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# Carmichael Times

Volume 35 • Issue 35

Serving Carmichael and Sacramento County since 1981

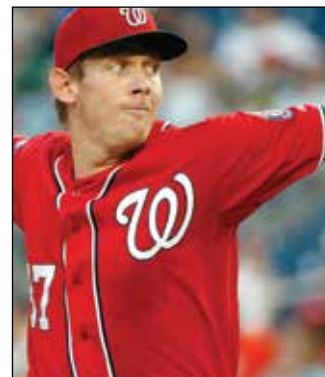
August 28, 2015

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## Local Heroes Thwart Train Terror Attack

Three Americans Save French Train Passengers from Certain Death



French President Francois Hollande, U.S. National Guardsman Alek Skarlatos, U.S. Ambassador to France Jane D. Hartley, U.S. Airman Spencer Stone, and Anthony Sadler leaving the Elysee Palace in Paris, France, after Hollande awarded the three men with the French Legion of Honor on Monday, August 24th. The three American travelers say they relied on gut instinct and a close bond forged over years of friendship as they took down a heavily armed man on a passenger train speeding through Belgium on Friday, August 21st. Photo credit: AP Photo/Kamil Zihnioglu

Story by Shaunna Boyd

**SACRAMENTO REGION, CA (MPG)** - While enjoying a European vacation, three friends were on a high-speed train to Paris when a possible terrorist attempted an attack, opening fire on the crowded train. These three friends—Spencer Stone, Anthony Sadler, and Alek Skarlatos—became international

heroes by overpowering the gunman and averting a possible terrorist attack. Stone serves in the U.S. Air Force; Sadler is a senior at California State University, Sacramento; and Skarlatos is a National Guardsman recently returned from deployment in Afghanistan. Both Stone and Skarlatos attended Albert Schweitzer Elementary School in

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*“While en route to Paris from Amsterdam, the men heard gunfire from within the train and the sound of breaking glass. They immediately jumped into action, disarming the gunman and beating him into submission.”*

## Your Future Is Just a Click Away

CHP Accepting Online Applications on Continuous Basis

**SACRAMENTO REGION, CA (MPG)** - The California Highway Patrol (CHP) is now accepting online applications for the position of officer on a continuous basis. With this new continuous application process in place, the CHP's goal is to hire 600 cadets per year.

“A career in law enforcement can be an extremely rewarding and exciting opportunity,” said CHP Commissioner Joe Farrow. “We are looking for highly motivated individuals who mirror the diverse makeup of California and have a passion for public service to join our ranks.”

A career with the CHP can be filled with variety. In addition to traditional patrol duties, the CHP offers opportunities to join specialized units throughout the state, such as air operations, dignitary protection, computer crimes investigations, vehicle theft task forces, homeland security operations, and commercial vehicle inspection programs.

Those interested in pursuing a future career as a CHP officer are encouraged to visit [www.chpcareers.com](http://www.chpcareers.com) for additional information, including testing dates throughout California. By accepting applications on a continuous basis, qualified prospective candidates will not have to wait to submit their application and begin the process toward a rewarding career. Candidates must be a U.S. citizen between the ages of 20 and 35, possess a high school diploma, and be able to pass an

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## Advocates Advise Disabled Veterans



Story and photo by Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - A Carmichael program promises straight answers regarding benefits and rights earned by disabled veterans.

Disabled American Veterans (DAV) Chapter #35 will host a clinic to supply advice to those challenged in health and daunted by bureaucracy. “Veterans of all ages have health problems that relate to their service,” explains Chapter Commander Dennis Modin. “Our event

aims to get them started in finding help within the VA system.”

A van sponsored by the DAV's National Service Office will bring Oakland-based representatives to the September 10th clinic at the Carmichael Veteran's Memorial Building located at 5750 Grant Avenue. These advocates will supply free advice from 9 a.m. to 3 p.m. Veterans from all local areas are welcome and DAV membership is not required for participation.

Visitors should bring their Social Security number, existing claim documentation (if applicable), and records relevant to military service and health condition.

Disabled veterans (from left) Dick Brink, Wayne Austin, and Dennis Modin are among volunteers who will assist visiting veteran advisors on September 10th.

*“Veterans of all ages have health problems that relate to their service.”*

- DENNIS MODIN  
CHAPTER COMMANDER

DAV Chapter #35 hosts regular meetings on the first Thursday of each month. Business convenes at 7 p.m. For information regarding the Chapter or the September 10th program, call (916) 489-6408. ★



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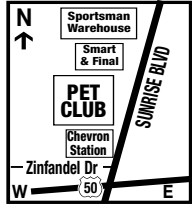
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24-26 Lb Bag Limit 2 Bags Per Family

- Lamb Meal & Rice **\$29<sup>99</sup>**
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- Lite • Original **\$31<sup>99</sup>**
- Large Breed Adult

Effective 8/26/15 - 9/1/15

**IAMS DRY DOG FOOD**  
26 - 30 Lb Bag Only

- Lamb Meal & Rice • Weight Control
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Limit 2 Bags Per Family **\$25<sup>99</sup>**

Effective 8/26/15 - 9/1/15

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- Ex-Athlete **\$36<sup>99</sup>**

Effective 8/26/15 - 9/1/15

**IAMS DRY CAT FOOD**  
• Original • Weight Control • Hairball • Indoor/Weight/Hairball

16 - 17 Lb Bag Limit 2 Bags **\$19<sup>99</sup>**

Effective 8/26/15 - 9/1/15

**9 LIVES CANNED CAT FOOD**  
5.5 Oz All Varieties

Limit 1 Case Per Family **35¢**

Effective 8/26/15 - 9/1/15

**FANCY FEAST GOURMET CANNED CAT FOOD**  
All Varieties 3 Oz

Limit 2 Cases Per Family **20/\$11<sup>00</sup>**

Effective 8/26/15 - 9/1/15

**PURINA CAT CHOW DRY CAT FOOD**  
• Regular • Indoor 16 Lb Bag

Limit 2 Bags Per Family **\$11<sup>99</sup>**

Effective 8/26/15 - 9/1/15

**SCOOPAWAY CLEAN CLUMPING CAT LITTER**  
20 Lb Box • Multi-Cat • Unscented (Fresh Step Scoop, 20 Lb Box - \$6.99)

Limit 2 Boxes Per Family **\$5<sup>49</sup>**

Effective 8/26/15 - 9/1/15

**PURINA PRO-PAN CANNED FOOD SALE**

Limit 2 Dog Food Cases 13 Oz **99¢** Cat Food 3 Oz **63¢**

**MEOW MIX DRY CAT FOOD**  
• Original Choice 16 Lb Bag Limit 2 Bags Per Family **\$10<sup>99</sup>**

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**PRECIOUS CAT CLUMPING CAT LITTER**  
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**WORLD'S BEST CAT LITTER**  
14 Lbs **\$11<sup>99</sup>** Original Extra Strength  
Limit 2 Bags **\$12<sup>99</sup>**

**JONNY CAT PREMIUM CAT LITTER**  
10 Lb Bag Limit 2 Bags Per Family **\$1<sup>69</sup>**

**MEOW MIX CAT FOOD**  
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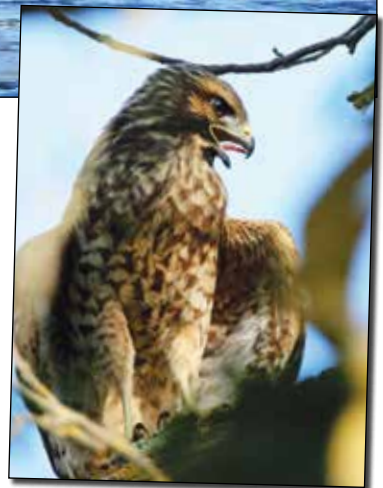
**BONUS COUPON**  
**ARM & HAMMER CAT LITTER DEODORIZER**  
20 Oz Box Limit 2 Boxes with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 8/26/15 - 9/1/15 **\$1.49** CT PU 422

# Oh Deer, It's Hot Out There

## American River Parkway Sizzles in Heatwave



It was how hot? American River Parkway inhabitants exhibited cooling mechanisms in the recent heatwave. A deer took a refreshing dip in river shallows.



As afternoon heat soared, a fledgling hawk and a weary coyote sought the camouflage of withered trees and panted.

