



2016 Fireworks Buyers Guide

Page 12



CHS Football Finding Success in Weight Room

Page 10

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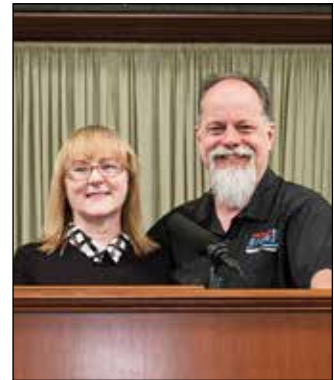
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AMERICAN RIVER BREWING WINS SMALL BUSINESS AWARD



Page 3

RANCHO CORDOVA CITY COUNCIL RECOGNITION



Page 2

Cordova High's First "Pioneers"



Graduating senior Daniel Miliate (left) takes a selfie with IB Diploma Programme classmates Sydney Vang (middle) and Natalya Melnik (right).

RANCHO CORDOVA, CA (MPG) - In the moments before his graduation day, Cordova High senior Daniel Miliate said he was proud to be among the school's very first students to graduate from its prestigious and rigorous International Baccalaureate (IB) Diploma Programme.

"We're like the pioneers," he said. "We helped pave the way for other students. I'm grateful for the IB program because I get to be close to the people who want the same things."

Graduating from the IB Programme is a chance for students to show top universities they're ready the next level of success. Students from this year's graduating class boast an impressive list of post-high school plans, and many are enrolling in four-year colleges: University of California and California State University schools throughout the state, including Santa Barbara, Merced, Sacramento, the East Bay, Bakersfield, Chico

and Monterey, for example.

"I chose the IB Programme because I wanted the challenge, and I also wanted to set myself up for the future," said Miliate, who will be attending American River College in the fall, with plans to transfer to Cal Poly-San Luis Obispo. "Maybe I'll be a college professor. Maybe I'll come back to (Cordova High) and teach here. I really wanted to open up doors."

The IB Programme at Mitchell Middle and Cordova High schools prepares students to make an impact in the world around them through rigorous, hands-on learning. Folsom Cordova's IB Programme connects classroom learning with the real world - developing well-rounded, independent thinkers ready for the global economy.

Folsom Cordova has two International Baccalaureate programs: the Middle Years Programme (MYP) and the Diploma

Programme. All students in grades 6-10 attending Mitchell Middle and Cordova High schools participate in the MYP Programme, and students who choose to continue their IB studies in grades 11-12 can participate in the challenging Diploma Programme.

The District's first graduating class from the Diploma Programme had 49 students - 21 of whom received the prestigious, full Diploma, which required students to take more higher-level courses and helped them earn college credit at UC schools.

Online video: Hear testimonials from three of this year's Cordova High seniors on how the IB Programme prepared them for their future: https://youtu.be/GHF_cDO5dk. To learn more about the Folsom Cordova's IB Programme and how to enroll, visit www.fcusd.org/IB.

Source: Daniel Thigpen, FCUSD ★

New California Tobacco Laws Go Into Effect

SACRAMENTO, CA (MPG)

- Effective June 10th, the minimum age of sale for tobacco products in California increases from 18 to 21, and for the first time e-cigarettes are added to the existing definition of tobacco products. California is the second state in the nation, following Hawaii, to raise the minimum age for tobacco sales to 21.

"Today marks a significant moment in California history as new tobacco control laws go into effect statewide. This is the first time the Golden State has raised the age of sale for tobacco since the law first took effect 144 years ago," said Dr. Karen Smith, California Department of Public Health (CDPH) director and state health officer. "Our focus is on reaching more than 34,000 retailers with tobacco licenses and vape shops to provide them the information and resources needed to comply with the new tobacco 21 law."

To help retailers comply with these new laws, CDPH developed a series of educational materials, including age-of-sale warning signs, window clings reminding customers of the new law and tips to help clerks check identification.

About 34,000 Californians die each year from tobacco use. In addition, tobacco-related diseases cost Californians \$18.1 billion each year in both direct and indirect healthcare costs due to premature death and low productivity due to illness.

As part of the new law defining e-cigarettes as tobacco products, e-cigarettes, e-liquids including vaping devices and accessories can no longer be sold in self-service displays. E-cigarettes are also not allowed in locations where smoking has long been prohibited, including public transit, worksites, restaurants, schools and playgrounds. Approximately 217,000 California youth between the ages of 12 and 17 currently smoke traditional cigarettes or e-cigarettes.

"California is taking a big step forward in preventing a new generation of young people from becoming addicted to nicotine," said Dr. Smith. "The surge in e-cigarette use among teens and young adults is no accident. The tobacco industry's aggressive marketing of e-cigarette gadgets and candy flavors is jeopardizing the health of our young people."

Many e-cigarettes contain nicotine, a highly addictive neurotoxin. Research shows that the brain continues to develop until age 25, and nicotine exposure before that age may cause permanent brain damage and fuel a lifelong battle with addiction. According to the California Department of Education's California Healthy Kids Survey, middle and high school teens are currently using e-cigarettes at much higher rates than traditional cigarettes. Studies also show that teens who use e-cigarettes are three times more likely

Continued on page 2

Comfort Kit Drive Needs You

By Sheryl Longworth

RANCHO CORDOVA, CA (MPG) - Soroptimist International of Rancho Cordova & Gold River is starting their 7th Annual Comfort Kit item collection drive, for local women fleeing domestic abuse. These kits contain basic essentials since many women leave their violent environment with nothing. We will be collecting donation items for the comfort kits June 13-20 at Rancho Cordova City Hall at 2729 Prospect Park Drive Rancho Cordova, 95670 during normal operating hours:

A "Comfort Kit" is a large zippered canvas tote bag filled with a 30-day supply of toiletries and personal care items that most women do not think about packing when they are fleeing from an abusive environment. Soroptimists are filling a need to support these women when they may be afraid, hurt, depressed or suffer from low self-esteem. The kits are designed to help these survivors feel normal and taken care of and also show them that there is a group of women out

there who care and provide encouragement. SIRC has been delivering Comfort Kits to WEAVE (Women Escaping A Violent Environment) for the past three years, for distribution at their Sacramento County safe houses. They have grown from delivering 50 bags that first year to 175 kits in 2014.

