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# Grapevine Independent

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PROUDLY SERVING RANCHO CORDOVA & SACRAMENTO COUNTY

May 16, 2014

## Children's Museum in Rancho Cordova Honors Founder



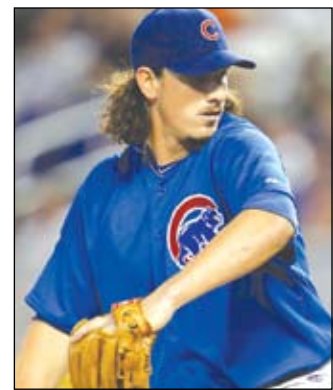
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## Gae Ruddell: Now That's a Lot of Love!



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## Athlon Sports INSIDE MAJOR LEAGUE BASEBALL



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# iFest Returns Saturday



Dancers at the Rancho Cordova iFest. Photos courtesy of Cordova Community Council.



**RANCHO CORDOVA, CA (MPG)** - You can take a trip around the world on Saturday, but no need to pack any luggage. Rancho Cordova's international festival, iFest, returns for a seventh year from 5-9 p.m. Saturday, May 17th, and no passport is required.

The festival of ethnic food, exhibits, music, dance, art and more returns to Village Green Park, 3141 Bridgeway Drive. The park takes on a global feel as performers in colorful international dress meander about and music from around the world fills the air. Admission is free of charge.

This year holds some special rewards: get a picture of yourself in some exotic locale at a free green screen exhibit; take a whack at a piñata, get a free henna tattoo or your hair braided Mexican style.

and promote the use of efficient materials and equipment.

Hosting iFest is magician Trevor Wyatt, who will be adding tricks and sleight of hand to the mix of music, dance and martial arts on stage.

Featured on the Main Stage beginning at 5 p.m. will be Filipino traditional performances by the University of the Philippines and Sinag-Tala, followed by Kyla's School of Scottish Highland Dance, Mudra Dances of India, Dancers of the Pacific, and Italian dance by "Balliamo!" They will be followed by Move Studio performing Brazilian Capoeira and First Covenant Dance Studio.

Other Main Stage performers include a Ukrainian Bandura Ensemble, Vahana and Jewels of the North (belly dance), Victoria Mendoza Studio of Mexican Dance, McKeever School of Irish Dance and the

exuberant Jodama African Dance. On the Small World Stage designed especially for children, Radio Disney will be on board from 5-6:30 p.m. with their special brand of fun and music with a message: recycle to save the world, presented by the City of Rancho Cordova.

They will be followed by Jodette's Jewels of the Nile, Scottish, Indian and Irish dancers, plus some Trevor Wyatt Magic. Sponsors of iFest include the City of Rancho Cordova, Cordova Recreation and Park District, Golden State Water Company, Heritage Community Credit Union, SMUD, Wingstop, Real Estate America, Folsom Cordova Unified School District, Heald College, Pacific Gas and Electric Company, Sacramento County, Wells Fargo Bank, California Carnival Company, Rancho Cordova Dental Group and Orthodontics, Sims Metal Management, Assemblyman Ken Cooley, Republic Services, B&J Body Shop and Towing, Rancho Cordova Rotary Club, The Art of Popcorn and Atlas Disposal. ★

Source: Cordova Community Council

## City Employee Earns Cal Green Certification

**RANCHO CORDOVA, CA (MPG)** - Denise Reese, a Building Permit Technician for the City of Rancho Cordova and a student at Consumnes River College, has earned her CalGreen Inspector certification from the International Code Council. CalGreen codes promote building concepts that have a positive environmental impact. Requirements place limits on substances that cause harm to the environment, encourage conservation of natural resources,

and promote the use of efficient materials and equipment. A City employee since 2006, Reese said her goal is to graduate with an Associate in Sciences Degree in Building Inspection Technology in 2015. She said, "I have lived in Rancho Cordova for 29 years. I voted for cityhood and I am proud to be serving the city in which I live and have raised my children." ★

Source: City of Rancho Cordova



Denise Reese (right) processes building permits for the City of Rancho Cordova Building & Safety Division. Reese is continuing her education and her goal is to earn a degree in building inspection technology. Photo courtesy of City of Rancho Cordova

## CHP And OTS Stress Safety to Help Put the Brakes on Motorcycle-Involved Collisions

**SACRAMENTO REGION, CA (MPG)** - Fatal collisions involving motorcyclists have been increasing in California over the past few years. In an effort to change this disturbing trend, the California Highway Patrol (CHP) and Office of Traffic Safety (OTS) are hoping to save lives through a month-long motorcycle safety and awareness campaign during May.

With more than 1.3 million licensed motorcycle riders in California, most drivers are likely to find themselves sharing the road with a motorcyclist on a regular basis.



"Regardless of your mode of travel, safety comes first," said CHP Commissioner Joe Farrow. "By staying alert and using common sense and courtesy, drivers and riders alike can help to create a safer roadway environment for everyone."

According to 2011 data from the CHP's Statewide Integrated Traffic Records System (SWITRS), fatal motorcycle collisions accounted for nearly 16 percent of the total number of fatal collisions in California. SWITRS data also indicated the number of people killed in motorcycle-involved collisions increased nearly 20 percent from 2010 to 2011. An additional eight percent increase was noted between 2011 and 2012, when 467 people died in motorcycle-involved collisions.

"Motorcycle riders must be mindful of their skills and vulnerabilities," said OTS Director Rhonda Craft. "Meanwhile, other vehicle drivers must be mindful to always look for motorcycles. Getting home safely involves concentration on driving and consideration for everyone on the road."

