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Grapevine Independent

VOLUME 47 • ISSUE 32

PROUDLY SERVING RANCHO CORDOVA & SACRAMENTO COUNTY

August 7, 2015

**NEW RED LIGHT
DIGITAL CAMERA
SYSTEM LOCATION**



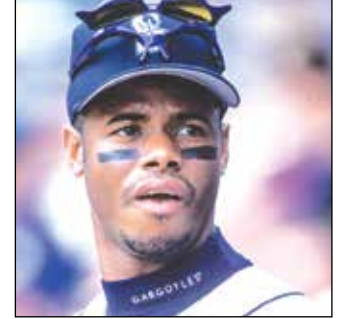
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YEARS OF SERVICE**



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**ATHLON SPORTS
INSIDE BASEBALL**



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Party in the Park

An Evening of Family Fun at Lincoln Village Community Park



During CRPD's Party in the Park at Lincoln Village Community Park, the pool will be open to the public for free family swimming.

RANCHO CORDOVA, CA (MPG) - Cordova Recreation and Park District (CRPD) will host its first annual Party in the Park event on Friday, August 14th from 5 p.m. to 8 p.m. at Lincoln Village Community Park, 3480 Routier Road. CRPD hopes to help combat those end-of-summer blues with activities, giveaways, food, music, and more.

Party in the Park is a free family-friendly event featuring more than 30 vendors and a kid zone with an obstacle course and soccer

shootout game. Lincoln Village Community Pool will be open to the public for free family swimming, and food and drinks will be available for purchase. CRPD representatives will also be in attendance to discuss recreation and park services as well as upcoming events and activities.

Event sponsors include 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 ★

Report on Veteran Death at Mather Completed

*VA Responsible for Delay
in Life-Saving Intervention*

MATHER, CA (MPG) - A report released by the U.S. Department of Veterans Affairs (VA) on the death of a Sacramento County Vietnam Veteran at the Mather VA Hospital revealed the hospi-



In response to the report, Congressman Ami Bera called on VA Secretary Robert McDonald to immediately ensure procedures are implemented nationwide to prevent repeat incidents.

tal was responsible for "delay in life-saving intervention." The investigation, requested last October by Congressman Ami Bera, M.D., took place after the patient died following an incorrect do-not-resuscitate band was placed on him.

Among the report's findings:

- The facility staff did not follow through on the patient's request upon admission to

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Basic Elements Form Theme of Rancho Cordova Art Exhibit

**Story and photos
by Margaret Snider**

RANCHO CORDOVA, CA (MPG) - The latest art exhibit at Rancho Cordova City Hall features Elements—Earth, Wind, Fire, Water. The Cordova Community Council sponsors several juried art exhibits during the year, and the reception at City Hall on July 23rd showcased 32 artists and their work.

Artist Christina Marcella Lemar, 30, was one of those featured artists. "Basically, the beginning and awakening of my artistic experience happened in Rancho Cordova," Lemar said. Always interested in making things, Lemar started painting two years ago when

she saw a flier for a free art class at the Rancho Cordova library. She signed up, and afterward joined classes taught by the same instructor, Victoria Smith, at the Michael's store.

As a teenager, Lemar thought she might like to go into fashion design. That background may have influenced her success in the "wearable art" competition for the best creatively made hat associated with this season's artist reception. "The first thing I thought was—I want to win!" Lemar said. Her Native American style headdress took her 60 hours of work to produce and won first place in the contest.

In her painting, Lemar uses oils and acrylics, but often works in multimedia as well. Her work, "Wind Mosaic," is



Christina Marcella Lemar, wearing the headdress that took first place in the Wearable Art Competition, shows her work titled "Wind Mosaic" at the art exhibit at Rancho Cordova City Hall.

created of plastic beads. "I took my acrylics and blended them really well on the canvas, and then I laid down the beads on top of that," Lemar said. To get the "wispy" of the wind, she painted the back of some of the beads blue to make them stand out.

that students with ADHD really need to be multitasking," Lemar said. "And drawing is just really pivotal in the success of a student with ADHD. ... Drawing really helps them be more successful."

Lemar has some advice to emerging artists: "Create because you love it, because you have something on the inside that's just screaming to come out."

Artist Ron Hall, 51, has two works hanging at City Hall. In "Elements of the East," he incorporated his love of Japanese culture with the show's theme. His other work in the show, "Ill Wind," is named for a 1934 jazz song and integrates his love of jazz.

Continued on page 2

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Basic Elements Form Theme of Rancho Cordova Art Exhibit



Retired Folsom fire captain Ron Hall displays his work "Elements of the East" at the artist reception at Rancho Cordova City Hall. "I just want to keep doing shows and getting better and better," Hall said.

Continued from page 1

Hall had a lifelong interest in drawing and initially prepared himself for a career in art, but switched and received a bachelor's degree in fire administration, following in the footsteps of both his father and his father-in-law, who were both firefighters for the Rancho Cordova Fire Department. Hall is recently retired as a captain from the City of Folsom Fire Department. He developed fire safety educational materials while in the fire service and said, "This process kept my creative side going."

He has taught art history for a home school cooperative group and likes working with elementary age students. "Kids at that age," Hall said, "...still are very creative, have an open mind, and just have a lot of imagination to work with."

Now that Hall is back in college studying art history, he is planning to build a studio in his back yard. Currently, he shares the kitchen with his wife, Jamie. "She loves having me around and talking with me while I paint," Hall said. "However, it can be difficult having a dual function kitchen." His wife and their sons, Max, 17, and Sam,

14, are very supportive of his art. "When I paint I listen to and am inspired by jazz," Hall said. "I listen to Miles Davis, Thelonius Monk, Esperanza Spalding, and Dave Brubeck." Some of his favorite artists are Basquiat, Degas, Van Gogh, Dali, and Monet.

Hall's advice to artists: "Paint for yourself. ... Just stay true to yourself; don't worry about other people as much as what you want to do with your art."

Artwork of these and other talented artists can be seen at Rancho Cordova City Hall through October 10th. ★

Ulta Beauty Opens New Store in Rancho Cordova

Celebrate the Grand Opening Weekend with Exclusive Beauty Gifts

RANCHO CORDOVA, CA (MPG) - Ulta Beauty will open its doors to Rancho Cordova beauty lovers on Friday, August 7th. The new location at Zinfandel Square will feature 20,000 beauty products across 550 brands, as well as a full-service salon. Ulta Beauty is the largest beauty retailer in the United States and provides all things beauty, all in one place. Nationwide, the company operates 797 retail stores across 48 states.

In celebration of its grand opening, the first 100 guests (each day) on Friday, Saturday, and Sunday will receive a "beauty treat" valued \$5 to \$100 and one free skin or hair service at THE SALON, Ulta Beauty's full-service salon. Ulta Beauty experts will be on hand all weekend to offer free makeovers and consultations.

"Ulta Beauty provides a compelling and unique array of products and experiences," said

Kelly Smith, who manages all grand openings for Ulta Beauty. "We are truly a beauty destination for Rancho Cordova, and our Ulta Beauty experts are ready to help with all of your beauty needs, from the basics to the perfect shade of lipstick to the newest hair tool."

Ulta Beauty's exclusive offerings include:

- Cosmetics such as bareMinerals, Benefit, Urban Decay, IT Brushes for ULTA, NYX, Maybelline, and L'Oreal
- Skincare from Dermalogica, Mario Badescu, Philosophy, Olay, Neutrogena, and Aveeno
- Fragrances from Marc Jacobs, Calvin Klein, Estee Lauder, Gucci, Vera Wang, and Dolce & Gabbana
- Professional haircare from Redken, Matrix, Living Proof, Sexy Hair, and Carol's Daughter

- Professional hair tools such as CHI and Hot Tools
- The Ulta Beauty Collection, which includes cosmetics, skin care, bath/body, hair care, and men's products

ULTAmate Rewards is a popular loyalty program offered free of charge, where customers earn one point for each \$1 spent on products and salon services, in-store or on ULTA.com. Points can be redeemed at any time with no restrictions. For birthdays, Ulta Beauty offers double points on purchases made during the birthday month and a free gift.

