

California Capital Airshow Returns with Dazzling Night Show PAGE 2

California State Fair Much to See and Enjoy! PAGE 2



Grapevine endent

VOLUME 58 • ISSUE 28

PROUDLY SERVING RANCHO CORDOVA & SACRAMENTO COUNTY SINCE 1968

JULY 12, **2024**

2024 HONOREES ANNOUNCED

PAGE 9

MISSILE SITE CONTAMINATION ADDRESSED



PAGE **11**

REJUVENATE AND SHINE

By Mary Jane Popp



direct link to our online edition!

PRSRTD STD.

U.S. POSTAGE

PAID

CARMICHAEL, CA

PERMIT NO. 350

OR CURRENT

POSTAL CUSTOMER

PAGE 12

Hot, Hot Fourth



The Rancho Cordova Jr. Lancers organization was difficult to miss with dozens of uniformed cheerleaders and football players combining for an energetic parade entry.

By MPG Staff, photos by Rick Sloan

RANCHO CORDOVA, CA (MPG)

- Brutal heat beat down on the Rancho Cordova Fourth of July activities last week but even the sizzling temperatures failed to put a damper on the largest community party of the year.

A crowd of 15,000 awaited cooler evening breezes to kick in before heading to Hagan Community Park for music, carnival rides, a circus and fireworks. The crowd was smaller than last year but substantial, considering the triple- digit heat that baked the region.

The heat did not deter more than 140 runners who turned out for the inaugral



A beautiful Mexican dancer served as a reminder that America is a country of immigrants who share their different cultures, even while celebrating America's birthday.

Fourth of July fun run down Coloma Road. The blazing forecast did diminish the crowds along the Rancho Cordova Fourth of July Parade route but more than 60 entries had fun as

the procession made its way down Coloma Road to Chase Drive, before wrapping up at Cordova Gardens School.

As hot sunshine began to recede on both July 3 and

July 4, Hagan Park filled with fun-seekers. They were greeted with carnival rides and more than 30 food trucks featuring festival food.

The heat pushed the performance times of the Los Moralitos Circus, which had traveled across the country from the Midwest to perform but the crowds materialized and showed enthusiastic appreciation for acts of derring-do. The July 3 concert featured the Three Queens of Motown tribute to legends Diana Ross, Aretha Franklin and Tina Turner. Summer Night City Abba Tribute warmed up the crowd for the pyrotechnics on July 4.

The highlight of both days of activities were the Continued on page 3

City Council Champions Economic Growth

By Ornella Rossi

RANCHO CORDOVA, CA (MPG) - Items discussed at the Rancho Cordova City Council meeting on June 1 included the Jobs and **Talent Attraction Economic** Incentive Program and Award aimed at diversifying the local economy and creating high quality jobs.

The City of Rancho Cordova's Economic Development Jobs and Talent Attraction Program attracts new businesses, headquarters and expansions within targeted industries. By encouraging these entities to establish operations or grow their employee base within the city, the program seeks to enhance Rancho Cordova's competitive edge.

The second resolution authorizing the city manager to execute a contract with Clutch for a Jobs and Talent Attraction Economic Incentive Award marks a significant step forward in partnership with Clutch, a local enterprise located at

3249 Quality Drive. Mayor David M. Sander, Ph.D., welcomed Clutch, expressing optimism: "It's a pleasure to have you guys here and we are benefiting as a community. We look forward to a strong and fruitful partnership."

This program targets headquarters companies, expansions and satellite operations, aiming to generate at least 20 new net jobs. Any position with a base salary of \$100,00 in W-2 wages qualifies for a \$10,000 incentive paid over five years, contingent upon the job's retention. Employers must enforce a "work from the office" policy for at least three days per week.

Discussions on the job requirements, specifically the "work from the office policy" for a minimum of three days, sparked debate.

Councilmember Linda Budge raised concerns about mandatory office presence: "When you tell the employer they are mandated to be in the office a certain number of days a week, it messes with their personal practices."

City Manager Micah Runner defended the policy as essential for maximizing return on investment. But Councilmember Donald Terry expressed openness to flexibility: "If this was the sticking point between landing somebody and not landing somebody, I'm OK with that not being there as a mandatory thing."

Sander highlighted the advantage of having people in the office as they are more likely to shop and

Continued on page 3

Dangerous Heatwave Continues

Office of Governor Gavin Newsom News Release

SACRAMENTO REGION, CA (MPG) - Much of interior California entered its fourth day of temperatures reaching 110 degrees or higher on July 5 and most areas weren't expected to see relief until early next week. Governor Gavin Newsom urged Californians on July 5 to take precautions and directed an all-hands response to the heatwave by state government.

About two weeks ago, the governor directed the Office of Emergency Services (OES) to activate its State Operations Center and move into Phase II of its Extreme Temperature Response Plan. This action ensures a 24/7, coordinated, whole-of-government response to the heatwave.

Excessive heat warnings and watches were in effect



Americans every year than

for much of California through the week. The National Weather Service forecasted an Extreme Heat Risk for many parts of the state, with hot conditions between 105 and 118 degrees, and little overnight relief.

Extreme heat kills more

must remain vigilant: stay

all other extreme weather, including wildfires and flooding.

"California is in the middle of a record heatwave and now is not the time to let our guard down. We

cool, stay hydrated and

neighbors," Newsom said. What California is Doing to Protect Communities Emergency coordination and response. California

check in on loved ones and

Office of Emergency Services is coordinating with local governments Continued on page 8

www.RanchoCordovaIndependent.com

2 • The Independent JULY 12, 2024

California State Fair Honors the State's Agricultural Industry, with Much to See and Enjoy!

By Carol Feineman

SACRAMENTO REGION, CA (MPG) - The 170th California State Fair offers 17 days of old-fashioned fun for the whole family, from July 12 to July 28.

Lucky for us that we don't have to drive too far; the first state fair sponsored by the California State Agricultural Society, was held in San Francisco on Oct. 4, 1854, and rotated to different cities for the next six years. In 1861, however, Sacramento became the permanent location for the extravaganza.

While today's California State Fair still honors the state's agricultural industry, there is much more to see and enjoy at the annual event.

alifornia

There are plenty of activities for all ages.

includes eating funnel cakes,

That

waffles to sliders; listening to top musicians; riding Butler Amusements' thrilling Zipper to the classic and calmer Crown Merry Go Round; and checking out competitions and exhibits that feature our neighbors'

talents and skills.

Besides the nightly concerts, entertainment is ongoing each day. For starters, there's the Tanzanite African Acrobats, the Stilt Circus and the Salsa Steel Band.



What would a fair be like without going on rides at the carnival? There are rides for the thrill-seekers as well as for those who want a tamer but just as fun experience. Photo courtesy of California State Fair

The many competitions include the Open Livestock Show with beef

cattle, sheep, Boer goats, dairy cattle, dairy goats, Nigerian dwarf goats, pygmy goats, angora and fiber goats, longhorn cattle, llamas and alpaca.

And the always popular Junior Livestock competition spotlights the dedicated youth FFA members with their beef cattle, sheep, swine, goats, dairy cattle and dairy goats.

Exhibits.range from a Candy Maze Selfie Exhibit, a Student Showcase & CA Crafts Exhibit, Animation Academy to a fine art and photography exhibit.

The California State Fair is open different hours of the week.

Main Gate and Blue Gate hours are from 11 a.m. to 10 p.m. Monday through Thursday and from 10 a.m. to 10 p.m. Friday through Sunday.

Green Gate opens at 2 p.m. Monday, Wednesday, Thursday and Friday, and at 11 a.m. Tuesday, Saturday and Sunday.

Carnival and Skyride hours are from 2 to 11 p.m. Monday, Wednesday, Thursday and Friday, and from 11 a.m. to 11 p.m. Tuesday, Saturday and Sunday.

Kids Park hours are 1 to 11 p.m. Monday, Wednesday, Thursday and Friday, and 11 a.m. to 11 p.m. Tuesday, Saturday and Sunday.

Exhibit Building hours are 11 a.m. to 10 p.m. Monday through Thursday; and from 10 a.m. to 10 p.m. Friday through Sunday.

The Monorail opens at 11 a.m. Monday through Thursday, and at 10 a.m. Friday through Sunday.

Tickets can be bought online at https://calexpostatefair.com/tickets or at the fair's box office. Several ticket prices and packages are offered. Daily tickets to the fair and food festival start at \$16 for adults (\$14 in advance), \$12 (\$10 in advance) for seniors 62 and older and \$10 (\$8 in advance) for children ages 5 to 12. Fair admission is free for children 4 and under.

In addition, a Family Fun Pack is \$49.99 and includes four single-day general admissions, four ride tickets (each good for one ride in the Carnival or on the Monorail), and a parking pass.

The Toyota Concert Series is free with fair admission ticket in the area behind the General Admission seating area to the first 700 concert-goers. Seats can also be reserved, starting at \$25.

Parking is \$15 a day or three days for \$30.

There are also different prices for the carnival rides, starting at \$1 per ticket and carnival fast passes from \$10 to \$15. An Unlimited Ride Wristband bought at the Carnival is \$39 Mondays, Wednesdays and Thursdays, and \$44 Fridays, Saturdays and Sundays.

Cal Expo is at 1600 Exposition Blvd. in Sacramento, northeast of the American River.

For more information about the California State Fair, go online to calexpostatefair.com, call 916-263-3000 or email info@calexpo.com. ★

California Capital Airshow Returns with Dazzling Night Show



California Capital Airshow will offer four hours of non-stop aerial performances from 5:30 to 9:30 p.m. July 13 and 14. Photo courtesy of the California Capital Airshow

California Capital Airshow News Release

MATHER, CA (MPG) - The 18th annual California Capital Airshow, presented by Sacramento County in partnership with the City of Rancho Cordova, runs from 3:30 to 9:30 p.m. July 13 and 14 at Mather Airport in Sacramento.

The two-day event will feature an extraordinary lineup of performers, including the Italian jet team, Frecce Tricolori, and the United States Air Force Thunderbirds, plus miles of ground attractions and the return of nighttime aerial performances concluding with a massive pyro-musical fireworks and 500-drone show.

The Airshow is part of Frecce Tricolori's first North American tour in more than 30 years and is the only location in the Western United States where spectators can witness its full performance. Frecce Tricolori consists of 10 high-flying Aermacchi MB-339 aircraft, making it the Guinness World Record holder of the most jet aircraft in a military aerobatic display team.

Aerial performances will run 5:30 to 9:30 p.m. both days and will begin with the United States Air Force Thunderbirds, followed by Frecce Tricolori, U.S. Navy

F-18 Super Hornet, U.S. Air Force F-35 Lightning and C-17 Globemaster demo teams, and an impressive roster of highly-skilled civilian performers.

Tickets are still available for purchase at CaliforniaCapitalAirshow.com and will not be sold at the gate. Adult General Admission tickets start at \$42.50 and each ticket includes free admission for up to six youth (ages 15 and under) and free parking. A variety of upgraded tickets and experiences are also available for purchase.

California Capital Airshow gives special thanks to generous partners Sacramento County, the City of Rancho Cordova, Modern Aviation, Keurig Dr. Pepper Snapple Group, Visit Rancho Cordova, Folsom Lake Dodge, Donaghy Sales, SMUD, Thunder Valley Casino Resort, Kaiser Permanente, Atlas Disposal, Sunbelt, Teichert, Elite Power, FOX 40, iHeart Media, and UPS.

In addition, the Airshow team is grateful to its 1,000 passionate volunteers, a long list of committed community supporters, as well as the teams of law enforcement and emergency services that give their time and energy to keep everyone safe.

Tickets and more information can be found at CaliforniaCapitalAirshow.com.★



Make our communities bright with our Shine Awards.
Nonprofits can apply for a chance to receive funding for projects that support and revitalize local communities in the Sacramento region.

We're seeking proposals that promote zero carbon workforce development, environmental justice and equity, inclusive economic development and STEM education. Shine projects align with SMUD's goal of eliminating all carbon emissions from our power supply by 2030, so all our customers will live in a Clean PowerCity®.

- Shine Awards range from \$5,000 to \$100,000.
- Applicants must be incorporated nonprofit organizations within SMUD's service area.
- Awards are competitive and funds are limited.
- Attend an informational webinar.
- Apply online by July 31, 2024 by 11:59 p.m.

As your community-owned, not-for-profit electric service, we're always looking for ways to make our communities shine!

Learn more at smud.org/Shine



Powering forward. Together.

© SMUD 0556-05/24 SMUD and CLEAN POWERCITY are trademarks/service marks of Sacramento Municipal Utility District, Reg. U.S. Pat. & Tm. Off.

The Independent • 3 JULY 12, 2024

Hot, Hot Fourth



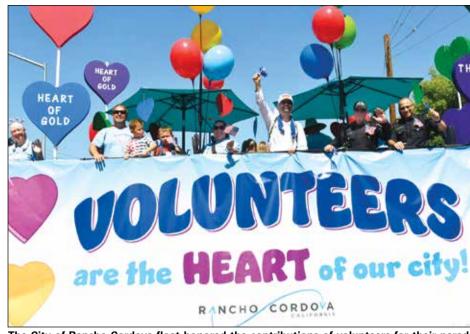
"forward, march" for the Cordova High School Marching Band, one of four bands performing at the Rancho Cordova Fourth of July Parade.



High-flying antics filled the performance of the Los Moralitos Circus, defying not only gravity



Even the audience got into the action at the Los Moralitos Circus, a family of circus performers who entertained at the Rancho Cordova Fourth of July.



The City of Rancho Cordova float honored the contributions of volunteers for their parade entry, celebrating the inaugural Spring Service Day that attracted hundreds of volunteers who



Mayor David M. Sander, Ph.D, and his wife, Maggie, were among the dignitaries who reigned over the crowds at the Rancho Cordova Fourth of July Parade.

