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Keeping

Healthy

A Father's Day Special



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inthisissue



Cover Art

"An Apple A Day" Father's Day Special promotes men's healthy lifestyle choices and celebrates our dads.

inthenews

Remembering the Life of Sterline Ann Foster, Edison Technology Day Camp, Fontana Leads in Retail Growth, and Assembly Bill Approved to Increase Veterans' Benefits

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iepeople Mike Elliott, owner of Mike's Fitness on "Tips

to Keep Dad Fit"



VOICE

established 1972

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publisher's note



Paulette Brown-Hinds, PhD
Photo by benoitmalphettes.com

une is the month we celebrate those special men in our lives we call dad, and it also happens to be men's health month, an opportunity to publicly educate men on living healthy lives and advocate for them to focus on prevention and making healthy lifestyle choices.

As a daughter, wife, mother of a son, and a woman with several very good male friends, I am surrounded by men whose health I have a personal interest in protecting. When they complain about an ache here or pain there, I am the first to suggest they visit a physician, or take a pill, but that's another story. To be perfectly honest they are probably much better than I am at making and keeping annual physical appointments and having regular exams. Much better. Unfortunately these men are in the minority. According to the CDC, women are 100% more likely to visit the doctor for annual examinations and preventive services than men. For obvious reasons, our men would rather suffer in silence wishing their ailments away, than visit their health care provider for preventative care.

With our dads the problem is even more pervasive. So many of our fathers take the role as leader of the family to mean that they must carry all the weight, they must remain strong, they must suffer in silence and keep us protected from the dangers and stresses of life. That is a huge burden to bear, and one that can take a toll - both physical and mental - on even the strongest men. It is our job, as the people who love them, to encourage them to make healthy food choices, exercise, find intellectually stimulating hobbies and activities, stop unhealthy behaviors like smoking, and make annual wellness visits.

For the past decade I have watched my own dad deal with a progressive degenerative neuromuscular condition with optimism and faith. While his health has been compromised by the disease, instead of falling into bad mental and physical health habits he works to keep his muscles flexible, even including his grandchildren and great grandchildren in his routine; he eats only fresh vegetables, fruits, lean meats, and the occasional slice of sweet potato pie or bowl of peach cobbler (he can't help it, he is from the south); he keeps his mind actively engaged; and his faith in God remains unwavering.

This Father's Day instead of just giving your dad a gift that he might discard in a few months or never use at all, take the time to talk to him about his health. Invite him to shoot some hoops, play a round of golf, or jog around the track. Make sure he has scheduled his annual physical. And don't forget to tell him how much you love him and that you want him to remain healthy and happy for many Father's Days to come.



inmyopinion
Hardy L. Brown

Gigi Hanna - Courage In The Face of Adversity

aving a backbone means having the courage to speak up for yourself and others, taking a position and holding it, taking risks and being trusted. Only a select few in public leadership, especially in the City of San Bernardino have the mental or spiritual backbone of courage to demonstrate it and go against the political opinion of the city attorney.

Well San Bernardino City Clerk Gigi Hanna has taken on the political opinion of City Attorney Jim Penman and the actions of the mayor and council to take over her duties as city clerk to oversee the city's recall election of the mayor, all seven members of the council, and the city attorney.

It was the opinion of Penman that Hanna should recuse herself from her duties since she has been issued a separate recall notice not related to the original recall. Penman's political opinion did not take into consideration that the city charter gives election responsibilities to a city elected clerk, which in this case is Hanna.

At the last council meeting, Penman went so far as to recommend an outside law firm back up his political opinion to advise the mayor and council to give this election process to the city manager and be supervised by four council members. These council members were selected by the drawing of four short straws. During my observation of this process, council member John Valdivia tried to get out of serving with Virginia Marques, Fred Shorett and Rikke Van Johnson who also drew short straws. In my opinion he did not want to serve with them because they usually vote in opposition to him.

After the meeting, Hanna decided to seek her own outside legal advice from the San Bernardino County Registrar of Voters Office, the Secretary of State's Office, the City Clerk's Association of California and private legal council and on June, 10th issued a statement that, she will not step

aside from her duties as the municipal election official in the current efforts to recall the mayor, Common Council and City Attorney.

She went on to say, "Not only does the council not have a right to amend the Charter without a vote of the people, neither do I." To which I agree.

I have often wished that the mayor and city council seek outside legal council against some of Penman's long winded political opinions during council meetings. In my opinion the city would not be in its current mess if they had done so. It is often after his political opinions the council spends money they do not have or reallocates it on things that have not been properly vetted for accuracy by staff.

I want to commend Gigi Hanna for standing up for the citizens of the city against the vested interest of Penman and the inept mayor and some council members. I say some because Shorett and Van Johnson have taken on Penman and his unqualified opinions in the past, however they have not done so in the way and style of Hanna.

The city can be proud of the way Hanna is conducting herself in carrying out the responsibilities of her office. I wonder which elected official is behind the one individual who says Hanna is not doing her job and wants her recalled?

Hanna deserves our support to continue to do the job we elected her to do. We need someone who is not afraid to stand up and speak up for what is right. She does not use intimidation nor toss out false accusations about people like some at city hall.

In my opinion, Hanna deserves our support for having the courage and integrity to show us what being a watchdog for the people should do when confronted by misguided political opinions by other elected officials.

VOICE

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inthenews

Remembering the Life of Sterline Ann Foster "Ma Bez"

Riverside

■ he life of long time Riverside resident and faithful 7th Day Adventist member, Sterline Ann Foster, was recently celebrated during a home going ceremony.

Born on February 6, 1942 to Perry and Gladys Haynes in Charlotte, North Caroline, Foster was one of eight children. At an early age, she exhibited traits of being a high achiever by singing and becoming an accomplished pianist. She was a graduate of Oakwood College in Alabama. As time progressed, her high achievements complimented her shouts of "high praise." She gave praise, honor, and glory to God in ever facet of her life. Affectionately being called Sterline "Thank You Jesus" Foster. When others spoke defeat in their challenging situation. Foster spoke positivity, praise, and prayer. When others gave in, she gave out the word that "You can do all things through Christ who strengthens you."

The fact that Foster has been honorably and respectfully coined "Ma-Bez" after the praying Jabez is no mistake. For without a shadow of a doubt, Foster was a praying woman. Be it in a restaurant or in a vehicle starting out and arriving: a prayer was deemed necessary. Prayer was the core of her existence. She put her faith and trust in God by graduating from Loma Linda University to become an RN. This was no small feat due to the fact that she was a wife, mother of four children and active in church committees. Her faith in God, His loving-kindness and mercy was unshakable. Rewarding her faith. God blessed her by fulfilling her vision of forming Covenant Hills Adult Residential Facilities. One facility at a time, she created a company and a mission, to help meet the everyday needs of emotionally and physically challenged individuals. Even on her own sick bed, she always believed God would heal her. As we believe the word of God, which says, "the dead in Christ shall rise", she shall be made whole.

To say Foster was a generous and giving person is an understatement. She gave of her precious time, as well as monetarily. Many have benefited and even been rescued from financial ruin and devastation. Due to her kindheartedness. repayment in a certain time and manner was never an issue. She knew "The Earth is the Lord's hands". Her impervious faith proved time and time again, God did and always provided. Her most passionate endeavor and joy, was and is "Ma-Bez's" ministry. That is a collective of young



Sterline Foster

professionals meeting several times a month for Bible study and a "Friend's Day Dinner," the first Sabbath of every month. Her sincere and loving phrase was, "This is not my house, it's our house." Hosting over 150 people at any given time for dinner proved that to be true.

If you grew up with Foster, you will truly miss her. If you formed a relationship with her along one of life's pathways, you will cherish her memory. If you met her only once, her sweet spirit and resounding laughter made you realize there were still wonderful, Christian people in this world. One irrefutable fact is, you will never forget

Foster leaves to celebrate her life and legacy: brothers, Conway P Haynes and wife Alveta; Eliot H. Haynes and wife Virgie; sisters A. Rachel Pankins, Inez J. Haynes, Ernestine Penniman; daughters Candyce J. Foster, Amber J. Foster, Mona Foster White and husband Charles, Anedra Thomas and husband Hiram: son Kelton E. Grav and wife Melessa; grandchildren, nephews, and a host of loving cousins, extended family members and friends. Her parents Perry and Gladys Haynes, brothers Roland J. Haynes, Samuel Richard Cunningham, son Elan B. Grav and husband Troy Lee Foster preceded her death.

CA Largest Ever Health Care Rally Hits State Capitol - Stop Cuts to Medi-Cal

en. Richard Roth and more than 100 Riverside residents boarded buses and joined thousands of health care providers, first responders, Medi-Cal recipients and concerned Californians from across the state as they converged in Sacramento last week for the largest health care rally in the Capitol's history. It featured a combination of speakers including health care leaders, health workers and lawmakers -- and entertainment including cover band IPA, San Francisco DJ David Carvahlo, the Grant Union High School Drumline, Hmong dancers and a Tai Chi demonstration.

The historic event, called "WE ARE MEDI-CAL," was held on the West Side of the Capitol. The goal of "We Care for California" Coalition



formed this year, is to expand access to quality health care for all Californians and to oppose further rate cuts to Medi-Cal.

inthenews

Edison International Supports Transcendence's Technology Day Camp

ranscendence has been awarded a \$5,000 grant by Edison International, to support its 2013 edition of Limitless Technology Day Camp. Limitless is a successful program launched in 2012 to introduce youth to the power of technology and related career paths. The idea was created by Transcendence and co-developed with Technology Goddesses, an organization founded by Jacobs Engineering's CIO, Cora Carmody.

Transcendence is a non-profit organization based in Pomona whose mission is to enable the aspirations of youth in underserved communities through collaborative partnerships. "We are extremely appreciative of the support by Edison of Limitless," said Michael D. Lacy, Board of Directors President. "Having great corporate partnerships like we have with Edison International who is committed to investing in the community, helps us to significantly enhance our ability to impact the lives of deserving youth."

For more than 125 years Edison International

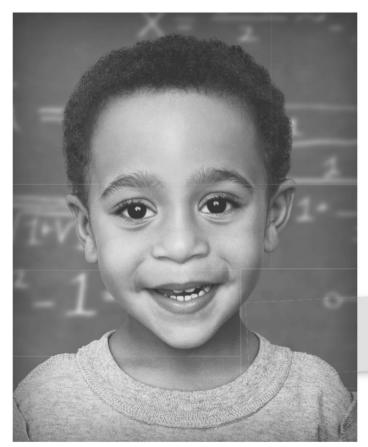
has helped build stronger communities by contributing to organizations that address the needs of a diverse population. In 2012 Edison International awarded more than \$19.2 million to more than 1,300 nonprofits across Central, Coastal and Southern California.

"Edison International is pleased to support Transcendence's Technology Day Camp," said Tammy Tumbling, director of Philanthropy & Community Investment for Southern California Edison. "Since 2009, Edison International has given more than \$34 million to education programs that help students excel in science, technology, engineering and mathematics (STEM). Our philosophy of giving is that all people should have opportunities to do well. For that reason, we are enthusiastic about our partnership with Transcendence. Together, Edison International and Transcendence hope to promote the inclusion of minority, low-income and underrepresented students in STEM fields."

Limitless Technology Day Camp will be hosted

this fall for the second time at Microsoft's Technology Center in Irvine. Limitless will provide a unique opportunity for as many as 100 fifth through eighth graders to experience a fun and engaging day of hands on computer, technology, and engineering related activities. These workshops will serve as a powerful introduction to potential careers for many of these youth. Keith Hosea, the executive director at Transcendence commented, "It is our hope that through this event we can light a flame for the passionate pursuit of technology careers during their high school and college years. For many kids from at-risk and underserved communities, they would otherwise never have access to this level of high quality extra-curricular event".

Tentative date for this year's camp is Saturday, Oct. 5, 2013. More details, including how to register interested youth, will be provided later this year at www.wearetranscendence.org.



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inthenews

Fontana Leads the Inland Empire in Retail Growth!

Fontana

ccording to recent reports, the City of Fontana is #1 in the Inland Empire in annual retail sales growth during the last five years.

In the 2013 Edition of the California Retail Survey, the City of Fontana was ranked 4th in the State of California based on average annual growth of sales in the State's 50 largest retail markets for the past five years. To be included in this analysis, the local market had to have annual retail sales in excess of \$1 billion per year. Of the 50 markets rated, Fontana finished 4th in the State of California, just behind the cities of Milpitas, Buena Park and Long Beach. Notable market areas that Fontana ranked higher than included San Francisco, Beverly Hills, Pasadena, Los Angeles, San Jose and San Diego.