Ulta Beauty is located at Zinfandel Square, 10919 Olson Drive, Rancho Cordova, CA 95670. Doors open at 10 a.m. for the grand opening on Friday and Saturday and at 11 a.m. on Sunday.

Source: Ulta Beauty ★

New Red Light Digital Camera System Location

RANCHO CORDOVA, CA (MPG) - The Rancho Cordova Police Department Red Light Photo Enforcement Program has placed a new digital red light photo enforcement camera system on Sunrise Boulevard at Coloma Road in the City of Rancho Cordova. The new system is currently being tested and is scheduled to go "live" on Tuesday, September 1st, 2015, at 12:01 a.m.

For a period of at least 30 days, red light violators will be mailed a warning notice. On September 1st at 12:01 a.m., red light violators at this intersection will begin to receive citations by mail. When a citation is issued and

received by the violator, it will include a referral to a website where the violator can view the still images and video footage of the violation. The violator should be able to clearly see where their vehicle was in relation to the intersection's limit line and the green, yellow, and red lights.

Increased traffic safety is the number one priority of the Rancho Cordova Police Department Red Light Photo Enforcement Program. Studies have shown a significant reduction in red-light related crashes at photo-enforced intersections.

Source: Sacramento County Sheriff's Department ★



The Rancho Cordova Police Department's Red Light Photo Enforcement Program has placed a new digital red light photo enforcement camera system on Sunrise Boulevard at Coloma Rd.

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Crowds of Locals Run the Fab 40's 5K



More than 900 people participated in this year's Fab 40's 5K Run/Walk, with the proceeds going to the local chapter of the Alzheimer's Association for use in support of caregivers in the region. Photo by Paul Schöll

By Sal Arrigo Jr.

A beautiful Saturday morning was had by all! The eighth annual Fab 40's 5K Run/Walk took place in East Sacramento on Saturday, July 25th. This is a unique event: It starts and ends at East Lawn Memorial Park, and if that is not enough to get your attention, it is the only 5K of its kind in the United States, and is home to the Alzheimer's Wall of Remembrance. This Wall was constructed so people can permanently inscribe the name of a loved one who has succumbed to Alzheimer's disease.

There were more than 900 people who participated in this year's event—30 from Rancho Cordova—taking in the sights and sounds of the area as they reflected on the importance of the morning. The proceeds from this event went to the local chapter of the Alzheimer's Association for use in support of caregivers in the region. As participants made their way along the 3.1-mile course, they read educational signs informing them about Alzheimer's disease. The one that sticks in my mind read, "Everyone knows someone who has been affected by this disease." A co-worker, your mailman, your banker, the grocery store

clerk, all know someone who is dealing with the sixth leading cause of death in this country—Alzheimer's disease.

Even though this race brings to light a serious subject, the participants were able to enjoy some diversions in the form of the many vendor booths, which included chili sampling, face painting, and snacks and refreshments.

Mike Ammon of Carmichael finished in first place for the men's 70-75 age group. Ammon said, "It's a fun race, especially since it's age graded, so old guys like me at 70 years old can race against the young ones. The Fab 40's race is one of the Buzz Oats series races, which is age-graded; at the end of the season, money is awarded to the top finishers. Last year I was lucky enough to win \$350, which adds to the challenge. And the Fab 40's folks do a really great job putting on this race, and it's a lot of fun because of the support they give. This year I think my time was 21:30, not as good as in some years past, but I get slower as time marches on. It's also fun to see all 'the usual suspects,' as I call them; I'm part of a running club, River City Rebels, so a lot of those people usually show up at this race."

Special thanks must be given to Big Jim Hall, the announcer for

the event. There were also more than 40 sponsors for this year's event, including the following:

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- Trader Joe's

Thank you, everyone, for your support of the 2015 Fab 40's 5K Run/Walk! As the founder of "Sal's Pal's," I will once again be doing my part next year on July 30th, 2016. Team "Sal's Pal's" has been challenged by "Team Unforgettable" to get the most people to participate. Help us be victorious—consider joining me next July. You have a year to prepare for the 3.1-mile walk! ★

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Engaging Neighborhoods in Rancho Cordova

RANCHO CORDOVA, CA (MPG) - Residents in four Rancho Cordova neighborhoods are finding ways to engage with each other and make a difference in the community. The neighborhoods of Cordova Meadows, Kavala Ranch, West La Loma, and Lincoln Village are all participating in a community engagement effort that is part of the Growing Strong Neighborhoods Initiative. The Initiative was launched in 2007 by current Vice Mayor David Sander to improve the quality of life in Rancho Cordova, and includes everything from neighborhood clean ups to volunteer opportunities to Problem Oriented Policing programs.



Rancho Cordova neighborhoods are finding ways to engage with each other and make a difference in the community, like holding a festival at a local apartment complex. Photo courtesy of the City of Rancho Cordova



These are the goals of the community engagement effort.

Working with City staff through the community engagement effort, Cordova Meadows residents created a name for their group, "Keep Cordova Meadows Beautiful," and completed several neighborhood projects together. One of their first accomplishments was a beautiful mural that can be seen on the side of the Carousel School facing West La Loma Drive. They have since continued working together on many projects in their neighborhood, including partnering with the Cordova Meadows Elementary School to

combine resources.

Then, a group of residents in the Kavala Ranch neighborhood identified many people in the neighborhood who didn't know one another. When they came home at night, they drove into their garages and went into their homes for the night. With support from City staff, the residents organized three block parties leading up to one large Fall Festival in the Kavala Ranch Park. They provided music, food, and fun. And best of all, they forged new partnerships.

Recently, the City started working with Principal Joseph Piazza at Cordova Meadows

Elementary to connect with parents of the students. The City was interested in learning what parents wanted to do to make their neighborhood better. Their answer was to provide safety and fun for children. The idea for a soccer game took hold and soon followed at the school one weekend. The children had a great time, parents connected, and they have continued to hold soccer games ever since.

Some parents in this initial group live in the apartments just down the street from the school, and they felt another effort to meet their neighbors would prove beneficial. So, the group expanded and decided to hold a festival at the apartment complexes complete with face painting, piñata, barbecue food, music, and more. And over 200 people showed up.

With the success of the first event, the group is now unleashing their other ideas:

- Teaching children and parents about healthy food and eating by cleaning up and replanting the community garden at Cordova Meadows Elementary School. Soil Born Farms will be providing tips for growing their own garden.

• Organizing a clean-up event for the entire neighborhood.

Most recently, the Rancho Cordova Police Department held a community meeting at A.M. Winn Elementary School about recent crime activity in the Lincoln Village neighborhood. Around 50 residents attended to ask questions about what was being done to address the recent activity. Some residents asked how they could get involved in being part of the solution. The City engaged a small group of residents and plans to meet with them this month to start brainstorming ideas.

All these residents have shown great commitment to growing strong neighborhoods in Rancho Cordova. If you are interested in learning more, please contact Volunteer Coordinator Lorianne Ulm at (916) 851-8755 or lulm@cityofranchocordova.org.

Source: City of Rancho Cordova

- Organizing CPR classes for parents to learn how to safeguard their children.



The group, "Keep Cordova Meadows Beautiful," has completed several neighborhood projects together, including a beautiful mural that can be seen on the side of the Carousel School facing West La Loma Drive. Photo courtesy of the City of Rancho Cordova

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We are proud members of these newspaper associations.



Council Recognizes 10 Years of Service



Pictured here (left to right) are Interim City Manager Cyrus Abhar, Interim Public Works Director Albert Stricker, and Interim Human Resources Manager Lisa Brown. Photo courtesy of the City of Rancho Cordova

RANCHO CORDOVA, CA (MPG) - Albert Stricker was recognized at Monday's City Council Meeting for having served 10 years at the City of Rancho Cordova in the Public Works Department. Stricker is a Rancho Cordova resident and has given back to the community by participating in the Rancho Cordova Leadership Program Class 8 and volunteering as a Community Reader for two years with the Folsom Cordova Unified School District. Interim City Manager Cyrus Abhar announced on Monday night that Stricker has been selected to serve as the City's Interim Public Works Director.