Story and photos by Susan Maxwell Skinner

**SACRAMENTO REGION, CA (MPG)** - Recent triple-digit days challenged species that endure without air-conditioning or on-tap water. Already taxed by drought, American River Parkway animals slunk into the shade and waited for cooling nights.



River rafters observed deer swimming near Ancil Hoffman Park; fawns and wild turkey waded in ponds. Squirrels flattened bellies on parched earth. Newly fledged birds panted in parkway trees. Near Jacob Lane, this observer watched an exhausted coyote slink over searing macadam to collapse in levy shadows.

But wild animals have instinctive behaviors for survival. "We often find deer and turkey cooling their heels in our pond," reports Effie Yeaw Nature Center staffer Betty Cooper. "Coyote find shady spots and scratch the soil down to a cool layer; they hunker down and stay as still as possible. Rattlesnakes coil up tightly under logs, to prevent moisture loss. Birds sometimes find little breezes up in tree branches. If they're near an

irrigated area, like a golf course, they can stay in cooler spots." An animal that appears heat-stressed is best left alone. "Wild animals are pretty good at finding a drink," Cooper advises. "If they're heading towards water, stay out of their way. Raptors and reptiles usually absorb enough moisture from what they eat." "Nature has ways to sort out the strongest animals to survive," she cautions. "Some will die from the drought. That's part of nature, too." ★

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**ODD** numbered addresses can water **Tuesday and Saturday**  
**EVEN** numbered addresses can water **Wednesday and Sunday**

Water before **NOON** or after **8:00 P.M.** to reduce evaporation

# Local Heroes Thwart Train Terror Attack

Three Americans Save French Train Passengers from Certain Death

Continued from page 1

Carmichael, CA, and Stone graduated from Del Campo High School in 2011.

While en route to Paris from Amsterdam, the men heard gunfire from within the train and the sound of breaking glass. They immediately jumped into action, disarming the gunman and beating him into submission. In addition to the assault rifle, which obviously posed the most serious threat, the suspect also had a second gun, ample ammunition, and was also wielding a box cutter. Stone was the first to tackle the gunman, and as a result was cut several times with the box cutter during the altercation.

Along with two other train passengers, the three friends were able to subdue the suspect and restrain him until he could be taken into custody by the authorities. A senior European official has stated that the gunman, Ayoub El Khazzani, is a Moroccan national. Spanish authorities had previous knowledge of Khazzani as a terrorism suspect, although the French media has reported that Khazzani is denying any

terrorist ambitions. The suspect is apparently claiming that he only planned to rob the passengers.

Stone was hospitalized to treat injuries to his head, neck, and hand; he has since been released. The suspect also

**“The White House said in a statement, “It is clear that their heroic actions may have prevented a far worse tragedy.”**”

wounded several other passengers before he was subdued. One passenger was shot in the neck, and Stone—even while suffering from his own injuries—applied pressure to the wound, keeping the man alive. The Americans’ quick thinking in this dangerous situation averted what could have been an extreme tragedy.

World leaders are applauding the heroic actions of these brave young Americans. French President Francois Hollande spoke to them by phone, saluting their valor in the face of danger. Hollande also presented them with Legion of Honor medals, France’s highest recognition.

President Barack Obama also congratulated them in a phone call after the incident, commending them for their courage. “The President expressed his profound gratitude for the courage and quick thinking of several passengers, including U.S. service members, who selflessly subdued the attacker,” the White House said in a statement. “It is clear that their heroic actions may have prevented a far worse tragedy.”

These local heroes will be honored with a parade in Sacramento when all have returned safely to American soil. Sacramento Mayor Kevin Johnson has stated that planning is underway to celebrate these brave Americans. Many people in the region are eager to show their appreciation and pride and to celebrate these men the way they deserve. ★

# Fundraiser BBQ for Hubbs’ Honorary Mayoral Campaign

Carmichael Honorary Mayor  
**BBQ**  
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for Julie Hubbs

Tickets: \$25  
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Thursday  
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5:30pm – 8:00pm  
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Carmichael, CA  
tbsafford@sbcglobal.net

**CARMICHAEL, CA (MPG)** - Julie Woodworker Hubbs is running for Honorary Mayor of Carmichael. Each \$1 raised equals one vote. The candidate who raises the most money by November 13th will hold the title of Honorary Mayor of Carmichael and will be an Ambassador to the Carmichael community, the Carmichael Chamber of Commerce, and to their chosen cause. Hubbs’ cause is Quilts of Honor, a non-profit organization who makes quilts for our United States combat Veterans.

Hubbs has lived in Carmichael for over 30 years and belongs to the Carmichael Elks Lodge and is an active member of the Kiwanis Club of Carmichael. She is also a board member on the Carmichael Chamber of Commerce and the United Way Fit Kids Program. Hubbs enjoys working in the community and often participates in volunteer activities.

The easiest way to donate to Hubbs’ campaign is by visiting [www.carmichaelchamber.com](http://www.carmichaelchamber.com), but you will have more fun if you attend one of the campaign events. Barbara Safford, Virginia Stone of Oakmont Senior Care Home, and Denise Brandt of National University will be helping Hubbs host a Backyard Fundraiser BBQ on September 10th from 5:30 p.m. to 8 p.m. at 6720 Stanley Avenue in Carmichael. Tickets are \$25, which includes beer and wine. For more information, please email



Carmichael honorary mayoral candidate Julie Woodworker Hubbs. Photo courtesy of Julie Woodworker Hubbs

tbsafford@sbcglobal.net

Source: Julie Woodworker Hubbs★

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Wednesday, August 26 (Dinner)  
6:30 p.m. to 7:30p.m.

Thursday, September 24  
11:30 a.m. to 12:30 p.m.

Friday, October 30  
11:30 a.m. to 12:30 p.m.

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Tel: (916) 732-2020 Lic#FD-1242 | RSVP: Jessica at [jessicae@eastlawn.com](mailto:jessicae@eastlawn.com)

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# Sacramento County DA Reports

## Recent cases of interest



**CASE:** James Peter O'Brien & Renee Winchell

**PROSECUTOR:** Deputy District Attorney Jennifer Tucker, Prison Crimes Unit

District Attorney Anne Marie Schubert announced that James Peter O'Brien was convicted by jury of possession of methamphetamine in a penal institution and possession of methamphetamine for sale.

On February 23, 2014, O'Brien's wife, Renee Winchell, was visiting him at Folsom State Prison. An officer observed the two perform a series of actions indicating O'Brien was trying to hide contraband. During an unclothed body search of O'Brien, his boxers and state-issued t-shirt were positioned and modified to allow easy access to his buttocks. He was later found to have possession of a bag of methamphetamine, amounting to approximately 500 doses and worth between \$8,000 and \$10,000 within the prison. O'Brien was transported to a hospital after showing symptoms of a drug overdose. He tested positive for opiates, amphetamines, and THC.

Methamphetamine was later located in Winchell's rental vehicle. She pled to felony possession of methamphetamine in a penal institution and was sentenced to 180 days.

O'Brien was previously convicted of murder in 1983. He faces a maximum potential sentence of 8 years in prison. Sentencing is set for October 2, 2015, at 10:00 a.m. in Department 26 before the Honorable Curtis Fiorini.

**CASE:** Jarvonne Jones

**PROSECUTOR:** Deputy District Attorney Patrick Foster, Domestic Violence Unit

District Attorney Anne Marie Schubert announced that the Honorable Christopher Krueger sentenced 31-year-old Jarvonne Jones to 18 years and 4 months in prison. On June 18, 2015, a jury convicted Jones of witness intimidation with personal use of a firearm, being a felon in possession of a firearm, vandalism, brandishing a firearm, and resisting arrest.

Jones and the victim were in a dating relationship. When Jones started psychologically abusing her, she decided to terminate their relationship. Jones sent dozens of text messages and tried repeatedly to call her. When she did not reply, he followed her mother back to the victim's house after she picked the victim's children up from school. Jones screamed at the victim

for not returning his phone calls. He became enraged when he could not find a letter he knew she had written, blaming him if anything happened to her. He proceeded to tear up her house.

When the victim's mother told him she was calling the police, Jones produced a firearm and held it to his side. The victim and her mother took the children out of the house to the garage. Jones followed and vandalized the victim's car, causing nearly \$10,000 in damage. Jones fled prior to police arrival then began sending threats to the victim. Among his threats, he told her he no longer cared about his life and knowing he was going to jail, he was going to make it "worth it." He stated she would have the blood of her own children and police officers on her hands.