Locally, in the Inland Empire, Fontana's statewide ranking of 4th compares favorably to the cities of Ontario (45) and Rancho Cucamonga (49). Mayor Acquanetta Warren and the City Council's "Open for Business" philosophy is paying large dividends within the City of Fontana. The Mayor points out, "Retail growth means both jobs and sales tax revenues that are critical to providing services within a growing community. I am very proud of Fontana's five-year track record. leading the State in retail growth during a very difficult economic period. The positive survey is an independent report card on the policies and leadership provided within our community. Fontana is committed to support and assist our business community in every way possible."

The Mayor and City Council returned from a trip last week to the International Conference of Shopping Centers (ICSC). Efforts made at events such as ICSC continue to promote the City of Fontana in the retail industry. Retail is particularly



important to the City of Fontana as it generates sales tax which is the largest revenue stream flowing to the City of Fontana.

Assemblymember Brown Wins Assembly Approval for Bill to Increase CalWORKs Benefits for Veterans

Sacramento

ssemblymember Cheryl R. Brown (D-San Bernardino) recently announced that her bill, AB 1094, passed out of the Assembly with a bipartisan vote of 77 to 0. AB 1094 will expand the definition of disability-based unearned income to include veteran's disability compensation and help California's veterans get the assistance they need to care for their families.

"There is no reason that a veteran's benefits should be treated differently than other federal assistance. Returning veterans are having a difficult time readjusting to life and it is our responsibility to help them in their transition," said Assemblymember Brown.

California veterans returning home from the wars in Iraq and Afghanistan are now receiving both CalWORKs and other governmental benefits. Current law provides that \$225 in disability-based unearned income is disregarded when computing the individual's CalWORKs benefits. Unfortunately, veterans' disability compensation is not currently eligible for the disregard due to an oversight in previous legislation. As a result, veterans enrolled in the CalWORKs program receive, on average, \$200 less than other disabled recipients. AB 1094 would correct this oversight and allow veteran families to collect their full benefits.

"California is home to the largest veteran population in the country. The federal government disperses the majority of veteran's benefits, however a massive backlog in claims has delayed many California veterans from receiving their benefits. This bill will help ease the financial burdens of veteran families in California. As a member of the Committee on Veterans Affairs. I look forward to continuing to find solutions that will help the service members in our state access the benefits they deserve," concluded Assemblymember Brown.



The bill now moves to the Senate.

Assemblymember Cheryl R. Brown represents the 47th Assembly District, which includes Colton, Fontana, Grand Terrace, Rialto, the southwest parts of San Bernardino, and the unincorporated communities of Bloomington and Muscoy.

pointofview



Al Sharpton

Rev. Al Sharpton is president/ CEO of the National Action Network and host of PoliticsNation on MSNBC. This article - the sixteenth of a 20-part series - is written in commemoration of the 50th Anniversary of the Lawyers' Committee for Civil Rights Under Law, of which Congressman Lewis is grand marshal. The Lawyers' Committee is a nonpartisan, nonprofit organization, formed in 1963 at the request of President John F. Kennedy to enlist the private bar's leadership and resources in combating racial discrimination and the resulting inequality of opportunity - work that continues to be vital today. For more information, please visit www.lawyerscommittee.org.

The State of Equality and Justice in America: "We are Dangerously Close to Regressing"

'I Have a Dream' speech.

in Washington, D.C., addressed the notion of greater admissions, have reached the Supreme Court. equality and justice in America in a way which could no longer be ignored. Thanks to Dr. King's unyielding work, The outcome of these two cases will have serious and the work of countless others before and after him. laws like the Voting Rights Act of 1965 were eventually passed, and victories were achieved in the struggle for system is severely leaving minority and poor students civil rights.

In the time since, we've watched people of color break ever diverse, and our institutions of higher learning need down barriers across the board - including into the highest to reflect that diversity. Affirmative action doesn't mean office of the land. Progress over the last five decades preferential treatment; it means equalizing an imbalanced is undeniable. But now 50 years after the "March on scale. The future of so many students remains in limbo as Washington", we are dangerously close to regressing on some of the most fundamental advancements in our society.

several key items this year that are at the core of justice the Act, Section 5 requires jurisdictions that have a history dogs and some even died for the cause of justice. of discriminatory voting practices to obtain advanced approval from the federal government before they can In a post-civil rights era, laws such as the Voting Rights alter election laws.

laws would open and the protection of our participation regress back to the wrong side of history. in the voting process would be eliminated. Voting rights Dr. King's speech, voter equality is under attack all over the generation that couldn't sustain and maintain it. again.

I his year marks the 50th anniversary of the great. In addition to the Voting Rights Act, one of the greatest "March on Washington for Jobs and Freedom". It advancements toward equality we achieved in this nation was there, at one of the largest rallies for human was the ability of those who were traditionally excluded rights, that Dr. Martin Luther King Jr. delivered his famous from higher learning to attend our great colleges and universities. Well, in 2013, affirmative action hangs in the balance. Two cases, Fisher v. University of Texas and a On August 28, 1963, Dr. King and all those gathered Michigan law banning affirmative action in public college

> ramifications for the admission practices of schools throughout the country. At a time when our educational behind, some are attempting to eliminate laws designed to create a more even playing field. Our society is growing the high court weighs in this year on these crucial cases.

This year marks another milestone in this nation's history: the 150th anniversary of the Emancipation Proclamation. The Supreme Court of the United States is set to rule on In the last 150 years, we've witnessed momentous progress that was achieved only because of the selfless and equality in America. Shelby v. Holder challenges acts of many. Folks have marched, rallied, organized, Section 5 of the Voting Rights Act itself. A key aspect of boycotted, withstood beatings, bombings, water hoses,

Act and affirmative action appeared etched in stone permanently. But now the state of justice and equality Without Section 5, the basic foundation of the Voting in America remains to be determined because of these Rights Act would be destroyed. The floodgates of biased renewed attempts to repeal such laws. We can either and disenfranchising practices like harsh new voter ID continue on a path toward greater freedom for all, or

for all American citizens was a basic principle of Dr. King The generation of Dr. King, and the generation immediately and all those who sacrificed during the civil rights struggle behind him continued fighting until they got voting rights and in subsequent years. Ironically, half a century after and affirmative action on the books. We must not become

pointofview

Racists Don't Like Being called Racists

have always suspected that racists didn't like being called out for their racism. Now I have proof.

When I told MSNBC's Thomas Roberts on May 14 that the Tea Party was "the Taliban wing of American politics," a firestorm erupted. Arguing the IRS was correct to target them for extra scrutiny, I also said "Here are a group of people who are admittedly racist, who are overtly political" and therefore worthy of IRS concern.

I was not prepared for the slew of angry emails, including two from self-identified Black people (your worst nightmare, one said) I received. Many of them suggested I leave the country, reminiscent of the "Go back to Africa" chants racist crowds of Whites shouted at Black protestors in my youth. One said my advanced age — I am 73 — meant I would not be around to make such mischief much longer, and I should prepare for that quick eventuality.

A few suggested my employer fire me, not knowing that I retired from that job a year ago. Several of the messages were badly written with misspelled words, including one from a relative by marriage – you can't choose your in-laws – reading "Your calling folks Talabans borders on Traitorism."

This same correspondent noted I had been "head of the most classic Racist group in our country," referring to the NAACP, whose board I chaired for 11 years. Others characterized the NAACP, the nation's oldest civil rights group, interracial in membership and dedicated to racial integration since 1909, in the same way.

After an exchange of messages with some of them, trying to convince them that while I opposed it, I didn't condemn every member of the Tea Party, the interactions became more civil and less hostile. Some even wished me well. But to a person they rejected the labels "racism" and "racist," even as I thought I had proved that the Tea Party has had racist, anti-Semitic and nativist elements from its beginning until today.

One source is a study conducted for the NAACP by the Institute for Research and Education for Human Rights. Their study, called Tea Party Nationalism, found "Tea Party ranks to be permeated with concerns about race and national identify and other so-called social issues. In these ranks, an abiding obsession with Barack Obama's birth certificate is often a stand-in for the belief that the first black president of the United States s not a "real American."

It says Tea Party organizations have given platforms to anti-Semites, racists and bigots and "hard-core white nationalists have been

attracted" to Tea Party protests.

The link between the Tea Party and the Taliban was made by a prominent Republican office holder.

In 2008, the Washington Post reported that former chairman of the Republican Congressional Committee and present day Congressman Pete Sessions likened the GOP House minority to the Taliban, saying, "Insurgency, we understand perhaps a bit more because of the Taliban."

Just as my arguments failed to convince my correspondents, so apparently does the actual evidence.

Not the ugly racist signs and placards displayed at Tea Party rallies, not the shouts of the "n" word aimed at members of the Congressional Black Caucus, not the spittle hurled at civil rights icon and Congressman John Lewis, not the racists expelled from the Tea Party for their venom, not the association of many members with the Council of Conservative Citizens, a lineal descendant of the White Citizen Council, not the anti-gay slurs aimed at former Congressman Barney Frank (d-Mass.), not the members whose racism, anti-Semitism and xenophobia should be an embarrassment – not all or any of this could get them to acknowledge the label "racist."

My Black correspondents even claimed that their race prohibited them from being racists, as if skin color was a proscription against ignorance. And many of my presumably non-Black correspondents accused me of being a racist, so my race apparently offered me no protection from this evil.

What is the lesson here?

That the label "racist" has become so toxic almost everyone rejects it?

That the toxicity makes the label unacceptable but its actual practice is still tolerable for many?

Or that it is a defense against itself? As the relative-l-try-not-to-claim wrote, "I don't know any white people who hate blacks like you advocate blacks should hate whites."

Or only that while the United States has made much progress in race relations, we still have a long, long way to go?



Julian Bond NNPA Guest Columnist

Julian Bond is Chairman Emeritus of the NAACP and a Professor at American University in Washington.



SUBMIT YOUR POINT OF VIEW

The Point of View (POV) is your opportunity to VOICE your opinion on topics and issues of concern to you as well as the larger community. If you are interested in submitting a commentary in the POV section please send your 350 – 500 word commentary, photo and bio to staff@blackvoicenews.com. Please include all relevant contact information. Also, to subscribe to our digital edition visit: http://issuu.com/brownpublishingco/docs.

intheknow

Community Home Buyer Fair June 15, 2013

Come learn about buying a home; down payment assistance, affordable homes for sale; lenders and realtors on site. You may qualify for up to \$27,000 in down payment assistance. Time 10:00 am - 12:30 pm. Location: City of Rialto Senior Center, 1411 South Riverside Avenue, Rialto, CA 92376.

Riverside Medical Clinic Foundation's 4th Annual Dinner Auction "Caribbean Nights" June 15, 2013

Time: 6:00 pm - 10:00 pm. Location: Riverside Auditorium and Events Center, 3485 Mission Inn Avenue, Riverside, 92501. 4th annual fundraiser to support the nonprofit Riverside Medical Clinic Foundation's support groups, annual lectures, health education, pediatric obesity intervention and at-risk youth programs. Event will include Caribbeaninspired appetizers and a gourmet dinner, a silent auction, and music and dancing provided by Mark Wood and the Parrot Head Band. Cost: \$95.00 per person/ \$170.00 per couple/ \$750.00 per table of 10. For information on available sponsorships or to reserve seats, please contact the Riverside Medical Clinic Foundation at (951) 682-2753, email info@ rivfound.org, or visit the Foundation's website at http://www.rivfound.org.

David Sanborn June 15, 2013

Time: 7:00 pm. Location: Thorton Winery, 32575 Rancho California Road, Temecula, CA. Tel: (951) 699-0099.

HATS!

June 15, 2013

Exploding with fun, Hats! is a new musical about a 49.999 year-old woman who reluctantly faces the inevitable BIG 5-0...until she meets a group of remarkable women who show her about fun, friendship and forgetting about things that simply don't matter anymore. HATS! features original music by a team of Grammy®, Golden Globe® and Tony® winning songwriters. It is a joyous, provocative, and hilarious evening for everyone who is 50, knows anyone who is 50 or plans to be 50. Hats! is inspired by the experiences, philosophies, and mission of the Red Hat Society. The characters represent a cross-section of who their members are. Time: 8:00 pm. Location: California Theatre of the Performing



Tales of Freedom and Diverse Culture through Food Premieres June 28, 2013 10 pm ET on PBS

Renowned chef and culinary author Lidia Bastianich sets out on a lively cross-country adventure to celebrate our vibrant culture through food.

The third documentary in the Lidia Celebrates America primetime series, this new one-hour program looks at freedom and the American immigrant experience through the food, festivities, customs and traditions of four unique cultural groups as they observe various kinds of independence day events: the Fourth of July swearing-in ceremony for new U.S. citizens at Thomas Jefferson's Monticello home in Virginia; a lively Bastille Day party at the Connecticut home of chef Jacques Pépin; the "Juneteenth" events in Texas commemorating Emancipation Day among African-Americans in the South; and a Philippines Independence Day celebration in New York.