In 2014 we expanded our program to also providing a drawstring bag containing a toothbrush & paste, brush & comb, small blanket and small stuffed animal as well as a coloring book and crayons, called a Comfort Kid kit for children entering the shelter with their mothers. Children are frequently traumatized when their mothers suddenly take them from the bed or crib often in the middle of the night, to leave their abuser. These children are often forced to leave their toys and items that comfort them behind. The goal of the Comfort Kid kit is to give these children some items of comfort that they can begin their new life with. Donations of items as described for the Comfort Kid kits will also be gratefully

Continued on page 2



All donations must be new and in unopened packaging. Full-sized items are preferred, but Soroptimist International of Rancho Cordova & Gold River accept trial sizes. Photo courtesy Soroptimist International



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Rancho Cordova City Council Recognition

RANCHO CORDOVA, CA (MPG) - The Rancho Cordova City Council recognized Alzheimer's Awareness Month, the 40th anniversary of Callen Pool

Supply, and Folsom Cordova Unified School District Teacher of the Year at Monday's City Council meeting. *Source: City of Rancho Cordova* ★



Mayor David Sander presented a proclamation recognizing June as National Alzheimer's and Brain Awareness Month. Today there are more than 5 million Americans living with Alzheimer's with 782 in the City of Rancho Cordova and 2,347 caregivers in the City who are caring for a loved one with Alzheimer's. The Alzheimer's Association is marking June 20 as The Longest Day-sunrise-to-sunset event to honor the strength, heart, and endurance of those facing Alzheimer's disease. They are also asking residents of Rancho Cordova to visit actionalz.org to learn more about Alzheimer's and become part of the effort to combat this disease. Photo courtesy of City of Rancho Cordova



The Folsom Cordova Unified School District recognized Cordova High School teacher Debbie Andrus (above) as its 2015-2016 Teacher of the Year. The Rancho Cordova City Council said thank you to Debbie for working towards student success over the years in her various positions with Folsom Cordova. She joined the Cordova High School team in 2014, and she is described by her colleagues as enthusiastic, exuberant, a Google queen, technology trainer, division leader, department chair, and "the person who gets the job done". Congratulations Debbie! Photo courtesy of City of Rancho Cordova



Callen Pool Supply in Rancho Cordova is celebrating its 40th year anniversary! Council Member Linda Budge presented a proclamation to owner Karen Callen. Karen started the business in her garage selling pool supplies to friends and eventually became the owner of Callen Pool Supply. Callen Pool Supply is one of the longest running originally-owned businesses in Rancho Cordova and has served the surrounding Sacramento area for 40 years. Visit them at 10343 B Folsom Boulevard, or learn more at www.callenpoolsupply.com. Congratulations Karen! Photo courtesy of City of Rancho Cordova

Free Estate Planning Workshop Set

SACRAMENTO REGION, CA (MPG)

- You may not be able to take it with you, but you can – and should – plan how you leave it all behind. Learn the fundamentals of good estate planning, and how to assure your loved ones are properly cared for should anything happen to you. This is important for everyone, including both spouses, no matter your age, since we never know when we may be incapacitated or even die.

This next session in the series of free personal financial planning workshops being offered as a community service by the Rosemont Community

Association is set for Tuesday, June 28, at 7:00pm at Atonement Church, 9242 Kiefer Blvd. The workshop leaders are professional financial planners who are members of the Financial Professionals of Northern California and who work in the specific subject areas.

The June session will cover estate planning basics; wills, POAs & trusts; probate; avoiding problems; healthcare directives; planning for minors; estate and gift tax rules; managing the estate after a death; supporting the beneficiaries; smart estate strategies; and

building your team. It will be a comprehensive and practical workshop on what you need to do to protect your family and assets when you cannot.

Sessions on other topics will run monthly through October. Each workshop stands alone and advance registration is required so you can have materials ready. To see the schedule of sessions and to register go to the RCA web site www.rosemontca.org and click on the article regarding these free workshops. These programs are supported by a grant from State Farm to the Rosemont Community Foundation. ★

Comfort Kit Drive Needs You

Continued from page 1

The club needs things like: toothbrushes & toothpaste, feminine hygiene products, soap, deodorant, shampoo & conditioner, facial tissue, hairbrushes & combs, emery boards, and hand sanitizer. We will also accept things like: hair clips & accessories, body spray/fragrance, small first aid kits or adhesive bandages, journals with pen, pain relievers, skin cleansers/other

toiletries, makeup removers/cleansing cloths, cosmetic bags, body & hand lotion, and makeup. All donations must be new and in unopened packaging. Full-sized items are preferred, but will accept trial sizes. Please contact Sheryl Longworth at sheryl6663@yahoo.com with any questions.

The name Soroptimist, means "best for women," and that's what the organization strives to achieve. Soroptimists are women at their best, working to help

other women to be their best. If you would like more information about Soroptimist International of Rancho Cordova & Gold River, how to become a member or just want to be informed of volunteer opportunities, please visit the club's website <http://www.soroptimistranchocordova.org/> or send email to siranchocordova@soroptimist.net. If you aren't ready to become a member, but believe in what we are doing, please sign up at www.LiveYourDream.org. ★



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Drum and Bugle Corps from Around the U.S. to Compete in National Competition in Sacramento



Drum and Bugle Corps are judged on musical performance, general effect on the audience, and color guard. Six of the groups are former national champions. Shown above are the Blue Knights from Denver, CO. Photo courtesy Steve LaRosa/Media Liaison

SACRAMENTO REGION, CA (MPG)

- On Saturday, June 25, 2016, at 5:30PM, Drum and Bugle Corps from around the country will gather at Hughes Stadium at Sacramento City College to compete in the 37th Annual Moonlight Classic, presented by S.O.M.E. (Sponsors of Musical Enrichment). Gates open at 4:00pm.

