

**PLUS:**  
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 Cordova Girls Fastpitch Marks 50th Anniversary

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# Grapevine Independent

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PROUDLY SERVING RANCHO CORDOVA & SACRAMENTO COUNTY

March 27, 2015

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## VSP Global Encourages Employees to Get Active



The American Heart Association asks Sacramento to Take a Walk. Get out and spend some quality time with your friends.

**RANCHO CORDOVA, CA (MPG)** - Wednesday, April 1st is National Walking Day and the American Heart Association is encouraging Americans and Sacramento residents to lace up for their heart and get moving.

On National Walking Day, a day where hundreds of thousands across the nation take steps to improve their health, Americans are encouraged to spend at least 30 minutes of their day briskly walking.

"Statistics show that one in two men and one in three women are at risk for heart disease, and research shows that an active lifestyle can lead to a healthier, longer life," said Rob Lynch, President and CEO of VSP Global and Chair of the 2015 Sacramento Heart & Stroke Walk. "I encourage all Sacramento residents to walk for their heart health and enjoy the benefits of a healthy lifestyle."

Lynch said that VSP Global encourages employees to make wellness a part of their everyday activities year round and has scheduled a campus wellness walk on the day.

Another local company lacing up for the cause will be Western Health Advantage.

They've scheduled walks throughout the day that will circle around their complex and the surrounding area, totaling approximately one mile, and are planning to give sunglasses as a nice incentive for employees taking part. The walks are scheduled every hour on the hour and will be led by a different member of senior staff who will be donning shiny blue capes.

"Americans are spending more time than ever sitting in front of screens—at work and at home—which means less time being active," said Garry Maisel, President and CEO of Western Health Advantage. "People spend a good deal of their time at work so we are thrilled to be a part of this as we have really made it our mission to bring wellness to the workplace and hope more local companies take part."

Physical inactivity has a detrimental effect on your health. Studies have shown that inactive people can double their risk of heart disease. Whether it's walking, running, biking, playing sports, or joining a group class, the goal is getting more active. The American Heart Association recommends at least 150 minutes of physical

activity weekly for adults and 60 minutes a day for kids.

Western Health Advantage and VSP Global have also received recognition from the American Heart Association as a Fit-Friendly Worksite. Fit-Friendly Worksites reach gold- or platinum-level status by implementing various physical activity, nutrition, and culture enhancements such as on-site walking routes, healthy food choices in cafeterias and vending machines, annual employee health risk assessments, and online tracking tools. The deadline for companies to apply is April 1st. The application and additional criteria are available at <https://volunteer.heart.org/apps/fitfriendly/default.aspx>.

For more information on National Walking Day, visit [www.heart.org/nationalwalkingday](http://www.heart.org/nationalwalkingday).

National Walking Day is locally sponsored by VSP Global while Western Health Advantage is the local "My Heart. My Life." platform sponsor.

Source: American Heart Association ★

## Every Drop Counts; Creeks Need Water Too!

**RANCHO CORDOVA, CA (MPG)** - Over 88 miles of creek run through Rancho Cordova. Waste that is dumped into creeks can destroy plants, pollute water, and endanger wildlife. So Rancho Cordova is mobilizing to clean up its creeks on Saturday, April 18th from 9 a.m. to 11 a.m.

This year, volunteers are especially needed at creeks near Horn Road off of Folsom Boulevard, Dawes Street near Dolecetto Drive, and Zinfandel Village Bike Trail. Sign up to volunteer before April 10th or until all spots are filled by visiting [www.creekweek.net/vrancho](http://www.creekweek.net/vrancho).

"Rancho Cordova is joining the movement to clean our creeks during Creek Week," said Mayor Robert J. McGarvey. "By keeping our creeks clean, we protect the environment and maintain our outdoor adventure areas for future generations."

Rancho Cordova's clean-up event is part of Creek Week, an annual event that is organized by the Sacramento Area Creeks Council. The clean-up on April 18th will be followed by a free lunch, entertainment, and fun activities from noon to 2 p.m. at Carmichael Park, 5750 Grant Avenue.



The after photo from the creek near Horn Road in Rancho Cordova during the 2014 Creek Week Clean-Up. Photo courtesy of the City of Rancho Cordova

You can help the City collect valuable water quality data during the clean-up. Curious? Come to Bear Hollow Reservoir on Saturday, April 18th at 10:30 a.m. for a water quality demonstration.

For more information, contact Dana Grossi in the City's Storm Water Quality Program at (916) 851-8897 or [dgrossi@cityofrancho-cordova.org](mailto:dgrossi@cityofrancho-cordova.org).

Source: The City of Rancho Cordova ★

## Pedestrian Traffic Signal Increases Safety for Senior Citizens

**RANCHO CORDOVA, CA (MPG)** - The City of Rancho Cordova will soon begin construction on a new pedestrian traffic signal on Routier Road in Rancho Cordova. The signal will be located in front of the Neil Orchard Senior Activities Center and adjacent to the Lincoln Village Park and Lincoln Village Pool.

The project aims to make crossing Routier Road safer and easier for seniors frequenting the activities center as well as people enjoying the nearby park and public pool. "The City of Rancho Cordova's new pedestrian traffic signal project increases safety for children, families, and seniors using the activities center, park, and pool," said Mayor Robert J. McGarvey. "With a bus stop across the street from these amenities, the signal will also create a safe crossing for citizens using public transit." The project will include a

raised crosswalk and shade structures on each side of the street at the signal. The traffic light will remain green except when someone needs to cross the street.

The activities center is managed by the Cordova Recreation and Park District and hosts around 200 of Rancho Cordova's senior citizens on a daily basis. It offers a wide variety of daily activities for community members who are 50 years or older,

ranging from a monthly movie event to pottery classes to Zumba.

"Safe access to our programs and facilities is a high priority for Cordova Recreation and Park District," said District Administrator James M. Rodems. "During the busy summer months, parking can be limited along this busy corridor. This new crosswalk will give safe access for our families and active adult community to

the park, pool, and our thriving senior activities center."

Construction will begin by the end of March and is anticipated to be completed by summer 2015. Construction will take place Monday through Friday between the hours of 7 a.m. to 6 p.m.

The City has dedicated \$70,000 in Federal (HUD) funds through the Community Development Block Grant program to its Public Works

Department for the pedestrian traffic signal.

Stay tuned to the City's Facebook page ([www.facebook.com/RanchoCordova](http://www.facebook.com/RanchoCordova)) and Twitter page ([www.twitter.com/CityofRCordova](http://www.twitter.com/CityofRCordova)) for project updates.

For more information, please contact Project Manager Chris Boyer at [cboyer@cityofrancho-cordova.org](mailto:cboyer@cityofrancho-cordova.org) or (916) 851-8907.

Source: The City of Rancho Cordova ★

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# Girls Just Want to Have Fun

## Cordova Girls Fastpitch Marks 50th Anniversary

By Shelly Blanchard

**RANCHO CORDOVA, CA (MPG)** - Saturday, March 21st was a day a half-century in the making as hundreds of girls and their parents celebrated the 50th Anniversary of Cordova Girls Fastpitch Softball in Rancho Cordova.

