



Flash Back to the 80s

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City Receives Bicycle Friendly Community Award

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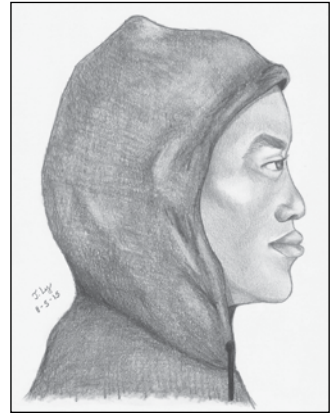
Grapevine Independent

VOLUME 47 • ISSUE 34

PROUDLY SERVING RANCHO CORDOVA & SACRAMENTO COUNTY

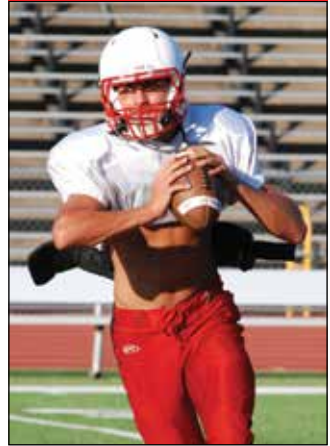
August 21, 2015

LINCOLN VILLAGE HOMICIDE STILL UNSOLVED



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CORDOVA SPORTS



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COUCH THEATER "Two Days, One Night"



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Future Leaders

Local Schools Earn IB Authorization



Cordova High School offers the IB Diploma Programme for students in grades 11-12. Earning an IB Diploma is an opportunity for students to demonstrate to selective universities they are prepared for the challenges of college and beyond. Photo courtesy of Folsom Cordova Unified School District

RANCHO CORDOVA, CA (MPG) - Folsom Cordova Unified School District's Cordova High and Mitchell Middle schools are the latest campuses in the region to be designated an acclaimed International Baccalaureate (IB) World School offering the Middle Years Programme (MYP) to local students in grades 6-10.

The IB MYP program is an internationally recognized rigorous academic pathway that prepares students to make an impact in the world around them through non-traditional hands-on learning. IB connects classroom learning with the real world, developing well-rounded independent thinkers ready for the global economy.

In addition to MYP, Cordova High School

also offers the IB Diploma Programme for students in grades 11-12. Earning an IB Diploma is an opportunity for students to demonstrate to selective universities they are prepared for the challenges of college and beyond.

"We're developing young learners into future leaders, and the IB program provides our students with world-class academic opportunities," said Superintendent Deborah Bettencourt. "We're thrilled to be kicking off the school year with this news."

To receive IB authorization, Cordova and Mitchell have undergone an intensive multi-year implementation that has included new curriculum, teacher and staff training, and course additions.

All students at Mitchell Middle School and students in grade 9-10 at Cordova High participate in MYP coursework. Cordova High was authorized to offer the Diploma Programme in 2014. Since then, the number of students taking Diploma Programme courses has continued to grow.

"Our teachers and staff at Cordova and Mitchell have worked tirelessly to create a comprehensive IB program that prepares our students for a rapidly evolving world," said Cordova High Principal Dan Anklam.

For more information on the District's IB program, visit <http://www.fcusd.org/chs>.

Source: Folsom Cordova Unified School District ★

Town Hall Meeting About Cordova Community Pool

CRPD Renovation Project Plans to Be Discussed

RANCHO CORDOVA, CA (MPG) - Cordova Recreation and Park District (CRPD) will hold a town hall meeting on Thursday, August 27th to discuss the renovation project of the Cordova Community Pool located at Hagan Community Park (2197 Chase Drive, Rancho Cordova, CA 95670). The meeting will be held in Hagan Community Center Building 1 from 6 p.m. to 8 p.m. Community members are encouraged to attend to learn about the project plans, timeline, and funding for the three-pool outdoor aquatic facility.

The project aims to restore the state-of-the-art training and competitive pool facility and incorporate new elements that will increase the usage and value of the aquatic center. The pool is home to local swim teams such as the Cordova Blue Marlins, the Cordova Cordettes, and Cordova High School, and provides a venue for lessons, programs, and family entertainment.

The district will use various funding sources for the \$2.7 million project. Currently, the district has \$1.2 million dedicated and is developing a capital campaign to raise the remaining funds.

"Renovating the Cordova Community Pool is a top priority project for the district," said District Administrator James Rodems. "The aquatic center has served the residents of CRPD for more than 50 years and we want to continue to provide this facility for generations to come."

Source: Cordova Recreation and Park District ★

Rancho Cordova Business Spruces Up Community Garden



RANCHO CORDOVA, CA (MPG) - Looking for an opportunity for employees to give back to the community, Brenda Anderson of Educational Credit Management Corporation (ECMC) contacted Lorianne Ulm, Volunteer Coordinator for the City of Rancho Cordova. Ulm connected Anderson and Jill Stockinger, Rancho Cordova Library Branch Supervisor, who was in need of volunteers to help clean and organize the library as well as trim the library's community garden.

ECMC staff volunteers (left to right) Jennifer Norman, Brenda Anderson, Helen Smith, Arthur Gonzales, Tracy Roberts, Veronica Luevano, Shana McCarl, Leslie Naake, America Davis-Roberts, Rodney Ibanez, and Brandie Washington. Photo courtesy of the City of Rancho Cordova

One group of ECMC volunteers helped trim the vegetation in the three raised beds of the community garden, spread organic compost throughout the beds, and added a top layer of straw. The new compost and straw will hopefully help the plants during the drought and conserve the weekly watering resources. The other group of ECMC volunteers tackled

the children's picture books area. All books were removed from the shelves, cleaned, and shelved back into their appropriate locations.

"We all had a great time," said Anderson. "It's always amazing what a group can do in a very concentrated amount of time."

ECMC is a nonprofit corporation with a mission to help students succeed. ECMC's Mather location has 265 employees working with schools and loan servicers to lower student default rates, promote financial literacy, and provide resources to support student loan borrowers.

One of ECMC's five core values is service—they are dedicated to their mission and committed to meeting the needs of those they serve, including their local communities. ECMC offers employees at all locations a number of opportunities throughout the year to actively participate in community outreach efforts that are important to them. The August 12th event was led by the Mather Caring for the Community Committee, which schedules both onsite and off-site volunteer activities throughout the year.

Source: City of Rancho Cordova ★

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Flash Back to the 80s



Music fans look back to the 80s with nostalgia, and "Flock of 80z" will bring that decade to life on August 21st. Photo courtesy of Flock of 80z

RANCHO CORDOVA, CA (MPG) - Lace gloves, skinny ties, rubber bracelets, and headbands—all are icons of the 1980s pop culture scene that brought with it some of the favorite music of all time.

More than 30 years later, music fans look back to the 80s with nostalgia as a time when pop, dance, and new wave music emerged and genres like Thrash Metal to Glam Metal were making it big.

Rancho Cordova concertgoers can live it all again at the Cordova Community Council's Friday Night Concert on August 21st as "Flock of 80z" brings to life this fun decade of sound on the Village Green Amphitheater stage.

As a musical phenomenon, 80s music is most remembered for an increase in digital recording, synthesizers, and other electronic tricks. With so much happening with music and emerging new sounds, the technology used to produce the music improved.

One thing is certain: 80s music remains popular, topping a 2010 survey by Music Choice, which revealed it to be the most favored tune decade of the last 50 years.

Admission to Village Green Park (3141 Bridgeway Drive) is free of charge and music starts at 7 p.m. The preliminaries begin at 6 p.m., so come early to grab a great spot for your blanket or lawn chairs. Visit www.cordovacouncil.org and follow the links to hear a sampling of the "Flock of 80z," and check out other upcoming bands.

Here's the line-up:

- August 21st: Flock of 80z (Pop from the 80s)
- August 28th: Cripple Creek Band (Country Rock)
- September 4th: Superlicious (Rancho Cordova's favorite party band)

Special thanks to concert series sponsors: 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 ★

Community Enhancement Fund Projects and Programs

RANCHO CORDOVA, CA (MPG) - The City of Rancho Cordova had a productive City Council meeting on August 3rd regarding Community Enhancement Fund (Measure H) applications and expenditures. The City Council approved the projects and programs to be funded for Fiscal Year 2015/2016. To view a full list, visit www.CityOfRanchoCordova.org and select "Community Enhancement Fund." If you'd like to watch the video of the August 3rd meeting, visit www.CityOfRanchoCordova.org; select "Government;" select "City Clerk;" select "Council Meeting

Agendas, Minutes, and Videos;" select August 3, 2015 Video; and the Community Enhancement Fund discussion is item 15.1. Congratulations to the schools, nonprofits, organizations, and neighborhoods that received funding! Fresh things are happening in Rancho Cordova. In response to the Community Enhancement Fund responsibilities, the City is proud to introduce new Community Enhancement Analyst Stacy Delaney, who has been a City employee for seven years, so you may have worked with her in her previous position as an Administrative Assistant in the City Manager's Office.