For the uninitiated, this event, the longest running of its kind in the Western United States, is a visual extravaganza of sight and sound. It's often described as "marching bands on steroids."

Competing corps can include up to 150 youths, ages 8-21, comprised of marching percussion and brass, front ensemble, (vibraphones, marimbas and other percussion instruments) and color guard. The color guard component has evolved from merely carrying the flag to now include dance and props such as rifles, sabers and other

specialty items.

Each 11 minute performance, which can span the entire football field, will include all of these elements in a meticulously choreographed presentation which, in past competitions, has included spectacular visuals like a field of mirrors, giving the illusion of doubling the size of the corps, full on Spartacus inspired gladiator match. Other sense-dazzling performances have included a presentation of the Who's rock opera Tommy, as well as a James Bond theme with the corps in tuxes, and a horse race, complete with track, accompanied by, what else, the William Tell Overture. Military drill has graduated to big-time show biz, and the appreciative crowds, which, like last year, are expected in the thousands, love the show.

Corps are judged on musical performance, general effect on the audience, and color guard.

Six of the groups are former national champions.

The popular food trucks and souvenir booths will also be on site during the program. Tickets can be purchased at the S.O.M.E. web site at someinc.com, or at the Sac City College ticket booth starting at 2:30pm on June 25th.

General admission is \$25. Reserved seating available online for \$35.

The Sponsors of Musical Enrichment is a non-profit California corporation founded in 1978 for the purpose of supporting local youth music organizations and the performing arts on a continuing basis. Funds raised by this organization are reinvested in the local community. To date, over \$3,000,000 has been granted to deserving groups and individuals.

Source: Steve LaRosa/Media Liaison ★

American River Brewing Wins Small Business Award

ARBC Honored at California Small Business Day™ 2016 By Assemblyman Ken Cooley



Since American River Brewing Company's founding in 2012 it has donated a portion of the proceeds from its popular Firebreak Red Ale to the Firefighters Burn Institute, benefitting the survivors of burn injuries. Photo courtesy of American River Brewing Company

RANCHO CORDOVA, CA (MPG)

- On Wednesday, May 25th, American River Brewing Company (ARBC) was honored by Assemblyman Ken Cooley at California Small Business Day. As small business of the year in District 8, ARBC was celebrated for their hard work and dedication to the community.

"David has continually shown a passion for beer and for our community as evidenced by the continuing support of the Firefighters Burn Institute through the sales from their Firebreak Red Ale," said Assemblyman Cooley. "This made American River Brewing Company an obvious choice for my Small Business of the Year for the 8th Assembly District," continued Cooley.

California Small Business Day honored 85 small businesses for their contribution to the state's economy. Small business contributes to 75% of California's gross

state product and over half of the state's private sector jobs. From hardware stores to manufacturers, small businesses are engrained in California's communities and economy.

"California's small businesses are the economic engine of our state," said Betty Jo Toccoli, President of the California Small Business Association. American River Brewing Company was celebrated for their successful small business and contributions to the community."

ARBC was founded in 2011 and its first beers hit the market in January of 2012. All of their brews are created to accurately represent traditional styles, ranging from American ales and IPAs to unique, one-of-a-kind beers highlighting the art of brewing.

In addition to numerous awards for its beers, including gold at the 2015 California State Fair for its flagship Coloma

Brown Ale, ARBC is known for its charitable work. Since the brewery's founding in 2012 it has donated a portion of the proceeds from its popular Firebreak Red Ale to the Firefighters Burn Institute, benefitting the survivors of burn injuries.

ARBC founder David Mathis is proud of and humbled by the award. "I've been a commercial brewer for over 20 years and have never experienced anything like this," he said. "Starting a craft brewery from scratch was an enormous amount of hard work but it's all worthwhile when we are recognized for our efforts."

American River Brewing Company is located at 11151 Trade Center Drive in Rancho Cordova. For more information and a complete list of awards, please visit their website at www.americanriverbrewco.com.

Source: California Small Business Association ★

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And Another Thing ...

A Success Story: Cordova Community Food Locker

the community. For example, the Cordova Community Food Locker I mentioned earlier needed a replacement truck so they can continue to carry the food to their location and help those who need it. The truck that they needed was found and is now doing a tremendous job. That was done by the citizens of Rancho Cordova through the Measure H funds. (It is also called the Community Enhancement Fund.)

And another thing that happens as we look at aspects of our lives is losing a friend, colleague, or member of the family for different reasons and having to say goodbye. My family lost a friend very recently, and during the funeral service, a parable was used that covers many incidents in our lives. These aren't the exact words, but here is what I took from it: "A man was watching a ship sailing away, until it came to the point on the horizon where the sea and the sky touched and the ship was out of sight. He realized that someone was standing next to him, and they asked what he was looking at. He said that he was watching a ship sailing away, that had his friend on it, and he felt very sad losing his friend. The person standing next to him said that while there were people here watching them go, there were people on the other end of the journey who were waiting for them to arrive."

There are some parallels in our lives too that can be compared, and we can see that sometimes, there are many reasons why things like Measure H pass. Now, I'm not comparing money to losing a friend, but when people pay that 1/2 cent sales

tax, they may lose a little money, but then the way that money is being spent on the other end of its journey can help many more in so many more ways than just one thing like the truck for the food locker.

If you look at the City's website, you can see how many ways the suggestions offered by the citizens of Rancho Cordova are being taken care of. Something else I read that is along the same lines is this: "A man was walking along a deserted beach at sunset. As he walked, he saw a young boy in the distance. As he drew nearer, he noticed that the boy kept bending down, picking something up, and throwing it into the water. Time and again he kept hurling things into the ocean. As the man approached even closer, he was able to see that the boy was picking up starfish that had been washed up on the beach and, one at a time, he was throwing them back into the water. The man asked the boy what he was doing and the boy replied, 'I am throwing these washed up starfish back into the ocean, or else they will die through lack of oxygen.' 'But,' said the man, 'you can't possibly save them all, there are thousands on this beach, and this may be happening on hundreds of beaches along the coast. You can't possibly make a difference.' The boy smiled, bent down and picked up another starfish, and as he threw it back into the sea, he replied, 'I made a huge difference to that one!'" (Author unknown)

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

"Making one person smile can change the world - maybe not the whole world, but their world."

