16 at 4 p.m.

Samantha Lutman had two of the Lancers' four hits in Tuesday's league finale. Tiana Brown hit a double, and Megan Stacy had the other.

In other CAL games, Cordova beat Rio Americano, 10-0, in the Lancers' home finale. Stacy, on the hill, fired a one-hitter.

The Lancers lost to Whitney, 2-0, on April 29, and beat El Camino, 7-0, at the Eagles' field April 24.

"Megan threw another great game," said Cordova head coach Lindy Willeford, whose pitcher struck out seven and gave up five



By Gae Ruddell

Years ago, I was introduced to the concept of self love. It sounded like a good thing, but I had no idea what it was, what it looked like, or how to get it for myself. Where to begin?

First, in order to love myself, I thought I had to have something or be something that I could love. I had to see magnificent qualities within myself that would bring self love bubbling up like a volcano of undeniable awareness of my perfection. Knowing who I thought I was, the chances were quite slim I'd see any degree of

It was also clear to me that I simply was not enough, because if I were, my life would be evidence of it. I would be happier, wealthier, in an amazing romantic relationship, and I would dip quickly in and out of life's challenges. If I were doing the right thing, thinking the right thoughts, feeling the right feelings, I would have all and be all that I desired. Either I was doing something very wrong, or I wasn't worthy of all that because of who I was.

I took a look around to see how I compared to those who were smarter, prettier, richer, thinner, funnier or cleverer than me. Maybe they are all that because

they deserve it, and they deserve it because they are simply better than I am. In order to try to love myself, I had to be better than they were. Being equal just wasn't enough. Being better is a huge undertaking, so I needed to really be bigger and more to feel what I wanted to feel!

Starting this challenge from deep within a hole, it took a lot of "better than" for me to even begin to peek onto ground level. The problem with this solution was I knew I was standing on my tip toes to even feel adequate, let alone feel better than others. What failed was that I never really believed that I was better. No matter what I told my self, no matter what I tried to emit into the room, I knew in order to have an awareness of being enough, I needed to be authentic and stand alone, without comparing myself to others or to the image I had

created in my mind. We all come onto this planet different people, so maybe we have worthy and unworthy genes built in. Maybe it's just that some of us are simply more worthy. After all, didn't their lives prove it? Didn't they have great relationships, money, authority, friends, and wonderful life experiences? Didn't that kind of life prove their worthiness and

Now That's a Lot of Love! not having that life prove that I was not worthy? But that made me some kind of victim, and I couldn't stand the feeling of being a victim. Actually, I don't believe anyone can be a victim,

but if I were wrong and there really were victims, the idea of being one scared the breath out of me. It was my intention to take action and to do things that made me love myself. What is self love? My first thought was bubble baths (which I don't take because it requires

patience and endurance to sit still in a tub of filmy water), massages (way too expensive to do frequently enough to make a difference), or pedicures (I'm missing something here, because it seems dumb to pay someone to do something I can do for myself). Maybe I could spend an afternoon reading, but there's always something else I should be doing. Chocolate's always a great solution, but that brings on guilt and poundage.

I started asking others the question, "When you're showing love for yourself, what's going on?" Answers came back like, "I'm taking a brisk walk in the fresh air," "I'm buying new shoes," or "I'm calling my best friend/lover/mom." That all sounded very proactive, so maybe I could find activities that, when I did them, it would feel like I loved myself.

So, I pampered myself with whatever I could think of that might feel good: I went shopping, I ate desserts, I went to movies, I read long books and I went on mini-vacations. I did for others, I kept a clean house, and I gathered in my grandsons. So far, so good. What I was doing was pretty much on track and did make me feel good. I even enjoyed being alone, which is how I most often sought self love. Aloneness eliminated compromising my desires by having to support others' needs. If I wanted to do something, I went out and did it! However, those times were fleeting, and

the space between my actions head, watching the movie of this didn't necessarily leave me feeling loved. I continued my search for other activities that supported my efforts: I dated lots of men, laughed with friends, and got a dog. And the down time continued to leave me feeling just that-down.