A key component to reduce the number of motorcycle-involved collisions is training. Regardless of a motorcyclist's skill level, the CHP encourages all riders to seek life-long training opportunities. The California Motorcyclist Safety Program (CMSP) is the state's official motorcycle training program. With more than 130 training sites throughout California, the CMSP offers courses for both new and returning riders. To enroll in a CMSP course, call 1(877) RIDE-411 or visit their website at www.ca-msp.org. ★

Source: California Highway Patrol

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# Children's Museum in Rancho Cordova Honors Founder

**RANCHO CORDOVA, CA (MPG)** - The honoree at the inaugural Sacramento Children's Museum (SCM) Inspire! Luncheon last week was Kathleen Palley, founder of the Museum. Opened in August 2011, the Museum recently welcomed its 250,000th visitor.

In addition to honoring its founder, the luncheon also featured a table setting design competition. Fifteen participating agencies or individuals brought centerpieces, dishes and silverware, napkins and tablecloths, favors, and everything else that was needed to service the 8 to 10 diners at their table. Winner of first place honors was Explorit Science Center that set a table that featured foaming test tubes and an electric wave maker. Heidi Foondos took home second place with a spring décor that featured a four-foot flowering tree. Third place was won by Sierra Oaks with a Dr. Seuss theme.

Other table themes included a University of Oregon football goal post made of balloons, a jewelry store that is known for its little blue box, a Girl Scout table complete with boxes of cookies, and a tree of knowledge



Stephanie Snyder (left), Senior Management Analyst, presents a proclamation from the City of Rancho Cordova to Kathleen Palley, founder of the Sacramento Children's Museum that is located next door to the Rancho Cordova City Hall. Palley was the first honoree at the Museum's Inspire Luncheon.

with SCM's mascot sitting on a bench reading a book.

"All 15 tables were different, colorful, and distinctive," said Sharon Stone Smith, SCM's CEO. "Kathleen is an inspiration

to us all and we were delighted to have a unique event to honor her."

Called a women's luncheon, the event had one special table. Decorated with a desert theme of cacti and rocks created by SCM's graphic designer, Pomegranate Design, the table was for the 10 men who attended. "Kathleen's husband, John, invited nine of his friends to attend the luncheon," explained Stone Smith.

SCM is located at 2701 Prospect Park Drive in Rancho Cordova. Its mission is to provide a place where children are encouraged to think for themselves, expand their problem-solving abilities through creative exploration, and exercise both their bodies and minds.

For information about hours of operation and activities, call (916) 638-7225 or go to [www.sackids.org](http://www.sackids.org).

Source: City of Rancho Cordova



Heidi Foondos won 2nd place with a spring theme.

# DVD Helps Those Who Stutter

**SACRAMENTO REGION, CA (MPG)** - For the three million Americans who stutter, not being able to say their own name is just one of the many challenges which confront them as they start their work day.

Help is available for adults and teenagers who stutter in the form of a DVD, *If You Stutter: Advice for Adults* available at most public libraries. Some libraries have an older video version.

"We focus on demonstrating a variety of therapy strategies that are appropriate in working with adults and teens," explains Dr. Peter Ramig of the University of Colorado at Boulder. "We also answer questions about stuttering and present examples of therapy sessions showing how stuttering can be reduced."

"Stuttering remains a mystery to most people," said Jane Fraser, president of the Stuttering Foundation. "Research strongly

supports the fact that stuttering is not caused by psychological problems nor are people who stutter any less intelligent than those who don't."

"This DVD is meant to give stutterers some insight into the tools they need to begin dealing with stuttering, but it also offers good ideas for family members, speech-language pathologists, and health care professionals," said Professor Barry Guitart of the University of Vermont. Guitart is one of six nationally recognized experts appearing in the DVD produced by the non-profit Stuttering Foundation.

"We have seen people who stutter not only learn to deal with stuttering effectively," said

Dr. Barry Guitart of Northwestern University," but go on to become better than average communicators." He notes that this century's most eloquent speaker, Winston Churchill,

stuttered and yet became a respected statesman renowned for his oratory skills.

The DVD features men and women who stutter from the United States and Canada, discussing their experiences with stuttering and the techniques that have helped them. They talk openly about the problems they face in the work place and how stuttering affects their lives and their self esteem.

Books and DVDs produced by the 66-year-old nonprofit Stuttering Foundation are available free to any public library. A library that will shelve them can contact the Foundation at 1-800-992-9392, e-mail [info@stutteringhelp.org](mailto:info@stutteringhelp.org), or visit [www.stutteringhelp.org](http://www.stutteringhelp.org) or [www.tartarmudez.org](http://www.tartarmudez.org). This DVD was received by the Sacramento Public Library.

Source: The Stuttering Foundation I.S.

# Gardening at the Library Healthy Food by Kids, for Kids

**RANCHO CORDOVA, CA (MPG)** - Nicolas Come is a nine year-old who has already created an app called Nicolas' Garden. He has a vision that growing and serving healthy food is not only good for us, it can be fun to share ideas, games and recipes By Kids and For Kids. He wants to introduce a healthy "Nicolas' Seal of Approval" that kids and their parents will trust when they shop for produce or products worldwide. He also wants to design and launch games that make being healthier fun for kids of all ages!



Join him and support and share his mission for a healthy future. Meeting dates are: July 11 - Cancelled, August 1, September 5, October 3, November 7, December 5 or 12.

The Rancho Cordova Library Garden Club meets the first Friday of every month from 1:00pm - 2:30pm at the Library, 9845 Folsom Blvd, Sacramento CA 95827. For more information, contact Claudia Alstrom, [scalstrom@sbcglobal.net](mailto:scalstrom@sbcglobal.net) or Jill Stockinger, [jstockinger@saclibrary.org](mailto:jstockinger@saclibrary.org)

saclibrary.org, or visit [www.saclibrary.org](http://www.saclibrary.org), click on Events, and follow the prompts.