"At the heart of the Lidia Celebrates America series is my own immigrant experience, so the subject of this special, in particular, resonates very deeply," says Lidia. "When I came to this country at age 12, I had already spent two years in a political refugee camps, so independence is not an abstract concept for me. America's diverse, multicultural free society truly is something to cherish and celebrate."

Arts, 562 W. 4th Street, San Bernardino, CA. Tel: (909) 885-5152.

San Antonio Classic Benefit Golf Tournament June 17, 2013

Time: 8:30 am. Location: Red Hill Country Club, 8538 Red Hill Country Club, Rancho Cucamonga, CA-Tel: (909) 982-4559. Shotgun Start – 10:00a; Putting Contest; 8:30a – 9:45a. Sponsorship Opportunities Available. For more info, please call Christie Rose at (909) 920-4966 or email crose@sach.org.

Rhythm of Riverside Summer Concert June 19, 2013

Band: Latin Society Wednesdays, June 19-August 14 (excluding July 3), 6:00 – 9:00 pm. The City of Riverside Parks, Recreation and Community Services Department (PRCSD) presents a series of FREE family-oriented concerts at Fairmount Park. The series will include activities for the entire family, including: slot car racing, bounce houses, face painting, and a balloon artist. Come early and taste the flavor of Riverside with local food vendors. Bring a blanket or beach chair to enjoy a cool summer Wednesday evening at Fairmount Park, Riverside.

Turning Point International Ministries Presents 'Armed and Dangerous Men's Conference' June 22, 2013

Join Pastor John Heary along with a host of speakers. Admission and breakfast is FREE. 9:00 am. Location: Doubletree Hotel, 222 North Vineyard Avenue, Ontario.

Riverside's Got Talent June 23, 2013

Afun, community evening showcasing the wonderful talent, singers, dancers, jugglers and more, of the Riverside community. VIP tickets include great food from restaurants in the area headed up by Mario's! Location: Riverside Auditorium and Event Center, 3485 Mission Inn Avenue, Riverside, CA 92501. Contact: Kathleen Hartman, www.kiwanisuptownriverside.com, kathy@riversidepersonnel.com or call 951-788-7900.

Summer Splash 2013 – KIDS Quest June 24-28, 2013

Join The Grove Community Church for a week of summer fun while we dig our way into games,

music & crafts and discover God's Word in a whole new way. Follow Dakota Smith as he finds friendships, artifacts and Jesus, the true tree of life. 9:00 am. Location: The Grove Community Church, 19900 Grove Community Drive, Riverside, 92508. Cost: \$40.00. For more information, contact The Grove Community Church KIDS Quest ministry at (951) 571-9090 ext. 2425 or check us out at www. thegrove.cc/SummerSplash.

Walking Shield 3rd Annual Golf Tournament June 24, 2013

Charity Golf Tournament to benefit Walking Shield's

American Indian Scholarship Program. This event is to help American Indian students who are enrolled in college and in need of financial assistance. Walking Shield established this tournament in 2011 to help students complete their educational journey. These students come from economically disadvantaged tribes. In the past two years, this golf tournament has provided 16 college scholarships. The goal for this year's tournament is to provide 25-30 scholarships. Location: Journey at Pechanga, 45000 Pechanga Pkwy, Temecula, 92592. Tel: (949) 639-0472 or email info@walkingshield.org.



COURTESY OF INLAND EMPIRE COMMUNITY CALENDAR Vanessa Brown, Event Calendar Editor

healthyliving with Dr. Ernest Levister F.A.C.P., F.A.C.P.M.

Testosterone Rx: Proceed With Caution!

Dear Dr. Levister: I feel like a shadow of my old self. I've lost my appetite for romance. Should I consider testosterone replacement therapy? L.S.

Dear L.S.: Maybe you have seen the television commercials or newspaper ads promoting the cure to "Low T," of low testosterone levels.

More and more companies are targeting older men with products for testosterone replacement that promise to help them "become young again." Testosterone is the hormone responsible for the normal development of male sex organs and it also plays a major role in men's sexual drive, energy levels and attitudes. As they age, men may experience a decrease in their testosterone levels, which can translate to a low libido, depression and lack of motivation, reduced muscle strength and bone density, and in some cases, memory loss.

Although testosterone replacement therapies (trt) have been around for more than 20 years, there has been an explosion of products available and in the demand for those products.

Some studies show that 15 to 20 percent of men will experience a decrease in their testosterone levels at some point in their lives. We are seeing more and more now that as obesity rates go up the testosterone levels decrease. That is because body fat causes testosterone to metabolize faster.

While there are replacement treatments that can do the trick, they have to be done properly and under a doctor's supervision.

Ordering testosterone supplements over the phone or on the Internet is risky and not recommended. Many of those products aren't regulated by the Food and Drug Administration. The key is to determine that the patient has low testosterone levels to know if they need a treatment. If you are ordering something on your own, most likely you are not seeing a doctor that can tell you if you need a replacement in the first place. Low testosterone levels can be determined through blood tests.

Once the hormone deficiency has been diagnosed, treatment can be administered through an injection, patches, gels and intramuscular pellets.

Men who have prostate cancer or breast cancer should not take testosterone replacement therapy. All men considering (trt) should undergo a thorough prostate cancer screening prior to starting this therapy with a rectal exam and PSA test.

Do you know your new health care rights?

Under Obamacare. children may now remain under their parents insurance through their 26th birthday. This new provision is changing lives for Californians like Stella Brown.

Brown, who been on her mother's insurance plan "for as long as I can remember," was diagnosed with

pre-hypertension three years ago and has been taking medications to treat it.

When she moved to Chicago two years ago to attend law school, she found out that she could stay on her mother's insurance plan — on the "Away From Home" plan created by Obamacare.

Northwestern University, the school Stella is attending, requires all its students to have health insurance, with students having the option of being on a school-provided plan or buying their own insurance with financial aid from the school. For Brown, being on her mother's health care insurance plan and not her school's has greatly lessened the debt she will be carrying when she graduates next year.

A survey by the Commonwealth Fund, a leading source of healthcare research, shows that 13.7 million young adults between 19 and 25 stayed on or joined their parents' health plans in the 12 months ending November 2011. This included 6.6 million who likely would not have been able to do so prior to the passage of Obamacare.

In California alone, at least 435,000 young adults have benefited from health care reform's new young adult insurance provision.

Is your child covered? To find out more visit: www.healthcare.gov



Keeping Our Dads Healthy at Every Age

By Rebekah Ngewa, Healthy Heritage Movement

hat is your vision of a healthy dad? The entire family should have a clear answer to that question. Everyone in the family has a role in investing in each other's health, making the right decisions to ensure a future of more quality family time. Being healthy involves creating a healthy balance in life to maintain social, physical, emotional, and psychological health.

Even as children, we have to take an active role in our dad's health. Does your dad scream and shout with enthusiasm during his favorite sporting events? It is with the same

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enthusiasm that we should respond when comes home sharing his clean bill of health. We must celebrate dad and show our love and appreciation him for being proactive about

staying healthy.

We all want our dads to live long and healthy lives. Living a healthy life does not mean depriving them of what they love. As in every sport dad loves, we must be their coach and encourage healthy lifestyle behaviors and discourage unhealthy ones. With loving demonstrations we can teach dad how to update his favorite recipes with healthy substitutions. We can introduce new recipes to start new family traditions that include more fruits and vegetables and micronutrient foods. Tell dad often how much you love him and thank him for eliminating behaviors that put him at risk for chronic disease such diabetes, heart disease, cancer, hypertension and obesity.

Having genuine conversations with our dads is crucial to keeping them healthy. Given the fact that fewer minority men participate in health screenings, annual wellness visits, and being proactive with their health, it is up to their children to steer them in the right direction. This is truly the best way to ensure we continue having a reason to call, visit, and write to our dad's to wish them a happy father's day. Make it a Happy Father's Day by investing in your dad's health TODAY. **TOMORROW** and FOREVER.

Gentlemen-Your Health Matters, Too! Get Insured, Get Screened, Get Healthy

By Nicole Duritz, AARP VP of Health Special to The Voice

his Father's Day, I can't help but think about the incredible men in my life. I have a father. He's a terrific physician. I have a wise and talented brother. I have a wonderful husband and two amazing sons. Look, I may be a bit biased, but the one objective fact all the men in my life have in common is that they lead busy - some may say stressful - lives, compounded by the fact that they want to protect and care for their family.

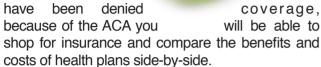
I've noticed that these men often put other responsibilities ahead of their health and forgo doctor's appointments. Is it any wonder, then, that men die significantly earlier than women? Given that widowhood so frequently pushes women into poverty, do you think this is the best way to protect your family? Does this hit a nerve? I have a request for my guys and for all of you men out there: Please take the time to take care of your health.

Now before you say that you are taking care of your health – because, after all, you go to the gym sometimes – agree to these two steps:

If you don't currently have health insurance, get coverage and encourage the people in your life to do the same.

Because of the Affordable Care Act, beginning in 2014, all uninsured Americans – many of whom don't have access to insurance through an employer – will be able to purchase insurance through health insurance marketplaces (also called exchanges). Whether you're self-employed, between jobs or

coverstory



Think of shopping for your health coverage like shopping for a new car. All cars have the basics: wheels, an engine, brakes. Some cars are stocked up with special features - like a navigation system and heated seats. In a similar way, all of the insurance plans in the exchanges will offer a core package of benefits such as hospital, emergency, lab services and other care. Some plans will also offer other features on top of the essential benefits. As with car-buying, you want to be sure you are getting a good deal - the right deal for you and your family. When you shop in a health insurance marketplace, you can search for the best plan at the best price to meet your health needs, and you won't be turned down because you have a pre-existing health condition.

In the health insurance marketplace:

You'll be able to see what your premium, deductible and out-of-pocket costs will be before you decide to enroll.

You'll be able to see apples-to-apples comparisons of costs and coverage between health insurance plans.

Plus, depending on your income, you may be eligible for some help – tax benefits that will lower your monthly insurance premium. Information about coverage options through the marketplace will be available beginning in October 2013. Today you can visit the Health Law Guide at www.aarp.org/healthlawguide to find more about what the health law means for you and your family.

Get screened

Men, once you have health insurance, there is no excuse to delay visits to the doctor. If you are 50 or older, it's important to have an honest

dialogue with your doctor, even if it touches on sensitive subjects such as prostate and colorectal health. Your doctor can recommend screenings that are right for you. Because of the ACA, most insurance plans. including Medicare, must preventive benefits, such now cover as immunizations like the flu shot, and screenings for diabetes and certain cancers. Be sure to check with your insurance plan about what preventive services are covered with no out of pocket cost to you. Remember: when you are getting a preventive medical test, you are not just doing it for yourself. You're doing it for your family and loved ones.

The rest is up to you

Taking care of your health and prolonging your life is one of the best ways you can protect and care for your family. Now that you have a lead with health insurance, the rest is up to you. And don't forget to eat your vegetables!

Gadgets for Guys

Health Law Guide: Use AARP's online Health Law Guide at www. aarp.org/healthlawguide to learn about the benefits and protections you get through the health law and how the law will apply to you and your family. The Health Law Guide is also available in Spanish (http://www.aarp.org/guiadelaleydesalud). Bookmark this website and come back for updates as the law is phased in.

Doughnut Hole Calculator: If you have Medicare Part D, you may be at risk of falling into the coverage gap, or "doughnut hole." Check out this four-step tool that may help you save money. In English: www.aarp.org/doughnuthole or Spanish: http://calculadoramedicare.aarp.org/.

Nicole Duritz, Vice President of Health at AARP, leads the Association's member and consumer health education and outreach program, which includes work on issues such as Medicare, new health care law, prescription drug affordability, long-term care, prevention and wellness, and wise use of medications.



Riverside's

Cesar E. Chavez Memorial UNVEILED



Riverside

Photos by Carolos Puma

ighlighting the City of Riverside's diversity, nearly 1,000 attendees watched as the newly constructed Cesar E. Chavez Memorial Monument was recently unveiled at the Main Street downtown pedestrian mall.

Known as the Peace Walk in the pedestrian mall, Chavez' statue joins other civil rights advocates Ahn Chang Ho, Mahatma Ghandi, Martin Luther King, Jr., Ismael Villegas, Eliza Tibbets, and the Wall of Honor.

A farm worker himself, Chavez was a labor leader and advocate for poor farm workers in the 1960s. He fought for equality, civil rights and basic human dignity for workers and co-founded the National Farm Workers Association later known as the United Farm Workers union.

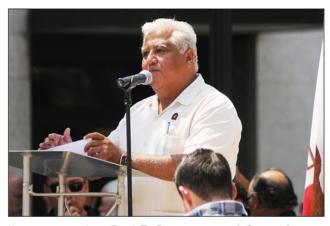
The Chavez statue was designed and created by sculptor Ignacio Gomez and cost approximately \$400,000, with much of the money coming from donations.