Founded the same year as Gatorade and Medicare, girls softball in Rancho Cordova has proved to be equally enduring. Each year, as many as 300 girls in Rancho Cordova pick up a bat and a glove and take the opportunity to grow into self-confident women by supporting each other on the fields of Cordova Girls Softball. In the last 50 years, approximately 10,000 families have shared the experience.

Longtime league president Rod Borba said the league is about girls sports—and building a great hometown. “I am proud of our continued role in the community,” said Borba. “Our goal this year is to highlight our history, build to our future, and remind parents to savor these moments with their children.”

Honored a week earlier by the Cordova Community Council as the “Distinguished Community Service Organization,” the 50th anniversary was an opportunity to recognize amazing changes that have marked sports for girls over the past half-century.

Cordova Girls Fastpitch Softball was founded in 1965 as the first girls sport league in Rancho Cordova, taking hold years before the adoption of Title 9, which made equal access to sports for girls the law of the land in 1972. Today, girls aged 4-18 head out to Mills Middle School fields for what has become an annual rite of spring.

Frank Puhr, the man who



Cordova Girls Fastpitch Softball was founded in 1965 as the first girls sport league in Rancho Cordova. Hundreds of girls and their parents celebrated the 50th anniversary on Saturday, March 21st. Each year, as many as 300 girls in Rancho Cordova pick up a bat and a glove and take the opportunity to grow into self-confident women. In the last 50 years, approximately 10,000 families have shared the experience. Photo by Rae Lynn Flippo

served as the league’s first president, was on hand to celebrate the organization he helped found a half-century ago. “I still think of each of these girls as one of my kids,” said Puhr. “I loved every minute of it.”

Puhr was all smiles when handed a neon-yellow softball to toss the first pitch and accepted a proclamation from the City of Rancho Cordova presented by Council Member Linda Budge. Other ceremonial pitches came from Mayor Bob McGarvey; 10-year players Amber Chapman, Caitlyn Teau, Cassie Rucker, and Myleeah Chapman; and top candy-fundraising campaign seller Kayla Sattelberg.

The passage of time was also

marked by the introduction of a new Cordova Girls Softball icon: a modern-looking female athlete, designed by Rancho Cordova artist Rick Sloan. She replaces the outdated symbol designed by Marty Garrity in 1970, which served as the face of girls softball here for 45 years.

With 25 teams parading on a picture-perfect morning, the league used retro names from years past in recognition of the organization’s history. Always the case on opening day, the tiniest players dressed up in ballet tutus and angel wings to reflect their team names and demonstrate their team spirit as cameras clicked away at the spectacle.

The Cordova High School

Drumline pounded out cadences to get the party started, and a United States Marine Corps Color Guard from Maintenance Service Company CLB 23 Sacramento helped set the scene.

With the formalities concluded, it was all about girls and softball, with the crack of bats and giggles combining with the delicious aroma of Rod’s Famous Tri-Tip wafting from the snack bar. Borba, who has been president of the league for 18 years, predicted the snack bar would serve up its 10,000th tri-tip sandwich this year.

Girls frolicked from field to

a giant slide, parents cheered, and an alumni game topped off a special day.

Funded completely by player fees, support from local business, and countless hours of volunteer labor by dedicated adults, Cordova Girls Softball has also given exemplary teams and players opportunities to travel and measure themselves against other teams from around the country while representing their hometown of Rancho Cordova. The league is both a talent pipeline and training ground for Cordova High School athletics.

Before anyone could yell “play ball,” a photographer was hoisted far above the field for what amounts to a family portrait spanning 50 years. They smiled, they waved, and then it was on to the game.

This year the league will codify its history in a full color yearbook. Families and former players are urged to send photos to the league or share photos on the league’s Facebook page ([www.facebook.com/CordovaFastPitch](http://www.facebook.com/CordovaFastPitch)). For more information, visit [www.cordova-fastpitch.com](http://www.cordova-fastpitch.com).

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## Sacramento Republic FC President Talks Soccer at Rancho Cordova Luncheon

Story and photo by Margaret Snider

**RANCHO CORDOVA, CA (MPG)** - On March 19th, Warren Smith, president and co-founder of Sacramento Republic Football Club, provided Rancho Cordovans with a firsthand look into Sacramento professional soccer. His presentation at the Rancho Cordova Luncheon at City Hall coincided with Major League Soccer's choice of Minneapolis to fill the franchise that the Sacramento club had hoped would be theirs. Smith, however, was optimistic.

"They told us privately, 'We're going to expand,'" Smith said. "And they said, 'If we expanded today, you would get a franchise.'" Sacramento Republic now is hoping to be announced as the 25th franchise in August. The club is presently part of USL Pro.

"We've performed pretty well in this league; we're even with Portland, Seattle, Montreal,

Vancouver, we're outperforming way ahead of what they were able to do," Smith said. "We finished first in every single category, from ticket sales to merchandise to sponsorship. To have won the championship this year, in our first year, just really was the icing on the cake for us."

Smith said that he had a love-hate relationship with soccer when he was younger. As a sophomore in high school, a girlfriend convinced him to give up American football for soccer.

"This little kid flies into my leg a minute into the first game of the season and breaks it," Smith said. "I went back to American football."

Smith said that while American football is the number one sport in this country, only eight-million people worldwide actually play that sport. Worldwide, 300 million people play soccer, 30 million in the United States alone. In the Sacramento "draw" area,

meaning a 30-mile radius around the city, 133,000 people play soccer, giving this region the number two participation level in the country on a per capita basis.

"What's really happened over the last 30 or 40 years is that our children have grown up with the sport," Smith said.

Sacramento Republic FC has applied for academy status, which Smith said is "a sanctioned United States Soccer Federation team, where these players are paid by us to play."

"And so we grow in partnership with the curriculum and philosophies that they're trying to institute to win the world cup," Smith said. "That flows from our first team all the way down to the academy program."

In the meantime, Smith said the club is very much involved in the youth soccer community in local school districts and has a great relationship with San Juan Unified School District,

which has the only Designated Academy here in the region.

A large and faithful following of the club is already growing in Sacramento, with the Tower Bridge Battalion as the official support group. "It's a group of enthusiastic fans that support the club wherever they go," said Brian Danzl, women's varsity soccer coach at Cordova High School in Rancho Cordova. "Thick or thin, we're there to support our team because they are our team."

The club not only has a following but will have great economic impact on the Sacramento area. Though a feasibility study was not required here, the impact is estimated to be similar to Orlando, Florida, since it is demographically similar and has only one major league sports team. The study done in Orlando showed a \$1.5 billion economic impact over a 30-year period.

The team crest was developed



Warren Smith (right), president and co-founder of Sacramento Republic Football Club, spoke at Rancho Cordova's March Luncheon. Smith and Brian Danzl (left), coach of Cordova High School women's varsity soccer, sport the scarf of the Tower Bridge Battalion, the team's local support group.

around research that revealed that people loved Sacramento not so much because it was the state capital but because the spirit of California was headquartered and invented here. Therefore, the club built their crest based on the California State Flag: a star, which represents the capital on a map; a bear; and the name "republic." Investigation determined that

"urbs indomita," which means "indomitable city," used to be on the city seal. That is now trademarked as part of the club's brand: "URBS INDOMITA—INDOMITABLE CITY. INDOMITABLE CLUB."