Source: Rancho Cordova Library Garden Club

The Rancho Cordova Library Garden Club meets the first Friday of every month from 1:00pm - 2:30pm at the Library, 9845 Folsom Blvd, Sacramento CA 95827.

### Future meeting dates:

July 11 - Cancelled, August 1, September 5, October 3, November 7, December 5 or 12

The Rancho Cordova Branch Library is a branch of the Sacramento Public Library.

Website: <http://www.saclibrary.org>, click on Events, and follow prompts.

Contact: Claudia Alstrom - [scalstrom@sbcglobal.net](mailto:scalstrom@sbcglobal.net) or Jill Stockinger - [jstockinger@saclibrary.org](mailto:jstockinger@saclibrary.org).



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# Dr. Judith Orloff to Speak and Hold Workshop at Unity of Sacramento



prevent—illness. Yet intuition and spirituality are the very aspects of our wisdom usually disenfranchised from traditional health care.

Dr. Orloff advocates “a democracy of healing,” wherein every aspect of our being is granted a vote in the search for total health. It is our birthright, both as health-care givers and health-care recipients, to reclaim our intuition to build energy and well-being. In response to her work, The Los Angeles Times calls her “a prominent energy-based healer.”

Dr. Orloff is accomplishing for psychiatry what physicians like Dean Ornish and Mehmet Oz have done for mainstream medicine—she is proving that the links between physical, emotional, and spiritual health can't be ignored. She has spoken at medical schools, hospitals, the American Psychiatric Association, Fortune Magazine's Most Powerful Women Summit, and alternative and traditional health forums, venues where she presents practical intuitive tools to doctors, patients, and everyday people.

As a board-certified psychiatrist and assistant professor of psychiatry at UCLA, she draws upon her own intuitive abilities to help her patients and workshop participants. Dr. Orloff's latest book *The Ecstasy of Surrender: 12 Surprising Ways Letting Go Can Empower Your Life* (Harmony Books, 2014) describes the power of letting go in everyday life, health, and wellness—an enlivening and sane alternative to pushing, forcing,

and over controlling people and situations. In addition, her struggles acknowledging and then finally embracing her gift of intuition are chronicled in *Second Sight* (Warner Books). Her second book, *Dr. Orloff's: Guide to Intuitive Healing* (Three Rivers Press) shows how breakthroughs in healing our body, emotions, and sexuality can be accomplished by listening to intuition. *Positive Energy*, which has been translated into 23 languages, takes a probing look at the American epidemic of exhaustion and how we can reverse it using specific strategies to build energy and combat draining people. Her New York Times Bestseller, *Emotional Freedom* describes how to transform negative emotions into positive ones with specific techniques.

Dr. Orloff begins talks by creating a bond of warmth, trust and intimacy with participants, within which they can hear and explore her ideas. Her sincerity, humor, and joy bring everyone in the audience with her—leaving everyone certain of their own intuitive abilities, as well as Dr. Orloff's contributions to a radically new kind of medicine.

Dr. Orloff is also a Huffington Post, Psychology Today, LifeScript.com and PBS Next Avenue (boomer site), blogger. She was voted “Most Inspirational Person” for the Readers Choice 2012 awards on About.com. The Sunday Times Style in London calls Dr. Orloff “the positive energy guru.” ★

Source: *Unity of Sacramento*



A retired Army sergeant agreed to be interviewed by a high school student reporter. The young reporter was trying to gather information for a story that would be printed in his school newspaper. He wanted his story to explain why that sergeant and so many others of that generation went to fight in WWII and Korea and Vietnam. Why go to other countries to fight and maybe die when the war wasn't in the United States?

The sergeant began talking about a time when he and another soldier dove into a foxhole to get out of the direct line of fire in the battle. He said he and other soldier took the opportunity to grab something to eat and to talk about home for a short time instead of just talking about the war. Then the sergeant stopped speaking to the young reporter and thought about that long ago past. After a few seconds, he continued that he and the other soldier couldn't help

## A Story and a Letter!

but think and talk of their homes, families, work, church, movies, and all the things and people that were so precious to them.

In Europe as soldiers, they had been through pure hell and back again as they fought through France and then Germany. They couldn't imagine their homes in Indiana or Montana being blown apart. The thought of seeing the people they knew and loved dying was more than they could bear. They had witnessed those scenes in Europe and they knew they had to stop that from happening at home. It defined what they were willing to die for.

Those memories struck too close to the core of what the sergeant and his generation had fought for, so he stopped the interview again. He looked at the teenager for a moment and with a very sad look in his eyes said, “I'm sorry to say it, son, but I don't think today your generation even knows what it is willing to live for, much less willing to die for. And unless something disastrous happens, I don't think your generation ever will.”

The student didn't really grasp what the sergeant was talking about, but was glad he had finished the interview and that he would be able to write his story

for the September 10, 2001 issue of his school's paper. The next day, that student had a better understanding what that retired sergeant was talking about.

In the May 2014 American Legion Magazine, Marine Sgt. William Stacey, who was killed on January 23, 2012 in Afghanistan by an IED, left behind a “just in case letter”:

“My death did not change the world. It may be tough for you to justify its meaning at all. But there is a greater meaning to it. Perhaps I did not change the world. But there will be a child who will live because men left the security they enjoyed in their home country to come to his. And this child will learn in the new schools that were built. He will walk his streets and not be worried about whether or not his leader's henchmen are going to come and kidnap him. He will grow into a fine man who will pursue every opportunity his heart could desire. He will have the gift of freedom, which I have enjoyed for so long. If my life buys the safety of a child who will one day change the world, then I know that it was all worth it.” ★

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

## Precinct Officers Needed in Sacramento County

**SACRAMENTO REGION, CA (MPG)** - Sacramento County Elections announced today that they need Precinct Officers to work the polls on Election Day.