What is self love? The creation of joy, or peace, or something so illusive I didn't have access to it? I watched others to get a clue, but I didn't see evidence that they much loved themselves either. They did negative selftalk, stuffed food in their mouths, gave their power away in an attempt to be liked, worked long hours, and slept short nights.

In my ongoing search for the answer to how to change what I'm doing, thinking, and feeling, to have love for myself, I came up blank every time. Some suggestions I received from others were to remember that God loves me (whatever does that really mean and why don't I feel it?), I create my own reality, so start creating what I want (way too vague a concept, and too hard to maintain the necessary focus), and be grateful for what I already have because my life is perfect just as it is (really?). None of these answers spoke to or supported me for any length of time in my quest.

And then there was that magical one day, that beautiful gift of Ah Ha, when the picture, the answer, and the truth came flooding into my mind and heart. Such clarity grabbed me by my shoulders. I stopped in my tracks to look more closely. I played the reel again and again in my

awareness so that I could witness the simplicity of this truth, and feel the glorious feeling of having found my solution to loving myself.

It started one day when I took my cousin and his wife to my church. Besides my children, these are the dearest people in my family and my life. We all love each other so much, and it's a joy to experience that deep family connection. I looked forward to taking them to church so they could learn more about me by learning about my spiritual beliefs. I realized, as I introduced them through the congregation, that I was also showing off to them the love and friendships I had made over the past few

Later that afternoon, when I was alone, I looked back on the wonderful love I felt from my cousins and my church. Real I could think of was that in the love. I started looking at the huge universe, this tiny speck love I get from friends, coworkers, assistants, residents who live where I work, and other members of my family. I even looked at people I did not think loved me, and found that if I wasn't feeling love from someone, what I was getting was indifference because they didn't know me. That had to be true because evidence was proving, from my mental research, to know me is to love me. Oh, my goodness! All that love! I thought through my files and couldn't identify anyone who knew me and didn't love me. That's a lot of love, love I had been ignoring or taking for granted. It was everywhere, all around me. It was my

net and my springboard. It was as present as my breath. It was

omnipotent! That's when I realized I was the only one who didn't love me. The concept came to me that I was my own missing link. Not that there's necessarily a link or

connection involved, but the idea of missing link spoke to me. Of all the people in my life, I'm the only one who doesn't love me. I visualized myself as a hollow oval entity, surrounded by love. My thought then was that this small unit is empty, and I can easily fill that one little space with love. How very simple to put love into that minute, vacant place that was me. With that being done, I knew I would be complete.

Over the next few days, as I watched that hollow oval in my mind, it became smaller and the universe became vaster. All was all I needed to love, and how very easy that would be. I didn't need to be cuter or richer or pay off my mortgage. All I had to do was love that little speck. And upon my awareness and acceptance, like the vacuum that the universe abhors, it was done! Love simply flooded in.

Now I don't try to love myself. I quit thinking, wondering, questioning or seeking. Self love is. Something about the simplicity or truth of love caused it to move in, sit down, put up its feet, and make itself at home. Maybe I was ready, maybe love was ready, but whatever happened, happened. No effort, just love. And so it is.





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The Independent Page 11 May 16, 2014

ATHLON SPORTS INSIDE BASEBA ATHLON SPORTS.COM-

Compiled by Charlie Miller. Follow Charlie on Twitter @AthlonCharlie or email him at Charlie.Miller@AthlonSports.com

Around the Horn

. Extra outfielders looking to catch on as bench players this season might want to call the Minnesota Twins. Injuries and other issues have left the Twins scrambling for warm bodies. Through the second weekend of May, the team has used four different center fielders, six players in right field, and seven players have taken the field in left.

. If you're a fan of high-scoring baseball with tons of hits and baserunners, you probably won't be too excited to go to a Braves' game. Atlanta has scored the fewest runs in the majors (115) and also allowed the fewest (106).