To learn more about the Sacramento Republic Football Club, including the schedule of games, please visit [www.sacrepublicfc.com](http://www.sacrepublicfc.com). ★

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# Soil Born Farms Receives Bank of America's Neighborhood Builder Award

Recognized for Addressing Hunger and Sustainability Through Urban Farming



Bank of America announces Soil Born Farms as Sacramento's Neighborhood Builder Award recipient. Soil Born Farms is a nonprofit being recognized for its work in addressing hunger, healthy living, and sustainability in the Sacramento community through urban farming. Photo courtesy of Weber Shandwick

**RANCHO CORDOVA, CA (MPG)** - The Bank of America Charitable Foundation named Soil Born Farms as Sacramento's Neighborhood Builder recipient. The nonprofit is being recognized for its work in addressing hunger, healthy living, and sustainability in the Sacramento community through urban farming. Neighborhood Builders is a strategic investment in communities that combines \$200,000 in flexible funding with leadership training for high-performing nonprofits and their executives.

Soil Born Farms' mission is to create an urban agriculture and education project that empowers youth and adults to discover and participate in a local food system that encourages healthy living, nurtures the environment, and grows a sustainable community. Today, the American River Ranch, a 55-acre historic ranch located within the American River Parkway at 2140 Chase Drive in Rancho Cordova, is now the permanent home of Soil Born Farms, which educates schoolchildren about how to grow and prepare healthy food and provides fruits and vegetables for underserved communities that might otherwise

not have access to healthy food. "Over the last decade, we've heard from past recipients that the combination of unrestricted funding and leadership training has fundamentally changed their organizations and helped them stay competitive in an ever-changing funding environment," said Kathie Sowa, Sacramento Market President, Bank of America. "Soil Born Farms has already done so much for families in Sacramento. This investment will empower them to build leadership capacity and expand to meet the evolving needs in our community."

"Bank of America is amazing at not only recognizing which organizations to invest in, but also when to invest in them. For Soil Born Farms, the Neighborhood Builder's Award brings an injection of training and financial resources at a point when they will have the biggest impact for our organization and the Sacramento Community. As we speak, these 'tipping point' resources are already being applied into infrastructure, leadership initiatives, and healthy food programs that will help Soil Born Farms and its partners improve the long-term

physical, economic, and environmental health of our Sacramento Community."

Neighborhood Builders is currently marking its 10th year as the largest investment in nonprofit leadership development and organizational longevity. Through Neighborhood Builders, Bank of America has invested \$160 million in 800 nonprofit organizations and provided training to 1,600 nonprofit leaders. In Sacramento, Bank of America has awarded 19 nonprofit organizations as Neighborhood Builders, investing over \$3.8 million into the community. Organizations selected as Neighborhood Builders are recognized for their significant impact in addressing needs related to community development, basic human services or workforce development, and education. The flexible funding allows nonprofits to build capacity. At the same time, leaders of the organizations learn about issues essential to nonprofit sustainability through the Neighborhood Builders leadership training.

Source: Weber Shandwick ★

## SPOTLIGHT ON BUSINESS

# Senior Computer School (50 +)

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Workshop titles include: Digital Cameras, Computer Maintenance, E Bay, Greeting Cards, Downloading, Windows 7, Storage and Backup Files, Flash Drives, etc, and Database.

Senior Computer School is a non-profit organization staffed by volunteer instructors, assistants, and office staff. We train 40-60 students every month with 8 to 16 students in each class. Step by step instructions are conducted with clearly written lessons. There is no need to take notes as the lessons are provided for you to keep after each session. Assistants provide individual help, as needed during each session.

The Senior Computer School learning center is located at the back of the Rio Americano High School campus, 4540 American River Drive, Sacramento, CA 95864. Free parking is available near the levee road, inside the chain linked fenced area. Look for the Senior banner on the Learning Center.



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By Sal Arrigo Jr.

Recently, I was a guest speaker at the Society of Military Widow's luncheon, held at the Veterans of Foreign War Post 4647 in Antelope, CA. My friend Elsie, from the Cordova Senior Center and a member of the group, invited me to join them at a recent Saturday meeting. It was not too long after that I found this group had much more to offer to the military community than I ever knew, and their efforts are worth sharing.

The Society of Military Widows (SMW), Camellia Chapter 5, Sacramento, CA, was chartered on February 6th, 1974, and currently has a membership of 62 women whose husbands have served in the military ([www.militarywidows.org](http://www.militarywidows.org)). I had the honor to interview both Elsie and Catherine. Catherine is the current historian and an original charter member, and this is their story: The original SMW was founded in 1968 "to serve the interest of women whose husbands died on active duty military service

# Salute to Our Military Widows

or during retirement from the armed forces." The SMW is a non-profit organization whose purpose is to "educate the American public concerning the problems and needs of military widows in today's society." The SMW is affiliated with the National Association for Uniformed Services (NAUS), which provides for a legislative voice in Washington D.C. and assists with membership recruitment.

When I asked for the main reasons someone would choose to belong to this organization, I was told by these two ladies, "It is important to keep up to date with our benefit information." In addition, the group provides a social outlet for these women and a source to seek advice on a variety of topics of interest to them. Elsie stated, "We are not a sad group; the camaraderie and looking forward to the next meeting is important to us." I can tell you from personal experience that this is a lively group of women from a variety of backgrounds and ethnicities who do enjoy their time together. To be a member, a widow must be in possession of a valid military dependent identification card.

The local chapter is quite active. As an organization, they donate to the Fisher House (one of the houses is located at Travis

Air Force Base, Fairfield, CA), which is a network of comfort homes where military and veterans' families can stay at no cost while a loved one is receiving medical treatment. These homes are located at major military and VA medical centers nationwide, close to the medical center or hospital they serve. Fisher Houses have up to 21 suites with private bedrooms and baths. Families share a common kitchen, laundry facilities, a warm dining room, and an inviting living room. Fisher House Foundation ensures that there is never a lodging fee ([www.fisher-house.org](http://www.fisher-house.org)).

Further evidence of the chapter's generosity includes paying for a service dog for a disabled veteran, donating cans of coffee and magazines to be used at Veteran Clinics' waiting rooms in the Sacramento area, and contributing to the Retiree Activity Office at McClellan Park, among other things.

If you'd like to attend a meeting, they are held the first Saturday of each month (except January and July) at 11:30 a.m. for a no-host lunch and short business meeting. It is worth attending for the information available to military widows, but equally important, go for the friendship. ★



Bob McGarvey

# From the Mayor's Corner Government Officials Take Questions from the Public

Saturday with Congressman Ami Bera and Assemblyman Ken Cooley. I think it was rather unique in that at the meeting your elected officials from the federal government, the state government, and your municipal government were all there to answer questions.

Some of the questions were for Congressman Bera: For example, what about the upcoming congressional vote about Trade Promotion Authority (TPA) guidelines to the President on trade policy and negotiating objectives? Among other things, the TPA supports U.S. job growth and helps export more "Made in America" products abroad. Another question asked was, "What is Congress doing to help veterans?"

Some questions were for Assemblyman Cooley: What is the state doing to protect seniors from fraud or scams; to help the homeless; or to help small businesses? One question for the state was, "How can people get more involved with the state budget process?" And a repeat question, "What is the state doing to help veterans?"

