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The Cripple Creek Band Brings Country Rock to Village Green



The Cripple Creek Band will be performing their unique blend of country music and southern rock at the Cordova Community Council's Friday Night Concert on August 28th. Photo courtesy of The Cripple Creek Band

RANCHO CORDOVA, CA (MPG) - It's a little bit country and a little bit rock 'n' roll when the Rancho Cordova Friday Night Concerts rev up for another music-filled evening featuring The Cripple Creek Band.

With its origins in country music, this popular music style was formed by a wave of rock musicians who began to record albums with a country flavor in the late 1960s and early 1970s. As a musical phenomenon, country rock's commercial success hit a peak in the 1970s with hits by the Doobie Brothers, Emmylou Harris and Linda Ronstadt that all had a country flair. Hits like the Eagles' "Desperado" and "Hotel California" made country rock a crossover chart-topper.

Rancho Cordova concertgoers can get their fill of this unique blend of country music and southern rock at the Cordova Community Council's Friday Night Concert on August 28th as Cripple Creek takes over the Amphitheater Stage at Village Green Park, 3141 Bridgeway Drive.

The Cripple Creek Band plays great music appealing to all and are influenced by artists including Lynyrd Skynyrd, Waylon Jennings, Alabama, Luke Bryan, Jason Aldean, Blackberry Smoke, Travis Tritt, Eric Church, Merle Haggard, and The Band.

Admission is free of charge and music starts at 7 p.m. Visit www.cordovacouncil.org and

follow the links to hear a sampling of The Cripple Creek Band.

The Friday Night Concerts series wraps up on September 4th with a show by Rancho Cordova's favorite party band, Superlucious.

Special thanks to concert series sponsors: California American Water, City of Rancho Cordova, Folsom Cordova Unified School District, The Art of Popcorn, SMUD, Cordova Recreation and Park District, Wing Stop, Beazer Homes, Republic Services, Heritage Community Credit Union, Atlas Disposal, Kids Care Dental, and Cordova Community Council.

Source: Cordova Community Council ★

Rancho Cordova Library to Hold Ice Cream Social

Story by Margaret Snider

RANCHO CORDOVA, CA (MPG) - The Rancho Cordova branch of the Sacramento Public Library will celebrate the end of their Summer Reading Program on Saturday, August 29th from 11 a.m. to 2 p.m. at the library located at 9845 Folsom Boulevard.

The celebration will open with juggling, magic, and "goofy stuff" by Owen Baker-Flynn. The ice cream social will begin at noon, with free ice cream and toppings for everyone, all sponsored by the Friends of the Rancho Cordova Library, said Carolyn Tucey, Youth Services Librarian at the branch. Adults and children are all invited to attend.

The Summer Reading Program is held annually, and although the statistics have not been fully completed and compiled, Tucey said that more books have been read this year than last. As of August 21st, Tucey said, "Over 2,000 people have participated. As of last Saturday [August 15th], we had over 16,600 books read this summer."

Children get excited about the program for more reasons than the fun of reading. "Kids get a free book after reading five, and adults get a free tote bag after reading five books," Tucey said. "If the kids read over 25 books, they get this great sign that says 'I'm a library rock star.'"

Fall youth programming at the library will include an animal show, magic shows, and craft shows. More information about upcoming events can be found at www.saclibrary.org. ★

Congressman Ami Bera Presents Proclamation of Appreciation to Reed Flory

Story by Margaret Snider



U.S. Congressman Ami Bera presents a proclamation of appreciation to Reed Flory. Flory works in the Rancho Cordova Housing Department and has been instrumental in the success of the Mather Veterans Village project. "We could use more Reeds in Congress, getting things done," Bera said. Photo courtesy of the City of Rancho Cordova

RANCHO CORDOVA, CA (MPG) - Ami Bera, Representative for California's 7th District in the United States House of Representatives, was the guest speaker at the Rancho Cordova Luncheon on August 21st.

"I'm going to start at the local level and try to honor a local hero who really has been doing quite a bit," Bera said. Bera presented a Proclamation of Appreciation from the House of Representatives to Reed Flory, reinvestment and housing opportunities manager with the City of Rancho Cordova. Flory for years has been diligently championing the Mather Veterans Village project and moving it forward.

"Mather Veterans Village was one of those unique opportunities that if you had a modicum of knowledge and could recognize

opportunities, it was absolutely a no-lose situation," Flory said. "It did take us considerably longer than we'd hoped, but we're going to end up with 160 beds and units for disabled, homeless veterans."

"Mather Veterans Village was one of those unique opportunities that was...a no-lose situation."

**- REED FLORY
REINVESTMENT AND HOUSING OPPORTUNITIES MGR.**

Bera went on to address a number of topics at the luncheon, saying that the district he represents is one of the most evenly split in the country. Having a mixed district, he said, requires not only talking to one another, but more important, listening to one another.

"At the end of the day, we come together as Americans and we make a decision and we move forward," Bera said. "I'm not going to lie to you, that isn't the Congress that I'm in right now, because it does seem to be politics nonstop, 24/7, as opposed to saying, 'Let's put the

people first, let's do our job.'"

To that end, in his first term as a new congressman, Bera helped form Problem Solvers, an official caucus started with 23 Democrats and 17 Republicans for the purpose of working together to make something different happen in Washington. Over the first term, the membership grew to 100, including eight senators. "Yes, members from the opposite side of the aisle can actually become friends and get to know one another," Bera said. One bill that resulted largely from this caucus resulted in the merging of medical records between the Department of Defense and Veterans Administration systems. The consolidation facilitates the more timely provision of necessary medical services to veterans.

Robert Rogel, a Cordova High School graduate and senior sales associate with Sun Valley Rice, attended the luncheon specifically to hear Bera speak. "I think there are many people in the Rancho Cordova area who are very happy with what he's done as far as the Veterans' issues," Rogel said.

In response to Bera's op-ed piece published recently in the daily metro newspaper in support

Continued on page 5

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Rancho Cordova City Attorney Adam Lindgren Named a Best Lawyer in America

RANCHO CORDOVA, CA (MPG) - Rancho Cordova City Attorney Adam Lindgren's expertise in public agency law has been recognized by his peers who selected him for the Municipal Law category in the 2016 edition of The Best Lawyers in America®. Since it was first published in 1983, Best Lawyers® has become one of the most highly respected peer review guides to the legal profession.

As a member of the Meyer Nave Law firm, Adam has served the City of Rancho Cordova since incorporation in 2003. He is a member of the Meyers Nave's Executive Committee and the Principal in Charge of the firm's Sacramento

office. He also serves as the City Attorney for the City of Modesto and as special counsel to the cities of Sacramento, Livingston, Monterey, and other districts and agencies. Adam has extensive experience in all aspects of municipal law, with particular qualifications in complex land use and development projects.

Adam is the co-author and co-managing editor of a leading comprehensive publication on land use law, California Land Use Practice, published annually by Continuing Education of the Bar since 2006. He has written and lectured extensively on a wide array of land use and municipal law topics, including the Subdivision Map Act, development agreements, the Brown Act, conflicts of interest, due process, Proposition 218, takings and exactions, zoning, district formation, the Coastal Act, geologic hazard abatement districts, and ethics. He speaks frequently statewide for groups including the League of California Cities, Continuing Education of the State Bar, the State Bar of California, the American Bar Association, the California Association of Local Agency Formation Commissions, and the California Special Districts Association, among others.

Source: City of Rancho Cordova



Attorney Adam Lindgren has been selected for inclusion in the 2016 edition of The Best Lawyers in America for the Municipal Law category. Photo courtesy of the City of Rancho Cordova

At-Risk Missing Person

GOLD RIVER, CA (MPG) - The Sacramento County Sheriff's Department is seeking the public's assistance to locate a woman who is missing under unusual circumstances. Angela Person, 33, last had contact with family members



Angela Person

by telephone on August 23rd, 2015, at approximately 2:20 p.m. She stated that she was on her way home, but never arrived.

Person lives in the area of Gold River and is described as a black female adult with dark brown hair that she usually wears pulled back away from her face. She has brown eyes and is 5'10" tall, weighing approximately 125 pounds.

Person is considered to be at-risk because she is missing under circumstances inconsistent with her normal behavior patterns, and she has not had contact with family members for a couple of days.

Anyone knowing Person's whereabouts is asked to contact the Sheriff's Department at (916) 874-5115.

Source: Sacramento County Sheriff's Department

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Breathe Fresh in Rancho Cordova

RANCHO CORDOVA, CA (MPG) - The City of Rancho Cordova is proud that nearly all areas accessible to the public are now 100% smoke and tobacco free.

The Rancho Cordova City Council passed an ordinance that prohibits smoking in many public areas, including outdoor dining areas and at public events. Here are the new regulations:

- No smoking in areas accessible to the public including outdoor dining areas and public events in Rancho Cordova.
- No smoking in any public

parks, schools, and on any federal government properties.

