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# Carmichael Times

Volume 35 • Issue 23

Serving Carmichael and Sacramento County since 1981

June 05, 2015

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# The Crocker Art Museum Presents 'David Ligare: California Classicist'



David Ligare, *Penelope*, 1980. Oil on canvas, 40 x 48 in. Crocker Art Museum, promised gift of David Ligare and Gary Smith. Photo courtesy of Crocker Art Museum

**SACRAMENTO REGION, CA (MPG)** - This summer, the Crocker Art Museum presents a major retrospective exhibition featuring nearly 80 works by Monterey-based contemporary artist David Ligare.

The exhibition, called "David Ligare: California Classicist," will be on view June 7th through September 20th. A self-proclaimed Classicist, Ligare (born 1945) creates perfectly ordered still life, landscape, architectural, and figurative paintings that occupy their own poetic world. Although often grouped with California's Photorealists, the very unreality of Ligare's paintings and his underlying interest in antiquity belie such a

*"Since the late 1970s, Ligare has used his considerable technical skills and historical knowledge to create what he calls, 'the literate picture.'"*

label, and the perfection of his unblemished subjects and hyper-purity of his paint application seem more unearthly than real.

In achieving these qualities, Ligare looks to the ancients for guidance and references the formal relationships found in Classical sculpture and architecture. And yet his paintings are firmly based in the specifics of California—and the Monterey region in particular—allowing Ligare to create art that is richly layered, broadly universal, and yet specifically of our time and place.

In addition to his Classical themes and compositions, it is light that most brings unity to Ligare's world. Having grown up in Southern California, he developed a vision of light shaped by his nearly constant proximity

*Continued on page 2*

## DA Schubert Announces "Criminal Justice Shadow Day" Youth Program

**SACRAMENTO COUNTY, CA (MPG)** - District Attorney Anne Marie Schubert announced the launch of a new Criminal Justice Shadow Day, giving high school students an opportunity to job shadow professionals from various criminal justice agencies.

Based on the area of interest, students will be paired with prosecuting attorneys, defense attorneys, probation officers, investigators, and judges to get a first-hand look at the criminal justice process and the different roles within the system. Students will also have an opportunity to learn about the District Attorney's Laboratory of Forensic Services.

The Criminal Justice Shadow Day will be held on June 25th from 8 a.m. to 1 p.m., and the Laboratory of Forensic Services presentation will be held on July 16th from 12 p.m. to 2 p.m.

The program is open to current Sacramento County high school students (incoming 9th graders through 12th graders). Eligible students are encouraged to apply.

Students will need to submit a completed application and signed permission slip, which can be downloaded at [www.sacda.org](http://www.sacda.org). The deadline to apply is June 12th.

The Criminal Justice Shadow Day is one of several DA youth programs designed to increase understanding and engage students in a positive relationship with members of the criminal justice system.

District Attorney Anne Marie Schubert stated, "I am passionate about protecting the safety of our children as well as early crime intervention. I will continue to innovate and implement new ideas to deter criminal activity among students, prevent them from becoming victims of crime, and inspire them to explore careers within the public safety field."

For questions, please email [YouthPrograms@sacda.org](mailto:YouthPrograms@sacda.org).

Source: Sacramento County District Attorney's Office ★



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## Effie Event a Hit with Nature Center Patrons

Story and photo by Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - Effie Yeaw's recent "Art Where the Wild Things Are" fundraiser sold out with more than 350 supporters dining al fresco at the Nature Center. Supported by Sacramento Fine Arts Center members and the American River natural History Association, the event offered scores of original art pieces. Patrons and VIPs included (left to right) artist Marcy Friedman, painter Greg Kondos, Congresswoman Doris Matsui, Supervisor Susan Peters, TV weatherman/emcee Dave Bender, and former Supervisor Muriel Johnson. ★

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**WE SUPPORT OUR MILITARY**

## Community Commends Carrier and Cops After Madison Avenue Shooting



Scott Gallegos' wife Tracy, parents-in-law Kathy and Jim Cline, and Chamber president Cathryn Snow congratulate the mail carrier. California Highway Patrol, Sacramento Sheriff, and Metropolitan Fire District officers were also honored for their roles in the April 27th shooting incident.

**Story and photo by Susan Maxwell Skinner**

**CARMICHAEL, CA (MPG)** - Following the violence of a shootout on Madison Avenue, heroic Carmichael Post Office carrier Scott Gallegos and peace officers earned standing ovations at the recent Carmichael Chamber of Commerce luncheon.

During morning deliveries on April 27th, Gallegos, 42, was approached by a woman bleeding from gunshot wounds to her neck and abdomen. The mailman kept pressure on her wounds, called 911, and, when the police arrived, found himself in the line of shots issuing from a nearby duplex. He then helped police carry the victim through a hedge barrier to the safety of Madison Avenue. From

there, an emergency vehicle sped her to San Juan Medical Center. The alleged assailant was arrested after the five-hour siege that traumatized the entire neighborhood. The injured woman was recently released from the hospital.

Still finishing his probationary period with the Post Office, Gallegos was humble at glowing commendations from area legislators. He thanked the Sacramento Sheriff, California Highway Patrol, Citrus Heights Police, and Metropolitan Fire District for protecting him and the woman. "I only had to be brave for 25 minutes," Gallegos said. "They were brave the whole time."

The Chamber also thanked Christ Community Church for allowing police use of their Manzanita Avenue building as a base during the emergency. ★

## State Indian Museum Presents Annual Gathering of Honored Elders



Along with Native American dancers, guest speakers, community services organizations, and arts and crafts vendors who will all be on-site, Museum guests will also have the opportunity to meet the esteemed Elders and explore the treasured Museum. Photo courtesy of the State Indian Museum

**SACRAMENTO REGION, CA (MPG)** - California State Parks and the State Indian Museum are proud to honor and celebrate California's Native Elders with the 38th annual "Gathering of Honored Elders" event on Saturday, June 6th from 10 a.m. to 3 p.m. With complimentary admission for this one-day-only event, the community is invited to the State Indian Museum to celebrate the special day and be

surrounded by these keepers of the traditions who travel from throughout California to attend this important annual event.

Along with Native American dancers, guest speakers, community services organizations, and arts and crafts vendors who will all be on-site, Museum guests will also have the opportunity to meet the esteemed Elders and explore the treasured Museum.

The State Indian Museum

is open daily from 10 a.m. to 5 p.m. and is located at 2618 K Street in Sacramento. There will be food available for purchase at the event. For more information about this family-friendly event or other activities happening at the State Indian Museum, call (916) 324-0971 or visit [www.parks.ca.gov/indianmuseum](http://www.parks.ca.gov/indianmuseum).

Source: T-Rock Communications

## The Crocker Art Museum Presents 'David Ligare: California Classicist'

Continued from page 1

to the Pacific Ocean. After attending the Art Center College of Design in Los Angeles, he moved north, living for a time in Big Sur and Santa Barbara. He then settled permanently in Monterey County, where he began to fully embrace Classicism.

Since the late 1970s, Ligare has

used his considerable technical skills and historical knowledge to create what he calls, "the literate picture." Defying contemporary conventions, he seeks out ancient ideas that inform our modern world and shared humanity. In so doing, concepts are as important to the artist as paint. "Making paintings is a passion for me," he explains, "but it is a passion of

ideas rather than just pigment. I believe deeply that art can make a difference in the way we view the world and in the way we act in it."

The exhibition is accompanied by a catalogue of the same title, co-authored by the Crocker Art Museum's associate director and chief curator Scott A. Shields, Ph.D. The catalogue showcases Ligare's admiration

for the ancients and his love of California through revelatory essays, a chronology, and more than 200 reproductions and photographs. Ligare and Shields will be featured speakers at a public symposium at the Crocker Art Museum on Saturday, July 18th.

The Crocker Art Museum was the first art museum in the Western U.S. and is one of the leading

art museums in California today. Established in 1885, the Museum features one of the country's finest collections of Californian art, exceptional holdings of master drawings, a comprehensive collection of international ceramics, as well as European, Asian, African, and Oceanic art. The Crocker is located at 216 O Street in downtown Sacramento. Museum hours

are 10 a.m. to 5 p.m. Tuesday through Sunday; 10 a.m. to 9 p.m. Thursdays. Every third Sunday of the month is "Pay What You Wish Sunday" sponsored by Western Health Advantage. For more information, call (916) 808-7000 or visit [crockerartmuseum.org](http://crockerartmuseum.org).

Source: The Crocker Art Museum

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<p><b>Thurs., May 28</b> 11:30 am to 12:30 pm</p> <p><b>Thurs., June 25</b> (Dinner) <b>Wed., August 26</b> (Dinner) 6:30 pm to 7:30 pm</p> <p><b>Thurs., September 24</b> <b>Fri., October 30</b> 11:30 am to 12:30 pm</p>	<p><b>Thurs., June 11</b> 11:30 am to 12:30 pm</p> <p><b>Thurs., August 6</b> (Dinner) 6:30 pm to 7:30 pm</p> <p><b>Fri., October 9</b> 11:30 am to 12:30 pm</p>
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Seating is limited to 30 attendees per seminar.

FD# 136 [www.EastLawn.com](http://www.EastLawn.com)

# Assisting Mother Nature in Wildlife Care by Giving Obsolete Tech a Facelift

**SACRAMENTO REGION, CA (MPG)** - A stark contrast between obsolete technology and urgent wildlife care will bring the non-profit Wildlife Care Association, SMUD, the Sacramento Tree Foundation, Southside Rental Equipment, and volunteers from the community to the former radar dome on the west side of McClellan Park. The old technology "palace" now houses the non-profit Wildlife Care Association, providing intake, care, and release for displaced or injured wildlife in the Sacramento region.



All types of injured birds and animals are sent to the volunteers at Wildlife Care Association, where they are cared for and released back to the environment. Photo courtesy of Wildlife Care Association



Caring volunteers at the Wildlife Care Association rehabilitate injured animals from across the region. Photo courtesy of Wildlife Care Association

To provide shade, native habitat, a windbreak, an on-site outdoor natural education area, and improve the public appeal of the old tech facility, 21 trees will be planted as part of the long-term change at the two-acre site. A program of SMUD and the Sacramento Tree Foundation, the drought-tolerant native trees offer a natural way to soften the harsh former-USAF facility to meet its current need in providing the essential and unique resource for the region's wildlife. "Gray" or recycled washing machine rinse water will be used to help establish the trees after planting.

In this region, everything from hummingbirds to coyotes are sent to the volunteers at Wildlife Care Association, where they are cared for and released back to the environment. Volunteers are always needed, as 98% of the effort comes from caring volunteers, and 88 cents of every dollar donated goes to wildlife recovery and release.

The tree planting event will be held on Saturday, June 13th from 7:30 a.m. to noon at 5211

Patrol Road, on the west side of McClellan Park off Winters and I-80.

Volunteers to help plant trees are needed and can register for the event at [wca-volunteers@yahoo.com](mailto:wca-volunteers@yahoo.com) or by calling Volunteer Coordinator Sara Cobos at (916) 965-WILD. Visit [www.wildlifecareassociation.com](http://www.wildlifecareassociation.com) to learn more or make a donation.

Source: Rick Reed Public Relations ★



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### Aid & Attendance Seminar presented by U.S. Senior Vets

Thursday, June 18 | 5:30 pm

If you're a veteran or veteran's widow, you may be eligible for monthly benefits – ranging from \$1,149 to \$2,120 – to help cover the cost of assisted living. Join us for refreshments and more information.

### Father's Day Brunch and Beer Tasting

Sunday, June 21 | 11:30 am

Enjoy Chef Adam's tasty BBQ ribs and rosemary chicken with mashed potatoes, corn on the cob, and desserts followed by a beer tasting with brews from around the world.