And most of the questions for your local municipality were either directly or indirectly connected to the state or the federal government. Repairing the street in front of your house is definitely local, but federal, state, and local revenues are involved. What is the city doing to help the homeless, seniors, parks, and schools? And the city was also asked

what the city is doing to help veterans.

The audience of 62 people was a very good turnout for a meeting on a sunny Saturday afternoon. The questions were written on cards that the audience turned in, and there were 24 cards given to staff for the three of us to answer. Some of the questions were similar, but there were 10 different questions in the end. Some questions needed more of a one-on-one type answer, and they were taken care of after the meeting ended. I hope there will be more town hall meetings like that in the not-too-distant future.

Almost all of the questions asked at the meeting involved taxes of some sort. Whether it was trade, jobs, small businesses, state budget process, helping seniors, or questions about veterans, all unfortunately came with taxes and how it was spent by the government (or was not spent). We all want our taxes to be spent where they will help the highest number of people, but we need to pay attention. Mark Twain said, "The only difference between tax man and a taxidermist is that the taxidermist leaves the skin." Our town hall meetings are being held so we can decide where the Measure H sales tax money goes (and leave the skin).

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

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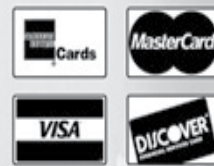
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# Meals on Wheels Needs Volunteer Drivers in Your Area



Along with each meal, volunteers provide a special touch of friendship and a daily safety check enabling seniors to be independent in their own homes. Photo courtesy of Meals on Wheels by ACC

**RANCHO CORDOVA, CA (MPG)** - Volunteers are needed to deliver meals and a smile. Meals on Wheels by ACC volunteer drivers use their own vehicles to deliver hot, nutritious lunchtime meals to homebound seniors in the community. Along with each meal, volunteers provide a special touch of friendship and a daily safety check enabling seniors to be independent in their own homes. "Volunteer drivers enjoy the opportunity to check on and talk with our seniors when they deliver meals," said Jennette Wells, Volunteer Services Coordinator for Meals on Wheels by ACC.

Meals on Wheels by ACC serves nearly 2,000 seniors a home-delivered meal or a hot

lunch at an area dining site. Last year, over 460,000 meals were served. Meals on Wheels by ACC is a non-profit organization supported by Area 4 Agency on Aging, local city governments, and donations.

Volunteers deliver meals mid-morning once a week, excluding holidays. Seniors need meal deliveries each weekday, so many volunteers are needed. There are eight to twelve seniors on a route and each route takes approximately one to two hours to complete. Volunteer opportunities are available for regular volunteer drivers as well as substitute drivers.

Volunteer driver assignments are available throughout the Sacramento area. "Areas

with current openings include Downtown Sacramento (Fruitridge, Broadway, and Florin), Rancho Cordova, Elk Grove, and Galt," said Wells.

Orientation, training, and background screening are provided. Volunteer orientations are held on the 1st and 3rd Wednesday of each month between 10:00 a.m. and 11:30 a.m. To register or to learn more about volunteer opportunities, contact Jennette Wells at (916) 444-9533, ext. 160, or by email at [volunteer@mowsac.org](mailto:volunteer@mowsac.org).

All applicants must pass a criminal and driver background check. Mileage reimbursement is available.

Source: Meals on Wheels by ACC ★

# Local Entrepreneurs Launch Princess Prom Rentals



To see the available dresses or to learn more about Princess Prom Rentals, please visit [www.princesspromrentals.com](http://www.princesspromrentals.com) or [www.facebook.com/princesspromrentals](http://www.facebook.com/princesspromrentals).

**RANCHO CORDOVA, CA (MPG)** - Patricia and Kristen are on a mission to save girls money without sacrificing style. With that mission in mind, they have launched a new business, Princess Prom Rentals.

Patricia, a Rancho Cordova native and Cordova High School graduate, met Kristen while studying abroad in Brussels, Belgium. The pair stayed in touch after returning to opposite coasts.

While participating in a Miss America pageant, Kristen had trouble affording the dresses needed to compete for the scholarship. She felt it was a waste of money to spend hundreds of dollars for a dress that is only worn for a few hours. After sharing her experience with Patricia, they both agreed that they wanted to offer girls a way to have the dress of their dreams without spending a fortune, and the idea of Princess Prom Rentals was born!

By renting dresses online, girls are able to afford designer dresses that usually cost more than \$500 for as little as \$80 to wear to special events like prom, pageants, or homecoming. Patricia and Kristen recently launched their official site, which



Local entrepreneurs Patricia (right) and Kristen recently launched their new business, Princess Prom Rentals, which offers girls a way to have the dress of their dreams without spending a fortune. Photo courtesy of Patricia Utterback

offers dresses from popular prom dress designers like Sherri Hill and Alyce Designs. Patricia and Kristen even take the hassle out of renting by shipping each dress with a prepaid return envelope. Each dress is cleaned once it is returned.

To see the available dresses or to learn more, please visit their website at [www.princesspromrentals.com](http://www.princesspromrentals.com) or their Facebook page at [www.facebook.com/princesspromrentals](http://www.facebook.com/princesspromrentals).

Source: Patricia Utterback ★

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- ACROSS
- Libra symbol
  - Weep convulsively
  - Under-dress garment
  - Knucklehead
  - \*Some Watergate burglars had worked for it
  - On the rocks
  - \*\*"Fear of Flying" author, given name
  - \*\*"My Children" author, given name
  - Gossipmonger's information
  - \*iPod predecessor, debuted in Japan in '79
  - \*Its fall ushered the end of Vietnam War
  - Snakelike reef dweller
  - You can't have this and eat it too?
  - Business school reward
  - Tibetan teacher
  - #20 Down, to Shakespeare
  - Miner's bounty, pl.
  - Measles symptom
  - Dictation taker
  - Signal receiver
  - \*Punk rock, e.g.
  - "I'm \_\_\_ you!"
  - Kindle content
  - \_\_\_ lamp
  - \*Travolta and Newton-John, e.g.
  - Historically, they were sent to colonies
  - Sacred Hindu writings
  - \*Martial artist
  - Ambience
  - Genetic initials
  - Like a bikini?
  - \*Type of men's suit
  - The present
  - Calendar square
  - Forty-niner, e.g.
  - Arabian chieftain
  - "But I heard him exclaim, \_\_\_ he drove out of sight..."
  - Plug-in
  - Something necessary but lacking
  - Hi-\_\_\_
  - Film director Sergio
- DOWN
- Old World duck
  - Countess of Grantham, "Downton Abbey"
  - Seed coat
  - English philosopher John
  - Canine's coat
  - \*First clinical CT- or Cat-\_\_\_ in '71
  - \*Subject of 1970s crisis
  - Model-building wood
  - Like a bug in a rug
  - Stretched ride
  - Clickable picture
  - For every
  - Bay windows
  - Eye opener
  - \*Arthur Herbert Fonzarelli, \_\_\_ "The Fonz"
  - Source of tapioca and a staple in the tropics
  - \*Cheryl Tiegs or Beverly Johnson, e.g.
  - Palm grease
  - Famous fabulist
  - Sledgehammer
  - At the summit of
  - Of the kidneys
  - Undo laces
  - Old Woman's home
  - Bee home
  - Military group
  - \*Kramer's opponent
  - Small amount of liquid food
  - \*\*"\_\_\_ House"
  - Actress Winona
  - Out of the way
  - Not all
  - Capped joint
  - Like a decorated cake
  - Cleaning cabinet supplies
  - Backward arrow command
  - Seabiscuit control
  - European sea eagle
  - A Bobsey twin
  - Present plural of "be"