- Smoking prohibition includes traditional cigarettes; electronic cigarettes; and pipes and hookahs containing tobacco, marijuana, or a liquid cartridge.

“It’s a priority of the City Council to protect public health by striking a balance between the desires of persons who smoke and the need of nonsmokers to breathe smoke-free air,” said Mayor Robert J. McGarvey. “Rancho Cordova is the first

City in Sacramento County and one of 73 cities in California to prohibit smoking in outdoor dining areas.”

The City is looking to partner with local businesses to join the Breathe Fresh campaign. Free decals and information cards are available for dining establishments. To get involved, contact Communications Specialist Ashley Downton at adownton@cityofranchocordova.org or (916) 851-8723.

Source: City of Rancho Cordova ★



“Back-to-School Give-Away” Donates School Supplies



The “Back-to-School Give-Away” is specifically targeted to those students and parents who need a helping hand in acquiring school-requested supplies. Photo courtesy of Francene Weatherspoon

RANCHO CORDOVA, CA (MPG) - On Saturday, August 29th at 10 a.m., Pastor Mac Arthur Weatherspoon and members of the New Hearts Baptist Church in Rancho Cordova will host their fifth annual “Back-to-School Give-Away.”

The one-day event is specifically targeted to those students and parents who need a helping hand in acquiring school-requested supplies.

The give-away will be held on the grounds of the church at 3579 Mather Field Road. Based on availability, items may include backpacks, binders, calculators, crayons, glue, highlighters, etc. They will be given away while supplies last. When

they’re gone...they’re gone!

Students from elementary grades through high school are invited to attend. Students 13 years of age and younger must be accompanied by a parent. Students must be present at the event in order to receive school-related items. Parents will not be allowed to take school supplies from the church and give them to students not attending the event.

A week prior to the event, flyers will be randomly distributed in Rancho Cordova neighborhoods near the vicinity of the church. A flyer will also be posted at the church.

Source: Francene Weatherspoon ★

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Oh Deer, It's Hot Out There

American River Parkway Sizzles in Heatwave



It was how hot? American River Parkway inhabitants exhibited cooling mechanisms in the recent heatwave. A deer took a refreshing dip in river shallows.

Story and photos by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Recent triple-digit days challenged species that endure without air-conditioning or on-tap water. Already taxed by drought, American River Parkway animals slunk into the shade and waited for cooling nights.

River rafters observed deer swimming near Ancil Hoffman Park; fawns and wild turkey waded in ponds. Squirrels flattened bellies on parched earth. Newly fledged birds panted in parkway trees. Near Jacob Lane, this observer watched an exhausted coyote slink over searing macadam to collapse in levy shadows.

Though parkway inhabitants have endured drought and heatwaves over millennia, they still suffer dehydration. The worst heat often occurs when their babies are at their most vulnerable and when creeks and vital food supplies have dried up.



As afternoon heat soared, a fledgling hawk and a weary coyote sought the camouflage of withered trees and panted.

But wild animals have instinctive behaviors for survival. "We often find deer and turkey cooling their heels in our pond," reports Effie Yeaw Nature Center staffer Betty Cooper. "Coyote find shady spots and scratch the soil down to a cool layer; they hunker down and stay as still as possible. Rattlesnakes coil up tightly under logs, to prevent moisture loss. Birds sometimes find little breezes up in tree branches. If they're near an

irrigated area, like a golf course, they can stay in cooler spots."

An animal that appears heat-stressed is best left alone. "Wild animals are pretty good at finding a drink," Cooper advises. "If they're heading towards water, stay out of their way. Raptors and reptiles usually absorb enough moisture from what they eat.

"Nature has ways to sort out the strongest animals to survive," she cautions. "Some will die from the drought. That's part of nature, too." ★

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From the Mayor's Corner

Change Will Continue to Defy All Odds

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Back to School Night has come and gone for some, and there may be a few schools that are still welcoming parents, grandparents, and children as the new school year begins to get into full swing. We went with two of our grandsons the other night to their Back to School Night and met their teachers. We got the rules and regulations that everyone is supposed to abide by, and most people do. But there are always a few who don't think they apply to them. Dropping your children off in the morning is a very busy time in front of the school, and when two or three cars are parked and locked in the driveway where they are not supposed to be, it really jams up traffic. It makes me think about the people on the freeway who have to slow down and see what is happening at an accident. The traffic behind them starts backing up immediately and more accidents can happen. The same thing applies in front of school when a car is parked and the flow through traffic doesn't!

Remember when your parents

took you to school, and they said, "What is being taught in school today sure isn't what they taught when I was going to school"? Well that hasn't changed. The tools the teacher uses aren't the same, and their speed is faster than before; what is being taught isn't the same. Some of the countries we had to locate on the world globe for example are no longer there. And the ones that still exist are now bigger or smaller, and they may have a different name. Does that sound familiar?

It is a shame that people like Hitler or barbarians like ISIS continue to appear somewhere in the world throughout history. They seem to be able to take over people's minds and then lead their followers to kill and slaughter others. What a waste.

Change will continue to defy all odds. Whether it is trees, or what is taught at school, or who the next "Hitler" may be, as President Kennedy said, "The one unchangeable certainty is that nothing is unchangeable or certain."

ying about one year ago today." *From Mayor Bob McGarvey, God bless, and see you next time.* ★

Attend the YMCA Youth and Government Event

RANCHO CORDOVA, CA (MPG) - On Friday, August 28th, Keenan (an independent insurance brokerage and consulting firm) will be hosting a special event designed to assist the California YMCA Youth & Government program in building awareness and recruiting student participants for its important youth programs. Also in attendance will be the KeenanDirect team to advise families and small businesses on the upcoming enrollment period for the California Healthcare Exchange.

This community and school outreach event is to recruit youth participation and enlist support for local YMCA Youth & Government chapters. Attendees

can include families, students, school district members, county offices of education, municipalities, chambers of commerce and other public agencies, as well as businesses that could become potential program supporters/donors.

The event will be held from 3:30 p.m. to 4:30 p.m. at Keenan Regional Office, 2868 Prospect Park Drive, Suite 600, in Rancho Cordova.

The YMCA Youth & Government program provides hands-on experiences designed to inspire young people to become active and concerned participants in government as citizens. Delegates come from a wide range of backgrounds

throughout the state. A centerpiece of the program is the annual five-day Model Legislature and Court session, where the delegates convene to write bills, select governmental positions for role playing, learn legislative and judicial procedures, attend training conferences, and run for various elected offices. Other longstanding activities include the Model United Nations program.

For more information about the California YMCA Youth & Government, please visit <http://calymca.org>. For more about Keenan, visit www.keenan.com.

Source: *Dave Holscher, Business Marketing Association* ★

Congressman Ami Bera Presents Proclamation of Appreciation to Reed Flory

Continued from page 1

of Planned Parenthood, Rogel asked for Bera's thoughts on the sale of fetal body parts by the organization. Bera said he would not want to defund Planned Parenthood. "If they were to ask me," Bera said, "I would tell them to focus on their core business, which is providing preventive health services and reproductive health services, and step out of that line of business."

Bera is on the foreign affairs committee and has not yet taken a stand on the negotiations with

Iran. "Most experts do think... that the deal as it stands, in the next 15 years will deter Iran's ability to obtain a nuclear weapon." However, he is concerned that after the 15 years is up Iran may, as a result of the agreement, be in a better position at that time to obtain nuclear weapons. "We go into this fully expecting that they likely will cheat," Bera said. Another concern is the number of terrorist groups that are funded and supported by Iran, and the possibility of Iran providing them

with nuclear weapons.

Bera, son of East Indian immigrants who came to the United States in the 1950s, was born and raised in California and attended public schools "from kindergarten through medical school." Following a successful medical career first as an internal medicine practitioner and later as medical director of care management for Mercy Healthcare, he entered politics, he said, because he doesn't want "the legacy of my generation to be the first one that left our kids worse off." ★



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Friday, October 30
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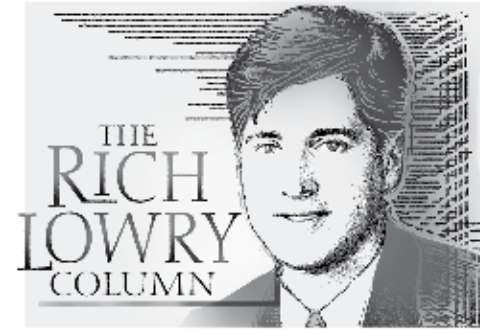
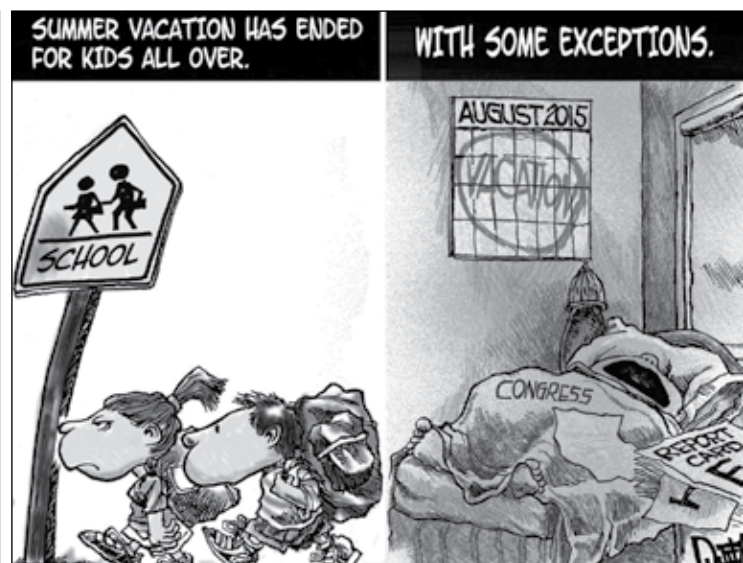
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By Rich Lowry