Space is limited for these events – RSVP at **916.993.5039**. To view all of our upcoming events, visit [www.atria-carmichaeloaks.com](http://www.atria-carmichaeloaks.com).

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**ARIES** (March 21 to April 19) Still operating under a full head of self-esteem makes you want to tackle a matter you had shied away from. OK. But be sure to arm yourself with facts before you make a move. **TAURUS** (April 20 to May 20) That smart move you recently made caught the attention of a lot of people, including some with financial deals to offer. Use your Taurean wariness to check them out thoroughly. **GEMINI** (May 21 to June 20) Shyness might keep you from asking for more information on a potentially important matter. But your curiosity grows stronger by midweek and gives you the impetus for data-gathering. **CANCER** (June 21 to July 22) Taking on too many tasks may not be the wise thing to do at this time. You might overspend both your physical and emotional energy reserves, and have to miss out on some upcoming events. **LEO** (July 23 to August 22) Try to keep your spending at an affordable level. Splurging now -- especially on credit -- could create a problem if your finances are too low for you to take advantage of a possible opportunity. **VIRGO** (August 23 to September 22) You might not approve of a colleague's

behavior during much of the week. But don't play the judgmental Virgo card here. As always, check the facts before you assume the worst. **LIBRA** (September 23 to October 22) Coping with an old issue that has suddenly re-emerged could take a big toll on your emotional energies. Decide whether you really want to pursue the possibilities here. **SCORPIO** (October 23 to November 21) For all your skill in keeping your secrets safe, you could be unwittingly letting one slip out by the way you're behaving in that new relationship. Are congratulations soon to be in order? **SAGITTARIUS** (November 22 to December 21) Good old-fashioned horse sense could help you get around those who unknowingly or deliberately put obstacles in your way. Ignore the confusion and follow your own lead. **CAPRICORN** (December 22 to January 19) A puzzling attitude change in a colleague from friendly to chilly might stem from a long-hidden resentment suddenly bubbling up. An open and honest talk should resolve the problem. **AQUARIUS** (January 20 to February 18) This week, many ever-generous Aquarians might find themselves feeling an acquisitive urge. If so, indulge it. You've earned the right to treat yourself to wonderful things. **PISCES** (February 19 to March

20) Expect to get a lot of advice on how to go about implementing your plans. But once you've sorted it all out, you'll probably find that, once again, your way will be the best way. **BORN THIS WEEK:** You enjoy the quiet times of your life, but when you're in the mood, you can throw a party everyone will want to go to.

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◆Clinomania is an affliction that affects a large percentage of the American population. If you suffer from an overwhelming desire to stay in bed, you're one of us.

◆You might be surprised to learn that actor David Duchovny, best known for his role in "The X-Files," was just a dissertation away from being awarded a doctorate in English literature.

◆It was back in the 19th century that American author and philosopher Henry David Thoreau made the following sage observation: "Men have become the tools of their tools."



By Sam Struckhoff  
EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of April 20, 2015.

PICKS OF THE WEEK



Bradley Cooper, Jennifer Lawrence in "Serena"

**"Kingsman: Secret Service" (R)** - Behind a London tailor shop conspires a top-secret group of elite spies named after knights from King Arthur's court, whose gadgets, skills and wit are the world's best chance against supervillains. Colin Firth stars as "Galahad" a bespectacled veteran agent who takes an interest in "Eggsy," a rough-around-the-edges youth and promising recruit. A villainous Samuel L. Jackson stirs up chaos as a super-wealthy American mogul with access to mind control.

This ultra-violent adventure lands somewhere between James Bond and "Kill Bill." There's even a gorgeous female minion who fights using weaponized prosthetic legs. The violence gets intentionally gratuitous at times, but when the scenery gets drenched in blood, the movie wipes it up with dry humor.

**"Serena" (R)** - A dashing lumber baron (Bradley Cooper) and his ravishing new wife (Jennifer Lawrence) become entangled in a web of jealousy and violence in this lukewarm suspense drama. George Pemberton (Cooper) proposes to Serena (Lawrence) the minute he sees her. After their whirlwind romance, they settle into his North Carolina lumber mill where a jealous business partner, a conservationist sheriff and George's pregnant ex-flying

are all waiting to tip things over. Cooper and Lawrence have quantifiable chemistry, but the reactants just didn't react in this environment. The duo lit up the screen in "Silver Linings Playbook" and "American Hustle," but the script works against them here. More suspense? More murder? It just needs more room for the actors to breathe.

**"Project Almanac" (PG-13)** - In this found-footage adventure (which is apparently still a viable genre), a gaggle of modern-day teens discover plans for a time-machine, and get to work using it on the most pedestrian applications. With extraordinary cosmic power, these kids go back in time to help a buddy pass a chemistry test, or buy the winning lotto numbers, or get back at a bully. Of course, these little indulgences ripple into larger consequences for the time stream. Time-travel adventures are hard to write -- so many paradoxical rules to follow, even when you're playing it loose.

**"Red Army" (PG)** - From the '70s up to the fall of the Berlin Wall, the Soviet Union had an iron grip on the Olympic gold and world-championship titles for hockey. The Red Army team was unbeatable on the ice, and even drew the attention of Ronald Reagan, who urged the U.S. hockey team to prove the superiority of capitalism by defeating the Reds in the rink. This funny-now documentary focuses on the USSR team captain, Slava Fetisov, as he gives his account of hockey glory, Russian pride and Soviet oppression.

TV RELEASES

- "Teen Wolf: Season 4"
- "Hart To Hart: The Final Season"
- "The Last Ship: Season 1"
- "Thunderbirds: The Complete Series"
- "Miss Marple: Volume Three"
- "Forsythe Saga: The Complete Series"

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by HEALTHY EXCHANGES

Ham & Green Beans With Noodles

If you hate washing dishes as much as we do, then you'll love this easy one-skillet wonder.

- 1 (10 3/4-ounce) can reduced-fat cream of mushroom soup
- 1 cup water
- 2 cups frozen cut green beans, partially thawed
- 1 3/4 cups uncooked noodles
- 1 1/2 cups diced 97 percent fat-free ham
- 1/4 cup no-fat sour cream
- 1/4 cup reduced-fat Parmesan cheese
- 1/8 teaspoon black pepper

- In a large skillet, combine mushroom soup and water. Stir in green beans, uncooked noodles and ham. Cover and cook over medium heat for 12 to 15 minutes or until beans and noodles are tender, stirring occasionally.
- Add sour cream, Parmesan cheese and black pepper. Mix well to combine. Lower heat and simmer for 5 minutes, stirring occasionally. Makes 4 (1 cup) servings.

★Each serving equals: 253 calories, 5g fat, 16g protein, 36g carb., 886mg sodium, 2g fiber; Diabetic Exchanges: 2 Meat, 2 Starch, 1 Vegetable.

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**The Garden Bug** **Algae blooms** BY BRENDA WEAVER

Soils have a great capacity to filter pollutants. But when nutrients, particularly nitrogen and phosphorus, are applied to soil, the excess can pollute local bodies of water, causing extensive algal growth that leads to oxygen depletion. In 2011, record torrential spring rains washed fertilizer into Lake Erie, promoting the worst algae bloom in decades.

Source: www.nature.com, wikipedia.org, www.cdc.gov

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4. Glacier
5. Grand Canyon
6. Grand Teton
7. Zion
8. Olympic
9. Sequoia
10. Denali

Source: TheActiveTimes.com

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with Mary Jane Popp

cortisol) and while it simultaneously stimulates the production of endorphins (which are your body's natural painkillers and mood enhancers.)

**VISUALIZE SOMETHING POSITIVE:** When confronted with stressful situations or with anxious thoughts, take a moment to simply visualize yourself handling the situation with calm, ease, and clarity. True you must first try not to pay attention to your current frenzied mental state, but focus instead on the feelings of making it through with smooth-sailing through the storm with solutions and ideas coming to you effortlessly.

**BE SILENT:** Plan ahead for a small amount of time when you can completely disconnect. Begin this with increments of time that seem sustainable and doable for you, even if it's just five minutes. That means no phone, no texting, no emails, no TV—nothing! Put the word out to others that they won't be able to reach you so you can veg-out worry free.

**POSITIVE SELF-TALK:** This will require a bit of a shift in perspective for those who are more naturally pessimistic. Recognize that your problems are often a question of perspective. When you allow yourself the opportunity to change your angle, you may see your situation from a more positive point of view. With conscious and

consistent effort you can actually train yourself to be more positive about life. Let's start. You don't have to create formal affirmation, but try several times throughout your day (and especially during times of stress) some positive, self-affirming messages to yourself like, when you're a bit anxious try "I always find a way, just breathe and relax," "it can be done" or "all will be well." Studies have shown that simply expressing gratitude will help reduce anxiety.

**SMELL SOMETHING WONDERFUL AND RELAXING:** The nose is a powerful tool. Sniff some calming essential oils—Vanilla, Orange, Basil, Anise, and Chamomile are great choices. Research shows that these scents can reduce tension in the body and help increase mental clarity.

Of course, this is just a smattering of all the information you will find in *The Biology of Beating Stress*. But it'll give you a start. Jeanne Ricks is a Holistic Health Coach and Clinical Hypnotist who provides personal diet, wellness, and nutrition coaching combined with Hypnosis to help achieve your personal BEST! Check out [www.NuDay.org](http://www.NuDay.org) and always remember, POPPOFF will always help you to be the best you can be! ★

## BEATING STRESS 2

Last time on POPPOFF we talked about how stress can really cause major problems in your life and mine. We all tend to ignore stress because it is in our lives daily, so we don't feel like we have the time to deal with it. But even small amounts of stress can put your body on high alert and it is dealing with physical and emotional responses to perceived dangers that aren't always real. We covered breathing, smiling, worrying, maintaining blood sugar levels, and making plans. Now we'll get to the last five to fight that pesky thing called stress.

**EXERCISE:** True, just exercising won't magically make your stress disappear, but it will definitely reduce some of the emotional intensity that you're feeling; clear your thoughts and also enable you to manage your problems more calmly. Exercise naturally reduces levels of your body's stress hormones (such as adrenaline and

## CARMICHAEL COMMUNITY UPDATE



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.

### U.S. Senior Open

The 2015 U.S. Senior Open Championship will be held June 22nd through 28th at Sacramento's storied Del Paso Country Club.

The tournament will feature 156 of golf's elite professionals

and amateurs. More than 140,000 spectators are expected to attend the seven-day event, which is estimated to pump \$17 million into Sacramento's regional economy.

All general public parking will be free at Cal Expo with bus service to the Country Club. The following roads will be closed during the championship's hours of operation (5 a.m. to 9 p.m.): Marconi Avenue from Lacy Lane to Watt Avenue; Morse Avenue from Marconi to Pope avenues; and Pope Avenue from Morse to Watt avenues.

For information about the tournament, please visit [www.2015sussenioropen.com](http://www.2015sussenioropen.com).

### Parkway Parks Pass

The American River Parkway is a unique 23-mile-long natural resource that provides a quick escape from the stress of urban life and offers plenty of outdoor recreational amenities. It is a public asset worth protecting and preserving—and your support is needed!

Please show your support by purchasing a year-long

unlimited Parks Pass. This convenient annual parking/day-use pass is great for joggers, bicyclists, as well as outdoor and nature enthusiasts who frequent the Parkway. The pass costs only \$50 per year—and pays for itself after 10 trips.

Parks Passes are sold at The American River Parkway Foundation Office in the William B. Pound Recreation Area or online at [www.arpf.org](http://www.arpf.org).