Source: City of Rancho Cordova ★

SUMMER TIPS FOR OUTDOOR LANDSCAPING

Golden State Water Company wishes to thank you, our customers, for the steps you have taken to reduce water use during the drought, and is offering these tips to help you maximize your water-use efficiency this summer.

Lawn Irrigation Tips

- ◆ Limit lawn irrigation to 2 days per week.
- ◆ Water lawns before 8 am or after 7 pm, when temperatures are cooler.
- ◆ Water for 2-3 minutes, wait 45 minutes, then water again for 2-3 minutes. This schedule will help prevent runoff and water lost through the soil.
- ◆ While hand watering your lawn, focus on dry spots and pay close attention to avoid runoff.
- ◆ Avoid watering your lawn on windy days to limit overspray and evaporation.
- ◆ Survey your lawn irrigation system and fix any sprinklers, valves and lines that may be damaged or leaking water.
- ◆ Check to make sure sprinklers are positioned to irrigate your lawn and not your sidewalk, driveway or gutters.
- ◆ Install a weather-based smart irrigation controller and water-efficient sprinkler heads.
- ◆ Turn off lawn irrigation systems during rainy periods, and avoid watering during and 48 hours following measurable precipitation.
- ◆ SAVE YOUR TREES: Capture the water that runs while your shower warms up, and use it to water your trees.

Outdoor Irrigation Days

Even Addresses: Sunday/Wednesday
Odd Addresses: Tuesday/Saturday

*Irrigation restrictions do not apply for trees or edible vegetation watered solely by drip or microspray systems.



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Learn more about the drought, water restrictions and water-use efficiency at gswater.com/drought

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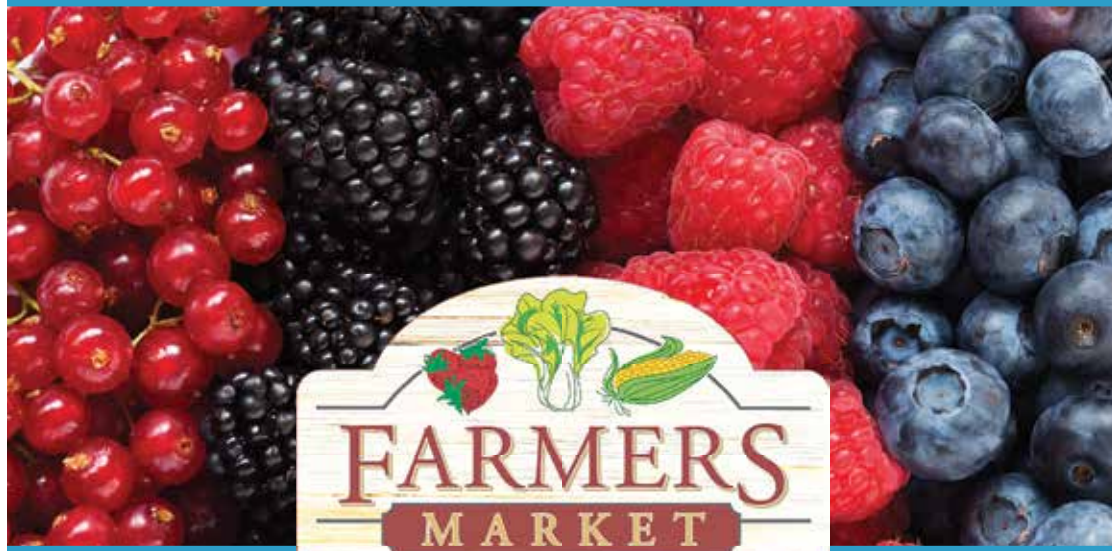
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6196 Sunrise Blvd.
(parking lot behind Sears)
Citrus Heights, CA 95610

UC Davis Health System
Every Thursday
3 p.m. - 7:30p.m.
45th and Y Street
Sacramento, CA 95817

VA Mather Hospital
Every Wednesday
9 a.m. - 1 p.m.
10535 Hospital Way
Mather, CA 95655

Fair Oaks Sunset
Every Wednesday
3 p.m. - 7 p.m.
8101 Sunset Ave.
Fair Oaks, CA 95628

Historic Folsom
Every Saturday
8 a.m. - 1 p.m.
915 Sutter Street
Folsom, CA 95630

Carmichael Park
Every Sunday
9 a.m. - 2 p.m.
5750 Grant Ave.
Carmichael, CA 95608

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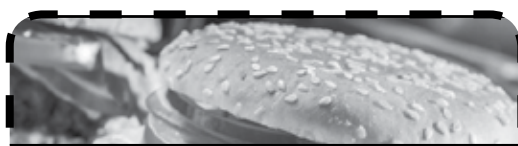
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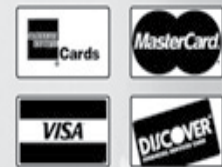
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Grapevine Independent Community Calendar

CODEPENDENTS ANONYMOUS
Time: Tuesdays, 7:30-9 pm
Place: Sunriver Church
11223 Trinity River Dr.
www.sunriverchurch.com

WESTERN SWING SOCIETY
Time: 1st Sundays, 1-5:30 pm
Place: Machinists Hall
2749 Citrus Rd.
www.westernswingssociety.org
Info: Live music, dancing.
Food & beverages available for purchase. Members \$4, Non-members \$7.

MILITARY RETIREE/SPOUSE MEETING
Time: 2nd Tuesdays, 10:30 am
Place: N. Highlands Park & Rec Office
6040 Watt Ave., N. Highlands
Contact: 561-7476
Info: Meets monthly.

RANCHO CORDOVA HISTORICAL SOCIETY
Time: 4th Thursdays, 5 pm
Place: Rancho Cordova City Hall
2729 Prospect Park Dr.
www.ranhocordovahistory.com
Info: Meets in the American River Room

SPELLBINDERS TOASTMASTERS
Time: 2nd & 4th Mondays, 6:30 to 8 pm
Place: China Buffet
5623 Sunrise, Citrus Heights
Contact: 631-1703
Info: Hone communication skills. Beginners welcome.

SPANISH LANGUAGE CONVERSATION CIRCLE
Time: 4th Saturdays, 3-4:30 pm
Place: Rancho Cordova Library
9845 Folsom Blvd.
Contact: 264-2920
www.saclibrary.org
Info: Practice Spanish in a fun and relaxed way with library staff, community.

BRECA MEETING
Time: 4th Tuesdays, 6:30-8 pm
Place: Rancho Cordova Library
9845 Folsom Blvd.
Contact: 361-8087
www.breca.us

POWERTALK INTERNATIONAL MONTHLY MEETING
Time: 3rd Tuesdays, 6:30-8:30 pm
Place: Arden-Dimick Library
891 Watt Ave., Sacramento
Contact: 361-1745
Info: Coaching, effective speaking, listening, leadership skills. Beginners are welcome.

WRITING WORKSHOP
Time: 3rd Thursdays, 6-7:30 pm
Place: 9845 Folsom Blvd.
Contact: 264-2920
www.saclibrary.org
Adult writing & poetry workshops (writing for various types of genres and more).

AA NEWCOMERS
Time: Tuesdays, 6:30-7:30 pm
Place: Sunriver Church
11223 Trinity River Dr.
www.sunriverchurch.com

READING WITH THE DOGS
Time: 1st Tuesdays, 6:30-7:30 pm
Place: Rancho Cordova Library
9845 Folsom Blvd.
Contact: 264-2920
www.saclibrary.org
Info: Read to a canine pal, boost reading skills. Free.