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For Solutions See Page 7

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-01404 Malta Hyundai, a California Corporation, 2500 Auburn Boulevard, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Malta Subaru" at 2400 Auburn Boulevard, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on February 20, 2015. Publish: March 6, 13, 20 and 27, 2015. MAITA SUBARU 150220 3-27-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-01646 Chris DuPont, 2728 Elyra Way #76, Sacramento, CA 95821 and Sloyan Katushev, 19 Progress Street, Plovdiv 4002, Bulgaria are doing business under the Fictitious Business Name(s) "KD Lakro Co" at 3650 Watt Avenue, Suite 140, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on March 2, 2015. Publish: March 13, 20, 27 and April 3, 2015. KDLAKRO 150304 4-3-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-01676 Heather D. Miller, 4900 Livoti Avenue, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Jump Media Services" at 4900 Livoti Avenue, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County March 3, 2015. Publish: March 20, 27, April 3 and 10, 2015. JUMP 150309 4-10-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-02017 Deyan Kostadinov, 1905 Broadford Drive, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "El Dorado Express" at 1905 Broadford Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County March 12, 2015. Publish: March 20, 27, April 3 and 10, 2015. ELDORADO 150312 4-10-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-01983 Pasha Hughes, 1280 Meredith Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "BodyLab California" at 4219 Arden Way, Carmichael, CA 95864. Filed with the Clerk of Sacramento County March 11, 2015. Publish: March 27, April 3, 10 and 17, 2015. BODYLAB 150319 4-17-15

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2015-00175578
WHEREAS, Beatrice Jaime Chavez & Augustine Chavez Jr. have filed a petition with this court for a decree changing the name(s) of Natalie Guadalupe Jaime to Natalie Guadalupe Chavez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 22, 2015, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 25, 2015. Raymond M. Cadei, Judge of the Superior Court. Publish: March 13, 20, 27 and April 3, 2015. CHAVEZ 150225 4-3-15

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ORDER TO SHOW CAUSE CHANGE OF NAME

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2015-00175582
WHEREAS, FNU Omid has filed a petition with this court for a decree changing the name(s) of FNU Omid to Omid Sherzad. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 22, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 25, 2015. David I. Brown, Judge of the Superior Court. Publish: March 6, 13, 20 and 27, 2015. OMID 150225 3-27-15

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2015-00174751
WHEREAS, Sayed Mustafa and FNU Mahbooba have filed a petition with this court for a decree changing the name(s) of Sayed Mustafa to Mustafa Sayed Hashimi, FNU Mahbooba to Mahbooba Hashimi, Sayed Iqbal to Iqbal Sayed Hashimi and Sayed Kamal to Kamal Sayed Hashimi. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 6, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 4, 2015. David I. Brown, Judge of the Superior Court. Publish: March 13, 20, 27 and April 3, 2015. HASHIMI 1502045 4-3-15





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ORDER TO SHOW CAUSE CHANGE OF NAME

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00176282
WHEREAS, Gayk Mkhitarayan has filed a petition with this court for a decree changing the name(s) of Gayk Mkhitarayan to Hayk Derian.

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00176282
WHEREAS, Gayk Mkhitarayan has filed a petition with this court for a decree changing the name(s) of Gayk Mkhitarayan to Hayk Derian.

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00176595
WHEREAS, Obaid Rahman and FNU Marya have filed a petition with this court for a decree changing the name(s) of FNU Marya to Marya Sharafi and FNU Khazana to Khazana Sharafi.

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00176596
WHEREAS, Mykhaylo Karhut has filed a petition with this court for a decree changing the name(s) of Mykhaylo Karhut to Michael Karhut.

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00176417
WHEREAS, Abdul Qadeer has filed a petition with this court for a decree changing the name(s) of Abdul Qadeer to Qadeer John VAKILI, FNU Malalai to Mala John VAKILI, FNU Tabasum to Tabasum John VAKILI, Ahmad Mellan to Mellan John VAKILI, FNU Tajalla to Tajalla John VAKILI and FNU Almira to Almira John VAKILI.

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00176611
WHEREAS, FNU Nawid has filed a petition with this court for a decree changing the name(s) of FNU Nawid to Nawid Qateh.

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00176302
WHEREAS, Daniel and Jennifer Blum have filed a petition with this court for a decree changing the name(s) of Nicholas Scott Jenkins to Nicholas Scott Blum.

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00176334
WHEREAS, Mai Andrus have filed a petition with this court for a decree changing the name(s) of Mai Andrus to Tracy Huynh.

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00176288
WHEREAS, Cherenet Gamoo and Leah Hidoto have filed a petition with this court for a decree changing the name(s) of Lewi Dawit Chernet to Lewi Dawit Cherenet.

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF CHARLES EDWARD RILEY (descendant) ESTATE NO. 34-2015-00174647
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of CHARLES EDWARD RILEY (deceased):

estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.)

A hearing on the petition will be held in this court as follows: April 2, 2015, 9:00 a.m. in Dept. No. 129 at Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826.

AMENDED NOTICE OF PETITION TO ADMINISTER ESTATE OF JOSEPH ALAN MCCAULEY (descendant) ESTATE NO. 34-2015-0017572
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of JOSEPH ALAN MCCAULEY (deceased):

AMENDED NOTICE OF PETITION TO ADMINISTER ESTATE OF CARROLL MISTLER (descendant) ESTATE NO. 34-2014-00170019
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of CARROLL MISTLER (deceased):

NOTICE OF PETITION TO ADMINISTER ESTATE OF CHARLES EDWARD RILEY (descendant) ESTATE NO. 34-2015-00174647
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of CHARLES EDWARD RILEY (deceased):

appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

AMENDED NOTICE OF PETITION TO ADMINISTER ESTATE OF JOSEPH ALAN MCCAULEY (descendant) ESTATE NO. 34-2015-0017572
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of JOSEPH ALAN MCCAULEY (deceased):

AMENDED NOTICE OF PETITION TO ADMINISTER ESTATE OF CARROLL MISTLER (descendant) ESTATE NO. 34-2014-00170019
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of CARROLL MISTLER (deceased):

appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

SUMMONS

AMENDED SUMMONS (Family Law) NOTICE TO RESPONDENT (Name): Joshua Kremer
Petitioner's Name is: Tamara Watson
CASE NUMBER: 14FL06781
You have 30 CALENDAR DAYS after this Summons and Petition are served on you to file a Response (form FL-120) at the court and have a copy served on the petitioner.

AMENDED SUMMONS (Family Law) NOTICE TO RESPONDENT (Name): Joshua Kremer
Petitioner's Name is: Tamara Watson
CASE NUMBER: 14FL06781
You have 30 CALENDAR DAYS after this Summons and Petition are served on you to file a Response (form FL-120) at the court and have a copy served on the petitioner.