### Protect Your Pets

The County Animal Shelter reminds you that a pet left in a vehicle can quickly turn deadly on warm days. Even with the windows cracked, the temperature inside a parked car can jump 20 degrees in just 10 minutes. Being outdoors in temperatures over 90 degrees can also be dangerous. It's important to provide Fido with shade and plenty of water if you can't bring him inside.

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



## Currying Favor for a Front-Row Seat

The "baby-faced assassin" looked so handsome and happy sitting there with his proud, attractive family members in the very first row. What a well-deserving group. Good for them.

With a break in the action after disposing of the Houston Rockets and waiting for the NBA Finals to begin this week, the league's MVP took in a Giants' game Friday night at AT&T Park. Welcome to the owners' seats.

Golden State Warriors superstar sharp-shooter Steph Curry, his wife, Ayesha, and his parents, Dell and Sonya, were right up front all decked out in a bunch of brand new Giants garb. (Hey! Where was the kid, 2-year-old daughter Riley, who has been stealing the show at all those post-victory press conferences lately? Was general manager Bob Myers babysitting again?)

Giants superstar and an MVP himself, Buster Posey, greeted the Curry clan with a first-inning, two-run homer that propelled the Giants to their sixth straight win at home, a 4-2 win over the Atlanta Braves that moved them into first place in the West for the time being. Buster will likely be following in Hunter Pence's footsteps, having earned himself a shot at some court-side Warriors play-off seats with that timely blast.

Wouldn't you just love to have seats like those sometime? Courtside. For the NBA Finals. Watching mega-star LeBron James and his galloping Cleveland Cavaliers going at it against your high-flying Warriors for the title. Or front-row for the Giants in their next World Series run.

What does a life-long, loyal fan gotta do to get himself into

one of those precious seats? Sorry to have to break the news --- as if you didn't know already --- but you just need to be independently wealthy, or a superstar of some kind. That's all.

Are the Currys front-runner fans? Steph and his fellow "Dubs" have been tabbed as the front-runners to win the NBA title, but the team's fearless leader has admitted he is actually a Boston Red Sox baseball fan (ugh!) and a Carolina Panthers football fan (other than the fact that Charlotte was his old stomping grounds, why?). He says that he is also a fan of both the Giants and the Oakland Athletics, who happen to play their home games just yards from where Curry stars at Oracle Arena.

So, why did he show up at AT&T instead of the Coliseum? Apparently, the Giants rolled out the red carpet first. And, who would you rather have your group photo taken with, Willie Mays, or Shooty Babitt? Some factions within A's Nation got their feelings hurt. But the other Splash Brother, Klay Thompson, eased the suffering when he showed up for the A's-Yankees game the next night --- sitting somewhere around the ninth or tenth row. Where was his best friend, Rocco? While GM Billy Beane was dog-sitting, he traded Klay's sidekick to a Dawg Pound in Cleveland for a player to be named later.

Now, who is going to be occupying the coveted court-side chairs at Oracle for these NBA finals? For the most part, with the exceptions of Jack Nicholson, Billy Crystal and Magic Johnson, the people that slide into the prime spots are not true fans, but

just a bunch of schmucks who buy their way in.

We'll probably see some guy who made a bunch of lousy records that inexplicably sold several million copies.

There will be another guy who makes his living punching guys in the face for big bucks. There will be some unethical billionaire entrepreneurs that have sold their souls to the devil. You know, the usual undeserving suspects.

There are many thousands of "real" fans out there that have followed sports and their beloved local teams for years upon years and that are very great at whatever they might do, and who are much more deserving (if only they had a few grand to throw down for a basketball game):

"I've been a mailman for, like, forever, and even your junk mail got delivered through rain or sleet or snow."

"I'm a waitress, and none of my customers ever got a fly in their soup."

"I'm an auto mechanic, and I've never charged anybody for anything they didn't really need."

"I'm a milkman, and I've never cried about it and never spilled a drop."

"I'm a window washer, and I've never missed a spot."

"I'm a fast-food worker who has never, ever forgotten to ask, 'Do you want fries with that?'"

But, alas, even though being there in the first row just one time might make a sports-world life complete for the vast majority of dedicated fans, we must face the harsh, unfortunate realities of the modern sports dynamic and settle in to watch it all unfold on the trusty tube. ★

## Monthly Military Retiree/Spouse Meeting

**NORTH HIGHLANDS, CA (MPG)**

- The next monthly Military Retiree/Spouse meeting will be held on June 9th at 1030 hours. The speaker for this event will be Donald Miller from Travis AFB, CA TRICARE Office. He

resolves many issues regarding the bills you all get from providers. Meetings are held in the North Highlands Park and Recreation District Building, which is located at 6040 Watt Avenue. Come on out and

enjoy a cup of coffee and meet new people. Questions can be referred to the volunteer staff at (916) 640-8446, Monday through Thursday, 0900 to 1500 hours.

Source: Chief Moses ★

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## Free Weekend Activities at the Nature Center

**CARMICHAEL, CA (MPG)** - There will be no June Gloom at the Effie Yeaw Nature Center. The Nature Center (2850 San Lorenzo Way) is hosting a series of free, fun, and informational events throughout the month of June. The Nature Center offers lots of fun activities for everyone to enjoy. There is a \$5 per car county entrance fee into Ancil Hoffman Park (free to members).



Donations are gratefully accepted.

**Nature Tales:** Members of the Sacramento Storytellers Guild will share their entertaining tales of animals and nature on Saturday, June 6th at 10:30 a.m.

**Rattlesnakes:** Warm weather is the perfect weather for snakes, especially for rattlesnakes along the American River. On Sunday, June 7th at 1:30 p.m., you can learn all about these snakes, and their imposters, and how to enjoy the American River and keep your family safe during this season.

For more information about the Effie Yeaw Nature Center, please call (916) 489-4918 or visit [www.sacnaturecenter.net](http://www.sacnaturecenter.net).

Source: Effie Yeaw Nature Center ★



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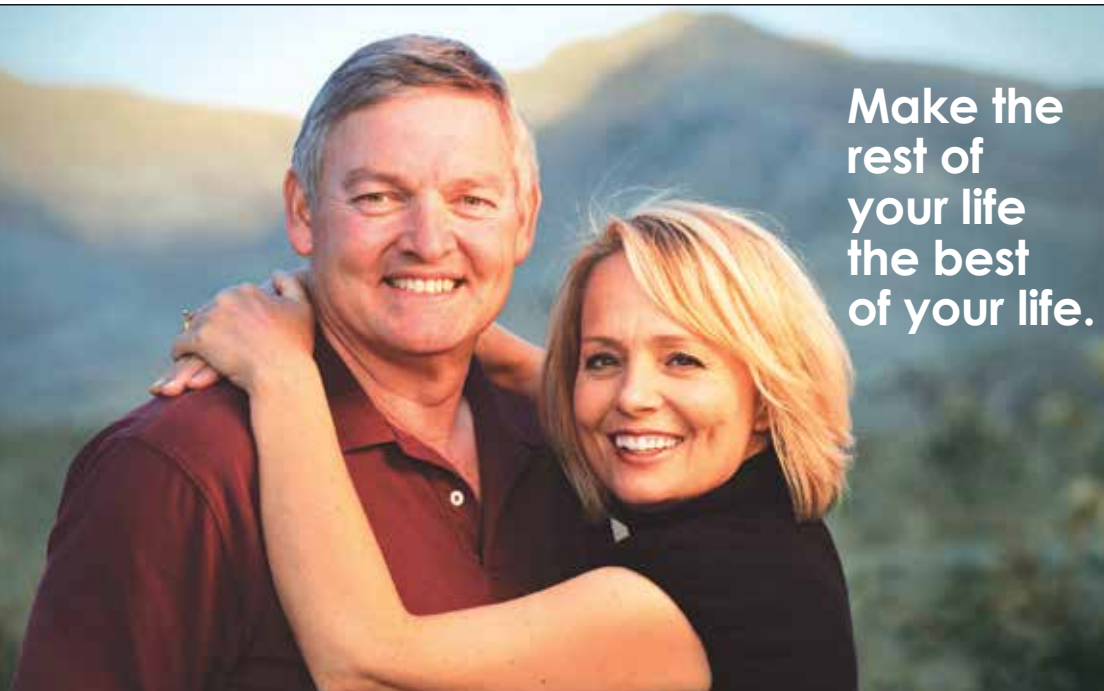
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- ACROSS**
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  - Diplomat's forte
  - "\_\_\_\_, I Love You" by The Doors
  - "\_\_\_\_ la la!"
  - Harvest helper
  - "Pomp and Circumstance Marches" composer
  - Hula necklace
  - Exclude
  - "Father, e.g.
  - "Frequently derided gift
  - Baseball stat
  - "Animal House" party garb
  - "T" in Greek
  - Symphony member
  - "Dad, colloquially
  - Ballpark stats
  - Dollar bills
  - "Where lots of old dads live?"
  - Norse war god
  - "Mike was the dad in the "The Brady \_\_\_\_"
  - In the next month
  - Whitman's dooryard bloomer
  - Dog command
  - Fodder holder
  - Don't do this to Elvis's blue suede shoes
  - Type of cell
  - Even, to a poet
  - Has divine power
  - Grandmother, in Britain
  - "\_\_\_\_ and Son"
  - \_\_\_\_ 5, band
  - Twig of a willow tree
  - Extra point value
  - Theater boxes
  - "It is silent" in sheet music
  - Money in Myanmar
  - Coastal feature
  - Hightailed it
  - Play part
  - Like one who seeks extra attention
- DOWN**
- "He said, \_\_\_\_ said"
  - The Beatles song/movie "\_\_\_\_!"
  - One of algae
  - Distress signal
  - Bull opponent
  - "A stallion is a dad to him
  - Paciquiao to Mayweather, e.g.
  - Trouser fabric
  - Radio genre
  - Came down to earth
  - Ghana money
  - Arbor Day star
  - Stop being excited
  - Fat cat in the Orient
  - Id's partner
  - Very small
  - \*These gifts can come in handy for dad
  - IRS threat
  - Useful
  - Burden or load
  - Goes with chips
  - An Osmond
  - Soap plant
  - \*He signed Father's Day into law
  - Ginger cookie
  - Jazz singing
  - Laughing predator
  - A company of companions
  - It often follows "neither"
  - \*Nemo's Dad
  - Parkinson's drug
  - Nary a soul
  - Chronic drinkers
  - Hurry up
  - Cote d'Azur locale
  - Livestock food
  - A burrito can come with or without this
  - Check out
  - As opposed to a want
  - Manhattan
  - Hog haven

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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 9

Come back every week for Crossword and Sudoku!