CORDOVA SENIOR CITIZENS SOCIAL CLUB
Time: 1st and 3rd Mondays, 11 am
Place: Cordova Community Center
2197 Chase Dr.
Contact: 638-8065 for bridge or 858-1660 for membership
Info: Brown bag lunch, bridge party. Free.
FORK TAIL DEVILS
Date: 2nd Thursdays
Place: Rancho Cordova IHOP
2216 Sunrise Blvd.
Contact: 488-2645
Info: Lockheed Lightning P-38 enthusiasts, pilots, mechanics no-host brunch.

WOMEN'S GOLF CLUB OF CORDOVA
Date: Wednesdays
Place: Cordova Golf Course
9425 Jackson Rd., Sacramento
Contact: 363-0363
Info: All players welcome.

CORDOVA COUPLES GOLF CLUB
Date: Alternate Sunday mornings
Place: Cordova Golf Course
9425 Jackson Rd., Sacramento
Contact: 682-2285
All players welcome.
Call for more information.

COFFEE, TEA AND CONVERSATION FOR SENIORS
Date: First Saturdays, 10-11 am
Place: Rancho Cordova Library
9845 Folsom Blvd.
Contact: 264-2920
Info: For those 55+. Free. Share thoughts, memories: let the conversation flow! Light refreshments served. First Saturday each month.

SOROPTIMIST INTERNATIONAL OF RANCHO CORDOVA & GOLD RIVER
Time: 2nd Tuesday each month, 6-7 pm
Place: Cattleman's Restaurant
12409 Folsom Blvd.
Rancho Cordova, CA 95670
Contact: siranhocordova@soroptimist.net for more info
Info: Organization serving needs of women & girls in our community and around the world.

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Time: 1st Thursday of month 3-5 PM
Place: Rancho Cordova City Hall
2729 Prospect Park Dr.
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From the Mayor's Corner Operating in the Black

there is on Highway 20, and 16 miles of that road has been cut off because of the Rocky Fire. Today, the news media said the fire has burned 65,000 acres and is only 12% contained. The next time we drive to the park on Highway 20, there will definitely be a different, scarred view of what we saw just a couple of weeks ago. What is left after a forest fire leaves pictures and views that are burned into your memory.

Going onto other things, some of the things that we accomplished Monday night were great. At our special meeting at 4 p.m., we talked about the Branding Strategic Communications Plan. It covers our new website that is coming soon and banners and signs, etc. And at our regular City Council Meeting at 5:30 p.m., we passed our City's budget and approved the first things to be taken care of using "Community Enhancement Fund" (Measure H) money.

There is much more, of course, that was talked about and voted on during the

meeting. When you go to the City website at www.cityofranchocordova.org, on the left side of the website you will see a box that is titled "Community Enhancement Fund." That used to be listed as "Measure H," but you can still see everything that was covered during all the town hall meetings. Some of those things were voted on last night, and some will have to be part of the second year or the third year use of funds.

On the City website, you can also see what was discussed at the August 3rd meeting (and many more meetings) by choosing "Government" across the top toolbar, choosing "City Council," and then selecting "Council Meeting Agendas, Minutes, and Video."

We will continue to watch our budget as we have in the past, and will present a balanced budget. Operating in the black is the only way to go.

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

As I came back to the office after lunch on Tuesday, the outside digital thermometer for my truck said the temperature was only 80 degrees. I looked out the window of my office and checked my calendar. The calendar still says it is only the 4th of August, not the last weeks of September or October, which it looks and feels like it should. Weird weather, but most of our weather seems to be very strange lately.

I know the cooler weather is a nice change for the firefighters. With 21 forest fires going on in California today, and one of them being the "Rocky Fire," any help from any source is welcome. My wife and I like going to the Clear Lake State Park where we camp and fish. Our usual way of driving

LETTER TO THE EDITOR

What Is so Funny About the Drought?

From S. Hollis:

Absolutely nothing, however, an older resident of Rancho Cordova was overheard laughing about the fact that his lawn was totally green. Why? Because the recent changes to the lawn watering schedule didn't say anything about how many times a day he could water. It is this type of irresponsible thinking and behavior that needs to change. We must start thinking about the future for the sake

of our children and grandchildren. As I go about my business in this community, I see many brown lawns that cause bitter-sweet feeling in me. On one hand I see the residents of the community working together to combat this drought and it makes me proud to be a part of Rancho Cordova. On the other hand, I see lawns that are emerald green, water flowing down the gutters, sprinklers watering in the mid-day sun and I wonder what these

homeowners are thinking. They are not thinking, anyway, not thinking of others or the future. It is disheartening. I wish I was brave enough to stop and discuss the drought with these people. I am not so, I will just send my opinions to the editor while I continue finding ways to conserve water during the drought and thinking, "what goes around, comes around".

-S. Hollis, Resident of Rancho Cordova ★

All Letters to the Editor are published as received.

Be a Rancho Cordova Drought Champ

RANCHO CORDOVA, CA (MPG) - Many Rancho Cordova citizens have stepped up to save water during the drought. Here are some simple ways you can be a drought champ:

- **Prevent Fire Hazards:** Prevent lawns from becoming fire hazards during the drought by keeping grass cut between 3" to 4" tall, removing dead weeds and vegetation, and clearing debris.
- **Save Your Trees:** Trees produce clean air and provide shade, which lowers energy bills and helps lawns retain water. Check trees by inserting a small shovel or screw driver into the soil. If it's dry and crumbly, it's time to water. Soak the soil beneath and beyond the edge of the canopy of leaves until it feels sticky and wet. Add mulch around the base to retain moisture.
- **Sprinkler Tips:** Adjust sprinklers to prevent runoff onto sidewalks and driveways. Replace old sprinkler heads for maximum water efficiency.



providers are now offering rebates to convert turf to drought tolerant landscaping. If you are unsure who your water provider is, visit <http://water.cityofranchocordova.org> or call (916) 851-8897. Following are the specifications and how to apply:

- **Golden State Water Company:** \$1/square foot, maximum \$3,000 for residential and \$5,000 for commercial/HOA. To apply, visit www.gswater.com/conservation and select "Arden Cordova" as your community, email conservationdept@gswater.com, or call (800) 999-4033.
- **California American Water:** Residential—\$2/square foot, maximum \$6,000. Commercial—\$1/square foot, maximum \$25,000. To apply,

visit <http://amwater.com/caaw/learning-center/page25325.html> or call (916) 568-4201.

- **Sacramento County Water Agency:** Residential—\$0.50/square foot, maximum \$1,000. Commercial and industrial—\$1.50/square foot, maximum \$2,500. To apply, visit www.waterresources.saccounty.net/scwa/Pages/Cash-for-Grass.aspx or call (916) 875-RAIN (7246).

The City of Rancho Cordova is looking for homeowners who are finding easy ways to save or are converting front yards to drought tolerant landscape. Contact Communications Specialist Ashley Downton at (916) 851-8723 or email adownton@cityofranchocordova.org.
Source: City of Rancho Cordova ★