Donald the Whiner

Donald Trump is given to superlatives, so let's do him the honor of pronouncing him the most fabulous whiner in all of American politics. By Trump's own account, he's the baddest, smartest thing going, except if you ask him a challenging question, in which case he kicks and screams and demands to know how anyone could treat him so unfairly. Trump followed up his shaky-at-best performance at the first Republican candidate debate, hosted by Fox News, with days complaining that he hadn't been afforded the respect he deserves. According to Trump, he'll bring Vladimir Putin to heel. He'll make Mexico pay for a border fence. He'll take the Middle East's oil. Assuming, that is, no one says a discouraging word to him. Then he'll lose it.

The mogul did indeed get a series of tough questions from the Fox debate moderators (disclosure: I'm a Fox News contributor). But Trump, as Trump always reminds us, is leading in all the polls. It is not unusual -- indeed, it is to be expected -- that a front-runner gets more scrutiny than the also-rans. Fox anchor Megyn Kelly asked him about how he would respond to inevitable attacks from Hillary Clinton in a general election over his crass insults of women through the years. This set Trump off, but does anyone think if, say, Jeb Bush had ever called woman a pig or a dog, he wouldn't get asked about it, too? Trump handled the ensuing flap with his typical aplomb and class, which is to say he flailed about wildly and hurled witless insults. He denied that he said the things Kelly alleged he had, even though he did. He called Kelly an overrated lightweight. Finally, he bizarrely said that "there was blood coming out of her eyes, blood coming out of her wherever." When this was interpreted as a reference to her menstrual cycle, Trump objected that there was no way he possibly could say something so crude -- all evidence to the contrary notwithstanding. He also insisted that when he said "wherever," he had been about to say Kelly's nose or ears, but stopped

himself to get on with more important points -- which happened to be more insults of Kelly. For someone who prides himself on being the bold truth-teller, Trump has a penchant for trying to litigate his way out of his controversial statements. When he said a few weeks ago that John McCain wasn't a war hero, he backtracked and tried to prove that he hadn't said what he obviously had. If "never complain, never explain" is a good rule of life, Trump is 0 for 2. If he didn't want to be wrong-footed on the biggest stage of the campaign so far, he could have thought about what questions he might have been asked and about possible answers. This is what candidates have done before debates since time immemorial. Trump was satisfied with Plan B: to wing it and, when it didn't go to his liking, whine like a spoiled child who didn't get a pony for his birthday.

Rich Lowry is editor of the National Review.

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Despite Microchip, Dog Never Found

DEAR PAW'S CORNER: Last year, our beloved Sheltie "Charlene" disappeared. We'll never know if she ran off, got lost in the woods and injured, or if someone took her. I let her out in the backyard and that was the last we saw of her. Charlene had a microchip installed by her veterinarian, but we had never followed up with registering the chip. So we'll never know if she was found and her chip scanned. Please let your readers know that they need to register their pet's microchip with the manufacturer, and provide a copy of the registration to their vet. And they need to update the information each year or if they move to a new address. Otherwise they lose a vital tool in locating a lost pet. - Carol in Wisconsin

DEAR CAROL: You told them, and I hope they'll heed your advice!

If you know your pet is chipped but have lost the information, you can still check to see if the chip is registered. The American Animal Hospital Association maintains a database online at www.petmicrochiplookup.org with registrations for most, but not all, microchip manufacturers listed. If you haven't yet registered your pet's microchips, now is a great time to do so. Find the microchip registration information that was provided to you by the vet at the time your dog or cat received its chip. If you lost it, contact the vet's office to see if they have the manufacturer and date of chipping on file, as well as the microchip number.

Send your questions or tips to ask@pawscorner.com.

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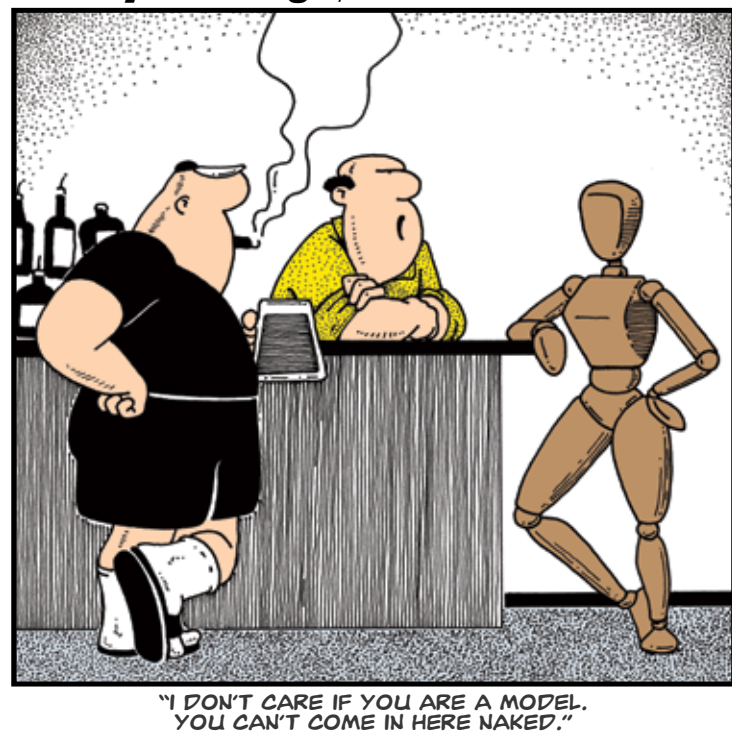
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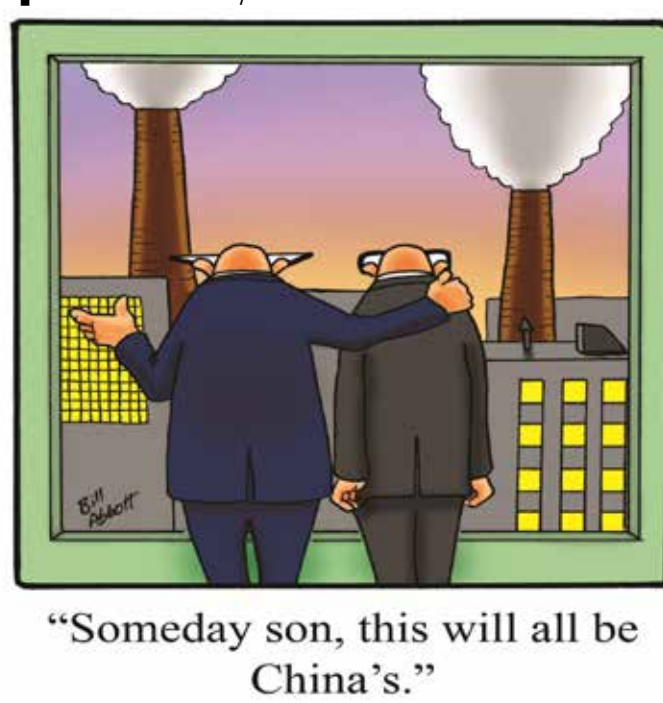
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 - Rejuvenating spot
 - Tom, as opposed to tabby
 - Drawing support
 - Center of activity
 - John Hancock, e.g.
 - Novelist Jong
 - Pilot's announcement
 - Bar order, with "the"
 - *Bull
 - *Part of Watery Trigon
 - Once around
 - Bank deposit
 - Skedaddle
 - Russian parliament
 - Psychologist of classical conditioning fame
 - Author Murdoch
 - It "was made for you and me"
 - Judd of country music
 - "Well" to Sofia Loren
 - Formed a curve
 - Ski lift
 - Haile Selassie's disciple
 - *One point of constellation
 - Spilled the beans
 - Base that dissolves in water, chem.
 - U in I.C.U.
 - Spanish river
 - Type of rich soil
 - Romanian money
 - *Castor and Pollux
 - *"Wandering Star"
 - Conical dwelling
 - Make a knot
 - Socialite Hilton
 - Change the Constitution
 - Cathode-ray tube
 - Speak like Cicero
 - Hand-me-down
 - "For ____ a jolly..."
 - Famous for biting an ear
- DOWN**
- Bitty
 - Robert Wagner or Stefanie Powers, 1979-1984
 - "Heat of the Moment" band
 - Happen again
 - Like bell-bottoms
 - "____ So Fine," song
 - "He ____ in his thumb, and pulled out a plum"
 - Old-time calculators
 - Catchall abbr.
 - Flu symptom
 - Baron Munchhausen, e.g.
 - Architectural add-on
 - Result of beach bathing
 - Palate lobe
 - One of The Alps
 - Holy place
 - *Balance in the sky
 - "He's ____ nowhere man," Beatles
 - Capital of Belarus