Continued from page 1

evening fireworks shows that painted the sky in dazzling, sparkling color, choreographed to music. Audiences responded with appreciation as the heavens exploded in a memorable, golden shower of fireworks for the July 4 finale.

"It was a hot, hot Fourth of July that taxed everyone from our volunteers to our visitors but it was still a great observance of the freedoms we enjoy and celebrate on the Fourth of July," said Shelly Blanchard, executive director of the Cordova Community Council, organizer of the 39th annual event. "It really is a day to focus on the many things we have in common as Americans, no matter what the thermometer says."

Council Shares Waegell Property's City Council Champions Economic Growth **Development Plan**

By Ornella Rossi

RANCHO CORDOVA, CA (MPG) - In a special meeting held July 1, the Rancho Cordova City Council discussed the implementation of a comprehensive development plan for the Waegell property, a milestone in the city's urban expansion strategy.

The Waegell property, sprawling across approximately 1,334 acres at the city's southern portion, lies within the Grant Line North Planning Area, which also encompasses an additional 500 acres in unincorporated Sacramento County. The area has been designated for development for some time and is the last vacant land in the area to go through the entitlement phase of development. Initially conceived in 2007 under the Arboretum Specific Plan, the project stalled until recently with the new interest of revitalizing the site by Reynen & Bardis.

The planning area is projected to accommodate a population of 16,601 residents, with plans for 6,916 dwelling units and 3,634 jobs.

The meeting commenced with detailed presentations from planning manager Darcy Goulart and senior planner Arlene Granadosin-Jones outlining the historical background of the property, potential development scenarios and questions directed at council members for feedback

The plan's key aspects include residential villages, greenways, parks and a comprehensive trail system, emphasizing community connectivity and sustainable

"Learning parameters will help dictate how we place make the community and further celebrate the natural elements," said Granadosin-Jones asking the council for feedback on how they envision the project progressing.

Mayor David M. Sander, Ph.D, highlighted the need for a community centric approach for this development, stating, "This development is more about the

people. We envision a town where different housing types and organic layouts create a vibrant, walkable environment."

Councilmember Linda Budge echoed these sentiments, advocating for a unique blend of executive housing and job opportunities within the development.

"Connectivity is crucial, whether by car, foot, or bicycle. We need a mix of housing types to cater to diverse needs," Budge

Councilmembers emphasized the need for multifamily housing options, including single-family residential rentals and entrylevel opportunities, which are lacking in the city and are crucial for individuals getting into the neighborhood.

"Executive housing is important because we are trying to make this a city where you can live, work and play," said Vice-Mayor Siri Pulipati. "We want people to live here rather than commute."

Pulipati highlighted the project as a cornerstone for Rancho Cordova emphasizing the need for uniqueness.

'Having a theme throughout the community is important, like Mayor Sander said, if you were dropped there, you would know where you are," Pulipati said.

Addressing environmental considerations, Councilmember Gatewood emphasized the potential value of natural amenities such as ponds. He stressed the importance of ensuring such amenities, whether they be lakes, creeks or trails, remain accessible to the public.

Budge highlighted Rancho Cordova's natural beauty and the importance of enhancing public spaces.

"Our backyards are getting smaller, so all of our recreational spaces have a greater burden for providing areas to the community," Budge said.

Looking ahead, the project team will integrate the insights and feedback gathered from the meeting into the next steps of the development process, including consultations with the Planning Commission.

Continued from page 1

week might be reasonable but I think there is also the need to probably have some consideration on how that might work. We might need a bit of flexibility."

Another resolution, approving a Conditional Use Permit, marked another step toward the Mather Veterans Village Phase 4 housing project aimed at supporting homeless and disabled veterans. Adoption of the resolution would also adopt findings overruling the Airport Land Use Commission incompatibility determination.

Councilmember Donald Terry highlighted the project's significance: "We saw a 30% reduction in homeless counts, we are at the precipice of getting to functional zero for veteran homelessness within the city."

Councilmember Garret Gatewood praised the project's location: "Homeless veteran housing on a retired air base next to a VA hospital — you can't plan it better than that."

The Rancho Cordova Class XVII of live in the area and said, "Three days a Leadership Rancho Cordova presented a needed check to the Rancho Cordova Food Locker.

> Executive director Carrie Johnson expressed the importance of the Leadership Rancho Cordova program: "This program is invaluable to our city promoting better ways to collaborate, communicate and lead this great city."

> The class raised an impressive \$36,000, resulting in a \$20,000 donation to the Food Locker, which provides food- related support to those in need.

> Sander praised the initiative stating, "It is so great to see leaders in our community come together to achieve something special for our community."

> Celebrations continued as Rancho Cordova officially marked its 21st

> "It's remarkable to think how far we have come as a city and the efforts we have undertaken," Sander said, reflecting on the city's journey.

Sacramento Native Serves Aboard **USS George Washington**



SACRAMENTO, CA (MPG) - Quartermaster 3rd Class Theresa K. Ulbera, from Sacramento, assigned to navigation department, raises a flag aboard Nimitz-class aircraft carrier USS George Washington (CVN 73) while underway in the Pacific Ocean, June 18, 2024. George Washington is deployed as part of Southern Seas 2024 which seeks to enhance capability, improve interoperability, and strengthen maritime partnerships with countries throughout the U.S. Southern Command area of responsibility through joint, multinational, and interagency exchanges and cooperation. U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Roselia Garcia



4 • The Independent



That's Not Okay

Dear Dave,

My husband and I own a small business. We've been open for 12 years, and fortunately we've been very successful. We made the decision when we first opened to run the business debt-free. Along with that, we only accept cash, checks and debit cards for payment. Recently, we've had a client become very insistent that we start accepting credit cards. Our relationship with this client is becoming a little contentious over the issue. How should we address the situation?

Debra

Dear Debra

Like we, as entrepreneurs, don't have enough things to worry about every, single day, right?

As you might imagine, I have a bunch of people who are mad at me all the time because I don't accept credit cards. But in my case, it's not just a business decision. I teach people all the time

Dave Ramsey Says

not to use credit cards, and why they shouldn't. So, I can't very well go around encouraging folks to just swipe their credit cards when they buy from my company.

For starters, that client is way out of bounds. It's not their place to tell you how to run your business. But you're lucky to only have one person getting pushy about the whole credit card deal. Everything about the credit industry today is out of control. But even though your case is a little different than mine, you have every right to not accept credit cards—especially if you have a moral or values-related issue with the product.

As time goes by, you'll probably have a few other people turn up their noses at the idea of not being able to pay with a credit card, but if you consistently offer great services or products at great prices, those experiences will only be a bump in the road. You don't want to be argumentative when things like this happen, so maybe you can just smile, and let them know you always appreciate input from your clients.

I'm sure you and your husband work hard to make your business the best it can around over a decade after opening up shop is proof of that. You've probably realized, too, that being in business for yourself isn't all sunshine and rainbows every day. Regardless, no one has the right to get in your face over how your business is structured or try to push you into doing things differently. Listening to, and evaluating, suggestions from clients only makes sense. It's a smart thing for any business owner to do. But this one client is saying you should change a long-standing operating principle based on a whim—their whim.

be. The fact that you're still

And that's not okay

- Dave

Dave Ramsey is an eighttime No. 1 national best-selling author, personal finance expert and host of The Ramsey Show, heard by more than 20 million listeners each week. He has appeared on Good Morning America, CBS Mornings, Today Show, Fox News, CNN, Fox Business, and many more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for the company, Ramsey Solutions.

Social Security Matters *Will IRA Withdrawals Affect My Medicare Premiums?*



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I am a member of AMAC and learn so much from the Ask Rusty column. I hope you can give me some information about a question that has come up in my family. My husband is retired and has reached full retirement age. He is considering withdrawing money from an IRA to pay off our mortgage. We are wondering what, if any, penalties may be incurred on Social Security, Medicare, and income tax. Thank you for your help in this matter. Signed: Concerned Taxpayer

Dear Concerned: Thank you for contacting the AMAC Foundation Social Security Advisory Service. Regarding your question on the impact of withdrawing IRA funds, there is no impact to your husband's gross Social Security benefit. The amount withdrawn, of course, is considered ordinary income for federal income tax purposes,

and will need to be included as such on your federal income tax return and will therefore affect your federal income tax liability when you file the return.

Depending on the amount withdrawn, there could be an impact to the Medicare premium due to the Income-Related Monthly Adjustment Amount (IRMAA) provision. Assuming you file jointly, you will pay a higher Medicare Part B premium if your modified adjusted gross income is above certain thresholds (i.e., more than \$103,000 for an individual and \$206,000 for a married couple). Please note that Medicare's procedures will not note this income change for two years, so if you make the withdrawal in 2024 it will not trigger the increases until your 2026 Medicare premiums. A change to your Medicare premium might also result in a change to your net Social Security payment at that time (since Medicare is automatically deducted from your Social Security payment).

Also depending on the amount withdrawn, you may have to pay an additional amount on top of your Medicare Part D premium. The Part D adjustment amount is calculated based on a

percentage of the Part D national base beneficiary premium, not on a percentage of the plan premium.

The Social Security Administration mails letters to beneficiaries who currently pay a Part B Income-Related Monthly Adjustment Amount (IRMAA) and, according to the Centers for Medicare & Medicaid Services (CMS), are in a Part D plan. The letter explains the additional Part D amount, and how exactly Social Security will collect it. You can contact SSA at 1-800-772-1213 or your local SSA agency if you have any further questions about your Part D IRMAA premium.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/ programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

WE SUPPORT

RESPONDERS

Environmental Opposition to Vital Sacramento Area Highway Project is Ridiculous



By Dan Walters, CALMatters.org

Some things are just so ridiculous that they demand critical attention. One of them is the opposition from environmental groups to widening the Interstate 80 freeway between Sacramento and Davis.

For years, motorists have complained about what has been dubbed the "Davis bottleneck" that often backs up traffic for miles. What should be no more than a 10- or 15-minute drive can often take 45 minutes or more.

The state Department of Transportation wants to convert median strips into new traffic lanes that would require a toll payment to traverse. Environmentalists, who are trying to block the project in court, contend that it would merely encourage more drivers to use the stretch of freeway and therefore relief from congestion would be only

temporary.

Opponents also complain that Caltrans and local officials are using the subterfuge of improving pavement to widen the freeway, and that the project runs counter to official state policy of reducing vehicular traffic as a way to reduce greenhouse gasses.

"These projects are being oversold to the public as a way to reduce congestion; they are not," Susan Handy, director of the National Center for Sustainable Transportation, told the Los Angeles Times. "A court decision is going to be very important."

Ironically, Handy's organization is housed in the UC Davis campus, where the chronic congestion spills over.

The complaints might have some validity if this stretch was merely another local commuter route, but it isn't. Interstate 80 is one of the nation's most important transcontinental arteries, running 2,901 from San Francisco to the New York City metropolitan area with much of its route in western states following 19th-century immigrant trails.

The only other east-west interstates are either hundreds of miles to the north or hundreds to the south. That makes I-80 an extremely important route for interstate cargo, a fact evident to anyone who shares the freeway with an endless stream of large trucks.

Moreover, there are no alternative routes because the eastern portion of the freeway is a causeway over a marshy area that's home to wildlife and is often flooded during winter and spring months. Water is diverted into the "Yolo Bypass" from the Sacramento River as an important element of the Sacramento region's flood protection system.

protection system.

Simply put, trucks and cars must either use I-80 between Sacramento and the Bay Area or not move at all. The notion that widening will increase traffic is ludicrous: The traffic will be there regardless because it has nowhere else to go.

"We experience some of

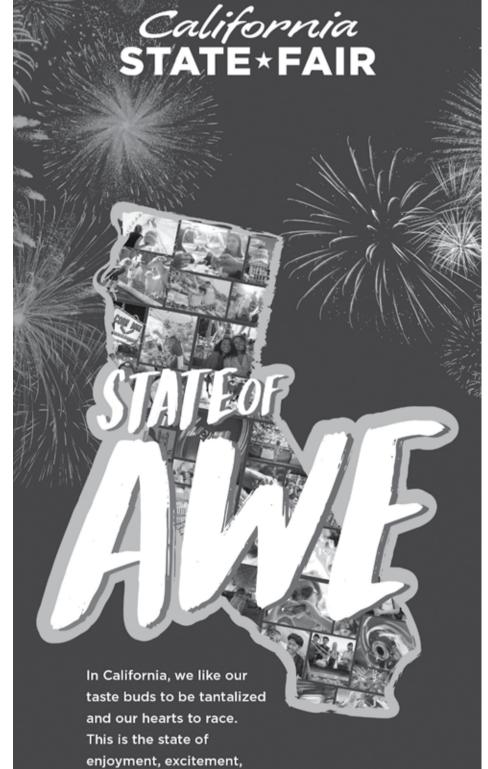
the most severe congestion in California seven days a week," Autumn Bernstein, executive director of the Yolo Transportation District, told the LA Times. "We have more than five hours of congested traffic in the eastbound direction and (in) Davis every afternoon."

The ultimate fate of the project is not certain. The California Transportation Commission gave its approval in May and allocated money to begin work, but the environmental groups are suing, characterizing it as a showdown over the state's official policy of avoiding projects that increase carrying capacity and lead to more traffic.

It's unfortunate that Caltrans officials decided they needed to hide expansion of the freeway as a pavement improvement project and make it a joint project with local officials — with some token funding for mass transit — to sidestep a direct confrontation over environmental impacts.

In a more rational world, the need would be obvious, and officialdom would be criticized for waiting so long to do something about a bottleneck.