(I-r): Ofelia Valdez-Yeager, Andy Melendrez, former Riverside Mayor Ron Loveridge and Riverside Mayor Rusty Bailey



Grupo Folklorico Maya



Keynote speaker, Paul F. Chavez, son of Cesar Chavez and President and Chairman of the board of the Cesar Chavez Foundation



Ismael R. Villegas Memorial VFW Post 184

voicecommunity



The unveiling of Cesar E. Chavez memorial on the Main Street mall downtown Riverside





Nearly 1,000 people were in attendance for the unveiling of the Cesar E. Chavez Memorial Monument.



Ofelia Valdez-Yeager, President of the Latino Network and Cesar E. Chavez Memorial Chair.



inlandlife

Juneteenth Tradition Bridges Gaps on Different Levels

By Samuel Williams, Jr.

ity of Riverside Juneteenth celebration founder Delores Armour said the 2013 Juneteenth celebration was a success and she has found attendance continues to increase yearly. But it is the attempt to quell racial tensions, among youth in the city's streets at the turn of the new century, where the Juneteenth saga seems most useful.

By the year 2000, tensions between the city's African-American and Latino youth had bubbled over into turf wars between gang members. Left in the wake of these conflicts were young men from both races dead on Riverside's streets.

Armour, a history teacher by vocation, felt the necessity to add the history of Afro-Mexicans and Latinos to the Juneteenth program held annually at Bordwell Park. In effort to create some bridge for dialogue it was important that Armour help the youth realize there was history of a long and cordial relationship between people of African and Mexican descent.

During the period of enslavement in the United States, where at the time Blacks had no voice or rights, enslaved people voted with their feet by escaping to Mexico and later settled in Central America. This made Mexico and surrounding Latin countries a part of the Underground Railroad. Vincente Guerrero, an Afro-Mexican who was a

product of such migrations, lead his people during the Mexican War and brought about the end of slavery in Mexico.

"Our young people and everyone else need to know this history," Armour said. "We believe this will help to end the bloodshed and useless violence in our streets. Armed with this and much more knowledge, a new unity can be forged. The Juneteenth committee and the City of Riverside believe peace can be obtained."

In addition, and as direct result of the committee's efforts, a Juneteenth Museum depicting African presence in Central and South America has been created. Presentations are made and reference books and photos displayed in the museum verify the fact Blacks and Hispanics coexisted peacefully in the past.

However, Juneteenth has bridged gaps at far higher levels than just the streets of Riverside. In the state of Texas, where the holiday originated, politicians are crossing party lines to unite and achieve a single goal.

Texas House of Representative Sylvester Turner (District 139) has worked tirelessly for over two decades to keep the historical significance of the Juneteenth holiday prevalent. Thanks to Rep. Turner, and 19 of his black constituents, all members of the Texas Legislative Black Caucus (17 in House of Representatives and two state level representatives), a major element in achieving this

goal will be realized in 2015.

According to Turner, a \$2.5 million, five – statue monument commemorating the Juneteenth legacy will be erected in a prominent location on the capitol grounds in early 2015. The three black Republicans and 15 Democratic legislators lay any political affiliation differences aside to make this possible.

"This is truly a historic collection of black legislators engaged in this process," Turner said. "The three Republican legislators are the most ever in the state's political history and they as well as the Democrats in office worked as one to get the statue's placement to this point."

Juneteenth is the oldest known celebration commemorating the ending of slavery in the United States. Dating back to 1865, it was on June 19th that the Union soldiers, led by Major General Gordon Granger, landed in Galveston, Texas with the news that war had ended and that that the enslaved were now free. It must be noted that Granger's arrival with the news came two and a half years after President Abraham Lincoln officially signed the Emancipation Proclamation on January 1, 1863. Sadly, the Emancipation Proclamation had little impact on the state of Texas due to the minimal number of Union troops entrusted to enforce the law. However, with the surrender of General Robert E. Lee in April 1865. and the arrival of General Granger's regiment, the forces were finally strong enough to influence and overcome the state's resistance to the executive order.

Historians throughout the years have crafted several theories as to why it took two and a half years for Texas slaves to receive the life changing news. One alleges that a messenger sent to deliver the news to Texans was murdered and his message never was shared. A second theory intimates that the news of the Emancipation Proclamation was deliberately withheld by Texas slave owners to maintain their labor force on the plantations. A third theory alleges that federal troops actually waited for the slave owners to reap the benefits of one last cotton harvest before going to Texas to enforce the law.

Samuel Williams, Jr. is an internationally published author (Anomalous: The Adventures of Sherlock Holmes featuring Jack Johnson and Alphonse Capone) and freelance journalist based in San Bernardino, Ca.)



infocus













13th Annual Riverside Juneteenth Celebration

Story and Photos by John Coleman

uneteenth, also known in many communities across the United States as 'Freedom Day' or 'Emancipation Day' and usually observed on a weekend near June 19, is a state holiday in 42 states. The first celebration was held in Galveston Texas, June 19, 1865, weeks after the surrender of the Confederacy. The arrival of troops led by Union Army General, Gordon Grainger and his official reading of General Order #3 "That...all slaves are free..."

One hundred and forty-five years later Juneteenth is not celebrated in all African American communities. Not commonly taught in school, many Black people have never heard of Juneteenth. Delores Armour, Founder of Riverside Juneteenth and a history teacher, learned of the celebration from Rose Mayes who planned to celebrate the holiday during her visit, 'back home'.

The 13th Annual Riverside Juneteenth was recently observed, Saturday, June 1, 2013 at Bordwell Park, Riverside as one of several events that was held in the area. Other events took place in Moreno Valley, Palm Springs, Perris, Pomona, and Santa Ana. It's a time to gather, to relax, to greet family, make or renew friendships, to watch or perform in the program or events, and to be together as a community.

1 - All Women Are At Risk for Breast Cancer. Black women often are diagnosed younger but are more likely to die from breast cancer. Rutha Eastland (left to right) has been to Sacramento and Washington, DC advocating for cancer research. Pictured Tina Thomas; Ellen Randolph; Willene Nelson; Dianna Garrett; DeEidra Harris; and Elnora Cowan urge support for the Southern California Witness Project's Hat & Accessory Fashion Show fundraiser, June 22, 2013, in support of Breast Cancer Awareness Programs & Services. For more information contact Quinn Community Outreach Corp www.qcoc.net, 951.485.3734 or (Ellen) 951.259.2077. 2 - During the Heart & Soul Line Dance performance the crowd was invited to join in and have fun learning new dance routines. 3 - Retired high schoolteacher, Lovie El-Amin provided readings of poetry and essays by Nina Simone. 4 - The Bre Dancers clowning around. 5 - Burma Lee Manns (I) and Delores Armour have been principal organizers since Riverside Juneteenth's inception. Jean Turner (center) has been the voice of Juneteenth. 6 - Generations and branches of the Ball family renewed and extended their connectedness

in focus











Chaplain Black Returns to the I.E.

Story & Photos by John Coleman

Church 20th Annual Armed Forces Day Celebration. Chaplain Black is presently the 62nd Chaplain of the United States Senate. An eloquent orator and premier preacher, his unique and inspirational presentation profoundly impacts the large audiences that attend each year and this year was no different as 700 people came out to celebrate.

On June 27, 2003, Chaplain Black became the first African American, the first Seventh-day Adventist, and the first military chaplain to hold the office of chaplain to the United States Senate. The Senate elected its first chaplain in 1789. 1 - Welcome by Lt. Col. Bill Howe, USAF (retired), President, National Armed Forces Assn. 2 - Platform Honorees. 3 - Lt. Col. Howe, Chaplain Barry Black, MSqt. Richard Howard, and Pastor Bron Jacobs participated in presenting the Armed Forces Association Eagle Awards to: USMC Sgt. Major William Vann (posthumously), 'Lifetime Achievement' received by Mrs. Vann. 4 - USN Capt, Chaplain (ret.) Herman Kibble introduced the honored guest speaker USN Rear Admiral (ret.) Chief of USN Chaplains Dr. Min. PhD., Dr. Barry C. Black who has served since 2003 as the elected 62nd Chaplain to the US Senate. Chaplain Black preached the sermon. 5 - Columbus Dennis Batiste, II, MD, received the Eagle Community Service in Medicine

classifieds&publicnotices

NOTICE INVITING BIDS

BID NOTICE: Notice is hereby given that the San Bernardino Community College District (hereinafter called DISTRICT) 114 S Del Bosa Drive City of San Bernardino, County of San Bernardino. State of California, 92408. acting by and through its Governing Board, will receive up to, but not later than the stated date/time, sealed bids for the award of a contract for:

PROJECT: Crafton Hills College - New PE Complex at 11711 Sand Canyon Road, Yucaipa, CA 92399

DATE/TIME OF BID OPENING: Bid Proposals will be received up to, but no later than July 10, 2013 at 2:00 PM at which time the proposals will be publicly opened and read. No bidder may withdraw any bid for a period of ninety (90) calendar days after the date set for the opening of bids. It is each bidder's sole responsibility to ensure its bid(s) is timely delivered and received at the location designated as specified above. Any bid received at the designated location after the scheduled closing time for receipt of bids shall be returned to the bidder unopened. Please contact Kitchell/BRi/Seville, Xavier Adrian, with any questions at (909) 435-4159.

WHERE RECEIVED: Sealed bid proposals must be received by the Owner, San Bernardino Community College District located at 114 S. Del Rosa Drive, San Bernardino, CA 92408 AVAILABILITY OF BID DOCUMENTS Bids must be submitted to the Owner on the Owner's Contract Bid Forms, which are included in the Bid Documents for the Project. Prospective Bidders may obtain Bid Documents only from A&I Reprographics, located at 898 Via Lata, Suite L. Colton, CA 92324, (909) 514-0704. No partial sets will be available. Bid sets will be issued by A&I Reprographics upon receipt of a \$250.00 refundable deposit for the first set in the form of a cashiers or company check made payable to the District. Additional sets may be purchased for the cost of printing each set and must be paid for using a separate check. Bidders wishing to pick up plans and specifications should contact the above noted phone number to confirm availability. Plans may also be viewed by appointment, (909) 435-4159, at Crafton Hills College - 11711 Sand Canyon Road Yucaipa, CA 92399.

MANDATORY JOB WALK: There will be (1) one Pre-Bid Conference. Attendance at the Pre-Bid Conference by a representative of the General Contractor is mandatory for submitting a proposal for subject project. Pre-Bid Conference will be held on Wednesday. June 19th, 2013 at 10:00 AM at The Aquatics Center Room AC103 located at Crafton Hills College - 11711 Sand Canvon Road, Yucaipa, CA 92399. Please contact the Project Manager (909) 435-4159 for a location map.

SUMMARY OF WORK: Site excavation and grading, hazardous material abatement and remediation, concrete foundations and paving, CMU walls, steel roof framing, steel fencing and rails, PVC roofing, plumbing, brick veneer, HVAC and electrical systems, lighting, and audio visual components.

License Required - B and any required subcontractor licenses and/or certifications. Project is being delivered. using a single prime / general contractor method Engineers Estimate allows for a range of \$3.800.000 and \$4.200.000 including all additive alternates and not including all deductive alternates.

BID SECURITY: In accordance with California Public Contract Code section 22300, the DISTRICT will permit the substitution of securities for any monies withheld by the DISTRICT to ensure performance under the contract. At the request and expense of the Contractor, securities equivalent to the amount withheld shall be deposited with the DISTRICT, or with a state or federally chartered bank as the escrow agent, who shall then pay such monies to the Contractor Upon satisfactory completion of the contract the securities shall be returned to the Contractor. Each bidder's bid must be accompanied by one of the following forms of bidder's security: (1) cash; (2) a cashier's check made payable to the DISTRICT; (3) a certified check made payable to the DISTRICT; or (4) a bidder's bond executed by a California admitted surety as defined in Code of Civil Procedure section 995.120, made payable to the DISTRICT in the form set forth in the contract documents. Such bidder's security must be in an amount not less than ten percent (10%) of the maximum amount of bid as a guarantee that the bidder will enter into the proposed contract, if the same is awarded to such bidder, and will provide the required Performance and Payment Bonds and insurance certificates. In the event of failure to enter into said contract or provide the necessary documents, said security will be forfeited.