. Few baseball experts are surprised to see Colorado shortstop Troy Tulowitzki in contention for the National League Most Valuable Player award. After all, he has played at an MVP level throughout his career. However, staying on the field for 160 games has been a problem for Tulo, who missed 36 games last season. It's also not surprising that his home/road splits are exaggerated due to the effects of playing at Coors Field. But Tulowitzki's numbers at home are mind-boggling, even for Denver. In 15 games at home, he is batting .608 and slugging 1.098 with a 1.775 OPS. He has 20 runs and 22 RBIs over those 15 games. He's hitting just .247 in 22 games away from Coors

. The Pittsburgh Pirates' breakthrough season in 2013 did not end baseball's longest playoff drought. That distinction still belongs to the Kansas City Royals, who haven't played in the postseason since winning the World Series in 1985. The Toronto Blue Jays have suffered through the second-longest stretch without a playoff berth. The last time the Jays saw the postseason was Joe Carter belting a walk-off home run off of Mitch Williams of the Phillies to win the 1993 World Series.

AL Player of the Week

Jose Reyes, Toronto

The Toronto shortstop batted just .280 last week, but posted a .406 OBP thanks to five walks. He led the majors with 10 runs for the week with nine of them coming in the past five games. He belted a pair of home runs and stole four bases.

AL Pitcher of the Week

Jered Weaver, Los Angeles

The lanky righthander scuffled in his first three starts this season, but he's allowed two runs or fewer in each of his last five starts. Last week, he won twice, tossing 14.1 innings with 12 strikeouts and only 10 hits and three walks. He posted an ERA of 1.26 and a 0.91 WHIP.

NL Player of the Week

Seth Smith, San Diego The Padres hoped to holster their offense with

the addition of Smith over the winter, and last week he rewarded the team with a .500 average and 1.576 OPS. He hit safely in all seven outings with five multi-hit games. He has doubled in each of his last four games and added a pair of triples and a homer. For the week, he drove in seven runs and had nine extra-base hits.

NL Pitcher of the Week

Jeff Samardzija, Chicago

You certainly must look beyond the win-loss record to understand the value of the former All-America wide receiver from Notre Dame. Last week, he tossed 15 innings over two starts and did not allow an earned run. The Cubs lost both games. He struck out 14 and gave up five hits and three walks. For the season, Samardzija has a 1.45 ERA and a 0-3 record. The Cubs have lost seven of his eight starts, scoring just nine runs total in the seven losses, three of them shutouts.

Farm Report

Gregory Polanco, OF, Pittsburgh

The Pirates' top prospect will turn 23 in September, and will likely be in the Bucs' lineup by then. At Triple-A Indianapolis this season, he's batting .361 with a 1.015 OPS and 32 RBIs and 19 extra-base hits in 36 games.

Turn Back the Clock

May 17, 1979

In one of the wildest games ever, the Phillies defeat the Cubs 23-22 at Wrigley Field. Phillies' starter Randy Lerch homers off reliever Donnie Moore in the first inning before taking the mound. Lerch lasted just six batters, getting only one out before giving way to Doug Bird. The Phillies led 17-9 after the fourth and 21-16 after five innings. Dave Kingman hit three of the Cubs' six homers and Mike Schmidt swatted two for the Phillies, including the game-winner in the 10th off of fellow Hall of Farner Bruce Sutter.

May 14, 1988

It takes four innings, but the Braves are finally able to score on utility man Jose Oquendo, who is an emergency pitcher for the St. Louis Cardinals.