We are looking at ways to help people. Some people have a hard time making ends meet at the end of the month with things like: paying the electric bill, the gas bill, the mortgage, insurance, and simply getting food on the table. I am very glad that we are able to help many people here in Rancho Cordova. One of our success stories in Rancho Cordova is the Cordova Community Food Locker, which has provided almost two million meals to the folks who are working but still have trouble sometimes. Being able to make sure that their family is well-fed is very gratifying. That well-known author "Anonymous" said, "Making one person smile can change the world - maybe not the whole world, but their world."

When the citizens of Rancho Cordova passed Measure H in November 2014, none of us knew what would or could be done with that money. We learned during the first year what the people wanted to spend their money on, and many people are very grateful that the money is available and is being spent throughout

The Explosive Dangers of "Honey Oil"

What Sounds Like An Organic Food Supplement Puts Lives And Property At Risk

SACRAMENTO, CA (MPG) - California Fire Departments, the Firefighters Burn Institute and burn prevention organizations in the state, are hoping to publicize the growing danger of so-called, "Honey Oil."

Honey Oil, (also called BHO/ Butane Hash Oil, Weed Oil, and Dab among other names) is a residue created when parts of the marijuana plant are soaked in a solvent, or blasted with butane gas. The result is a substance consumed by smoking, eating, or vaporizing. It produces an extremely potent high but the process of making it is extraordinarily dangerous.

The solvents and gases used to produce Honey Oil are extremely flammable. Clothing becomes saturated with the vapors and can easily ignite, causing severe and fatal burns. Only 300 milliliters of ignited butane vapors can reach 3,500-degrees Fahrenheit. About 10-ounces has enough explosive force to blow up a room. Fumes from the processing can cause a blast capable of destroying a 3-bedroom home. Neighboring homes are obviously at risk.

While the health and safety

risks of smoking marijuana are debatable, there is NO safe method for producing Honey Oil. Unfortunately, the paraphernalia necessary to create it are legal, and easily obtained.

In Colorado, in 2014, there were 32 explosions from the manufacturing of Honey Oil. The Sacramento Bee reports that Shriners Hospital for Children in Northern California has treated nearly 70 victims for Honey Oil related burns and the average child was burned on nearly 30-percent of their body. Reports tell us in one recent 14-month period, some 20 "cooks" and bystanders were treated at burn centers in Southern California for catastrophic injuries, a toll worse than from meth labs.

The public needs to be aware of the risks, and be on the lookout for materials that indicate Honey Oil manufacturing. For example, 300 ML cans of refined butane in any quantity. These are marketed for the refilling of cigarette lighters. Look for canisters in bedrooms, and E-cigarette vapor pens which are used to smoke Honey Oil. A missing turkey baster could be a clue.


Along with PVC pipe and glass tubes, it's used for extraction. A Pyrex dish is used to capture the product.

Even if family members are not involved, someone close by could be. Laws have been proposed that would make manufacturing the drug in residential neighborhoods an aggravated felony. Butane is odorless; a requirement to add a smell could tip off residents that it's being made. Limiting its sale and possession could help stall manufacturing. Unfortunately, legislative efforts have stalled in Sacramento. Public pressure on the Governor's Office, State Senate and Assembly could help turn that legislation into law.

The Firefighters Burn Institute is a non-profit charity committed to reducing the number of burn related injuries and deaths. The Firefighters Burn Institute is an advocate for burn survivors and an educational resource for the community. To make a donation, visit our website at www.ffburn.org or call (916) 739-8525.

Source: The Firefighters Burn Institute ★

WIDOWED PERSONS ASSOCIATION OF CALIFORNIA



The Widowed Persons Association of California encourages men and women to come to Sunday Support each Sunday from 3:00pm - 5:00pm. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service. Participants do not need to be members and there is no charge.

OFFICE HOURS 10:00am - 3:00pm
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Sunday Support - Any and all widows or widowers are invited.
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In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Ave., Ste D-18

New California Tobacco Laws Go Into Effect

Continued from page 1

to start smoking traditional cigarettes within a year.

For those struggling with nicotine addiction, resources are available at www.nobutts.org. Californians who want help quitting can call the California Smokers' Helpline at 1-800-NO BUTTS.

The California Tobacco Control Program was established by the Tobacco Tax and Health Protection Act of 1988. California's comprehensive approach has changed social norms around tobacco-use and secondhand smoke. California's tobacco control efforts have reduced both adult and youth smoking rates by 50 percent, saved more than one million lives and have resulted in \$134 billion worth of savings in health care costs. Learn more at TobaccoFreeCA.com.

The California Department of Public Health, Food and Drug Branch is charged with enforcing the Stop Tobacco Access to Kids Enforcement Act, and conducts ongoing illegal sales enforcement operations. California retailers caught selling tobacco products to minors during these enforcement operations are subject to fines up to \$6,000.

Source: California Department of Public Health ★

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Medicare Part B Reimbursement Cuts Are Backdoor Rationing



Commentary by Sally C. Pipes

Imagine being denied treatment for cancer because Washington bureaucrats decided that a cutting-edge new therapy that could cure you just wasn't "cost effective."

That's already happening in Britain under its government-run healthcare system, the National Health Service. And Medicare officials are poised to bring similar policies here.

The NHS's "Cancer Drugs Fund" restricts physicians' ability to prescribe half of all oncology medicines. If a medicine doesn't extend the average cancer patient's lifespan by a set length of time, which varies according to the medicine's price, doctors can't prescribe it for general use -- even if it would be the most effective treatment option.

In February, the NHS announced it would review existing general-use drugs to tighten prescribing restrictions. After the review, the number of off-limits drugs will rise. Patient groups predict the move will deny treatment to 22,000 cancer sufferers and "set cancer treatment back by a generation."