“Interested parties who are residents of the State of California can work at the polls on Election Day and earn a stipend for their service” says Jill LaVine, Registrar of Voters. If you are Bi-lingual and speak Spanish, Chinese, Korean, Tagalog, Japanese, Hindi or Vietnamese, you can earn an additional stipend for your translation services.

Interested parties should contact the Precinct Operations

Division of Sacramento County Elections at (916) 875-6100 for more information about working the polls on Election Day.

### Key Election Dates

May 19 – Last day to register to vote in the June 3 Statewide Direct Primary Election. Voter registration forms must be mailed (postmarked by this date) or delivered to the Elections Office, 7000 65th Street, Suite A, Sacramento 95823. You can also register on-line at [register-tovote.ca.gov](http://register-tovote.ca.gov).

May 27 – Last day to request a vote by mail ballot be mailed to you for the June 3, 2014 election. Call (916) 875-6155 for

information.

June 3 – Statewide Direct Primary Election. Polls are open from 7 a.m. to 8 p.m.

For more information, contact Alice Jarboe at (916) 875-6255 or email [Jarboea@saccounty.net](mailto:Jarboea@saccounty.net).

SACVote app puts the election in your hands. Download the SACVote election information app for your mobile device from the iPhone App Store or Android Google Play Store.

Visit us online: [www.elections.saccounty.net](http://www.elections.saccounty.net). Sign up to receive Voter Registration and Elections updates. ★

Source: *Sacramento County*

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# Raising Drug-Free Kids

A Community Meeting

Parent & concerned adults input is needed to keep Rancho Cordova youth drug-free!

**Thursday, May 15th, 6:30-8:00 p.m.**

Rancho Cordova City Hall in the American River Room 2729 Prospect Park Drive, Rancho Cordova, CA 95670



This is your chance to make a difference! Learn strategies to keep teens drug-free and share what is happening in your neighborhood.

Refreshments are provided!

Opening remarks by State Assembly member Ken Cooley

For more information, contact Rachel Aquino at 916-361-8684 ext. 238 or RAquino@theFCCP.org



# Load your events up!

Go to [www.RanchoCordovaIndependent.com](http://www.RanchoCordovaIndependent.com), click on EVENTS and add your EVENTS to our calendar. It's that easy!

Most EVENTS can be posted for FREE!



# Grapevine Independent Community Calendar

On-going meetings; in Rancho Cordova unless otherwise noted.

### 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.westernswingsociety.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

Time: 2nd Monday each month, 6-7 pm  
Place: Cattleman's Restaurant 12409 Folsom Blvd.  
Contact: siranhocordova@soroptimist.net  
Info: Organization serving needs of women & girls in our community and around the world.

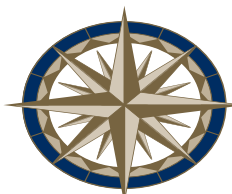
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## TAX REDUCTION NOTICE

### FOR SENIOR CITIZENS/DISABLED PERSONS RESIDING IN THE ELK GROVE UNIFIED SCHOOL DISTRICT

Voters in the Elk Grove Unified School District approved the Community Facilities District No. 1 Bond Election and a special tax to pay for the bonds. The special tax provides that a property owner/occupant who resides in the Elk Grove Unified School District and is 65 years or older (as of July 1) or disabled, as defined by the State Controllers Office, may receive a reduction in the residential tax rate if student-age children do not reside with them.

### TO QUALIFY FOR THE REDUCTION

A property owner or renter shall have the option of applying for a Senior Citizen/Disabled Person Tax Reduction, which would allow the school tax to be reduced by 70% for each qualified dwelling unit, if:

- The property owner shows evidence that the dwelling unit is occupied by a citizen that is at least 65 years of age or fully disabled.
- The applicant shows evidence of ownership of the property.
- The applicant shows evidence that student-age (grades K-12) children did not reside in the dwelling unit during the previous 24 months.

### Also:

The reduction is allowed only for the residence in which the applicant resides; all others are subject to the full tax.

If the applicant rents his or her home or resides in a mobile home park, the landlord/owner must certify that the entire reduced tax will be reflected in the rent for the exempted dwelling unit(s).

### YOU MUST RENEW YOUR STATUS EACH YEAR

(Those currently receiving this tax reduction will receive a renewal reminder notice in the mail)

### THE FILING PERIOD FOR THE TAX REDUCTION IS APRIL 15, 2014, TO JUNE 30, 2014

Applications and qualification details for the Senior Citizen or Disabled Person Tax Reduction may be obtained in person or by writing, phoning, or e-mailing:

**ELK GROVE UNIFIED SCHOOL DISTRICT FACILITIES AND PLANNING**  
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# Cost of Driving is Cheaper in 2014

**SACRAMENTO REGION, CA (MPG)** - New research from AAA finds that the average annual cost of owning and operating a new car has decreased by 2.7% in the United States for 2014.

The 2014 edition of AAA's annual Your Driving Costs study estimates the overall cost of owning and operating a new average sized sedan fell to 59.2 cents per mile, a 1.64 cent per mile decrease from 2013. This decrease amounts to an average of \$8,876 in yearly costs, based upon 15,000 miles of annual driving.