BONDS: The successful bidder to whom a contract is awarded will be required to furnish the District separate payment and performance bonds, each in an amount equal to 100% of the total contract amount, are required, and shall be provided to the DISTRICT prior to execution of the contract and shall be in the form set forth in the contract documents. Trade Contractors bidding this Project must require, pursuant to Public Contract Code section 4108, all subcontractors providing labor and materials to obtain separate original signature and fully executed payment and performance bond, each in an amount equal to 100% of the total contract amount. All Trade Contractors bidding this Project must specify this requirement for subcontractor bonds in their written or published request for subcontractor bids. Failure to comply with this requirement shall not preclude a contractor from complying with the subcontractor bonding requirements. for each Bonds are required specification section or combination of sections, which exceed(s) the limit listed above. All bonds (Bid, Performance, and Payment) must be issued by a California admitted surety as defined in California Code of Civil Procedure section 995.120.

INSURANCE: The project will utilize an Owner Carried Insurance Program (OCIP). More information is available in

the contract documents

LABOR & PREVAILING WAGES: The DISTRICT has obtained from the Director of the Department of Industrial Relations the general prevailing rate of per diem wages and the general prevailing rate for holiday and overtime work in the locality in which this work is to be performed for each craft, classification or type of worker needed to execute the contract. These per diem rates, including holiday and overtime work, as well as employer payments for health and welfare, pension, vacation, and similar purposes, are on file at the DISTRICT. and are also available from the Director of the Department of Industrial Relations Pursuant to California Labor Code Sections 1720 et seg., it shall be mandatory upon the CONTRACTOR to whom the contract is awarded and upon any subcontractor under such CONTRACTOR, to pay not less than the said specified rates to all workers employed by them in the execution of the contract and to comply with the DISTRICT's Labor Compliance

This project is subject to DISTRICT Local Hire participation.

Additional requirements regarding Notice Inviting Bidders are available upon receipt of construction documents

EQUAL OPPORTUNITY EMPLOYER p. 6/6, 6/13/13

The following person(s) is (are) doing business as: LAMWORLD 402 Princeland Ct. #2 Corona, CA 92879 Riverside County Lamitek USA, Inc. 402 Princeland Ct. #2 Corona, CA 92879

CALIFORNIA

This business is conducted by: Corporation

Registrant has not yet begun to transact business under the fictitious name(s) listed above

I declare that all the information in this statement is true and correct. (A registrant who declares as true, information which he or she knows to be false is guilty of a crime.)

s/...Sok W. Whang, President

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. seq. b &p code)

Statement filed with the County of Riverside on 5/14/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state

or common law (See Section 14411. Et Sea.. Business and Professions Code)

Larry W. Ward, County, Clerk Clerk N MFDINA FILE NO. R-2013-05214 p 5/23 5/30 6/6 6/13 2013

The following person(s) is (are) doing

T.A.I. TRAINING 33551 Winston Way, Unit A Temecula, CA 92592 Riverside County Nina Michelle Henry 33551 Winston Way, Unit A Temecula, CA 92592

This business is conducted by: Individual

Registrant has not yet begun to transact business under the fictitious name(s) listed above

I declare that all the information in this statement is true and correct. (A registrant who declares as true, information which he or she knows to be false is guilty of a crime.)

s/...Nina M. Henry The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. seq. b &p code)

Statement filed with the County of Riverside on 4/25/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411. Et Seg., Business and Professions Code)

Larry W. Ward, County, Clerk Clerk N MEDINA FILE NO. R-2013-04532 p. 5/23, 5/30, 6/6, 6/13, 2013

business as: FRUIT OF LIFE MINISTRIES 5742 Autumnwood Riverside, CA 92509 Riverside County 25350 Santiago #8 Moreno Valley, CA 92551 Fruit of Life Ministries 5742 Autumnwood Riverside CA 92509 CALIFORNIA This business is conducted by: Corporation Registrant commenced to transact name(s) listed above on 5/7/2001

The following person(s) is (are) doing

business under the fictitious business I declare that all the information in

this statement is true and correct. (A registrant who declares as true. information which he or she knows to be false is quilty of a crime.)

s/...Pastor Stephen Dada, President The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal state, or common law (sec. 1440 et. sea b &p code)

Statement filed with the County of Riverside on 5/13/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411 Ft Seg Business and Professions Code).

Larry W. Ward, County, Clerk Clerk D. PLUNKETT FILE NO. R-2013-05178 p. 5/23, 5/30, 6/6, 6/13, 2013

The following person(s) is (are) doing

ROYAL DAY SPA 22500 Town Circle #2229 Moreno Valley, CA 92553 Riverside County Nail Sna Inc. 12607 Del Rev Dr Rancho Cucamonga, CA 91739 Corona, CA 92879 **CALIFORNIA**

This business is conducted by: Corporation

Registrant commenced to transact business under the fictitious business name(s) listed above on May 06, 2013. I declare that all the information in this statement is true and correct. (A registrant who declares as true, information which he or she knows to be false is guilty of a crime.) s/...Tho Thien Tran. President

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal state, or common law (sec. 1440 et. sea, b &p code)

Statement filed with the County of Riverside on 5/07/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411 Et Seq., Business and Professions Code)

Larry W. Ward, County, Clerk Clerk T. JENSEN FILE NO. R-2013-04953 p. 5/23, 5/30, 6/6, 6/13, 2013

The following person(s) is (are) doing

LAW OFFICES OF JAMES C TURNEY 41411 Maroon Town Drive #1 Bermuda Dunes, CA 92203 Riverside County P.O. Box 6905

La Quinta, CA 92248-6905 James Courtney Turney 41411 Maroon Town Drive #1 Bermuda Dunes, CA 92203

This business is conducted by Individual

Registrant commenced to transact business under the fictitious business name(s) listed above on December 1. 2009

I declare that all the information in this statement is true and correct. (A registrant who declares as true. information which he or she knows to he false is quilty of a crime)

s/ James Courtney Turney The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et.

sea, b &p code) Statement filed with the County of Riverside on 5/02/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seg., Business and Professions Code).

Larry W. Ward, County, Clerk Clerk T. VARGAS FILE NO. B-2013-04786 p. 5/23, 5/30, 6/6, 6/13, 2013

The following person(s) is (are) doing business as: FIRST FAMOUS CHURCH OF CHRIST 5742 Autumnwood Riverside, CA 92509 Riverside County 2350 Santiago Dr. #8 Moreno Valley, CA 92551 First Famous Church of Christ 5742 Autumnwood Riverside, CA 92509 **CALIFORNIA** This business is conducted by: Corporation Registrant commenced to transact

husiness under the fictitious husiness name(s) listed above on 8/28/2008 I declare that all the information in this statement is true and correct.

(A registrant who declares as true information which he or she knows to be false is guilty of a crime.)

s/...Pastor Stephen Dada, President The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal state, or common law (sec. 1440 et. seq. b &p code)

Statement filed with the County of Riverside on 5/13/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and Professions Code). Larry W. Ward, County, Clerk Clerk D PI UNKETT FILE NO. R-2013-05179 p. 5/23, 5/30, 6/6, 6/13, 2013

The following person(s) is (are) doing business as: **GRUPO NUEVO ESPIRITO** 22500 Town Circle, Suite 2000 Moreno Valley, CA 92553 Riverside County Martin (--) Mejia Fajardo 8200 Haven Ave., Apt. #8304 Rancho Cucamonga, CA 91730 This business is conducted by Individual Registrant has not yet begun to

transact business under the fictitious name(s) listed above. I declare that all the information in this statement is true and correct

(A registrant who declares as true, information which he or she knows to be false is quilty of a crime.)

s/...Martin Mejia Fajardo

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. seq. b &p code)

Statement filed with the County of Riverside on 5/13/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and Professions Code). Larry W. Ward, County, Clerk Clerk B. HARRIS FILE NO B-2013-05198 p. 5/23, 5/30, 6/6, 6/13, 2013

The following person(s) is (are) doing business as: RODRIGUEZ CHRISTINA ASSOCIATES 4192 Brockton Ave., Suit 103-B Riverside, CA 92501 Riverside County Christina - Rodriguez 8807 Amigos Pl. Riverside, CA 92504 This business is conducted by: Individual

Registrant has not yet begun to

transact business under the fictitious name(s) listed above.

I declare that all the information in this statement is true and correct (A registrant who declares as true. information which he or she knows to be false is guilty of a crime.)

s/ Christina Rodriguez

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal state, or common law (sec. 1440 et. seq. b &p code)

Statement filed with the County of Riverside on 5/02/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and Professions Code). Larry W. Ward, County, Clerk

Clerk N. LEWIS FILE NO. B-2013-04845 p. 5/23, 5/30, 6/6, 6/13, 2013

The following person(s) is (are) doing business as: THE DMASS GROUP 38136 Talavera Ct Murrieta, CA 92563 Riverside County Dennis Michael Massawe 38136 Talavera Ct. Murrieta, CA 92563 This business is conducted by:

Individual Registrant has not yet begun to transact business under the fictitious name(s) listed above

I declare that all the information in this statement is true and correct. (A registrant who declares as true. information which he or she knows to be false is quilty of a crime)

s/ Dennis Massawe The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. seq. b &p code)

Statement filed with the County of Riverside on 5/09/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Sea., Business and Professions Code). Larry W. Ward, County, Clerk

Clerk D. RIVERA FILE NO. R-2013-05080

p. 5/23, 5/30, 6/6, 6/13, 2013

The following person(s) is (are) doing husiness as

SLIDS 'N' SHINE CO 15740 Streamview Ct Riverside CA 92504 Riverside County Dante Donnie Oms 15740 Streamview Ct.

Riverside, CA 92504 This business is conducted by: Individual

Registrant has not yet begun to transact business under the fictitious name(s) listed above

I declare that all the information in this statement is true and correct. (A registrant who declares as true. information which he or she knows to be false is quilty of a crime.)

s/ Dante Oms

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. seq. b &p code)

Statement filed with the County of Riverside on 5/02/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seg., Business and Professions Code). Larry W. Ward, County, Clerk Clerk B. HARRIS

FILE NO. R-2013-04817 p. 5/23, 5/30, 6/6, 6/13, 2013

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NUMBER BIC 1305678

To All Interested Persons: Petitioner: VANNY PHI NGUYEN filed a petition with this court for a decree changing names as follows: VANNY PHI NGUYEN to VAN PHI NGUYEN The Court Orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter objection is timely filed, the court may grant the petition without a hearing. Notice of Hearing: Date: 7/23/13 Time: 8:30 AM Dept.: 10. The address of the court is: Superior Court of California, County of Riverside 4050 Main St (P.O. Box 431). Riverside. CA 92502-0431. A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Black Voice, 4290 Brockton Avenue, Riverside, CA 92501. Date: MAY 10, 2013

SHARON J. WATERS, Judge of the Superior Court

p. 5/23, 5/30, 6/6, 6/13, 2013

AMENDED ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NUMBER RIC 1302712

To All Interested Persons: Petitioner: EUNICE LAURA PARRA filed a petition with this court for a decree changing names as follows: EUNICE LAURA PARRA to NIKKIE LAURA PARRA DOWDING The Court Orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter objection is timely filed the court may grant the petition without a hearing. Notice of Hearing: Date: 6/14/13 Time: 8:30 AM Dept.: 10. The address of the court is: Superior Court of California, County of Riverside, 4050 Main St., (P.O. Box 431), Riverside, CA 92502-0431. A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Black Voice, 4290 Brockton Avenue, Riverside CA 92501

Date: MAY 15, 2013 SHARON J. WATERS, Judge of the Superior Court

p. 5/23, 5/30, 6/6, 6/13, 2013

The following person(s) is (are) doing business as: A+ PROCESS SERVICE 4129 Main St., Suite 208-B Riverside, CA 92501

Riverside County Gitta Sandra Williams 9839 Pebble Brook Dr. Moreno Valley, CA 92557

This business is conducted by Individual

Registrant has not yet begun to transact business under the fictitious name(s) listed above I declare that all the information in

this statement is true and correct. (A registrant who declares as true, information which he or she knows to be false is guilty of a crime.)

s/...Gitta Williams

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. sea, b &p code)

Statement filed with the County of Riverside on 5/06/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state

or common law (See Section 14411, Et Seq., Business and Professions Code). Larry W. Ward. County. Clerk Clark J WRAY FILE NO. B-2013-04882 p. 5/30, 6/6, 6/13, 6/20, 2013

The following person(s) is (are) doing husiness as: JESSICA MARTINEZ TRUCKING CO. 11564 Holmes Ave.