Congratulations to Delaney on her new role at City Hall! If you received funding for a project or program, Delaney will contact you directly about the next steps over the following weeks. She can be reached at sdelaney@cityofranhocordova.org or (916) 851-8878. There will be another opportunity for funding during the coming fiscal year. The City encourages you to keep brainstorming the next big idea for Rancho Cordova! Source: City of Rancho Cordova ★

Best of the Region at "We Are Sacramento"

RANCHO CORDOVA, CA (MPG) - Come celebrate everything that makes the Sacramento region great at the "We Are Sacramento" event, which will be held at First Covenant Church of Sacramento, soon to be River City Christian.

"We Are Sacramento" will be held on Sunday, August 23rd from 11 a.m. to 3 p.m. Admission and rides are free. This community event will feature something for everyone in your family, including activities for kids of all ages, such as tethered hot air balloon rides, jump houses, a rock wall, trivia contests, and a mechanical bull. There will also be a farmers market, photo booths, autograph signing by local athletes, food trucks from SACTOMOFO, live entertainment by local music groups, and a live performance art show by Sacramento's own world-renowned David Garibaldi.

"We want to recognize and celebrate all of the

groups and aspects of the Sacramento region that make the area great," said Jesse Smith, senior pastor at First Covenant Church. "We'll also be celebrating our new church name of River City Christian. We're still the same church, just with a new name. We're excited to partner with other groups in Sacramento to showcase that together we are the best of Sacramento."

First Covenant Church of Sacramento, soon to be River City Christian, is located at 10933 Progress Court in Rancho Cordova on Highway 50 just west of Sunrise Boulevard. For directions to the church, visit www.firstcov.org.

Mark your calendar now for the "We Are Sacramento" event. Visit www.firstcov.org for more information, or call (916) 861-2240.

Source: First Covenant Church ★

Officer-Involved Shooting in Rancho Cordova

RANCHO CORDOVA, CA (MPG) - At 4:40 a.m. on August 18th, the Sacramento Sheriff's Communications Center received a call from a man who reported hearing voices taunting him from across the street of his residence within the 11200 block of Point East Drive in Rancho Cordova. Once the dispatched officer arrived, he determined the subject to be intoxicated but able to care for himself, creating no threat to himself or others.

As the dispatched officer was

exiting the apartment into a dimly lit, self-enclosed stairwell, he encountered a darkened figure at the base of the stairwell who he believed was holding a weapon. The dispatched officer fired one shot from his duty weapon at the subject, who turned out to be a second uniformed officer responding to provide cover. The second officer was fortunately uninjured as the round missed him and lodged into the stairwell door frame nearby.

The dispatched officer is

a 10-year veteran with the Sacramento Sheriff's Department currently assigned to the Rancho Cordova Police Department. He has been removed from his enforcement assignment until investigators can discover more information on the circumstances of the shooting and determine what, if any, administrative actions are necessary.

Source: Sacramento County Sheriff's Department/Rancho Cordova Police Department ★

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Eppie's President Presents Plaque to City



RANCHO CORDOVA, CA (MPG) - The annual Eppie's Great Race was held on Saturday, July 18th in Rancho Cordova. Two City teams participated in the race. Team 1 came in at 2 hours, 50 minutes, and 12 seconds and included Stacia George as the runner, Krystle Judish as the biker, and Dana Grossi as the kayaker. Team 2 came in at 2 hours, 44 minutes, and 10 seconds and included Ka Vang as the runner, Jacob Hall as the biker, and Amanda Rinde as the kayaker. George E. Johnson II, President of the Eppie's Great Race

Foundation, presents a sponsorship plaque to the members of the Rancho Cordova City Council and participation plaques to three City employees who competed in the race. Pictured from left to right are City employee Dana Grossi, Vice Mayor David Sander, George E. Johnson II, Mayor Robert McGarvey, City employee Ka Vang, and City employee Krystle Judish. Photo courtesy of the City of Rancho Cordova

Source: City of Rancho Cordova ★

Family Fun at Party in the Park

RANCHO CORDOVA, CA (MPG) - Community members of all ages filled Lincoln Village Community Park last Friday at Cordova Recreation and Park District's (CRPD) Party in the Park. More than 400 attendees enjoyed an evening of free family swim, food, music, and activities at CRPD's newest annual event.



More than 400 attendees enjoyed an evening of free family swim, food, music, and activities at CRPD's Party in the Park. Photo by Rick Sloan

at our district event," said CRPD Board of Directors Chair Brian Danzl. "We look forward to an even larger event next year."

Party in the Park was sponsored by Folsom Lake Honda; Koreana Plaza Market;

California American Water; Bell Brothers Plumbing, Heating & Air Conditioning; Golden State Water Company; and Wing Stop.

Source: Cordova Recreation and Park District ★

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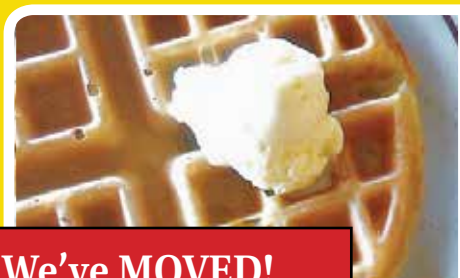
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- Friday** Cajon seafood plate, sauteed tilapia with veggies/garlic toast

Offer valid Monday - Friday 12am - 3pm only. Not valid on weekends (Saturday & Sunday) or Holidays. Not valid with any other offers. Must present coupon to receive discount. One coupon per customer. Expires 08/27/2015

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Lincoln Village Homicide Still Unsolved

Detectives Seek Public's Assistance in Suspect Identification



(Left) Composite sketch of one of the suspects, who has been described as a black male adult in his 20s with long dreadlocks who was wearing a grey hoodie at the time of the incident. (Above) The suspect vehicle is described as a light grey or silver 2015 Hyundai Sonata four-door sedan with a shark fin antenna attached in the center of the rear window near the roof line. Photos courtesy of Sacramento County Sheriff's Department

RANCHO CORDOVA, CA (MPG) - Sacramento County Sheriff Homicide Detectives are seeking the public's assistance in identifying the suspects in a homicide that occurred within the 9800 block of Lincoln Village Drive on Saturday, May 16th, 2015. The victim, identified as 19-year-old Albert Alexander, was seen conversing with the occupants of the suspect vehicle, possibly a rental, when one of the suspects pulled out a handgun and shot the victim. Composite sketches have been completed on one of the suspects. This suspect has been described as a black male adult in his 20s with long dreadlocks who

was wearing a grey hoodie at the time of the incident. Photographs of the suspect vehicle were captured by a nearby surveillance camera moments before the shooting occurred. (Please note: the quality of the video did not allow a clear view of the license plate). The vehicle is described as a light grey or silver 2015 Hyundai Sonata four-door sedan. The vehicle appears to be a stock model with no additional window tint. There is also a shark fin antenna attached in the center of the rear window near the roof line. It is still unknown what the relationship was between

the victim and the suspects. Sheriff's Detectives are asking anyone who has any information on the identity of the suspects or who may have knowledge of the movements of the vehicle described above, to please contact the Sheriff's Department at (916) 874-5115 or Crime Alert at (916) 443-HELP. Tip information may also be left anonymously at www.sacsheriff.com, by texting 274637 (CRIMES) and entering the keyword "SSD," or by calling (916) 874-TIPS (8477).
Source: Sacramento County Sheriff's Department/Rancho Cordova Police Department ★

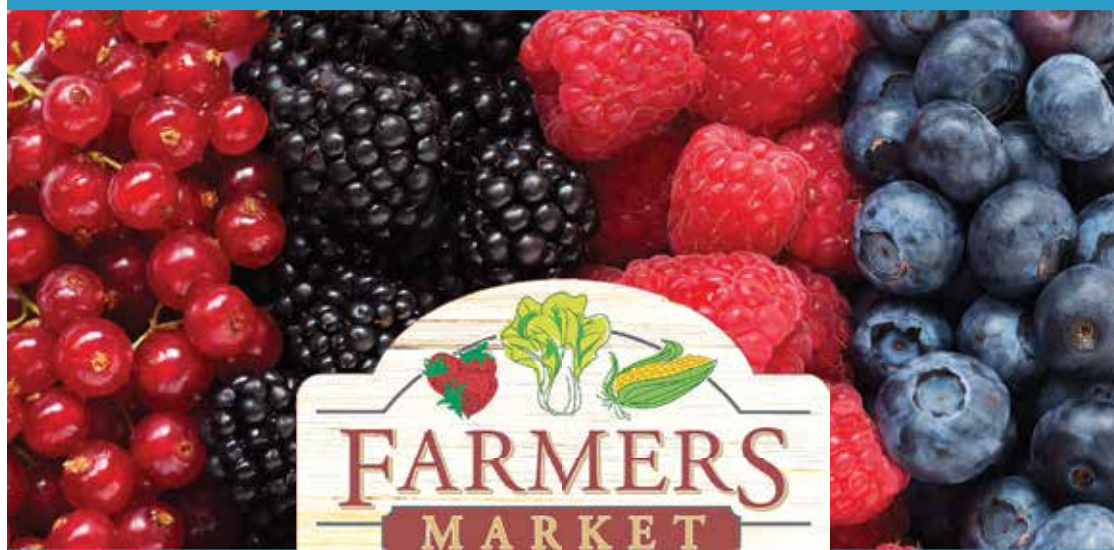
Crash Leaves One Dead, One Injured

RANCHO CORDOVA, CA (MPG) - At approximately 10:45 a.m. on August 14th, a vehicle accident occurred at the intersection of White Rock Road and Luyung Drive. The collision took place when a passenger vehicle with two male occupants struck a power pole at the aforementioned location. Preliminary investigation suggested that the driver of the car was travelling eastbound on White Rock Road when he lost control of the vehicle and ended up across the roadway on the westbound side. He then struck a power pole just