A new proposal from the Center for Medicare & Medicaid Innovation could similarly tie American doctors' hands. CMMI plans to slash physician reimbursements for medications administered in a doctor's office under Medicare Part B. Doctors buy these medications up-front and receive reimbursement from Medicare.

The proposed scheme will prevent many doctors from breaking even on the most advanced, most expensive treatments. Essentially, CMMI will cut Medicare spending by forcing doctors to resort to cheaper drugs and second-tier treatments -- or run the risk of having to close their practices.

Currently, Medicare reimburses physicians for chemotherapy and certain other medications at the drug's average sales price (ASP) plus 6 percent. That add-on accounts for the fact that some doctors pay more than the average price. It also covers expenses associated with handling, storing, and administering the drugs.

Often, that 6 percent makes the difference between a viable medical practice and one drowning in red ink.

Under CMMI's proposal, Medicare would reduce reimbursements to ASP plus 2.5 percent, along with a flat fee of \$16.80 per day. The formula makes generic drugs more economical to administer compared to pricier, cutting-edge treatments.

Most doctors already don't receive ASP plus 6 percent. In 2013, "sequestration" budget cuts effectively lowered reimbursements to ASP plus 4.3 percent.

Those cuts crippled many doctors' ability to care for Medicare patients. Eighty percent of oncologists at community cancer clinics reported that their practices were affected by the cuts. Fifty percent had to send Medicare patients elsewhere -- often to distant hospitals -- for chemotherapy.

Now, analysts predict CMMI's proposal will bring the effective reimbursement rate down to ASP plus 0.86 percent and a daily flat fee of \$16.53.

If sequestration cuts forced doctors to turn away cancer patients, the new CMMI cuts could outright bankrupt many clinics. At minimum, many doctors will feel pressure to stock and prescribe cheaper treatments, even if they're less-effective.

Keeping Medicare spending under control is important. But reforms should incentivize providers to do so while improving care -- which sometimes means paying more for higher quality treatments. CMMI's proposal relies on the mindless bureaucratic logic that Britain's NHS and other socialized medical systems use: good care is expensive -- let's ban it.

Medicare might be ailing. But CMMI's reimbursement scheme isn't what the doctor ordered. It will tie the hands of physicians and make them choose between running a profitable practice and providing the best care for their patients.

Sally C. Pipes is President, CEO, and Thomas W. Smith Fellow in Health Care Policy at the Pacific Research Institute. Her latest book, *The Way Out of Obamacare (Encounter)*, was released in January. ★

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CORDOVA SPORTS

CHS Football Finding Success in Weight Room

By Mike Bush

RANCHO CORDOVA, CA (MPG) - In January, returning players on the 2016 Cordova High School football team, along with freshmen who will be sophomores playing in the junior varsity squad, started their season in the weight room.

But in recent weeks, the Lancers have stepped up their workouts – with the help of a former NFL player and friends.

For the last two weeks, Cordova gridders have been put through intense workouts with Vince Mini, who runs Mini's House of Pain in El Dorado Hills, inside CHS' weight room. Mini and his staff have worked out Lancer players at CHS' weight room three days a week.

Since the 2000s, Mini and his staff have trained current and former high school and college student-athletes, as well as adults. Mini is a former NFL lineman who played for the Philadelphia Eagles in the 1980s, and also played in the defunct United States Football League.

"Vince comes in three days a week and trains our guys," said Cordova coach Darren Nill, entering his second season at the helm. "He's train the best athletes in the world. The weight room has been crowded."

Nill noted that there were approximately 60 varsity and JV Lancer football players who were in the weight room with Mini and his crew on Monday.



Strength & Conditioning Coach Vince Mini talking to Sophomore Receiver Raymond Fite. Spotting is Sr. Linebacker Isaiah Wimberly. Photo by Rick Sloan

"He's extremely motivational," said Nill of Mini, who is overseeing the workouts with his assistant Gabe Jackson. "What we have is their A team. Those two guys are awesome motivators. My guys are responding."

The response has been positive that goes outside the weight room, Nill explained.

"My kids take that positive influence out of the weight room and onto the field," Nill said.

There are 44 players on the CHS varsity football team taking part in the weight room and field workouts, and 40 on the JV squad. Nill expects the number to increase on the latter squad in upcoming weeks.

Nill and his coaching staff will continue to work out their squads in the weight room and football field through July 1st through July 9th. That's when the players and coaches will take a week off.

The varsity Lancers, however, will be taking part in Rancho Cordova's Fourth of

July parade on Monday, July 4th. After the week off, the players and coaches return for two more weeks before the dead period begin for all Sac-Joaquin Section fall sports teams.

On Monday, Aug. 8th, the squads will officially begin practices for the season. Cordova will play three of its five

non-league games at home this season that includes the Week 0 opener against Rio Americano on Aug. 26th.

Note: This is the first part of upcoming stories on this year's Cordova High School football team preparing for the upcoming season. Stay tuned for next Friday's issue. ★



Cordova football player Elijah Morgera performs the proper technique in deadlift during Monday's workouts. Photo by Rick Sloan



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CLUES

ACROSS

- Beaten as punishment in some countries
- Tai's partner
- Suite cleaner
- Savory taste sensation
- Time delay
- *Colonial money; pounds, shillings and _____
- Dyed fabric
- Pooh's wise friend
- Can't stand
- *Grilled July 4th favorite
- *The Washington Monument, e.g.
- Confession subject
- Under a fig leaf?
- Talking Heads' "And She _____"
- New Zealand fruit
- *At center of the American Revolution
- Crumbs
- Before "saw" and "conquered"
- Butterfly, pre-metamorphosis
- Curved molding
- Each and all
- Pinocchio's claims
- Albrecht _____, Renaissance artist
- Alleivate
- Legal wrong
- Pined
- Hibernation stations
- Pig's digs
- Worker's reward
- Two-year-old sheep
- *Washington and Jefferson's Mt. Rushmore neighbor
- Holy Hindu
- Foreign Language Oscar winner, 2012
- *"All men _____ created equal"
- Arm bones
- Equipped with feathers
- Famous T-Rex
- Spritelike
- Famous cookie brand
- "For _____ a jolly..."
- City in France