Dan Walters is one of most decorated and widely syndicated columnists in California history, authoring a column four times a week that offers his view and analysis of the state's political, economic, social and demographic trends. He began covering California politics in 1975, just as Jerry Brown began his first stint as governor, and began writing his column in 1981.



and entertainment, and our

State Fair celebrates it all.

CalExpoStateFair.com

Get Tickets Today!





And Another Thing

Under California law, all vehicles, including bicycles, must stop at stop signs

By Bob McGarvey

There are quite a few people who ride bicycles in California, and even though I've talked about them before, there has been some news recently about bicyclists who were killed or hurt pretty badly. According to the California Bicycle Laws, bicyclists have the same rights and responsibilities as motor vehicle drivers. "There are some specific rules. Below, for your benefits, we summarize the key sections of the law that relate to cycling.

It was interesting to me when I read that people who ride bikes must ride as close to the right side of the road as practicable. That would be in a regular traffic lane, or even in a bicycle lane, they are supposed to ride on the right side to be safe and away from motor vehicles.

Something else that is really important is riding on the right side of the road in the direction of traffic, except when passing, making a legal left turn, riding on a one way street, riding on a road that is too narrow, or when the right side of the road is closed because of construction. Something else is important, "Under California law, all vehicles, including bicycles, must stop at stop signs. If the roadway has a stop line, the cyclist must stop behind the line." I know most people don't stop at stop signs while riding a bike.

There were some wonderful and eniovable floats in our 4th of July parade this year, and there were also different marching bands. Our Rancho Cordova parade has been one of the best parades in the Sacramento Area. There are many people who have been involved in the parade for quite a few years. We always have thousands of people who have watched our parade for years, and it is very traditional for many people.

Many events are going on this July. We had our city's birthday on July 1, Our Country's Declaration of Independence on July 4th, our Capital Air Show will be the 13th and the 14th of July (instead of September or October), and the California State Fair will be from July 12 to July 28. I hope that one of those events will not be having temperatures more then 100 plus all the way through the month. The Capital Air Show may be pretty hot if there are temperatures like the ones we just had. Some of those are setting new records like 114 degrees in Sacramento. The temperature in Palm Springs was 124 degrees, and in Death Valley the temperature was 128 degrees.

Something happened in California which has not occurred for 13 years, and that is a new incorporated city. Mountain House off 1-580 which is near Tracy, became California's 483rd city. It is the newest city in California since 2011. Rancho Cordova was California's newest city in 2003, and we are city number 478. We wish the best luck for Mountain House, and we will have to go see the new city when we have an opportunity to do so. Good look to the new city.

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

"Forced Worship Stinks in God's Nostrils"



Under a new Louisiana law, every public school from elementary to college will be required to post the Ten Commandments by the end of this year.

If Jesus were around today, and I believe he is, I think he'd find the new law reeking with hypocrisy.

He'd likely question the irony of enforcing Commandment No. 2 in a state that still carries the stench of 130 graven images of confederate "heroes."

He'd likely call "foul," as the LSU Tigers, the eighth-best team nationally, dishonor the Sabbath with Saturday games.

But worst of all, he'd ask if the state legislature planned to include the fine print of Mosaic law with 248 do-this commandments, and 365 definitely-do-notdo-this commandments.

For instance, will the posted commandments include Exodus 21:29, that says if an ox gores someone to death, both the owner and the ox must be executed?

I'm not trying to villainize the Pelican State, but I am trying to prove a point during this season of patriotism about the principle of separation of church and state.

The principle has taken some hits in recent years.

Opponents make two points. First, the separation idea is not in the constitution. Second, they say our founding fathers would have never favored such a split because they sought to make the USA into a Christian nation.

The first argument is true. Separation of church and state is only an interpretation of the First Amendment which clearly forbids our government from establishing a religion. Additionally, it's interpreted to mean the government can't favor any single religion.

The second point is decidedly untrue.

Thomas Jefferson, the primary author of the Declaration of Independence was "not a God-fearing humanitarian but rather a slaveholding epicurean deist," says Tim Alberta in his latest book, "The Kingdom, the Power, and the Glory: American Evangelicals in an Age of Extremism."

"Jefferson was not an earnest follower of Christ but was known to mock revivalists and rarely attend church," Alberta writes.

I gained some understanding of Jefferson's view during my visit to Roger Williams National Memorial last summer. It's possible that Jefferson's understanding of the church and state issue was forged from Williams's.

Living 100 years prior to Jefferson, Williams was excommunicated from the Anglican Church for blasphemy. Banished from his home in 1636, he was forced on a most horrendous walkabout through a blizzard to present-day Rhode Island. It was there he established a Baptist community free from puritanism.

According to a National Park Service article, Roger Williams believed government-established religions were "...responsible for the death of millions of innocent souls whose only crime was having their own, unique conscience."

Williams added with succinct clarity, "Forced worship stinks in God's nostrils."

Alberta notes that Jesus himself "physically ran and hid from the people who desired to make Him king. Jesus dismissed his critics by telling them, 'Give back to Caesar the things that are Caesar's, and to God the things that are God's."

Alberta concludes this thought with an interpretation from a modern-day preacher who gained fame in 1965.

"In other words, pay your taxes, forget politics, and serve God with all your heart."

That man was the late

Jerry Falwell - before he successfully revived his failing college through a political arm called, "The Moral Majority." Imagine what might hap-

pen if a different religion wanted to post their treatise.

Visualize a Baptist mom in New Orleans whose job transfer takes her family to Dearborn Michigan. Once there, she will likely enroll her Baptist son in a school belonging to the largest Muslim-populated school district in the US.

Once in class, Mom will need some assurances that her son can enjoy his religious freedom without being required to memorize the Five Pillars of Islam.

As you approach the voting booth this fall, let's keep church and state separate. But most of all, beyond November, I encourage people of faith to, "Serve God with all your heart." Currently, the Louisiana

law is being legally challenged. In the end, I suspect Louisianans will find, as did a dozen other states, that their law won't pass the "the sniff test."

We Can Do That! мѐ 916-773-1111 All Legal Ads Published by Messenger Publishing Group

CHURCH DIRECTORY

SUN RIVER CHURCH 11223 Trinity River Drive Rancho Cordova • (916) 635-9000 9:00 am Sundays: Youth and Adult classes 10:30 am: Worship Gathering

Nursery and Children's programs available at both 9:00 and 10:30 am

NEW LIFE CENTER A-G 2451 Zinfandel Drive Rancho Cordova • (916) 635-8287

Lead Pastor Lance Feliciano Sunday Service is 10:30 am Wednesday Night Bible 6:30 pm www.newliferc.net

ST. CLEMENT'S **EPISCOPAL CHURCH** www.saint-clements.com 2376 Zinfandel Drive (916)-635-5282

Sunday Worship at 10am Kids' Sunday School During Service The Episcopal Church Welcomes You!

SUNRISE COMMUNITY CHURCH **RANCHO CORDOVA**

Meets Sundays, 12:30 pm at New Life Center

2451 Zinfandel Drive, Rancho Cordova • (916) 710-0142 Senior Pastor Roy Leos

Sunday: 12:30 pm in person and Facebook Live Wednesday: 7 pm via Zoom

www.rcSunrise.org

FIRST BAPTIST CHURCH 10720 Coloma Road • (916) 635-4672

Morning Worship 10:00 am Sunday -Children's Church & Nursery Live Stream on www.fbcrancho.org

Bible Study Senior Ladies 8:45 am, Adults & Children 11:30 am

Midweek Bible Study, Prayer, & Encouragement 6:30 - 8:00 pm Wednesday with Pastor Tom Jones



Place Your Church Services Ad in the Grapevine Independent Church Directory. Call us at 916-773-1111



Publisher, Paul V. Scholl

The Grapevine Independent is a member of Messenger **Publishing Group**

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@mpg8.com.

Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at (916) 773-1111.



Serving Rancho Cordova and Sacramento County Since 1968 It is the intent of the Grapevine Independent to strive for

an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors. The *Grapevine Independent* is not responsible for

unsolicited manuscripts or materials. The entire contents of the Grapevine Independent are copyrighted. Ownership of all advertising created and/or composed by the Grapevine *Independent* is with the publishing company and written permission to reproduce the same must be obtained from the publisher. Subscriptions should be mailed to Grapevine Independent,

7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608. Subscription rate is \$52 per year within Rancho Cordova. \$72 within Sacramento County. The Grapevine Independent is published weekly.

Call 916-773-1111 for more information.





We are proud members of these newspaper associations.



Kings Korner By V.G. Harris



Celebration time, come on! Yes, it really is celebration time in Sac Town, and for the naysayers in the group that were wailing that the free agents were flying by and Monte McNair wasn't pulling the switch, it's time for some credit and accolades.

The most recent acquisition, albeit not yet complete, of free agent DeMar DeRozan, has a 50-plus win season written all over it for our hometown team.

DeRozan, without question one of the most coveted free agents in this year's mix, has apparently chosen the Sacramento Kings over other contenders such as the L.A. Clippers and L.A. Lakers. What makes this exceptional is that DeRozan is from Southern California, and he chose Sacramento over his hometown.

Sacramento has received criticism over the years that the Kings can't attract big free agent names, and the signing of DeRozan may spell an end to that rhetoric.

One of the shortcomings of last year's team was their inability to close out close games, and that they were somewhat too one dimensional with their late game

No question De'Aaron Fox can't be called upon to provide all of the late game heroics, and that was primarily the end game strategy the past couple of seasons. The signing of DeRozan will enhance

opportunities for not only Fox, but Keegan Murray, Domantas Sabonis, and Malik Monk, as well. Opposing teams cannot plan their defense

around stopping De'Aaron Fox with a weapon like DeRozan on the floor, and his scoring ability will undoubtedly enhance the scoring capabilities of everyone around him. DeRozan doesn't come cheap, and part of

the process in procuring a 6-time NBA allstar is making room under the salary cap. To make that happen, the Kings had to shed the 18 million per year they were paying to veteran Harrison Barnes, and Harrison was delt to the San Antonio Spurs who are apparently looking for veteran leadership amid their current youth movement.

For many Kings fans that have enjoyed watching Harrison bring his slashing style

of offense and the mid-range shooting he has

become known for, it's bittersweet. Harrison

was a fixture in the Kings starting lineup since February of 2019, and his durability was one of the unquestionable qualities the

Kings will miss. For a team that led the NBA in scoring just two seasons ago, Sacramento dropped 13 spots last year, and even a stronger defensive presence wasn't enough to make up the difference. Missing the playoffs after making the playoffs just one year ago was a gut punch, and it put a bull's eye on the backs of players that were too inconsistent with their scoring. Harrison, as a starter, was at the top

of the list. So, we wish Harrison well, and usher in a different looking starting lineup that will hopefully include fan favorite Malik Monk, as well.

Without question, DeRozan brings a veteran strength that will show itself in additional wins this season, but the Kings still need help for their all-world center and NBA leader in rebounds Domantas Sabonis.

While Monte McNair could run for mayor of Sacramento and probably win right now, other potential moves are still in the offing. Drew Timme, 6' 10" center from Gonzaga, was just signed to the Kings summer league team, and although not drafted, there is something about this your 23-yearold that will make you look twice. Could he be a diamond in the rough? It's possible, but for much needed up front help, let's not forget that already secured on the Kings roster is little heralded Alex Len, and veteran Trey Lyles.

At times, coaches have a tendency to overlook what they already have, and I for one do not believe that we've seen the best basketball that these two Kings have to offer. For the Chris Duarte fans out there, sadly

Chris was sent to Chicago along with two second round draft picks and money to conclude the DeRozan acquisition. We will miss Chris and his spark off the bench, but like Harrison, the Sacramento fans wish Chris all the best in Chi Town. Stay tuned Kings fans for more magic

from your intrepid GM, and thank you Monte McNair for having the patience to wait for the right player to surface for the Kings.

Welcome DeMar DeRozan!