Athlon Sports Power Ranking

1.	A's	Josh Donaldson building case for MVP discussion.
2.	Tigers	Bullpen, which is getting better, may be only weakness.
3.	Giants	Finished 7-3 on recent road trip.
4.	Brewers	Lost seven of 11, beginning to come back down to earth.
5.	Rockies	Troy Tulowitzki just seven RBIs away from Triple Crown position
6.	Braves	Scored fewest runs in majors this season.
7.	Dodgers	Lost three of four at home against the Giants.
8.	Orioles	+5 in wins/losses; -2 in runs/runs allowed.
9.	Marlins	Fish actually spent some time in first place last week.
10.	Nationals	Scored just four runs in three-game sweep at Oakland.
11.	Yankees	Home-and-home with Mets this week.
12.	Cardinals	Sitting at .500, Birds are disappointing fans in St. Louis.
13.	Red Sox	5-1 this season when playing in front of crowds less than 30K
14.	Angels	Lead the American League with 127 extra-base hits.
15.	Mariners	Followed their 8-game losing streak by winning 12 of 17.
16.	Rangers	Yu Darvish within one out of a no-hitter again.
17.	Royals	It takes 79.5 at-bats for Royals to homer.
18.	White Sox	Shortstop Alexei Ramirez is on pace for his career-best season
19.	Padres	Jedd Gyorko, batting .162, leads team with five homers, 19 RBIs
20.	Blue Jays	Offensive Blue Jays are 16-1 when giving up three runs or less
21.	Reds	Bullpen blew six of 12 save opps without Aroldis Chapman.
22.	Mets	Struggling at home with a .208 average, batting .252 on road
23.	Phillies	Bullpen has allowed 103 hits with 103 punchouts.
24.	Indians	Michael Brantley owns Tribe's Triple Crown.
25.	Pirates	Bucs batting .303 in May after dismal .222 average in April.
26.	Rays	Joe Maddon still searching for magic.
27.	Twins	Patient club — second in majors in walks.
28.	Diamondbacks	Won seven of 10, but outscored by opponents 39-38.
29.	Cubs	It's time to trade ace Samardzija.
30.	Astros	Equally bad at home and on the road (6-13).

Weekend on Tap

Atlanta at St. Louis

The Cardinals and Braves entered this season - as they do every year - with high expectations. Both teams are in contention with the Braves leading the National League East and the Cardinals second in the NL Central. But neither team is playing up to preseason expectations. And both teams can point to their bats as the primary problem. Both teams have gotten superb starting pitching, especially Atlanta. Both teams' bullpens are solid. But they can't seem to score consistently. This is the final meeting this season between the two. Expect runs to be difficult to come by. Ervin Santana and Shelby Miller will face each other on Friday, Aaron Harang and Tyler Lyons are scheduled for Saturday. Gavin Floyd and Adam Wainwright will pitch the finale.

Detroit at Boston

The rematch of last season's ALCS features two teams that can score runs. Starting pitching has been the major strength for the Tigers so far in 2014. Boston has a solid rotation with a stout bullpen. Detroit's bullpen has been disappointing. Closer Joe Nathan has been inconsistent, and bridging the gap between the starters and Nathan has proved difficult for rookie manager Brad Ausmus. Max Scherzer, Rick Porcello and Anibal Sanchez are the scheduled pitchers for the visitors. Jon Lester, John Lackey and Felix Doubront are expected to pitch for the Sox.

Athlon Spotlight

Brad Ausmus Among Top Rookie Managers

Brad Ausmus, manager of the Detroit Tigers, is trying to lead his team into the playoffs as a rookie manager. The Dartmouth alum entered this season with no managerial experience and has his team atop the AL Central. Here are the best managers to enjoy immediate success in the big leagues since the first expansion in 1961.

Sparky Anderson, 1970 Reds

Jeff Samardzija

A spry 36 years old at the time, Anderson sparked the Big Red Machine, winning the NL pennant after defeating the Pittsburgh Pirates in the NLCS. The Reds' loss to the Orioles in the World Series didn't deter the skipper. During his first seven years at the helm, Sparky's Reds won four NL flags and two World Series.

Dick Williams, 1967 Red Sox

The crusty Hall of Famer took over a Red Sox crew coming off back-toback ninth-place finishes in the American League. He led them to the AL pennant and lost the World Series to St. Louis in seven games.