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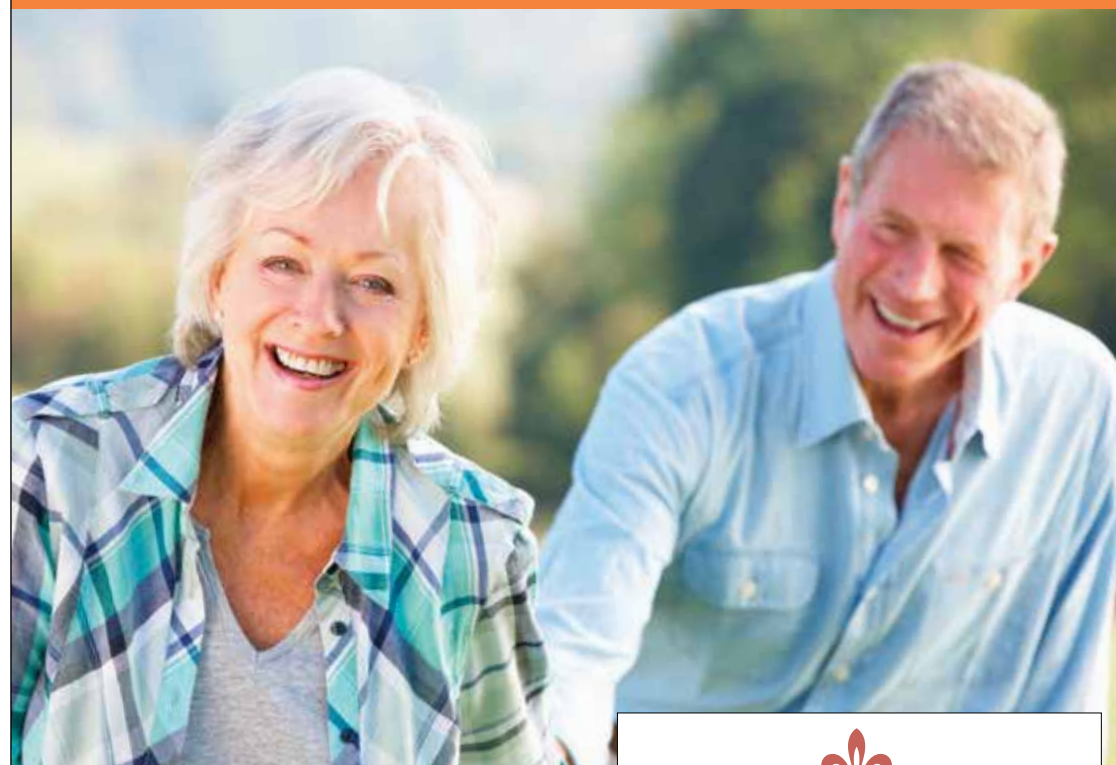
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ACROSS
 1. Bewildered or confounded
 6. Cul de ____
 9. Rum cake
 13. Church bell sounds
 14. Anger
 15. Give a green light
 16. Dogma
 17. ____ Aviv
 18. Cancer sign?
 19. *Higher education result
 21. *L in LMC
 23. "Yakety ____"
 24. W.'s advisor
 25. Tube in old TV
 28. *Classroom pests
 30. Catching sight of something
 35. "Jack and the Beanstalk" instrument
 37. ____ Scotia
 39. Ownership document
 40. Sixth month of civil year
 41. *Classroom ball
 43. It's a long story
 44. Fat or wax
 46. Kindred
 47. Resembling wings
 48. Destiny
 50. Volcano in Sicily
 52. Japanese capital
 53. *You work with it in shop class
 55. *Where most of American History occurred
 57. *Difference between public and private school
 61. *" ____ and (#34 Down)"
 64. Saw logs
 65. Like arctic air
 67. *Digital text
 69. *He's in the class play
 70. *Driver's Ed classroom
 71. Kitchen appliance
 72. "The ____ Not Taken"
 73. Lamb's mother
 74. Iron Mike

DOWN
 1. Pertinent
 2. Got ready to drive
 3. Healthy
 4. Lament for the dead
 5. Stellar
 6. Place or location
 7. "We ____ the World"
 8. *Usually in orchestra but not marching band
 9. Foggy view?
 10. * ____ mater
 11. Uncouth one
 12. Wrong
 15. As good as it can be
 20. Augmenting
 22. " ____ Got the World on a String"
 24. Canceled
 25. *Marker's predecessor
 26. *r in a math formula, pl.
 27. Golf bunkers
 29. Kind of soda pop

31. Leaning Tower city
 32. *The "boot" in Geography class
 33. Aquarium scum
 34. *"(#61 Across) and ____"
 36. " ____ and proper"
 38. Not much
 42. Boredom
 45. More dewy
 49. Also
 51. Declare with confidence
 54. Chilled
 56. Cornered
 57. Nicholas II of Russia, e.g.
 58. To a remarkable degree, British
 59. I. to a Greek
 60. Walked on
 61. Greek muse's strings
 62. A long, long time
 63. Not happening
 66. Crow sound
 68. Boy toy

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				5		9			
9		2		6					
3	6			9		1	7		
8									6
7	5		1			3		2	
			3		7				5
	7		4	2	1				

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.

Affordable Health Screenings Coming to Rancho Cordova

RANCHO CORDOVA, CA (MPG) - Residents living in and around Rancho Cordova can learn about their risk for cardiovascular disease, osteoporosis, diabetes, and other chronic, serious conditions with affordable screenings by Life Line Screening. First Baptist Church of Rancho Cordova will host this community event on August 11th. The site is located at 10720 Coloma Road in Rancho Cordova. Screenings can check for the

following:

- The level of plaque buildup in your arteries, related to risk for heart disease, stroke and overall vascular health
- HDL and LDL Cholesterol levels
- Diabetes risk
- Bone density as a risk for possible osteoporosis
- Kidney and thyroid function, and more

Screenings are affordable, convenient, and accessible for wheelchairs and those with trouble walking. Free parking is also available.

Packages start at \$149, but consultants will work with you to create a package that is right for you based on your age and risk factors. Call (877) 237-1287 or visit www.lifelinescreening.com. Pre-registration is required.

Source: Media Resources ★

Report on Veteran Death at Mather Completed

VA Responsible for Delay in Life-Saving Intervention

Continued from page 1 discuss advance directives.

- There was no evidence of advance care planning discussion during the patient's hospital stay.
- The patient's wristband had the incorrect code status of "Do Not Resuscitate/Do Not Intubate" printed on it and that staff did not verify the wristband code status during the patient's hospital stay.

To read the full report, please visit http://bera.house.gov/sites/bera.house.gov/files/wysiwyg_uploaded/VAOIG-15-00533-440.pdf.

In response to the report, Bera called on VA Secretary Robert McDonald to immediately ensure procedures are implemented nationwide to prevent repeat incidents.

"Our veterans have served us, and we have the responsibility to provide them with the highest quality health care," said Bera. "I'm deeply saddened that a local Veteran being treated at the Mather VA Hospital passed away, and extremely troubled

that preventable mistakes lead to a delay in lifesaving treatment. As a doctor, I know that every second counts in an emergency. I commend the Office of the Inspector General (OIG) on their responsive and thorough investigation into the circumstances surrounding this tragedy. In light of their findings that suggest several contributing factors may have been larger institutional problems, not isolated facility incidents, I've requested further clarification on VA hospital procedures to implement appropriate procedures throughout the VA system nationwide so this kind of tragic incident does not happen to any more of our Veterans."

Bera has represented Sacramento County in Congress since 2013. For updates from Congressman Bera, follow @RepBera on Twitter, like Congressman Bera on Facebook, or visit <http://www.bera.house.gov>.

Source: Office of Congressman Ami Bera ★

Monthly Military Retirees/Spouses Meeting

NORTH HIGHLANDS, CA (MPG) - The next monthly meeting of Military Retirees and Spouses is scheduled for August 11th at the North Highlands Park and Recreation District, 6040 Watt Avenue. Meeting time is 1030 hours.

The speaker for this month's meeting is Bobbi Park, California Department of Veterans Affairs. Come on out and enjoy a cup of coffee and meet new people. Questions can be referred to the volunteer staff at (916) 640-8446, Monday through Thursday, 0900 to 1500 hours.

Source: Chief Moses ★

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Sacramento County DA Reports



Recent cases of interest

CASE: Fabian Pozos

PROSECUTOR: Deputy District Attorney Darren Goodman

District Attorney Anne Marie Schubert announced on August 4, 2015, that 23-year-old Fabian Pozos was convicted by jury of first-degree murder and the jury found the use of a knife allegation to be true.

Pozos lived in an apartment next door to Maurice Lynch at a housing facility operated by Volunteers of America. At around midnight on June 21, 2014, Pozos was inside Mr. Lynch's apartment with other guests. Pozos was being aggressive with a female guest and Mr. Lynch confronted him. After a brief altercation, Pozos threatened to kill Mr. Lynch and other guests before going back to his apartment. Pozos returned with a knife and confronted Mr. Lynch, who was on his way to alert staff at the facility of Pozos' behavior. Pozos stabbed Mr. Lynch in the chest, puncturing his heart. He died minutes later.