**CASE:** Deon Hampton

**PROSECUTOR:** Deputy District Attorney Michelle Becker, Career Criminal Prosecution Unit

District Attorney Anne Marie Schubert announced that 28-year-old Deon Hampton was convicted by jury of evading an officer with willful disregard for the safety of other persons and two counts of child abuse.

Hampton is a known Oak Park Blood gang member who was on parole at the time of this offense. On October 1, 2014, Hampton was seen getting into a car with his 9-year-old son and his girlfriend's 6-year-old daughter. A marked patrol car attempted to stop Hampton in his vehicle and Hampton fled from the officer. Hampton drove at a high rate of speed in heavy commuter traffic and ran a stop sign at a busy intersection, nearly colliding with two vehicles.

Task force members responded to Hampton's apartment and saw Hampton run into the apartment with the two children. Hampton refused to come out of the apartment, resulting in a four hour stand-off with SWAT while the kids were inside. Afterwards, a search of the apartment revealed two loaded firearm magazines.

Hampton has a prior 2009 strike conviction for possession of a firearm by a convicted felon with a gang enhancement, and a 2007 conviction for carrying an unregistered concealed firearm. He faces a maximum potential sentence of 20 years and 4 months in prison. Sentencing is set for September 11, 2015, in Department 21 before the Honorable Steve White. ★

# Events in SACRAMENTO AUGUST - SEPTEMBER 2015

- The Rancho Cordova Luncheon** - Rancho Cordova City Hall - Rancho Cordova  
August 28 - 30, 2015 11:30 am - 1:00 pm
- All Day BMX State Championships** - Oak Creek BMX - Roseville  
August 28 - 30, 2015 All Day
- Sacramento Day of Hope with E49 Member Norm Brinkley** - American Legion - 3801 Broadway - Sacramento  
August 29, 2015 9:00 am - 9:00 pm  
E-mail: volunteer@dayofhopesacramento.org
- Double Heading Concert to Kick-off Free Wednesday Nooner Series** - Sacramento State University - Sacramento  
September 2, 2015 11:45 am  
calendar.csus.edu/
- Rocklin Fellowship Luncheon** - William Jessup University - Rocklin  
September 3, 2015 11:30 am - 1:00 pm
- Book warehouse sale of the Friends of the Sacramento Public Library** - Friends Book Den and Warehouse - 8250 Belvedere Ave., Suite E - Sacramento  
September 5, 2015 9:00 am - 4:00 pm  
www.saclibfriends.org/
- Fellowship Chamber - River Cats vs. Reno Aces** - Raley Field - West Sacramento  
September 5, 2015 7:00 pm
- Monthly Military Retiree/Spouse Meeting** - North Highlands Park and Rec - Sacramento  
September 8, 2015 10:30 am
- Crossroads Doll & Bear Show & Sale** - Placer County Fairgrounds Jones Hall 800 All American City Blvd. - Roseville  
September 12, 2015 9:30 am - 3:30 pm  
Contact: Dorothy Drake (775) 348-7713  
E-mail: info@crossroadsshows.com  
Website: crossroadsshows.com
- Bev's Angel Project Nifty 50's Classic Car Show** - Carmichael Oaks Parking Lot - Carmichael  
September 20, 2015 9:00 am - 3:00 pm
- Jesuit Art Event and Sale** - Jesuit High School - 1200 Jacob Ln. - Carmichael  
September 25, 2015 6:00 pm - 8:00 pm  
Contact: Mala Paul 916-418-2631
- Defensive Driving Class for Military retirees and their families** - Aerospace Museum, McClellan Park  
September 23 - 24, 2015 10:30 am - 2:30 pm  
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- Birdies Brews & Brats Gold Tournament** - Mather Golf Course - Mather  
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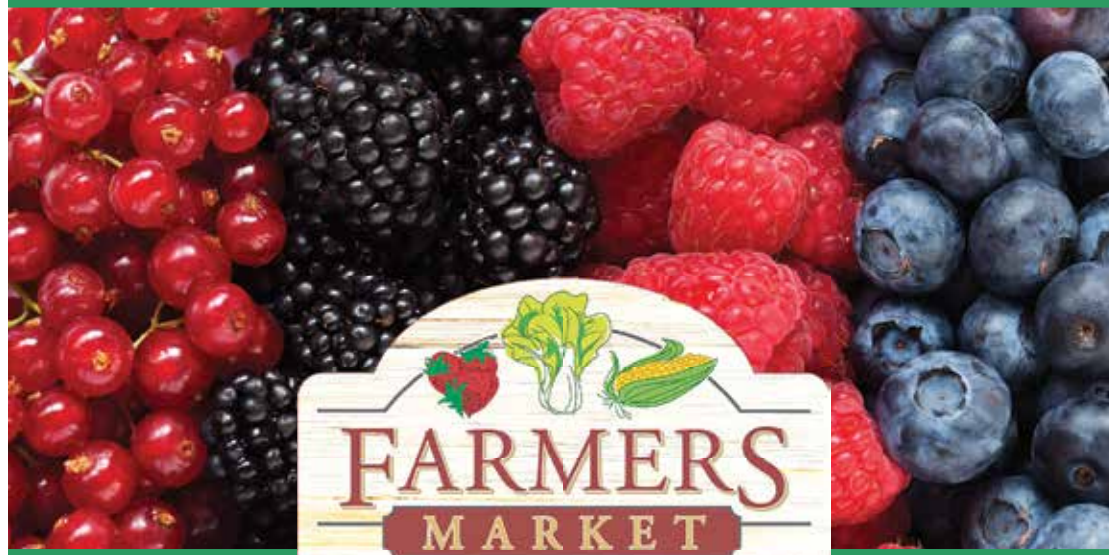
**remember**

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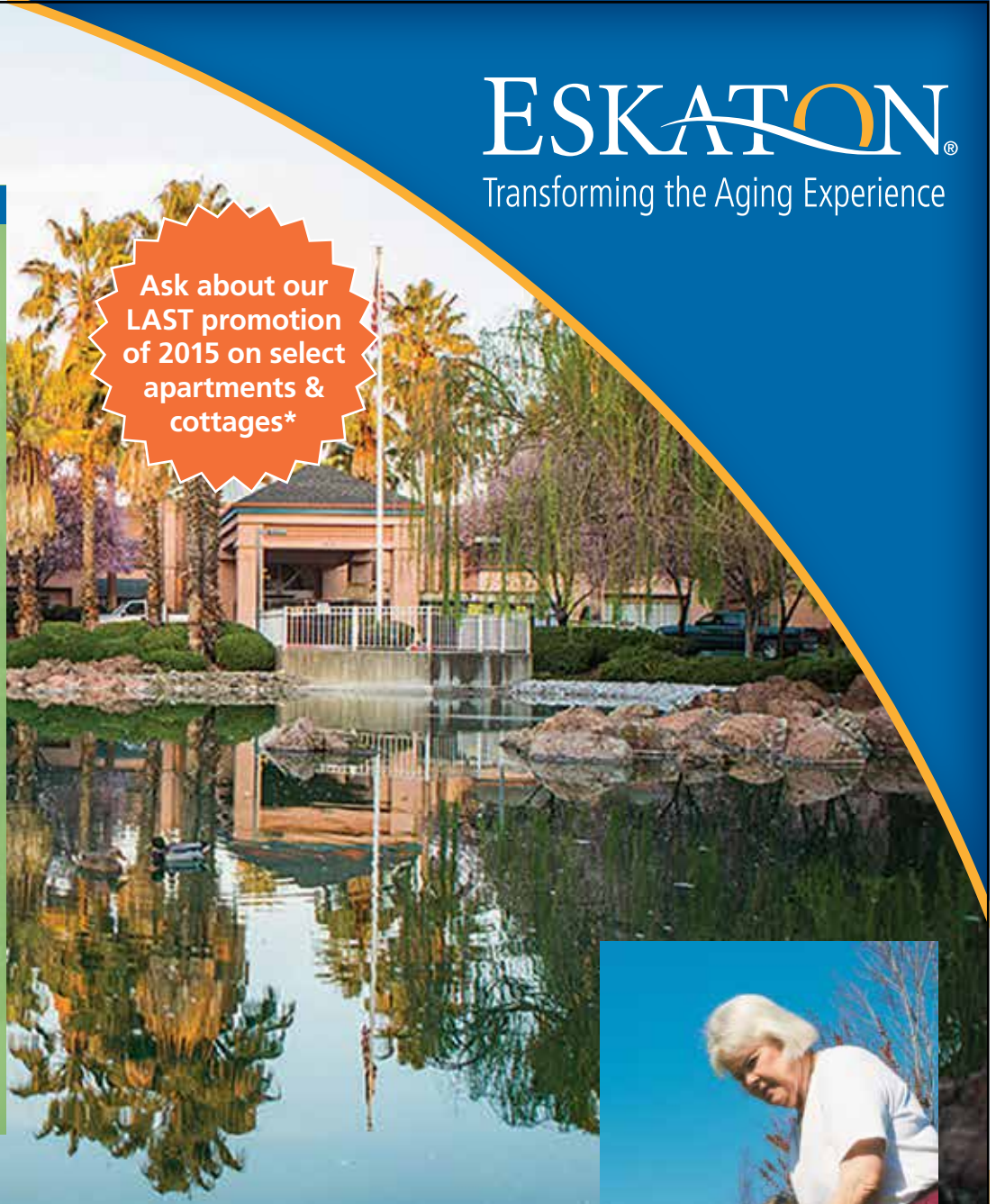
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### CLUES