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PREGNANT? CONSIDERING ADOPTION? Call us first. Living expenses, housing, medical, and continued support afterwards. Choose adoptive family of your choice. Call 24/7. 1-877-879-4709 (Cal-SCAN)

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Piano lessons for children and adults by experienced, creative teacher. Citrus Heights. For more information, visit www.anitraalexander.com, or call (916) 725-1054 (MPG 05-31-15)

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CASH FOR DIABETIC TEST STRIPS!! Don't throw boxes away - Help others. Unopened / Unexpired boxes only. All Brands Considered. Call Anytime! 24hrs/7days (888) 491-1168 (Cal-SCAN)

Sudoku Puzzle on Page 8

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

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Yard Sale

7th Annual Old Foothill Farms Community Yard Sale Sat June 6, 8am-4pm. Off I-80 between Madison & Greenback/Garfield. Drop off canned goods for free coffee or lemonade at Garfield & Leader Ave. Many homes having sales. Barbara 801-2172 (mpg 6-5-15)

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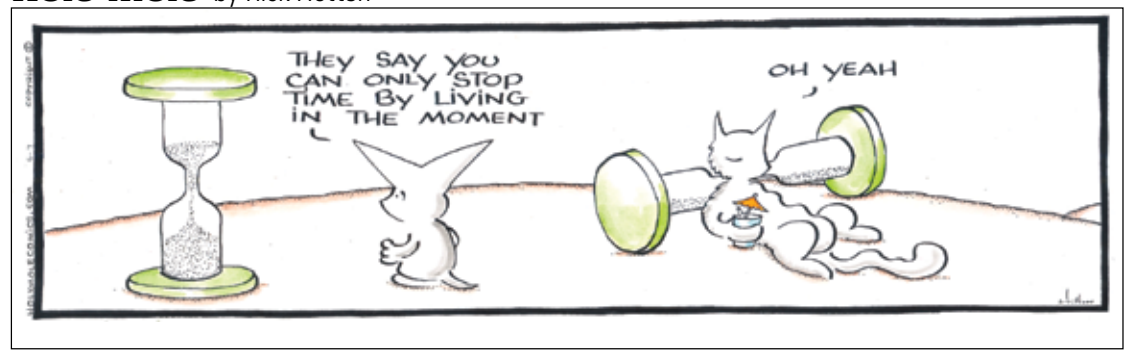
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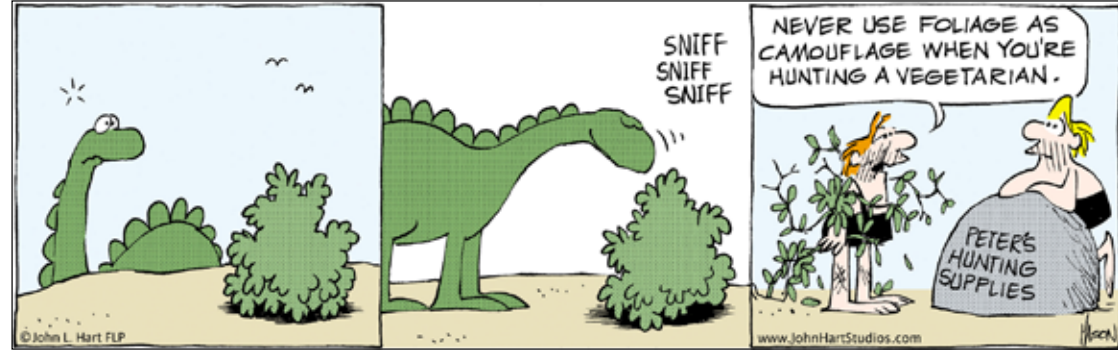
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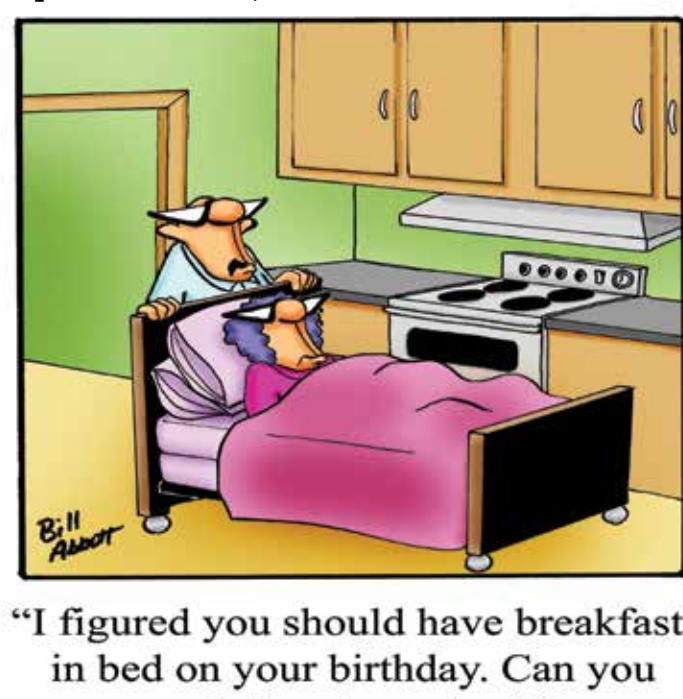
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"I figured you should have breakfast in bed on your birthday. Can you reach the stove okay?"

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June 13  
★ UNLICENSED THERAPY

June 14  
★ THE BONGO FURYS ★

Afternoon 6:30-8:30pm - at the Carmichael Park • Band Shell

For registration & other information call the District at (916) 485-5322 or visit our web page at [www.carmichaelpark.com](http://www.carmichaelpark.com).

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**\$15.00 PER SPACE**  
Spaces On Sale NOW

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8:00 AM to 4:00 PM

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5631 Cypress Ave • Carmichael, CA 95608-6613  
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Annual Fiber Arts Open Show  
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**2nd Saturday Reception:**  
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Awards, Music, Refreshments.

Spinner Demo: June 2, 10:00a.m. - 2:00p.m.  
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Sacramento Fine Arts Center • 5330-B Gibbons, Carmichael, CA 95608.  
Gallery hours: Tuesday 11:00a.m.-7:00p.m., Wednesday - Saturday, 11:00a.m. - 3:00p.m.  
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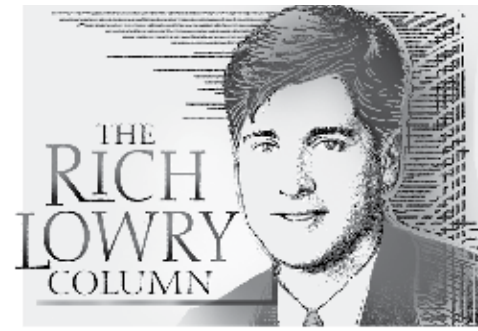
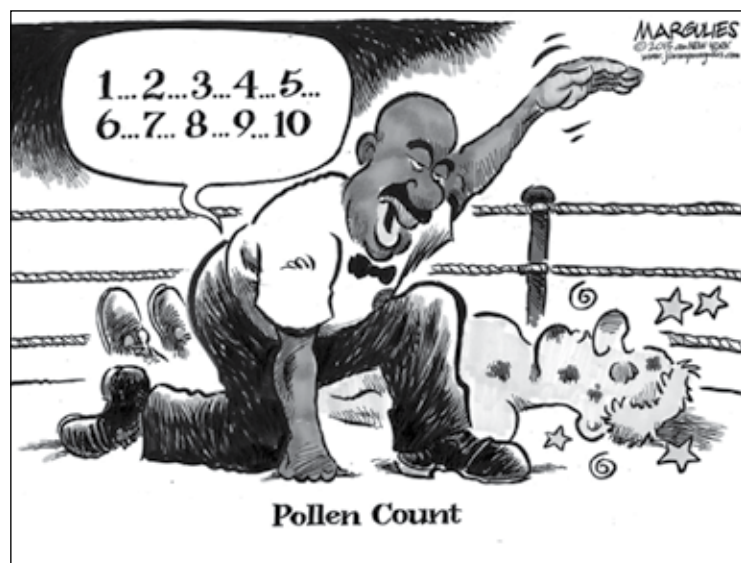
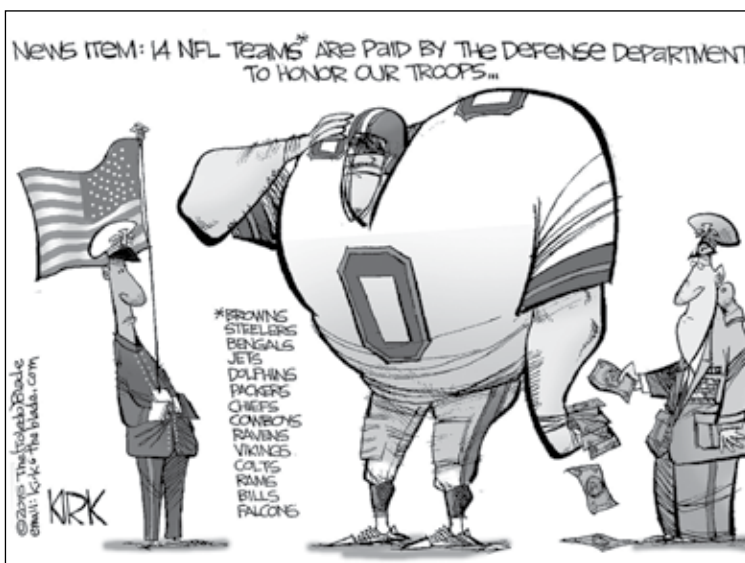
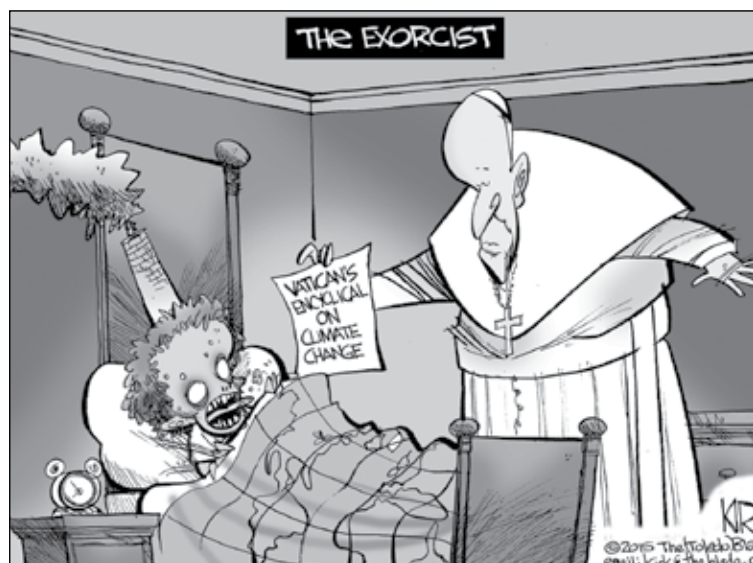
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By Rich Lowry

### The Rail Fantasy

The Amtrak crash outside of Philadelphia was an invitation for practically every politician in the Northeast and every transit expert in America to complain about lack of funding for the county's infrastructure. They didn't even wait to know what was the cause of the tragedy to take to the airwaves and recite the usual litany of laments for our "crumbling" infrastructure and our lack of high-speed rail. What these advocates rarely do is take account of Amtrak as it actually exists. It is a test case of a highly subsidized (and politicized) rail system. Hideously inefficient and wasteful, Amtrak is rail brought to you by the federal government, with the results about what you would expect. Amtrak is the DMV in an Uber world. All told, the taxpay-

ers pour about \$1 billion into it a year. Amtrak's unionized employees made on average more than \$90,000 a year in wages and benefits as of a couple of years ago. Outside of the Northeast and a few other places, it serves uneconomical routes that account for the bulk of its losses (although Congress insists on those routes for political reasons). Amtrak can't even sell food and drink to a captive audience at a profit. It loses \$80 million a year on its food service. If Amtrak is the future of American transit, American transit has no future. Yet visions of high-speed rail dance in the heads of liberal rail enthusiasts, who believe that what we need is Amtrak, only more so. President Barack Obama is a devotee, urging on the country to match the high-speed rails of Europe and Asia and backing his vision with billions in federal dollars. The problem with high-speed rail in the U.S. is that few places outside the Northeast have the population density to support it, so the economics don't work. High-speed rail is one thing in densely populated Japan; it is another thing altogether in the sprawling continental United States. Although it's not as glamorous, we already have an extensive transit system that can take people door to door pretty much anywhere they want to go -- i.e., roads. If people don't want

to drive between cities, they have the option of buses, which are cheaper than trains even if they don't have the same romance. And, of course, airplanes are faster than trains. Randal O'Toole of the libertarian Cato Institute points out that the travel patterns of Americans don't support the soaring ambitions of the passenger-rail enthusiasts. As of 2012, highways accounted for 87 percent of passenger travel and airlines 12 percent, but Amtrak only .14 percent. It's not as though the country can't do rail. It's just that we are good at moving goods rather than people. Our freight-rail system is world-class. Deregulated by the 1980 Staggers Rail Act, the freight sector has benefited from abundant private investment. Cheap and efficient, freight rail is doing booming business. No one brags about freight rail, though, because it lacks the appeal of grandiose public infrastructure projects and doesn't entail envy of France. Amtrak may be many things, but it is emphatically not an argument for more government investment in passenger rail.