"Despite increases in maintenance and registration fees, there is an overall decrease in the cost of owning and operating a vehicle," said Cynthia Harris, AAA Northern California spokesperson. "This year's decrease is caused by a drop in fourth quarter gas prices and lower tire, insurance and depreciation expenses. Owners are saving more than one and a half cents on every mile they drive."

Before making any vehicle purchase, it is important to determine ownership and operational costs and compare them to current and future vehicle costs. To assist consumers in determining individual driving costs, the AAA Your Driving Costs brochure contains a worksheet that can be filled out and personalized for a specific area, driver and vehicle.

AAA estimates driving costs based on an extensive list of factors including gasoline, tires,



maintenance, financing, depreciation and insurance.

Maintenance costs are up in 2014 by two percent to \$5.06 per mile on average for sedan owners. This increase is due to labor expenses, auto replacement parts, and extended warranty policies.

Nationwide, fuel costs had the single largest percentage decrease from 2013. This represents 13 cents per mile expense for 2014. The average cost of regular grade fuel fell 5.96 percent, from \$3,486 to \$3,278 per gallon per year. The 2014 gas price study was calculated using the national average price for regular unleaded gasoline during the fourth quarter of 2013.

The cost of tires in 2014 has decreased three percent, to \$0.97 cents per mile on average for sedan owners. Auto depreciation decreased for 2014 to \$3,510 from \$3,571 in 2013. While the numbers improved in all three sedan categories, they are particularly strong in the medium size vehicles where several very desirable redesigned models

have been introduced.

In 2014, average insurance costs remained relatively unchanged at an average annual cost of \$1,023, compared to \$1,029 last year. Insurance rates vary widely by driver and driving record, issuing company, and geographical region.

AAA's Your Driving Costs brochure includes a breakdown of specific costs by category of vehicle and can be downloaded at [www.aaa.newsroom](http://www.aaa.newsroom). AAA has published Your Driving Costs since 1950. That year, driving a car 10,000 miles per year cost \$0.09 cents per mile and gasoline sold for \$0.27 per gallon.

AAA Northern California offers a wide array of automotive, travel, insurance, DMV, financial services and consumer discounts to more than 4.1 million members. AAA has been a leader and advocate for the safety and security of all travelers since it was founded 114 years ago. ★

Source: AAA Northern California

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- Prince or king in India
- Bit of binary code
- Baltimore's has deep enough water for largest ships
- Ancient assembly area
- Boy toy
- Ancient Scandinavian characters
- Bird action
- Howard of "Happy Days"
- To open
- Location of highest point in U.S.
- Victorian era overcoat
- William Penn to Sir William Penn
- Civil rights concern
- Watergate device
- O. Henry's "The Gift of the ..."
- Baking soda
- Seaward
- Paris Hilton's and Kelly Osborne's dogs
- Black cat crossing the street, e.g.
- Try, as in a case
- Wise guys
- Frost-covered
- \*What Harvard Crew did on Lake Charles
- Crystal
- Country alliance
- Call for
- Aforementioned
- "... he drove out of sight"
- Retained
- Strive
- \*The deepest lake
- \*Archipelago state
- Disorderly disruption
- Roswell subject
- What sinners are expected to do
- "The Waste Land" poet
- Animal house
- Pretend
- Be dependent
- Part of a hurricane
- Absurd
- 50 Cent piece
- Taj Mahal city
- "Piano Man" Billy
- Domains or expanses
- Type of horse-drawn carriage
- Creole vegetable
- "New" prefix
- Boredom
- Often done on 4th down
- Enough, for some
- End of the line
- Recipe amt.
- \*U.S. maritime neighbor
- Breaks off abruptly
- Dr. Frankenstein's workplace
- \*Lake Superior holds this U.S. distinction
- \*Lake located on CA-NV border
- Southeast Asia association
- Active or lively
- \*Pacific Ocean territory
- Sidewalk/road divide
- Nimble
- Word of mouth
- \* Canyon
- Singular of #4 Down
- good example
- Judaic mourning
- Stalin's order, e.g.
- Confederate general
- Hindu Festival of Lights
- One excessively concerned about decorum
- Like yesterday's meal?
- Jazz musician Nat
- Agitate
- Call to mate
- Use a whetstone
- I, to a Greek
- To let someone " it"
- Joaquin Phoenix' 2013 film
- Whimsical and otherworldly
- Compass reading

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For Solutions See Page 7









# CORDOVA HIGH SCHOOL SPORTS

## Cordova Baseball Rides 5-Game Winning Streak

By Mike Bush

**RANCHO CORDOVA, CA (MPG)** - In its last five Capital Athletic League games, the Cordova High School baseball team has seen the bats become livelier and defense solid.

That has led the Lancers to a five-game winning streak going into Wednesday's league finale at Whitney. Cordova (10-4 in CAL, 16-10) can win a share of the league title if it beat Whitney (11-3 in CAL, 18-8). The Lancers would earn the league's No. 1 seed based on winning their best of three series against the Wildcats.

A loss would put the Lancers into a second place tie with Rio Americano (9-5 in CAL, 14-11).

The Raiders won the best of three series with the Lancers, who enter into the Sac-Joaquin Section Division III playoffs.

If Cordova won Wednesday's game for the CAL title, it earns the league's No. 1 seed and play the Tri County Conference's No. 3 seed at McAuliffe Memorial Ballpark in Sacramento on Thursday, May 15 at 7 p.m.

Should the Lancers land the No. 2 seed, they will play Colfax, which won the PVL title and earned the No. 1 seed, also on May 15 at 7 p.m.

If Cordova is the No. 3 seed, it will host Lincoln, the Pioneer Valley League's No. 3 seed, in an out bracket game on Monday that starts at 4 p.m.