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

ADVERTISING

Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294 — February 7, 1984 Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380 — September 18, 1969 Citrus Heights Messenger Adjudicated For and By the County of Sacramento, Adjudication No. 34-2020-00273535 — March 12, 2020 The Rio Linda News Adjudicated For and By the County of Sacramento, Adjudication No. 358073 — March 21, 1988

Legal Advertising 7144 Fair Oaks Blvd #5 Carmichael, CA 95608

una copia al demandante. Una

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-04269 Aurae Furniture, 805 Hackberry Avenue, Modesto, CA 95354 is doing business under the Business Name(s) Fictitious "Bedroom & Sofa Discounters/ Sunrise Furniture Discounters" Sunrise Boulevard Rancho Cordova, CA #200 95742. Filed with the Clerk of Sacramento County May 31,

Publish: June 21, 28, July 5, 12, 2024 **BEDROOM**

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-04340 Elizabeth Higgins, 6717 Kate Lane, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) Line Press" 6717 'Sprina Kate Lane, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County June 4, 2024 Publish: June 21, 28, July 5, 12, 2024

SPRING 7-12-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-04444 Mendoza Pichardo. Javier

2309 Moraine Circle, Rancho Cordova, CA 95670 is doing under the Fictitious Business Name(s) Sierra Green Maintenance & Landscaping 2309 Moraine Circle, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County June 6, 2024 Publish: June 21, 28, July 5, 12, 2024

FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-04387 Mark Tingley, 3236 Fitzgerald #G, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Typelike Bods & Rods" 3236 Fitzgerald #G. Rancho Cordova. CA 95742. Filed with the Clerk of Sacramento County June 5, Publish: June 21, 28, July 5, 12, 2024

TYPELIKE FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-04316 Ang Jin, 6045 Hazel Avenue Unit 4. Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Lishuitang TCM Clinic" 6045 Hazel Avenue Unit 4, Orangevale, CA 95662. Filed with the Clerk of Sacramento County June 3, Publish: June 21, 28, July 5, 12, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-04074

LISHUITANG

Hailey Elizabeth Ballew, 5912 Ashworth Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Beyond Business Co" 5912 Ashworth Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County May 23, 2024 Publish: June 21, 28, July 5, 12, 2024

BEYOND FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-04535 Phelecia Anne Curtis, 6633 24th Street, Sacramento, CA 95822 is doing business un-Fictitious Business the "Courage Careers" Name(s) 6633 24th Street, Sacramento, CA 95822. Filed with the Clerk of Sacramento County June 11, 2024 Publish: June 21, 28, July 5, 12, 2024 COURAGE 7-12-24

FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-04040 Joga Singh, 7547 Watt Avenue Suite 1, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "SR Food Store" 7547 Watt Avenue Suite 1. North Highlands, CA 95660. Filed with the Clerk of Sacramento County May 22, 2024 Publish: June 21, 28, July 5, 12, 2024 7-12-24

FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-04642 2507 Billington. Jason Queenwood Drive, Rancho Cordova, CA 95670 is doing under the Fictitious business Business Name(s) "CTE Trades Consultant/CTE Support 2507 Queenwood Advisor" Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County June 13, 2024 Publish: June 21, 28, July 5, 12, 2024 7-12-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-04425

California Good Xchange. 2526 Amelia Earhart Avenue, Sacramento, CA 95834 is doing business under the Fictitious Name(s) 2526 Amelia Earhart Avenue, Sacramento, CA 95834. Filed with the Clerk of Sacramento County June 5, 2024 Publish: June 21, 28, July 5, 12, 2024 FICTITIOUS BUSINESS NAME

CGX 7-12-24 STATEMENT FBNF2024-04705

Apotheca Holdings LLC, 3005 Marlynn Street, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Delta 9 Elements Manufacturing/Delta 9 Elements Distribution" 108 Otto Circle, Sacramento, CA 95822. Filed with the Clerk of Sacramento County June 17, 2024 Publish: June 28, July 5, 12, 19, 2024 DELTA FICTITIOUS BUSINESS NAME

7-19-24

STATEMENT FBNF2024-04697 Elias Mazahreh, 4932 Donovan Drive, Carmichael, CA 95608 is doing business under the Business Name(s) Staffing" 4932 Fictitious "Acquire Donovan Drive, Carmichael,

CA 95608. Filed with the Clerk of Sacramento County June 14, 2024

Publish: June 28, July 5, 12, 19, 2024 ACQUIRE

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-04689 Yuliy Kyrylyuk, 3843 Thornwood Drive, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Yulia Kirk" 3843 Thornwood Drive. Sacramento, 95821. Filed with the Clerk of Sacramento County June 14, 2024

Publish: June 28, July 5, 12, 19, 2024 7-19-24 YULIA FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-04741 Rott10.com LLC, 2453 Werbe Lane 166, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Rott10.com LLC" 2453 Werbe Lane 166. Carmichael. CA 95608. Filed with the Clerk of Sacramento County June 20, 2024 Publish: June 28, July 5, 12, 19, 2024

ROTT FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-04754 Angie Caler LLC, 174 Westbury Circle, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "It's Your Faith" 174 Westbury Circle, Folsom, CA 95630. Filed with the Clerk of Sacramento County June 20, 2024 Publish: June 28, July 5, 12, 19, 2024 7-19-24

STATEMENT FBNF2024-04522 Onovative, LLC, 920 19th Street North Birmingham, AL 35203 is doing business under the Fictitious Business Name(s) "Connect By Main Street" 920 19th Street, North Birmingham, AL 35203. Filed with the Clerk of Sacramento County June 10,

FICTITIOUS BUSINESS NAME

Publish: July 5, 12, 19, 26, 2024 CONNECT

2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-04819 Bierce Design Build LLC, 3437 North Myrtle Avenue #365, Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Heirloom Builders" 3437 Myrtle Avenue #365, North Highlands, CA 95660. Filed with the Clerk of Sacramento County June 24, 2024 Publish: July 5, 12, 19, 26, 2024 7-26-24 HEIRLOOM FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-04468 Gallow. Jordan 7210 Greenhaven Drive Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "Coupure Juices" 7210 Greenhaven Drive A-2, Sacramento, CA 95831. Filed with the Clerk of Sacramento County June 7, Publish: July 5, 12, 19, 26, 2024 COUPURE

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-04768 Viktor Kosvuk, 7836 Abbington Way, Antelope, CA 95843 is doing business under the Fictitious Konstanta 7836 Abbington Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County June 20, 2024 Publish: July 5, 12, 19, 26, 2024 KONSTANTA

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-04838 Corporation, Chenz Fruitridge Road, Sacramento, CA 95822 is doing business under the Fictitious Business "Encore Name(s) Dental Services" 2378 Fruitridge Road, Sacramento, CA 95822. Filed with the Clerk of Sacramento County June 24, 2024 Publish: July 5, 12, 19, 26, 2024 7-26-24 FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-04656 Larisa Dzyuba, 7432 Butterball Sacramento, CA 95842 is doing business under the Business Name(s) **Fictitious** "Secure Notary Solutions" 7432 Butterball Way, Sacramento, CA 95842. Filed with the Clerk of Sacramento County June 13, Publish: July 5, 12, 19, 26, 2024 SECURE

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-04846

Fire Wings By The Four Pillars, LLC, 2100 13th Street, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Fire Wings" 5350 Sunrise Boulevard, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County June 24, 2024 Publish: July 5, 12, 19, 26, 2024 7-26-24 FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-04942

Village Sierra Sacramento. Longview 3451 Drive, Sacramento, CA 95821 is doing business under the Fictitious

Business Name(s) "Sierra Village Apartments" 5416 Jackson Street. North Highlands, CA 95660. Filed with the Clerk of Sacramento County June 27, 2024 Publish: July 5, 12, 19, 26, 2024 FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-04865

Victor Chuong, 5946 Stockton Boulevard, Sacramento, CA Boulevard, 95824 is doing business under the Fictitious Business Name(s) "Season Salon" 5946 Stockton Boulevard, Sacramento, CA 95824. Filed with the Clerk of

Sacramento County June 25, Publish: July 5, 12, 19, 26, 2024 7-26-24 SEASON

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-04872 Jill Rachelle Lavton, 5151 Keane Drive, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Noble Paws" 5151 Keane Drive, Carmichael, CA 95608. Filed with the Clerk of Sacramento County June 25, 2024 Publish: July 12, 19, 26, August 2, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-04703 Angelina Rybikova, Pasadena Avenue, CA 95821 is doing business under the Fictitious Business Name(s) "Divine Design & Rental 3932 Pasadena Avenue, CA 95821. Filed with the Clerk of Sacramento County June 17, 2024 Publish: July 12, 19, 26, August 2, 2024 DIVINE

STATEMENT FBNF2024-04658 Bowinkle's Drive Thru, 10423 Rancho Folsom Boulevard, Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Bowinkle's Drive Thru Inc 2" 10423 Folsom Boulevard, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County June 13, 2024

FICTITIOUS BUSINESS NAME

Publish: July 12, 19, 26, August 2, 2024 BOWKNKLES FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-04896 Marwa Diaf, 11867 Country Garden Drive, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Happy Latte Studios" Country 11867 Garden Drive, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County June 25, 2024 Publish: July 12, 19, 26, August 2, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-04895 Bruce Stender, 6800 Stonecrop Court, Citrus Heights, CA 95621 is doing business under the Business Name(s) "Angry Beaver Stump Grinding Tree Services" 6800 Stonecrop Court, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County June 25, Publish: July 12, 19, 26, August 2, 2024

8-2-24 angry FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05050

Eva Macaraeg Segal and Jonathan Elliot Segal, 11406 Forty Niner Circle, Gold River, 95670 is doing business under the Fictitious Business Name(s) "Aprima Salon" 5200 Sunrise Boulevard Suite 100. Fair Oaks, CA 95864. Filed with the Clerk of Sacramento County July 1, 2024 Publish: July 12, 19, 26, August 2, 2024

APRIMA FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-04907 Douglas Scott Oughton and Bunnie R. Oughton, 6632 Pepperwood Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Oughton's Repair/Bunnies Lampshade Recorvering" 6632 Pepperwood Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County June 25, Publish: July 12, 19, 26, August 2, 2024 OUGHTON 8-2-24

STATEMENT FBNF2024-05138 Grace Lundgren, 1424 Grey Owl Circle, Roseville, CA 95661 is doing business under the Fictitious Business Name(s)
"Nailz By G 916" 7529 Sunset Avenue Suite E1, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County July 2, 2024 Publish: July 12, 19, 26, August 2, 2024

FICTITIOUS BUSINESS NAME

ORDER TO SHOW CAUSE CHANGE OF NAME SUPERIOR COURT OF **CALIFORNIA**

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV010785 Thi Bao Nguyen Ha has filed a petition with this court for a decree changing the name(s) of Thi

Bao Nguyen Ha to Anna Nguyen IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on August 28, 2024, at 9:00

a.m. in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 3, 2024 Christopher E. Krueger, Judge of the Superior Court Publish: June 21, 28, July 5, 12, 2024 SUPERIOR COURT OF **CALIFORNIA**

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE **CHANGE OF NAME** #24CV011759 Micayla Nicole Scannell has filed a petition with this court for a decree changing the name(s) of

Micayla Nicole Scannell to Kayla Nicole Cervantes.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this

court on October 15, 2024, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 14, 2024 Richard K. Sueyoshi, Judge of

the Superior Court

Publish: June 21, 28, July 5, 12, 2024 SCANNELL 7-12-24 SUPERIOR COURT OF

CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV012079

Duraid Fahed Marar Batayeh has filed a petition with this court for a decree changing the name(s) of Duraid Fahed Marar Batayeh to David Duraid Batayeh.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on September 12, 2024, at 9:00 a.m. in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 20, 2024

Christopher E. Krueger, Judge of the Superior Court Publish: June 28, July 5, 12, 19, 2024

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV011088

Bibi Anisa Rahmani has filed a petition with this court for a decree changing the name(s) of Bibi Anisa Rahmani to Anisa Sadat.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on October 2, 2024, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 3, 2024 Richard K. Sueyoshi, Judge of

the Superior Court Publish: June 28, July 5, 12, 19, 2024 7-19-24 SUPERIOR COURT OF

CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE **CHANGE OF NAME** #24CV008467 Brittney Roberts has filed a pe-

tition with this court for a decree changing the name(s) of Aubrie Leyla Parker to Aubrie Leyla Mclaughlin-Roberts. IT IS ORDERED that all per-

sons interested in the above-entitled matter appear before this court on September 3, 2024, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: May 1, 2024 Richard K. Sueyoshi, Judge of

the Superior Count Publish: July 5, 12, 19, 26, 2024 7-26-24 SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE **CHANGE OF NAME**

Fam Choy Saechao has filed a petition with this court for a decree changing the name(s) of Fam Choy Saechao to Linda Fam Chov Saechao. IT IS ORDERED that all per-

#24CV012944

sons interested in the above-entitled matter appear before this court on October 29, 2024. at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 28, 2024

Richard K. Sueyoshi, Judge of the Superior Court Publish: July 5, 12, 19, 26, 2024 SAECHAO 7-26-24 SUPERIOR COURT OF

CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE **CHANGE OF NAME** #24CV012680 Cassandra Shaunte Diaz has filed a petition with this

court for a decree changing the name(s) of Olivia Ann McKinney-Diaz to Olivia Ann Diaz IT IS ORDERED that all persons interested in the above-en-

titled matter appear before this court on October 24, 2024, 1:30 p.m. in Department 53, located at 813 6th Street. Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 26, 2024 Richard K. Sueyoshi, Judge of the Superior Court Publish: July 12, 19, 26, August 2, 2024

CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV013010 Stanley James Parker has filed

a petition with this court for a

SUPERIOR COURT OF

decree changing the name(s) of Stanley James Parker to TySean Lamonta McDaniel IT IS ORDERED that all persons interested in the above-entitled matter appear before this

court on October 30, 2024, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: July 1, 2024 Richard K. Sueyoshi, Judge of the Superior Court

Publish: July 12, 19, 26, August 2, 2024 NOTICE OF PETITION TO ADMINISTER ESTATE

ADMINISTER ESTATE OF

NOTICE OF PETITION TO

BRUCE MICHAEL LAMBERT, AKA BRUCE LAMBERT CASE NO. 24PR001933

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Bruce Michael Lambert, aka Bruce Lambert.

A Petition for Probate has been filed by Emma Victoria La Torre, in the Superior Court of California, County of Sacramento, requesting Emma Victoria La Torre be appointed as personal representative(s) to administer the estate of the dece-The petition requests authority

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

A hearing on the petition will be held in this court as follows August 8, 2024, 9:00 a.m. in Dept 129; Superior Court of California. County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the grant-

ing 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 Codé, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Michael Yee, Yee Law Group, 4010 S Land Park Drive, Suite B, Sacramento, CA 95822; 916-927-9001 Publish: July 12, 19, 26, 2024 LAMBERT 7-26-24

California law

SUMMONS

SUMMONS (CITACION JUDICIAL)

CASE NUMBER: 23CV008648 NOTICE TO DEFENDANT: Jeanette Marie Hutchinson YOU ARE BEING SUED BY PLAINTIFF: James Vossler. NOTICE! You have been sued.