- ACROSS**
- Fisherman's \_\_\_\_ in San Francisco
  - Rejuvenating spot
  - Tom, as opposed to tabby
  - Drawing support
  - Center of activity
  - John Hancock, e.g.
  - Novelist Jong
  - Pilot's announcement
  - Bar order, with "the"
  - \*Bull
  - \*Part of Watery Trigon
  - Once around
  - Bank deposit
  - Skedaddle
  - Russian parliament
  - Psychologist of classical conditioning fame
  - Author Murdoch
  - It "was made for you and me"
  - Judd of country music
  - "Well" to Sofia Loren
  - Formed a curve
  - Ski lift
  - Haile Selassie's disciple
  - \*One point of constellation
  - Spilled the beans
  - Base that dissolves in water, chem.
  - U in I.C.U.
  - Spanish river
  - Type of rich soil
  - Romanian money
  - \*Castor and Pollux
  - \*"Wandering Star"
  - Conical dwelling
  - Make a knot
  - Socialite Hilton
  - Change the Constitution
  - Cathode-ray tube
  - Speak like Cicero
  - Hand-me-down
  - "For \_\_\_\_ a jolly..."
  - Famous for biting an ear
- DOWN**
- Bitty
  - Robert Wagner or Stefanie Powers, 1979-1984
  - "Heat of the Moment" band
  - Happen again
  - Like bell-bottoms
  - "\_\_\_\_ So Fine," song
  - "He \_\_\_\_ in his thumb, and pulled out a plum"
  - Old-time calculators
  - Catchall abbr.
  - Flu symptom
  - Baron Munchausen, e.g.
  - Architectural add-on
  - Result of beach bathing
  - Palate lobe
  - One of The Alps
  - Holy place
  - \*Balance in the sky
  - "He's \_\_\_\_ nowhere man," Beatles
  - Capital of Belarus

**CROSSWORD**

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71						72				73			

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

**For Solutions See Page 7**





## 10th Annual Fair Oaks Chicken Festival

### Saturday, Sept. 19th

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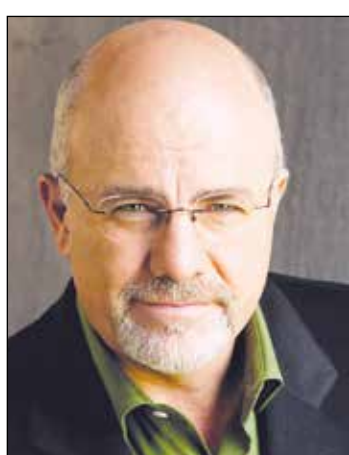
<b>Kick N 60's</b>	10:00 a.m.
<b>FBI</b>	1:00 p.m.
HEADLINER <b>Jagertown</b>	4:00 p.m.

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# Dave Says

a plan to paper, giving every dollar a name before the month begins, you're taking control of your money instead of allowing a lack of it to control you.

Start with the income you know is predictable. If this isn't possible, look back over the last several months and find the minimum amount you brought home during a month over that period of time. This will be the basis for your budget. Once you've established a baseline income, you can prioritize expenses. But remember, restaurants are not a priority!

When you start telling your money what to do ahead of time, you'll have more ability to do what's needed with what you've earned. It's empowering and energizing, and it gives you the chance to make your Total Money Makeover a reality!

—Dave

However, behavior plays an even bigger role for several reasons. You can add, subtract, multiply and divide all day. That stuff's easy. But until you learn to control your behavior, stick to a budget and spend less than you make, you're always going to have problems with money.

One of the keys to being a success in personal finance is realizing work comes before play. This is a behavior issue. Let's say your car needs new brakes. You know this, and you know you have a limited amount of cash, but you still walk into a store and buy a big, fancy television instead. That is not mature behavior. As long as you behave that way, your money will always slide right out of your hands.

And this means you'll never have enough for important things like saving, investing and giving.

—Dave

#### The best medicine

Dear Dave,  
I've worked in a hospital as a nurse for 10 years. I make good money working long hours. The problem is that it seems to disappear, and I'm left trying to stretch those last few dollars to the end of the month. I know I eat out a lot. I grab quick meals between shifts and on the way home because I'm too tired to cook. I think I spend more than I should on other things, too. Do you have any tips for someone who wants to get control of their money, but has very little free time?

Amy

Dear Amy,  
Sometimes the medicine that works the best tastes the worst. This is true for both physical and financial health.

That's why, no matter how tired you are or how little free time you seem to have, you must make time do a written budget every month. This is essential, and it really doesn't take long. When you sit down and commit

#### Money and behaviour

Dear Dave,  
Why do you say that personal finance is 80 percent behavior? I thought money was more about math and keeping track of things.

Gerald

Dear Gerald,  
Keeping your checkbook balanced and things like that are an important part of what I teach.

*Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover, EntLeadership and Smart Money Smart Kids. The Dave Ramsey Show is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.* ★

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Carl Orff | *Carmina Burana*  
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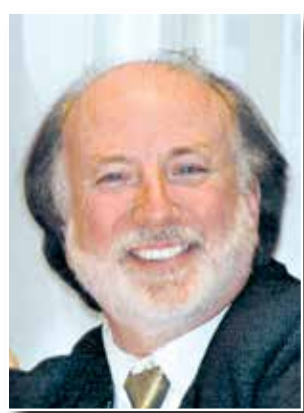


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**Publisher,  
Paul V. Scholl**

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We are proud members of these newspaper associations.





**ARIES (March 21 to April 19)** This could be the time to try soothing whatever bad feelings might be lingering 'twixt and among colleagues, friends or family members. But be sure you do so without favoring any side.

**TAURUS (April 20 to May 20)** An idea is only an idea until you put that clever Bovine mind to work to develop it from concept to substance. This could lead to something rewarding, both emotionally and monetarily.

**GEMINI (May 21 to June 20)** The early part of the week could have some disconcerting moments, but approaching them with a calm, unruffled attitude goes a long way toward helping to get things nicely settled down.

**CANCER (June 21 to July 22)** Getting used to change continues to mark much of the week. But accepting what you have to do makes adapting that much easier. A welcome visitor could turn up sooner than expected.

**LEO (July 23 to August 22)** Learning how to live with a decision is a challenge, but one you Leos and Leonas could really enjoy. You'll also be pleased to see your social life take that upsurge you've been hoping for.

**VIRGO (August 23 to September 22)** Use your perceptive Virgo instinct to help you see the positive aspects of what, at first, appears to be a disappointment. You could find that it proves to be quite the contrary.

**LIBRA (September 23 to October 22)** Your ability to maintain a balance between sense and sentiment once again helps you sort through apparently conflicting choices and ultimately arrive at the right decision.

**SCORPIO (October 23 to November 21)** Before you seek the advice of colleagues about a potential career move, you might be better off getting counsel from someone who won't be affected by the choices you make.

**SAGITTARIUS (November 22 to December 21)** It can be a challenging week for some relationships if the normal give-and-take flow changes with one side doing most of the giving and the other the taking.