"Our hitting has picked up,"

said Cordova head coach Guy Anderson, "and our defense has picked up. At one time we were averaging three to four errors a game. Now we've cut that down quite a bit."

On Monday, Cordova rallied from a 3-0 deficit to score in the bottom of the sixth inning to post a 4-3 win over Whitney in the Lancers' last home regular season finale. Nigel Robinson went 2-for-3 with a double and 2 RBIs. Cordova had eight hits in the game.

"He's been coming through for us," said Anderson of Robinson, who is batting .370 for the season. "We're kind of on a roll of just playing good team ball."

The Lancers had eight hits in Monday's game. Tylor Myers

went 2-for-3 with an RBI. Zachary Tapia, Dominic Gentry, Jerome Brown and Jarrett Harris had a hit each for Cordova.

### Cordova 4, Antelope 1

In a CAL road game May 2, the Lancers had three hits; Tapia, Gentry and Myers had a hit each.

Tapia, on the mound, struck out six and tossed a four-hitter.

### Cordova 7, Antelope 6

In their April 30 meeting at the Lancers' field, Cordova had nine hits. Logan Appino went 3-for-4 with an RBI. Brown had two RBIs. ★

## Lady Lancers Take Second Place in CAL

By Mike Bush

**RANCHO CORDOVA, CA (MPG)** - Although the Cordova High School softball team concluded its regular season with a 6-1 loss to Antelope in the Capital Athletic League finale at the Titans' field Tuesday, the Lady Lancers will keep the season going.

Cordova (7-3 in the CAL, 11-4) tied with Whitney for second place in league, as they advance into the Sac-Joaquin Section Division III playoffs. The teams split their season series. Either a seeding game or tie-breaking criteria would be used to determine seeding.

If Cordova is the No. 2 seed, it will play the Tri County Conference's No. 2 seed Friday, May 16 at 6 p.m. at the

Sacramento Softball Complex. But if the Lancers are the No. 3 seed, it would host the Pioneer Valley League's No. 3 seed Tuesday, May 16 at 4 p.m.

Samantha Lutman had two of the Lancers' four hits in Tuesday's league finale. Tiana Brown hit a double, and Megan Stacy had the other.

In other CAL games, Cordova beat Rio Americano, 10-0, in the Lancers' home finale. Stacy, on the hill, fired a one-hitter.

The Lancers lost to Whitney, 2-0, on April 29, and beat El Camino, 7-0, at the Eagles' field April 24.

"Megan threw another great game," said Cordova head coach Lindy Willeford, whose pitcher struck out seven and gave up five hits. ★



By Gae Ruddell

Years ago, I was introduced to the concept of self love. It sounded like a good thing, but I had no idea what it was, what it looked like, or how to get it for myself. Where to begin?

First, in order to love myself, I thought I had to have something or be something that I could love. I had to see magnificent qualities within myself that would bring self love bubbling up like a volcano of undeniable awareness of my perfection. Knowing who I thought I was, the chances were quite slim I'd see any degree of that.

It was also clear to me that I simply was not enough, because if I were, my life would be evidence of it. I would be happier, wealthier, in an amazing romantic relationship, and I would dip quickly in and out of life's challenges. If I were doing the right thing, thinking the right thoughts, feeling the right feelings, I would have all and be all that I desired. Either I was doing something very wrong, or I wasn't worthy of all that because of who I was.

I took a look around to see how I compared to those who were smarter, prettier, richer, thinner, funnier or cleverer than me. Maybe they are all that because

they deserve it, and they deserve it because they are simply better than I am. In order to try to love myself, I had to be better than they were. Being equal just wasn't enough. Being better is a huge undertaking, so I needed to really be bigger and more to feel what I wanted to feel!

Starting this challenge from deep within a hole, it took a lot of "better than" for me to even begin to peek onto ground level. The problem with this solution was I knew I was standing on my tip toes to even feel adequate, let alone feel better than others. What failed was that I never really believed that I was better. No matter what I told myself, no matter what I tried to emit into the room, I knew in order to have an awareness of being enough, I needed to be authentic and stand alone, without comparing myself to others or to the image I had created in my mind.

We all come onto this planet different people, so maybe we have worthy and unworthy genes built in. Maybe it's just that some of us are simply more worthy. After all, didn't their lives prove it? Didn't they have great relationships, money, authority, friends, and wonderful life experiences? Didn't that kind of life prove their worthiness and

not having that life prove that I was not worthy? But that made me some kind of victim, and I couldn't stand the feeling of being a victim. Actually, I don't believe anyone can be a victim, but if I were wrong and there really were victims, the idea of being one scared the breath out of me. It was my intention to take action and to do things that made me love myself.

What is self love? My first thought was bubble baths (which I don't take because it requires patience and endurance to sit still in a tub of filmy water), massages (way too expensive to do frequently enough to make a difference), or pedicures (I'm missing something here, because it seems dumb to pay someone to do something I can do for myself). Maybe I could spend an afternoon reading, but there's always something else I should be doing. Chocolate's always a great solution, but that brings on guilt and poundage.

I started asking others the question, "When you're showing love for yourself, what's going on?" Answers came back like, "I'm taking a brisk walk in the fresh air," "I'm buying new shoes," or "I'm calling my best friend/lover/mom." That all sounded very proactive, so maybe I could find activities that, when I did them, it would feel like I loved myself.