Mira Loma, CA 91752 Riverside County Paul - Martinez

11564 Holmes Mira Loma, CA 91752

This business is conducted by: Individual

Registrant has not yet begun to transact business under the fictitious name(s) listed above

I declare that all the information in this statement is true and correct (A registrant who declares as true. information which he or she knows to be false is quilty of a crime.)

s/ Paul Martinez

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal. state, or common law (sec. 1440 et. seq. b &p code)

Statement filed with the County of Riverside on 5/16/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and Professions Code). Larry W. Ward, County, Clerk

Clerk S BATLIFF FILE NO. B-2013-05303 p. 5/30, 6/6, 6/13, 6/20, 2013

The following person(s) is (are) doing business as: SAMBA MOTORS 17117 Rocky Bend Ct. Riverside, CA 92503 Riverside County Andre Louis Cole 17117 Rocky Bend Ct

Riverside, CA 92503 This business is conducted by: Individual

Registrant has not yet begun to transact business under the fictitious name(s) listed above. I declare that all the information in

this statement is true and correct. (A registrant who declares as true. information which he or she knows to be false is quilty of a crime.)

s/...Andre Cole

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal. state, or common law (sec. 1440 et. seq. b &p code)

Statement filed with the County of Riverside on 5/20/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and Professions Code). Larry W. Ward, County, Clerk Clerk S BATLIFF

FILE NO. R-2013-05415 p. 5/30, 6/6, 6/13, 6/20, 2013 The following person(s) is (are) doing husiness as:

POWER ELECTRIC 24659 Afton Way Moreno Valley, CA 92557 Riverside County David Carl Miller 24659 Afton Way Moreno Valley, CA 92557

This business is conducted by: Individual

Registrant has not vet begun to transact business under the fictitious name(s) listed above.

I declare that all the information in this statement is true and correct. (A registrant who declares as true. information which he or she knows to be false is quilty of a crime.)

s/ David Carl Miller

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. sea, b &p code)

Statement filed with the County of Riverside on 5/20/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and Professions Code). Larry W. Ward, County, Clerk

Clerk T. VARGAS FILE NO. R-2013-05400 p. 5/30, 6/6, 6/13, 6/20, 2013

The following person(s) is (are) doing business as: ATIR

43850 Congress St. Indio CA 92201 Riverside County P.O. Box 7362 La Quinta, CA 92253

Rita - Gasbarri 43850 Congress St. Indio, CA 92201

is conducted by: This business Individual

Registrant has not yet begun to transact business under the fictitious

name(s) listed above.

I declare that all the information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is quilty of a crime.) s/...Rita Gasbarri

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. sea, b &p code)

Statement filed with the County of Riverside on 5/15/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and Professions Code). Larry W. Ward, County, Clerk Clerk B. URIAS FILE NO. I-2013-01340

The following person(s) is (are) doing

p. 5/30, 6/6, 6/13, 6/20, 2013

business as: VMD ROYAL REAL ESTATE COMPANY 14943 Artisan St Moreno Valley, CA 92555

Riverside County VMD Enterprises, Inc. 14943 Artisan St. Moreno Valley, CA 92555

CALIFORNIA This business is conducted by: Corporation

Registrant commenced to transact business under the fictitious business name(s) listed above on 2003.

I declare that all the information in this statement is true and correct (A registrant who declares as true. information which he or she knows to

be false is quilty of a crime.) s/...Valerie Maxwell, President

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. seq. b &p code)

Statement filed with the County of Riverside on 5/20/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and Professions Code). Larry W. Ward, County, Clerk Clerk L. SIBLEY

FILE NO. R-2013-05412

p. 5/30, 6/6, 6/13, 6/20, 2013

The following person(s) is (are) doing husiness as B & A TOBACCO + 6675 Magnolia Ave. Riverside, CA 92506 Riverside County Shaheen - Saeed 6532 Cedar Creek Rd. Corona, CA 92880 Madeeha Saeed Rao 6532 Cedar Creek Rd. Corona, CA 92880 This business is conducted by: General

Partnership Registrant commenced to transact

business under the fictitious business name(s) listed above on 05/22/2013. I declare that all the information in this statement is true and correct (A registrant who declares as true. information which he or she knows to be false is guilty of a crime.)

s/...Shaheen Saeed The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. sea, b &p code)

Statement filed with the County of Riverside on 5/22/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and Professions Code).

Larry W. Ward, County, Clerk Clerk B. HARRIS FILE NO R-2013-05497 p. 5/30, 6/6, 6/13, 6/20, 2013

The following person(s) is (are) doing business as: SEQUOIA DIGITAL MARKETING 1493 Moonlight Dr. Beaumont, CA 92223 Riverside County James Blake Harber 1493 Moonlight Dr. Beaumont, CA 92223 This business is conducted by

Individual Registrant has not yet begun to transact business under the fictitious name(s) listed above.

I declare that all the information in this statement is true and correct. (A registrant who declares as true. information which he or she knows to be false is guilty of a crime.) s/ Blake Harber

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. seq. b &p code)

Statement filed with the County of Riverside on 5/22/13

I hereby certify that this copy is a correct copy of the original statement on file in my office

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411 Ft Seq., Business and Professions Code). Larry W. Ward, County, Clerk Clerk D. FLORES FILE NO. R-2013-05477 p. 5/30, 6/6, 6/13, 6/20, 2013

The following person(s) is (are) doing business as: MCLAUGHLIN FINANCIAL JIM. **CONSULTANTS** 5555 Canvon Crest Drive. Unit 1D Riverside, CA 92507 Riverside County James William McLaughlin, Jr. 5555 Canyon Crest Drive, Unit 1D Riverside, CA 92507 Melva Christine McLaughlin 5555 Canyon Crest Drive, Unit 1D Riverside, CA 92507 This business is conducted by: Co-

Partners Registrant has not yet begun to transact business under the fictitious name(s) listed above

I declare that all the information in this statement is true and correct (A registrant who declares as true. information which he or she knows to be false is guilty of a crime.)

s/...James W. McLaughlin, Jr. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et.

seq. b &p code) Statement filed with the County of Riverside on 5/22/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and Professions Code). Larry W. Ward, County, Clerk

Clerk B. HARRIS FILE NO. B-2013-05537 p. 5/30, 6/6, 6/13, 6/20, 2013

The following person(s) is (are) doing business as: MISHY'S APPLE 3050 Orange St Riverside, CA 92501 Riverside County Michele Lynnell Hagans 3762 Almansa Way Perris, CA 92571 conducted by: This business Individual Registrant commenced to transact

business under the fictitious business

I declare that all the information in this statement is true and correct. (A registrant who declares as true. information which he or she knows to be false is quilty of a crime)

s/...Michele L. Hagans

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. sea, b &p code)

Statement filed with the County of Riverside on 5/21/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seg., Business and Professions Code). Larry W. Ward, County, Clerk

Clerk B. HARRIS FILE NO. R-2013-05426 p. 5/30, 6/6, 6/13, 6/20, 2013

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

The following fictitious business name(s) has been abandoned by the following person(s):

B & A TOBACCO + 225 W. Big Springs Road Riverside, CA 92507 Ferras - Khalifh 145 Sir Damas D Riverside, CA 92507

This business is conducted by: Individual

The fictitious business name(s) referred to above was filed in Riverside County on 8/30/12.

I declare that all the information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is quilty of a crime.) s/...Ferras Khalifh

This statement was filed with the County Clerk of Riverside County on 05/22/2013

Larry W. Ward, County, Clerk Clerk B. HARRIS FILE NO B-2012-09817 p. 5/30, 6/6, 6/13, 6/20, 2013

The following person(s) is (are) doing business as: ACCESS REALTY & REO 12884 Rimmon Rd. Corona, CA 92880 Riverside County PO Box 1268 Corona, CA 92878 Hus R&B, Inc. 12884 Rimmon Rd. Corona, CA 92880 CALIFORNIA This business is conducted by Corporation

Registrant commenced to transact business under the fictitious business name(s) listed above on 6/05/2008.

I declare that all the information in this statement is true and correct. (A registrant who declares as true. information which he or she knows to be false is guilty of a crime.)

s/ Bernadette Steiner Hus R&B Inc. President

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. sea, b &p code)

Statement filed with the County of Riverside on 5/24/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seg., Business and Professions Code). Larry W. Ward, County, Clerk Clerk J. WRAY

FILE NO. R-2013-05616 p. 6/6, 6/13, 6/20, 6/27, 2013

The following person(s) is (are) doing husiness as: BIG J'S AUTO BODY SHOP 1112 S.G. St., Unit D Perris. CA 92570 Riverside County

19361 Day St. Perris, CA 92570 Javier Alberto Leyva 1112 S G St Unit D Perris, CA 92570

This business is conducted by: Individual Registrant has not yet begun to

transact business under the fictitious name(s) listed above. I declare that all the information in

this statement is true and correct (A registrant who declares as true. information which he or she knows to be false is quilty of a crime.)

s/...Javier Levva

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. sea, b &p code)

Statement filed with the County of Riverside on 5/08/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and Professions Code). Larry W. Ward, County, Clerk Clerk T. VARGAS

FILE NO. R-2013-05048

p. 6/6, 6/13, 6/20, 6/27, 2013

The following person(s) is (are) doing husiness as

INFINITE FITNESS

9124 Hawthorne Ave

Riverside, CA 92503 Riverside County

Anthony Cruz Rivera

9124 Hawthorne Ave. Riverside, CA 92503

This business is conducted by: Individual

Registrant commenced to transact business under the fictitious business name(s) listed above on 1/2013.

I declare that all the information in this statement is true and correct. (A registrant who declares as true. information which he or she knows to be false is quilty of a crime.)

s/ Anthony Cruz Rivera

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. seq. b &p code)

Statement filed with the County of Riverside on 5/13/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and Professions Code).

Larry W. Ward, County, Clerk Clerk B. HARRIS FILE NO. R-2013-05171 p. 6/6, 6/13, 6/20, 6/27, 2013

The following person(s) is (are) doing husiness as GLAMOUR NAILS 22500 Town Circle #1189 Moreno Valley, CA 92553 Riverside County Nail Spa TJ, Inc. 12607 Del Rev Dr. Rancho Cucamonga, CA 91739

CALIFORNIA This business is conducted by: Corporation

Registrant has not yet begun to transact business under the fictitious name(s) listed above.

I declare that all the information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)

s/ Tho Thien Tran President

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal. state, or common law (sec. 1440 et. seq. b &p code)

Statement filed with the County of Riverside on 5/20/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business



name statement expires five years from the date it was filed in the Office of the County Clerk A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and Professions Code). Larry W. Ward, County, Clerk Clerk T. VARGAS FILE NO. R-2013-05422 p. 6/6, 6/13, 6/20, 6/27, 2013

The following person(s) is (are) doing business as: M AND L BUILDING MAINTENANCE 9980 Indiana Ave Riverside, CA 92503 Riverside County Martin - Mendoza, Jr. 10070 Keller Ave. Riverside, CA 92503

This business is conducted by: Individual Registrant has not yet begun to

transact business under the fictitious name(s) listed above.

I declare that all the information in this statement is true and correct. (A registrant who declares as true. information which he or she knows to be false is quilty of a crime.)

s/...Martin Mendoza

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. seq. b &p code)

Statement filed with the County of Riverside on 5/28/13

I hereby certify that this copy is a correct copy of the original statement

on file in my office. NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office. of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and Professions Code). Larry W. Ward, County, Clerk Clerk J. VALLEJO FILE NO. R-2013-05626

The following person(s) is (are) doing business as: CAMPUSBOOKAUCTION.COM 8391 Santiago Cir. Riverside, CA 92509 Riverside County 20045 Hunter St Perris, CA 92570 Alejandro - Villarreal 20045 Hunter St. Perris, CA 92570 Ferhad - Emadi 8391 Santiago Cir

p. 6/6, 6/13, 6/20, 6/27, 2013

Riverside, CA 92509 This business is conducted by: Co-

name(s) listed above

Partners Registrant has not yet begun to transact business under the fictitious I declare that all the information in this statement is true and correct (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) s/...Alejandro Villarreal

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. seq. b &p code)

Statement filed with the County of Riverside on 5/21/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and Professions Code). Larry W. Ward, County, Clerk Clark B. HARRIS FILE NO. R-2013-05439

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

p. 6/6, 6/13, 6/20, 6/27, 2013

CASE NUMBER RIC 1306209 To All Interested Persons: Petitioner: CARRASCO SALVADOR MORENO, JR. filed a petition with this court for a decree changing names as follows: CARRASCO SALVADOR MORENO, JR. to SALVADOR GUTIERREZ CARROSCO, JR. The Court Orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter objection is timely filed, the court may grant the petition without a hearing. Notice of Hearing: Date: 8/1/13 Time: 8:30 AM Dept.: 10. The address of the court is: Superior Court of California, County of Riverside, 4050 Main St., (P.O. Box 431), Riverside, CA 92502-0431. A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Black Voice, 4290 Brockton Avenue, Riverside, CA 92501. Date: MAY 24, 2013

SHARON J. WATERS, Judge of the Superior Court p. 6/6, 6/13, 6/20, 6/27, 2013

AMENDED ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NUMBER RIC 1303919

To All Interested Persons: Petitioner: MARIO ROMERO filed a petition with this court for a decree changing names as follows: SAMANTHA JORDAN MORALES to SAMANTHA ROMERO The Court Orders that all persons

interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter objection is timely filed, the court may grant the petition without a hearing. Notice of Hearing: Date: 7/15/13 Time: 8:30 AM Dept.: 4. The address of the court is: Superior Court of California, County of Riverside, 4050 Main St., (P.O. Box 431). Riverside. CA 92502-0431. A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Black Voice, 4290 Brockton Avenue, Riverside, CA 92501.