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ZHENSIPA 150731 8-28-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-06145 Roxanne Berge, 2950
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Emily Gaddoni, 5962 Jeanine Drive, Sacramento,
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FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-06213 Cory Buck, 2348 Byrd Drive,
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Rancho Cordova, CA 95670. Filed with the
Clerk of Sacramento County August 5, 2015.
Publish: August 14, 21, 28 and September 4, 2015
BUCKS 150805 9-4-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-06404 Maria Williams, 10451 Sierra
Crest Drive, Rancho Cordova, CA 95670 is doing
business under the Fictitious Business
Name(s) "Sweet Geeks, Sweet Geeks Bath
Treats" at 10451 Sierra Crest Drive, Rancho
Cordova, CA 95670. Filed with the Clerk of
Sacramento County August 14, 2015.
Publish: August 21, 28, September 4 and 11, 2015
SWEETGEEKS 150814 9-11-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-06410 Dustin George Delaver Buck,
6381 Eichler Street, Sacramento, CA 95831 is doing
business under the Fictitious Business Name(s)
"Buck Wealth Management" at 10112 Fair Oaks
Boulevard, Suite 3, Fair Oaks, CA 95628. Filed with
the Clerk of Sacramento County August 17, 2015.
Publish: August 28, September 4, 11 and 18, 2015
BUCK 150818 9-18-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-06420 Stephanie Nimara Tosses-Bruno and
Jason Tyler Rodriguez have filed a petition with this
court for a decree changing the name(s) of Stephanie
Nimara Tosses-Bruno to Stephanie Nimara Bruno,
Jason Tyler Rodriguez to Jason Tyler Bruno.
IT IS ORDERED that all persons interested in the
above entitled matter appear before this court at 9:00
a.m. on October 8, 2015, in Department 54, located
at 800 Ninth Street, Third Floor, Sacramento, CA
95814, and show cause, if any, why the petition for
Change of Name should not be granted.
Dated: July 29, 2015
Raymond M. Cadei, Judge of the Superior Court
Publish: August 7, 14, 21 and 28, 2015
GUILLEN 150730 8-28-15

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF
FICTITIOUS BUSINESS NAME
FBNF2007-07914
The following person(s) has/have abandoned
the use of the FICTITIOUS BUSINESS NAME of
"The Media Consultants" located at 2444
Spyglass Hill Lane, Carmichael, CA 95608.

STATEMENT OF ABANDONMENT OF
FICTITIOUS BUSINESS NAME
FBNF2014-04018
The following person(s) has/have abandoned
the use of the FICTITIOUS BUSINESS NAME of
"Preston Graphics Company" located at
1709 Park Place Drive, Carmichael, CA 95608.

ORDER TO SHOW FOR CHANGE OF NAME
SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00182323
WHEREAS, FNU Mustafa and FNU Meekal
have filed a petition with this court for a decree
changing the name(s) of FNU Mustafa to Mustafa
Ahmady, FNU Meekal to Meekal Ahmady.
IT IS ORDERED that all persons interested in the
above entitled matter appear before this court at 9:00
a.m. on October 7, 2015, in Department 54, located
at 800 Ninth Street, Third Floor, Sacramento, CA
95814, and show cause, if any, why the petition for
Change of Name should not be granted.
Dated: July 29, 2015
Raymond M. Cadei, Judge of the Superior Court
Publish: August 7, 14, 21 and 28, 2015
AHMADY 150729 8-28-15

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF
FICTITIOUS BUSINESS NAME
FBNF2015-06189 Daniel Mezhlumyan, 4407
Niobe Circle, Rancho Cordova, CA 95670 is doing
business under the Fictitious Business Name(s)
"Sierra Auto Body" at 3391 Fitzgerald Road,
Suite A, Rancho Cordova, CA 95742. Filed with the
Clerk of Sacramento County August 4, 2015.
Publish: August 21, 28, September 4 and 11, 2015
SIERRA 150804 9-11-15

STATEMENT OF ABANDONMENT OF
FICTITIOUS BUSINESS NAME
FBNF2015-06229 Winnie Renee Huang, 8506
Tambor Way, Elk Grove, CA 95758 and John
Pangor Way, 7722 40th Avenue, Sacramento,
CA 95824 are doing business under the Fictitious
Business Name(s) "Asian n'Caljun 2" at 8121
Greenback Lane, Fair Oaks, CA 95628. Filed with
the Clerk of Sacramento County August 11, 2015.
Publish: August 21, 28, September 4 and 11, 2015
ASIAN 150813 9-11-15

STATEMENT OF ABANDONMENT OF
FICTITIOUS BUSINESS NAME
FBNF2015-06237 Paolis Reed, 2661
Carmichael Way, Carmichael, CA 95608 is doing
business under the Fictitious Business Name(s)
"Vintage Creations By PJ" at 2661 Carmichael
Way, Carmichael, CA 95608. Filed with the
Clerk of Sacramento County August 13, 2015.
Publish: August 21, 28, September 4 and 11, 2015
VINTAGE 150813 9-11-15

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF
FICTITIOUS BUSINESS NAME
FBNF2015-06275 Matthew Fox, 3721
Merrily Way, Sacramento, CA 95821 is doing
business under the Fictitious Business Name(s)
"Zero Gravity MMA" at 1875 Diesel
Drive #5, Sacramento, CA 95838. Filed with the
Clerk of Sacramento County August 5, 2015.
Publish: August 14, 21, 28 and September 4, 2015
ZERO 150807 9-4-15

STATEMENT OF ABANDONMENT OF
FICTITIOUS BUSINESS NAME
FBNF2015-06280 Richard W. Whitney, 1408 Glen
View Court, Roseville, CA 95747 is doing business
under the Fictitious Business Name(s) "Sacramento
Consumer Center" at 2740 Fulton Avenue, Suite
101-24, Sacramento, CA 95821. Filed with the
Clerk of Sacramento County August 10, 2015.
Publish: August 21, 28, September 4 and 11, 2015
SACRAMENTO 150814 9-11-15

STATEMENT OF ABANDONMENT OF
FICTITIOUS BUSINESS NAME
FBNF2015-06247 Alejandro Ramirez, 2501
Hurley Way #43, Sacramento, CA 95825 is doing
business under the Fictitious Business Name(s)
"NVUS Concepts Photography" at 2501 Hurley
Way #43, Sacramento, CA 95825. Filed with
the Clerk of Sacramento County August 6, 2015.
Publish: August 21, 28, September 4 and 11, 2015
NVUSCONCEPTS 150814 9-11-15

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF
FICTITIOUS BUSINESS NAME
FBNF2015-06199 Gurjinder Singh, 7805
Roesboro Circle, Sacramento, CA 95828 is doing
business under the Fictitious Business
Name(s) "Eagle Express Sac" at 7805 Roesboro
Circle, Sacramento, CA 95828. Filed with the
Clerk of Sacramento County July 27, 2015.
Publish: August 21, 28, September 4 and 11, 2015
EAGLE 150804 9-11-15

STATEMENT OF ABANDONMENT OF
FICTITIOUS BUSINESS NAME
FBNF2015-06275 Matthew Fox, 3721
Merrily Way, Sacramento, CA 95821 is doing
business under the Fictitious Business Name(s)
"Fox Soccer Assigning" at 3721 Merrily Way,
Sacramento, CA 95821. Filed with the Clerk of
Sacramento County August 10, 2015.
Publish: August 21, 28, September 4 and 11, 2015
FOXSOCCER 150817 9-11-15

STATEMENT OF ABANDONMENT OF
FICTITIOUS BUSINESS NAME
FBNF2015-06280 Richard W. Whitney, 1408 Glen
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under the Fictitious Business Name(s) "Sacramento
Consumer Center" at 2740 Fulton Avenue, Suite
101-24, Sacramento, CA 95821. Filed with the
Clerk of Sacramento County August 10, 2015.
Publish: August 21, 28, September 4 and 11, 2015
SACRAMENTO 150814 9-11-15

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF
FICTITIOUS BUSINESS NAME
FBNF2015-06289 Nichole Ellstrom, 508
Willsboro Court, Folsom, CA 95630 and Heather
Stansbery, 10969 Woolwich Way, Mather, CA
95655 are doing business under the Fictitious
Business Name(s) "to: little arrows" at 508
Willsboro Court, Folsom, CA 95630. Filed with
the Clerk of Sacramento County July 17, 2015.
Publish: August 21, 28, September 4 and 11, 2015
TO:LITTLE 150804 9-11-15