**CAPRICORN (December 22 to January 19)** A new opportunity could bring with it much anticipation along with some anxiety. Take time to sort out your options as well as your emotional considerations.

**AQUARIUS (January 20 to February 18)** Are you sure you have all the facts you need to let that matter move to another level? Don't be rushed into a decision unless

and until you feel it's the right thing to do.

**PISCES (February 19 to March 20)** Pace yourself as you prepare to take on that more demanding project. Be careful not to let your energy reserves drain away. Take time to relax with people close to you.

**BORN THIS WEEK:** You have the ability to see both sides of a situation. You would do well as a counselor or a judge.

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**Strange BUT TRUE**

- ▶ If you see a group of flamingoes together in one place, it will be handy to know that the appropriate collective noun is a "flamboyance."
- ▶ You might be surprised to learn that feta cheese has been around for 6,000 years.
- ▶ Many people know American counterculture figure Ken Kesey as the author of the 1962 novel "One Flew Over the Cuckoo's Nest," which presents a disturbing portrait of life in a mental institution. It's less well known, though, that Kesey got an inside view of the system when he worked as a janitor in a mental hospital before he became famous.

**top ten Causes of Skin Wrinkles**

1. Sun exposure
2. Facial expressions
3. Smoking
4. Sleep position
5. Stress
6. Lack of sleep
7. Alcohol
8. Dry skin
9. Gravity
10. Genetics

Source: allwomenstalk.com

**The Garden Bug**  
Coreopsis

Also known as "tickseed" or "tickweed," this perennial herb is native to almost all of North America. It does very well against drought and diseases, and fertilizing is not needed. It grows to about 12 inches tall, with bright yellow flowers that attract bees and butterflies all summer long. After the first hard frost, cut the plants down to soil level and cover with a 1-inch layer of mulch to protect the plant over the winter.

- Brenda Weaver

Source: www.gardenguides.com, www.gardeningknowhow.com



By Sam Struckhoff  
EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of August 31, 2015.

**PICKS OF THE WEEK**



Blythe Danner in "I'll See You in My Dreams"

**"I'll See You in My Dreams" (PG-13)** - Carol (Blythe Danner, making an excellent turn as the lead of a film) is a retired teacher and vocalist, whose been living alone since her husband passed 20 years ago. She's trying to find her way without moving into the retirement community with her gal pals. She learns how to enjoy this new phase in her life through an unlikely friendship with her pool cleaner, Lloyd (Martin Starr). While that friendship helps her connect with a lost part of herself, Carol also is drawn into a romance with the handsome and age-appropriate Bill (Sam Elliot, whom you may recognize as the stoic cowboy from every movie ever). The script cleverly dodges cliches endemic to retirement-age dramas and lets Danner explore every part of her character. The movie as a whole has a great sense of pacing and balance between heavy and light moments, making it a strong film that's easy to watch.

**"Mad Max: Fury Road" (R)** - The Road Warrior rides again in this glorious spectacle of roaring machines and suicidal stunts. Tom Hardy stars as the titular lunatic hero, who starts the film caught in a white-knuckle chase with an

army of crazed marauders hot on his dust-trail. Max's life is in the makeshift mechanical hand of the movie's real hero, Imperator Furiosa (an almost unrecognizable Charlize Theron, ruling the screen with a steel grip). Instead of going the usual reboot-route of giving us another origin story for an already-loved protagonist, this movie has the respect to start us off in the thick of the action and let the pieces of the story jostle into place along the ride -- and it works. If we're going to get a glut of franchise films every year, may there be more like this one: True to what was great about the original, and more than able to rock in their own right.

**"Boulevard" (R)** - Nolan (Robin Williams) is a quiet man dealing with the passing of his parents and a gap between him and his wife (Kathy Baker). On late-night drives from the nursing home, Nolan is drawn to a young male prostitute. Williams gives a nuanced and restrained performance in this dower drama that's unfortunately weighed down with some cheesy dialog. While this is his last dramatic feature, Williams' final appearance is set to release in a sci-fi comedy with an ensemble of British comedians who can operate at his comic velocity.

**"Good Kill" (R)** - Thomas Egan (Ethan Hawke) is a veteran Air Force pilot, whose latest mission has him blowing up Taliban from an air-conditioned drone-control base in Las Vegas. As his targets erupt on video monitors, the seasoned soldier struggles to make sense of his role in this new kind of war. This struggle pushes him ever further from his vexed wife, Molly (January Jones of TV's "Mad Men"), and forces him to question his core beliefs about war.

**TV RELEASES**

- "Star Wars Rebels: Complete Season 1"
- "Texas Rising"
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- "The Originals: Season 2"
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by HEALTHY EXCHANGES

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Thought for the Day: "Courage is the price that life exacts for granting peace. The soul that knows it not, knows no release from little things."  
- Amelia Earhart



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LEGAL ADVERTISING

Continued from the previous page

ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00182923

WHEREAS, Thu Hien Ngoc Nguyen has filed a petition with this court for a decree changing the name(s) of Thu Hien Ngoc Nguyen to Hannah Nguyen.

WHEREAS, Salima Habibi and Mohammad Ishaq have filed a petition with this court for a decree changing the name(s) of FNU Tahmina to Tahmina Bakhtyari, FNU Sabrina to Sabrina Bakhtyari.

WHEREAS, Jorge Luis Garcia Salazar has filed a petition with this court for a decree changing the name(s) of Jorge Luis Garcia Salazar to Jorge Luis Salazar.

WHEREAS, Kenean Halle has filed a petition with this court for a decree changing the name(s) of Kenean Halle to Kena Halle.

WHEREAS, Vize Nja Stroup has filed a petition with this court for a decree changing the name(s) of Vize Nja Stroup to Vize Nja Stroup Muhamed.

WHEREAS, Hong Mulla has filed a petition with this court for a decree changing the name(s) of Hong Mulla to Julia Danielle Lau.

WHEREAS, Danielle Andrea Rios has filed a petition with this court for a decree changing the name(s) of Danielle Andrea Rios to Danielle Andrea Fury, Klyde James Irving Culey to Klyde Dixon Fury.

WHEREAS, FNU Jawid has filed a petition with this court for a decree changing the name(s) of FNU Jawid to Bader Jawid.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00183286

WHEREAS, Andres Gutierrez and Ana Cecilia Sanchez Mercado has filed a petition with this court for a decree changing the name(s) of Isaac Alejandro Gutierrez to Alejandro Gutierrez Sanchez (Seeking an order that "Gutierrez Sanchez" is a last name).

WHEREAS, Janette Hill has filed a petition with this court for a decree changing the name(s) of Daniel James Kirkham III to Daniel Thomas Joseph Hill.

WHEREAS, Natalia Mihal Caracaloeva has filed a petition with this court for a decree changing the name(s) of Natalia Mihal Caracaloeva to Natalia Caracaloeva.

WHEREAS, Ghulam Gevhari has filed a petition with this court for a decree changing the name(s) of Ghulam Gevhari to Farhad Gevhari.

WHEREAS, Claudio E. Garbanzo Mena has filed a petition with this court for a decree changing the name(s) of Claudio Enrique Garbanzo Mena to Claudio Enrique Mena.

WHEREAS, Sue Chaban has filed a petition with this court for a decree changing the name(s) of Sue Chaban AKA Seham Chaban to Sue Seham Chaban.

WHEREAS, Pilsung Choi has filed a petition with this court for a decree changing the name(s) of Pilsung Choi to Phil Pilsung Choi.