off of the roadway, leaving him trapped inside the vehicle and his male passenger injured. Emergency responders had to extricate the driver, a man in his mid-20s, from the car. He was transported to a local hospital, where he later died as a result of his injuries. The passenger of the vehicle, another male in his mid-20s, was treated at the scene for minor injuries. This accident is being investigated by the Rancho Cordova Police Department's (RCPD) Traffic Unit. It is believed that speed may have been a factor,

but additional information is being sought from persons who may have witnessed the incident. Anyone having information related to this crash is asked to contact the RCPD Traffic Unit at (916) 875-9623. The identity of the victim in this case will be released by the Sacramento County Coroner's Office after proper notification has been made to his next of kin.
Source: Sacramento County Sheriff's Department/Rancho Cordova Police Department ★

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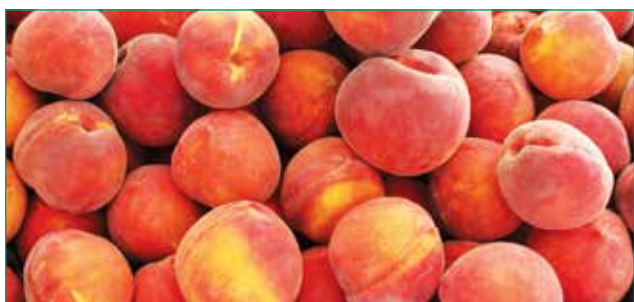
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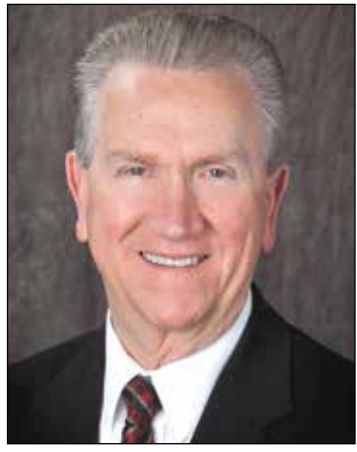
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Subscriptions should be mailed to Grapevine Independent, 7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608. Subscription rate is \$28 per year within Rancho Cordova. The Grapevine Independent is published weekly. Call 916-773-1111 for more information. (ISSN # 1948-1918).



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From the Mayor's Corner What Are You Worried About?

more complicated than they already are. I hope to see you at our next Mayor's Walk this Saturday, August 22nd at Sunrise Elementary School; refreshments start at 8:30 a.m. and the walk starts at 9 a.m.

Speaking of school, I received a call from a homeowner in the Anatolia neighborhood, and she wanted to know why that part of our City has to be in another school district. Her granddaughter is picked up at 6 a.m. in the morning and is brought back home at 4:30 p.m. I told her that part of the City of Rancho Cordova is with the Elk Grove Unified School District and was part of that school district before we became a City or before a single home was built. I agreed about her granddaughter who has special needs. It would be better for everyone in her family if she could get an inter-district transfer and go to the Folsom Cordova Unified School District. She said that her request has been denied two times, but she will try again anyway. I hope the third time is a charm for her and her granddaughter.

El Nino is becoming more powerful according to the meteorologists. It may actually break the back of the drought "IF" it does what El Nino did in 1997. At least some of the "experts" are waiting until the rain comes down and the reservoirs are full before they will absolutely state that is a

fact and that is what WILL happen this coming rainy season. I don't know what we can expect this fall or winter or spring any more than the next person, but none of us want the flooding or devastation that happened in California in 1997.

We watch what the weather does back east, and the people back east watch the weather (and the fires) here in the west. Many people have family members scattered across the country, and there isn't much you can do but hope for the best. I know quite a few people in Rancho Cordova who have friends and family members around the world because our City has such a diverse population. We are all just human, and all we can do is keep watch and contact those we know and care about.

We have so much to be happy about here in the City of Rancho Cordova. Just look at the wonderful changes we have been able to make. There were some things that we will worry about, of course, like the weather. But most of the time what we are worrying about an hour ago isn't worth the heartburn it gives us. What were you worrying about yesterday? Or as E. Joseph Cossman said, "If you want to test your memory, try to recall what you were worrying about one year ago today."

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

After sending last week's column to the paper, I realized that I left out one of my grandsons. Billy is going to Mitchell Middle School this year so he is also experiencing quite a change in his life. When you go from an elementary school to a middle school, everything changes. At least it seems that way to him. So three of the four boys changed schools this year. And I was wrong about the grandson who is going to the classroom his dad was in; I was correct about the classroom, but his first grade son is in it, not his third grade son. (The boys know if grandpa is wrong, so I corrected my mistake.) Their sister (Scarlett) is two months old on the fifteenth of this month, so her job for now is just to look cute (and she does).


The Mayor's Walk at Navigator Elementary School was originally set for September 5th, but it has been changed to September 12th. The fifth of September is the beginning of the three-day Labor Day weekend, and I didn't want to make things any

IN MEMORIAM

Brayton Walters

December 2, 1991 - July 31, 2015

Brayton Walters was born December 2, 1991, in Rancho Cordova, CA. He departed this life the morning of July 31, 2015, near Truckee, CA. Brayton was a stellar student with two degrees and a hard-working young man. He graduated from Cordova High School in 2010 and was attending American River College while working for Tony's Fine Foods with his brother Taylor and his father Tom. Brayton was scheduled to join the Coast Guard, as he wanted to serve others, as he has done many of times in the community. Brayton enjoyed playing Football, but found his true passion in playing Rugby and the friends and family it brought him. He loved nothing more than building up his Toyota and to be in the outdoors wheel'n in the snow, rock crawling, fishing, camping and enjoying his time spent with his family



is survived by his father Tom Walters, his brothers Taylor and Austin Walters, his grandparents Herb & Ruth Walters (Eagle Lake, CA), Rita Granada (Pacifi Palisades, CA) and Leroy Martinez (Anguilla, BWI), girlfriend Zuray (Suedy) Perez (Rancho Cordova, CA), and aunt Melissa (Michael) Riner of (Castaic, CA), Karen (Barry) Cohen of (Pacifi Palisades, CA); Nephews Ian (Danica) Riner of (Valencia CA), Aaron Riner (Castaic CA), Max Cohen; nieces Elise Riner of (Santa Clarita, CA) and Arielle Cohen. A celebration of Brayton Walters's life is set for September 19, 2015 at 10:00 a.m. Information will be posted to his Facebook page where the brothers have asked to see any photos and to share any comments from those whose lives have been touched by Brayton.

and friends laughing, joking and hanging around the campfire.

Brayton loved his family and was considered a leader within the family by his brothers. Some might say he was a Mama's Boy but he was his Dad's Proud Young Man as well.

Brayton is preceded in death by his mother, Mindy Walters who passed less than a year ago on August 24, 2014. Brayton

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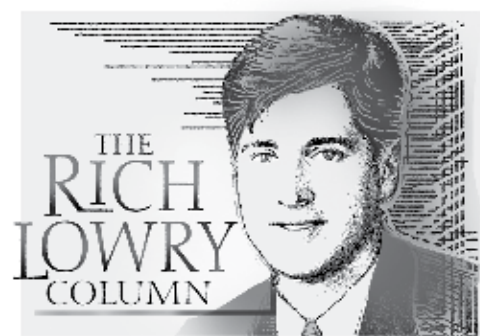
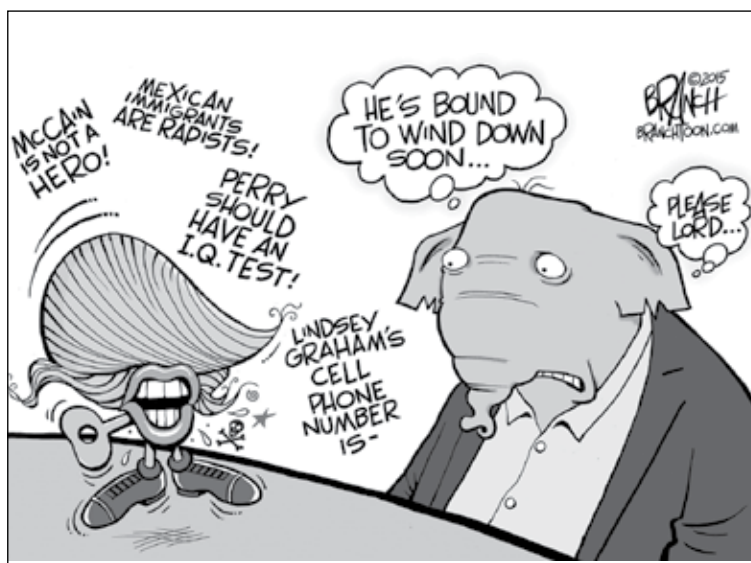
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THE RICH LOWRY COLUMN
By Rich Lowry

Killing Cecil

"Until the lion tells his side of the story, the tale of the hunt will always glorify the hunter."