STATEMENT OF ABANDONMENT OF
FICTITIOUS BUSINESS NAME
FBNF2015-06289 Nichole Ellstrom, 508
Willsboro Court, Folsom, CA 95630 and Heather
Stansbery, 10969 Woolwich Way, Mather, CA
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Willsboro Court, Folsom, CA 95630. Filed with
the Clerk of Sacramento County July 17, 2015.
Publish: August 21, 28, September 4 and 11, 2015
TO:LITTLE 150804 9-11-15

Television Listings for the week of August 28-September 2

FRIDAY EVENING

AUGUST 28, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30																														
BROADCAST	ABC Shark Tank (TVPG) HD	CBS America's Got Talent: "Live Round 3" HD	NBC MasterChef (TV14) HD	FOX Law & Order: CI HD	A&E Criminal Minds HD	AMC The Green Mile (99) HD	ANIMAL To Be Announced	BET (7:36) The Bodyguard (92, R) ★★½ Kevin Costner, Whitney Houston. HD	BRAVO Housewives TBA	CARTOON King of Hill King of Hill	CMT Reba HD	CNN Anthony: "Miami"	COMEDY Starksy & Hutch (04)	DISCOVERY Edge of Alaska (N)	DISNEY Brave (12, PG) Kelly Macdonald. HD	ESPN Total Divas (TV14) HD	ESPN2 (6:00) CFL Football HD	FAMILY Paul Blart: Grease (78, PG) ★★½ John Travolta, Olivia Newton-John. HD	FOOD Diners HD	FX Here Comes the Boom (12, PG) ★★½ Kevin James.	HGTV Love It or List It, Too	HISTORY Ancient Aliens HD	LIFETIME Bring It! (TVPG) (N) HD	MTV (7:10) Scary Movie 3 (03, PG-13) HD	NICK Alvin and the Chipmunks: The Squeak	SPIKE Cops HD	SYFY Defiance (TV14) (N)	TBS Family Guy Family Guy	TCM Gaslight (44, NR) HD	TLC Say Yes Dress HD	TNT Cold Justice (TV14) (N) HD	TRAVEL Mysteries (TVPG) (N) HD	TV LAND Legally Blonde (01, PG-13) HD	USA Modern Modern	VH1 Hitch (05, PG-13) ★★½ Will Smith, Eva Mendes.	WGN How I Met How I Met	PREM	HBOW X-Men: Days of Future Past (14, PG-13) HD	MAXW The Purge (15, PG-13) HD	SHOWW Need for Speed (14, PG-13) ★★½ Aaron Paul. HD

SATURDAY EVENING

AUGUST 29, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30																														
BROADCAST	ABC Cars (06, G) ★★½ Owen Wilson, Paul Newman. HD	CBS Local Programs	NBC American Ninja Warrior: "Military Finals" HD	FOX Bullseye: "Jet Ski" HD	A&E Criminal Minds HD	AMC Tombstone (93, R) HD	ANIMAL To Be Announced	BET Let the Church Say Amen (13, NR)	BRAVO Don't Be First Look	CARTOON DBZ Kai King of Hill	CMT (6:30) Road House (89, R) ★★½ Bill Murray, Dan Aykroyd. HD	CNN CNN Special Report	COMEDY Superbad (07, R) ★★½ Jonah Hill, Michael Cera. HD	DISCOVERY Ninja Sharks (N)	DISNEY Mulan (98, G) ★★½ Ming-Na Wen. HD	ESPN (7:00) Premier Boxing Champions: "Tea P2"	ESPN2 (6:00) Soccer Football	FAMILY The Notebook (04, PG-13)	FOOD Chopped: "Teen Pt 2"	FX (6:00) White House (13)	HGTV Property Brothers HD	HISTORY American Pickers HD	LIFETIME Fatal Flip (15, NR) HD	MTV Friday After Next (02, R) ★★½ Ice Cube.	NICK Thunderman 100 Things	SPIKE Cops HD	SYFY Mission to Mars (00)	TBS Big Bang Big Bang	TCM (7:30) Rage (72, PG) ★★½	TLC NY ER NY ER	TNT The Hobbit: An Unexpected Journey (12, PG-13)	TRAVEL Ghost Adventures HD	TV LAND Impostor Raymond	USA NCIS: "Up in Smoke"	VH1 Footloose (84, R) Kevin Bacon. HD	WGN The Legend of Zorro (05, PG-13) ★★½ Antonio Banderas.	PREM	HBOW Kill the Messenger (14, R) Jeremy Renner. HD	MAXW RoboCop (87, R) HD	SHOWW The Giver (14) ★★½ HD

SUNDAY EVENING

AUGUST 30, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30																																
BROADCAST	ABC Bachelor in Paradise (TV14) (N) HD	CBS (01) Big Brother (N) HD	NBC Local Programs	FOX Simpsons Brooklyn	ION Casino Royale (06, PG-13) ★★½ Daniel Craig, Eva Green. HD	A&E Intervention (N) HD	AMC Fear the Walking Dead	ANIMAL To Be Announced	BET Sunday Best (N) HD	BRAVO Medicine First Look	CARTOON King of Hill Cleveland	CMT Ghostbust Hitch (05, PG-13) ★★½ Will Smith, Eva Mendes. HD	CNN The Hunt	COMEDY G Iglesias Gabriel Iglesias (TV14)	DISCOVERY Shark Alley (TVPG) (N)	DISNEY Tangled (10, PG) Mandy Moore. HD	E! I Am Cait (TV14) (N) HD	ESPN SportsCenter HD	ESPN2 E:60 HD	FAMILY The Lucky One (12, PG-13) ★★½ Zac Efron. HD	FOOD Guy's Grocery Games	FX (7:00) Battleship (12, PG-13) ★★½ Taylor Kitsch.	HGTV Hunt (N) HD	HISTORY Ice Road Truckers HD	LIFETIME Fatal Flip (15, NR) HD	MTV 2015 MTV Video Awards HD	NICK Full House Full House	SPIKE Bar Rescue (TVPG) (N) HD	SYFY Crystal Skull (08) HD	TBS Why Did I Get Married? (07, PG-13) ★★½ Tyler Perry. HD	TCM (7:15) Sergeant York (41, NR) ★★½ (045) Love in the Afternoon (57, NR) ★★½ Gary Cooper. HD	TLC Who You Are (N) HD	TNT The Hobbit (12) HD	TRAVEL Big Time R Big Time R	TV LAND Reba HD	USA Law & Order: SVU HD	VH1 Basketball Wives LA	WGN Manhattan (TV14) HD	PREM	HBOW Show Me a Hero: "Parts Five & Six" (N) HD	MAXW 47 Ronin (13, PG-13) ★★½ Keanu Reeves. HD	SHOWW Ray Donovan HD

MONDAY EVENING

AUGUST 31, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30																																
BROADCAST	ABC Bachelor in Paradise	CBS Broke Girls	NBC American Ninja Warrior	FOX So You Think You Can Dance (TV14) (N) HD	ION Criminal Minds: "Run"	A&E The First 48: Killer (N) HD	AMC Back to the Future (85, PG) ★★½ HD	ANIMAL Treehouse Masters HD	BET For Colored Girls (10, R) ★★½ Janet Jackson. HD	BRAVO Orange County Social	CARTOON King of Hill King of Hill	CMT Reba HD	CNN Anderson Cooper 360°	COMEDY South Park South Park	DISCOVERY Fast N' Loud (N) HD	DISNEY Camp Rock 2: The Final Jam (10)	E! Fashion Police (N) HD	ESPN SportsCenter HD	ESPN2 NFL Live HD	FAMILY Switched at Birth (N) HD	FOOD Kids Cook-Off (N) HD	FX This is the End (13, R) ★★½ James Franco.	HGTV Tiny House Tiny House	HISTORY Pawn Stars Pawn Stars	LIFETIME We Are Marshall (06, PG) ★★½ Matthew McConaughey, Matthew Fox. HD	MTV 2015 MTV Video Awards	NICK Henry Henry	SPIKE Cops HD	SYFY Bourne Ultimatum (07)	TBS Family Guy Family Guy	TCM Lolita (62, NR) James Mason. HD	TLC Eight-Limbed Baby HD	TNT Castle (TVPG) (N) HD	TRAVEL 36 Hours (TV G) (N) HD	TV LAND Raymond Raymond	USA WWE Monday Night Raw (Live) HD	VH1 Love & Hip Hop (N) HD	WGN Elementary (TV14) HD	PREM	HBOW Real Sports HD	MAXW Strike Back (TVMA) HD	SHOWW Ray Donovan: "Tulip"

