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# Carmichael Times

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Serving Carmichael and Sacramento County since 1981

August 5, 2016

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# Unity in the Community

Story and Photos  
by Susan Skinner

**SACRAMENTO COUNTY, CA (MPG)** - Sacramento Sheriff's next-to-top cop can take the heat. Recently-appointed Undersheriff Erik Maness took a turn at burger flipping at his department's recent "Unity in the Community."

Maness (46) worked for McDonalds on Florin Road Before beginning his policing career. While studying at Luther Burbank High, his after-school job included cooking and serving at the franchise. By 20 years old, he was store manager. "The job was invaluable for my law career," he says. "It taught me customer service and leadership. Law enforcement is all about serving community." A private passion, Maness confides, is to start a restaurant in his retirement.

As well as free burger lunches Maness -- representing boss Sheriff Scott Jones -- hosted face-painting and bounce houses at the Howe Park picnic. Event highlights included a helicopter landing and canine displays. Families also got the lowdown on finger printing techniques and learned about law enforcement careers. SWAT teams were among units who shared off-duty time with the public. More than 300 guests enjoyed this outreach.

While high ranking officers sweated to grill hot dogs, K-9 Unit dogs were an even hotter attraction. Padded-out deputies demonstrated how German shepherds leap to action. Children observed the toothy law-keepers were also pussycats when off duty.

The event is Sheriff Scott Jones' effort to humanize officers in his department. "We're showing people we want to be good neighbors," explained a spokesman. "We're all regular people who do regular stuff with our own families."

The "Unity" program has been staged at other communities in the County's unincorporated area. The next scheduled picnic is Sunday August 7 at Tetotom Park, Citrus Heights. Activities will begin at 10 a.m. ★



Search and Rescue volunteers (above) Jane Crue, Nichole Hinch and Michelle Hirt show off working canines Sacha, Tucker and Louise. Sheriff's mascot McGruff photo-bombs the line-up.

At right, Undersheriff Erik Maness (center) with Chief Deputy Phil Brelje and Sergeant John Martinez share burger-flipping duties during a "Unity in the Community" picnic at Howe Park.



"It is a great honor to be recognized as the Veteran of the Year," said honoree, Kevin Cameron, shown at left with Assemblyman Ken Cooley (D-Rancho Cordova). Photo courtesy Ken Cooley

## Assemblyman Cooley Honors Local Non-Profit CEO as 2016 Veteran of the Year

**SACRAMENTO, CA (MPG)** - Assemblyman Ken Cooley (D-Rancho Cordova) honored Kevin Cameron as the 8th Assembly District's 2016 Veteran of the Year. Each year, the Assembly Veterans Committee hosts the Veteran of the Year Awards to recognize veterans with distinguished military careers or those who have continued to serve making significant contributions to their communities.

"Following his distinguished service in the U.S. Army, Kevin founded a one-of-a-kind non-profit that honorably serves the nation," said Cooley. "He uses his expertise in dog training, as well as military ethical standards, to provide for Americans in need" continued Cooley.

Cameron served in the United States Army from 1997 until his honorable discharge in 2011, after receiving a Purple Heart. As a Military Working Dog Trainer, Cameron designed numerous programs that produced Working Dog Teams successful in many explosive and

narcotic finds. Using his experience in the Army, Cameron founded Alpha K9, a non-profit organization that provides service dogs to veterans, people living with PTSD, domestic and sexual abuse victims, and children.

"It is a great honor to be recognized as the Veteran of the Year," said honoree, Kevin Cameron. "I am able to receive this honor because of Alpha K9 and the Service Dogs we have been able to provide to our wonderful veterans. Without the generous support for our program providing service dogs to our veterans would not be possible," continued Cameron.

Assemblyman Ken Cooley represents the 8th Assembly District which includes the communities of Arden-Arcade, Carmichael, Citrus Heights, Rancho Cordova, Rancho Murieta, Rosemont, Wilton and other portions of unincorporated Sacramento County.

Source: Office of Ken Cooley ★

# Fab 40's 5k Run Brings Out 1,000 Runners

**SACRAMENTO, CA (MPG)** - The Annual Fab 40's Run/Walk to benefit the Alzheimer's Association drew close to 1,000 runners from around the Sacramento area on Saturday, July 30th at East lawn Memorial Park on Folsom Blvd.

enthusiasm as the children. Mia Lynn Fisher is the young lady opening the ceremony by signing the National Anthem.

Plan to attend next year's run now. Contact East Lawn to become a supporter or participant by calling 916-732-2020. ★

This yearly event proves to be a tremendous gathering of people volunteering their time and efforts to help the cause against Alzheimer's disease and to honor their loved ones who have suffered or died from the disease.

The event draws many sponsors, vendors and contributors, all who support the work for a cure. It could not be possible without the huge effort provided by the entire staff at East Lawn.

These photos show the runners participating, from youngsters who get their own run, to the adults who take on the 5K run with as much



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# Environmental Council Endorses Fair Oaks EcoHousing



Marty Maskall (left), Project Manager, and Brandon Rose, ECOS president, stand next to a perspective sketch at the site of the future Fair Oaks EcoHousing site, their future residence.

**SACRAMENTO COUNTY, CA (MPG)** - The Environmental Council of Sacramento (ECOS) voted unanimously on July 18, 2016 to endorse Fair Oaks EcoHousing. According to Brandon Rose, ECOS Board President, "One of the key objectives of ECOS is to promote and reinforce Smart Growth principles. We are pleased to endorse Fair Oaks EcoHousing as an example of a sustainable infill project that will enhance the Fair Oaks Community."