The court may decide against vou without your being heard unless you respond within 30 days. Read the information below. You have 30 CALENDAR DAYS after this summons and

legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-(www.courtinfo. Help Center ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an

attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Website (www.lawhelpcalifornia. org), the California Courts Online Self-Help Center (www.courtinfo. ca.gov/selfhelp), or by contacting your local court or county bar association, NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. AVISO! Lo han demandado. Si no responde dentro de 30 dias, la corte puede decidir en su contra sin escuchar su version. Lea la informacion a continuacion. Tiene 30 DIAS DE CALENDARIO despues de que

le entreguen esta citacion y pa-

peles legales para presentar una

respuesta por escrito en esta

corte y hacer que se entregue

carta o una llamada telefonica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www. sucorte.ca.gov) en la biblioteca de leves de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia.

Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes California, (www.sucorte. ca.gov) o poniendose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperacion de \$10,000 o mas de valor recibida mediante un acuerdo o una concesion de arbitraie en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desechar el caso.

The name and address of the court is: (El nombre v direccion de la corte es): Gordon Schaber Sacramento County Courthouse, 720 9th Street, Sacramento, CA 95814

The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): Tab Artis, The Artis Law Firm, APLC., 535 North Brand Boulevard, Suite North Brand Boulevard, Glendale, CA 91203; 818-532-5599.

Date: (Fecha) October 30, 2023 Clerk (Secretario) S. Woltmon, Deputy (Adjunto)

Publish: June 28, July 5, 12, 19, 2024 VOSSLER

SUMMONS (CITACION JUDICIAL) CASE NUMBER: 23CV000232 NOTICE TO DEFENDANT: Roger Edwards; and DOES 1 to

20. inclusive

YOU ARE BEING SUED PLAINTIFF: Five Restoration & Construction, Inc..

NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below. You have 30 CALENI

DAYS after this summons and

legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-(www.courtinfo. Help Center ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further

warning from the court.

There are other legal require-

ments. You may want to call an

attorney right away. If you do not

know an attorney, you may want

to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Website (www.lawhelpcalifornia. org), the California Courts Online Self-Help Center (www.courtinfo. ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. AVISO! Lo han demandado. Si no responde dentro de 30 dias, la corte puede decidir en su contra sin escuchar su version. Lea la informacion a continuacion. 30 DIAS DE Tiene

CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefonica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www. sucorte.ca.gov) en la biblioteca de leves de su condado o en la

corte que le quede mas cerca. Si

no puede pagar la cuota de pre-

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

LEGAL ADVERTISING

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

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

Citrus Heights Messenger Adjudicated For and By the County of Sacramento, Adjudication No. 34-2020-00273535 – March 12, 2020

The Rio Linda News Adjudicated For and By the County of Sacramento, Adjudication No. 358073 – March 21, 1988

Legal Advertising 7144 Fair Oaks Blvd #5 Carmichael, CA 95608

SUMMONS

sentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia.

Hav otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes California, (www.sucorte. ca.gov) o poniendose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperacion de \$10,000 o mas de valor recibida mediante un acuerdo o una concesion de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desechar el caso.

court is: (El nombre v direccion de la corte es): Sacramento County Superior Court, 720 9th Street, Sacramento, CA 95814 The name, address and tele-

The name and address of the

phone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): Mark R. Meyer, 500 Sutter Street. Suite 201, San Francisco, CA 94102, 415-684-8885. Date: (Fecha) April 25, 2023

Clerk (Secretario) B Singh, Deputy (Adjunto) Publish: July 5, 12, 19, 26, 2024 SUMMONS (CITACION JUDICIAL)

CASE NUMBER: STK-CV-LAT-2023-0005189 NOTICE TO DEFENDANT: Natalie Grace Conner, Tammy

Conner: and Does 1 to 100.

YOU ARE BEING SUED BY PLAINTIFF: Kenneth Anugwara. NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days.

Read the information below.

You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear

your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo. ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file vour response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal require-

ments. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Website (www.lawhelpcalifornia. org), the California Courts Online Self-Help Center (www.courtinfo. ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. AVISO! Lo han demandado. Si no responde dentro de 30 dias. la corte puede decidir en su contra sin escuchar su version. Lea la informacion a continuacion. DIAS

CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefonica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte v mas informacion en el Centro de Ayuda de las Cortes de California (www. sucorte.ca.gov) en la biblioteca de leyes de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia. Hay otros requisitos legales.

Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California. (www.sucorte. ca.gov) o poniendose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperacion de \$10,000 o mas de valor recibida mediante un acuerdo o una concesion de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desechar el

The name and address of the court is: (El nombre y direccion de la corte es): San Joaquin County Superior Court, 180 E. Weber Avenue, Stockton, CA 95202 The name, address and tele-

phone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): Kelechi C. Emeziem, Esq., Emeziem & Others, 333 Hegenberger Road #503, Oakland, CA 94612, 510-628-Date: (Fecha) May 19, 2023

Deputy (Adjunto) Publish: July 5, 12, 19, 26, 2024 ANUGWAŔA

Clerk (Secretario) Jessica Cayo,

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME STATEMENT OF ABANDONMENT

OF FICTITIOUS BUSINESS NAME FILE NO. FBNF2020-06510 The following person(s) has/

have abandoned the use of the FICTITIOUS BUSINESS NAME of: Delta 9 Elements Manufacturing, 108 Otto Circle, Sacramento, CA 95822. Aurum Translucence LLC, 108 Otto Circle, Sacramento, CA

95822. **Fictitious** Business The Name Statement was filed on 9/16/2020 in the County of Sacramento.

Filed with the clerk of Sacramento County: September 16, 2020. Publish: June 28, July 5, 12, 19, 2024

7-19-24

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE NO. FBNF2022-08249 The following person(s) has/

have abandoned the use of the FICTITIOUS BUSINESS NAME of: Cruzcas Costume Design, 6151 Shadow Lane Apt #170, Citrus Heights, CA 95621. Lecy Castro, 6151 Shadow Lane Apt #170, Citrus Heights, CA 95621. **Fictitious** Business

Name Statement was filed on 11/9/2022 in the County of

The

Sacramento. Filed with the

9, 2022.

this foreclosure by the Trust-ee: CA-24-984467-SH to find

the date on which the trustee's

sale was held, the amount of

the last and highest bid, and

the address of the trustee.

Second, you must send a writ-

ten notice of intent to place a

bid so that the trustee receives

it no more than 15 days after

the trustee's sale. Third, you must submit a bid so that the

trustee receives it no more

than 45 days after the trustee's

sale. If you think you may qual-

ify as an "eligible tenant buyer" or "eligible bidder," you should

consider contacting an attor-

ney or appropriate real estate

professional immediately for

advice regarding this potential right to purchase. **NOTICE TO**

PROSPECTIVE OWNER-OC-

CUPANT: Any prospective owner-occupant as defined

in Section 2924m of the Cal-

ifornia Civil Code who is the

last and highest bidder at the

trustee's sale shall provide the

required affidavit or declaration

of eligibility to the auctioneer at

the trustee's sale or shall have

it delivered to QUALITY LOAN

SERVICE CORPORATION by

5 p.m. on the next business

day following the trustee's sale

at the address set forth in the

below signature block. The

undersigned Trustee disclaims

any liability for any incorrect-

ness of the property address or

other common designation, if

any, shown herein. If no street

address or other common des-

ignation is shown, directions

to the location of the property

may be obtained by sending a

written request to the benefi-

ciary within 10 days of the date

of first publication of this Notice

of Sale. If the sale is set aside

for any reason, including if the

Trustee is unable to convey

title, the Purchaser at the sale

shall be entitled only to a return

of the monies paid to the Trust-

ee. This shall be the Purchas-

er's sole and exclusive reme-

dy. The purchaser shall have

no further recourse against the

Trustor, the Trustee, the Bene-

ficiary, the Beneficiary's Agent,

or the Beneficiary's Attorney. If

you have previously been dis-

charged through bankruptcy,

you may have been released

of personal liability for this loan

in which case this letter is in-

tended to exercise the note

holders right's against the real

property only. Date: QUALITY

RATION 2763 Camino Del

Rio S San Diego, CA 92108

619-645-7711 For NON SALE

information only Sale Line:

800-280-2832 Or Login to:

http://www.qualityloan.com

Reinstatement Line: (866)

LOAN SERVICE CORPO-

984467-SH IDSPub #0202979

7/5/2024 7/12/2024 7/19/2024

GRAPEVINE INDEPENDENT 7-19-24

A.P.N.:076-0054-012-0000

No.:

TS No.: **CA-24-**

2024-00252-CA

645-7711 Ext 5318 QUALIT

LOAN

RATION

SERVICE CORPO-

clerk Sacramento County: November Publish: June 28, July 5, 12, 19, 2024 CRUZCAS TRUSTEE SALE NOTICE OF TRUSTEE'S SALE TS No. CA-24-984467-SH Order No.: 2423897CAD YOU ARE IN DEFAULT UN-DER A DEED OF TRUST DATED 12/12/2007. UNLESS YOU TAKE ACTION TO PRO-TECT YOUR PROPERTY. IT MAY BE SOLD AT A PUB-LIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEED-ING AGAINST YOU, YOU SHOULD CONTACT A LAW-YER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union. or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made. but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): Jotti Kumari and Maharaj Recorded: 12/24/2007 as Instrument No. **XXX** in Book 20071224 Page 1523 of Official Records in the office of the Recorder of SAC-RAMENTO County, California; Date of Sale: 8/9/2024 at 9:00 AM Place of Sale: At the East Main Entrance of the Gordon D. Schaber Sacramento County Courthouse, 720 9th Street, Sacramento, CA 95814 Amount of unpaid balance and other charges: \$157,647.11 The purported property address is: 2400 SO-NATA DR, RANCHO CORDO-VA, CA 95670 Assessor's Parcel No.: 058-0101-014-0000 TO POTENTIAL BIDDERS: If you are considering bidding on this property you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the nignest 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

Property Address: 2209 MAX-INE WAY, RANCHO CORDO-VA, CA 95670 NOTICE OF TRUSTEE'S SALE PURSUANT TO CIVIL CODE § 2923.3(a) and (d), THE SUMMARY OF INFOR-MATION REFERRED TO BE-LOW IS NOT ATTACHED TO THE RECORDED COPY OF THIS DOCUMENT BUT ONLY TO THE COPIES PROVIDED

you consult either of these re-

sources, 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 resched-

uled time and date for the sale

of this property, you may call

800-280-2832 for information

regarding the trustee's sale or visit this internet website

http://www.qualityloan.com,

using the file number assigned

to this foreclosure by the Trust-

ee: CA-24-984467-SH. Infor-

mation 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 website. The

best way to verify postpone-

ment information is to attend

the scheduled sale. NOTICE TO TENANT: You may have

a right to purchase this prop-

erty after the trustee auction

pursuant to Section 2924m

of the California Civil Code. If you are an "eligible tenant

buyer," you can purchase the

property if you match the last

and highest bid placed at the

trustee auction. If you are an "eligible bidder," you may be

able to purchase the property if

you exceed the last and high-

est bid placed at the trustee

auction. There are three steps to exercising this right of pur-

chase. First, 48 hours after the

date of the trustee sale, you

can call 800-280-2832, or vis-

it this internet website http://

www.qualityloan.com, using

the file number assigned to

NOTE: THERE IS A SUMMA-RY OF THE INFORMATION IN THIS DOCUMENT AT-**TACHED**

TO THE TRUSTOR.

注:本文件包含一个信息摘要 참고사항: 본 첨부 문서에 정보 요약서가 있습니다 NOTA: SE ADJUNTA UN NOTA: SE ADJUNTA UN RESUMEN DE LA INFOR-

MACIÓN DE ESTE DOCU-**MENTO** TALA: MAYROONG BUOD NG IMPORMASYON SA DO-KUMENTONG ITO NA NAKA-

LAKIP LỰU Ý: KÈM THEO ĐÂY LÀ BẢN TRÌNH BÀY TÓM LƯỢC VỀ THÔNG TIN TRONG TÀI

LIÊU NÂY

IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UN-DER A DEED OF TRUST DATED 11/10/2005. UNLESS YOU TAKE ACTION TO PRO-TECT YOUR PROPERTY, IT MAY BE SOLD AT A PUB-LIC SALE. IF YOU NEED AN EXPLANATION OF THE NA-TURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAW-

Trustor: HARRIETT L PEDER-SEN, A Widow Duly Appointed Trustee: Western Progressive, LLC Deed of Trust Recorded

11/21/2005 in Book 20051121, Page 1920 and further modified by that certain Modification Agreement recorded on 04/25/2008 in Book 20090128, Page 0367 of Official Records in the office of the Recorder of

Sacramento County, Califor-

nia.

Date of Sale: 08/15/2024 at

01:30 PM Place of Sale: MAIN **ENTRANCE EAST** TO THE COUNTY COURT-HOUSE 720 9TH STREET, SACRAMENTO, CA 95814 Estimated amount of unpaid

balance, reasonably estimated costs and other charges: \$ 197,238.27 OF TRUSTEE'S SALE THE TRUSTEE WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK

DRAWN ON A STATE OR

NATIONAL BANK, A CHECK

DRAWN BY A STATE OR

FEDERAL CREDIT UNION OR A CHECK DRAWN BY A STATE OR FEDERAL SAV-INGS AND LOAN ASSOCIA-TION. A SAVINGS ASSOCI-ATION OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE:

All right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described as: More fully described in said Deed of Trust. Street Address or other common designation of real property: 2209 MAXINE WAY, RANCHO CORDOVA, CA 95670 A.P.N.: 076-0054-012-0000

Trustee The undersigned disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. The sale will be made, but without covenant or warranty. expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust 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: \$ 197.238.27.