TUESDAY EVENING

SEPTEMBER 1, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30																																
BROADCAST	ABC Fresh Off Fresh Off	CBS NCIS: "The Lost Boys"	NBC America's Got Talent: "Semi-Final 1" (N) HD	FOX Smart 5th Grade (N) HD	ION Criminal Minds HD	A&E Storage Storage	AMC (7:00) Armageddon (98, PG-13) ★★½ Bruce Willis. HD	ANIMAL To Be Announced	BET National Security (03, PG-13) Martin Lawrence.	BRAVO Housewives (TV14)	CARTOON King of Hill King of Hill	CMT Reba HD	CNN Anderson Cooper 360°	COMEDY Tosh.O (N) Tosh.O	DISCOVERY Treasure Quest HD	DISNEY High School Musical (06, NR) ★½ Zac Efron. HD	E! Total Divas (TV14) HD	ESPN SportsCenter HD	ESPN2 NFL Live HD	FAMILY Monica the Medium (N)	FOOD Chopped: "Firefighter"	FX Taken 2 (12, PG-13) ★★½ Liam Neeson.	HGTV Flop HD	HISTORY Cars HD	LIFETIME The Switch (10, PG-13) ★★½ Jennifer Aniston. HD	MTV Ridiculousness (TVPG)	NICK Henry Henry	SPIKE Ink Master (TV14) HD	SYFY (6:30) Doom (05, R) ★★	TBS Big Bang Big Bang	TCM (15) The Battle of Russia (43, NR)	TLC Little People, Big World: "Conversation" (N) HD	TNT Rizzoli & Isles HD	TRAVEL Hotel Impossible	TV LAND Raymond Raymond	USA Modern Modern	VH1 Love & Hip Hop HD	WGN Elementary (TV14) HD	PREM	HBOW Kill the Messenger (14, R) Jeremy Renner. HD	MAXW I Think (15, PG-13) HD	SHOWW Masters of Sex HD

WEDNESDAY EVENING

SEPTEMBER 2, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30																																
BROADCAST	ABC The Middle Goldbergs	CBS Big Brother (N) HD	NBC America's Got Talent Carmichael Carmichael	FOX MasterChef (N) HD	ION Ghost Whisperer HD	A&E Duck HD	AMC Terminator Salvation (09, PG-13) ★★½ Christian Bale. HD	ANIMAL Alaska: Last (TV14) HD	BET (7:30) All About the Benjamins (02, R) Ice Cube.	BRAVO Los Angeles (TV14)	CARTOON King of Hill King of Hill	CMT Reba HD	CNN Anderson Cooper 360°	COMEDY South Park South Park	DISCOVERY Airplane Repo (N) HD	DISNEY High School Musical 2 (07, NR) ★½ Zac Efron. HD	E! Fashion Police HD	ESPN SportsCenter HD	ESPN2 NFL Live HD	FAMILY Hungry (N) Kevin Work	FOOD Cutthroat Kitchen	FX After Earth (13, PG-13) ★★½ Jaden Smith.	HGTV Property Brothers HD	HISTORY American Pickers HD	LIFETIME Little Women: LA HD	MTV Catfish: The TV Show	NICK Henry Henry	SPIKE Four Brothers (05, R) ★★½ Mark Wahlberg, Tyrese Gibson. HD	SYFY Ghost Hunters HD	TBS Big Bang Big Bang	TCM (7:00) Barry Lyndon (75, PG) Ryan O'Neal. HD	TLC L. Remini L. Remini	TNT Castle: "Villains" HD	TRAVEL Thrill (N) HD	TV LAND Raymond Raymond	USA NCIS: "Devil Trifecta"	VH1 Dating Naked HD	WGN Person of Interest HD	PREM	HBOW Dawn (14) (145) Show Me a Hero: "Parts Five & Six" (TVMA) HD	MAXW The Invasion (07) HD	SHOWW Dragonheart (96) HD

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CORDOVA SPORTS

Lancer Football Prepares for Opener

By Mike Bush

RANCHO CORDOVA, CA (MPG) - In its scrimmage at Lancer Stadium last Saturday, August 22nd, the Cordova High School football team showed forward progress on both sides of the ball against Capital Christian High squad.

On offense, the Lancers' first string offense moved the ball effectively on the ground against the Cougars' defense on Cordova's first series. Afterwards, Cordova made strides on its next possessions.

"Our offensive line was getting out played by CC in the first series as our younger guys adjusted to the power, strength, and speed of varsity football," said Cordova head coach Darren Nill. "We were still gaining chunks of yards running the zone



Cordova's defense showed improvement as the Lancers' scrimmage against Capital Christian High team continued last Saturday. Photo by Rick Sloan

read." Lancer quarterback Unique Perez did an excellent job deciphering his reads and executed very well, according to Nill. Running backs Seth Trujillo and Kenny Haney hit holes extremely hard when Cordova went to moving the ball on the ground.

"When we were in a two-back set, Clifford Bright was outstanding as a lead blocker," Nill said. Lancer wide receiver Isaac Black has emerged as a powerhouse receiver to compliment Devin Baldwin, noted Nill. "Both had excellent outings," Nill said. "Maybe it was all of

the coaches' encouragement or maybe Lancer Pride kicked in."

Cordova linemen who helped the offense as the scrimmage progressed were Albert Garcia, Damian Jackson, Maxx Mudrow, Joseph Salcedo, and Michael Gonzalez.

"The offensive line found its groove and began to execute on their second drive on all those blocks they were missing on the first series," Nill said. "Very proud of the way they battled back to establish dominance."

On defense, the Lancers had limited success in slowing down the Cougars' offense on the ground and air. "We faltered in our deep coverage several

times," Nill said. "We were trying some new things and it did not quite work out. I think we'll be OK going into our first game."

At defensive tackle, Joseph Salcedo played well, as he placed as a starter right at the start of the scrimmage. Garcia also sparked on the defensive line for the Lancers. "This defense is going to be successful when all 11 swarm to the ball," said Nill. "Our young guys are still figuring it out a bit."

On Friday, August 28th, Cordova will open its season at Pioneer of Woodland in a non-league game. Game time is 7 p.m. ★



Cordova head coach Darren Nill talks with a Lancer player during the Lancers' scrimmage against Capital Christian last weekend. Photo by Raelynn Flippo

Pena Ready for New Duties at CHS

Story and photo by Mike Bush

RANCHO CORDOVA, CA (MPG) - Throughout this month, Tom Pena has been kept very busy. Pena was busy preparing for his classes at Cordova High School (CHS), where he's an instructor and department leader of the special education department. Teaching at CHS for the last 17 years, Pena now has a new task as the new CHS athletic director. He replaces Shane Jackson, who resigned over the summer. Jackson continues to teach at CHS, as well as coach the Lancers' track and field program.

"[CHS'] Administration asked me if this would be something I would be interested in," Pena said.

Over the years, Pena has worked as an assistant coach in the Lancer football and track and

field programs. He has also coached youth soccer and basketball in the Rancho Cordova area. When he wasn't coaching, Pena served as a referee for high school girls basketball, as well as high school softball and girls soccer games.

But now he's ready for his new role overseeing the school's athletic program.

"I just want to continue Shane's tradition of working hard," said Pena, who is prepared for the long hours high school athletic directors put in, including overseeing most home games. "It is a demanding job."

In addition to administrative work such as making sure student-athletes have their



Cordova High School Athletic Director Tom Pena performs one of the many duties of a high school athletic director: talking on the phone with coaches and athletic directors from other schools.

paperwork completed to compete, Pena is looking forward to watching CHS student-athletes perform. That includes Cordova football, which kicks off the season Friday, August 28th at Pioneer of Woodland in a non-league game.

"Football has a special place in my heart," said Pena, who said he's missed only two home games since 2009 after he stopped coaching football.

Attempts were made to reach Jackson regarding his resignation, but he did not return phone calls and emails to the Rancho Cordova Grapevine Independent. ★

END OF THE BENCH BY GERRY SCHOLL

No Fool Like an Old Fool

Watching an NFL preseason game would definitely qualify this sports fan for the above category.

But doing so a little while back, something happened that happens all the time, but this time it jumped out. Houston Texans kick-returner Chandler Worthy made a nice runback and as he went to the sidelines teammates and coaches were swatting him on the helmet in recognition of his great effort.

Wait a minute! Play that back... Nine times within a few seconds Worthy took a blow to the head. His head took a jolt each time. They were not little love taps, but hits with some force of rushing adrenaline behind them in the excitement of the moment.

Guys, you get hit in the head enough during practice and games. In this concussion-conscious era can you stop being so foolish. How about a smack on the shoulder pads, a pat on the back, or a tap on the buttocks, if that's your preference.

Cris Carter, the Hall of Fame receiver, has been voicing his thoughts as an ESPN analyst for some time. Of course he knows his football, but one opinion has considered him a fool in some respects and he has made a strong case for removing all doubt. It recently came to light and has gone viral that at the 2014 NFL Rookie Symposium Carter made what the NFL now has termed "unfortunate and inappropriate" (in layman's lingo --- "stupid") remarks when speaking to help enlighten the newcomers to the ways of the world in pro football.