DOWN

- Mowgli to Raksha in "The Jungle Book"
- Nanjing nanny
- North Atlantic Alliance, acr.
- Gives off
- Tiny antelope
- Heidi's "Magic Wooden Shoe"
- TV variety show "Hee _____"
- Icy hut
- One of three square ones
- Opposed to
- Frosts a cake
- Office furniture
- _____ red, pH indicator
- On the rocks
- Baby's apron
- Lemonade cousin
- *Guthrie of "This Land Is Your Land"
- Lock horns
- "Private Parts" author
- *"...star-spangled banner yet _____"
- Sodium
- The Three Musketeers and Destiny's Child
- Not hidden
- Highly unpleasant
- "As _____ on TV"
- Gaelic
- Gossipmonger
- Say it differently
- Indian restaurant staple
- *"The Independence Day: Resurgence," e.g.
- Grind teeth
- Post-rain ditch
- Mount Vesuvius output
- Mosque V.I.P.
- Nay, to a baby
- Prompter's comments
- Lawyers' charges
- Too much _____
- "What you hope it doesn't do on July 4th?"
- Poe's Morgue
- Lt.'s subordinate

CROSSWORD

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Crossword Puzzle Solutions on Page 6



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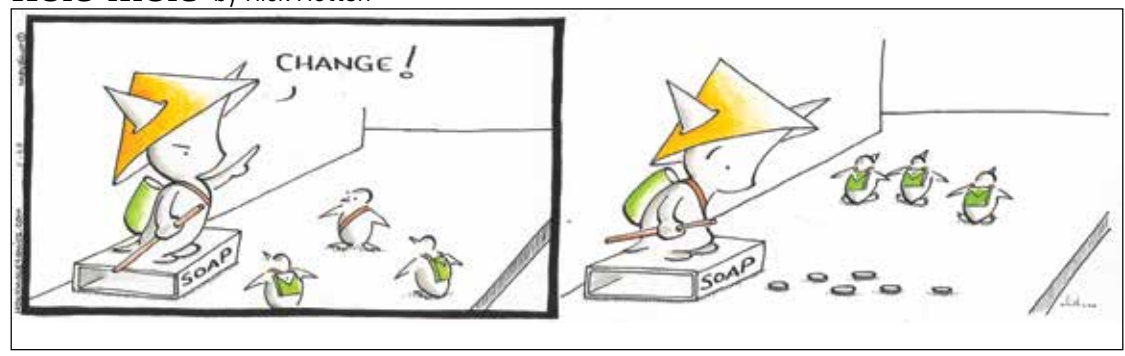
Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Solutions on Page 6