Note: Because the Beneficiary reserves the right to bid less than the total debt owed, it is possible that at the time of the sale the opening bid may be less than the total debt. If the Trustee is unable to con-

vey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary of the Deed of Trust has executed and deliv-

ered to the undersigned a written request to commence foreclosure, and the undersigned caused a Notice of Default and Election to Sell to be recorded in the county where the real property is located. TRUSTEE'S NOTICE OF SALF

NOTICE TO POTENTIAL BID-

DERS: If you are considering bidding on this property lien. you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company. either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on this property. PROPERTY NOTICE TO OWNER: The sale date shown on this notice of sale may be postponed one or more times

Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (866)-960-8299 or visit this Internet Web site https://www. altisource.com/loginpage.aspx using the file number assigned to this case 2024-00252-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. NOTICE OF TRUSTEE'S SALE NOTICE TO TENANT:

by the mortgagee, beneficiary,

trustee, or a court, pursuant to

You may have a right to purchase this property after the trustee auction, if conducted after January 1, 2021, pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call (877)-518-5700, or visit this internet website https://www.

realtybid.com/, using the file

NOTICE OF GENERAL MUNICIPAL ELECTION IN THE CITY OF RANCHO CORDOVA

Notice is hereby given that a General Municipal Election will be held in

the City of Rancho Cordova on Thursday, the 5th day of November, The offices for which candidates may be nominated are:

City Council Member District 1 Full Term of Four Years

City Council Member District 3 City Council Member District 4 CANDIDATE QUALIFICATIONS: Each candidate must meet the fol-

Full Term of Four Years Full Term of Four Years

act or applicable code: 1. Must be a citizen of the United States;

lowing minimum qualifications for office as specified in the principal

- 2. Must be a registered voter, reside in the eligible District, and are otherwise qualified to vote for the office of City Council Member at
- the time that the nomination papers are issued. CODE REFERENCES: California Elections Code Sections 201, 10220, 10227, and 12101.

Official nomination documents for candidates may be obtained from and filed with the Rancho Cordova City Clerk's Office at 2729

Prospect Park Drive, Rancho Cordova, CA 95670 Monday through Friday during the hours of 8:00 a.m. to 5:00 p.m. The documents will be available on and after July 15, 2024 and must be filed no later than 5:00 p.m. on August 9, 2024. Appointments are

recommended by calling (916) 851-8805. In the event there are insufficient or no nominees for any office, the City Clerk shall submit a certificate of these facts to the Rancho Cordova City Council, and the City Council, at a regular or special

meeting, shall adopt a course of action prescribed by the California Elections Code §10229. (Vote Center locations will be open on November 5, 2024 between the hours of 7:00 a.m. and 8:00 p.m. See County of Sacramento Voter Registration and Elections Department Website for additional dates,

hours of operation, and locations of Vote Centers)

Stacy Leitner, City Clerk City of Rancho Cordova

Dated this 28th day of June, 2024.

Printed in the Grapevine Independent on July 5, 2024 and July 12, 2024.

Legal Advertising Hotli 916-483-2299 LEGAL ADVERTISING

Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294 – February 7, 1984 ho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380 – September 18, 1968 Heights Messenger Adjudicated For and By the County of Sacramento, Adjudication No. 34-2020-0973535 – March 12, 20

Legal Advertisir 7144 Fair Oaks Blvd # Carmichael, CA 9566

TRUSTEE SALE

number assigned to this case 2024-00252-CA to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid, by remiting the funds and affidavit described in Section 2924m(c) of the Civil Code, so that the

trustee receives it no more

than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase.

Date: July 1, 2024 Western

Date: July 1, 2024 Western Progressive, LLC, as Trustee for beneficiary C/o 1500 Palma Drive, Suite

Ventura, CA 93003 Sale Information Line: (866) 960-8299 https://www.altisource.com/LoginPage.aspx Trustee Sale Assistant
WESTERN PROGRESSIVE,
LLC MAY BE ACTING AS
A DEBT COLLECTOR ATTEMPTING TO COLLECT A
DEBT. ANY INFORMATION
OBTAINED MAY BE USED
FOR THAT PURPOSE. RANCHO CORDOVA GRAPEVINE INDEPENDENT
Publish: 7/12/2024, 7/19/2024,

7/26/2024 GRAPEVINE INDEPENDENT 7-26-24



City of Rancho Cordova Notice of Public Hearing Correction

NOTICE is hereby given that on **Tuesday**, **September 3**, **2024** at **5:30 p.m.**, (Originally published as August 19, 2024) or as soon thereafter as the matter may be heard, the City Council of the City of Rancho Cordova will hold a Public Hearing at the **Rancho Cordova City Hall, located at 2729 Prospect Park Drive, Rancho Cordova**, to consider the following:

A RESOLUTION OF THE CITY COUNCIL APPROVING MAXIMUM RATE ADJUSTMENTS FOR RESIDENTIAL SOLID WASTE COLLECTION AND STREET SWEEPING SERVICES FOR THE PERIOD FROM JANUARY 1, 2025 THROUGH JULY 1, 2029

The purpose of this public hearing is to provide an opportunity for residential solid waste rate payers to provide public comment on the proposed maximum residential solid waste and street sweeping rate adjustments for the period from January 1, 2025 through July 1, 2029.

The City of Rancho Cordova encourages interested parties to attend public meetings and comment on the issues being discussed. If you wish to provide testimony and are unable to attend the meeting, written comments that are delivered to the City Clerk's office prior to the time of the hearing will be made a part of the public record. Questions regarding this matter should be directed to the City of Rancho Cordova Public Works Department at (916) 851-8710.

NOTICE REGARDING CHALLENGES TO DECISIONS

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

ADA COMPLIANCE STATEMENT Disabilities Act if you need special

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

Printed in the Grapevine Independent on July 12, 2024

PUBLIC NOTICE Golden State Water Company's 2024 Annual Water Quality Reports (Consumer Confidence

Reports) detailing local water quality and service during the 2023 calendar year are now available. Interested parties who would like to view or print a copy can access the reports at: www.gswater.com/annual-water-quality-reports.

Grapevine Independent 7-12-2024





Employment Opportunities

We Are Hiring

Opportunities at Messenger Publishing Group Email your resume to Publisher@MPG8.com

Circulation Manager - We are seeking a full-time Circulation Manager to oversee our 18 local newspapers. Duties include managing the weekly reporting of distribution, preparation for weekly audits, managing and recruiting our carrier staff, preparing and reporting postal statements, customer service support, physical labor repairing and replacing newsstands, setting up new locations, and other related duties needed to run the circulation department. This position works primarily in Carmichael but will require some local travel to our other offices in the Sacramento region. The hours may vary but are flexible due to the nature of the duties. Office Administration - We are

seeking a full-time administrative support person for our newspaper group. This position works in the Carmichael office and works directly with the Office Manager. Work hours are between 8:30 to 5:00 Monday through Friday. Previous office experience is required. Primary duties are working with customers and assisting with weekly legal advertising filings. We also have a part-time position available in West Sacramento available in August

legal advertising filings. We also have a part-time position available in West Sacramento available in August.

City Reporter - We are seeking a full-time City Reporter for our newspaper group. This position may be assigned to work in the Carmichael office or another area office and works directly with the Managing Editor. Work hours are

flexible depending on assignments. Pre-

part-time copy editor for our newspaper group. This position works in the Carmichael office and works directly with the Managing Editor. Work hours are flexible between 8:30 to 5:00 Monday through Friday. Previous editing experience is required. **Delivery Driver –** Weekly Hauling

Copy Editor - We are seeking a

to Marysville- We are seeking a parttime Delivery Driver for our newspaper group. This position would transport newspapers from our Carmichael office to our offices in Marysville and Gridley. Work hours are from 8:30 to 4:00 every Thursday. Must be able to lift and move bundles of newspapers without assistance. Must have your own reliable cargo van. This is an independent contractor position and pays a flat rate for your service. Newsstand Delivery Driver/Local

- We are seeking a part-time Newsstand Deliver Driver for our newspaper

stand Deliver Driver for our newspaper group. This position works from the Carmichael office and delivers to our locations in the West Sacramento/Sacramento Region. Routes also available in Elk Grove, Pocket, East Sacramento, Arden Arcade. Work hours are from 8:30 to 5:00 Thursday and/or Friday. Must be able to lift and move bundles of newspapers without assistance. You must have a reliable vehicle. This is an independent contractor position. Previous experience preferred.

vious reporting experience is required.

To find out more or to apply:

Email your questions or resume to Publisher@MPG8.com

Dangerous Heatwave Continues

Continued from page 1

and emergency managers on regional needs.

Through Listos California, the Office of Emergency Services deployed in-language preparedness messaging to California's most impacted communities and those who might be most at risk during extreme temperatures, including those 65 years of age or older; individuals with chronic illness, disabilities or who are pregnant.

The Office of Community Partnerships and Strategic Communications deployed in-language messaging to higher risk communities through Heat Ready CA, which includes a network of community organizations and outreach to ethnic media.

Through the state's Priority Populations Task Force, the Office of Emergency Services convenes more than 20 agencies to coordinate state and local resources and share information with the public, identify and address unmet needs, and ensure comprehensive preparedness and response in support of Californians at greatest risk and coordinate with local jurisdictions.

Protecting Workers

The California Division of Occupational Safety and Health (Cal/OSHA) reminded employers to protect workers from heat illness during high temperatures by providing water, rest, shade and training.

Field inspectors are conducting targeted inspections at worksites where workers are most vulnerable to heat illness, including in agriculture and construction.

Details on heat illness prevention requirements and training materials are available online at 99calor.org. Cal/OSHA's heat illness prevention standard applies to all outdoor worksites.

The Government Operations Agency has

coordinated messaging to all state employees on increased temperature preparedness and worked with building managers to reiterate state efficiencies during warmer days.

Protecting Public Health and Safety

The California Department of Public Health created a Heat and Summer Safety toolkit to provide resources and communication tools that can be shared, including the difference between heat exhaustion and heat stroke.

California Department of Public Health also develops heat guidance for schools, local health jurisdictions and other community service providers to protect Californians, particularly heat-vulnerable populations such as children, students, older adults, the unhoused, outdoor workers and those with existing health conditions.

Increasing Climate Resiliency

The California Natural Resources Agency and state climate partners are addressing longer-term impacts of climate change and extreme heat events through the Extreme Heat Action Plan to Build Community Resilience.

Efforts include resources for vulnerable

and underserved communities, investments in shading communities through green schoolyards and urban forestry initiatives and putting nature-based solutions to work to cool buildings and infrastructure.

How You Can Stay Safer from Extreme Heat

from Extreme HeatGo to ready.ca.gov to find resources and

tips to stay safe from extreme heat and other natural disasters.

Stay cool (during the hottest times of the day). Those without air conditioning should consider going to a cooling center. Check out this list of cooling centers across the state or visit a public location such as a library or shopping mall. To find free transportation to cooling centers in certain areas, use this finder tool.

Avoid physical exertion or exercising outdoors.

Wear lightweight, light colored, loose clothing, hats, sunglasses and sunscreen.

Stay hydrated. Drink plenty of fluids, especially water, even when not thirsty; drink sports drinks (in moderation with water) to help replace electrolytes lost during exercise.

Avoid sugary, alcoholic, and very cold drinks.

Eat plenty of fruits and vegetables.

Stay connected. Monitor those at higher risk of heat-related illness including infants and young children; people 65 years of age or older; individuals with chronic illness, disabilities or who are pregnant. Determine risk at heatreadyca.com.

Californians are also encouraged to check on their neighbors – call or visit higher risk people and offer to pick up groceries, medication and other necessities. Older adults, young children and babies, people with chronic medical conditions and those who are pregnant are most at risk.

Use a buddy system when working in the heat.

As a precaution, keep all communication and medical devices charged.

Stay informed. Check for weather forecasts, extreme heat alerts and cooling centers at https://news.caloes.ca.gov/coolingcenters/.

Stay safe outdoors. Warm summer weather is causing continued snow melt from winter's record snowpack, resulting in colder and faster water that continues today. Remember to always be safe around the water.

Make sure you and your loved ones wear properly fitting, U.S. Coast Guardapproved life jackets. Several public and private entities make life jackets available to the public on a loan basis.

Always supervise children by appointing a designated "water watcher." Know your limits. Swimming in a lake, ocean or river is different than swimming in a pool. If someone is in distress, seek help from a lifeguard or call 9-1-1 if one is not available.









license and current auto insurance.
Previous newspaper delivery
experience a plus but not required.

Call us today at 916-773-1111

2024 Rancho Cordova Sports Hall of Fame Honorees Announced



Rancho Cordova Sports Hall of Fame News Release

RANCHO CORDOVA, CA (MPG) - Two teams, including Section 1 Champion 1965 Rancho Cordova Little All Stars and the 1977 Sac Joaquin Section Champion Cordova football Lancers, a pair of women's basketball stars, two varsity football and baseball standouts, two coaches, three hearts of a champion and a superlative multi-sport athlete are among 12 selections when the Class of 2024 is inducted into the Rancho Cordova Sports Hall of Fame this fall.

The ninth annual induction ceremony takes place 6 p.m. Saturday, Sept. 14 at Rancho Cordova City Hall. The class includes athletes, coaches and an endearing Rancho Cordova sports advocate who exhibited the "Heart of a Champion.'

"We are thrilled to be able to recognize these athletes and coaches for what they have meant to their sport, and our community," said David Sander, Rancho Cordova City Mayor and president of the Rancho Cordova Athletic Association (RCAA). "Our Hall of Fame memorializes that incredible history and should inspire our current youth athletes as well."

Honorees elected to the Rancho Cordova Sports Hall of Fame were judged to have attained significant achievements in or have made notable contributions to athletics, as well as exhibiting high standards of character and sportsmanship.