Fair Oaks EcoHousing, soon to be built on New York Avenue near Fair Oaks Boulevard, will be a cohousing community. Cohousing neighborhoods are composed of privately-owned homes clustered around shared open space and common facilities. A central clubhouse is the heart of the neighborhood for a variety of activities and typically includes a dining room, kitchen, lounge, workshop space, kids' playroom and guest rooms. Cars are kept to the edge of the site, thus making the neighborhood pedestrian-friendly and

safe for children. Future residents are involved in the design and development so that it reflects their needs and priorities, creating a truly custom neighborhood. Marty Maskall, Project Manager & Future Resident, says: "I'm looking forward to living in a friendly and sustainable neighborhood close to Fair Oaks Village. We plan to break ground in early 2017, with move-in scheduled for spring 2018."

There are now more than 160 cohousing communities in the United States, including 32 in California. Cohousing neighborhoods in the Sacramento Region include Southside Park Cohousing in Sacramento, Nevada City Cohousing, Wolf Creek Lodge in Grass Valley, and three communities in Davis. A new community called Renaissance Village Homes is being formed in West Sacramento, close to Raley field. According to Dr. Alex Kelter, Co-Chair of the ECOS Land Use Committee, "I am excited to see cohousing coming

to West Sacramento, and I have joined forces with the group to do my part to help create this special neighborhood."

Environmental sustainability is a core value in cohousing neighborhoods, which combine Smart Growth, Green Design, and Quality of Life. Community is the secret ingredient of sustainability because people help each other learn to be good stewards of the land. On-site activities enable residents to socialize close to home and reduce their need to drive as much for day-to-day activities. The Fair Oaks property offers close proximity to the American River Parkway, Fair Oaks Village, Bannister Park, the Sacramento Waldorf School, and Rudolf Steiner College.

Fair Oaks EcoHousing is welcoming prospective residents at free site tours, offered twice a month. For more information, visit [www.FairOaksEcoHousing.org](http://www.FairOaksEcoHousing.org).

Source: Fair Oaks EcoHousing ★

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## CARMICHAEL COMMUNITY UPDATE

Market in Fair Oaks between the hours of 3 - 7 pm. Located near the corner of Fair Oaks Boulevard and Sunset Avenue, the market is being operated at the New Life Church (8101 Sunset Avenue). And there's plenty of parking.

In addition to the ones identified above, BeMoneySmartUSA sponsors markets at other locations. For a complete listing, go online to [bemoneysmartusa.org](http://bemoneysmartusa.org).

### Learn about Protecting Seniors

Please join me 7:30 a.m. on Wednesday morning, August 17, at my Community Coffee Meeting in nearby Fair Oaks featuring a presentation by representatives from Sacramento County's Adult Protective Services Program that is dedicated to maintaining the health and safety of elders and dependent adults subjected to neglect, abuse, or exploitation, or who are unable to protect their own interests.

Sadly there are individuals including family members who abuse the elderly as well as dependent adults who have physical or development disabilities. APS social workers investigate allegations of physical abuse (assault/battery, constraint or deprivation, sexual assault, chemical restraint, and over or under medication), neglect (including self-neglect), financial abuse, abandonment, isolation, abduction, and psychological or verbal abuse. Learn

what warning signs to look out for concerning your loved ones.

This meeting will be held at the Fair Oaks Water District's conference room, 10326 Fair Oaks Blvd. near Winding Way. The meeting starts at 7:30 a.m. and I will give a brief update on what is going on with Sacramento County then introduce our guest speakers followed by questions and answers.

### Fight the Bite

The Sacramento-Yolo Mosquito and Vector Control District reports the West Nile Virus is present in our area and you should take precautions to avoid being bitten by mosquitoes.

Please take some simple steps like draining standing water that may produce mosquitoes and using an effective insect repellent (make sure to follow label directions). Another defense is to make sure door and window screens are in good working condition.

The District continues to survey the situation through trapping and testing of mosquito samples and dead birds as well as take precautionary measures. Residents can subscribe to receive email notifications about mosquito spraying by signing up online at [FIGHTtheBITE.net](http://FIGHTtheBITE.net).

*Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at [susan-peters@sacounty.net](mailto:susan-peters@sacounty.net).* ★



By County Supervisor Susan Peters

Through the generosity of the Carmichael Times, this column serves to provide an update about matters affecting the unincorporated community of Carmichael.

### Fresh Fruits & Veggies

This summer enjoy the delicious fresh fruits and produce grown locally by visiting any of the two local Farmers Markets operating weekly thanks to BeMoneySmartUSA, a local non-profit training organization specializing in financial and business education for area youth. These local markets are open Sunday and Wednesday.

Shop Sundays from 9 am to 2 pm at Carmichael Park located at the corner of Grant Avenue and Fair Oaks Boulevard. This market hosts over 75 certified and organic farmers and specialty item vendors in a wonderful park-like setting making it a special occasion shopping for fresh fruit, vegetables, flowers, herbs and more.

Wednesday visit the Farmers

## Tragic Chainsaw Accident in Fair Oaks

Special Report from Sac Metro Fire

SACRAMENTO COUNTY, CA (MPG) - Shortly before 11 a.m. on July 29th, Metro Fire crews were called out to Hoffman Lane in Fair Oaks. Paramedics and firefighters arrived to find an unresponsive man suspended in a tree, approximately 40-50 feet high. The man was secured to the tree by a tree

trimming harness set-up, with a chain saw dangling nearby.

Firefighters attempted to reach the man with engine ladders, while quickly calling for a Truck and Rescue to respond. The truck's aerial ladder was raised; firefighters quickly assessed the man, secured him with a harness, and carefully lowered him to the ground. Once on the ground, it was determined that

the deceased tree trimmer had been cut by the chainsaw.

A man lost his life in this tragic accident today, even with safety precautions in place. When using chainsaws or other dangerous power tools, your personal safety and the safety of those around you cannot be understated.