-- African proverb

On the ledger of global outrages, the killing of Cecil the lion outside of a Zimbabwe national park should barely register.

What is the fate of one big cat compared with the civil wars and human-rights abuses that fill the headlines -- or should fill the headlines -- every day? Even in Zimbabwe alone, where grotesque misgovernance is the rule, the death of one lion should hardly be a blip.

And yet the animal's shooting by a Minnesota dentist, Walter Palmer, has

evoked a fierce reaction. Some of it is hysterical and insipid. Palmer shouldn't be personally ruined, let alone brought up on war-crimes charges, as some seem to suggest. The outpouring over this particular cat is, in part, based on the childish anthropomorphism of his having a name, Cecil, after Cecil Rhodes, the British imperialist and founder of Rhodesia, subsequently Zimbabwe.

Nonetheless, at the core of the outrage is a natural and healthy revulsion at the wanton destruction of an animal of great majesty. The regal self-possession of the lion stands in stark contrast to the tawdriness of Walter Palmer's hunt.

There was the money-grubbing -- he reportedly paid about \$50,000 for the privilege of killing one of the beasts. There was the unseemly baiting of the animal to lure it out of the sanctuary of Hwange National Park. There was the cruel incompetence of his method -- supposedly wounding it with a bow, then tracking the creature for another 40 hours before completing the kill with a gun. And there was the casual butchery after the fact -- beheading the cat and leaving its carcass to vultures and other scavengers.

When it emerged that the lion he had killed was Cecil, a popular fixture long tracked by researchers, Palmer issued a statement saying he had no idea that the lion he "took" (although he won't be

giving it back) was a local favorite. As if it would be OK to wound and hunt down over two days some pitifully unpopular and anonymous lion.

Trophy hunters like Palmer have a passion for killing polar bears and the like. There is no accounting for taste, but surely there are other grossing hobbies that don't involve shooting the planet's most stunning creatures.

Anti-poaching laws, which might have been broken in this case, should be as tightly enforced as possible, and the act of killing a glorious beast for a photo with his carcass and a stuffed head on the wall back home should be considered the shameful waste that it is.

None of this is to say that lions in particular should be sentimentalized. They are man-eaters whose social life is Hobbesian in the extreme. They also are a wonder of nature whose numbers are dwindling. We can disagree about the exact parameters of our obligations to the animal kingdom, but surely going out of our way to slay a creature like Cecil the lion should be out of bounds.

Rich Lowry is editor of the National Review.

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Volunteerism Revisited

DEAR PAW'S CORNER: You recently updated readers about ways to help pets, including volunteering at shelters. Another place to volunteer is at an assisted-living, or senior-care, facility. Many residents have their pets and sometimes aren't able to exercise them enough, and they appreciate someone to take their pets on walks or to help bathe them. There is even a need of "baby-sitting" if the owner goes in for a procedure.
-- David P., via email

DEAR DAVID: That's a great idea! While not all assisted-living facilities permit pets, many do, since they often have residential facilities in which the residents have varying levels of independence. Most facilities have a volunteer coordinator; if not, there's always an activities director. Contact information for a facility near you can be found on the Web or in the local phone book. According to AARP's Create the

Good organization, senior-care facilities have a great need for volunteers at many levels, from simple visits to say hello to more involved care or administrative assistance. To volunteer, you generally will need to pass a background check and follow the facility's regulations about visits and volunteer activities, including pet care. You can learn more at www.createthetehgood.org.
If there isn't a pet-friendly senior-care facility in your area, you still can reach out to seniors in your community. Talk to seniors that you know in the neighborhood on a regular basis to make sure things are going OK, and ask if they ever need free pet-sitting from time to time. Or, look for senior-care organizations locally and ask if their clients have pet-care needs.
Send your questions or tips to ask@pawscorner.com.
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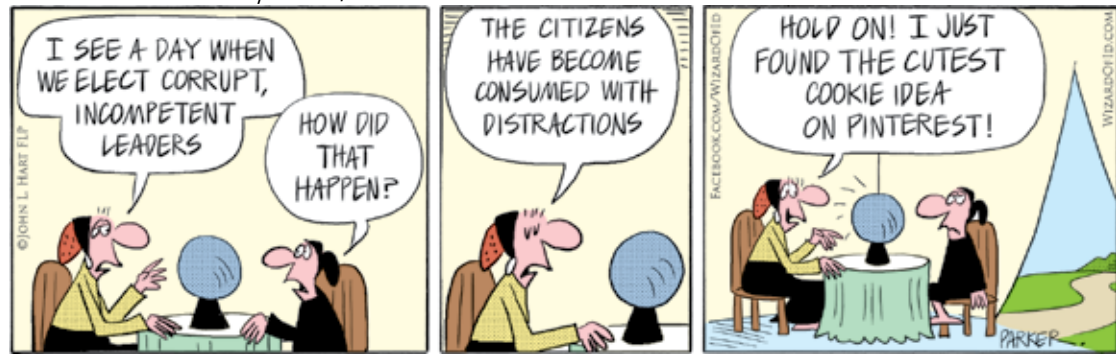
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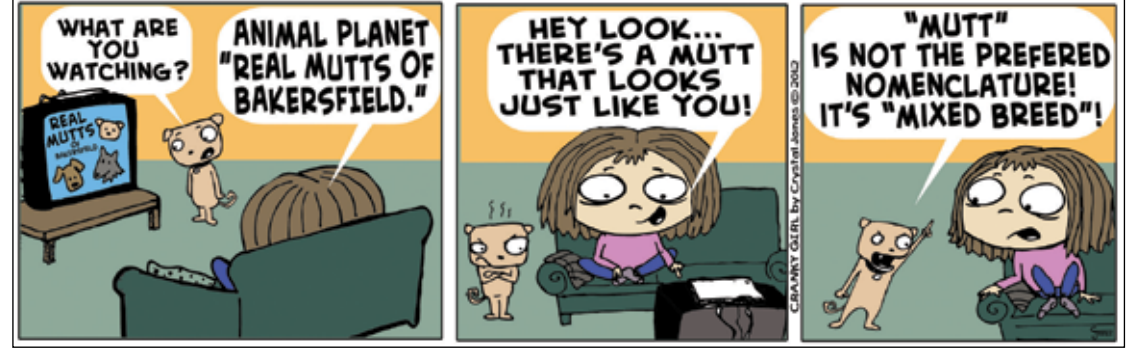
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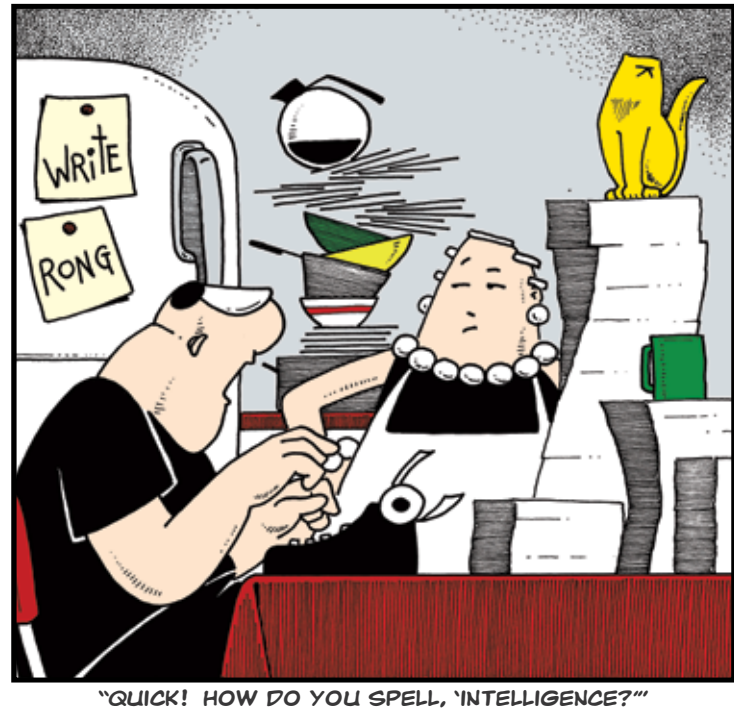
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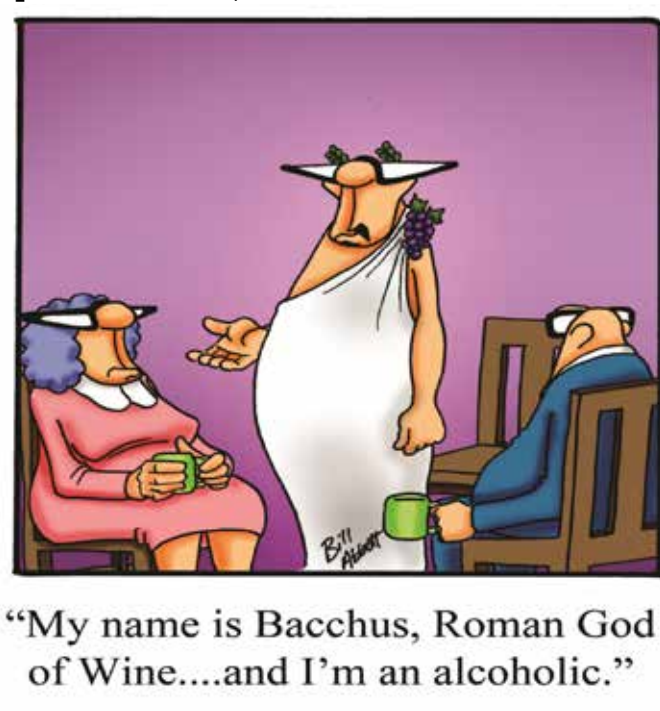
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- ACROSS
 1. Had, with thou
 6. Exclamation of disgust
 9. Fit of shivering
 13. American writer Jong
 14. Beauty treatment site
 15. "No guts, no ____"
 16. ____ in, for a doctor
 17. "C" ____ la vie!
 18. *A portable one is great for camping
 19. eBay participant
 21. *Power provider
 23. *A smart one syncs everything you write
 24. *Pretty hot and tempting, in a text
 25. Public health org.
 28. Bluish green
 30. ____ talk
 35. ZZ Top hit
 37. Lady Gaga's 2010 dress material
 39. Lowest Hindu caste
 40. Tons
 41. "Walk the Dog" device, pl.
 43. Civil wrong
 44. Done to some documents
 46. "Cheers" regular
 47. "The liad," e.g.
 48. Interruption in continuity
 50. Medieval domain
 52. Emerald ____ borer
 53. Naive, alt. spelling
 55. Hat
 57. *Bose, e.g.
 61. Iron Man's robotic nemesis
 64. Like a ballerina
 65. Unit of electric current
 67. Scape goat's due
 69. ____ circle
 70. Likewise
 71. More ill
 72. No I in this
 73. Long, long time
 74. Working shoelaces
- DOWN
 1. "For ____ a jolly ..."
 2. Circle parts
 3. Awful
 4. Create a sculpture
 5. *Mobile computer
 6. * ____-friendly
 7. *Directional helper
 8. Appear like a chick
 9. Winglike
 10. "It's time!" signal
 11. Impulse
 12. One who eyes another
 15. Costing nothing
 20. Public ____, rappers
 22. As opposed to mishap
 24. It's often sudden death
 25. * ____ drive
 26. Indian metropolis
 27. Greek bazaar
 29. Long, long time, alt. spelling
 31. Mandolin's cousin