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# CORDOVA SPORTS

## Cordova Baseball Drops Games

By Mike Bush

**RANCHO CORDOVA, CA (MPG)** - In two games last week, the Cordova High School baseball team looked to turn its fortunes around in terms of wins.

But the Lancers were dealt back-to-back losses. The most recent was on March 20th when they fell to Christian Brothers 10-0 in a non-conference game in Sacramento.

Cordova (0-4 in the Sierra Valley Conference, 1-9 overall) trailed 3-0 in the fourth inning. That's when the host Falcons flew to seven runs to secure the win.

The Lancers had four hits in the game: Riley Robson, Jeremy Buck, Jarrett Harris, and Zachery Guerrero had a hit each. All hits were singles.

"We played tough ball against them for three innings," said Cordova head coach Guy Anderson.

### Liberty Ranch 8, Cordova 5

In an SVC home game on March 19th, the Lancers and Hawks combined for 21 hits; Cordova had nine and Liberty Ranch finished with a dozen.

"A real good ball game," said Anderson of this contest. "We played six good innings, but we always have one [inning] that gets us in a hole. That one was a tough one to swallow. The kids did pretty good."

Cordova led 4-2 entering the top of the fourth inning. That's when Liberty Ranch scored a run to cut the Lancers' lead to 4-3.

But in the bottom of the fifth inning, the Lancers added another run that would



Cordova pitcher Riley Robson (No. 11) goes into his windup in the Lancers' home conference game against Liberty Ranch last week. Photo by Rae Lynn Flippo

ultimately be their last. After a scoreless sixth frame, Liberty Ranch erupted for five runs in the seventh inning for the win.

Jacob Jaquez had a great day at the plate for the Lancers. He went 3-for-4 with two RBIs. One of the hits was a double.

Cordova batters who had two hits were Robson, Guerrero, Buck, and Harris—who had a double in the game.

Earlier this week, Cordova continued SVC action with games against Union Mine and El Dorado.

On Friday, March 27th, the Lancers will host Brookside Christian in a non-conference game. First pitch is scheduled for 4:15 p.m.

### Cordova Easter Tournament

On Monday, March 30th, the annual Cordova Easter Tournament gets underway at the CHS diamond. In pool play action, the Lancers play Bear River at noon and Mesa Verde at 3:30 p.m.

Pool play continues for Cordova on Tuesday, March 31st, but with one game against Las Lomas at 3:30 p.m. How the Lancers do in pool play will determine who they play next Wednesday, April 1st.

The remaining 10 teams playing are Atwater, Monterey Trail of Elk Grove, Center, Jerry Manual Foundation Academy, Rosemont, and Sacramento. ★

## Lady Lancers Remain Perfect in SVC Action

By Mike Bush

**RANCHO CORDOVA, CA (MPG)** - In its last three Sierra Valley Conference (SVC) games, the Cordova High School softball team has been on a roll.

The Lady Lancers have outscored their opponents by a 26-1 margin, which includes 13 hits in each game. That included Monday's 8-0 win over Liberty Ranch at the Galt Softball Complex.

Cordova (4-0 in the SVC, 8-1 overall) led 3-0 as it entered the top of the seventh inning with two outs. Then Tiana Brown clubbed a home run, and teammates Joycelyn Brown and Leila Cooper smacked a double and triple, respectively, for the Lancers.

Adding base hits in the inning were Nikki Jones, Mason Pittaro, and Vanessa Cain. Jones finished the game at the plate by going 3-for-5; winning pitcher Megan Stacy went 2-for-3 and Cain went 2-for-4.

On the mound, Stacy walked the first Liberty Ranch batter she faced. Then she retired the next 21 batters. Stacy finished the game with 15 strikeouts.

"We are getting outstanding pitching and playing good defense," said Cordova head coach Lindy Willeford. "The bats have been lively with lots of power. Hopefully we can keep it up."

### Cordova 9, Galt 0

In the March 20th game on the Lancers' diamond, Cordova scored two times in the second,

third, and sixth innings and three times in the fourth for the win.

At the plate, Stacy, Brown, Cain, Tracy Mahony, and Marilynne McNabb had two hits each. Both of Stacy's hits were doubles.

### Cordova 9, Rosemont 1

The Lady Lancers expanded their 1-0 lead in the third inning with two runs in the third, four in the fourth, and two in the fifth.

Cain went 3-for-4 with two RBIs. Stacy was 2-for-3 with three RBIs. Cooper, Jones, Brown, and Kai'lee Cole also had two hits each.

On Wednesday, March 25th, Cordova hosted Union Mine, which entered the contest also undefeated in SVC action. On Thursday, March 26th, Cordova played at El Dorado.

The Lady Lancers are now off until April 8th, when they return to conference play hosting Rosemont. ★



Awaiting the pitch is Cordova's Michael Brown (No. 28). Photo by Rae Lynn Flippo

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**END of the BENCH**  
by Gerry Scholl

### The Games and Life Go On and On

Ferris Bueller once said, "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it."

Busy dealing with fast-moving, real life lately, there hasn't been much time to stop and look around — at the NCAA Division I Men's Basketball Tournament that is.

Didn't even get around to the annual tradition of filling out a bracket. Looking at it and catching up after some of the results have come in, and filling in the teams that would have been our actual picks, of course, we are doing really good.

With the weekend booked up with real-life events and necessities, we were together enough to plan ahead and DVR most of the NCAA schedule

of games. Looking at it now — OMG!! The list of games goes on and on... There are 21 games recorded (plus two NIT games; "Why?" you ask). What's a basketball fan to do?

There will never be enough time to watch them all, certainly not before the next round is upon us. The option must be to pick and choose. From the radio and television reports and highlights, and the results in the newspapers, we can target particular games that would be worth the while to check out, and skip through them commercial-free and eventually delete the rest to make room for more.

But all of that really defuses the vibe. Much of the excitement of the tournament comes from the anticipation of the

win-or-go-home format and watching it unfold before your eyes. Jumping around from game to game destroys the feel. Knowing the end results kills it.

Did get a chance to watch most of one game alone late at night — Wichita State (our dark-horse pick) d. Indiana, 81-76. That was a good one, and taking a look at the Shockers' following 78-65 upset of Kansas is a must. WS senior point guard Fred VanVleet looks like a player at the next level.

Caught another one in its entirety staying up late one night with a friend, mutually agreeing that the Ohio State-Arizona matchup seemed promising, and it was. The Buckeyes, after upsetting VCU in their opener in overtime, were strong early

on against the Wildcats and appeared to have the momentum working toward a second upset. But Arizona, 33-3, methodically took over the game and pulled away to win, 73-58, and may be a worthy challenger to Kentucky's dominance. Tried to stay up alone again to watch a second game, but quickly passed out on the couch.

Kentucky, now 36-0 after two easy victories, is trying to run the table and become the first Division I team to complete an undefeated season since Bobby Knight's Indiana Hoosiers went 32-0 in 1976. But KU's Wildcats have been something to see because of how good they are, yet hard to stay with for the duration of a game because of how few close games they have had.