Our thoughts go out to the family and friends of this man. ★

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**Crossword Puzzle on Page 9**  
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A B O D E L E A A G L O W  
D U N A W A Y S T R E E P  
L E I N E E D  
F A R E L B E E I G H T S  
O D E S E R R S A L A R M  
N O D E D A V I S E T U I  
D R I E S G O B I N E T T  
A N D R E A U S E R S H H  
E G I S G O O  
K E A T O N H E P B U R N  
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**Sudoku Puzzle on Page 9**  
9 3 2 8 4 5 1 7 6  
6 5 4 7 9 1 3 2 8  
8 7 1 2 3 6 9 5 4  
7 2 6 5 8 3 4 1 9  
4 1 5 9 6 7 8 3 2  
3 8 9 4 1 2 5 6 7  
5 6 8 3 2 9 7 4 1  
1 4 7 6 5 8 2 9 3  
2 9 3 1 7 4 6 8 5

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**WIDOWED PERSONS ASSOCIATION OF CALIFORNIA**



The Widowed Persons Association of California encourages men and women to come to Sunday Support each Sunday from 3:00pm - 5:00pm. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service. Participants do not need to be members and there is no charge.

**OFFICE HOURS 10:00am - 3:00pm**  
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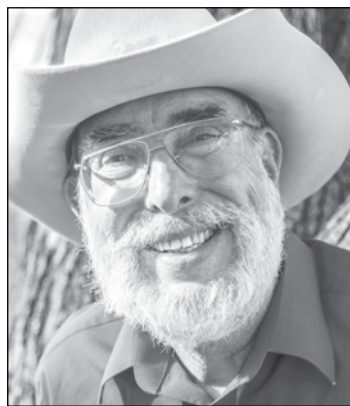
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**Slim Randles' HOME COUNTRY**



**Mrs. Forrest's Unstoppable Feeding Compulsion**

flip flop and then gracefully go into a full layout Sukuhara with a right-hand twist. She watched in awe for a few minutes before whispering to this gymnast's partner.

"I had no idea your friend was an acrobat," she whispered.

He looked at her and whispered back, "Neither did I 'til I cracked him on the shin with this axe."

The Home Country radio show is in national syndication and will be coming soon to a station near you! New, from Syndication Networks. ★

Mrs. Forrest has always been a compulsive feeder. Before she retired, she was cooking for the Mule Barn truck stop's customers, and is singularly responsible for about three flabby tons of avoirdupois on this nation's truck drivers, and may have been marginally responsible, third-hand, for a cardiac event or two.

But now she's retired, and a widow, and her kids all have kids and are scattered like a covey of quail. Local bachelors of a certain age know if they should just happen to be chatting with Mrs. Forrest on her front lawn along about supper time, there's a dang-near dead certainty they'll get a meal out of it.

And, through the magic of telepathic communication and the synchronistic wave lengths of humanity, the message about Mrs. Forrest's unstoppable feeding reached the psyches of the homeless.

At any rate, two of the aforementioned drifters had knocked on Mrs. Forrest's door and asked if there were any chores she needed done in exchange for some food. Well, you should've seen her eyes light up at that question. She said she had a bunch of firewood that needed to be split into kindling and if they didn't mind doing that, she'd fix them a chicken dinner with cream gravy. Mrs. Forrest puts cream gravy on everything.

So she busied herself in the kitchen, and then went out to see how these fellows were doing. And there, leaning on an axe handle, was one of them, and the other was doing gymnastics in and around the woodpile. It was amazing. He'd come out of a round-off



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# POPOFF!

with Mary Jane Popp

healing. Sleep problems, although more common as we age, are preventable. The mind can be recharged through safe and natural mind-body approaches, including accessible self-hypnosis.

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**4) CURIOUS.** Novelty, play, and wonder act as potent brain "fertilizers" that reboot the brain, keeping it fresh and vital by balancing knowledge with a desire to know more. People who remain curious and open to new experience tend to lead longer, healthier, and more fulfilling lives.

**5) FLEXIBLE.** Neuroplasticity is the brain's amazing ability to rewire in the face of new experiences. Learning to adapt and respond more flexibly to change, through meditation and other means, allows people to thrive despite the challenges faced in the second half of life.

**6) OPTIMISTIC.** Higher levels of optimism lead to measurable physical and mental health benefits. Cultivating the inner quality of optimism supports greater resilience against age-related challenges and set-backs.

**7) EMPATHIC.** Our brains are wired to be compassionate and generous. Practicing empathic skills regulates one's own mind and behavior, promotes contentment, calmness, and satisfaction...and influences the brains of those with whom we interact.

**8) CONNECTED.** It is important to connect meaningfully with others and develop a sense of belonging in the world. Mental and physical health depends on how well social connections provide meaning, purpose, and direction.

**9) AUTHENTIC.** The true self may be found in all of life's experiences...triumphs and failures. By discovering one's true self through awareness, honesty, and discernment, we become fully embodied authentic individuals. Learn to stop "wearing other people's faces" or living out others' expectations to simply please them.

Isn't it amazing? I'm sure common sense reigns supreme as we look at these ideas, but we sometimes ignore that common sense. If you want more information on their book "Staying Sharp" you can go to [www.StayingSharp.org](http://www.StayingSharp.org). Guess the old saying..."if you don't use it, you lose it" rings true. Guess we were not meant to be couch potatoes without a thought rolling around in our brains. Remember... **STAY SHARP ALWAYS!** ★

## Staying Sharp

Do you want to keep your brain young? Dr. Henry Emmons and Dr. David Alter shared some basic tips to get you started on POPPOFF. In "Staying Sharp" these docs tell us what to do today to have a healthy, vibrant mind tomorrow with nine keys for a youthful brain through modern science and ageless wisdom. Dr. Emmons is a psychiatrist who integrates mind-body and natural therapies, mindfulness and compassion practices into his clinical work. Dr. Alter is a psychologist with thirty years experience in health psychology, neuropsychology, and clinical hypnosis. Want that youthful brain? Okay. A youthful brain is:

**1) Active.** Staying in motion makes the brain bigger, stronger, and faster while protecting against harmful effects of stress. Exercise and moving the body mindfully (yoga is great for this) improves brain health, energy, and emotional resilience.