Rich Lowry is editor of the National Review.

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## Pet-Friendly Plants

Paw's Corner  
by Sam Mazzotta

**DEAR PAW'S CORNER:** There is plenty of advice out there on outdoor and indoor plants that aren't safe for your cat or dog. What plants can they be around? -- Gerry H., Mobile, Alabama

**DEAR GERRY:** There are plenty of plants, fruits and vegetables that you can grow indoors and out, without worrying that your pet will get into them. The website dogsinthegarden.com lists hundreds of plants and flowers that are safe for dogs, and even points out a few that are useful, such as varieties of squash and cucumber. Indoors, pet-friendly houseplants include bamboo, cactus, cast-iron plant and ponytail palms. So, are there plants that you want to grow but aren't sure if they're safe for your pets? Do your due diligence: research whether or not a specific plant is toxic to pets, what parts of it are toxic and how severe the effects can be. Grow such plants in an area that is inaccessible to your pet. For example, if you're growing plants indoors, do so in a separate room such as a sunroom and place them in hard-to-reach hanging baskets. Keep long fronds or branches trimmed back. Outdoors, place the plants in an area that is away from your dog's normal roaming area, or fence them off. Monitor your pets anytime they may be around plants that aren't safe. If they ingest part of the plant, watch carefully for signs of toxicity (vomiting, drooling, lethargy or listlessness, among other symptoms). If the plants are known to be very toxic -- such as lilies, for cats -- immediately take your pet to the veterinarian without waiting for symptoms to appear.