He advised, "In case y'all not going to decide to do the right thing, if y'all got a crew, you got to have a fall guy in the crew." That was noteworthy among his several regrettable comments.

Let that be a lesson to you young football players out there. If you just can't help yourself but to commit a crime or two, be sure you have a patsy tagging along

in the entourage willing to do the time. Designated-divers and designated-drivers should be prerequisites to playing in the NFL.

Speaking of old fools apparently incapable of changing their ways, take owner Daniel Snyder and team president Bruce Allen of the Washington Redskins (that looks awful in print). That pair still chooses to speak out and insist they will never change their team's (offensive to many) nickname even if it becomes an obstruction to getting a new stadium built. C'mon boys, evolve with the times.

And, hey, NFL, those joint practices being held during pre-season workouts that keep turning into brawls --- you might consider cutting those out of the program.

USC head football coach Steve Sarkisian joined the club. Note to Steve: If you are going to give an inspirational speech at the pre-season family banquet, the Salute to Troy, make it a sober one just to score some style points and keep your job.

We've all become appalled but somewhat accustomed to a certain amount of foolery --- not by the kids, but by the older folks involved --- surrounding the Little League World Series, as in the Chicago Jackie Robinson West team being stripped of its U.S. championship for using ineligible players. The nonsense has spread to the Little League Softball World Series. A team from South Snohomish, Wash., was accused of deliberately trying to lose a game in order to avoid an undesirable matchup against Central Iowa if it had won. A protest was upheld and the two teams were forced to play a tiebreaker, won by Iowa.

It's also time for Major League Baseball to snap out of its Rip Van Winklian slumber and provide more adequate protection for its patrons. It is past time for the pastime to be precautionary rather than reactionary and install

additional safety netting between the playing field and the stands. Those high-rollers in the primo-deluxe seats behind home plate have gotten used to it.

Roughly thirty times per game fans may be at risk of injury from foul balls or flying bats that find their way into the crowds. Sunday a woman was hospitalized after being hit by a line drive foul at Chicago's Wrigley Field. Last Friday a fan was injured behind the Detroit dug-out, prompting several remarks of concern by Tigers star Justin Verlander. Earlier in the year, a fan was seriously injured by a piece of broken bat at Fenway Park in Boston.

MLB cannot count on the undivided attention of fans in the seats, or expect them all to bring gloves to defend themselves. They are oftentimes preoccupied with finding their seats, attending to their children, chowing down on stadium fare, keeping score, checking their phones or looking for cameras for a chance to be seen on TV. Any number of reasons might be cause for a fan to be looking away from the action at just the wrong instance.

On a somber note, the loss of 37-year-old husband and father of two young daughters Justin Wilson Sunday at Pocono Raceway (PA.) was the second fatality (Dan Wheldon) in four years for U.S. motor sports. The IndyCar driver was struck on the head by flying debris on the track, a type of incident that appears could be avoided if the stubborn powers-that-be would create some form of protection for the open-air cockpit style that persists in IndyCar racing (even if it means the cars are slowed a couple MPH). Learn from the terrible mistakes; act on what you've learned.

Shakespeare: "A fool thinks himself to be wise, a wise man knows himself to be a fool." ★

2015 Cordova High School Football Schedule

Date	Opponent	Place	Time
Friday, Aug. 28	Pioneer	Woodland	7 p.m.
Friday, Sept. 4	Bella Vista	CHS	7:15 p.m.
Thursday, Sept. 10	McClatchy	Sac. City College	7:15 p.m.
Saturday, Sept. 19	Johnson	Sacramento	1 p.m.
Friday, Sept. 25	Foothill	CHS	7:15 p.m.
Friday, Oct. 9	Galt	Galt	7:15 p.m.
Friday, Oct. 16	Liberty Ranch	CHS	7:15 p.m.
Friday, Oct. 23	El Dorado	Placerville	7:15 p.m.
Friday, Oct. 30	Union Mine	CHS	7:15 p.m.
Friday, Nov. 6	Rosemont	Sacramento	7:15 p.m.

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ATHLON SPORTS

INSIDE BASEBALL

A WEEKLY TURN AROUND THE BASES

» STRUGGLES IN D.C.

» RED-HOT DIAMONDBACKS

» THE RETURN OF WRIGHT

» UTLEY HEADS WEST



Former No. 1 overall pick Stephen Strasburg is 7-6 in an injury-plagued 2015 season. His ERA (4.22) and WHIP (1.296) are both career highs.

Capital Disappointment

Talented Nationals are on the verge of missing the postseason

Washington was supposed to be too big to fail.

After winning 96 games in 2014, the Nationals already had one of the most talented teams in baseball. Then they went out and signed one of the game's best free-agent pitchers, right-hander Max Scherzer.

They didn't even need Scherzer, either. He was just the cherry on top of what was supposed to be the best rotation in baseball. In 2014, Washington had three starters with ERAs under 3.00, plus Stephen Strasburg (3.14) and Gio Gonzalez (3.57). The Scherzer signing bumped Tanner Roark (2.85) to the bullpen. In addition, the Nationals had a pair of pitching prospects waiting in the wings in Joe Ross and A.J. Cole.

And yet here the Nationals are, one game above .500 and five games behind the Mets in the NL East through games of Sunday.

How did it get to this point? Many reasons, obviously, but injuries and lack of production from the lineup have been the biggest culprits. In 2014, Washington produced the fifth-highest offensive WAR in the league (26.1), highlighted by four players producing a WAR of at least 4.0.

But despite Bryce Harper leading the league with 7.2 WAR this season, the Nationals are on pace to produce only 16.6 WAR, less than what Anthony Rendon, Jayson Werth, Denard Span and Ian Desmond combined for last season. Of course, a large reason for the team's drop-off is the fact that those four have only produced 0.9 WAR this season due to age and injuries.

WAR is far from a perfect stat, but it does a good job of capturing how well a player performs and how talented a team is. Last season, the Nationals produced 49.2 WAR but are on pace to produce 37.9 WAR in 2015. That 12-win gap is going to be about equivalent to their drop-off in wins thanks to all these injuries.

Injuries happen to every team, but the Nationals' replacements have not stepped up. Michael Taylor is the only player who has done an adequate job in a bigger role, but he's reaching base at only a .290 clip, making up for that low OBP with superb defense.

Whereas the strength of the team last season was its depth of great players, the Nationals have a serious lack of contributors this season. Besides Harper, no player on offense has produced more than 2.2 WAR, and 10 players have produced negative WAR, topped off by Werth and Tyler Moore combining to produce -2.0 WAR.

But aside from the lack of contributions, one glaring problem for Washington has been the managing style of Matt Williams, a former star third baseman with the Giants and Diamondbacks. Hired without any manage-

rial experience, Williams has struggled at times with his bullpen management, and he is too reliant on small-ball techniques such as sacrifice bunts.

Teams can overcome some injuries. They can overcome a few players regressing. And they can overcome poor managerial decisions. But when all three come together at the same time, it can sink a team even as talented as these Washington Nationals.

Other notable disappointments:

Boston Red Sox

The Red Sox went into the 2015 season with the hope that a stacked lineup could make up for mediocre starting pitching. Hasn't happened. The lineup hasn't been nearly as potent as expected, and the starting rotation has been worse than expected.

The result? The second-worst record in the American League.

Boston's big free-agent signings were Pablo Sandoval and Hanley Ramirez, who signed for \$95 million and \$88 million, respectively. But despite their large price tags, they've been among the worst players in baseball, combining to produce -2.6 WAR and ranking as the 152nd and 154th best players, respectively, out of 154 players who qualify for the batting title. Those two albatross contracts contributed to the team's decision to hire Dave Dombrowski as President of Baseball Operations, effectively replacing GM Ben Cherington.

But we can't forget about the pitching. Rick Porcello was given an \$82.5 million contract before the season started and has rewarded his new team with a 5.81 ERA. Other new acquisitions Justin Masterson (5.61) and Wade Miley (4.41) haven't been much better. Clay Buchholz hasn't been healthy, and Joe Kelly has been demoted to Triple-A.

Oakland Athletics

After winning the AL West in 2014, the A's reshuffled their roster quite a bit, including trading Josh Donaldson (a strong MVP candidate) to the Blue Jays for Brett Lawrie and several prospects.

Clearly the team's offseason transactions haven't worked out, but a large reason for the A's AL-worst record has to do with bad luck.

Oakland is actually 14th in baseball in run differential at plus-11. Since the A's have scored more runs than they have allowed, one would expect them to have a record above .500 — certainly not 17 games below .500.

Where the Athletics have really struggled is in one-run games; they are only 14-29. Having a bullpen that ranks 29th with a 4.58 ERA certainly doesn't help in close games, but most teams win close to half of their one-run games. Sometimes in baseball, it just comes down to luck.