Earl Weaver, 1969 Orioles

The spunky Hall of Famer is known for his love of a good cap-throwing, dirt-kicking, saliva-spewing, capturned-backwards, face-to-face argument with umps. But he was a master strategist who always seemed several innings ahead of opposing managers. Weaver managed the final 82 games of the 1968 season before leading the O's to 318 wins over his first three full seasons. In 1969, Baltimore won the AL East by 19 games.

Larry Dierker, 1997 Astros

After a successful pitching career in Houston, Dierker managed five seasons and won four division titles. His first team won just 84 games, but was good enough to win the NL Central.

Tommy Lasorda, 1977 Dodgers

The long-time company man for the team in blue, Lasorda took over a very good Dodgers team that had won the NL pennant in 1974, three years prior. His undying enthusiasm helped the Dodgers find a way to finish ahead of the Big Red Machine and face the Yankees in the World Series. The Dodgers won 95 games and another pennant

Ralph Houk, 1961 Yankees

The Yankees finished in first place in 10 of the 12 seasons under Casey Stengel before Ralph Houk showed up, but his 1961 team won 109 games, trailing only the 1927 team (110) and the 1998 edition (114) in Yankee history. Houk's teams won the World Series in 1961 and '62, then lost the Series to the Dodgers in 1963.

Bob Brenly, 2001 Diamondbacks

Brenly accepted the job after Buck Showalter won 100 and 85 games in the two years prior. The D'backs defeated the Yankees in Game 7 to capture one of the most dramatic World Series in recent memory. That was just the fourth year of the franchise's existence. He followed that with a better regular season in 2002 and another first-place finish.

Billy Martin, 1969 Twins

Most fans associate the fiery Martin with the Yankees, but his first gig, at age 41, was with the Twins. He led the team to 97 wins and the firstever American League West crown by nine games over Oakland. The Twins lost to Weaver's Orioles in the ALCS.

Ken Macha, 2003 A's

Macha managed four seasons in Oakland with first-place finishes in 2003 and 2006 sandwiched around two seconds.

Jim Frey, 1980 Royals Frey had a first-year magic touch. His first Kansas City team won the AL pennant, and four years later his first Cubs team won the NL East.

Dallas Green, 1980 Phillies

After leading the Phillies for 30 games in 1979, Green's 1980 team won 91 games and the World Series.

Harvey Kuenn, 1982 Brewers The affable Kuenn took over a fifth-

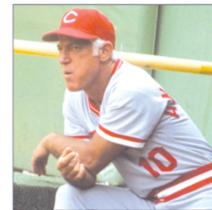
place squad after 46 games in 1982 and within six weeks had the team in first place. He led the Brewers to their only World Series appearance in history. Bill Virdon, 1972 Pirates

He took over a 97-win team that had

just won the World Series. Virdon's squad won 96 games, then lost in the NLCS to the Reds.

Ausmus, Matheny, Weaver, Tom DiPace ; Anderson, Ai Wire/Mitchell B. Reibel/Landov

Brad Ausmus (top left) has his team in first place. The Cardinals' Mike Matheny (top right) was the most recent rookie manager to lead his team into the postseason. Hall of Famers Earl Weaver (bottom left) and Sparky Anderson managed in the World Series as rookies.



Mike Matheny, 2012 Cardinals

The former catcher replaced Hall of Famer Tony La Russa and took over a team that had won the World Series. Matheny had never managed at any level, but led the Cardinals into the playoffs and eventually lost in the NLCS to San Francisco.

Hal Lanier, 1986 Astros

The quiet former infielder managed just three seasons, but led the Astros to the NL West title in 1986.

Dusty Baker, 1993 Giants

Dusty won 103 games, but finished second to the Braves. In the age prior to the wild card, the Giants missed the playoffs.

Trivia Corner

Can you name the pitcher who has earned the most saves since the beginning of the 2012 season?