**2) RESTED.** Sleep is among the most powerful means to promote mood, memory, and

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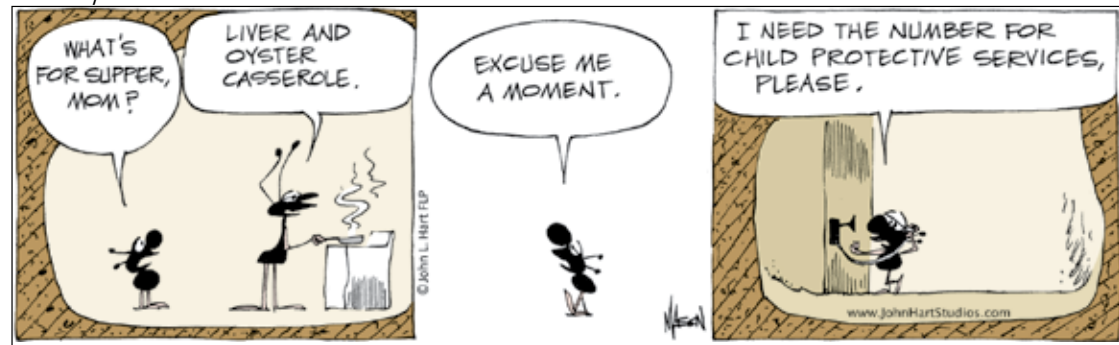
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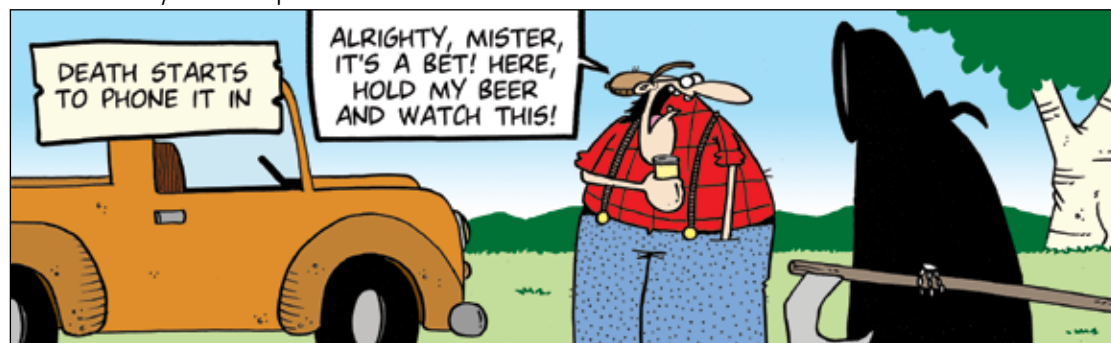
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# The Moral Case for Fossil Fuels

*Environmental Extremism is on the Wrong Side of History*

Commentary  
by Andrew Langer

Environmental activists have a new tactic: protesting outside shareholder meetings of major energy gas firms. In May, protestors gathered outside ExxonMobil's annual meeting to scream "keep it in the ground."

These demonstrations are part of a larger effort to bully major institutions, like universities and pensions, into selling their fossil-fuel stocks. As green hero Bill McKibben explained, "[It's] time for shareholders of conscience to simply break ties."

If shareholders want a clean conscience, though, they should reject such advice. The moral case for supporting fossil fuels has never been stronger.

Reliable, low-cost energy is essential to lifting the developing world out of poverty. Producing oil and gas delivers extraordinary economic benefits. Plus, as America's fracking boom makes clear, natural gas extraction can help lower greenhouse gas emissions.

Green campaigners insist that fossil fuels are an unalloyed evil that should be abandoned at all costs. For these activists, the only ethical sources of energy are expensive and unreliable technologies like solar, wind, and hydropower.

Such arguments ignore the fact that oil and gas remain indispensable to life.

They're crucial to expanding

access to electricity, clean water, and economic opportunity, particularly for the 85 percent of the global population living in the developing world. Without fossil fuels, it's impossible to create the kind of modern infrastructure -- including roads, hospitals, schools, and electrical grids -- that supports economic progress.

Globally, 1.2 billion people lack access to electricity. The situation is particularly dire in sub-Saharan Africa, where the local electricity-generating capacity -- excluding South Africa -- is just 28 gigawatts, roughly equivalent to Arizona's.

About 6.5 million people live in Arizona; 860 million live in the sub-Saharan.

The lack of reliable electricity forces about 3 billion people worldwide to use charcoal and wood for their everyday energy needs. Dependence on these harmful fuels are one reason why diseases caused by air pollution kill more than 4 million people annually.

As UN Secretary-General Ban Ki-moon has pointed out, "Widespread energy poverty condemns billions to darkness, to ill health, to missed opportunities . . . It is inequitable and unsustainable."

Expanding the supply of cheap fossil fuels could lift billions out of poverty. Indeed, over the last four decades, some 680 million Chinese have moved out of destitute privation into the global middle class. Their economic miracle was powered by fossil fuels.

Work from the International Energy Agency estimates that sustained expansion of fossil fuel use in Africa would improve energy access for a quarter of a billion people and add \$7 trillion to the regional economy. That's roughly \$1,000 more in annual income for every person on the continent.

Remarkably, the green movement would have no problem denying these underserved populations access to low-cost, life-improving energy. Such a perverse ethical position puts ideological purity before the genuine human needs of the world's least advantaged people.