Haven't even had the time, or made the time, to watch any of Gonzaga, Michigan State or Wisconsin, three programs deemed fun to follow. What has happened to college basketball? Why can't the games hold interest? Why don't people talk about it as much as they used to, if at all? Why are there all of those empty seats at the Regionals?

Around here in Northern California the answers are easy — because none of our teams are in the tournament mix. Stanford was too inconsistent; Cal had one good stretch, but overall was not very good; Saint Mary's had a weak supporting cast around star big man Brad Waldow; USF and Santa Clara were USF and Santa Clara. Surprising UC Davis and Sacramento State created a stir by both challenging to reach the tournament for the first time, but both teams faded in the final weeks and missed the ride to The Dance.

In the big picture though, there are a number of factors that are producing an overall sense that interest is waning. The "one-and-done" phenomenon (a specialty of coach John Calipari and Kentucky) and the early departure of the premier players to chase after their professional dreams has had an undeniable effect on the college game. Fans attain such limited familiarity with the players; they are gone before you come to appreciate their "game," and there is not a lot of continuity on team rosters from year to year. That also has an effect on the quality of play. There is plenty of poor shooting and sloppy play, an a lot of uninspiring, low-scoring games.

Add in a wide-ranging variety of misconduct, misdeeds and violations over many years on the parts of coaches, players, teams — the pressure to win is so great, it can make people do some terrible things.

We've had NCAA rules-breaking galore, point-shaving, recruiting violations, payments to players, ineligible players, physical abuses, academic fraud, sex scandals, and even the murder of a teammate (at Baylor). The cumulative effect of it all over the years has been that the fans may never again believe the game is genuine, that things operate on the up-and-up.

Many top programs have been tainted through the decades, such as Boston College, Arizona State, Georgia, Tennessee, Memphis, Michigan, Tulane, Cal (remember coach Bozeman?), Louisville, Indiana, UConn, Cincinnati, North Carolina, and most recently Syracuse, which has been hit with a loss of scholarships, vacated wins and a post-season ban over an array of issues (coach Boheim, don't wait the three years to retire, you should have done it long ago because we never liked you anyway).

That list would make for quite an interesting bracket. ★

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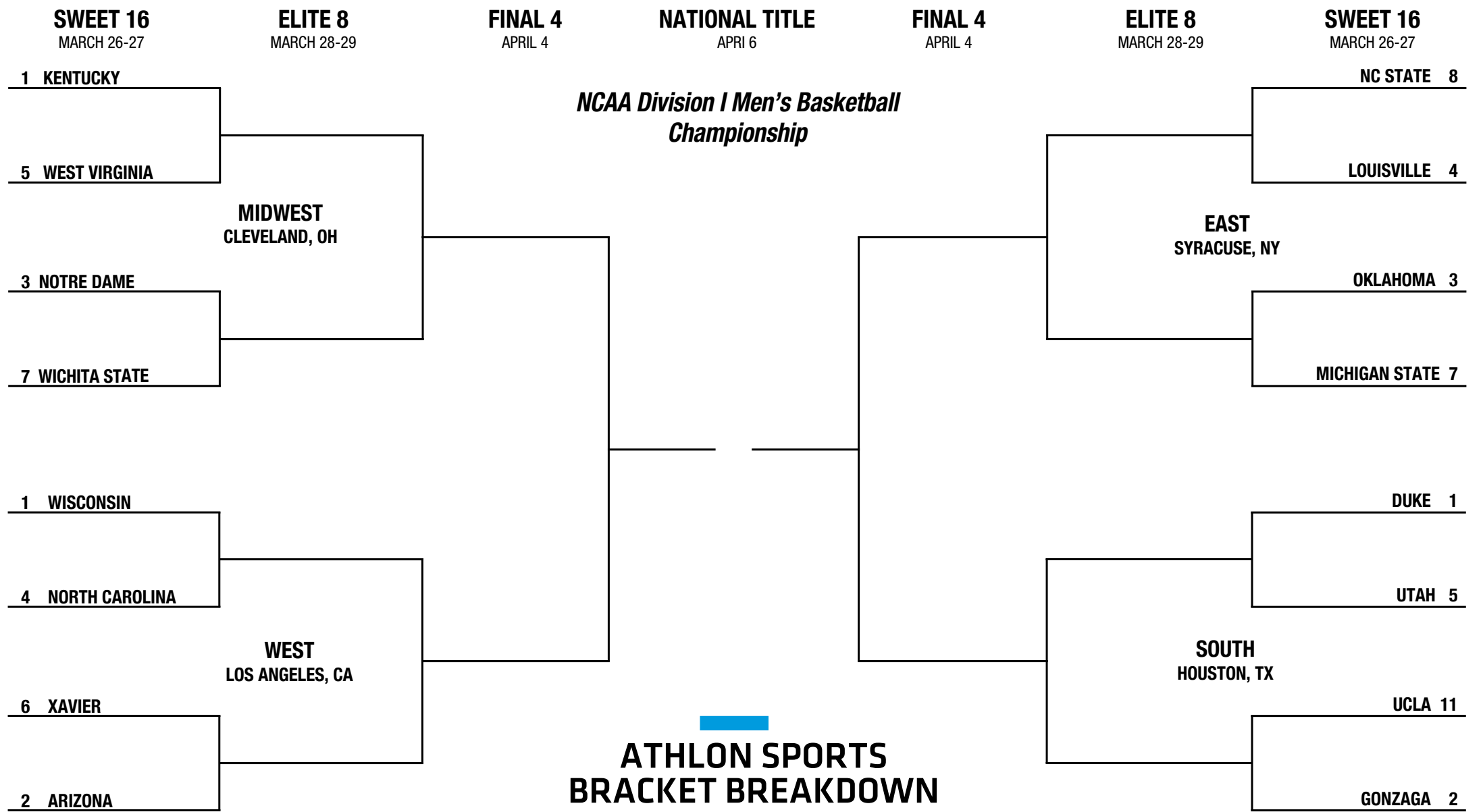
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MIDWEST REGION



KARL-ANTHONY TOWNS, KENTUCKY

Top Dog — Kentucky

Kentucky has done nothing to change the perception that it is the top dog of the entire tournament. In the round of 32, Cincinnati gave the Wildcats some difficulty early on, but Kentucky's depth and length were too much to handle. The Bearcats tried to get under Kentucky's skin with a physical game, to no avail. If anything was an issue, Kentucky's guards had an off game against Cincinnati. Aaron Harrison, Andrew Harrison, Devin Booker and Tyler Ulis combined to shoot 12-of-34 from the field overall and 4-of-15 from 3.

Underdog — Wichita State

A disclaimer: The underdog label is not appropriate for Wichita State. In the last three years, this program has gone to the Final Four, started a season 35-0 and conquered Kansas in the Round of 32. The Shockers have accomplished more in recent years than their Sweet 16 opponent, Notre Dame. But No. 7 Wichita State is the lowest-seeded team remaining in the region. After the build-up to the anticipated matchup with the Jayhawks, the Shockers' energy levels will be a storyline to watch.

Kentucky vs. West Virginia again

Kentucky and West Virginia have met in the NCAA Tournament three times since John Calipari and Bob Huggins have been at their current posts. The most recent was a 71-63 Kentucky win in the Round of 32 in 2011. The most memorable was in the 2010 Elite Eight when fourth-seeded West Virginia upset a top-seeded Kentucky team led by John Wall and DeMarcus Cousins. This year's meeting will be just as compelling when undefeated Kentucky faces West Virginia's relentless pressure.