Pozos faces a maximum potential sentence of 26 years to life in prison. Sentencing is set for September 4, 2015, at 9:00 a.m. in Department 22 before the Honorable Russell Hom.

CASE: Markas Fulgham & Latanya McLeod

PROSECUTOR: Principal Deputy District Attorney Kelly Mulcahy, Insurance Fraud Unit

District Attorney Anne Marie Schubert announced that on July 28, 2015, 28-year-old Markas Fulgham and 30-year-old Latanya McLeod pled no contest to felony insurance fraud. Both defendants were sentenced by the Honorable John Sapunor to 90 days county jail, 5 years formal probation, and ordered to pay \$2,000 in restitution.

On December 30, 2013, Fulgham was driving McLeod's car and was involved in an accident in downtown Sacramento. The insurance carrier of another vehicle in the accident investigated and found Fulgham at fault. McLeod's car sustained damage to the passenger side front and rear doors, but she did not repair it since she was uninsured.

On January 23, 2014, McLeod called Fulgham's sister's insurance company claiming Fulgham's sister drove her car and caused damage to the front and rear passenger doors. Fulgham's sister told her insurance company the car was already damaged from an earlier accident. The insurance company obtained the file from the insurance carrier of the other vehicle involved in the December accident. Photographs of the damage from the December accident were identical to photos taken of McLeod's car on January 23, 2014. When interviewed by the insurance company, both defendants denied pre-existing damage to the car and maintained Fulgham's sister caused the damage. Interviews of Markas Fulgham's mother and stepmother supported his sister's statement. McLeod ultimately admitted she lied about the pre-existing damage to her car because she did not want to pay for repairs.

Insurance fraud is committed when an individual reports to an insurance company fraudulent information regarding an accident, regardless of whether the insurance company pays the claim or suffers financial loss.

CASE: Steven Thompson & Michelle Marks

PROSECUTOR: Deputy District Attorney Alan Hengel, Insurance Fraud Unit

District Attorney Anne Marie Schubert announced that on July 13, 2015, 28-year-old Steven Thompson pled no contest to felony insurance fraud and was sentenced to 364 days in the county jail and placed on five years formal probation. On July 29, 2015, 27-year-old Michelle Marks pled no contest to misdemeanor insurance fraud and was sentenced to 180 days in the county jail and placed on three years formal probation. Both defendants were sentenced by the Honorable Ben Davidian.

On March 4, 2014, a driver was traveling at a low speed and accidentally rear-ended a vehicle driven by Thompson. At the time of the collision, Thompson was the sole occupant in his vehicle. Two days later, Thompson and Marks filed a bodily injury claim with the other driver's insurance company, Progressive Insurance. Their claim asserted Marks was in Thompson's vehicle at the time of the collision and she was injured. Progressive Insurance denied Thompson's and Marks' bodily injury claim after concluding Marks was not in Thompson's vehicle at the time of the collision.

An investigation by the California Department of Insurance's Urban Auto Task Force concluded Marks' and Thompson's insurance claim was fraudulent.

This case is a good example of a "stuffed passenger" insurance scam, in which people falsely claim to have been injured in a car accident when they were not in the car at the time of the accident, hoping to cash in on an insurance payout. ★

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Television Listings for the week of August 7-August 12

FRIDAY EVENING

AUGUST 7, 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, E!, ESPN, ESPN2, FAMILY, FOOD, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBO, MAX, SHOW) listing their respective programs.

SATURDAY EVENING

AUGUST 8, 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, E!, ESPN, ESPN2, FAMILY, FOOD, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBO, MAX, SHOW) listing their respective programs.

SUNDAY EVENING

AUGUST 9, 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, E!, ESPN, ESPN2, FAMILY, FOOD, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBO, MAX, SHOW) listing their respective programs.

MONDAY EVENING

AUGUST 10, 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, E!, ESPN, ESPN2, FAMILY, FOOD, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBO, MAX, SHOW) listing their respective programs.

TUESDAY EVENING

AUGUST 11, 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, E!, ESPN, ESPN2, FAMILY, FOOD, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBO, MAX, SHOW) listing their respective programs.

WEDNESDAY EVENING

AUGUST 12, 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, E!, ESPN, ESPN2, FAMILY, FOOD, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBO, MAX, SHOW) listing their respective programs.



Large advertisement for MPG (Media Production Group) with the text 'CALL 773-1111 TO ADVERTISE' and 'RanchoCordovaIndependent.com'. Includes the MPG logo on both sides.

CORDOVA SPORTS

Williams Retires as Section's First-Ever Assistant Commissioner

By Mike Bush

LODI, CA (MPG) - For the last 14 years, John Williams served as the Sac-Joaquin Section assistant commissioner—a position he actively sought in 1999.

“I was in the newspaper business and I wanted out,” said Williams, who worked as a sports writer, sports editor, managing editor, and production manager for different newspapers for a combined 24 years.

On June 30th, 2015, Williams retired as the section's first-ever assistant commissioner. Ryan Tos was named as Williams' replacement toward the end of spring. Williams said he'll continue to be active with the section in minor capacity roles.

Williams approached Pete Saco, who served as the section's commissioner from 1993 until last summer when he retired, about working as an assistant since the section didn't have one at the start of the 21st century.

“I told him, ‘Seems to me you need an assistant, and if you need an assistant I'm interested,’” recalled Williams about his conversation with Saco.

Williams' experience with high school athletics is

extensive. From 1996 to 2001, Williams served as the Sierra Valley Conference (SVC) commissioner. During that time and now, Cordova High School was and is a current member of the SVC. In addition to working as production manager for Herburger Publications, Williams was an assistant coach for the Galt High School girls basketball team. He also taught the high school's journalism class.

“He came from a media background, but had taught a little at Galt and completely understood the importance of high school sports,” said Saco of Williams. “When John was hired, the Internet was relatively new and he was able to help provide direction for our section and he was able to communicate with the media in a more timely manner than I was able to do because my job was becoming bigger. He had a basic understanding of our goals and objectives.”

Over the last 14 years, the section has grown from 130 high schools to 197. That has led from 18 leagues to 26.

The playoffs have also expanded, from a No. 1 seed league champion hosting a No.

3 seed from another league to the No. 1 seed hosting a No. 8 or No. 16 seed in Division I to D-VII. There are state championship games in football, girls and boys volleyball and swimming, to name a few.

During his years as the assistant commissioner, Williams has also seen his fair share of Cordova athletic teams make deep runs in the section's playoffs, from the Lancers' football teams to boys basketball to former Cordova coach Guy Anderson's baseball squads.

High school athletics is a part of Williams' life. His son, Josh, is the Liberty Ranch boys basketball coach. Liberty Rancho, Cordova, Rosemont, El Dorado, Union Mine, and Galt are part of the SVC.

Although he'll stay busy with watching the growth of his four grandchildren, Williams admitted he'll miss the section's staff and their daily interaction. “I'll miss day-to-day operations, who belongs where in play-off brackets,” Williams said. “I've been lucky to get this job. I don't have big plans, any big trips. But it's time for someone else to do this job. I'm looking forward to some me time, which I haven't had in a long time.” ★

What Parents and Athletes Need To Know About Carbohydrates in the Form of Sugar



An athlete needs fuel to perform, and carbohydrates, including sugars, have been found to be functional for athletes who are engaged in activity for at least an hour who have a performance goal. Photo courtesy of Brandpoint Media

SACRAMENTO REGION, CA (BPT)

- An athlete's overall nutrition needs vary depending on several factors, including the type of sport and duration of time in motion. Specifically during activity, an athlete needs fuel to perform, and carbohydrates, including sugars, have been found to be functional for athletes who are engaged in activity for at least an hour who have a performance goal. “The increased activity level of an athlete in the moment of training or competition calls for additional fuel, in essence, a readily available source of energy,” says Scott Sehnert, Auburn University sport dietitian and education chair of the Collegiate and Professional Sports Dietitians Association. “As registered dietitians, it's our job to ensure athletes understand

the importance of fueling their bodies to help them perform at their best, and science supports appropriate consumption of carbohydrates, including those in the form of sugar, to help improve intermittent exercise capacity for athletes training or competing for more than 60 minutes.”