Perhaps the biggest problem with the environmentalist case against fossil fuels concerns the environment itself.

Natural gas generates only half of the emissions as coal when burned. And now that falling gas prices have led to a transition away from coal, America's emissions have fallen to historic lows. Indeed, domestic carbon emissions are 12 percent lower today than they were in 2005, making America the world leader in emissions reductions.

The fossil fuel industry has done more to improve living conditions and safeguard our environment than the green movement could ever hope to do. If environmentalists want to attack these accomplishments as unethical, they'll need something more than picket-line slogans.

Andrew Langer is President of the Institute for Liberty. ★

# Sacramento County DA Reports



*Defendant Sentenced for Murder of Garden Store Owner  
25-Year Career Criminal Sentenced for Bank Robbery  
Defendant Convicted of 18 Counts of Child Molestation  
Woman Sentenced for Child Sexual Assault*

**DATE:** July 15, 2016

**CASE:** Marlon Palmer

**PROSECUTOR:** Deputy District Attorney Andrew Smith, Homicide Unit

The Honorable Matthew Gary sentenced Marlon Palmer to 50 years to life in prison. On June 8, 2016, a jury convicted Palmer for the second-degree murder of Hoa "Rickey" Tuyen.

On February 25, 2014, Mr. Tuyen was found face down on bags of soil in the back of his business, Discount Indoor Gardening. He was pronounced dead shortly after arriving at the hospital. The autopsy report revealed Mr. Tuyen died from asphyxia due to neck compression. There were no witnesses or surveillance video. The District Attorney's Crime Lab developed a DNA profile from fingernail scrapings from Mr. Tuyen. Detectives were notified a cold hit on the DNA profile matched Marlon Palmer.

Palmer was interviewed and denied knowing or having any contact with the victim. He also denied visiting or being in the area of the store, even though cell tower information placed Palmer's phone in the area of Tuyen's business during the timeframe of the murder.

Palmer was on parole at the time for multiple counts of robbery and assault with a deadly weapon. The Honorable Matthew Gary found two prior strike allegations true, making Palmer a three striker.

**DATE:** July 22, 2016

**CASE:** Rome Robert Dennis

**PROSECUTOR:** Deputy District Attorney Amber Walter, Career Criminal Prosecution Unit

The Honorable Sharon Lueras sentenced Rome Robert Dennis to 35 years to life in prison. On June 13, 2016, a jury convicted Dennis of two counts of second-degree robbery.

On January 29, 2015, Dennis went to the Chase bank on Florin Road and requested assistance from an employee for a "charged off" account. Once he was seated at the banker's desk, he wrote a note on a business card that it was a robbery and demanded money. He told the victim not to press anything, not to do anything stupid, and to stay calm because he had a gun and a bomb that could explode. The victim did not have access to cash at his work station, so he approached a fellow employee and told him that they were being robbed. Dennis then approached both victims, threatened them, and demanded money. They complied and gave him nearly \$3,000 in cash. Dennis then fled the bank, but was apprehended less than a mile away by law enforcement.

Dennis has a lengthy criminal history dating back to 1990, including two prior strike convictions for assault with intent to commit rape and attempted robbery. He also has prior convictions including recklessly fleeing from police, failing to register as a sex offender, and indecent exposure. Dennis had been returned to prison multiple times on parole violations.

**DATE:** July 27, 2016

**CASE:** Richard Lee Betz

**PROSECUTOR:** Deputy District Attorney Nancy Cochrane, Special Assault & Child Abuse Unit

Thirty-seven-year-old Richard Lee Betz was convicted by a jury of 18 counts of committing lewd and lascivious acts with a minor under the age of 14 years old.

Between 2003 and 2011, Betz molested a female family member in numerous residences within the county of Sacramento starting when the victim was six years old until she was 13 years of age.

Betz faces a maximum potential sentence of 42 years in prison. Sentencing is set for August 26, 2016, at 11:00 a.m. in Department 19 before the Honorable Patrick Marlette.

**DATE:** July 29, 2016

**CASE:** Stormy Mollissa Myers

**PROSECUTOR:** Deputy District Attorney Quirina Orozco, Special Assault & Child Abuse Unit

The Honorable Sharon Lueras sentenced Stormy Mollissa Myers to 15 years to life in prison. On September 23, 2015, Myers pled guilty to committing a sex act with a child under 10 years old and committing lewd acts upon a child.

In January 2013, a citizen tried to text a photo of her 8-year-old daughter to a family member. The photo was instead received by Jason Wymer, who was unknown to the sender. Wymer began texting the sender requesting more photos and began communicating in a sexually explicit manner to who he thought was an 8 year old. The FBI began an investigation, which revealed thousands of images and videos of child pornography taken from 2010 to 2011 in Sacramento and San Joaquin counties. The images included children and toddlers engaged in sexual acts with adults. Several images showed a 3-year-old child being sexually abused by Wymer and Myers.

On October 9, 2015, a jury convicted Jason Wymer of multiple sexual assault and exploitation charges. Wymer received a sentence of 100 years to life plus 9 years, 8 months in prison. ★

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## INSIDE BASEBALL

A WEEKLY TURN AROUND THE BASES

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The Cubs are hoping hard-throwing closer Aroldis Chapman will play a pivotal role in the postseason.

## Quality arms in demand

Yankees deal Chapman, Miller for a host of top prospects

As usual, there was some high drama as baseball's trade deadline approached on Monday. Here's a look at some storylines that stole the headlines.

## Yankees rebuild their farm system

The Yankees started 2016 with three players on MLB Pipeline.com's top-100 prospects list. It ended July with seven, thanks to some shrewd deals by general manager Brian Cashman.