The Quote

"I'd talk to her during the season and very rarely did I get 'Hey, Mike, how you doing?' It's like, 'Have you got them ready? Are they ready? I think we can beat Duke, Mike.' It's unbelievable. She was intense."

— Notre Dame coach Mike Brey, who revealed Saturday his mother, Betty Brey, died the morning of Notre Dame's 67-64 overtime win over Butler.

WEST REGION



SAM DEKKER, WISCONSIN

Top Dog — Wisconsin

The Badgers are making their fourth Sweet 16 appearance in the last five seasons, but the goals are far more grand than they once were for the Wisconsin program. To reach the Final Four for the second consecutive season, the Badgers have to get through North Carolina. The Tar Heels are generally regarded as a dynamic offensive team because of their up-and-down style, but Wisconsin ranks first in the nation in offensive efficiency. The battle for tempo will be the most interesting matchup of this intriguing Sweet 16 showdown.

Underdog — Xavier

Xavier is no stranger to this stage. The Musketeers are in the Sweet 16 for the fifth time in the last eight years. But they're also a No. 6 seed among giants Wisconsin, Arizona and North Carolina. With freshman Trevon Bluiett and sophomore Jalen Reynolds emerging as key players, this Xavier team is peaking at the right time. A run to the Final Four is not out of the question.

Familiar faces for Sean Miller

The selection committee made sure Sean Miller's path to his first Final Four was an emotional one. To get to the Sweet 16, the Arizona coach had to go head to head with Ohio State coach Thad Matta, his predecessor and former boss at Xavier. Miller's Sweet 16 matchup will be against Xavier, a team he coached for five seasons. On the Xavier bench is Chris Mack, who spent all five of those seasons on Miller's staff before succeeding him with the Musketeers. If Miller is to advance to the Final Four for the first time in his career, he will have to beat two of his best friends in the business.

The Quote

"It's been a hard year, it really has. I probably acted sillier in the locker room after this game than I have in quite a while. I'm going to try to enjoy the dickens out of this one for a while."

— North Carolina coach Roy Williams after the 87-78 win over Arkansas, referring to the passing of mentor and UNC legend Dean Smith earlier this year.

EAST REGION



BUDDY HIELD, OKLAHOMA

Top Dog — Oklahoma

For the first time since 2004, a regional will begin with the No. 1 and No. 2 seeds eliminated in the first weekend. That leaves No. 3 Oklahoma as the top-seeded team in the East region. The Sooners held off Dayton in the Round of 32 thanks to some late heroics by Buddy Hield. He's usually a big-time shotmaker, but it was his block that helped seal the win over the Flyers. Oklahoma coach Lon Kruger is taking his fourth team to the Sweet 16, but he hasn't taken a team beyond that since the 1994 Final Four at Florida.

Underdog — NC State

NC State was one of the most frustrating teams during the regular season, a team with the talent to be at the top in the ACC, but also a team capable of losing to Clemson, Boston College and Wake Forest. LSU collapsed down the stretch in the round of 64, and Villanova's offense went cold for an entire game as NC State advanced to the Sweet 16. Cat Barber, Trevor Lacey and Abdul-Malik Abu are a talented trio, and the Wolfpack can't be dismissed simply because they are a No. 8 seed in the Sweet 16.

An All-ACC Sweet 16 game

With memberships ballooning in the major conferences, the selection committee is having a tougher and tougher time of making sure that conference teams don't play each other until the Elite Eight. The ACC sent six of its 15 members to the field and two of them — Louisville and NC State — will meet in the Sweet 16. On an ACC court in the Carrier Dome, no less. The Louisville-NC State meeting in the regional semifinal was permissible since the two teams played only once during the regular season. NC State won 74-65 on Feb. 14.

The Quote

"(Former Michigan State All-American) Draymond Green actually this morning said, 'Don't let this be your last game,' and I texted him back and said, 'I won't.' But that was our mindset coming in. We knew they were a great team, we had to jump out on them early."

— Michigan State guard Travis Trice on his hot start against Virginia

SOUTH REGION



JUSTISE WINSLOW, DUKE

Top Dog — Duke

Even before the Tournament, Duke looked like the easy favorite in the South region. The first two games made the pick look even easier. The Blue Devils made easy work of Robert Morris and then had no trouble with the length of San Diego State in the Round of 32. The Blue Devils averaged 1.11 points per possession against San Diego State, the third-highest average by an opponent against the Aztecs this season. Jahliel Okafor was 12-of-16 from the field for 26 points, but the most impressive player may have been Justise Winslow. The freshman had 13 points, 11 rebounds and three blocks in a highlight-reel day.

Underdog — UCLA

Go ahead and debate if UCLA should be in the field in the first place, but it's no question the Bruins have taken advantage of the selection committee's vote of confidence. A goaltending call late in the Round of 64 gave UCLA a leg up on SMU, and the Bruins thrashed No. 11 seed UAB in 92-75 to go to the Sweet 16. UCLA isn't a deep team, but the Bruins can score. UCLA's starting five scored 88 points against the Blazers, and Bryce Alford, the coach's son, is one of the most lethal 3-point shooters left in the tournament.

Gonzaga's redemption

The Bulldogs have been snakebitten in the NCAA Tournament, reaching the Sweet 16 only once since 2006. The program hasn't won in the Sweet 16 since 1999, the year before Mark Few became the head coach. This is one of Few's best teams in 16 seasons in Spokane, but Gonzaga will need to conquer one demon to reach the regional final. The Sweet 16 matchup with UCLA is a rematch of the 2006 regional semifinal that ended with National Player of the Year Adam Morrison in tears after a 73-71 Bruins win.

The Quote

"Now we look around and it's like, 'Pinch me. Here we are.' It's been a fun run with a lot of these guys that have been a part of it." — Utah coach Larry Krystkowiak, whose first team at Utah in 2011-12 went 6-25. The Utes are in the Sweet 16 for the first time since 2005.

# Tickets Available for One-Time Showing of "Oh Mr. Sousa!"

**RANCHO CORDOVA, CA (MPG)** - "Oh Mr. Sousa!" is a delightful musical biography and exhilarating, toe-tapping, bring-you-to-your-feet performance about the life, times, and music of John Philip Sousa, "The March King." This production features a rousing 60-piece band—The Sacramento Symphonic Winds conducted by Dr. Les Lehr—and the Bay Area-based cast of eight singers/actors performing 37 different costumed roles telling his story and singing the songs of Sousa. This is a show you surely will not want to miss!

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For more information, please call (916) 489-2576. You can find out more about the show at [www.ohmrsousa.com](http://www.ohmrsousa.com). If you would like more information about the band, please visit [www.sacwinds.org](http://www.sacwinds.org) or call (916) 489-2576.

Source: *The Sacramento Symphonic Wind* ★



"Oh Mr. Sousa!" is a delightful musical biography and exhilarating, toe-tapping, bring-you-to-your-feet performance about the life, times, and music of John Philip Sousa, "The March King." Photo by Bill Adam

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