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| 1 | | 6 | | 3 | | | |

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.

For Solutions see Page 9

Come back every week for Crossword and Sudoku!



ARIES (March 21 to April 19) A relaxed mood early in the week could give way to high-temperature disputes. The Aries Lamb should resist being pulled into heated quarrels that could really singe your wool.

TAURUS (April 20 to May 20) Satisfy that practical obligation first, then you can feel free to indulge in your creative endeavors. Also, check for hidden or overlooked areas where repairs might be long overdue.

GEMINI (May 21 to June 20) Home is still the Twins' major focus this week. But outside matters begin to take on added importance, especially those involving possible career moves. Stay alert for signs of change.

CANCER (June 21 to July 22) A travel plan might need to undergo some considerable adjustment because of unexpected changes. Keep an open mind and let the facts guide you on how you want to handle this.

LEO (July 23 to August 22) Playing cat and mouse with a matter you don't really want to tackle wastes time, energy and, most important, an opportunity. Ask someone with experience to help you get started.

VIRGO (August 23 to September 22) A shift in policy might not please you, but before you put up a "no go" wall of resis-

tance, examine the circumstances. You might be quite pleasantly surprised by what you find.

LIBRA (September 23 to October 22) Yesterday's critiques about your methods might have already evolved into today's praise for your achievements. Good for you. Now go on and continue to build on your credibility.

SCORPIO (October 23 to November 21) An occasional temperamental flare-up might occur as you continue to help get things back to normal. Stay with it. You should soon get some idea of where to take things next.

SAGITTARIUS (November 22 to December 21) A negative reaction to what you believe was a well-deserved request might mean that you need to reconsider your position and make changes accordingly.

CAPRICORN (December 22 to January 19) There's always room for someone new at the Sea Goat's table. And the someone new this week could bring a message you've been waiting a long time to hear.

AQUARIUS (January 20 to February 18) A pile-on of personal matters this week might seem too overwhelming to deal with. But handling them on a one-by-one basis could have you out from under it by the weekend.

PISCES (February 19 to March 20) A friend might need your good advice regarding a matter. Be supportive. But unless

you can be absolutely sure you have all the facts, be careful about any suggestions you might be asked to offer.

BORN THIS WEEK: Few things make you happier than bringing people together and helping to forge new friendships.

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It was noted 18th-century German scientist, philosopher and satirist Georg Christoph Lichtenberg who made the following sage observation: "It is almost impossible to carry the torch of truth through a crowd without singeing somebody's beard."

The lyrics to that favorite Irish ballad "O Danny Boy" were actually written by an Englishman.

Famed comedic actor Charlie Chaplin was born in England, but at the age of 19 he came to the United States as a performer with the prestigious Fred Karno company. Interestingly, Stan Laurel, of Laurel and Hardy fame, emigrated to the U.S. at the same time, as part of the same company -- as Chaplin's understudy.

top ten

FAVORITE MAJOR LEAGUE TEAMS

1. Yankees
2. Red Sox
3. Cubs
4. Dodgers
5. Tigers
6. Braves
7. Phillies
8. Cardinals
9. Twins
10. Indians

Source: The Harris Poll

The Garden Bug

These plants are native to eastern Africa, from Kenya to Mozambique. There are hundreds of species, but only a few are widely grown, such as *walleriana*, *balsamina* and New Guinea hybrids. It is perennial in warmer climates, but treated as an annual where winters are cold. Its dazzling array of sizes, shapes and colors keep it popular.

Source: wikipedia.org, mrimpatiens.com, botany.com



By Sam Struckhoff
EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of August 24, 2015.

PICKS OF THE WEEK



Marion Cotillard in "Two Days, One Night"

"Aloha" (PG-13) - Defense contractor Brian (Bradley Cooper) has to close an important deal, face his past mistakes, fall in love, reconcile with his ex-wife, learn about Hawaiian culture and stand up to the military-industrial complex in this jumbled joyfest from Cameron Crowe ("Jerry Maguire," "Almost Famous"). While on business in Hawaii -- his former home -- Brian is paired up with a perky Air Force liaison (Emma Stone). They are soon in love, but there are a bunch more subplots in the way, including ones with Alec Baldwin, Bill Murray, Rachel McAdams and John Krasinski.

It's always a wonderful sign when a famous director publicly apologizes to a star for casting her in his movie. The film already had a pall over it on its premiere, since leaked Sony emails showed the studio was none too pleased with early looks at the movie.

"Where Hope Grows" (PG-13) - Calvin (Kristoffer Polaha) had his chance in the majors, then choked under pressure and left the league in disgrace. Now he's a washed-up alcoholic whose boozy antics have wrecked every relationship in his life, and his daughter (McKaley Miller) has taken the brunt of it. On his way to rock bottom, Cal-

vin finds friendship with a grocery store worker nicknamed Produce (David DeSanctis, a young man with Down Syndrome in his first acting role), whose endearing positivity is the opposite of Calvin's wallowing. Polaha and DeSanctis develop a real screen chemistry, never seeming wooden or forced. While the movie has this interesting dynamic, the trajectory of Calvin's soul is made clear pretty early on when it's shown that Produce is a devout churchgoer and carries a Bible with him everywhere he goes.

"Two Days, One Night" (PG-13) -- After taking a medical leave from her job manufacturing solar panels, Sandra (Marion Cotillard) returns to find that her job is up for a vote: her co-workers must decide whether Sandra is let go or if they keep their 1,000 euro annual bonus. Actually, they already decided to let Sandra go, but she pleads for a re-do, giving her one weekend to convince enough co-workers to change their vote. Cotillard brings an amazing performance that has already stirred up awards both abroad and in the U.S.

"Citizenfour" (R) - This film is the most up-close look we have at Edward Snowden, one of the most wanted and influential people of our day. A government contractor and computer-security specialist, Snowden leaked a mountain of classified information that continues to reverberate through the global stage. Back in 2013, documentary filmmaker and Pulitzer Prize-winner Laura Poitras started receiving anonymous messages hinting at huge revelations related to government surveillance. Later, Poitras and journalist Glenn Greengard started meeting with the enigmatic source. This rare and engaging glimpse at a polarizing and still-relevant figure is worth checking out.