So, I pampered myself with whatever I could think of that might feel good: I went shopping, I ate desserts, I went to movies, I read long books and I went on mini-vacations. I did for others, I kept a clean house, and I gathered in my grandsons. So far, so good. What I was doing was pretty much on track and did make me feel good. I even enjoyed being alone, which is how I most often sought self love. Aloneness eliminated compromising my desires by having to support others' needs. If I wanted to do something, I went out and did it! However, those times were fleeting, and

the space between my actions didn't necessarily leave me feeling loved. I continued my search for other activities that supported my efforts: I dated lots of men, laughed with friends, and got a dog. And the down time continued to leave me feeling just that—down.

What is self love? The creation of joy, or peace, or something so illusive I didn't have access to it? I watched others to get a clue, but I didn't see evidence that they much loved themselves either. They did negative self-talk, stuffed food in their mouths, gave their power away in an attempt to be liked, worked long hours, and slept short nights.

In my ongoing search for the answer to how to change what I'm doing, thinking, and feeling, to have love for myself, I came up blank every time. Some suggestions I received from others were to remember that God loves me (whatever does that really mean and why don't I feel it?), I create my own reality, so start creating what I want (way too vague a concept, and too hard to maintain the necessary focus), and be grateful for what I already have because my life is perfect just as it is (really?). None of these answers spoke to or supported me for any length of time in my quest.

And then there was that magical one day, that beautiful gift of Ah Ha, when the picture, the answer, and the truth came flooding into my mind and heart. Such clarity grabbed me by my shoulders. I stopped in my tracks to look more closely. I played the reel again and again in my

head, watching the movie of this awareness so that I could witness the simplicity of this truth, and feel the glorious feeling of having found my solution to loving myself.

It started one day when I took my cousin and his wife to my church. Besides my children, these are the dearest people in my family and my life. We all love each other so much, and it's a joy to experience that deep family connection. I looked forward to taking them to church so they could learn more about me by learning about my spiritual beliefs. I realized, as I introduced them through the congregation, that I was also showing off to them the love and friendships I had made over the past few years.

Later that afternoon, when I was alone, I looked back on the wonderful love I felt from my cousins and my church. Real love. I started looking at the love I get from friends, coworkers, assistants, residents who live where I work, and other members of my family. I even looked at people I did not think loved me, and found that if I wasn't feeling love from someone, what I was getting was indifference because they didn't know me. That had to be true because evidence was proving, from my mental research, to know me is to love me. Oh, my goodness! All that love! I thought through my files and couldn't identify anyone who knew me and didn't love me. That's a lot of love, love I had been ignoring or taking for granted. It was everywhere, all around me. It was my

net and my springboard. It was as present as my breath. It was omnipotent!

That's when I realized I was the only one who didn't love me. The concept came to me that I was my own missing link. Not that there's necessarily a link or connection involved, but the idea of missing link spoke to me. Of all the people in my life, I'm the only one who doesn't love me. I visualized myself as a hollow oval entity, surrounded by love. My thought then was that this small unit is empty, and I can easily fill that one little space with love. How very simple to put love into that minute, vacant place that was me. With that being done, I knew I would be complete.

Over the next few days, as I watched that hollow oval in my mind, it became smaller and the universe became vaster. All I could think of was that in the huge universe, this tiny speck was all I needed to love, and how very easy that would be. I didn't need to be cuter or richer or pay off my mortgage. All I had to do was love that little speck. And upon my awareness and acceptance, like the vacuum that the universe abhors, it was done! Love simply flooded in.

Now I don't try to love myself. I quit thinking, wondering, questioning or seeking. Self love is. Something about the simplicity or truth of love caused it to move in, sit down, put up its feet, and make itself at home. Maybe I was ready, maybe love was ready, but whatever happened, happened. No effort, just love. And so it is. ★

## Now That's a Lot of Love!

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# 1,583 Reasons to Say "No" to the Rancho Cordova Interchange

Guest commentary by **Lonn Maier**

The City of Rancho Cordova and Caltrans are proposing to build a multi-lane freeway interchange that will serve as the main traffic drain for an estimated 25,000 cars daily that will at build-out serve a massive 90 square mile, 54,000 home residential development in south Sacramento County. The interchange would be located in the midst of residential homes in Gold River, just south of Tenderfoot Drive in Eureka Village.

Residents of Gold River aren't happy with the proposed massive traffic drain for a couple of reasons. Well, maybe more. Let's start with 1,583 reasons—that's the approximate number of children that live in Gold River, according to the latest census data.

Air emissions from cars include carbon monoxide, carbon dioxide, nitrous oxides and sulfur oxide, and ozone, not to mention particulate matter from diesel trucks and cars.

The City of Rancho Cordova's own analysis shows that under build-out conditions, uses in the Planning Area may produce 14,300 tons of reactive organic gasses, 3,200 tons of nitrous oxides, and 8,400 tons of particulate matter 10 microns in size per year. Most of these air contaminants are from cars and trucks, especially diesel vehicles. Wind currents in Eastern Sacramento County will typically move air from the south to the north. So in other words, **Rancho Cordova generates the pollution by having an interchange close to homes—Gold River and adjacent areas receive it.**

Thousands of children and parents alike frequent the nearby Prospect Park annually, which is located a mere 100 yards from the proposed interchange. Kids in sports will be running their hearts out will be inhaling the emissions from the thousands of vehicles that

pass through Tenderfoot Meadow every week.

There is cause for concern. In the last 10 years, a significant amount of research has been conducted. Under a directive from the Environmental Protection Agency, California agencies are discovering through air quality monitoring a greater risk of respiratory illness with children that live near freeways. Dozens of research studies have shown that when children live in proximity of freeways, they will have low birth weight, heart defects, acute respiratory illnesses, asthma attacks, long-term health effects, such as chronic respiratory diseases and development of asthma and cardiovascular diseases.