Wizard of Id by Parker, Mastroianni & Hart



Hole Mole by Rick Hotten



BC by Mastroianni & Hart



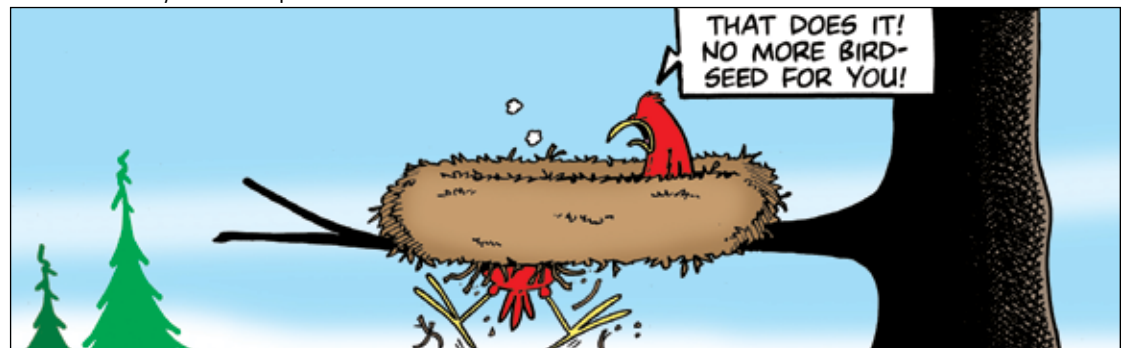
Cranky Girl by Crystal Jones



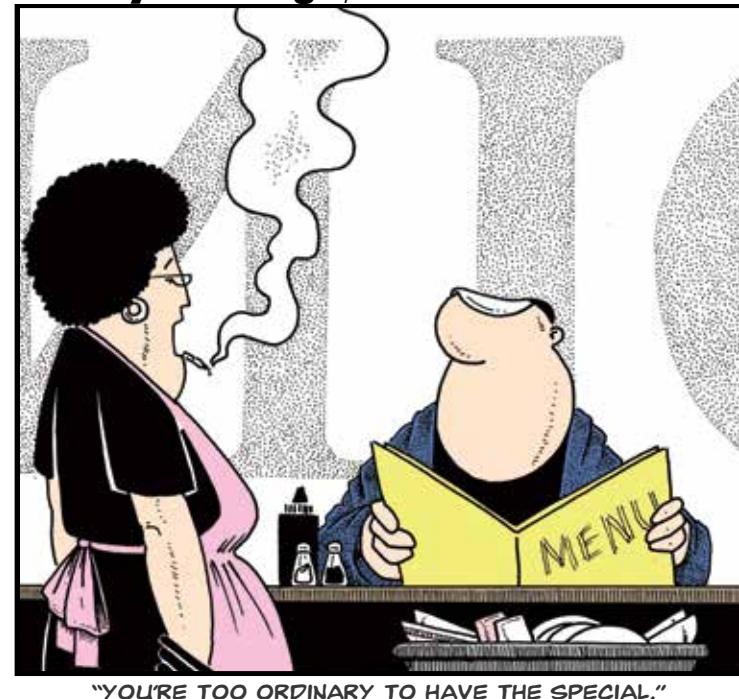
Frank and Steinway by Wil Panganiban



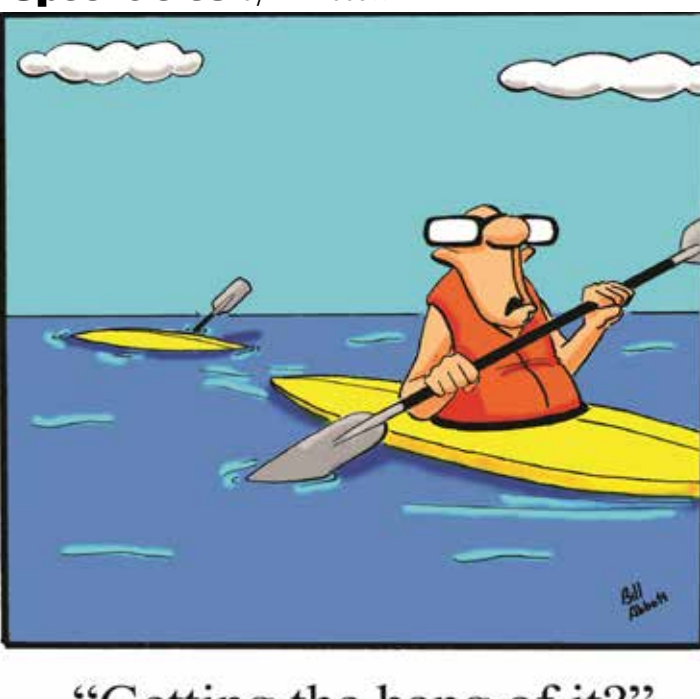
Tundra by Chad Carpenter



Friday Morning by Brad Diller



Speckticles by Bill Abbott



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2016 FIREWORKS BUYERS GUIDE

Season Boasts Strongest Freshman Class in Years

By David Dickstein

SACRAMENTO REGION, CA (MPG) - With the Fourth of July just around the corner, non-profits throughout the region are hoping that red, white and blue turns into lots of green. The great news for fundraising groups and California consumers is the freshman class of fireworks is the strongest in over a dozen years. This would be the season to spend more of your disposable income in the name of charity and country.

Firework stands in Greater Sacramento open for business starting June 28, and when they do patriotic, philanthropic and pyrotechnics-passionate purchasers will want to know the five basic questions of fireworks buying: What's new? What's loud? What's colorful? How long does it last? What gives me the most bang for my buck?

Messenger Publishing Group has the answers, having put every new state-approved firework to the test. Our annual fireworks buyers guide also

includes returning favorites that scored at least 4 of 5 stars on a scale based on performance, value, duration and distinctiveness.

Sacramento Valley is dominated by TNT and Phantom, both of which have regional headquarters based here and a long history of splitting profits with hundreds of churches, athletic clubs, youth groups and other area non-profits. Discount Fireworks Superstore (DFS), which expanded from Oregon to mostly Central California a few years ago, makes its Sacramento County debut this season with three church-run stands in Elk Grove.

Judges this year included firefighters of Sacramento Metropolitan Fire District, Station 65 in Rancho Cordova, where the test was conducted. Fireworks are listed by price, highest to lowest. Every firework sold individually in California has been rated for the guide since 2003, so whatever isn't listed wasn't forgotten - it just didn't make the grade.

Let the sparks fly!

BEST OF THE REST (4-5 STARS)



• **DELIRIUM (TNT), \$49.99 AND CORAL REEF (PHANTOM), \$49.99** - TNT's is the granddaddy of finales, a long-lasting, 500-gram fan fountain that wows with radiant colors and clamorous whistles and crackles.

No wonder Phantom came out with the indentially performing Coral Reef last year. Best finale for the money since TNT's Opening Show (\$69.99, 130 seconds) went up \$10, dropping it to 3 Stars. 105 seconds.

• **KING OF BLING (PHANTOM), \$14.99** - Crackles heard during the final third sound just like popping popcorn. Burn time and chrysanthemum and whistle effects are majestic for the price. 90 seconds.

• **LUMINESCENCE (PHANTOM), \$14.99** - Starts out as a run-of-the-mill multi-effect fountain, but then surprises with an eruption of wide-spreading sparks. 73 seconds.

• **TWILIGHT MAGIC (PHANTOM), \$12.99 FOR TWO** - A former "Best New Fountain," now a 2-for-1 item, has three exciting rotations of crackle-and-whistle and wide-spreading sparks. 57 seconds.

• **APACHE FIRE DANCE PREMIER (PHANTOM), \$49.99** - A former "Best New Firework," this fountain scores with seven effects, including some of the best crackles, strobes and height on the safe and sane market. 140 seconds.



• **SURFS UP (TNT), \$12.99 FOR TWO** - TNT is making this a buy-one-get-one for just \$2 more - a super new deal. Gorgeous globs lead to a wave of multiple effects and some of the best and widest-spreading titanium rain and crackles for the price. 58 seconds.

• **FIRECRACKER FOUNTAIN (PHANTOM), \$9.99** - Lives up to its name with an awesome crackling barrage alongside multi-colored pearls. 76 seconds.

• **PHANTOM DRAGON SLAYER (PHANTOM), \$9.99 FOR TWO** - Solid buy with pretty white, blue and lemon chrysanthemums, rowdy crackles and red stars. 66 seconds.

• **CRYSTAL SKIES (TNT), \$9.99** - 2014's "Best New Fountain" has great height, striking gold glitters and white pines, and loud crackles. Better than many fountains sold at double the price. 68 seconds.

• **LIL RED DEVIL (TNT), \$9.99 FOR TWO** - Packs plenty of heat for the size and price. Ends strong with wide-spreading titanium crackling sparks. 35 seconds.

• **RAINBOW RAYS (TNT), \$5.99** - Terrific value-priced item, delivering on burn time, height and crackle. 56 seconds.