TV RELEASES
"Gene Autry Collection 11"
"British Noir: Five Film Collection"
"In Search of Doc Holliday"
"Teatro alla Scala - The Golden Years, Vol. 1"
"Vampire Hunter D"

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by HEALTHY EXCHANGES

Zucchini Ham Pasta Salad

When the temperature and the heat index create readings of 100 in the shade, you definitely need a plan for supper that doesn't add to the problem. Bring this to the table and see if you don't become an instant hero!

- 1 1/2 cups cold cooked rotini pasta, rinsed and drained
- 1 cup chopped unpeeled zucchini
- 1 1/2 cups cherry tomatoes, halved
- 1/2 cup sliced fresh mushrooms
- 3/4 cup fat-free Ranch dressing
- 1/4 cup fat-free mayonnaise
- 1/4 cup reduced-fat Parmesan cheese
- 3/4 cup reduced-fat Cheddar cheese
- 1 1/2 cups diced 97 percent fat-free ham

1. In a large bowl, mix Ranch dressing, mayonnaise and Parmesan cheese. Add rotini pasta, zucchini, tomatoes and mushrooms. Mix well to combine. Stir in Cheddar cheese and ham.

2. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Serves 6 (1 full cup each).

★ Each serving equals: 151 calories, 3g fat, 7g protein, 24g carb., 557mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Meat, 1 Starch, 1 Vegetable.

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Television Listings for the week of August 21-August 26

FRIDAY EVENING

AUGUST 21, 2015

Table with columns for time slots (8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00, 12:30) and rows for various channels (ABC, CBS, NBC, FOX, ION, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, ESPN, ESPN2, FAMILY, FOOD, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBOW, MAXW, SHOWW).

SATURDAY EVENING

AUGUST 22, 2015

Table with columns for time slots (8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00, 12:30) and rows for various channels (ABC, CBS, NBC, FOX, ION, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, ESPN, ESPN2, FAMILY, FOOD, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBOW, MAXW, SHOWW).

SUNDAY EVENING

AUGUST 23, 2015

Table with columns for time slots (8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00, 12:30) and rows for various channels (ABC, CBS, NBC, FOX, ION, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, ESPN, ESPN2, FAMILY, FOOD, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBOW, MAXW, SHOWW).

MONDAY EVENING

AUGUST 24, 2015

Table with columns for time slots (8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00, 12:30) and rows for various channels (ABC, CBS, NBC, FOX, ION, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, ESPN, ESPN2, FAMILY, FOOD, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBOW, MAXW, SHOWW).

TUESDAY EVENING

AUGUST 25, 2015

Table with columns for time slots (8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00, 12:30) and rows for various channels (ABC, CBS, NBC, FOX, ION, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, ESPN, ESPN2, FAMILY, FOOD, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBOW, MAXW, SHOWW).

WEDNESDAY EVENING

AUGUST 26, 2015

Table with columns for time slots (8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00, 12:30) and rows for various channels (ABC, CBS, NBC, FOX, ION, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, ESPN, ESPN2, FAMILY, FOOD, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBOW, MAXW, SHOWW).



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CORDOVA SPORTS

Cordova Football Preparing for Scrimmage

Story by Mike Bush
Photos by Raelynn Flippo

RANCHO CORDOVA, CA (MPG) - On Saturday, August 22nd, the Cordova High School football team will be in action at Lancer Stadium. The Lancers will scrimmage Capital Christian High School football squad starting at 9 a.m. This will give first-year Cordova head coach Darren Nill and his coaching staff an opportunity to see what his 43-player roster can do against the always-tough Cougars.

Here's a look at the Lancers on both sides of the ball:

Offense

Returning to guide the Lancers' offense is quarterback Unique Perez, who completed 125 of 212 passes for 1,659 yards and 16 touchdowns last fall. He was also an all-Sierra Valley Conference (SVC) first team selection.

"Unique understands our offense much better than he did last year," said Nill, whose squad will continue to run the shotgun spread offense. "He is seeing the field much better and taking what the defense is giving him. He is very comfortable with all his receivers and throws to all with confidence. He's matured as a player and a leader."

Lancer receivers are Isaac Black and Devin Baldwin, who had 42 receptions for 886 yards and seven touchdowns last fall. Black was 13-161 last season. "Passing game and versatile offense that defenses should find hard to zero in on," Nill said.

On the ground, Cordova will be led by running back Seth Trujillo, who had 69 carries for 425 yards and three touchdowns last fall.

Newcomers for the Lancers are juniors Trevor Chew (receiver) and running backs Kenny Haney and Terrill Johnson.



Cordova quarterback Unique Perez rolls out of the pocket to find a receiver in Monday's practice.

The offensive line will be anchored by returning players Max Mudrow and Albert Garcia. Juniors moving up to the varsity squad to help the line are Fidel Romero, Michael Gonzalez, and Joseph Salcedo. Deante McCullough is a transfer and is expected to join the Lancers' receiving core.

"This offense is capable of scoring a lot of points when we execute," Nill said. "We are a younger team than last year and our guys are figuring out that every play counts. I think offensively we will be fun to watch."

Defense

Four players return to run Cordova's 4-3 base set: defensive lineman Chance Manzanera, defensive backs Mathew Giles and Sam Nawalu (who had 26 tackles last season), and free safety Isaac Black. Manzanera followed Nawalu in tackles with 19. Giles and Nawalu were all-SVC second team picks last fall.

Newcomers for the Lancers are linemen Fidel Romero and Clifford Bright, a sophomore moved up from the Cordova frosh/soph squad. Linebackers are Gonzalez, Haney, and Jacob Yang, another sophomore. In the secondary are Brian Estrada, Johnson, and McCullough.

"We are so young everywhere else that it's easy to pick our secondary as a strength," Nill said. "[Giles and Nawalu] are both playing with a heightened sense of confidence and they are eager to help the younger players. Terrill Johnson plays strong safety exceptionally well. We have a battle at free safety with four players [Estrada, Black, Chew, McCullough] vying for playing time. We have some fine young linebackers made up of very hard-working and eager to learn." ★



Two Cordova football players, Damian Jackson (right) and Albert Garcia, battle in a tackling drill in Monday's practice.

END OF THE BENCH BY GERRY SCHOU

Thank You So Much for Participating

There is not much to it. It's just a little two-inch-square nice piece of wood that has a gold-painted metal figurine of a baseball player in a batting stance mounted on top. The whole thing stands a bit over six inches tall, that's all. It has a tiny metal plate on the front that is engraved with an abbreviation of the school, followed by "Frosh," the year "1966" and a name.

If it wasn't for that trophy it would be me who had had that 14-year major-league baseball career that included 124 pitching victories (I think I could've done better). It would be me calling those San Francisco Giants games on television, not that darn Mike Krukow. I suppose Krukow's dad would've thrown a trophy like mine right into the trash. That stinking little "participation trophy" has caused untold (until now) psychological damage to my very soul and has had an everlasting, debilitating effect on my entire life on this planet since I was fourteen (can't you tell?).

James Harrison --- once the Defensive Player of the Year in the NFL, a Super Bowl champ, an All Pro linebacker for the Pittsburgh Steelers --- has two sons, ages six and eight. He may have saved his two little boys from lifetimes of regret by taking away and returning their "participation trophies" that they recently received and posting the whole situation on Instagram for all the world to digest. Or, perhaps, pop overreacted, like so many others have.

Harrison's family values have created a bit of a stir throughout many media outlets. Many people seem to agree kids should not receive trophies for just showing up. Harrison said his boys didn't "earn" their awards. "(They) aren't entitled to something just because they tried their best... cause sometimes your best is not enough." Harrison has received quite a bit of support for his

parenting techniques --- that also included making it all available for public consumption.

This is a guy who, as noted on Deadspin, "...once beat up his girlfriend, smashed down a door, and broke her cell phone to prevent her from calling the cops over an argument about the baptism of his older son." Great techniques. Did he get an award for that?

After the Steelers won Super Bowl XLIII, Harrison elected to skip the team's White House visit, arguing that if Arizona had won the game the Cardinals would have been invited instead. He was quoted as saying, "This is how I feel --- if you want to see the Pittsburgh Steelers, invite us when we don't win the Super Bowl." But James, you are not entitled to the invite if you lose.

Oh, and by the way James, do you really think you have "earned" the millions you have made playing football, or are the television executives largely responsible for the money you and your cohorts make nowadays? Do you and your fellow Pro Bowlers deserve any awards or extra paychecks when you decline to play in that game even when it includes a free trip to Hawaii? You should only receive those things when you show up. And how many of you wore a varsity block letter in high school for participation in sports, win or lose? And why do so many stars show up for those ridiculous ESPY Awards?

Should your kid grow up under pressure, believing he must become an All Pro or he deserves no recognition? Should he grow up like Gaylord Focker, with a Wall of Gaylord shrine with a vast array of participation awards and plaques for tenth-place finishes? Keep it somewhere in between.