The first big deal came when the Yankees dealt closer Aroldis Chapman to the Cubs for 19-year-old shortstop Gleyber Torres (No. 26 overall). That trade also included outfielder Billy McKinney, a former top-100 prospect whom MLB Pipeline now ranks as New York's 15th-best prospect. The Yankees may have landed a bigger haul for Andrew Miller. Trading their ace left-handed reliever to the Indians netted outfielder Clint Frazier (No. 24), the first high school position player picked in the 2013 draft, and 20-year-old lefty starter Justus Sheffield (No. 95).

New York also acquired pitcher Dillon Tate from Texas when it traded Carlos Beltran. Tate, the Rangers' fifth-best prospect, was the fourth overall pick in the 2015 draft.

Add to that middle infielder Jorge Mateo (No. 27), outfielder Aaron Judge (No. 32), catcher Gary Sanchez (No. 39) and outfielder Blake Rutherford (No. 64), and the Yankees may now have the best collection of top-end prospects in the game.

## Arms can be expensive

As usual, teams were desperately trying to acquire pitching.

Starting pitchers who changed teams included Wade Miley (Seattle to Baltimore), Andrew Cashner and Colin Rea (San Diego to Miami; the Padres received starter Jarrod Cosart in return), Lucas Harrell (Atlanta to Texas), Drew Pomeranz (San Diego to Boston) and Rich Hill (Oakland to the Dodgers). At the end of June, Atlanta also traded starter Bud Norris to the Dodgers, and weeks before that, the Padres sent James Shields to the White Sox.

Teams selling off were hesitant to move starting aces in July. Of those traded, only Pomeranz (this year) and Shields (2011) have ever been selected to an All-Star Game, and Shields, who is 34 and has a 5.17 ERA since the Sox got him, isn't what he once was.

On the other hand, teams weren't as shy about moving their better bullpen arms. Chapman was one of the game's most highly sought closers, and Miller, a lefty, may have been the game's most coveted set-up man. Pittsburgh traded Mark Melancon to Washington. Since 2014, Melancon has converted 114 of 123 save chances, with a 1.95 ERA and 171 strikeouts in that span. The Brewers also dealt their top two relievers, closer Jeremy Jeffress and Will Smith, to Texas and San Francisco, respectively. The Smith trade netted a nice haul in lefty Phil Bickford (No. 65).

Some of these trades illustrate the wide spectrum of the perceived value of closers and late-inning relievers.

The Pirates, just four games out in the Wild Card standings at July's end, didn't get anything close to what the Yankees got in return. They added 24-year-old Felipe Rivero, who has a 3.64 career ERA in 99 MLB innings but is regarded as a talent that Pittsburgh can develop, and Taylor Hearn (No. 28 in Pirates' system), a 21-year-old Single-A starter-turned-reliever who's hit 99 on the radar gun.

It may also be telling that the Pirates feel they can replace Melancon with Tony Watson. He has just five career saves but has been excellent across his career — a 2.64 ERA in 363 MLB innings.

Meanwhile, the discrepancy between what the Reds netted for Chapman in December and what the Yankees got for him two weeks ago is staggering. Chapman's winter value was at an all-time low because of an impending suspension for domestic abuse. Still, the Reds' return in that deal was only reliever Caleb Cotham (a 7.40 ERA this year before a season-ending injury) and prospects Rookie Davis, Tony Renda and Eric Jagielo. None is a top-100 prospect, though Davis (No. 8) and Jagielo (No. 24) are among the Reds' top-30 prospects.

Yes, Chapman, with a fastball that has touched 105, is a sexy addition that unquestionably makes the Cubs' bullpen better. But how much can he improve Chicago in the closer's role over Hector Rondon? If Chapman has a hand in the Cubs winning a World Series, the team's fans won't care. But if that doesn't happen, and Chapman walks in free agency after this year, the team will always wonder if it gave up too much for a two- or three-month rental.

## A softer market for position players

The market for position players was soft through July, but exploded on the Aug. 1 deadline date.

The biggest names to be moved through July's end were Melvin Upton (San Diego to Toronto) and Matt Kemp (San Diego to Atlanta). No high-level prospects were exchanged — Toronto dealt Hansel Rodriguez, now the Padres' 20th-rated prospect — and Atlanta's deal offered the Braves a chance to rid themselves of Hector Olivera, who was also suspended for domestic violence.

On Aug. 1, the Mets, who saw Yoenis Cespedes sidelined with a right quad strain, acquired Jay Bruce from the Reds. Bruce, 29, has been a regular in Cincinnati since 2008. The key piece coming back was Dilson Herrera, the 22-year-old second baseman who's been up and down from the Majors, and was formerly regarded as a top prospect.

Beltran's trade to Texas helps the Rangers compensate for the perpetually injured Shin-Soo Choo in right. Beltran (.304/.344/.546) has a 1.045 OPS vs. right-handers.

Perhaps the biggest deal came less than an hour before the deadline, when Texas acquired catcher Jonathan Lucroy, the top catcher on the market, in the Jeffress deal. Texas traded its No. 2 and 3 prospects in center fielder Lewis Brinson (21) and right-hander Luis Ortiz (63).

## AROUND THE HORN

Major League Baseball began in 1876, but no team had ever turned a 3-3-5 triple play until Washington pulled it off on July 29. With the Nationals up 4-1, the Giants loaded the bases, and Washington brought in reliever **Sammy Solis** to pitch to **Brandon Crawford**. The San Francisco shortstop hit a line drive right to **Ryan Zimmerman** at first, who caught it on the fly and easily beat **Buster Posey** back to the bag, then tossed it to **Anthony Rendon** at third as the Giants' **Denard Span** was well on his way to home. It was also the first triple play in the franchise's 12-season history. ...