ATHLON SPORTS POWER RANKING

- 1. Cardinals** Only team on pace to win more than 100 games.
- 2. Royals** New Royal Ben Zobrist is hitting .342/.427/.579 in August.
- 3. Blue Jays** Jays boast the best run differential in the league by 48 runs.
- 4. Pirates** Pitchers generate the highest ground ball rate in the league.
- 5. Astros** Swept the Dodgers to open a four-game division lead.
- 6. Cubs** Third-best NL record but buried in a wild card spot.
- 7. Dodgers** Scored only three runs in three losses at Houston.
- 8. Yankees** Lead the league in wild pitches thrown.
- 9. Mets** Yoenis Cespedes is hitting .307/.344/.545 since being acquired.
- 10. Giants** Struggled to a 2-5 record against the Cardinals and Pirates.
- 11. Nationals** Ended six-game skid by beating up on the weak Brewers and Rockies.
- 12. Rangers** Winners of nine of 11 and 17 of 24.
- 13. Angels** Jered Weaver has a 2.08 ERA since coming back from a hip injury.
- 14. Orioles** Getting swept at home by the Twins hurts playoff chances.
- 15. Diamondbacks** Paul Goldschmidt and A.J. Pollock are both top-five in WAR.

- 16. Padres** Last in baseball with a .300 on-base percentage.
- 17. Twins** Swept the Orioles after getting swept by the Yankees.
- 18. Rays** Exactly .500 on the road and at home.
- 19. White Sox** Only three White Sox hitters have more than 0.6 WAR.
- 20. Tigers** This will likely be Detroit's first losing season since 2008.
- 21. Indians** Pitchers have thrown the most strikeouts in the league.
- 22. Red Sox** Winners of four of six against the Indians and Royals.
- 23. Mariners** Third in the league in scoring in the second half.
- 24. Braves** On a seven-game losing streak.
- 25. Athletics** Fourteenth-best run differential despite worst record in AL.
- 26. Brewers** Jimmy Nelson is quietly putting together a very solid season.
- 27. Reds** Joey Votto is the first player to be walked 100 times this season.
- 28. Marlins** Dee Gordon leads the league with a .335 batting average.
- 29. Phillies** One of five teams yet to hit 100 home runs on the season.
- 30. Rockies** Have won only two games in the past two weeks.

AROUND THE HORN

The Arizona Diamondbacks, who had the worst record in baseball last season, improved to 62-61 after a four-game sweep of the Reds that concluded with a 4-0 win on Sunday. This is the first time they've been above .500 since April 22, when the team was 8-7. ...

The Boston Red Sox hired **Dave Dombrowski** as their new president of baseball operations two weeks after he was fired by the Detroit Tigers. GM **Ben Cherington** stepped down from his position but will stay with the team for now to ease the transition. ...

Toronto third basemen **Josh Donaldson** became the first player to reach 100 RBIs this season with a single to left field off of Angels' reliever **Cam Bedrosian**. Donaldson did it in Toronto's 123rd game of the season, the sixth-fastest any Blue Jay has reached the 100-RBI mark. ...

Tampa's **Drew Smyly** earned his first win of the season in his fifth start. After making three starts in April and May, he went down for two-and-a-half months with a shoulder injury. ...

The Kansas City Royals removed **Jeremy Guthrie** from their rotation to make room for **Kris Medlen**. Guthrie had the second-highest ERA among qualified pitchers (5.65), topped only by **Kyle Lohse**, who was demoted to the Milwaukee Brewers' bullpen earlier this month. ...

David Wright is expected to be activated from the DL early this week by the New York Mets. He has been out since April 14 with a hamstring injury and spinal stenosis. ...

The Los Angeles Dodgers acquired **Chase Utley**, ending his 13-year run with the Philadelphia Phillies. Utley is now reunited with double-play partner Jimmy Rollins, whom he played alongside for 12 years. ...

Former first-round draft pick **Kaleb Cowart**, a third baseman with the Angels, hit a home run for his first career hit Saturday. Otherwise he's been struggling, though, with only one hit since then to give him a .100/.100/.300 batting line in 20 at-bats. ...

The Seattle Mariners designated former closer **Fernando Rodney** for assignment Saturday. Rodney, 38, had a 5.68 ERA and six blown saves and had been usurped by rookie **Carson Smith** at the back of the bullpen.

NUMBERS GAME

57.1

In 57.1 percent of rookie **Miguel Sano's** 184 plate appearances this season, he has ended up with one of the three true outcomes — a home run, walk or strikeout. He also leads the league in strikeout rate among batters with at least 150 plate appearances.



TURN BACK THE CLOCK

Aug. 26, 1935

NBC broadcasts the first televised games in MLB history, a double-header between the Cincinnati Reds and Brooklyn Dodgers at Ebbets Field. The Reds won the first game, 5-2, with the Dodgers taking the second game, 6-1. NBC used two cameras, with one located behind home plate and the other one on the third base line.

TRIVIA CORNER

The Seattle Mariners designated **Fernando Rodney**, who has the sixth-most career saves among active players, for assignment over the weekend. Who has the most career saves among active players?



Written and compiled by Ben Weinrib.
Follow Ben on Twitter: @benweinrib.
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TRIVIA ANSWER: Francisco Rodriguez (378)

Photos by AP

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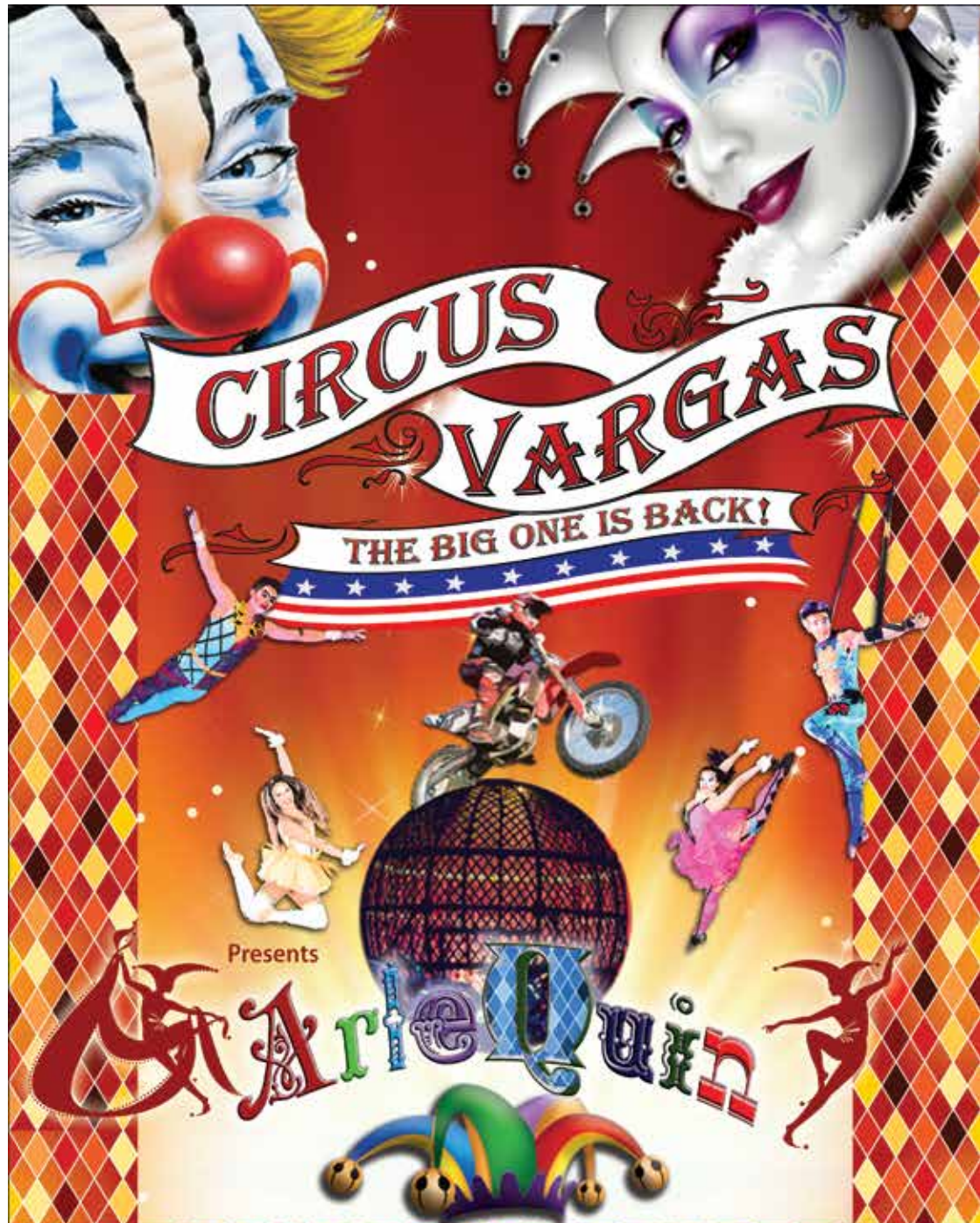


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