Give your kids some credit for knowing the difference between a "participation" trinket and a championship or MVP trophy.

Let the kids decide where to place the value.

My little trophy has been in a box in the garage for almost fifty years along with a few other things. There's a little handful of those old Little League pins that you got each year to put on your cap. Looking at them reminds me of the teams I played on, of some of the players and coaches, and some personal highlights. Without those pins, I would never think of those things. There are three championship ribbons from the city grammar school Christmas basketball tournaments; but they don't mean a lot because our school, that played in an organized league, always dominated by lopsided margins over teams put together in short order. More meaningful is a second-place elementary school intramural ribbon because, as a team captain, a point was made to choose that kid that nobody ever wanted on their team, and our team taught him to play a little. There are a few other mementos around collecting dust that are cheap pieces of junk that carry their worth in the form of treasured memories.

Whenever I visit one lifelong friend I can spot a duplicate of that silly "Frosh" trophy resting as an inconspicuous bookend, though in plain view. A shared memory. That team started out losing its first nine games and we were trailing a better team when our coach looked down to the end of the bench. Miraculously, we rallied. I threw three shut-out innings and my buddy made a game-saving catch for that elusive first win. And don't you ever forget it!

In closing, you are welcome to cut this column out of your newspaper, save it with your other memorabilia, or maybe even frame it and hang it in the garage as a souvenir of our special time together. Thank you so much for participating. ★

2015 Cordova High School Boys Soccer Schedule

Start times are for varsity soccer games. Frosh/soph play before varsity for home games.

Bold denotes Sierra Valley Conference games

| Date | Opponent | Place | Time |
|-----------------|-------------------|-------|-----------|
| Mon. Aug. 24 | Burbank (scrim.) | CHS | 3:30 p.m. |
| Aug. 28-29 | Inderkum Tourney | Away | TBD |
| Tues. Sept. 1 | Antelope | CHS | 6:00 p.m. |
| Thurs. Sept. 3 | Jesuit | CHS | 7:30 p.m. |
| Mon. Sept. 7 | Capital Christian | Away | 6:30 p.m. |
| Tues. Sept. 8 | Center | Away | 6:45 p.m. |
| Thurs. Sept. 10 | River City | Away | 7:00 p.m. |
| Tues. Sept. 15 | Chavez | Away | 6:00 p.m. |
| Thurs. Sept. 17 | Edison | CHS | 6:00 p.m. |
| Tues. Sept. 22 | Foothill | CHS | 6:00 p.m. |
| Thurs. Sept. 24 | Placer | Away | 4:00 p.m. |
| Mon. Sept. 28 | Galt | Away | 7:00 p.m. |
| Wed. Sept. 30 | Union Mine | CHS | 7:00 p.m. |
| Mon. Oct. 5 | El Dorado | Away | 7:00 p.m. |
| Wed. Oct. 7 | Liberty Ranch | CHS | 7:00 p.m. |
| Mon. Oct. 12 | Rosemont | CHS | 7:00 p.m. |
| Wed. Oct. 14 | Galt | CHS | 7:00 p.m. |
| Mon. Oct. 19 | Union Mine | Away | 7:00 p.m. |
| Wed. Oct. 21 | El Dorado | CHS | 7:00 p.m. |
| Mon. Oct. 26 | Liberty Ranch | Away | 7:00 p.m. |
| Wed. Oct. 28 | Rosemont | Away | 7:00 p.m. |

Meet the Lancers



RANCHO CORDOVA, CA (MPG)

More than 100 Rancho Cordova football players—ranging from the smallest Jr. Lancer to one who made it all the way to the Super Bowl—gathered on the Village Green Amphitheater Stage Saturday night for "Meet the Lancers," kicking off the Coach Nill era

of Big Red Football.

Hundreds of supporters gathered as former Denver Broncos running back and Cordova High School alumnus Gerald Wilhite shared the stage with the current crop of teammates for an evening of pep talks, team introductions, cheerleaders, and Lancer pride—highlighted by Wilhite's

inspiring message: Lancers work hard. The 2015 Big Red heads to Woodland to meet Pioneer on August 28th before opening their home schedule against Bella Vista on September 4th. Photo courtesy of Cordova Community Council

Source: Cordova Community Council ★

Pena Is New CHS Athletic Director



Story and photo by Mike Bush

RANCHO CORDOVA, CA (MPG) - Tom Pena is the new Cordova High School (CHS) athletic director.

An instructor of special education on the CHS campus for the last 17 years, Pena is no stranger to athletics. He's worked as an assistant

coach in the Lancer football and track and field programs over the years.

Pena replaces Shane Jackson, who resigned over the summer. Jackson continues to teach at CHS, as well as coach the Lancers' track and field program.

More on CHS' new athletic director will run in next Friday's edition. ★

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» KEMP HITS FOR THE CYCLE

Believe the hype: Top prospects are delivering

Sluggers Bryant, Schwarber shining bright for surging Cubs

Teams across baseball appear to be valuing their top prospects more than ever, and at the same time, the prospects themselves are getting increased coverage across the media.

The 2015 season seems to be the Year of the Prospect, with nearly every notable prospect getting called up to the majors: 26 of the top 50 prospects according to *Baseball America* and 11 of the top 15 have appeared in at least one game this season.

Although they have only just begun their careers, some have made big impacts on playoff contenders. Here's a quick look at how *Baseball America's* top-50 prospects have performed this season to date. The numbers listed are the players' rankings before the season.

1. Kris Bryant, Cubs

Bryant is the frontrunner for NL Rookie of the Year, leading rookies in WAR (4.1) and on-base percentage (.362) with big power. Grade: A

2. Byron Buxton, Twins

Buxton only lasted 11 games before landing on the DL with a thumb injury and has since been optioned back to Triple-A. He was hitting only .189/.231/.270. Grade: C

3. Addison Russell, Cubs

Russell has shifted from second base to shortstop, taking over for the struggling Starlin Castro. Grade: B

4. Carlos Correa, Astros

Correa has lit the world on fire, hitting .286/.357/.540 with strong defense. He leads all shortstops in WAR prorated for a full season. Grade: A+

6. Joey Gallo, Rangers

Gallo has displayed his massive power but has also struck out 43.9 percent of the time. Normally a third baseman, he's played outfield to keep his bat in the lineup. Grade: B-

8. Joc Pederson, Dodgers

Pederson leads all rookies in home runs (22) and is second in walk rate (15.8 percent), which makes up for his .217 batting average. Grade: A-

9. Francisco Lindor, Indians

Strong defense and good on-base skills (.296 batting average and .329 on-base percentage) at 21 are extremely impressive. Grade: A-

11. Noah Syndergaard, Mets

He's striking out more than a batter an inning, and his peripheral numbers (3.10 FIP) match his impressive ERA (3.07). Grade: A

12. Jorge Soler, Cubs

His power-speed combination hasn't showed at all, but he's gotten on base at a solid rate (.270 average and .327 on-base percentage). Grade: C+

13. Miguel Sano, Twins

His bat is everything it was advertised to be (.279/.392/.533), but he's played almost all his games at DH, which hurts his value. Grade: B+

15. Carlos Rodon, White Sox

He made his MLB debut 10 months after being drafted third overall but has struggled to a 4.51 ERA, although he has 9.92 K/9. Grade: C+

17. Blake Swihart, Red Sox

Called up because Boston had no other catcher options. Swihart's defense has been fine, but his bat (.258/.291/.347) has struggled. Grade: C+

18. Daniel Norris, Tigers

Norris was the centerpiece of the David Price trade but has struggled with his command, ending up with a 4.24 ERA. Grade: C+

19. Kyle Schwarber, Cubs

He's been so good (.315/.403/.586) that the Cubs have benched Starlin Castro and Miguel Montero to keep his bat in the order. Grade: A-

21. Rusney Castillo, Red Sox

He's spent most of the season in Triple-A, but since he was recently called up, he's hitting .339/.373/.518. Grade: B

24. Jon Gray, Rockies

A strict pitch limit has held Gray to 15 innings over three starts, although he's been very effective with a 2.40 ERA and 8.40 K/9. Grade: B

27. Aaron Sanchez, Blue Jays

His ERA (3.30) has been good, but his low strikeout numbers (6.0 K/9) and high walk rate (4.5 BB/9) are concerning. Grade: B+

30. Dalton Pompey, Blue Jays

Pompey was hitting so poorly (.193/.264/.337) that he was demoted at the start of May and hasn't been called up since. Grade: D+



Kris Bryant, who began the season as the top prospect in baseball, has hit 16 home runs with 66 RBIs since being called up by the Cubs in mid-April.