Send your questions or tips to ask@pawscorner.com.  
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FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03416 Developmental Disabilities Service Organization, 5051 47th Avenue, Sacramento, CA 95824 is doing business under the Fictitious Business Name(s) "DDSO, DDSO, INC., Alan Short Center (ASC), Achievement Development & Care (ADC), Community Integration Program (CIP), Employment Plus (E+), Short Center North (SCN), Short Center South (SCS), Transitions for Tomorrow (T2), Capitol Books & Gifts (CB&G), DDSO, org, DDSO.org and Short Center Repertory (SCR)" at 5051 47th Avenue, Sacramento, CA 95824. Filed with the Clerk of Sacramento County April 23, 2015. Publish: May 15, 22, 29 and June 5, 2015. DSDO 150504 6-5-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03377 Norma Saucedo, 3148 Altos Avenue, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Pelitos Salon De Belleza" at 7660 Stockton Boulevard, Sacramento, CA 95823. Filed with the Clerk of Sacramento County April 22, 2015. Publish: May 15, 22, 29 and June 5, 2015. PELUTOS 150504 6-5-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03693 Christine Jones, 2430 Fallwater Lane, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Bowen Method Center" at 8080 Madison Avenue, 204B, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County April 29, 2015. Publish: May 15, 22, 29 and June 5, 2015. BOWEN 150504 6-5-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03642 Mark McGuire, 3841 Cresta Way, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Arden Realty Advisors" at 3841 Cresta Way, Sacramento, CA 95864. Filed with the Clerk of Sacramento County May 1, 2015. Publish: May 15, 22, 29 and June 5, 2015. ARDEN 150504 6-5-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03641 Sharon Hegie, 4501 Winding Way, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Lash Out Beauty Bar" at 451 Park Fair Drive, Suite 6, Sacramento, CA 95864. Filed with the Clerk of Sacramento County April 30, 2015. Publish: May 15, 22, 29 and June 5, 2015. LASHOUT 150504 6-5-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03691 Kindra Dodson, 5025 Buford Way, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Alter Ego Event Planning" at 5025 Buford Way, Sacramento, CA 95841. Filed with the Clerk of Sacramento County May 4, 2015. Publish: May 15, 22, 29 and June 5, 2015. ALTEREGO 150504 6-5-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03678 Ronald Joseph Schuetzle, 4000 Innovator Drive #10101, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Ron's Floor Covering" at 4000 Innovator Drive #10101, Sacramento, CA 95834. Filed with the Clerk of Sacramento County May 4, 2015. Publish: May 15, 22, 29 and June 5, 2015. RONSFLOOR 150504 6-5-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03140 Cassandra and Kenneth Halliburton, 2101 West La Loma Drive #4C, Rancho Cordova, CA 95670 are doing business under the Fictitious Business Name(s) "Casio's West Earthy Products" at 2101 West La Loma Drive #4C, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County April 15, 2015. Publish: May 15, 22, 29 and June 5, 2015. CASIOSWISE 150505 6-5-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03720 William Brett Maxwell, 4700 Foster Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Muscle Reading" at 4700 Foster Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County May 5, 2015. Publish: May 15, 22, 29 and June 5, 2015. MUSCLE 150505 6-5-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03723 Samuel Willard and Andrea Michelle Musico, 11230 Arno Road, Galt, CA 95632 are doing business under the Fictitious Business Name(s) "Laguna West Window Cleaning, Website Imagine" at 11230 Arno Road, Galt, CA 95632. Filed with the Clerk of Sacramento County May 5, 2015. Publish: May 15, 22, 29 and June 5, 2015. LAGUNA 150505 6-5-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03731 Thomas J. DiGiacoma, 2978 Joeger Street, Rancho Cordova, CA 95670 and 2450 San Marco Street #4, West Sacramento, CA 95691 is doing business under the Fictitious Business Name(s) "Pipe Workz" at 2978 Joeger Street, Rancho Cordova. Filed with the Clerk of Sacramento County May 5, 2015. Publish: May 15, 22, 29 and June 5, 2015. PIPEWORKZ 150505 6-5-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03650 Jessica Brown, 9349 Winding Oak Drive, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Frosting & Fringe" at 9349 Winding Oak Drive, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County April 28, 2015. Publish: May 15, 22, 29 and June 5, 2015. FROSTIN 150506 6-5-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03736 Lilang Wang, 3949 Garfield Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Anchor Consulting" at 51 E. Marina Boulevard, C-22 Pittsburg, CA 94565. Filed with the Clerk of Sacramento County May 6, 2015. Publish: May 15, 22, 29 and June 5, 2015. ANCHOR 150506 6-5-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03726 Malof Properties, 900 Howe Avenue, Suite 250, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Murphy Business and Financial" at 900 Howe Avenue, Suite 250, Sacramento, CA 95825. Filed with the Clerk of Sacramento County May 5, 2015. Publish: May 15, 22, 29 and June 5, 2015. MURPHY 150507 6-5-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03702 Pavel Chuprinov, 3327 Lowther Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Absolute Collision Repair" at 3021 Q Street #C, North Highlands, CA 95660. Filed with the Clerk of Sacramento County May 4, 2015. Publish: May 15, 22, 29 and June 5, 2015. ABSOLUTE 150507 6-5-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03693 JMDA Concepts, Inc., 3742 19th Street, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Joe Marty's" at 1500 Broadway, Sacramento, CA 95818. Filed with the Clerk of Sacramento County May 4, 2015. Publish: May 15, 22, 29 and June 5, 2015. JOEMARTYS 150507 6-5-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03835 Sachin Mayur, 9331 Boothwyn Way, Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Million Words Media" at 9331 Boothwyn Way, Elk Grove, CA 95758. Filed with the Clerk of Sacramento County May 7, 2015. Publish: May 15, 22, 29 and June 5, 2015. MILLION 150507 6-5-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-02990 Arnold Duplantier, 1029 Yale Street, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Galaxy Sky Video, GS Video" at 1029 Yale Street, Sacramento, CA 95818. Filed with the Clerk of Sacramento County April 9, 2015. Publish: May 15, 22, 29 and June 5, 2015. GALAXY 150507 6-5-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03212 Robert Gingrich, 1144 Taylor Road, Newcastle, CA 95668 is doing business under the Fictitious Business Name(s) "River City Mattress Direct" at 8215 Auburn Boulevard, Suite B, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County April 17, 2015. Publish: May 15, 22, 29 and June 5, 2015. RIVERCITY 150507 6-5-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-02690 Patricia Ebdsele, 5979 Devechchi Avenue, Apt#2, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "P & K International" at 5979 Devechchi Avenue, Apt#2, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County May 4, 2015. Publish: May 15, 22, 29 and June 5, 2015. P&KINTERNAT 150508 6-5-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03321 Imelda Ortiz, 5930 Landis Avenue, Apt. 16, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Valeria's Crafts" at 5930 Landis Avenue, Apt. 16, Carmichael, CA 95608. Filed with the Clerk of Sacramento County April 21, 2015. Publish: May 15, 22, 29 and June 5, 2015. VALERIAS 150508 6-5-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03730 Nicole Stewart, 3854 Robertson Avenue, Sacramento, CA 95821 and Eleri Galtspolovos, 5548 Brnief Drive, Sacramento, CA 95841s doing business under the Fictitious Business Name(s) "Hairtage Salon" at 1723 Professional Drive, Sacramento, CA 95825. Filed with the Clerk of Sacramento County May 5, 2015. Publish: May 15, 22, 29 and June 5, 2015. HAIRTAGAGE 150510 6-5-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03885 Amiel Jaramillo, 8209 Brick Heartn Place, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Jaramillo & Borcykowski, Attorneys at Law" at 3620 American River Drive, Suite 220, Sacramento, CA 95864. Filed with the Clerk of Sacramento County May 11, 2015. Publish: May 22, 29, June 5 and 12, 2015. JARAMILLO 150511 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03956 Erik Lee Hanson, Jr., 18 Bethesda Court, Sacramento, CA 95838 and Corey Jay Gilbert, 8645 Moorefield Way, Sacramento, CA 95825 are doing business under the Fictitious Business Name(s) "All-American Baseball Academy" at 18 Bethesda Court, Sacramento, CA 95838. Filed with the Clerk of Sacramento County May 12, 2015. Publish: May 22, 29, June 5 and 12, 2015. ALLAMERICAN 150513 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03933 Gretchen R. Valencia, 4825 Hazel Avenue, Fair Oaks, CA 95628 and Albert W. Brown, 7420 Hickory Avenue, Orangevale, CA 95662 are doing business under the Fictitious Business Name(s) "Al & Greta's Brews Cruz" at 7420 Hickory Avenue, Orangevale, CA 95662. Filed with the Clerk of Sacramento County May 12, 2015. Publish: May 22, 29, June 5 and 12, 2015. AL&GRETIAS 150513 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03773 Shirley Kwan Smith, 7750 El Douro Drive, Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "The Collective Boom, Saclo Landuphad, SKS Communications" at 7750 El Douro Drive, Sacramento, CA 95831. Filed with the Clerk of Sacramento County May 6, 2015. Publish: May 22, 29, June 5 and 12, 2015. COLLECTIVE 150513 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03901 Cherish Cox, 5939 63rd Street, Sacramento, CA 95824 is doing business under the Fictitious Business Name(s) "Ladd Pool Service" at 5939 63rd Street, Sacramento, CA 95824. Filed with the Clerk of Sacramento County May 11, 2015. Publish: May 22, 29, June 5 and 12, 2015. LADDPPOOL 150511 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03927 aAli DeSouza, LLC, 3231 Libby Way, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Soulstorm Media Group" at 3231 Libby Way, Sacramento, CA 95821. Filed with the Clerk of Sacramento County May 12, 2015. Publish: May 22, 29, June 5 and 12, 2015. SOULSTORM 150514 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03932 Teri K. Grummet, 5618 Beauregard Way, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "The Stage Coach" at 5618 Beauregard Way, Orangevale, CA 95662. Filed with the Clerk of Sacramento County May 12, 2015. Publish: May 22, 29, June 5 and 12, 2015. STAGECOACH 150514 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03932 Teri K. Grummet, 5618 Beauregard Way, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "The Stage Coach" at 5618 Beauregard Way, Orangevale, CA 95662. Filed with the Clerk of Sacramento County May 12, 2015. Publish: May 22, 29, June 5 and 12, 2015. STAGECOACH 150514 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03882 Scott, Tobias Maurice, 8942 Alderson Avenue, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Tobias Maurice Scott, Tobias Scott, Tobias M. Scott, Tobias Scott Maurice, T. Scott" at 8942 Alderson Avenue, Sacramento, CA 95828. Filed with the Clerk of Sacramento County May 11, 2015. Publish: May 22, 29, June 5 and 12, 2015. TOBIAS 150514 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03155 Shauntee Thompson, 7201 Gloria Drive, Apt. #10, Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "So Seductive Cosmetics" at 7201 Gloria Drive, Apt. #10, Sacramento, CA 95831. Filed with the Clerk of Sacramento County April 15, 2015. Publish: May 15, 22, 29 and June 5, 2015. SOSEDUCTIVE 150514 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03750 Bruce and Laura Wiemer, 8000 Partillo Avenue, Orangevale, CA 95662 are doing business under the Fictitious Business Name(s) "Otis Automotive" at 8019 Sacramento Street, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County May 6, 2015. Publish: May 22, 29, June 5 and 12, 2015. OTIS 150514 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03976 Ryder's Ridez, Inc., 3349 Brownlea Circle, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Ryder's Ridez" at 4801 Stockton Boulevard, Suite C, Sacramento, CA 95820. Filed with the Clerk of Sacramento County May 15, 2015. Publish: May 29, June 5, 12 and 19, 2015. RYDERS 150513 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-04007 Dasheavia Q. Jolly, 2203 River Plaza Drive, Apt. 307, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Fashion 2B" at 3257 Folsom Boulevard, Sacramento, CA 95816. Filed with the Clerk of Sacramento County May 14, 2015. Publish: May 22, 29, June 5 and 12, 2015. FASHION2B 150515 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-04041 Tigran Avelisyan, 4800 Marconi Avenue #109, Carmichael, CA 95608 and Marianna Hovakimyan, 3513 Middlewood Circle, Sacramento, CA 95827 are doing business under the Fictitious Business Name(s) "AT and Family" at 4800 Marconi Avenue #109, Carmichael, CA 95608. Filed with the Clerk of Sacramento County May 15, 2015. Publish: May 22, 29, June 5 and 12, 2015. AT&FRIENDS 150515 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03992 Arnulfo Alvarado, 1385 Pebbleshod Drive, Sacramento, CA 95833 are doing business under the Fictitious Business Name(s) "Fabulous Photo Booth" at 1385 Pebbleshod Drive, Sacramento, CA 95833. Filed with the Clerk of Sacramento County May 13, 2015. Publish: May 22, 29, June 5 and 12, 2015. FABULOUS 150517 6-12-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-04075 Carly Bradley, 8136 Sunrise East Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Therapeutic Massage And Bodywork" at 8146 Greenback Lane, Suite 105, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County May 19, 2015. Publish: May 29, June 5, 12 and 19, 2015. THERAPEUTIC 150522 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-04097 Iman Rashidi, 12801 Fair Oaks Boulevard, Apt. 363, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "IR Photo" at 12801 Fair Oaks Boulevard, Apt. 363, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County May 19, 2015. Publish: May 29, June 5, 12 and 19, 2015. IRPHOTO 150519 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-04042 Tyler Yeagley, 7453 Sandalwood Drive, #17, Citrus Heights, CA 95621 and Thomas White, 7250 Auburn Boulevard #225, Citrus Heights, CA 95610 are doing business under the Fictitious Business Name(s) "Inner Harmony Healing and Inner Harmony Massage" at 7996 California Avenue #6, Fair Oaks, CA 95623. Filed with the Clerk of Sacramento County May 15, 2015. Publish: May 29, June 5, 12 and 19, 2015. INNER 150519 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-04114 Susan K. Siragusa, 2881 Sierra Boulevard, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Chica Squared" at 2881 Sierra Boulevard, Sacramento, CA 95864. Filed with the Clerk of Sacramento County May 19, 2015. Publish: May 29, June 5, 12 and 19, 2015. CHICA 150519 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-04104 Miguel Carlos Jimenez and Alma Delia Garcia, 1901 Terrace Drive, Sacramento, CA 95825 are doing business under the Fictitious Business Name(s) "Nlumber Eight Video Productions" at 1901 Terrace Drive, Sacramento, CA 95825. Filed with the Clerk of Sacramento County May 19, 2015. Publish: May 29, June 5, 12 and 19, 2015. NUMBER 150520 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-04033 Urban Flex Fitness, Inc., 6219 Ross Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Urban Flex Fitness" at 6219 Ross Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County May 15, 2015. Publish: May 29, June 5, 12 and 19, 2015. URBAN 150520 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-04142 Nicholas J. Doucakis, 4502 Casa Court, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Professional Technology Group" at 4502 Casa Court, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County May 20, 2015. Publish: May 29, June 5, 12 and 19, 2015. PROFESSIONAL 150520 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03762 Beau Richins, 4441 Wyman Drive, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "My Mouse Works Computer Repair" at 6437 Fair Oaks Boulevard, Carmichael, CA 95608. Filed with the Clerk of Sacramento County May 6, 2015. Publish: May 29, June 5, 12 and 19, 2015. MOUSE 150522 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-04172 American Therapy Tubes, LLC, 2703 5th Street #9, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Light Savers" at 2703 5th Street #9, Sacramento, CA 95818. Filed with the Clerk of Sacramento County May 21, 2015. Publish: May 29, June 5, 12 and 19, 2015. LIGHT 150522 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03696 Giana M. Sarha, 417 Willow Creek Drive, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Claykeep" at 417 Willow Creek Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County May 4, 2015. Publish: May 29, June 5, 12 and 19, 2015. CLAYKEEP 150521 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-04030 Shawn Arthur Brendle, 2726 E Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "BAS IT Consulting" at 2726 E Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County May 15, 2015. Publish: May 29, June 5, 12 and 19, 2015. BASIT 150521 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-04000 Antonio Mendoza, 8556 Summit Brook Court, Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Acc-Express" at 8556 Summit Brook Court, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County May 14, 2015. Publish: May 29, June 5, 12 and 19, 2015. ACCEXPRESS 150521 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-04000 Antonio Mendoza, 8556 Summit Brook Court, Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Acc-Express" at 8556 Summit Brook Court, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County May 14, 2015. Publish: May 29, June 5, 12 and 19, 2015. ACCEXPRESS 150521 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-04154 Peyman Boldajji, 5244 Shereen Court, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Sun Air Heating & Cooling and Shiny Air Heating & Cooling" at 5244 Shereen Court, Sacramento, CA 95841. Filed with the Clerk of Sacramento County May 20, 2015. Publish: May 29, June 5, 12 and 19, 2015. SUNAIR 150521 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-04008 Srikanth and Sudha Koppisetty, Atasisoft, LLC, 545 Lefevre Drive, Folsom, CA 95630 are doing business under the Fictitious Business Name(s) "Atasisoft, LLC" at 545 Lefevre Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County May 14, 2015. Publish: May 29, June 5, 12 and 19, 2015. ATASISOFT 150521 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-04019 Jonathan and Maria Szabo, 10566 Malvasia Drive, Rancho Cordova, CA 95670 are doing business under the Fictitious Business Name(s) "Szbao Design Engineers & Consultants and SZADEC" at 10566 Malvasia Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County May 15, 2015. Publish: May 29, June 5, 12 and 19, 2015. SZADEC 150521 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03490 Shannon P. Jackson, 5690 Valletta Way, Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "Bar Unco" at 5690 Valletta Way, Sacramento, CA 95820. Filed with the Clerk of Sacramento County April 24, 2015. Publish: May 29, June 5, 12 and 19, 2015. BARUNCO 150521 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-04050 Amy Rooney, 2309 Edison Avenue #3, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Trays and Bouquets Food and Flower Creations, Flavorful Expressions" at 2309 Edison Avenue #3, Sacramento, CA 95821. Filed with the Clerk of Sacramento County May 15, 2015. Publish: May 29, June 5, 12 and 19, 2015. TRAYS 150526 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-04209 Michelle Gilson, 3205 Foggy Bank Way, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Force Fed Motorsports" at 631 N. Market Boulevard, Suite H, Sacramento, CA 95834. Filed with the Clerk of Sacramento County May 22, 2015. Publish: May 29, June 5, 12 and 19, 2015. FORCEFED 150522 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-04088 CVHCare Corporation, 2410 Camino Ramon, Suite 331, San Ramon, CA 94583 is doing business under the Fictitious Business Name(s) "CVHCare Sacramento" at 10860 Gold Center Drive, Suite 130, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County May 19, 2015. Publish: May 29, June 5, 12 and 19, 2015. CVHCARE 150522 6-19-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-04217 Yaminah Drake, 6501 Elder Creek Road #66, Sacramento, CA 95824 is doing business under the Fictitious Business Name(s) "BeautyFly" at 6501 Elder Creek Road #66, Sacramento, CA 95824. Filed with the Clerk of Sacramento County May 26, 2015. Publish: June 5, 12, 19 and 26, 2015. BEAUTYFLY 150526 6-26-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-04211 Richard B. and Robin L. McCauley, 9105 Birdsong Court, Sacramento, CA 95826 are doing business under the Fictitious Business Name(s) "Superior On-Site Solutions" at 9105 Birdsong Court, Sacramento, CA 95826. Filed with the Clerk of Sacramento County May 26, 2015. Publish: June 5, 12, 19 and 26, 2015. SUPERIOR 150527 6-26-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-04220 Marlena and Michael Robertson, 446 Mariner Point Way, Sacramento, CA 95831 are doing business under the Fictitious Business Name(s) "MBR Enterprise, Tillys N Things, Succo N Stuff" at 446 Mariner Point Way, Sacramento, CA 95831. Filed with the Clerk of Sacramento County May 26, 2015. Publish: June 5, 12, 19 and 26, 2015. TILLYNTHINGS 150527 6-26-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-04099 Marko Obradovic, 9 Cedar Grove Court, Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "The Youth Department" at 9 Cedar Grove Court, Sacramento, CA 95831. Filed with the Clerk of Sacramento County May 19, 2015. Publish: June 5, 12, 19 and 26, 2015. YOUTHDEPT 150528 6-26-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03943 Marius Cantea, 8208 Judette Avenue, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Capitol Disaster Restoration" at 8208 Judette Avenue, Sacramento, CA 95828. Filed with the Clerk of Sacramento County May 12, 2015. Publish: June 5, 12, 19 and 26, 2015. CAPTLOL 150528 6-26-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-04175 Don and Marci Cruzon, 3601 Affirmed Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Jewelry & Gems by D & M" at 3601 Affirmed Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County May 21, 2015. Publish: June 5, 12, 19 and 26, 2015. JEWELRY 150528 6-26-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-04036 Ahmad Abou Elkheir, 3562 Nouveau Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "A2 Auto Sales" at 2211D Fulton Avenue, Sacramento, CA 95825. Filed with the Clerk of Sacramento County May 15, 2015. Publish: June 5, 12, 19 and 26, 2015. A2AUTO 150529 6-26-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03722 Bushra Mehmood, 3317 Nut Plains Drive, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Classic Eye Brows Threading" at 9665 #A Folsom Boulevard, Sacramento, CA 95827. Filed with the Clerk of Sacramento County May 5, 2015. Publish: June 5, 12, 19 and 26,

**PUBLIC HEARING NOTICE  
RECREATION FEES**

The Fair Oaks Recreation and Park District (FORPD) Board of Directors will consider a revision to the fee schedule for recreational programming during the meeting listed below. Members of the public may attend and address the Board.