Date: MAY 29, 2013 DALLAS HOLMES, Judge of the Superior Court p. 6/6, 6/13, 6/20, 6/27, 2013

The following person(s) is (are) doing business as: TRIPLE DOUBLE **PRODUCTIONS**

43 Vista Palermo, Lake Elsinore, CA 92532 Riverside County

Michael Andre-Trescher Catron 43 Vista Palermo, Lake Elsinore, CA 92532

This business is conducted by: an individual

Registrant(s) has not yet begun to transact business under the fictitious business name(s) listed above.

I declare that all information in this statement is true and correct. (A registrant who declares as true, information which he or she knows to be false is guilty of a crime.) s/ Michael Andre-Trescher Catron

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal. state, or common law (sec. 1440 et. sea, b &p code)

Statement was filed with the County of Riverside on 5/22/13 I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal State or common law (See Section 14411 Et Seq., Business and Professions Code).

Larry W. Ward, County Clerk, FILE NO. R-2013-05534

p. 6/6, 6/13, 6/20, 6/27

NOTICE OF TRUSTEE'S SALE File No. 7023.104993 Title Order No. NXCA-0089881 MIN No. APN 226-032-006-5 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 05/25/10 UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY IT MAY BE SOLD AT A PUBLIC SALE IF YOU NEED AN

EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association. or savings association, or savings bank specified in §5102 to the Financial code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty. expressed or implied, regarding title, possession, or encumbrances. to satisfy the obligation secured by said Deed of Trust. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. Trustor(s): Jodyne Willis, a single person Recorded: 06/01/10, as Instrument No. 2010-0249828, of Official Records of Riverside County, California. Date of Sale: 06/26/13 at 10:00 AM Place of Sale: In front of the Corona Civic Center, located at 849 W Sixth Street, Corona, CA The purported property address is: 6005 MEADOWBROOK LANF BIVERSIDE CA 92504 Assessors Parcel No. 226-032-006-5 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 \$158,320.04. If the sale is set aside for any reason, the purchaser at the sale shall be entitled only to a return of the deposit paid. plus interest. The purchaser shall have no further recourse against the beneficiary, the Trustor or the trustee. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as

a courtesy to those not present at the

sale. If you wish to learn whether your sale date has been nostnoned and if applicable, the rescheduled time and date for the sale of this property, you may call 877-484-9942 or 800-280-2832 or visit this Internet Web site www.USA-Foreclosure.com or www. Auction.com using the file number assigned to this case 7023.104993 Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: June 3 2013 NORTHWEST TRUSTEE SERVICES, INC., as Trustee Melissa Myers Authorized Signatory 1241 F Dyer Road, Suite 250, Santa Ana, CA 92705 866-387-6987 Sale Info website: www.USA-Foreclosure.com or www.Auction.com Automated Sales Line: 877-484-9942 or 800-280-2832 Reinstatement and Pay-Off Requests: 866-387-NWTS THIS OFFICE IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE LISED FOR THAT PURPOSE ORDER # 7023.104993: 06/06/2013.0 6/13/2013.06/20/2013

NOTICE OF SALE OF VEHICLE

Notice is hereby given, pursuant to Section 3071 of the Civil Code of the State of California, the undersigned will sell the following vehicle(s) at lien sale at said time(s) on:

06//24/2013 at 10:00 AM to wit: Make/Yr. MERC/2006 Lic. 010282X

Vin#4JGCB75E36A010282 Location: S&V AUTO, 432 OAK STREET, SAN BERNARDINO, CA

92401 Said sale is for the purpose of satisfying lien of the undersigned for towing, storage, labor, materials, and lien charges, together with costs of

advertising and expenses of sale. p. 6/13

The following person(s) is (are) doing business as: BOLSA COLLECTION ACCESSORIES 14157 Stonehurst Dr Moreno Valley, CA 92553 Riverside County Kimberly Reneé Banks 14157 Stonehurst Dr. Moreno Valley, CA 92553

This business is conducted by: Individual Registrant has not yet begun to transact business under the fictitious

I declare that all the information in this statement is true and correct. (A registrant who declares as true, information which he or she knows to be false is guilty of a crime.)

s/...Kimberly R. Banks The filing of this statement does not of

name(s) listed above

itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. sea, b &p code)

Statement filed with the County of Riverside on 5/22/13

I hereby certify that this copy is a

correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and Professions Code). Larry W. Ward, County, Clerk Clark D. FLORES FILE NO. B-2013-05482 p. 6/13, 6/20, 6/27, 7/4, 2013

The following person(s) is (are) doing business as: LUV SCRUBZZ 23549 Suncrest Ave. Moreno Valley, CA 92553 Riverside County Mary Louise Butle 23549 Suncrest Ave Moreno Valley, CA 92553 CALIFORNIA

This business is conducted by: Individual

Registrant has not yet begun to transact business under the fictitious name(s) listed above

I declare that all the information in this statement is true and correct. (A registrant who declares as true. information which he or she knows to be false is guilty of a crime.)

s/...Mary Butler

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. seq. b &p code)

Statement filed with the County of Riverside on 5/29/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and Professions Code). Larry W. Ward, County, Clerk Clerk J WRAY

FILE NO. R-2013-05703 p. 6/13, 6/20, 6/27, 7/4, 2013

The following person(s) is (are) doing business as: D & J PAINTING 5917 Mitchelle

Riverside, CA 92505 Riverside County Delfino - Aguilar 12175 Ramon Ave. #80 Chino, CA 91710

This business is conducted by: Individual

Registrant has not yet begun to transact business under the fictitious name(s) listed above

I declare that all the information in

this statement is true and correct (A registrant who declares as true information which he or she knows to be false is quilty of a crime.)

s/...Delfino Aguilar

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. seq. b &p code)

Statement filed with the County of Riverside on 6/03/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and Professions Code). Larry W. Ward, County, Clerk Clerk S BATLIFF FILE NO. B-2013-05814 p. 6/13, 6/20, 6/27, 7/4, 2013

The following person(s) is (are) doing business as: Z & A CLEANING SERVICES 1211 W. Linden St. Riverside, CA 92507 Riverside County Desmond Cornelius White 1211 W. Linden St. Riverside, CA 92507 This business is conducted by:

Individual Registrant has not yet begun to transact business under the fictitious

name(s) listed above I declare that all the information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is quilty of a crime.)

s/...Desmond C. White

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. sea, b &p code)

Statement filed with the County of Riverside on 5/24/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office. of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and Professions Code). Larry W. Ward, County, Clerk Clerk J. WRAY

FILE NO. R-2013-05615 p. 6/13, 6/20, 6/27, 7/4, 2013

The following person(s) is (are) doing business as:

AT YOUR BARK AND CALL MOBILE PET SALON 10234 Gould St., Apt. #3 Riverside, CA 92503 Riverside County Jose Miguel Hidalgo 10234 Gould St., Apt. #3 Riverside, CA 92503

This business is conducted by: Individual

Registrant has not yet begun to transact business under the fictitious name(s) listed above

I declare that all the information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is quilty of a crime) s/...Jose Miguel Hidalgo

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. sea, b &p code)

Statement filed with the County of Riverside on 6/04/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and Professions Code). Larry W. Ward, County, Clerk Clerk D. SOLOMON FILE NO. R-2013-05865

p. 6/13, 6/20, 6/27, 7/4, 2013 The following person(s) is (are) doing husiness as INSIDE LOOPS 10620 Village Rd Moreno Valley, CA 92557 Riverside County All Nations Investment Group 10620 Village Rd. Moreno Valley, CA 92557

CALIFORNIA This business is conducted by: Corporation

Registrant has not yet begun to transact business under the fictitious name(s) listed above.

I declare that all the information in this statement is true and correct. (A registrant who declares as true. information which he or she knows to be false is quilty of a crime

s/ Lonnie Allen COO/CFO

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. sea, b &p code)

Statement filed with the County of Riverside on 5/21/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and Professions Code). Larry W. Ward, County, Clerk Clerk J. WRAY

p. 6/13, 6/20, 6/27, 7/4, 2013 The following person(s) is (are) doing business as:

MELISSA MORGAN FINE ART 73040 FI Paseo Palm Desert CA 92260 Riverside County POB 3793 Palm Desert, CA 92261 MMFA LLC 73040 El Paseo Palm Desert, CA 92260 CALIFORNIA

FILE NO B-2013-05446

This business is conducted by: Limited Liability Company

Registrant commenced to transact business under the fictitious business name(s) listed above on 03/03/2008.

I declare that all the information in this statement is true and correct. (A registrant who declares as true. information which he or she knows to be false is quilty of a crime)

s/...Melissa Ann Morgan, President The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. seq. b &p code)

Statement filed with the County of Riverside on 5/24/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and Professions Code). Larry W. Ward, County, Clerk

Clerk Y.R. CRUZ FILE NO. I-2013-01441 p. 6/13, 6/20, 6/27, 7/4, 2013

The following person(s) is (are) doing business as: STEVE & DALIA INC. 13627 Cope Ct Moreno Valley, CA 92553

Riverside County Steve & Dalia Inc. 13627 Cope Ct. Moreno Valley, CA 92553

CALIFORNIA This business is conducted by Corporation

Registrant has not yet begun to transact business under the fictitious name(s) listed above.

I declare that all the information in this statement is true and correct. (A registrant who declares as true, information which he or she knows to be false is quilty of a crime) s/ Estehan Ruiz President

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. sea, b &p code)

Statement filed with the County of Riverside on 6/05/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411. Et Seg., Business and Professions Code). Larry W. Ward, County, Clerk

Clerk L. SIBLEY FILE NO. R-2013-05981 p. 6/13, 6/20, 6/27, 7/4, 2013

The following person(s) is (are) doing husiness as: GENESIS PATIO 8396 Yearling Way Riverside, CA 92509 Riverside County Rafael Chavez Hernandez 8396 Yearling Way Riverside, CA 92509

This business is conducted by: Individual Registrant has not yet begun to

transact business under the fictitious name(s) listed above. I declare that all the information in

this statement is true and correct. (A registrant who declares as true, information which he or she knows to be false is quilty of a crime.) s/ Rafael Hernandez

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. seq. b &p code)

Statement filed with the County of Riverside on 6/04/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and Professions Code). Larry W. Ward, County, Clerk

Clerk S. RATLIFF FILE NO. B-2013-05932 p. 6/13, 6/20, 6/27, 7/4, 2013

The following person(s) is (are) doing business as: JM TRUCKING INC. 17392 Cross Creek Ln. Riverside, CA 92503

Riverside County JM Trucking, Inc. 17392 Cross Creek Ln. Riverside, CA 92503

CALIFORNIA

This business is conducted by: Corporation

Registrant commenced to transact business under the fictitious business name(s) listed above on 1/12/2001.

I declare that all the information in this statement is true and correct. (A registrant who declares as true, information which he or she knows to be false is guilty of a crime.)

s/ Jose G. Lonez, President

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal. state, or common law (sec. 1440 et. seq. b &p code)

Statement filed with the County of Riverside on 6/07/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and Professions Code). Larry W. Ward, County, Clerk

Clerk M. MEYER FILE NO. R-2013-06070 p. 6/13, 6/20, 6/27, 7/4, 2013

AMENDED

The following person(s) is (are) doing business as: HOMESURE 118 Calle De Las Rosas Rancho Mirage, CA 92270 Riverside County Michelle Evangelista 118 Calle De Las Rosas

Rancho Mirage, CA 92270 Bavani Evangelista 118 Calle De Las Rosas Rancho Mirage, CA 92270

This business is conducted by: Married

Registrant has not yet begun to transact business under the fictitious name(s) listed above. I declare that all the information in

this statement is true and correct. (A registrant who declares as true. information which he or she knows to be false is quilty of a crime)

s/...Michelle Evangelista / Bavani Evangelista

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. seq. b &p code)

Statement filed with the County of Riverside on 4/10/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office

of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and Professions Code). Larry W. Ward, County, Clerk Clerk A CHAVEZ

FILE NO. I-2013-00980

p. 4/25, 5/2, 5/9, 5/16, 6/13, 6/20, 6/27, 7/4, 2013

AMENDED

The following person(s) is (are) doing business as: **ACCOUNT 2 ESSENTIALS**

DOLLARS-N-CENT TAX GALLERY 7720 Bolton Ave. Riverside, CA 92503 Riverside County Charletta Renee Gipson

7720 Bolton Ave Riverside, CA 92503 This business is conducted by:

Individual Registrant has not yet begun to transact business under the fictitious

name(s) listed above 1/2002 I declare that all the information in this statement is true and correct (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)

s/...Charletta R. Gipson

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (sec. 1440 et. sea, b &p code)

Statement filed with the County of Riverside on 2/28/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and Professions Code). Larry W. Ward, County, Clerk

Clerk C. BERG FILE NO. R-2013-02179 p. 3/7, 3/14, 3/21, 3/28, 6/13, 6/20, 6/27, 7/4, 2013

AMENDED

The following person(s) is (are) doing business as: WEST GOOD 26399 Alturas Creek Drive

Moreno Valley, CA 92555 Riverside County Mansoor Baaqee Douthard 26399 Alturas Creek Drive Moreno Valley, CA 92555

This business is conducted by: Individual

Registrant has not yet begun to transact business under the fictitious name(s) listed above

I declare that all the information in this statement is true and correct.