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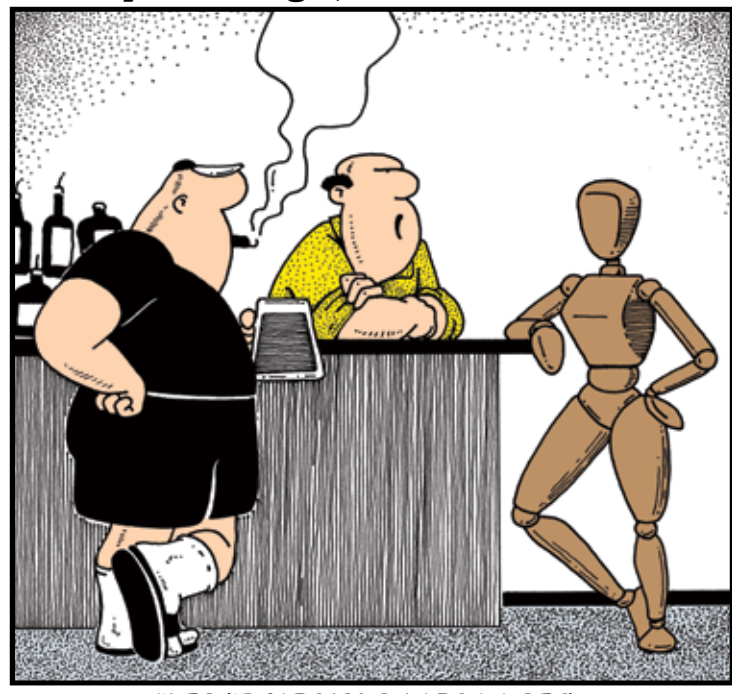
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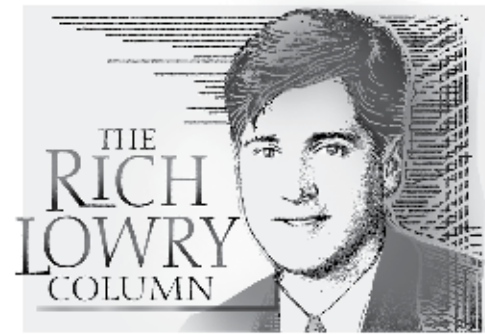


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By Rich Lowry

### Donald the Whiner

Donald Trump is given to superlatives, so let's do him the honor of pronouncing him the most fabulous whiner in all of American politics. By Trump's own account, he's the baddest, smartest thing going, except if you ask him a challenging question, in which case he kicks and screams and demands to know how anyone could treat him so unfairly. Trump followed up his shaky-at-best performance at the first Republican candidate debate, hosted by Fox News, with days complaining that he hadn't been afforded the respect he deserves. According to Trump, he'll bring Vladimir Putin to heel. He'll make Mexico pay for a border fence. He'll take the Middle East's oil. Assuming, that is, no one says a discouraging word to him. Then he'll lose it.

The mogul did indeed get a series of tough questions from the Fox debate moderators (disclosure: I'm a Fox News contributor). But Trump, as Trump always reminds us, is leading in all the polls. It is not unusual -- indeed, it is to be expected -- that a front-runner gets more scrutiny than the also-rans. Fox anchor Megyn Kelly asked him about how he would respond to inevitable attacks from Hillary Clinton in a general election over his crass insults of women through the years. This set Trump off, but does anyone think if, say, Jeb Bush had ever called woman a pig or a dog, he wouldn't get asked about it, too? Trump handled the ensuing flap with his typical aplomb and class, which is to say he flailed about wildly and hurled witless insults. He denied that he said the things Kelly alleged he had, even though he did. He called Kelly an overrated lightweight. Finally, he bizarrely said that "there was blood coming out of her eyes, blood coming out of her wherever." When this was interpreted as a reference to her menstrual cycle, Trump objected that there was no way he possibly could say something so crude -- all evidence to the contrary notwithstanding. He also insisted that when he said "wherever," he had been about to say Kelly's nose or ears, but stopped

himself to get on with more important points -- which happened to be more insults of Kelly. For someone who prides himself on being the bold truth-teller, Trump has a penchant for trying to litigate his way out of his controversial statements. When he said a few weeks ago that John McCain wasn't a war hero, he backtracked and tried to prove that he hadn't said what he obviously had. If "never complain, never explain" is a good rule of life, Trump is 0 for 2. If he didn't want to be wrong-footed on the biggest stage of the campaign so far, he could have thought about what questions he might have been asked and about possible answers. This is what candidates have done before debates since time immemorial. Trump was satisfied with Plan B: to wing it and, when it didn't go to his liking, whine like a spoiled child who didn't get a pony for his birthday.

Rich Lowry is editor of the National Review.

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### Despite Microchip, Dog Never Found

**DEAR PAW'S CORNER:** Last year, our beloved Sheltie "Charlene" disappeared. We'll never know if she ran off, got lost in the woods and injured, or if someone took her. I let her out in the backyard and that was the last we saw of her. Charlene had a microchip installed by her veterinarian, but we had never followed up with registering the chip. So we'll never know if she was found and her chip scanned. Please let your readers know that they need to register their pet's microchip with the manufacturer, and provide a copy of the registration to their vet. And they need to update the information each year or if they move to a new address. Otherwise they lose a vital tool in locating a lost pet. - Carol in Wisconsin

**DEAR CAROL:** You told them, and I hope they'll heed your advice!

If you know your pet is chipped but have lost the information, you can still check to see if the chip is registered. The American Animal Hospital Association maintains a database online at [www.petmicrochiplookup.org](http://www.petmicrochiplookup.org) with registrations for most, but not all, microchip manufacturers listed. If you haven't yet registered your pet's microchips, now is a great time to do so. Find the microchip registration information that was provided to you by the vet at the time your dog or cat received its chip. If you lost it, contact the vet's office to see if they have the manufacturer and date of chipping on file, as well as the microchip number.

Send your questions or tips to [ask@pawscorner.com](mailto:ask@pawscorner.com).

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# END OF THE BENCH BY GERRY SCHOU

## No Fool Like an Old Fool

Watching an NFL preseason game would definitely qualify this sports fan for the above category.

But doing so a little while back, something happened that happens all the time, but this time it jumped out. Houston Texans kick-returner Chandler Worthy made a nice runback and as he went to the sidelines teammates and coaches were swatting him on the helmet in recognition of his great effort.

Wait a minute! Play that back... Nine times within a few seconds Worthy took a blow to the head. His head took a jolt each time. They were not little love taps, but hits with some force of rushing adrenaline behind them in the excitement of the moment.

Guys, you get hit in the head enough during practice and games. In this concussion-conscious era can you stop being so foolish. How about a smack on the shoulder pads, a pat on the back, or a tap on the buttocks, if that's your preference.

Cris Carter, the Hall of Fame receiver, has been voicing his thoughts as an ESPN analyst for some time. Of course he knows his football, but one opinion has considered him a fool in some respects and he has made a strong case for removing all doubt. It recently came to light and has gone viral that at the 2014 NFL Rookie Symposium Carter made what the NFL now has termed "unfortunate and inappropriate" (in layman's lingo --- "stupid") remarks when speaking to help enlighten the newcomers to the ways of the world in pro football.

He advised, "In case y'all not going to decide to do the right thing, if y'all got a crew, you got to have a fall guy in the crew." That was noteworthy among his several regrettable comments.

Let that be a lesson to you young football players out there. If you just can't help yourself but to commit a crime or two, be sure you have a patsy tagging along

in the entourage willing to do the time. Designated-divers and designated-drivers should be prerequisites to playing in the NFL.

Speaking of old fools apparently incapable of changing their ways, take owner Daniel Snyder and team president Bruce Allen of the Washington Redskins (that looks awful in print). That pair still chooses to speak out and insist they will never change their team's (offensive to many) nickname even if it becomes an obstruction to getting a new stadium built. C'mon boys, evolve with the times.

And, hey, NFL, those joint practices being held during pre-season workouts that keep turning into brawls --- you might consider cutting those out of the program.

USC head football coach Steve Sarkisian joined the club. Note to Steve: If you are going to give an inspirational speech at the pre-season family banquet, the Salute to Troy, make it a sober one just to score some style points and keep your job.

We've all become appalled but somewhat accustomed to a certain amount of foolery --- not by the kids, but by the older folks involved --- surrounding the Little League World Series, as in the Chicago Jackie Robinson West team being stripped of its U.S. championship for using ineligible players. The nonsense has spread to the Little League Softball World Series. A team from South Snohomish, Wash., was accused of deliberately trying to lose a game in order to avoid an undesirable matchup against Central Iowa if it had won. A protest was upheld and the two teams were forced to play a tiebreaker, won by Iowa.

It's also time for Major League Baseball to snap out of its Rip Van Winklian slumber and provide more adequate protection for its patrons. It is past time for the pastime to be precautionary rather than reactionary and install

additional safety netting between the playing field and the stands. Those high-rollers in the primo-deluxe seats behind home plate have gotten used to it.