Following is the Class of 2024:

1965 RCLL All Stars. Led by Larry Wolfe, Jeff Kaut, and a cadre of future Cordova baseball standouts, this group of 11-and 12-year-olds advanced farther than any Little League All Star team in Rancho Cordova history. Winners of six straight games, the team won District 5, Area 1, and Section 1 titles during a single-elimination era. The team was managed by the legendary Dario Ondina and assisted by Mike Braccio.

1977 Cordova football Lancers. A talent-rich team on both sides of the football, Cordova rolled to an unbeaten 12-0 record during a season that included a 54-35 win over Mira Loma for the City title in a contest many consider to be the best Sacramento-area high school football game ever played. Cordova was led by Reggie Young, Don Boardingham, Gary Teague, Shawn and Mike Brady and a solid supporting cast.

Jerry Ahlin (Coach) – Ahlin is the co-founder and current president of the Sacramento Valley Rugby Foundation. Ahlin has been instrumental in teaching local Rancho Cordova kids how to play rugby. Among Ahlin's achievements: relocating the largest youth rugby tournament in

the world to Rancho Cordova, an annual event that drew more than 120 teams throughout California and Canada until 2020. A quarterback-linebacker for the University of Idaho, Jerry played for the Hamilton Tiger-Cats of the Canadian Football League and was later inducted into the North Idaho Athletic Hall of Fame.

Ron Belka, Sr. (Coach) - Belka was a beloved longtime football and basketball coach in Rancho Cordova who passed away in 2009. Belka's coaching career spanned three decades, first for the Cordova Jets Pop Warner program from 1978-1984 where his teams won three league championships. After a year at Mitchell Junior High in 1984, Belka led the Cordova JV team to a 10-0 finish in 1985. He retired in 2007 as freshman head football coach but not before his clubs won several league titles.

Nikkia "Kia" Davis (Cordova High '09). Davis averaged better than 17 points during a stellar varsity career in 2006-2007 for the Lady Lancers where she was a twoyear All Sierra Valley Conference choice. Davis went on to star for Our Lady of the Lake University where she was a team leader and established several team records. A 5-foot-5 guard, Davis was an all-tournament selection in 2010; First Team All-Big 8 Conference 2010-2011; and All-Big 8 Conference Honorable Mention 2009-2010 at Our Lady of the Lake University. Today, Davis is a juvenile probation officer at a Texas correction facility.

Mike Dolan (Cordova High '81). Dolan compiled a 10-3 record as a senior, 2.16 ERA and led 28-8 Lancers to the 1981 section title. Along the way, he pitched a no-hitter vs Del Campo in the TOC enroute to being named tournament MVP. As a junior in 1980, Dolan was a starter-reliever with a 1.44 ERA. Dolan shared in a rare no-hitter, combined with Walt Stull, Dave Land and Chris Bosio to beat Hood River, OR. For Cosumnes River in 1982, Dolan went 4-3 with 3.12 ERA. He was ranked No. 65 on the Bee's top 100 high school players from Sacramento

Catherine Fidel (Heart of a Champion) – A household name and friend to thousands of Cordova High alumni, Fidel was an administrative assistant to six principals during a 33-year career dating back to 1963. During this time, she was involved in the Filipino American National Historical Society (FANHS), and the St. John Vianney Mr. and Mrs. Club. The Fidel family established the "Catherine J. Fidel Scholarship" in 1995 which is annually awarded to an outstanding graduating senior at Cordova High School. Fidel will be honored posthumously as she passed away in late 2023.

Paul & Mary L. "Dayo" Hagan (Hearts of a Champion). This husband-wife team are being honored posthumously as co-Hearts of a Champion for their pioneering work during Rancho Cordova's early history. Paul was the first Administrator for the Cordova Recreation and Park District dating back to 1960 until his retirement in 1985. Dayo was a community activist who over a 40-year career helped transform Rancho Cordova into an economic powerhouse. She was administrative assistant to former County Supervisor Henry Kloss and secretary of the Rancho Cordova Chamber of Commerce. Together the Hagans were instrumental in bringing the National AAU Synchronized Swim Meet and California Police Olympics to Rancho Cordova. Hagan Community Park is named in Paul's honor.

Harvey Hargrove (Cordova High '94). Hargrove was a 1st team Sacramento Bee All City dual selection in 1994 and a two-time All-Metro League choice. As a Senior pitcher/shortstop, he roasted area pitching for a .423 average and 18 steals to go along with a 7-3 record on the mound. At CSU Sacramento, Hargrove was a 3rd Team All American, batting .361 with 26 home runs and 62 RBIs in in 1997. His 35 career Hornet home run record previously shared with Martin Vincelli-Simard stood until this year when JP Smith broke it. Hargrove played for six years in the Seattle Mariners organization.

Pat Lashinksy (Cordova High '85). A punter-safety, Lashinsky set a school record six interceptions while paying all four defensive back positions for the Metro Champion Lancers in 1984. He set a school and section record when he returned an interception 100 yards for a touchdown in 25-6 win over McClatchy. He was 1st team DB on the Sacramento Bee All Metro team in 1984 as a senior. Post high school, Lashinsky is a product and technology innovator credited with inventing the popular snack "Go-Gurt," and is a former CEO of ZipRealty among other ventures.

Arnold Laws (Cordova High '88). Laws became known as one of the area's hardest hitting safeties. As a junior in 1986, Laws made the Bee All-Metro team as a defensive back, an honor repeated the following season. Among area leaders with 5 interceptions, he registered 79 tackles and three fumble recoveries. That season led to Laws to being a pre-season All American safety by Street & Smith's Magazine. As a senior, Laws was named on the USA Today 1987 All-USA High School Football Team, and for good reason: 119 tackles 4 sacks, five fumble recoveries and 5 interceptions.

Samantha Uding-O'Boyle (Cordova High '86). Uding-O'Boyle was one of the most dominant women's basketball players in the area during her two varsity seasons at Cordova High School. As a junior she averaged 15 points and 19 rebounds per game, leading the Lady Lancers to the section finals. As an American River College power forward, she garnered MVP honors in multiple tournaments and led the Beavers to a 27-4 record and a first-ever JC State Title. Uding-O'Boyle was a 1st team All Camino Norte Conference choice, averaging 16 points per game. She currently works as a Physical Education and Science Teacher in Chattanooga, TN.

Mike Willeford (Cordova High '04). Willeford was one of the top athletes at Cordova High School, starring in football, basketball and baseball. A three-time All-Sierra Valley Conference choice, Willeford batted .425 as a junior, scored 26 runs and sported a .620 slugging percentage. He followed that up batting .370 as a senior. He quarterbacked Cordova to the D-II section title game, earned entry into the National Football Foundation Hall of Fame as a scholar-athlete, played for San Diego State in 2006-2007 and later coached alongside former Major League star Tony Gwynn.

Tickets for the induction ceremony are \$30 and include an appetizer and cocktail reception and awards program.

The event is organized by the Rancho Cordova Athletic Association in partnership with the Cordova Community Council. To purchase tickets, go to https://www.cordovacouncil.org/rc-sports-hall-of-fame-induction.

The Rancho Cordova Athletic Association was formed in 2013 to foster lifelong values of good sportsmanship, teamwork and healthy, active lifestyles through the development of excellent youth sports facilities and organizations, positive coaching and access to play for all. *

LOCAL CASSITIEDS Advertise in your local community newspaper Call 916-773-1111

Animal Care

When veterinary care is unask for Happy Jack® flea/tick, mane dandruff, and allergy control at Tractor Supply (www.happyjackinc.com)

Announcement

Eliminate gutter cleaning for-ever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase, 10% Senior & Military Discounts. Call 1-855-424-7581

Autos Wanted

DONATE YOUR VEHICLE to fund the SEARCH FOR MISSING CHILDREN. FAST FREE PICKUP. 24 hour response. Running or not. Maximum Tax Deduction and No Emission Test Required! Call 24/7: 1-877-434-6852 (Cal-SCAN) GOT UNWANTED

CAR??? DONATE IT TO PA-TRIOTIC HEARTS. Fast free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-855-408-6546 Tiene un vehiculo no desea-

do? Donelo a Patriotic Hearts! Recogida rápida y gratuita en los 50 estados. Patriot-ic Hearts ofrece programas para ayudar a los veteranos a encontrar trabajo o iniciar su propio negocio. Llama ahora: 1-855-408-7368 (24/7) **Autos Wanted**

Get a break on your taxes! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 1-844-491-2884 today!

Visit: mpg8.com

Computer Service

insky's PC Configurations "Don't replace it - REPAIR IT!" Custom Desktop Computer Configuration PC Repair • Home Wireless Networkin Alan Zinsky one: 916-622-2269 Zconfig@sbcglobal.net Bus. Lic. # 305312 • B. E. A. R. Rog. #84410

Cellular Plans

www.zinskyspcrepair.com

Switch and save up to \$250/ year on your talk, text and data. No contract and no hidden fees. Unlimited talk and text with flexible data plans. Premium nationwide coverage. 100% U.S. based customer service. For more information, call 1-844-908-0605

Elder Care

Hardworking, tender-hearted, Christian woman available for full-time Elder Care. References. Maria 650-861-0256 (7/12/24)

GoGo. Live and age your way. Get help with rides, groceries, meals and more. Memberships start as low as \$1 per day. Available 24/7 nationwide. BBB Rated A+ Business. Call GoGo to get started. 1-855-476-0033

Financial

Struggling with debt? If you have over \$10,000 in debt we little as 24-48 months. Pay nothing to enroll. Call Now: 1-877-435-4860 (Cal-SCAN)

For Sale

'84 Corvette, 88,000 miles, engine is extremely strong, 4 speed tranny, get's up and goes. Interior needs work. Primered. First \$2,500 drives it away. 530-742-9144 leave

Very Nice '94 Camaro T-top rims interior immaculate \$5k Call Dawna (916) 470-7247

Hall Rentals



8990 Kruithof Way, Fair Oaks, CA

916-966-1663 vfw6158.org/rent-our-hall/

Call or come by Health/Wellness

Attention: VIAGRA and CIA-LIS USERS! A cheaper alternative to high drugstore prices! 50 Pill Special - Only \$99! 100% guaranteed. CALL NOW: 1-888-256-9155 (CalSCAN

JOIN FOR FREE - NO KITS OR QUOTES & FREE WEB-SITE. CTFO (Changing The Future Outcome) Has the best CBD oil available. Products for health, beauty, weight or hair loss and even for your pets. Check out these products: canderson.myctfo.com (TFN)



Help Wanted

KP International MARKET Many Positions are Available. Please phone calls. Apply in person

10971 Olson Dr. Rancho Cordova. CA 95670

Insurance/Health

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-844203-2677 www.dental50plus.com/ calnews #6258

Home Remodel

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, we're waiv ing ALL installation costs. (Additional terms apply. Subject to change and vary by dealer. Offer ends 6/30/24 Call 1-833-(Cal-SCAN) Safe Step. North America?s

#1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1888-989-5749 **BATH & SHOWER UPDATES**

in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-877-252-9868 (Cal-SCAN)

Home Repair WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-888-248-0815. Have zip code of service

location ready when you call!

Home Warranty

Don't Pay For Covered Home Repairs Again! Our home warranty covers ALL MAJOR SYSTEMS AND APPLIANC-ES. We stand by our service and if we can't fix it, we'll re-place it! Pick the plan that fits your budget! Call:1-855-411-1731

Landscaping

CREATE YOUR PARADISE Winter Yard Cleanups,

Complete Landscape Design/Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls-All Types, Drainage Systems-all types, Landscape Lighting, Residential/commercial

American Landscape Design & Installation. Est 1987 erican Construction & Property Maintenance Company WE ACCEPT VISA & MASTER CARD

(916)612-0776

DID YOU KNOW Newspa-

Miscellaneous

per-generated content is so valuable it's taken and repeated, condensed, broadcast, tweeted, discussed, posted, copied, edited, and emailed countless times throughout the day by others? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

Buy and Shop Local!

Miscellaneous

difference in winning losing market share is how businesses use their advertising dollars. CNPA's Advertising Services' power to connect to nearly 13 million of the state's readers who are an engaged audience, makes our services an indispensable marketing solution. For more info call Cecelia @ (916) 288-6011 or cecelia@cnpa.com

Music Lessons

Guitar Lessons

The

Beginner to Advanced . \$20/ half-hour; \$30 full hour. 916-507-6658, freddiebbalbert@

Real Estate

RETIRED COUPLE \$\$\$\$ for business purpose Real Estate loans. Credit unimportant. V.I.P. Trust Deed Company www.viploan.com Call 1-818-248-0000. Broker-principal DRE 01041073. No consumer loans.

Roofing

BERNARDINO ROOFING Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER

FREE ESTIMATES
SENIOR DISCOUNTS 916.920.0100

MPG

TREE & STUMP REMOVAL TREE TRIMMING/ SHAPING FREE ESTIMATE 10% OFF WITH THIS AD 916-722-6321 BPTreeServices.com VISA / MASTER CARD California Contractors Lic #1036031

Tree Service

BP TREE

SERVICES LLC.

LEGAL **ADS FOR SACRAMENTO COUNTY?**

We Can Do That!

legal advertising

Call to place your

916-773-1111

by Messenger Publishing Group

All Legal Ads Published



RETIRED COUPLE HAS \$1MIL TO LEND ON CA. REAL ESTATE*

V.I.P. TRUST DEED COMPANY Buys T.D.s and Buys/Lends on Partial Interests

OVER 40 YEARS OF FAST FUNDING Principal (818) 248-0000 Broker

WWW.VIPLOAN.COM *Sufficient equity required - no consumer loans

COMICS & PUZZLES





















Amber Waves







by BUD BLAKE

AND I'M GONNA et my own gandy

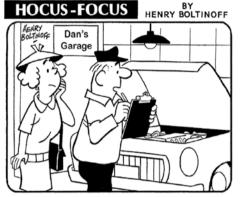
AND YOU GET YOURS



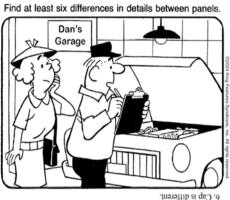








Care BBAR By Lingue



Differences: I. Light is moved. S. Shape of grille is different. 3. Belt is higher. 4. Arm is moved. 5. License plate is smaller. 6. Cap is different.