Wed., June 17, 2015  
6:00 pm  
Old Library Building  
4200 Temescal Street  
Fair Oaks, CA 95628

If you challenge this resolution in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered at or prior to the public hearing. Please submit any written comments to the Parks and Recreation Department prior to the public hearing.

Copies of the revised fees report prepared for the Board will be available for review after June 12, 2015 at the FORPD Administration Office at 4150 Temescal St. For questions or comments, please call (916) 966-1036.

A public notice from:  
Fair Oaks Recreation and Park District www.fairoakspark.org  
Published in the Carmichael Times on: May 29 and June 5, 2015

**GOT LOCAL NEWS?**  
Call 773-1111 

# In-Depth Data on American Driving Habits

**SACRAMENTO REGION, CA (MPG)**

- On average, Americans drive 29.2 miles a day or 10,658 miles a year, according to a groundbreaking study underway by the AAA Foundation for Traffic Safety and the Urban Institute.

The Foundation's new American Driving Survey offers the most up-to-date, comprehensive look at how much Americans drive on a daily and yearly basis. The first year of data, collected from May 2013 through May 2014 is now available from the ongoing study. This study sets the benchmark for future data and will ultimately reveal trends in Americans' driving habits.

"This is the first ongoing study that provides a look at when and how much Americans are driving," said Peter Kissinger, President and CEO of the AAA Foundation for Traffic Safety. "Existing federal data with this level of detail was last released in 2009, eight years after the previous release. This substantially limits the extent to which we can use existing data to draw conclusions about Americans' current driving practices."

"The information from these

ongoing studies will allow states to make more informed choices when looking at traffic trends," said Cynthia Harris, AAA Northern California spokesperson.

**The first-year results of the American Driving Survey revealed the following:**

- Motorists in the south drive the most (11,826 miles annually), while those in the northeast drive the least (8,468 miles annually). Drivers in the west drive the second most (11,279 miles annually).
- Motorists age 16 years and older drive, on average, 29.2 miles per day or 10,658 miles per year.
- Women take more driving trips, but men spend 25% more time

behind the wheel and drive 35% more miles than women.

- Both teenagers and seniors over the age of 75 drive fewer miles than any other age group; motorists 30-49 years drive an average 13,140 miles annually, more than any other age group.
- The average distance and time spent driving increase in relation to higher levels of education. A driver with a grade school or some high school education drives an average of 19.9 miles and 32 minutes daily. Drive time and distance correlate to higher levels of education.
- Drivers who reported living "in the country" or "a small town" drive greater distances (12,264

miles annually) and spend a greater amount of time driving than people who described living in a "medium sized town" or city (9,709 miles annually).

- On average, Americans drive fewer miles on weekends than on weekdays.
- Americans drive, on average, the least during the winter months (January through March) at 27.5 miles daily; they drive the most during the summer months (July through September) at 30.6 miles daily. Interestingly, western drivers drove the most in January through March at 35.2 miles daily, and second most in October through December at 33.5 miles daily.

The data from this study will be especially useful when combined with crash data. For the first time, researchers will be able to conduct unique, timely studies of crash rates.

The results for the American Driver Survey are based on telephone interviews with drivers living in a random sample of households nationwide. The drivers reported detailed information about all their driving trips taken the day before the interview. Data collection is ongoing. The information reported in the first-year results was collected between May 21st, 2013, and May 31st, 2014. The full results from the inaugural American Driver Survey are available online at [www.aaafoundation.org](http://www.aaafoundation.org).

Source: AAA Northern California ★

# Obama Commands Some Faith-Based Organizations to Hire Homosexuals

**Commentary from  
Liberty Counsel**

The Obama Administration will soon require faith-based, charitable groups which receive federal grants to hire homosexuals and transsexuals, according to published reports from the Center for Family and Human Rights.

Last summer, the President signed an executive order requiring federal contractors to provide what Congress refused to pass, namely civil rights status for sexual behavior or subjective gender identity. Now Obama is reportedly adding the

"sexual orientation and gender identity" mandate to humanitarian groups which receive federal grants as well. Federal contracts are awarded when a federal agency is acquiring something; grants are awarded when a federal agency is providing assistance.

"Faith-based organizations are providing assistance in communities across America, such as adoption, youth centers, child care and development programs, youth counseling, shelter, and much more," said Mat Staver, Founder and Chairman of Liberty Counsel. "Not only will Christian youth

programs be required to hire homosexuals, the facilities will be required to open housing, locker rooms and restrooms to people of the opposite sex who subjectively say they are the opposite of their obvious biological sex. This is ludicrous!" said Staver. "Christian organizations cannot offer biblical counseling and, at the same time, hire people who do not follow the Bible and their doctrinal positions on human sexuality. Ultimately, this LGBT regulation is going to cause irreparable harm to the children and the needy."

"This is another example of

the Obama Administration's hostility toward people of faith and biblical values," continued Staver. "Just like he has done with the use of state department funding for foreign nations, Obama is now using funding to force his immoral agenda on religious organizations. Obama is using the poor and disadvantaged hostages to advance his radical ideology. Congress has the power to halt funding and to resist the President in this clear abuse of power. I call upon Congress to have a backbone and finally do something to stop President Obama," said Staver. ★

**RESOLUTION NO. CP05212015-01  
CARMICHAEL RECREATION AND PARK DISTRICT  
A RESOLUTION OF INTENTION TO CONTINUE  
ASSESSMENTS FOR FISCAL YEAR 2015-16, PRELIMINARILY  
APPROVING ENGINEER'S REPORT, AND PROVIDING FOR  
NOTICE OF HEARING**

**WHEREAS**, the Carmichael Recreation and Park District is authorized, pursuant to the Landscaping and Lighting Act of 1972 (the "Act"), Part 2 of Division 15 of the California Streets and Highways Code (commencing with Section 22500 thereof) and Article XIID of the California Constitution, to levy assessments for park and recreation improvements; and

**WHEREAS**, in 2014 property owners in the Carmichael Recreation and Park District approved the Park District Parks Maintenance and Recreation Improvement District, ("Assessment District"), a benefit assessment for park and recreation improvements within the Carmichael Recreation and Park District with 51.1% of weighted ballots in favor of the assessments; and

**WHEREAS**, after such property owner approval, the assessments were first authorized by the Board of Directors by Resolution No. CP05152014-01 passed on May 15, 2014;

**NOW, THEREFORE, BE IT RESOLVED** by the Advisory Board of Directors of the Carmichael Recreation and Park District ("Board") that:

**SECTION 1.** The Board hereby proposes to continue to levy the Assessment District benefit assessments pursuant to the Act and Article XIID of the California Constitution

**SECTION 2.** SCI Consulting Group, the Engineer of Work, has prepared an Engineer's Report in accordance with Article XIID of the California Constitution and the Act ("Report"). The Report has been made, filed with the Secretary/Clerk of the Board and duly considered by the Board and is hereby deemed sufficient and preliminarily approved. The Report shall stand as the Engineer's Report for all subsequent proceedings under and pursuant to the foregoing resolution.

**SECTION 3.** It is the intention of this Board to levy and collect continued assessments within the Assessment District for fiscal year 2015-16. Within the Assessment District, the existing and proposed improvements (the "Improvements") are generally described as the: installation, maintenance and servicing of public facilities, including but not limited to, landscaping, sprinkler systems, park grounds, park facilities, landscape corridors, ground cover, shrubs and trees, street frontages, playground equipment and hardcourt areas, senior and community centers, drainage systems, lighting, fencing, entry monuments, basketball courts, tennis courts, running tracks, swimming pools, other recreational facilities, security patrols, graffiti removal and repainting, and labor, materials, supplies, utilities and equipment, as applicable, for property owned and maintained by the Carmichael Recreation and Park District. Installation means the construction of recreational improvements, including, but not limited to, land preparation, such as grading, leveling, cutting and filling, sod, landscaping, irrigation systems, sidewalks and drainage, lights, playground equipment, play courts, recreational facilities and public restrooms. Maintenance means the furnishing of services and materials for the ordinary and usual maintenance, operation and servicing of said improvements, including repair, removal, or replacement of all or part of any improvement; providing for the life, growth, health and beauty of landscaping; and cleaning, sandblasting and painting of walls and other improvements to remove or cover graffiti. Servicing means the furnishing of electric current or energy for the operation or lighting of any improvements, and water for irrigation of any landscaping or the maintenance of any other improvements

**SECTION 4.** The Assessment District consists of the lots and parcels shown on the assessment diagram of the Assessment District on file with the Secretary/Clerk of the Board, and reference is hereby made to such diagram for further particulars.

**SECTION 5.** Reference is hereby made to the Report for a description of the Improvements, the boundaries of the Assessment District and the proposed assessments upon assessable lots and parcels of land within the Assessment District. The Report identifies all parcels which will have a special benefit conferred upon them and upon which an assessment will be imposed.

**SECTION 6.** The assessments include an authorized annual increase equal to the change in the San Francisco Bay Area Consumer Price Index ("CPI"), not to exceed 3% (three percent) per year without a further vote or ballot proceeding. The change in the CPI in 2014 was 2.67%. Therefore, the maximum authorized assessment rate for fiscal year 2015-16 is \$46.06 per single-family equivalent benefit unit.

**SECTION 7.** The estimated fiscal year 2015-16 cost of providing the Improvements is \$4,978,683. This cost results in a proposed assessment rate of \$44.82 per single-family equivalent benefit unit for fiscal year 2015-16, which is less than the maximum authorized assessment rate.

**SECTION 8.** Notice is hereby given that on June 18, 2015, at the hour of 6:00 p.m. at the Carmichael Recreation and Park District located at 5750 Grant Ave, Carmichael CA, the Board will hold a public hearing to consider the ordering of the Improvements, and the levy of the continued assessments for fiscal year 2015-16. The Secretary/Clerk of the Board is hereby authorized and directed to cause a notice of the hearing to be given by publishing a notice once, at least ten (10) days prior to the date of the hearing above specified, in a newspaper circulated in the District.

**SECTION 9.** To get additional information about the assessments or the Assessment District or the proposed Improvements contact: the Carmichael Recreation and Park District; 5750 Grant Ave, Carmichael, California 95608, telephone: (916) 485-5322.

**PASSED and ADOPTED** by the Advisory Board of Directors of the Carmichael Recreation and Park District at a regular meeting thereof held on May 21, 2015.

**AYES:** Carroll, Borman, Rockenstein, Younger

**NOES:** None **ABSTAINED:** None **ABSENT:** Dax-Conroy

**Signed:** Michael Rockenstein, Chair, Chairman, Advisory Board of Directors

**ATTESTED BY:** Christie Marks, Administrative Secretary/Clerk of the Advisory Board of Directors

Published in the Carmichael Times on June 5, 2015.

# Carmichael Insurance Entrepreneur Takes Top Honors

*Allstate Honors Local Agency Owner for Outstanding Business Performance*

**CARMICHAEL, CA (MPG)** - Allstate agency owners will tell you, they take their jobs seriously. They serve as advisors to the customers in their communities, helping to ensure they have the insurance coverage they need to protect them from the unthinkable. Now, one local Allstate agency owner is being recognized for outstanding service and business results.

Allstate exclusive agency owner Alain Ionescu has one of the top Allstate agencies in the nation. Allstate Insurance Company is recognizing Ionescu and his agency for highest standards of excellence and performance. Ionescu's agency in Carmichael has achieved the distinctive Honor Ring award

based on 2014 achievements.