Numbers Game

15 Pitches clocked at 100 mph or faster by Aroldis Chapman of the Cincinnati Reds, who threw 21 pitches in his season debut Sunday. The closer had been on the disabled list after suffering multiple facial fractures in spring training from a line drive to the face. The most pitches in triple digits by any pitcher entering Sunday was 12 by Carlos Martinez of St. Louis.

- 39 Double-plays grounded into by the Texas Rangers, the most in the majors.
- 16 Double-plays grounded into by the Philadelphia Phillies, the fewest in the majors.
- 1 Home run hit by Robinson Cano of the Mariners this season. Cano, who signed a lucrative contract with Seattle over the winter, had nine on May 11 last season. But Seattle fans can take heart; way back in 2007, the second baseman, then with the Yankees, had just one home run on May 11 and finished with 19.
- .355 Batting average for the Colorado Rockies at home this season. .258 Batting average for the Colorado Rockies on the road this season.
- 3.95 ERA for the Colorado Rockies at home this season.
- 4.07 ERA for the Colorado Rockies on the road this season.

SOT 16 brinded 2012-14. Craig Kimbrel of Atlanta is one mort saves EOT sert ,e'A bneisleO arti TRIVIA ANSWER: Jim Johnson, now of



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1,583 Reasons to Say "No" to the Rancho Cordova Interchange

Guest commentary by Lonn Maier

The City of Rancho Cordova and Caltrans are proposing to build a multi-lane freeway interchange that will serve as the main traffic drain for an estimated 25,000 cars daily that will at build-out serve a massive 90 square mile, 54,000 home residential development in south Sacramento County. The interchange would be located in the midst of residential homes in Gold River, just south of Tenderfoot Drive in Eureka Village.

Residents of Gold River aren't happy with the proposed massive traffic drain for a couple of reasons. Well, maybe more. Let's start with 1,583 reasons—that's the approximate number of children that live in Gold River, according to the latest census data.

Air emissions from cars include carbon monoxide, carbon dioxide, nitrous oxides and sulfur oxide, and ozone, not to mention particulate matter from diesel trucks and cars

The City of Rancho Cordova's own analysis shows that under build-out conditions, uses in the Planning Area may produce 14,300 tons of reactive organic gasses, 3,200 tons of nitrous oxides, and 8,400 tons of particulate matter 10 microns in size per year. Most of these air contaminants are from cars and trucks, especially diesel vehicles. Wind currents in Eastern Sacramento County will typically move air from the south to the north. So in other words, Rancho Cordova generates the pollution by having an interchange close to homes-Gold River and adjacent areas receive it.

Thousands of children and parents alike frequent the nearby Prospect Park annually, which is located a mere 100 yards from the proposed interchange. Kids in sports will be running their hearts out will be inhaling the emissions from the thousands of vehicles that

pass through Tenderfoot Meadow every week.

There is cause for concern. In the last 10 years, a significant amount of research has been conducted. Under a directive from the Environmental Protection Agency, California agencies are discovering through air quality monitoring a greater risk of respiratory illness with children that live near freeways. Dozens of research studies have shown that when children live in proximity of freeways, they will have low birth weight, heart defects, acute respiratory illnesses, asthma attacks, long-term health effects, such as chronic respiratory diseases and development of asthma and cardiovascular diseases.

In fact, children living as far away as 1,500 feet from a freeway or interchange can exhibit these health conditions. Again, Gold River's only public park where children play year-round is only 100 yards away. Homes with children are located as close as 150 feet away from the project. Even the State's own Air Resources Board thinks that interchanges near homes are a bad idea. They recommend that homes be sited farther than 500 feet from freeways, including interchanges.

The Rancho Cordova General *Plan* identifies some lofty goals to ensure the community has decent air to breathe. The General Plan states in part that the goal of the City is to "Ensure a healthy community...meet or exceed all state and federal air quality standards...support land use patterns and densities that lessen air quality impacts...support a circulation system design that reduces vehicle trips and emissions...provide buffers and setbacks between sensitive land uses and sources of air pollution."