Two nights later, the Cubs also had an unusual evening at Wrigley Field. After trailing 6-0 to the Mariners and their ace **Felix Hernandez**, Chicago got the game to the 12th, where the score remained tied at six. With **Jason Heyward** on third and one out, Cubs manager **Joe Maddon** pinch-hit pitcher **Jon Lester**, who was 3-for-40 on the season, for pitcher **Hector Rondon**. With two strikes, Lester laid a perfect safety squeeze down first to earn the Cubs an MLB-best 63rd win. The Cubs used five different left fielders, including pitcher **Travis Wood**, who alternated between that spot and the mound and made perhaps the defensive play of the game in the seventh, snagging a **Franklin Gutierrez** liner just before backing into the brick wall. ...

On July 27, Mets closer **Jeury Familia** blew a save for the first time in 53 chances, snapping the third-longest streak of save conversions in the game's history. The next evening, Familia blew another before converting his next chance on July 31. Despite a 3.08 ERA and a 1.33 WHIP that are markedly higher than last season's 1.85 and 1.00 marks, Familia's 37 saves through the end of July lead MLB. ...

Kansas City closer **Wade Davis** has just two blown saves on the year himself, and he might have fetched the Royals, who ended July a dozen games behind Cleveland, a king's ransom in a trade. Instead, Davis went on the disabled list with a Grade 1 flexor strain. The 30-year-old has also had elbow issues. Davis has an incredible 1.09 ERA in 173 innings since the start of the 2014 season, with 219 strikeouts. ...

On July 30, Yankees outfielder **Jacoby Ellsbury** reached base on catcher's interference for the 10th time this season, which is already two more than **Roberto Kelly's** previous MLB record for a season, set in 1992.

## NUMBERS GAME

139.1

The number of innings thrown by Toronto righthander Aaron Sanchez through July 31. That's already more innings than Sanchez has thrown in any professional season, which is why the Blue Jays have talked at various times about moving him to the bullpen, or capping his innings at a number as low as 160. Sanchez, 24, leads the American League with a 2.71 ERA.



## TURN BACK THE CLOCK

Aug. 30, 1890

Denton True "Cy" Young makes his major league debut, picking up the victory as the Cleveland Spiders defeat the Chicago Colts (they'll later change their name to "Cubs") by an 8-1 score. Young, 23, picks up nine wins that season, and won't retire until 44, at which point he has 511 career victories and has topped the 400-inning mark in a season five times.

## TRIVIA CORNER

Which former MLB player holds the record for playing for the most teams?



Written and compiled by Chris Lee.  
Follow Chris on Twitter: @chrisee71.  
Email: chrisee71@gmail.com

TRIVIA ANSWER: Pitcher Octavio Dotel (1799-13), who pitched for 13 teams — (in order) the Mets, Astros, A's, Yankees, Roy-als, Braves, White Sox, Pirates, Dodgers, Rockies, Blue Jays, Cardinals and Tigers.

Photos by Tom DiPace

## ATHLON SPORTS POWER RANKING

- Cubs** ESPN ranks Kris Bryant, Anthony Rizzo 1-2 in NL in WAR.
- Nationals** Trea Turner swipes seven bags in first 15 MLB games this season.
- Indians** Utility man Jose Ramirez may be replacing Juan Uribe at third.
- Giants** Matt Cain picks up 100th career win on July 31.
- Blue Jays** Melvin Upton's looks against righthanders will probably be rare.
- Orioles** Jonathan Schoop's 17th HR sets a career high.
- Red Sox** Clay Buchholz credits new-found release point for recent success.
- Dodgers** Staff's 991 strikeouts lead MLB.
- Rangers** Joey Gallo has played 1B, 3B, OF since his call-up on July 26.
- Cardinals** Birds get lefty bullpen help with Zach Duke acquisition from White Sox.
- Astros** Alex Bregman takes over at third with Luis Valbuena hitting the DL.
- Marlins** Dee Gordon back in the leadoff spot has been a good thing.
- Mariners** Nelson Cruz surpasses 24 HRs for sixth straight season.
- Tigers** Justin Upton hit more like Justin Upton in July.
- Mets** Neil Walker has six HRs vs lefties, equaling his pre-'16 career output.

- Pirates** Tony Watson becomes the new closer.
- Rockies** Had the NL's best post-break July record.
- Yankees** Yanks throw in the towel after rough weekend in Tampa.
- White Sox** Carlos Rodon gives up five runs in first start after returning from DL.
- Angels** Huston Street (6.45 ERA) remains in the closer's role.
- Royals** 401 runs scored are an AL low.
- Rays** Alex Cobb on rehab assignment after 14-month absence (TJ surgery).
- Padres** Wil Myers steals home on July 31.
- A's** The nightmare continues for Sonny Gray (5.84 ERA, 1.52 WHIP).
- Brewers** MLB-worst 81 errors are nearly twice that of MLB leader (Washington).
- D-backs** Jake Barrett is now the closer with the team's top two relievers dealt.
- Phillies** Aaron Altherr returns from injury, takes job in RF.
- Twins** Jose Berrios recalled as Tyler Duffey heads to bullpen.
- Reds** Successful return from injury for Homer Bailey (5.2 IP, 2 R, 6 K) on July 31.
- Braves** Atlanta owns both baseball's worst record and run differential.

# The Woman Who Could Be Our Next President



By Harold Pease, Ph. D

No woman in America's political history has had more scandals attributed to her than Hillary Rodham Clinton. WND TV lists the number at 22 and that was in May 2015. They follow her like flees on a dog, often two or three simultaneously.

Right now Hillary Clinton is dodging four: the death of four democratic colleagues in Benghazi over whom she had protective responsibilities as Secretary of State, her use of a private home server as Secretary of State passing classified intelligence messages abroad in violation of the Federal Records Act, the Clinton Foundation Scandal raising money by offering State Department favors to nations providing high dollar contributions to it, and the most recent, the Democratic National Convention emails (presumably authorized by Hillary) designed to derail Bernie Sanders in his race for the presidency. But these are only a few of many.