1GER











SIT UPINTHE

"But seriously ..."



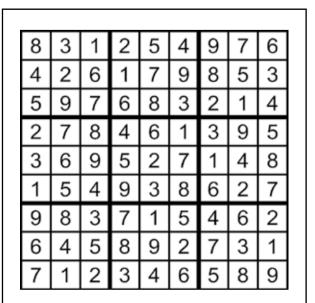
S O $A \mid A \mid$ |M|A|G R N C R 0 R Κ S 0 Ε Ν 0 S Η Ε Ν 0 Ε G D S Ρ S Υ Ε R Ε S В Ε Т W Ε Ε 0 Ν Ε Ε Ε G Ε R G Υ Ν Α S S Ε R Ν Α Ε Ρ S Τ Κ Η Ε Α S Ε Ε S R N Ε R Т 0 Т R Ε Н D O Ρ Ε M

Classified Advertising

Sell Your Stuff! Reach 1000's of Readers Every Week!



916.773.1111





STATEPOINT CROSSWORD • FAMOUS FIRSTS

CLUES

3317

ACROSS 1. Croat or Moravian,

e.g. 5. Paid player 8. Not Miss or Ms.

rst-rate

12. Mattress with memory?

13. Be of use 15. "It's time!" signal

16. ____-de-camp 17. Like an unhealthy dog 18. *First one to circum-

navigate globe, almost 20. March Madness org.

21. Bring upon 22. Orange Lavaburst

drink 23. *Rita first Latina to win Academy

Award 26. Winter rides, in

Russia 30. Brewery order

31. Unties or unbuttons 34. Nearly

35. One born to Japa-

nese immigrants 37. Good times

38. Rheumy

40. Bequeath 42. Once known as 43. West African

country 45. *Chuck break speed of sound

47. Genetic info carrier,

48. City near Düsseldorf 50. Short for Dorothea 52. *First artificial

satellite (2 words) 55. Clay and silt deposit

56. Marine eagle 57. Mercantile estab-

lishment 59. Singer Piaf

60. Concert series 61. Indian nursemaid

62. Craggy peak 63. Little troublemaker 64. Solitary

DOWN

1. Give in to gravity 2. Weaver's apparatus 3. The "I" in "The King and I"

4. Carrots or peas, slangily 5. French soldier in WWI

6. Speed gun 7. *First horror film about

Damien Thorn, with The 8. Supernatural life force

9. Capital of Latvia 10. Canny

12. Han Solo's "Millennium

13. Prenatal test, for short 14. *The first one helped

combat smallpox 19. Tedium

22. 120 mins.

23. #8 Down, pl. 24. Martini garnish

25. Pine product

26. Midterm, e.g. 27. a.k.a. Tibetan wild ass

28. Feel the same

32. Deadly challenge 33. Military moves 36. *Mount first conquered

by Hillary and Norgay 38. 10 to 12-year-old 40. Ewe's cry

CROSSWORD

35 39 43 50



Off First Month of New Service! Consumer Cellular

© StatePoint Media

41. Half-shell delicacy 44. Grind with teeth 46. Fauna member

48. Erasable programmable read only memory

49. Break of day 50. List of chores

51. Prince of Wales to King 52. Searching for E.T. org. 53. Boxer's last blow

54. Azerbaijan's southern neighbor 55. " 55. "____ the wild rumpus begin!"

__ one and only"



Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9

Grand Jury Addresses Missile Site Contamination

Story and photo by Carol Feineman

NORTHERN CALIFORNIA, CA (MPG) - One of the 2023-2024 Placer County Grand Jury Final Consolidated Report's 13 individual reports addressed the trichloroethylene (TCE) contamination spreading today from a Lincoln Titan 1-A Missile Site that closed in 1965.

The 58 county grand juries, made up of interested community members, investigate operations of the various officers, departments and agencies of local government, according to California Courts, Judicial Council of California.

The grand jury is part of the county judicial system authorized by the California State Constitution.

What's striking about this year's report is that the grand jury took on the missile site's contamination that falls under the responsibility of a federal agency, the U.S. Army Corps of Engineers and the state's Central Valley Regional

Water Quality Control Board. The Water Board oversees what corrective actions the Army Corps will finally take to eliminate the TCE.

The areas which are not within Placer County Grand Jury jurisdiction include federal agencies and state agencies.

Yet the Placer County Grand Jury addressed today's contamination spreading into a Lincoln active-adult community from the missile site because "it is important to educate the citizens of Placer County about this issue. Cleanup of former military sites contaminated with toxic chemicals such as TCE is a lengthy process. The process typically involves assessments, cleanup plans and implementation, with involvement from multiple stakeholders. It is crucial to prioritize safety and effectiveness in these cleanup efforts."

The grand jury's 18-page report, "From Missiles to Meadows: Restoring Nature's Balance," stressed



From left, Lincoln City Councilman Bill Lauritsen, Ray Birge and Anne Constantin Birge, members of the grassroots Titan 1-A Missile Site Environmental Contamination and Remediation Committee, were looking at the number of the monitoring well to see what the trichloroethylene (TCE) levels have been over the years.

that the former Lincoln missile site "poses environmental health risks due to past activities, including chemical use, chemical spills and unexploded ordnance (military supplies such as weapons, rockets, or armor). The source of contamination is trichloroethylene (TCE), a solvent which was used to clean the liquid oxygen Rocket

Propellant-1 piping and was discharged into the ground..."

The grand jury found that "Cleanup efforts will require soil remediation and groundwater monitoring to mitigate environmental impacts.

To date, no remediation efforts have been completed, resulting in health and environmental

concerns from the community. Without cleanup efforts, the contamination poses a risk to the surrounding environment and public health. It is essential for proper authorities to prioritize and initiate cleanup efforts to address these potentially serious hazards. This remediation project underscores the importance of monitoring and managing environmental contamination at former military sites to ensure public safety and environmental preservation."

A little history is in order. The 54 former intercontinental ballistic missile (ICBM) silo sites in California, Colorado, Wyoming and Washington built during the Cold War in the early 1960s were designed to destroy enemy targets anywhere around the world within an hour of launch.

The two-stage missiles were stored in underground silos and raised to ground level for launch, according to the Library of Congress. Furthermore, each complex consisted of three missile silos supported by a network of underground fuel storage tanks, equipment terminal, antennas and connecting tunnels.

Beale Air Force Base 851st Strategic Missile Squadron oversaw Northern California's triangle of Titan I missile silo complexes in Lincoln, Chico and Live Oaks.

Co-founder Anne Constantin Birge of the grassroots Titan 1-A Missile Site Environmental Contamination and Remediation Committee, trying to speed up the cleanup process, appreciated the grand jury report.

The report accurately stated that no remediation efforts have been completed, according to Birge.

"Many thanks to the members of the Placer County Grand Jury for succinctly and clearly putting the issues on the table for all to see," Birge said. "And, for the Water Board and United States Army Corps of Engineers to know, there are others watching them."

CALL A PRO BUSINESS DIRECTORY



Superior Landscape Services Landscaping and Maintenance

- Sprinkler Repair/Install Pruning
- · Mowing/Trimming · Fertilizing

(916) 728-5812 • Cell (916) 761-0999 Dave Cochran Owner • dave_SLS@surewest.net

A-1 AFFORDABLE ROOFING SERVICES, INC

- New Roofs Certifications Roof Repairs
- Dry Rot Repairs
 Roof Inspections
 Gutters



GREENWAY TREE SERVICE

Specializing in Expert Tree Pruning, **Tree Removal & Stump Grinding**

> Free Estimates Competative Prices Licensed and Insured

(916) 224-9750



Etc.

Licensed and Insured

916-502-7928



Patch Masters Drywall Acoustic Removal & Drywall Textures

- ceiling removal • Water damage &
- drywall repair
- Sheetrock installation

Mike Church CA Lic# 1004984

Bonded & Insured

- Acoustic (popcorn) Machine applied textures Hand applied
 - texture
 - Retexturing & **Painting**

• BBB Accredited

(916) 847-7783 PatchMastersDrywall@yahoo.com www.DrywallPatchMasters.com

🛮 Rio Linda Eye Care 📡

Laser Surgery • Eye Glasses • Contact Lenses • Eyewear for Computer Users

> Dr. William Fleischmann (916) 991-8444

Saturday Appointments Available 6716 RIO LINDA BLVD., SUITE B, RIO LINDA

VISUALIZE & CUSTOMIZE

CALL FRED FRANKLIN - THE MASON MAN



DESIGN - RENOVATION - WATER FEATURE STONE & CONCRETE - OUTDOOR LIGHTING IRRIGATION SYSTEM 916-454-1300 www.SmootLandscaping.com

Recognized in the Sacramento Bee,

All American Pro Construction Family-owned & operated. We offer Veterans & Senior Discounts Great Craftsmanship & Customer Service

Specializing in Kitchen & Bath Remodels, plus Much More

BIG or SMALL, We Do It All. Give Us a Call. 916-504-0188

CSLB# 1089369, Licensed, Bonded & Insured



Lic#633224; Serving Sacramento since 1982 Street of Dreams & Garden Tours of East Sacrament

TRACTOR SERVICE

- Mowing Rototilling
- Discing Scraper/Loader Call

(916) 991-8431



Professional • Safe • Reliable • Fully Insured

(916) 487-8655

Home Improvement Professionals

for Local News and much more!

Messenger Publishing Group Facebook: @MPG8dotcom

MORE TIME ON YOUR BUSINESS ...and less time managing payroll FREE PAYROLL PROCESSING FOR ONE MONTH IF YOU CALL NOW!

www.pinnacleh ro.com

PINNACLE EMPLOYEE SERVICES

ADVERTISE WITH



Rejuvenate And Shine

How would you like to invigorate your mind, body and spirit? It's called whole body wellness, and **Dr. Susan Smith-Jones** can help us "Rejuvenate and Shine."

Dr. Jones has made extraordinary contributions in the fields of holistic health, anti-aging, optimum nutrition and balanced living. I love having her on my POPPTALK Radio Show. She has authored some thirty books with the goal of making our lives better. So get ready for ten tips that can change your life.

1. REJUVENATE AND REFRESH. Make sure to build breaks into your day. From sunrise to bedtime—reset and refresh. It's okay to unplug now and then, or at least press the "reset" button.

2. EXERCISE FOR VITALITY. Everyone is different when it comes to the time of day that's best to exercise. Henry David Thoreau wrote: "An early morning walk is a blessing for the whole day."

3. JOIN THE BREAKFAST CLUB. The word "breakfast" literally means breaking the fast from the night before. It jumpstarts metabolism. Your body needs to be refueled for the tasks ahead of it.

4. UTILIZE NATURE'S HEALING

POWER. Go outside to play and pray. The more time we get outdoors into nature and appreciate the beauty and blessings of God's splendor, the more compassionate, forgiving and kind we become.

5. VISUALIZE YOUR DAY AHEAD. Albert Einstein said: Your imagination is a preview of your life's coming attractions." Visualizing success and positive outcomes can help prepare us for the real thing.

6. EAT MORE FRUITS AND VEGGIES. The fiber in these foods helps

your digestive tract keep humming along the way it was designed. Eating your fruits and veggies has the added bonus of beautifying skin, boosting metabolism, and elevating mood.

7. NOURISH YOUR OVERALL WELL-BEING WITH AMPLE SLEEP. Too little sleep makes you hungry, especially for calorie-dense foods It's harder to pass up that cupcake or order of fries) and primes your body to hold on to all the calories you eat.

8. ADJUST YOUR ATTITUDE TO INCLUDE PLENTY OF ATTITUDE. Those who catalog the positive things in their lives are healthier, happier, more motivated, less stressed, and more well-rested.

9. TAKE TIME TO PRAY, MEDITATE AND BREATHE DEEPLY. This simple, cost-free practice has been scientifically proven to heal the body, boost immunity, reverse aging, and lift your mood from negative to positive. It's a salve for the mind, body, and spirit.

10. ENJOY DAILY LAUGHTER AND TICKLE YOUR FUNNYBONE. Laughter releases endorphins into your body that act as natural stress busters. It helps relieve pain, counteracts fear, anger, and depression, all of which are linked to depression, and linked to illness and stress.

You can find these ten tips and so much more in her latest book "A Hug in a Mug." And don't forget to sign up for her free monthly newsletter. All you have to do is go to her website www.susansmithjones. com and look up in the right corner. One click on subscribe and you're in for a real treat with tons of great information and inspiration. STAY WELL!

Clams

Crab Claws





Protect and Heal your whole family with Affordable Chiropractic Memberships

All-inclusive monthly memberships from \$35-\$55 per visit. CALL or TEXT us today!



Affordable memberships - plan for your health
 All inclusive - services and therapies
 Relieves pain from head/back/neck/sciatica

- Improves mobility, maintains flexibility
- Family owned and operated
 20+ years experience serving the community
- AMERICAN RIVER CHIROPRACTIC

2280 Vehicle Drive, Suite 110 Rancho Cordova, CA 95670

916-776-6362 americanriverchiropractic.com

CALL or TEXT today!



Fillets

LAPIA FILLETS





Belmont