(A registrant who declares as true, information which he or she knows to be false is guilty of a crime.) s/...Mansoor Baagee Douthard

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal. state, or common law (sec. 1440 et. sea, b &p code)

Statement filed with the County of Riverside on 2/26/13

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal state or common law (See Section 14411 Ft Seq., Business and Professions Code) Larry W. Ward, County, Clerk

Clerk B GONZALEZ FILE NO. R-2013-02065 p. 3/7, 3/14, 3/21, 3/28, 6/13, 6/20, 6/27, 7/4, 2013

The following fictitious business name(s) has been abandoned by the following person(s): GENESIS PATIO 8396 Yearling Way Riverside, CA 92509

Riverside County Gloria Hernandez 8396 Yearling Way Riverside CA 92509

This business is conducted by: Individual

The fictitious business name(s) refaerred to above was filed in Riverside County on May 27, 2009. I declare that all the information in this statement is true and correct. (A registrant who declares as true,

information which he or she knows to be false is guilty of a crime.) s/...Gloria Hernandez

This statement was filed with the County Clerk of Riverside County on 06/04/2013

Larry W. Ward, County, Clerk Clerk S BATLIFF FILE NO. R-200906265 p 6/13 6/20 6/27 7/4 2013

NOTICE OF PETITION TO ADMINISTER ESTATE OF JOHNNIE Case Number RIP 1300329

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: JOHNNIE SCHREDRICK, A Petition for Probate has been filed by: WILLIAM BROOKS, JR. in the Superior Court of California. County of: RIVERSIDE. The Petition for Probate requests that: WILLIAM BROOKS, JR, be appointed as personal representative to administer the estate of the decedent. 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 however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the netition 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: Date: 7/31/13 Time: 8:30 A.M. Dept.: 8, 4050 Main Street, Riverside, CA 92501. If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above. You may examine the file kept by the court. If you are a person interested in the estate, vou 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. Petitioner: 19830 REINHART AV/F

p. 6/13, 6/20, 6/27, 2013

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NUMBER RIC 1306641 To All Interested Persons: Petitioner:

MARTHA CANE filed a petition with this court for a decree changing names as follows MARTHA E. CANE to MARTA CANE. The Court Orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter objection is timely filed, the court may grant the petition without a hearing. Notice of Hearing: Date: 8/27/13 Time: 8:30 AM Dept.: 10. The address of the court is: Superior Court of California, County of Riverside, 4050 Main St., (P.O. Box 431), Riverside, CA 92502-0431. A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Black Voice, 4290 Brockton Avenue, Riverside, CA 92501

Date: 06/06/2013 SHARON WATERS, Judge of the Superior Court p. 6/13, 6/20, 6/27, 7/4, 2013

SUMMONS CASE NUMBER RIC 1303442 Notice to Defendant: GLOBAL HOME INVEST. GROUP

You are being sued by plaintiff: MIGLIEL GIRON

NOTICE! You have been sued. The court may decide against you without vour 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 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 Web site (www. lawhelpcalifornia.org), the California Courts Online Self-Help Center (www. courtinfo.ca.gov/selfhelp), or bv contacting your local court or county bar association. NOTE: The court has a statutory lien for waived feesand 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 papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entreque 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 presentación 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 recommendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remission a abogados. Si no puede pagar a un abogado es posible que cumpla con las 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 Avuda 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 velor 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.

The name and address of the court is: SUPERIOR COURT OF CALIFORNIA. COUNTY OF RIVERSIDE, 4050 MAIN STREET RIVERSIDE CA 92501

The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: MIGUEL GIRON. 13643 GOLDEN EAGLE CT.. MORENO VALLEY, CA 92553 Date: MAR 21, 2013

Notice to the person served: You are served as an individual defendant. p. 6/13, 6/20, 6/27, 7/4, 2013

SUMMONS (FAMILY LAW) CASE NUMBER BID 235429 Notice to Respondent: OSCAR ANDRES BODRIGUEZ BUEDA You are being sued Petitioner's name is: CORAL VASQUEZ

You have 30 calendar days after this Summons and Petition are served on you to file a Response (form FL-120 or FL-123) at the court and have a copy served on the petitioner. A letter or phone call will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. If you cannot pay the filing fee, ak the clerk for a fee waiver form. If you want legal advice, contact a lawyer immediately, You can get information about finding lawyers at the California Courts Online Self-Help Center (www.courtinfo. ca.gov/serlfhelp), at the California legal Services Web site (www. lawhelpcalifornia.org), or by contacting your local county bar association.

Tiene 30 dias corridos despues de haber recibido la entrega legal de esta Citacion y Peticion para presentar una Respuesta (formulario FL-120 o FL-123) ante la corte y efectuar la entrega legal de una copia al demandante. Una carta o llamada telefonica no basta para protegerlo. Si no presenta su Respuesta a tiempo. la corte puede dar ordenes que afecten su matrimonio o pareia de hecho, sus bienes y la custodia de sus hijos. La corte tambien le puede ordenar que pague manutencion, y honorarios y costos legales. Si no puede pagar la cuota de presentacio, pida al secretario

un formulario de exencion de cuotas. Si desea obtener asesoramiento legal, pongase en contacto inmediato con un abogado. Puede obtener informacion para encontrar a un abogado en el Centro de Ayuda de las Cortes de California (www. sucorte .ca.gov), en el sitio Web de los Servicios Legales de California (www. lawhelpcalifornia.org) o poniendose en contacto con el colegio de abogados de su condado.

The name andaddress of the court is: Superior Court of California, County of Riverside, SUPERIOR COURT OF CALIFORNIA, COUNTY OF RIVERSIDE, 4175 MAIN STREET, RIVERSIDE, CA 92501

The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: CORAL VASQUEZ. 3515 MEADOW VIEW DRIVE, RIVERSIDE, CA 92503 Notice to the person served: You are served as an individual

Date: MAR 30, 2010 Clerk, by G. MIERA, Deputy p. 6/13, 6/20, 6/27, 7/4, 2013

SUMMONS

CASE NUMBER RIC 1304907 Notice to Defendant: MICHAEL MARTINEZ TRUSTEE OF CHARLES HOWARD MARY I You are being sued by plaintiff: FIDEL VARGAS MIRANDA

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 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 Web site (www. lawhelpcalifornia.org), the California Courts Online Self-Help Center (www. courtinfo.ca.gov/selfhelp), contacting your local court or county bar association, NOTE: The court has a statutory lien for waived feesand 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 papeles legales para presentar una respuesta por escrito en esta corte v hacer que se entreque 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 hava un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte v mas informacion en el Centro de Avuda 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 v la corte le podra quitar su sueldo dinero y bienes sin mas advertencia. Hay otros requisitos legales. Es recommendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remission a abogados. Si no puede pagar a un abogado es posible que cumpla con las 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 Avuda de las Cortes de California. (www.sucorte.ca.gov) o poniendose en contacto con la corte o el colegio de abogados locales. AVISO: Por lev. la corte tiene derecho a reclamar las cuotas v los costos exentos por imponer un gravamen sobre cualquier recuperacion de \$10.000 o mas de velor 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: SUPERIOR COURT OF CALIFORNIA COUNTY OF BIVERSIDE 4050 MAIN STREET, RIVERSIDE, CA 92501

The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: FIDEL VARGAS MIRANDA, 4007 POLK STREET, RIVERSIDE, CA 92505 Date: JUN 04, 2013

Notice to the person served: You are served as an individual defendant. p. 6/13, 6/20, 6/27, 7/4, 2013

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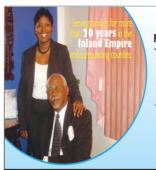


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> > Space is limited. Register now: http://tinyurl.com/2013SmallBizExpo

For more event information contact Melissa Holguin of Arellano Associates at 909-627-2974 or mholguin@arellanoassociates.com

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ANN HILLARD

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9:00 am

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2883 Mission Inn Ave • Riverside, CA • 92507 951.205.3159 www.praisetabernaclecmechurch.com





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Youth Church

10:30 am

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15 mins with...

Mike Elliott, Owner, Mike's Fitness on Keeping Dad Fit...

MIKE'S FITNESS

Mike Elliott is owner of Mike's Fitness Personal Training in Riverside. He earned his BS Degree in Kinesiology from Cal Baptist University, is a certified personal trainer, and has been training for 12 years. A CBU College Track National Champion and Hall of Fame Team Member, Mike is also a running/speed coach who has trained middle school to professional athletes in a variety of sports. He recently expanded Mike Fitness Studio and is now offering Yoga, Zumba, Body Sculpting and Pilates classes daily.

He offers these tips to dads on how to remain fit and healthy:

1. Before starting an exercise program consult with a physician and get a physical.

2. It's always a good idea to consult a fitness expert to help you develop an exercise program.

3. Have a plan, set short-term and long-term goals, be realistic!

4. Be consistent to achieve your fitness goals.

5. There are 1,440 minutes in every day, schedule 30 of them for physical activity...make it happen!

6. When weight training, keep your weights light, shoot for more sets and higher reps to help develop lean muscle 2–3 days a week.

7. Do total body workouts...upper and lower body.

8. Walk or jog (assuming you're able)...it is a great way to elevate your heart rate. Try walking a brisk pace then jogging for a minute or two, this will stimulate your metabolism...3-4 days a week.

9. Share your goals with your family and friends for accountability.

10. Enjoy yourself -- shoot baskets, throw the football around, find creative ways to exercise...

11. Be patient, it will take time to get significant results. You can do it!

12. Plan on exercising a minimum of 3 to 5 days a week 30 to 45 minutes in duration.

13. Eat clean and make good food choices. Making healthy choices will help fuel your body and aid in your workouts.

14. Don't wait! Start today.

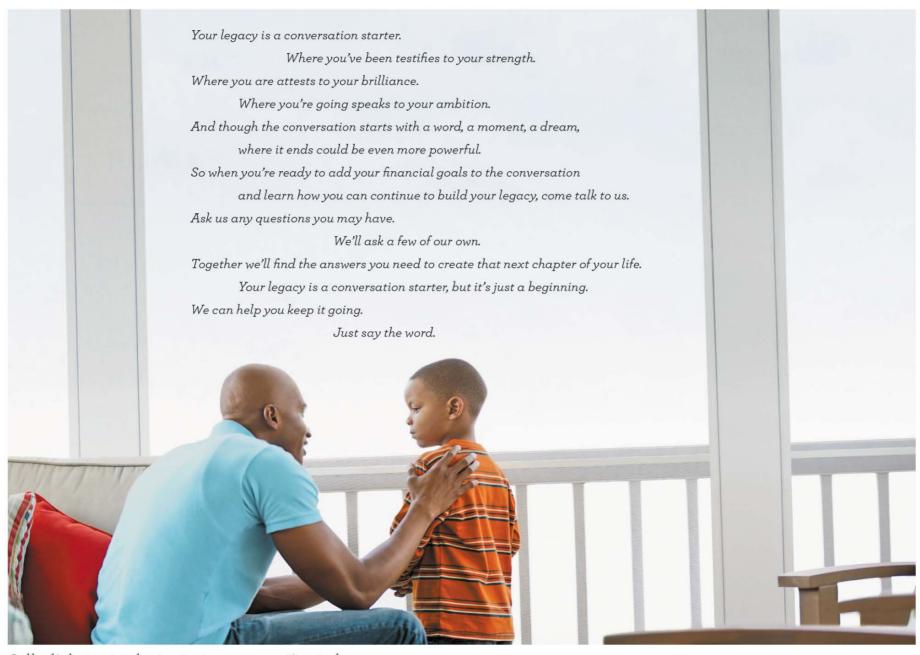
A final thought...

Diet and exercise are the keys to being fit. Getting in shape lowers your risk for heart disease, Type 2 Diabetes, hypertension, stroke, and some types of cancer. Lifestyle changes can make a huge impact on weight loss and overall fitness, so make a decision today to start an exercise program that will create a healthier, fitter you.

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