Do any of these laudable goals sound like they were even a vague consideration when Rancho Cordova planners decided to drop a giant-sized freeway interchange into the midst of a residential community?

At least Rancho Cordova officials *sound* concerned with the air quality of a community. So why do they think it's a good idea to build an interchange 200 feet from a community park and nearly in the backyards of homes? Why do they think that siting a project that will result in tons of toxic air contaminants conveniently deposited in Gold River is a good thing?

How is it that *anyone* thinks that building a freeway interchange within 50 feet of someone's backyard a good thing? Apparently the City and Caltrans do. There's a huge gap between their talk and the way they walk; between what the City boasts and what it plans for the future for its residents and people who live in Gold River.

Our community youth who are at risk of developing serious health maladies are taking a back seat to the City and Caltrans who are driving the bus in the wrong direction.

The City and Caltrans are on the fast track to get this built so they can approve the couple dozen developments that have been pending until the interchange is up and running. The City has adopted a motto: The Playful City. Don't believe it. Don't let them play with your children and grand-children's health and future.

Let Caltrans and the Mayor of Rancho Cordova know of your opposition to the project. We have 1,583 reasons to say no. ★

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Lonn Maier is a resident of Gold River. He can be contacted at gric@sbcglobal.net

FAIR OAKS CEMETERY MEMORIAL DAY AND AVENUE OF FLAGS CEREMONY

The Fair Oaks Cemetery District and the Memorial Day Ceremony Committee will be holding one of the most popular and inspiring Memorial Day ceremonies in the area again this year.

May 16, 2014

The Sixteenth Annual Memorial Day and Avenue of Flags Ceremony will be held Saturday, May 24, at the Fair Oaks Cemetery, located at 7780 Olive Street, Fair Oaks. The formal ceremonies start at 10 AM. This year's theme is to honor "Families of Fallen Heroes".

Over the years, beginning when the Plymouth Colony was at war with the Pequot Indians, the Pilgrims passed a system of compensating veterans and their families. Congress has continued through the years to improve the benefits system for the families of War.

In spite of these benefits, the families still need our emotional support. The Fair Oaks Cemetery's Memorial Day Ceremony is a fine example of how we, the community, say thank you to the families for their sacrifice.

The Fair Oaks Cemetery will be decorated with hundreds of flags lining its roadways as "The Avenue of Flags." We will also be adding more names to the Veterans Memorial Wall.

A formal Color Guard and Rifle Salute Team will provide military honors and assist with the laying of the wreath at the memorial in honor of over seventeen hundred veterans who are buried in the cemetery.

The musical program will be provided by the American Veterans Band, conducted by Warren "Bud" Turner. Refreshments will be served at the conclusion of the ceremony by the Orangevale Fair Oaks Grange & Fair Oaks Historical Society.



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In addition to lunch, each attendee will receive a FREE Emergency Planning Guide.

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RSVP Required: 916.732.2000

Wednesday, June 18 • Wednesday, August, 20
(Spanish & English)
11:30 am to 12:30 pm

Andrews & Greilich Funeral Home

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Wednesday, May 21 Thursday, June 19 11:30 am to 12:30 pm Dinner 6:30 pm

Sierra Hills Memorial Park & East Lawn Mortuary 5757 Greenback Lane • Sacramento

RSVP Required: 916.732.2020

Friday, May 16 • Wednesday, July 16 11:30 am to 12:30 pm

ELK GROVE MEMORIAL PARK & MORTUARY
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Carmichael Park Farmers Market

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

Sacramento Midtown Farmers Market

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

Sunrise Mall Farmers Market

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

Historic Folsom Farmers Market

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

THURSDAY UC Davis Health System Farmers Market

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

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

VA Mather Farmers Market

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

For more information: www.bemoneysmartusa.org