All sugars are not the same and athletes mostly need forms that can be quickly converted to energy (digested and absorbed) to help them perform at their best. A variety of well-respected organizations, including the National Athletic Trainers' Association, the American College of Sports Medicine, and the International Olympic Committee Guidelines recommend team sport athletes consume 30 to 60 grams of rapidly digested and absorbed

carbohydrates per hour when training or competing for greater than 60 minutes. Research verifies these recommendations and emphasizes the need for easily digestible sugar—such as glucose and sucrose.

“In addition to consuming the right type and amount of fuel, sucrose or glucose, athletes need to consider how much their bodies can handle,” adds Sehnert. “The science supports solutions containing no more than 14 grams of rapidly absorbed carbohydrates per eight ounces of fluid to help athletes meet fuel recommendations while promoting fluid absorption and minimizing gastrointestinal distress. Sports drinks, such as Gatorade Thirst Quencher, follow these recommendations.”

Source: Brandpoint Media ★

END OF THE BENCH BY GERRY SCHOLL

An Annoying List of Sports Bugaboos

Everybody just loves a good sports list. Actually, that's not true. Sometimes lists can be so totally annoying.

Sports people love to list their “picks,” predictions, rankings, top tens of this, that, or the other, their “greatest of all time,” their whys or why-nots. It's all in good fun for the sake of debate and argument, to “compare and contrast.” But it is always impossible to cover all of the angles on any list. Something always gets overlooked, omitted, misplaced, undervalued or overrated.

Everyone who reviews any list has an individual frame of reference based on personal experiences, and thereby will have objections and differences of opinion that render the list inherently incomplete in their eyes and resulting in dissatisfaction and...annoyance... Can't you just hear it?

“What the hell is that guy thinking?” “No way, that team is not that good!” “How in the world can they put that guy ahead of this guy?” “He thinks that; well what about this?” “So-and-so will never be half the player so-and-so was!”

But, one thing that everybody can agree on is...there are always plenty of annoying things going on in the wonderful world of sports and any list of those to be compiled would be open-ended, and could continue to infinity and beyond!! So, without putting too much thought into it, we got things started with whatever random entries came to mind in a very disorganized, sort-of listing of things that are bugging us...

Deflategate. Enough already about those slightly-under-inflated footballs that were used by New England quarterback Tom Brady in the AFC Championship Game to defeat the Colts...oh, yeah!...45-7!! Those footballs made all the difference. The air has been getting kind of stinky around the Patriots; Brady thought it was a “Spare-the-Air Day.” Some

guy got his hands on one of those balls and cashed it in for almost \$44,000. He's going to buy a Prius. Every person in the Patriots' organization should have to do public service, handing out fully-inflated free footballs to all the underprivileged kids in the state of Massachusetts --- so long as they can hold on to them without fumbling.

Pat's owner Robert Kraft, who was disappointed that Brady's four-game suspension was upheld and said (roughly paraphrased), “It's routine in the NFL for discipline to be reduced.” That's great policy. All the players know ahead of time that if they really screw up their punishment will be minimal (if they are good enough players).

Football players gone astray; it happens everyday. The latest, the Jets' Sheldon Richardson mess --- already with a four-game suspension for substance abuse, getting charged with resisting arrest, driving 143 mph in his Bentley with others in the car, including a 12-year-old, reeking of pot and with a loaded handgun aboard and keeping it secret for two weeks. Reportedly, the Jets' GM said, “There is a degree of trust that has been broken, but we are supportive of him...” Oh, really? Not kicked off the team? He must be pretty good.

Stories about the sod at Levi's Stadium (just get it right, damn it). Mount Davis. Any talk about the Jets. TV shots of the owners in their luxury boxes. Jerry Jones' face. Stadium deals, holding communities and taxpayers hostage via threats of “moving to L. A.” (Thanks to HBO's Last Week Tonight with John Oliver).

College football dramas in the South. Florida State Seminoles and The Tomahawk Chop chant, also stolen by the lame fans of the Atlanta Braves. The SEC. Example (from SB Nation): “Star Ole Miss tackle Laremy Tunsil and his stepfather have agreed to drop assault charges

against each other.” So glad those two are working things out.

The term “underrated” when it is used instead of saying, “He's not as good as we thought he would be when we drafted him.” Ticket prices to everything. The overly-obnoxious food fare sold at parks just to attract attention from the media and send customers to the hospital. Continued coverage of “competitive eating” as sports stories (that might make you throw up). New uniforms for every reason imaginable, when the real reason is mo' money, mo' money. Big-game hunting (you almost wish that lion would have sunk his teeth into that dentist).

Dressed-to-the-18s golfers complaining about the course, or conditions, or taxes (just shut up and play). Tiger Woods (No. 262). The “great athletes” in those barbaric, so-called sports (they know which ones they are). Poor Ronda Rousey can't get a date and she wonders why. Now that he's gone, Jim Harbaugh. Needing no explanation: Urban Meyer, Jim Boehiem, John Thompson, Jr. (the dad), A. J. Pierzynski, A-Rod, Joe Buck (add your own).

Bean ball wars, benches-clearing shoving matches, bat flips, gum throwing, tobacco chewing, floating strike zones, too-lengthy further reviews and the unwritten rules of baseball. Sometimes you win, sometimes you lose, sometimes it rains or the sprinklers come on (that sounds familiar). Talking about mega-contracts during the All Star Game (a really bad look, 'er, sound).

Shoe deals in the NBA. LaMarcus Aldridge is building a house for his shoe collection. Adidas is trying to lure Houston's James (Fear the Beard) Harden away from Nike with a \$200-million proposal. Hey, James, how about you and all your buddies taking all that money and those shoes and shoeing all the shoeless Joes out there who could really use them? That would be “a really big shew!” ★



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INSIDE BASEBALL

A WEEKLY TURN AROUND THE BASES

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» GRAY CONTINUES TO DEAL IN OAKLAND

» TROUT RED HOT IN JULY

» METS ON THE MOVE IN NL EAST

Griffey Jr. leads 2016 call to the Hall of Fame

Piazza, Bagwell, Raines among other Cooperstown hopefuls

Craig Biggio, Randy Johnson, Pedro Martinez and John Smoltz were inducted into the National Baseball Hall of Fame last week in what comprised the largest group elected by the Baseball Writers' Association of America since 1955.

Looking ahead to 2016, there are plenty of worthy candidates — from a statistical perspective, at least. However, due to the restriction of only 10 names per ballot and divisive opinions on perceived, alleged and actual PED use, few of them will reach the needed 75 percent vote necessary to become enshrined.

Even with four players off the ballot, there are several interesting first-time candidates who will go on the ballot, including one sure-fire first-ballot Hall of Famer.

Here's a breakdown of what our ballot would be and what the players' chances of being elected to the Hall of Fame next year are:

Ken Griffey Jr.: First Year

Surely a first-ballot lock, Griffey is one of eight players to hit 600 home runs (630), ranking sixth all-time. The Kid was the 1997 AL MVP, a 13-time All-Star (starting nine times), and a 10-time Gold Glove winner. He won't be unanimous because no one is, but he's as close to a lock as they come

Chances: Lock

Mike Piazza: Fourth Year, 69.9% last year

Widely considered the best offensive catcher in baseball history, Piazza hit 427 career home runs while hitting .308 with a .377 on-base percentage. He was an All-Star every season from 1993 to 2005 except in 2003, starting in 10 of the Midsummer Classics. He keeps inching up about five percentage points each year.

Chances: Very good

Jeff Bagwell: Sixth year, 55.7% last year

He's been consistently receiving 50 to 60 percent of the votes, a number that would be much higher if not for his suspected steroid use — despite there being no evidence. Bagwell hit a ton of home runs — 449 for his career and 205 during his five-year peak — and is widely considered a better player than Biggio, who is already enshrined.