32. Michael Taylor, White Sox

He's been great defensively with nine runs saved and has 15 steals, but his bat (.243/.287/.380) is lagging behind. Grade: B

33. Steven Matz, Mets

Matz made only two starts before landing on the DL with a torn muscle in his back, but he was very effective with a 1.32 ERA. Grade: B

34. Matt Wisler, Braves

Wisler has struggled over 10 starts with a 4.74 ERA, poor strikeout numbers (5.8 K/9) and a low ground ball rate (34.4 percent). Grade: C

35. Luis Severino, Yankees

Severino has been solid over three starts with a 3.18 ERA and an equally impressive 9.5 K/9 and 2.1 BB/9. Grade: B

37. Steven Souza, Rays

Souza is third among rookies with 15 home runs despite missing 22 games due to hand injuries. His .214 batting average and .303 on-base percentage aren't great. Grade: B-

39. Aaron Nola, Phillies

His command is as advertised (1.8 BB/9), but his high rate of allowing home runs (13.3 per fly ball) has led to his bloated 4.25 ERA. Grade: B-

42. Andrew Heaney, Angels

Heaney has allowed two or fewer runs in all but one start, and his good control has helped him to a 2.53 ERA despite few strikeouts. Grade: A-

44. Henry Owens, Red Sox

One terrible start out of three ballooned his ERA to 6.19, but he does have a 9.6 K/9 and 3.4 BB/9. Grade: B-

AROUND THE HORN

The Red Sox scored 37 runs in two games against the Mariners, the most any team has scored in a two-game span since the Rangers scored 39 runs in a double-header in August 2007. ...

Red Sox manager **John Farrell** was diagnosed with Stage 1 lymphoma and will take a medical leave for the rest of the season. Bench coach **Torey Lovullo** will manage the team for the remainder of the season. Farrell plans to return for spring training. ...

Milwaukee Brewers prospect **David Denson** became the first active player to reveal that he is gay. Denson, who plays for the Class A Wisconsin Timber Rattlers, hit a home run recently in the Northwest/Pioneer League All-Star game. ...

Texas' **Delino DeShields Jr.** hit his first career home run last Friday in his 303rd career plate appearance. In 2,411 career minor league plate appearances, he has hit 39 home runs. ...

Seattle's **Hisashi Iwakuma** threw his first career no-hitter — against the Baltimore Orioles — in his first career complete game. It was the fourth no-hitter of the season, and Iwakuma needed only 116 pitches, striking out seven and walking three. ...

Mets' third baseman **David Wright** began a rehab assignment at High-A St. Lucie and is expected to rejoin the Mets soon. He has been out since April 14 with spinal stenosis. ...

The Blue Jays' winning streak ended at 11 games Friday, which tied their franchise record. Toronto was on the verge of setting a new record before **Aaron Sanchez** allowed a three-run home run in the eighth inning to **Carlos Beltran** in a 4-3 loss to the Yankees. ...

Bryce Harper became the first NL player to hit 30 home runs Friday on a three-run blast off Matt Cain. There are already seven AL players to reach that mark — **Nelson Cruz**, **Mike Trout**, **Chris Davis**, **Josh Donaldson**, **J.D. Martinez**, **Mark Teixeira** and **Albert Pujols**. ...

Matt Kemp became the first Padre to hit for the cycle Friday in the 7,444th game in franchise history. Kemp hit a two-run home run in the first inning and a single in the third inning off starter **Yohan Flande**, a double in the seventh off reliever **Rafael Betancourt**, and a triple in the ninth off **Justin Miller**.



NUMBERS GAME

6-26

The Toronto Blue Jays are 6-26 when they don't hit a home run compared to 59-28 when they do hit a home run. Only the Colorado Rockies (5-32) are worse when they don't hit a home run. The Blue Jays are second in baseball with 158 home runs, trailing only the Houston Astros.

TURN BACK THE CLOCK

Aug. 21, 1990

The Philadelphia Phillies scored nine runs in the ninth inning to beat the Dodgers 12-11. John Kruk tied the score with a pinch-hit three-run home run off of Tim Crews, and two batters later Carmelo Martinez drove in the winning run with a double to score Rod Booker.

TRIVIA CORNER

Seattle Mariners' righthander Hisashi Iwakuma became only the second Japanese-born pitcher to throw a no-hitter in Major League Baseball. Who was the first Japanese-born player to throw a no-hitter?



Written and compiled by Ben Weinrib.
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TRIVIA ANSWER: Hideo Nomo in 1996 and 2007

Photos by Ricky Bassman

ATHLON SPORTS POWER RANKING

- Cardinals** Another solid week including taking two of three from Pittsburgh.
- Royals** The only team with a double-digit division lead.
- Pirates** Swept the Mets and are second in the NL in run differential.
- Blue Jays** 11-game winning streak halted by losing two of three to Yankees.
- Dodgers** Mat Latos and Alex Wood have a 5.85 ERA since being acquired.
- Cubs** Winners of nine straight until Sunday.
- Astros** George Springer should begin a rehab assignment soon.
- Yankees** Lead the majors in pitching WAR for relievers.
- Mets** Only seventh in the NL in run differential and fifth in WAR.
- Giants** Still 3.5 games out of the playoffs after sweeping Washington.
- Orioles** Chris Davis has nine home runs and a .906 SLG in August.
- Nationals** Losers of six straight (through Sunday) to drop under .500.
- Angels** All-Star Hector Santiago has a 5.08 ERA in his last five starts.
- Rangers** Lead baseball in runs scored in the second half.
- Diamondbacks** Have a higher run differential than the Mets, Angels and Nationals.

- Twins** Torii Hunter is hitting only .171 in the second half.
- Rays** Steven Souza is third among rookies with 15 home runs.
- Padres** Hitters have struck out 980 times, third-most in MLB.
- White Sox** Sox have the third-fewest walks in baseball.
- Tigers** Justin Verlander has a 1.50 ERA in his last five starts.
- Mariners** Felix Hernandez has a 9.13 ERA in his last four starts.
- Indians** Starters have the highest fastball velocity (93.1) in baseball.
- Red Sox** In the top five of runs allowed and scored in the second half.
- Athletics** Now own the worst record in the American League.
- Braves** Aroldys Vizcaino may have found his role as a closer.
- Reds** Only the Rockies have walked more batters.
- Brewers** Pitchers allow the highest percentage of hard-hit balls.
- Rockies** Lost six straight to the Mets and Padres.
- Marlins** Christian Yelich's injury further depletes outfield.
- Phillies** Their minus-83 defensive runs saved is double 29th-ranked White Sox.

City Receives Bicycle Friendly Community Award



RANCHO CORDOVA, CA (MPG) - The League of American Bicyclists has recognized the City of Rancho Cordova with a Bronze Level Bicycle Friendly Community (BFC) award. The award recognizes Rancho Cordova's commitment to improving conditions for bicycling through investment in bicycling promotion, education programs, infrastructure, and pro-bicycling policies. Steven Pas from the Bicycling Advocates for Rancho Cordova (BARC) and Jim Brown from the Sacramento Area Bicycle Advocates

(SABA) and a League of American Bicyclists, Bicycle Friendly Community Application Reviewer, present a plaque in recognition of the award. Pictured left to right are Interim Public Works Director Albert Stricker, Steven Pas, Mayor Robert McGarvey, Vice Mayor David Sander, Council Member Dan Skoglund, Council Member Linda Budge, and Jim Brown. Photo courtesy of the City of Rancho Cordova

Source: City of Rancho Cordova ★

DUI Checkpoint Planned This Weekend

RANCHO CORDOVA, CA (MPG) - The Rancho Cordova Police Department Traffic Unit will be conducting a DUI/Driver's License Checkpoint on August 22nd at an undisclosed location within the city limits between the hours of 7 p.m. and 2 a.m. DUI checkpoints are a proven enforcement tool effective in reducing the number of persons killed and injured in alcohol-involved crashes. Research shows that crashes involving alcohol drop by an average of 20% when well-publicized checkpoints are conducted often enough.

Officers will be contacting drivers passing through the checkpoint for signs of alcohol and/or drug impairment. Officers will also check for proper licensing and will strive to delay motorists only momentarily. Drivers caught driving impaired can expect jail, license

suspension, and insurance increases, as well as fines, fees, DUI classes, and other expenses that can exceed \$10,000.

"Over the course of the past three years, DUI collisions have claimed three lives and resulted in 44 injury crashes harming 66 of our friends and neighbors," said Sgt. McCamy of the Rancho Cordova Police Department Traffic Unit.

According to the National Highway Traffic Safety Administration (NHTSA), checkpoints have provided the most effective documented results of any of the DUI enforcement strategies, while also yielding considerable cost savings of \$6 for every \$1 spent. Checkpoints are placed in locations that have the greatest opportunity for achieving drunk and drugged driving deterrence and provide the greatest safety

for officers and the public.

"Deaths from drunk and drug-impaired driving are going down in California," said Christopher J. Murphy, Director of the California Office of Traffic Safety (OTS). "But that still means that hundreds of our friends, family, and co-workers are killed each year, along with tens of thousands who are seriously injured. We must all continue to work together to bring an end to these tragedies. If you see a drunk driver, please call 911."

Funding for this checkpoint is provided to Rancho Cordova Police Department by a grant from OTS, through the NHTSA, targeting those who still don't heed the message to designate a sober driver.

Source: Sacramento County Sheriff's Department/Rancho Cordova Police Department ★

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