Roughly thirty times per game fans may be at risk of injury from foul balls or flying bats that find their way into the crowds. Sunday a woman was hospitalized after being hit by a line drive foul at Chicago's Wrigley Field. Last Friday a fan was injured behind the Detroit dug-out, prompting several remarks of concern by Tigers star Justin Verlander. Earlier in the year, a fan was seriously injured by a piece of broken bat at Fenway Park in Boston.

MLB cannot count on the undivided attention of fans in the seats, or expect them all to bring gloves to defend themselves. They are oftentimes preoccupied with finding their seats, attending to their children, chowing down on stadium fare, keeping score, checking their phones or looking for cameras for a chance to be seen on TV. Any number of reasons might be cause for a fan to be looking away from the action at just the wrong instance.

On a somber note, the loss of 37-year-old husband and father of two young daughters Justin Wilson Sunday at Pocono Raceway (PA.) was the second fatality (Dan Wheldon) in four years for U.S. motor sports. The IndyCar driver was struck on the head by flying debris on the track, a type of incident that appears could be avoided if the stubborn powers-that-be would create some form of protection for the open-air cockpit style that persists in IndyCar racing (even if it means the cars are slowed a couple MPH). Learn from the terrible mistakes; act on what you've learned.

Shakespeare: "A fool thinks himself to be wise, a wise man knows himself to be a fool." ★

# Sponsors Needed for Sacramento Life Center's Annual Dinner and Auction

## Event Raises Funds for Free Medical Services for Low-Income Pregnant Women and Teens

**SACRAMENTO REGION, CA (MPG)** - More than 600 local residents will celebrate the Sacramento Life Center's free medical care, counseling, and education for pregnant women and teens at the organization's annual Salute to Life Dinner and Auction on November 14th. The event, which is seeking sponsors, will begin at 5 p.m. at the Hyatt Regency Ballroom in Sacramento and will include a gourmet dinner, auction packages, raffle baskets, and stories of people who have received help from the Sacramento Life Center this year. For information on sponsorship opportunities and to purchase tickets, visit [www.saclife.org](http://www.saclife.org).

"This event is our largest fundraiser of the year and helps us continue to expand our reach and services to ensure low-income women and teens who are pregnant have the resources and support system they need to become amazing mothers to healthy babies," said Marie Leatherby, executive director, Sacramento Life Center.

The Sacramento Life Center's mission is to offer compassion, support, resources, and free medical care to women and couples facing an unplanned or unsupported pregnancy. The Sacramento Life Center's licensed Sac Valley Pregnancy Clinic includes a primary clinic and two Mobile Medical Clinics that provide all services for free, including pregnancy tests, STD tests, ultrasounds, counseling for men and women, education, and resource referrals. The nonprofit also offers a school-based teen education program, a 24-hour hotline, and a program for women seeking support after having an abortion. For more information about the Sacramento Life Center's Sac Valley Pregnancy Clinic, visit [www.svpclinic.com](http://www.svpclinic.com). For more information about the Sacramento Life Center or to make a donation, visit [www.saclife.org](http://www.saclife.org).

Source: Kristin Thébaud Communications ★

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# Second Case of Human Plague Linked to Yosemite

**SACRAMENTO REGION, CA (MPG)** - California Department of Public Health (CDPH) Director and State Health Officer Dr. Karen Smith announced that the department was notified of a presumptive positive case of plague contracted by a recent visitor to California from Georgia. Confirmatory testing is being conducted by the Centers for Disease Control and Prevention (CDC). Prior to becoming ill, the patient had been vacationing in Yosemite National Park (Yosemite), the Sierra National Forest, and surrounding areas in California in early August. CDPH is in contact with Yosemite, CDC, and the National Forest Service to assess locations where the patient visited.

Plague is an infectious bacterial disease that is carried by squirrels, chipmunks, and other wild rodents and their fleas. When an infected rodent

becomes sick and dies, its fleas can carry the infection to other warm-blooded animals including humans.

Although the presence of plague has been confirmed in wild rodents in August at Crane Flat and Tuolumne Meadows campgrounds in Yosemite, the risk to human health remains low. Action to protect human and wildlife health by closing and treating campgrounds was taken out of an abundance of caution. Park visitors are being notified by Yosemite National Park and all campgrounds and facilities, except Tuolumne Meadows, remain open to visitors. CDPH reminds the public to take protective measures against the illness.

Steps the public can take to avoid exposure to human plague include:

- Never feed squirrels,

useful all the way across the country in Georgia. Those warnings helped the patient get the prompt medical attention necessary to recover from this illness."

Flea treatment successfully reduced the risk of plague transmission at Crane Flat Campground and Tuolumne Meadows Campground in the National Park. The treatments controlled potentially plague-infected fleas that could spread the disease to humans and other warm-blooded hosts. Yosemite National Park remains open and all campgrounds and facilities, except Tuolumne Meadows, remain open to visitors. CDPH reminds the public to take protective measures against the illness.

Steps the public can take to avoid exposure to human plague include:

- Never feed squirrels,

chipmunks, or other rodents and never touch sick or dead rodents.

- Avoid walking or camping near rodent burrows.
- Wear long pants tucked into socks or boot tops to reduce exposure to fleas.
- Spray insect repellent containing DEET on skin and clothing, especially socks and pant cuffs to reduce exposure to fleas.
- Keep wild rodents out of homes, trailers, and outbuildings and away from pets.

Early symptoms of plague may include high fever, chills, nausea, weakness, and swollen lymph nodes in the neck, armpit, or groin. People who develop these symptoms should seek immediate medical attention and notify their health care provider

that they have been camping or out in the wilderness and have been exposed to rodents and fleas.

In California, plague-infected animals are most likely to be found in the foothills and mountains and to a lesser extent, along the coast. State and local health officials regularly monitor plague-prone areas by testing animals and their fleas. In 2014, non-human plague activity was detected in animals in seven counties: El Dorado, Mariposa, Modoc, Plumas, San Diego, Santa Barbara, and Sierra.

Human illness with plague is rare in California. Prior to 2015, the last reported cases of human plague in California occurred in 2005 and 2006 in Mono, Los Angeles, and Kern counties and all three patients survived following treatment with antibiotics. Plague is not transmitted from human to human unless

a patient with plague also has an infection in the lungs and is coughing. The CDPH website has plague information, including precautions people can take to minimize their risk.

Source: California Department of Public Health

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Television Listings for the week of August 28-September 2

FRIDAY EVENING

AUGUST 28, 2015

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

SATURDAY EVENING

AUGUST 29, 2015

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

SUNDAY EVENING

AUGUST 30, 2015

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

MONDAY EVENING

AUGUST 31, 2015

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

TUESDAY EVENING

SEPTEMBER 1, 2015

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

WEDNESDAY EVENING

SEPTEMBER 2, 2015

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

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# INSIDE BASEBALL

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» RED-HOT DIAMONDBACKS

» THE RETURN OF WRIGHT

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Former No. 1 overall pick Stephen Strasburg is 7-6 in an injury-plagued 2015 season. His ERA (4.22) and WHIP (1.296) are both career highs.

## Capital Disappointment

Talented Nationals are on the verge of missing the postseason

Washington was supposed to be too big to fail. After winning 96 games in 2014, the Nationals already had one of the most talented teams in baseball. Then they went out and signed one of the game's best free-agent pitchers, right-hander Max Scherzer.

They didn't even need Scherzer, either. He was just the cherry on top of what was supposed to be the best rotation in baseball. In 2014, Washington had three starters with ERAs under 3.00, plus Stephen Strasburg (3.14) and Gio Gonzalez (3.57). The Scherzer signing bumped Tanner Roark (2.85) to the bullpen. In addition, the Nationals had a pair of pitching prospects waiting in the wings in Joe Ross and A.J. Cole.

And yet here the Nationals are, one game above .500 and five games behind the Mets in the NL East through games of Sunday.

How did it get to this point? Many reasons, obviously, but injuries and lack of production from the lineup have been the biggest culprits. In 2014, Washington produced the fifth-highest offensive WAR in the league (26.1), highlighted by four players producing a WAR of at least 4.0.

But despite Bryce Harper leading the league with 7.2 WAR this season, the Nationals are on pace to produce only 16.6 WAR, less than what Anthony Rendon, Jayson Werth, Denard Span and Ian Desmond combined for last season. Of course, a large reason for the team's drop-off is the fact that those four have only produced 0.9 WAR this season due to age and injuries.