Chances: Possible

Tim Lincecum: Ninth year, 55.0% last year

Raines is on the outside looking in with two years of eligibility left with the writers. He's fifth all-time in stolen bases (808), and everyone above him is in the Hall. Raines played in the majors from age 19 to 42 and has a career .294 batting average and .385 on-base percentage, leading the National League in both categories in 1986.

Chances: Possible

Barry Bonds: Fourth year, 36.8% last year

Bonds likely won't make the Hall of Fame because too many voters won't look past his alleged PED use, but he's among the greatest hitters in baseball history. Not only does he have the all-time and single-season home run records, but he also is the all-time walks leader by 368 and has a career .444 on-base percentage, including a .609 OBP at age 39.

Chances: Not happening

Roger Clemens: Fourth year, 37.5% last year

Clemens is in the same boat as Bonds as far as alleged PED use, and he was nearly as dominant on the mound as Bonds was at the plate. He is third all-time in strikeouts (4,672, leading the league five times), led the league in ERA seven times and has the most Cy Young Awards in baseball history (seven).

Chances: Not happening

Curt Schilling: Fourth year, 39.2% last year

Schilling won World Series titles with the Diamondbacks in 2001 and the Red Sox in 2004 and 2007, winning co-MVP honors with Arizona. His 11–2 record and 2.23 ERA in 19 postseason starts really stand out, but he was a workhorse during the regular season, too, recording 300-plus strikeouts three times and throwing more than 250 innings four times.

Chances: Unlikely



Regarded as one of the top players of his generation, Ken Griffey Jr. hit .284 with 630 home runs (sixth all-time) during his 22-year career that included two stops with the Mariners sandwiched around stints with the Reds and White Sox.

Trevor Hoffman: First year

Famous for a devastating changeup, Hoffman is one of the best relievers in baseball history. He was the first pitcher to accumulate both 500 and 600 saves, and he was the all-time leader in the category from 2006 to 2011 before Mariano Rivera passed him. He finished with a career 2.87 ERA and 1,133 strikeouts in 1,089.1 innings.

Chances: Unlikely this year

Mark McGwire: 10th year, 10.0% last year

McGwire is 10th all-time with 583 career home runs and broke Roger Maris' single-season home run record in 1998 with 70, a mark Bonds would surpass three years later. Although his power numbers are prodigious, he almost certainly won't become enshrined in his final year of eligibility because of admitted steroid use.

Chances: Not happening

Sammy Sosa: Fourth year, 6.6% last year

Sosa had seasons of 66, 63 and 64 home runs but never led the league in any of those seasons. He finished his career as one of eight players to hit 600 home runs. His connection to PEDs will likely keep him out of the Hall, though, and could drop him off the ballot if he doesn't garner five percent of the votes.

Chances: Not happening

AROUND THE HORN

After being named in trade rumors for well over a year, **Cole Hamels** was finally traded to the Rangers with reliever **Jake Diekmann** for top prospects **Jorge Alfaro**, **Nick Williams** and **Jake Thompson**, along with **Matt Harrison**, **Alec Asher** and **Jerad Eickhoff**. At the time the trade was agreed to in principle, the Rangers were five games out of the second wild card spot, but after the weekend, they closed the gap to three games. ...

Oakland's **Sonny Gray** threw his second shutout of July, the fourth of his career, against the Dodgers last Tuesday. The 25-year-old allowed only three hits and one walk, striking out nine batters. He followed that start by allowing only one earned run in 7.0 innings in a no-decision against Cleveland on Sunday to lower his ERA to 2.12 for the season. ...

Angels starter **C.J. Wilson** will likely miss the rest of the season with news that an MRI revealed left elbow impingement, taking away depth from an already thin rotation. ...

Yoenis Cespedes joined his fourth team in 366 days Friday when he was traded for the third time during that span. After being dealt to the Red Sox for **Jon Lester** last July, Cespedes was traded to the Tigers during the offseason for **Rick Porcello**. Then, last week, he was traded to the Mets for pitching prospects **Michael Fulmer** and **Luis Cessa**. Given that he's set to become a free agent at the end of the season, there's a good chance Cespedes will join his fifth team in less than a year-and-a-half. ...

Despite being four games under .500 and 7.5 games out of a wild card spot at the time, the Padres decided to make only one trade — **Abraham Almonte** for **Marc Rzepczynski**. They were sitting on all sorts of trade chips, including free-agent-to-be **Justin Upton** as well as pitchers **Craig Kimbrel**, **James Shields** and **Tyson Ross**. ...

The Blue Jays added the biggest names at the trade deadline, acquiring **Troy Tulowitzki** from the Rockies and **David Price** from the Tigers. That duo has been to a total of 10 All-Star Games already, despite only being 30 and 29 years old, respectively. Price paid immediate dividends, allowing only three hits in eight innings of the Blue Jays' win over Minnesota on Monday.

NUMBERS GAME

41.4

12 of **Mike Trout's** 29 hits (41.4 percent) during the month of July were home runs, including 12 of his 14 extra-base hits. For the month, he had an .861 slugging percentage, raising his slugging percentage on the season from .582 to .642.



TURN BACK THE CLOCK

Aug. 7, 1999

Wade Boggs collects his 3,000th hit with a home run off the Indians' Chris Haney. He is the first player to join the 3,000-hit club with a home run. The day before, Tony Gwynn recorded his 3,000th hit — a single off the Expos' Dan Smith.

TRIVIA CORNER

The Toronto Blue Jays recently traded for Troy Tulowitzki, but they had a chance to draft him in 2005 with the sixth overall pick. Tulowitzki ended up going off the board with the next pick when the Blue Jays passed on him for which player?



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TRIVIA ANSWER: Ricky Romero
Photos: Griffey, Trout: AP

ATHLON SPORTS POWER RANKING

- Cardinals** Winners of 11 of 16 since the All-Star break.
- Dodgers** Underrated additions to the rotation should solidify playoff position.
- Royals** Lorenzo Cain hit .367/.424/.667 for the month of July.
- Pirates** Jung Ho Kang leads all NL rookies in WAR (Baseball Reference).
- Astros** Carlos Gomez acquisition makes them a true contender.
- Yankees** Quiet at the trade deadline but winners of 10 of 14.
- Blue Jays** Made the biggest improvement at the trade deadline.
- Nationals** Only three teams steal fewer bases than Washington.
- Giants** With 14 wins in 18 games, they are back in a wild card spot.
- Mets** Sweeping the Nationals brings them to a first-place NL East tie.
- Cubs** Took care of business against the Rockies and Brewers.
- Angels** Added a slew of new outfielders but still need pitching depth.
- Orioles** Gerardo Parra trade gives the O's outfield a much-needed bat.
- Rays** Damaging series loss to Boston won't help playoff hopes.
- Twins** Only 5–10 since the All-Star break, playoff hopes fading.

- Rangers** Cole Hamels trade sets up strong rotation for next season.
- White Sox** Decided not to sell at the trade deadline after seven-game win streak.
- Padres** No starter has a batting average above .285.
- Diamondbacks** Ended July with a six-game winning streak.
- Tigers** Picked up quality young pitching with Price and Cespedes trades.
- Indians** Corey Kluber has six quality starts in his last seven starts.
- Red Sox** Gave up 6.6 runs per game over the past week.
- Athletics** All-Star Stephen Vogt hit just .163/.193/.225 during July.
- Mariners** Jesus Montero has been tearing it up since reaching the majors again.
- Reds** Went 4–3 against NL Central powerhouses St. Louis and Pittsburgh.
- Braves** Fading from relevancy after losing six games in a row.
- Rockies** Troy Tulowitzki trade could signal Carlos Gonzalez trade this winter.
- Marlins** In classic fashion, shed a lot of salary at the trade deadline.
- Brewers** Losers of eight of nine to Diamondbacks, Giants, and Cubs.
- Phillies** Farm system rejuvenated after trading Cole Hamels.



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