What is most amazing with respect to these scandals, she always gets a pass even when the evidence seems bullet proof, as for example, in Whitewater in the nineties and the FBI's summary of her guilt on the Email Scandal

more recently. Instead of jail time, as would be the case for you or I doing the same thing, she is elevated to even higher positions of power. Today her party and the establishment media are working vigorously to make her the nation's first female president.

Returning to the Bill and Hillary Clinton Administration of the nineties may give us our best measure for their return to power. After Bill's election he announced that America had gotten two for the price of one, indicating that Hillary would be a key advisor. Hillary has already announced that Bill will serve as her economic advisor should they return to the White House.

Absent from the political dialogue in this presidential election are the scandals so present the last

McDougal in the land deal. At the time Jim McDougal was Governor Clinton's economic adviser and later created his own bank, the Madison Guaranty to fund the project, hiring attorney Hillary Clinton of the Rose Law Firm to make everything legal.

The four equal partners were intricately connected. The scheme collapsed in 1989. Ultimately fifteen associated with this fraudulent land deal, which ended costing many retirees their life savings, and the taxpayer some \$73 million, went to jail—everyone except the Clinton's. Even Jim Guy Tucker, the governor succeeding Bill, served time, so extensive did Whitewater become.

By the time everything came to a head the Clinton's were in the White House and had legions

witnesses Susan McDougal, Jim Guy Tucker, and Clinton's former Attorney General Webster Hubbell, a Rose Law Firm friend of Hillary Clinton, refused to cooperate as key witnesses against the Clintons with the latter pleading the Fifth Amendment against self-incrimination. President Bill Clinton later pardoned Susan McDougal and Jim Guy Tucker. The story fades away replaced largely by the Monica Lewinsky sex scandal.

The mysterious death of the Clinton Deputy White House counsel, Vince Foster, added much intrigue to the story. He had been the special friend of Hillary and a Rose Law Firm associate, and was charged with defending the Clinton's on Whitewater charges. He was murdered or committed suicide, at Fort Marcy Park, Virginia. White House counsel Bernard Nussbaum removed Foster's files on Whitewater from Foster's desk so they could not be discovered by park police.

But Whitewater is only one of a good number of scandals in which Hillary is a leading participant. Perhaps another column will be necessary outlining her involvement in: File Gate, Cattle Futures Gate, Travel Gate, and half dozen more. She, and her devoted followers, would say that it is just the "vast right conspiracy," but there are far too many of these to feel comfortable with this explanation.

*Dr. Harold Pease is a syndicated columnist and an expert on the United States Constitution. He has dedicated his career to studying the writings of the Founding Fathers and applying that knowledge to current events. He has taught history and political science from this perspective for over 30 years at Taft College. To read more of his weekly articles, please visit www.LibertyUnderFire.org.* ★

**“Instead of jail time, as would be the case for you or I doing the same thing, she is elevated to even higher positions of power.”**

— HAROLD PEASE, PH. D  
SYNDICATED COLUMNIST AND AN EXPERT ON THE UNITED STATES CONSTITUTION

time this couple served. Space only allows detail for Whitewater. Although the intrigue was of a different issue, time and place it had all the drama of today's Benghazi or the Email Scandal. There is death and everyone associated goes to jail except the Clinton's.

Here the Clinton's (Bill and Hillary), while governor and first lady of Arkansas and the McDougals (Jim and Susan), formed the Whitewater Development Corporation. The four purchased 230 acres of undeveloped land on the White River intending to create vacation home lots for retirees. It is alleged that Bill Clinton used his influence as governor to pressure David Hale to lend \$300,000 to Susan

of defenders and records were strangely hidden or misplaced. Independent Counsel Robert Fiske ordered the Clinton's to surrender documents relating to the corrupt Madison Guaranty. The Clinton's reported them as missing. But two years later they mysteriously reappeared, found on the desk of Hillary's personal secretary. By this time much of the heat was off and the story largely undermined by a sympathetic Clinton press. Besides, the special prosecutor for Whitewater, Robert Fiske, was chosen by President Clinton to be his new Attorney General.

Kenneth Starr continued the Whitewater investigation but leading

# Get On Your Feet, Carmichael



The John Skinner Band presents music for all ages during a Carmichael Park concert on Sunday, August 7.

**SACRAMENTO COUNTY, CA (MPG)** - The John Skinner Band continues the 41st Carmichael Park summer concert season on Sunday, August 7. To cater to fans of all ages, the popular combo will present a program that ranges from classic rock to swing and Latin numbers.

The Carmichael-based Skinner Band has performed is a co-sponsor of the concert series. Instrumentation includes trumpet, sax, trombone, bass, keyboard, guitar and drums. Susan Skinner is the featured vocalist. A full dance floor is expected. The concert repertoire includes a finale of "YMCA" to get everyone up and moving. Downbeat is 5 pm.

Free performances are scheduled most weekends as summer continues. Entertainers include:

**Saturday July 30: Group Therapy (Rock/R and B).**

**Saturday, August 6: Z.O.O.M. (Mardi Gras jazz).**

**Sunday, August 7: John Skinner Band (dance music).**

**Saturday August 13: Dave Russell Band (Country Rock).**

**Saturday, August 20: Peter Petty and Titans of Terpsichore (Swing, Jazz).**

**Saturday, August 27: The Hucklebucks (Blues).**

**Sunday, August 28 Capitol Pops Concert Band (Patriotic/Pops).**

All concerts are held in the park band shell, near North Avenue. Kick off is 6:30 pm on Saturdays and 5 pm on Sundays.

For information, call (916) 485-5322 or visit [www.carmichaelpark.com](http://www.carmichaelpark.com) ★

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