• **PURPLE RAIN (TNT), \$5.99 FOR TWO, AND MOONDANCE (PHANTOM), \$2.99 FOR ONE** - Identical little dynamos emit loud crackles, purple pearls and glittering gold and white sparks. 45 seconds.

For stand locations and additional product information, visit the retailers' websites: TNT, www.tntfireworks.com; Phantom, www.fireworks.com; and Discount Fireworks Superstore (three Elk Grove locations), dfsfireworks.com. ★

NEW FOR 2016

• **WICKED STRONG (TNT), \$59.99** - Combines the best of a fan fountain and a bona fide finale. A surge of sparks at the 90-second mark truly gives this newcomer its name. A price drop of \$10 would give it a rare perfect rating. 105 seconds. ★★★★★

• **GRAND ILLUSION (DFS), \$40.99** - Long-lasting 500-gram fountain from Showtime took 7 years to reach California, but you didn't miss much with its mundane crackles, whistles and height. 195 seconds. ★★★★★



• **MAGNETIC HEAT (TNT), \$39.99** - Opens with gorgeous smokeless complements of a compound called nitrocellulose, then further amazes with pretty palms and intense colorful crackles. Decent price, too. 112 seconds. ★★★★★ 1/2 Stars.

• **SEA SERPENT (PHANTOM), \$34.99** - Crowd-pleasing crackles, whistles, darting silver sparks and height that pushes the 10-foot legal limit. 100 seconds. ★★★★★ 1/2 Stars

• **FLIGHT OF FANCY (DFS), \$29.99** - Brand new flower-shaped fountain from Brothers packs a dazzling display of multicolored showers and pearls, silver glitter, crackling, pine needles and golden flowers. 123 seconds. ★★★★★

• **CORE REACTOR (PHANTOM), \$24.99** - It's Phantom's popular Firecracker Fountain on steroids, featuring raucous silver crackles from start to finish. Incredible height for the price. 73 seconds. ★★★★★

• **SPARKNADO (TNT), \$24.99** - Crackle-happy fountain comes alive with a unique effect that has geysers of sparks breathing in and out before going into a frenzy. 85 seconds. ★★★★★



• **SHUT UP! (DFS), \$24.50** - Volcanic-like surges of multi-colored sparks and flares give this year-old fountain high marks. Includes crackles, so this item isn't as "low noise" as Black Cat describes and the name suggests. 75 seconds. ★★★★★

• **FROM THE HEART (DFS), \$20.40** - Debuted last year outside California, this heart-shaped fountain from Black Cat would delight with red flares, chrysanthemums and pink sparks if not for the fleeting burn time and heart-stopping price. 50 seconds. ★★

• **GOOD VS. EVIL (TNT), \$19.99 (FOR BOTH)** - Silly marketing gimmick has the mediocre Rocketman Fountain bundled with the even less impressive Rage Monster Fountain, and for no reason this combo is called "Good vs. Evil." Despite coming in a few seconds shorter, "Good" gets the nod with a darting sparks, or fish, effect. Rocketman, 81 seconds; Rage Monster, 87 seconds. ★★ 1/2 Stars.

• **RAISE YOUR FLAG (TNT), \$17.76** - Long may this fountain wave with wide-spreading crackling sparks, whistle and a patriotic price. 65 seconds. ★★★★★

• **NUCLEAR PHYSICS (DFS), \$15.99** - Mushroom cloud-shaped packaging is the most unique feature of this 2-year-old fountain from Brothers. That said, pretty gold flowers, silver chrysanthemums, noisy crackles and a fair price should give this item a warm welcome in California. 66 seconds. ★★★★★

• **CAT FIGHT (DFS), \$13.25** - A late arrival to California is this 3-year-old fountain from Black Cat that mesmerizes with multi-colored fish effect. 72 seconds. ★★★★★ 1/2 Stars.

• **HULL-A-BLUE (Phantom), \$12.99** - Low on height, but high on beauty with a non-stop vibrant gold shower. Expected more blue due to its name. Good burn time for the price. 60 seconds. ★★★★★ 1/2 Stars.

• **BEE'S KNEES (DFS), \$12.49** - Vibrant fan fountain from Brothers is fun while it lasts, but doesn't last long. Debuted two years ago outside the

Golden State. 35 seconds. ★★★★★

• **MAD MONKEY (DFS), \$12.25** - Intense crackling sparks and glowing eyes and mouth make for a lot of fun at a small price. From Showtime. 32 seconds. ★★★★★

• **PHANTOM SPARKLES OF PRIDE (PHANTOM), \$8.99** - Nifty opening of gold sizzling sparks is followed by routine crackles and chrysanthemum. 40 seconds. ★★★★★ 1/2 Stars.

• **PIRATE SWORD (DFS), \$7.69** - Unique handheld fountain from Showtime is a step up from boring morning glories, but the cost of swashbuckling fun requires too much booty, even for the pricey California market. 24 seconds. ★★

• **NEON FORCE (TNT), \$6.99** - Height, crackles and color are all solid, as is the price. 55 seconds. ★★★★★

• **JALAPENO POPPER (TNT), \$3.99** - Strong crackling silver sparks and, to be expected at this price point, no altitude. 49 seconds. ★★ 1/2 Stars.



Area non-profits kick off their fireworks fundraisers on June 28. Photo by David Dickstein



Friends and neighbors keep up the tradition of celebrating America's birthday with fireworks. Photo by David Dickstein



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\$500⁰⁰

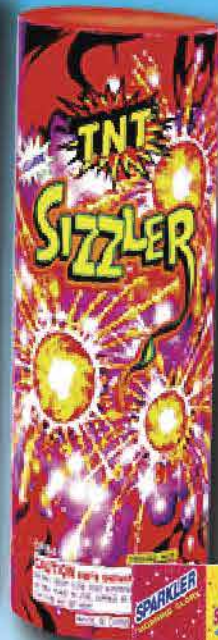
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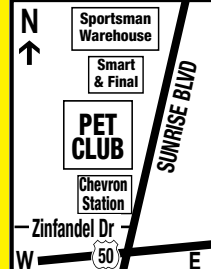
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