In fact, children living as far away as 1,500 feet from a freeway or interchange can exhibit these health conditions. **Again, Gold River's only public park where children play year-round is only 100 yards away.** Homes with children are located as close as 150 feet away from the project. Even the State's own Air Resources Board thinks that interchanges near homes are a bad idea. They recommend that homes be sited farther than 500 feet from freeways, including interchanges.

The *Rancho Cordova General Plan* identifies some lofty goals to ensure the community has decent air to breathe. The General Plan states in part that the goal of the City is to "Ensure a healthy community...meet or exceed all state and federal air quality standards...support land use patterns and densities that lessen air quality impacts...support a circulation system design that reduces vehicle trips and emissions...provide buffers and setbacks between sensitive land uses and sources of air pollution."

Do any of these laudable goals sound like they were even a vague consideration when Rancho Cordova planners decided to drop

a giant-sized freeway interchange into the midst of a residential community?

At least Rancho Cordova officials *sound* concerned with the air quality of a community. So why do they think it's a good idea to build an interchange 200 feet from a community park and nearly in the backyards of homes? Why do they think that siting a project that will result in tons of toxic air contaminants conveniently deposited in Gold River is a good thing?

How is it that *anyone* thinks that building a freeway interchange within 50 feet of someone's backyard a good thing? Apparently the City and Caltrans do. There's a huge gap between their talk and the way they walk; between what the City boasts and what it plans for the future for its residents and people who live in Gold River.

Our community youth who are at risk of developing serious health maladies are taking a back seat to the City and Caltrans who are driving the bus in the wrong direction.

The City and Caltrans are on the fast track to get this built so they can approve the couple dozen developments that have been pending until the interchange is up and running. **The City has adopted a motto: The Playful City. Don't believe it. Don't let them play with your children and grandchildren's health and future.**

Let Caltrans and the Mayor of Rancho Cordova know of your opposition to the project. We have 1,583 reasons to say no. ★

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## FAIR OAKS CEMETERY MEMORIAL DAY AND AVENUE OF FLAGS CEREMONY



The Fair Oaks Cemetery District and the Memorial Day Ceremony Committee will be holding one of the most popular and inspiring Memorial Day ceremonies in the area again this year.

The Sixteenth Annual Memorial Day and Avenue of Flags Ceremony will be held Saturday, May 24, at the Fair Oaks Cemetery, located at 7780 Olive Street, Fair Oaks. The formal ceremonies start at 10 AM. This year's theme is to honor "Families of Fallen Heroes".

Over the years, beginning when the Plymouth Colony was at war with the Pequot Indians, the Pilgrims passed a system of compensating veterans and their families. Congress has continued through the years to improve the benefits system for the families of War.

In spite of these benefits, the families still need our emotional support. The Fair Oaks Cemetery's Memorial Day Ceremony is a fine example of how we, the community, say thank you to the families for their sacrifice.

The Fair Oaks Cemetery will be decorated with hundreds of flags lining its roadways as "The Avenue of Flags." We will also be adding more names to the Veterans Memorial Wall.

A formal Color Guard and Rifle Salute Team will provide military honors and assist with the laying of the wreath at the memorial in honor of over seventeen hundred veterans who are buried in the cemetery.

The musical program will be provided by the American Veterans Band, conducted by Warren "Bud" Turner. Refreshments will be served at the conclusion of the ceremony by the Orangevale Fair Oaks Grange & Fair Oaks Historical Society.



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Wednesday, May 21 11:30 am to 12:30 pm Thursday, June 19 Dinner 6:30 pm

SIERRA HILLS MEMORIAL PARK & EAST LAWN MORTUARY  
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RSVP Required: 916.732.2020

Friday, May 16 • Wednesday, July 16  
11:30 am to 12:30 pm

ELK GROVE MEMORIAL PARK & MORTUARY  
9189 E. Stockton Boulevard • Elk Grove  
RSVP Required: 916.732.2031

Reservations Required, please RSVP to the location of your choice, or to Lisa West at [LisaW@EastLawn.com](mailto:LisaW@EastLawn.com)

Seating is limited to 30 attendees per seminar



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- SATURDAY** Sac Unity Farmers Market **NEW MARKET OPENING MAY 31!**  
9249 Folsom Blvd, Sacramento (at Unity of Sacramento Church) on Saturdays 8 am - 1 pm, year round.
- SUNDAY** Carmichael Park Farmers Market  
5750 Grant Avenue, Carmichael (Corner of Grant & Fair Oaks Boulevard under the trees in the Park). Every Sunday from 9 am to 2 pm - all year round.
- SATURDAY** Sacramento Midtown Farmers Market  
2020 J Street (Between the STANF Native American Health and Bioware buildings). Every Saturday from 8 am to 1 pm - all year round, rain or shine.
- SATURDAY** Sunrise Mall Farmers Market  
6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot). Open every Saturday from 8 am to 1 pm - all year round.
- SATURDAY** Historic Folsom Farmers Market  
915 Sutter Street, Historic Folsom Public Plaza, Folsom. Every Saturday from 8 am to 1 pm - all year round
- THURSDAY** UC Davis Health System Farmers Market  
45th and Y Street (UC Davis Campus). Seasonal - Opens 4/24. 3 pm - 7:30 pm
- WEDNESDAY** Fair Oaks Farmers Market **NEW LOCATION, LOTS OF PARKING!**  
8101 Sunset Ave. (New Life Church). Seasonal - Opens 4/16. 3 pm - 7:00 pm
- WEDNESDAY** VA Mather Farmers Market  
10535 Hospital Way (VA Hospital). Seasonal - Open Now. 9 am - 1 pm

For more information: [www.bemoneysmartusa.org](http://www.bemoneysmartusa.org)