WAR is far from a perfect stat, but it does a good job of capturing how well a player performs and how talented a team is. Last season, the Nationals produced 49.2 WAR but are on pace to produce 37.9 WAR in 2015. That 12-win gap is going to be about equivalent to their drop-off in wins thanks to all these injuries.

Injuries happen to every team, but the Nationals' replacements have not stepped up. Michael Taylor is the only player who has done an adequate job in a bigger role, but he's reaching base at only a .290 clip, making up for that low OBP with superb defense.

Whereas the strength of the team last season was its depth of great players, the Nationals have a serious lack of contributors this season. Besides Harper, no player on offense has produced more than 2.2 WAR, and 10 players have produced negative WAR, topped off by Werth and Tyler Moore combining to produce -2.0 WAR.

But aside from the lack of contributions, one glaring problem for Washington has been the managing style of Matt Williams, a former star third baseman with the Giants and Diamondbacks. Hired without any manage-

rial experience, Williams has struggled at times with his bullpen management, and he is too reliant on small-ball techniques such as sacrifice bunts.

Teams can overcome some injuries. They can overcome a few players regressing. And they can overcome poor managerial decisions. But when all three come together at the same time, it can sink a team even as talented as these Washington Nationals.

### Other notable disappointments:

#### Boston Red Sox

The Red Sox went into the 2015 season with the hope that a stacked lineup could make up for mediocre starting pitching. Hasn't happened. The lineup hasn't been nearly as potent as expected, and the starting rotation has been worse than expected.

The result? The second-worst record in the American League.

Boston's big free-agent signings were Pablo Sandoval and Hanley Ramirez, who signed for \$95 million and \$88 million, respectively. But despite their large price tags, they've been among the worst players in baseball, combining to produce -2.6 WAR and ranking as the 152nd and 154th best players, respectively, out of 154 players who qualify for the batting title. Those two albatross contracts contributed to the team's decision to hire Dave Dombrowski as President of Baseball Operations, effectively replacing GM Ben Cherington.

But we can't forget about the pitching. Rick Porcello was given an \$82.5 million contract before the season started and has rewarded his new team with a 5.81 ERA. Other new acquisitions Justin Masterson (5.61) and Wade Miley (4.41) haven't been much better. Clay Buchholz hasn't been healthy, and Joe Kelly has been demoted to Triple-A.

#### Oakland Athletics

After winning the AL West in 2014, the A's reshuffled their roster quite a bit, including trading Josh Donaldson (a strong MVP candidate) to the Blue Jays for Brett Lawrie and several prospects.

Clearly the team's offseason transactions haven't worked out, but a large reason for the A's AL-worst record has to do with bad luck.

Oakland is actually 14th in baseball in run differential at plus-11. Since the A's have scored more runs than they have allowed, one would expect them to have a record above .500 — certainly not 17 games below .500.

Where the Athletics have really struggled is in one-run games; they are only 14-29. Having a bullpen that ranks 29th with a 4.58 ERA certainly doesn't help in close games, but most teams win close to half of their one-run games. Sometimes in baseball, it just comes down to luck.

### AROUND THE HORN

The Arizona Diamondbacks, who had the worst record in baseball last season, improved to 62-61 after a four-game sweep of the Reds that concluded with a 4-0 win on Sunday. This is the first time they've been above .500 since April 22, when the team was 8-7. ...

The Boston Red Sox hired **Dave Dombrowski** as their new president of baseball operations two weeks after he was fired by the Detroit Tigers. GM **Ben Cherington** stepped down from his position but will stay with the team for now to ease the transition. ...

Toronto third basemen **Josh Donaldson** became the first player to reach 100 RBIs this season with a single to left field off of Angels' reliever **Cam Bedrosian**. Donaldson did it in Toronto's 123rd game of the season, the sixth-fastest any Blue Jay has reached the 100-RBI mark. ...

Tampa's **Drew Smyly** earned his first win of the season in his fifth start. After making three starts in April and May, he went down for two-and-a-half months with a shoulder injury. ...

The Kansas City Royals removed **Jeremy Guthrie** from their rotation to make room for **Kris Medlen**. Guthrie had the second-highest ERA among qualified pitchers (5.65), topped only by **Kyle Lohse**, who was demoted to the Milwaukee Brewers' bullpen earlier this month. ...

**David Wright** is expected to be activated from the DL early this week by the New York Mets. He has been out since April 14 with a hamstring injury and spinal stenosis. ...

The Los Angeles Dodgers acquired **Chase Utley**, ending his 13-year run with the Philadelphia Phillies. Utley is now reunited with double-play partner Jimmy Rollins, whom he played alongside for 12 years. ...

Former first-round draft pick **Kaleb Cowart**, a third baseman with the Angels, hit a home run for his first career hit Saturday. Otherwise he's been struggling, though, with only one hit since then to give him a .100/.100/.300 batting line in 20 at-bats. ...

The Seattle Mariners designated former closer **Fernando Rodney** for assignment Saturday. Rodney, 38, had a 5.68 ERA and six blown saves and had been usurped by rookie **Carson Smith** at the back of the bullpen.

### NUMBERS GAME

# 57.1

In 57.1 percent of rookie **Miguel Sano's** 184 plate appearances this season, he has ended up with one of the three true outcomes — a home run, walk or strikeout. He also leads the league in strikeout rate among batters with at least 150 plate appearances.



### TURN BACK THE CLOCK

Aug. 26, 1935

NBC broadcasts the first televised games in MLB history, a double-header between the Cincinnati Reds and Brooklyn Dodgers at Ebbets Field. The Reds won the first game, 5-2, with the Dodgers taking the second game, 6-1. NBC used two cameras, with one located behind home plate and the other one on the third base line.

### TRIVIA CORNER

The Seattle Mariners designated **Fernando Rodney**, who has the sixth-most career saves among active players, for assignment over the weekend. Who has the most career saves among active players?



Written and compiled by Ben Weinrib.  
Follow Ben on Twitter: @benweinrib.  
Email: bweinrib@gmail.com

### ATHLON SPORTS POWER RANKING

- Cardinals** Only team on pace to win more than 100 games.
- Royals** New Royal Ben Zobrist is hitting .342/.427/.579 in August.
- Blue Jays** Jays boast the best run differential in the league by 48 runs.
- Pirates** Pitchers generate the highest ground ball rate in the league.
- Astros** Swept the Dodgers to open a four-game division lead.
- Cubs** Third-best NL record but buried in a wild card spot.
- Dodgers** Scored only three runs in three losses at Houston.
- Yankees** Lead the league in wild pitches thrown.
- Mets** Yoenis Cespedes is hitting .307/.344/.545 since being acquired.
- Giants** Struggled to a 2-5 record against the Cardinals and Pirates.
- Nationals** Ended six-game skid by beating up on the weak Brewers and Rockies.
- Rangers** Winners of nine of 11 and 17 of 24.
- Angels** Jered Weaver has a 2.08 ERA since coming back from a hip injury.
- Orioles** Getting swept at home by the Twins hurts playoff chances.
- Diamondbacks** Paul Goldschmidt and A.J. Pollock are both top-five in WAR.

- Padres** Last in baseball with a .300 on-base percentage.
- Twins** Swept the Orioles after getting swept by the Yankees.
- Rays** Exactly .500 on the road and at home.
- White Sox** Only three White Sox hitters have more than 0.6 WAR.
- Tigers** This will likely be Detroit's first losing season since 2008.
- Indians** Pitchers have thrown the most strikeouts in the league.
- Red Sox** Winners of four of six against the Indians and Royals.
- Mariners** Third in the league in scoring in the second half.
- Braves** On a seven-game losing streak.
- Athletics** Fourteenth-best run differential despite worst record in AL.
- Brewers** Jimmy Nelson is quietly putting together a very solid season.
- Reds** Joey Votto is the first player to be walked 100 times this season.
- Marlins** Dee Gordon leads the league with a .335 batting average.
- Phillies** One of five teams yet to hit 100 home runs on the season.
- Rockies** Have won only two games in the past two weeks.

TRIVIA ANSWER: Francisco Rodriguez (378)

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Lower dentures almost never fit properly. They are loose fitting due to less surface area which can't create a suction, shrinking gum tissue and bone loss, which can cause irritation in the mouth, sores and pain. The only relief is using sticky dental adhesive to help it, but it is very messy, hard to clean off and needs multiple applications throughout the day.

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