This honor is Allstate's symbol of outstanding business achievement, and honorees have proven to be champions in growing their agencies and serving Allstate customers. The agency's dedication to serving customers, consumers, and their community has allowed them to achieve this high honor.

Ionescu's insurance agency is located at 9045 Fair Oaks Boulevard and can be reached at (916) 944-5090.

*The Allstate Corporation is the nation's largest publicly held personal lines insurer, protecting approximately 16 million households from life's uncertainties through auto,*

*home, life, and other insurance offered through its Allstate, Esurance, Encompass, and Answer Financial brand names. Allstate is widely known through the slogan "You're In Good Hands With Allstate®." The Allstate brand's network of small businesses offers auto, home, life, and retirement products and services to customers in the United States and Canada. In 2014, The Allstate Foundation, Allstate, its employees, and agency owners gave \$34 million to support local communities. Allstate employees and agency owners donated 200,000 hours of service across the country.*

Source: Allstate Media Relations ★

# Community Band Festival Comes to Carmichael Park

**CARMICHAEL, CA (MPG)** - The Sacramento Valley Symphonic Band Association presents the annual Carmichael Park Community Band Festival at Carmichael Park Amphitheater. With 15 concert bands, this is one of the largest community band festivals in California for over 20 years. There will be music from noon to 7 p.m. on Saturday, June 6th and from 11 a.m. to 7 p.m. on Sunday, June 7th. Bring the entire family, a picnic, lawn chairs, sun hats, and enjoy two lovely afternoons of

music!  
The fun-filled weekend of music is sponsored by the Sacramento Valley Symphonic Band Association and the Carmichael Recreation and Parks District and will be held at Carmichael Park, 5750 Grant Avenue, in the southeast corner of the park. Admission and parking are free. For more information, call (916) 489-2576 or visit [www.svsba.net](http://www.svsba.net) or [www.sacwinds.org](http://www.sacwinds.org). Don't miss your chance to see the following bands:

- Saturday, June 6th**
- 12:00 p.m. – Auburn Concert Band
  - 1:00 p.m. – Sacramento Concert Band
  - 2:00 p.m. – River City Concert Band
  - 3:00 p.m. – Elk Grove Community Concert Band
  - 4:00 p.m. – Solano Winds Community Concert Band
  - 5:00 p.m. – Yolo Community Band
  - 6:00 p.m. – Capital City Concert Band

- Sunday, June 7th**
- 11:00 p.m. – 3 Note Band
  - 12:00 p.m. – Capitol Pops Concert Band
  - 1:00 p.m. – Pittsburg Community Band / Vallejo Community Concert Band
  - 2:00 p.m. – Amador County Concert Band
  - 3:00 p.m. – Winds of Faith
  - 4:00 p.m. – Sacramento Symphonic Winds
  - 5:00 p.m. – Roseville Community Concert Band
  - 6:00 p.m. – Joyous Brass

Source: Marjorie Lehr ★

# Pedestrian Struck on Carmichael Roadway Later Dies from Injuries

**CARMICHAEL, CA (MPG)** - On May 27th at 10:29 p.m., Alan Spokely, a 72-year-old white male driver from North Highlands, was driving a 2000 Chevrolet Silverado westbound on Madison Avenue at approximately 45 mph on a solid green light passing through the intersection of Manzanita Avenue when a pedestrian, a 39-year-old black male from Fallon, NV,

stepped directly into the path of his vehicle from an unknown location. The impact propelled the pedestrian approximately 200 feet west of the intersection where he came to rest in the number two lane. Spokely stopped his vehicle in the Arby's parking lot on the northwest corner of the intersection.

The pedestrian was transported to Mercy San Juan Hospital by Sacramento Metro Fire

and later succumbed to his injuries sustained from the collision. Spokely was determined to not be under the influence of drugs and alcohol. It is unknown if the pedestrian was under the influence of drugs and/or alcohol. The toxicology report for the pedestrian is still under investigation.

Source: California Highway Patrol ★

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# Television Listings for the week of June 5-June 10

## FRIDAY EVENING

## JUNE 5, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30										
<b>BROADCAST</b>	ABC Shark Tank (TVPG) HD	ABC What Would You Do? (TVPG) HD	ABC 20/20 (N) HD	ABC Local	ABC Jimmy Kimmel Live HD	ABC Nightline	ABC Undercover Boss HD	ABC Hawaii Five-0 HD	ABC Blue Bloods (TV14) HD	ABC Local	ABC (35) The Mentalist HD	ABC Late Late	ABC Jurassic Park (93, PG-13) ★★½ Sam Neill, Laura Dern.	ABC Smart 5th Grade HD	ABC Bullseye (TVPG) HD	ABC Local Programs	ABC Flashpoint (TV14) HD	ABC Flashpoint (TV14) HD	ABC Flashpoint (TV14) HD	ABC Flashpoint (TV14) HD
<b>CABLE</b>	A&E Criminal Minds HD	A&E Criminal Minds HD	A&E Criminal Minds HD	A&E (01) Criminal Minds HD	A&E (01) Criminal Minds HD	A&E (01) Criminal Minds HD	A&E (01) Criminal Minds HD	A&E (01) Criminal Minds HD	A&E (01) Criminal Minds HD	A&E (01) Criminal Minds HD	A&E (01) Criminal Minds HD	A&E (01) Criminal Minds HD	A&E (01) Criminal Minds HD	A&E (01) Criminal Minds HD	A&E (01) Criminal Minds HD	A&E (01) Criminal Minds HD	A&E (01) Criminal Minds HD	A&E (01) Criminal Minds HD	A&E (01) Criminal Minds HD	
<b>AMC</b>	AMC Jaws 2 (78, PG) ★★½	AMC Apollo 13 (95, PG) ★★½	AMC Tom Hanks, Bill Paxton. HD	AMC Tanked (TVPG) (N) HD	AMC (03) Flipping Ships HD	AMC (04) Tanked (TVPG) HD	AMC (04) Tanked (TVPG) HD	AMC (04) Tanked (TVPG) HD	AMC (04) Tanked (TVPG) HD	AMC (04) Tanked (TVPG) HD	AMC (04) Tanked (TVPG) HD	AMC (04) Tanked (TVPG) HD	AMC (04) Tanked (TVPG) HD	AMC (04) Tanked (TVPG) HD	AMC (04) Tanked (TVPG) HD	AMC (04) Tanked (TVPG) HD	AMC (04) Tanked (TVPG) HD	AMC (04) Tanked (TVPG) HD	AMC (04) Tanked (TVPG) HD	AMC (04) Tanked (TVPG) HD
<b>ANIMAL</b>	ANIMAL Flipping Ships (N) HD	ANIMAL Flipping Ships (N) HD	ANIMAL Flipping Ships (N) HD	ANIMAL Flipping Ships (N) HD	ANIMAL Flipping Ships (N) HD	ANIMAL Flipping Ships (N) HD	ANIMAL Flipping Ships (N) HD	ANIMAL Flipping Ships (N) HD	ANIMAL Flipping Ships (N) HD	ANIMAL Flipping Ships (N) HD	ANIMAL Flipping Ships (N) HD	ANIMAL Flipping Ships (N) HD	ANIMAL Flipping Ships (N) HD	ANIMAL Flipping Ships (N) HD	ANIMAL Flipping Ships (N) HD	ANIMAL Flipping Ships (N) HD	ANIMAL Flipping Ships (N) HD	ANIMAL Flipping Ships (N) HD	ANIMAL Flipping Ships (N) HD	
<b>BET</b>	BET Big Momma's House 2 (08, PG-13) ★★	BET Martin Lawrence.	BET Game HD	BET Nellyville (TVPG)	BET Wendy Williams HD	BET Wendy Williams HD	BET Wendy Williams HD	BET Wendy Williams HD	BET Wendy Williams HD	BET Wendy Williams HD	BET Wendy Williams HD	BET Wendy Williams HD	BET Wendy Williams HD	BET Wendy Williams HD	BET Wendy Williams HD	BET Wendy Williams HD	BET Wendy Williams HD	BET Wendy Williams HD	BET Wendy Williams HD	BET Wendy Williams HD
<b>BRAVO</b>	BRAVO Bravo's First Looks (N)	BRAVO To Be Announced	BRAVO To Be Announced	BRAVO To Be Announced	BRAVO To Be Announced	BRAVO To Be Announced	BRAVO To Be Announced	BRAVO To Be Announced	BRAVO To Be Announced	BRAVO To Be Announced	BRAVO To Be Announced	BRAVO To Be Announced	BRAVO To Be Announced	BRAVO To Be Announced	BRAVO To Be Announced	BRAVO To Be Announced	BRAVO To Be Announced	BRAVO To Be Announced	BRAVO To Be Announced	BRAVO To Be Announced
<b>CARTOON</b>	CARTOON King of Hill King of Hill	CARTOON Cleveland Bob's HD	CARTOON Dad HD	CARTOON Dad HD	CARTOON Dad HD	CARTOON Dad HD	CARTOON Dad HD	CARTOON Dad HD	CARTOON Dad HD	CARTOON Dad HD	CARTOON Dad HD	CARTOON Dad HD	CARTOON Dad HD	CARTOON Dad HD	CARTOON Dad HD	CARTOON Dad HD	CARTOON Dad HD	CARTOON Dad HD	CARTOON Dad HD	CARTOON Dad HD
<b>CMT</b>	CMT Reba HD	CMT Reba HD	CMT Urban Cowboy (80, PG) ★★½	CMT John Travolta, Debra Winger. HD	CMT Newsreader Package	CMT Newsreader Package	CMT Newsreader Package	CMT Newsreader Package	CMT Newsreader Package	CMT Newsreader Package	CMT Newsreader Package	CMT Newsreader Package	CMT Newsreader Package	CMT Newsreader Package	CMT Newsreader Package	CMT Newsreader Package	CMT Newsreader Package	CMT Newsreader Package	CMT Newsreader Package	CMT Newsreader Package
<b>CNN</b>	CNN CNN Special Report	CNN Crimes of the Century	CNN Crimes of the Century	CNN Crimes of the Century	CNN Crimes of the Century	CNN Crimes of the Century	CNN Crimes of the Century	CNN Crimes of the Century	CNN Crimes of the Century	CNN Crimes of the Century	CNN Crimes of the Century	CNN Crimes of the Century	CNN Crimes of the Century	CNN Crimes of the Century	CNN Crimes of the Century	CNN Crimes of the Century	CNN Crimes of the Century	CNN Crimes of the Century	CNN Crimes of the Century	CNN Crimes of the Century
<b>COMEDY</b>	COMEDY Joe Dirt (01, PG-13) ★★	COMEDY Archer HD	COMEDY Archer HD	COMEDY Archer HD	COMEDY Archer HD	COMEDY Archer HD	COMEDY Archer HD	COMEDY Archer HD	COMEDY Archer HD	COMEDY Archer HD	COMEDY Archer HD	COMEDY Archer HD	COMEDY Archer HD	COMEDY Archer HD	COMEDY Archer HD	COMEDY Archer HD	COMEDY Archer HD	COMEDY Archer HD	COMEDY Archer HD	COMEDY Archer HD
<b>DISCOVERY</b>	DISCOVERY Alaskan Bush (N)	DISCOVERY Alaskan Bush People	DISCOVERY Catching Monsters (N)	DISCOVERY Alaskan Bush People	DISCOVERY Alaskan Bush People	DISCOVERY Alaskan Bush People	DISCOVERY Alaskan Bush People	DISCOVERY Alaskan Bush People	DISCOVERY Alaskan Bush People	DISCOVERY Alaskan Bush People	DISCOVERY Alaskan Bush People	DISCOVERY Alaskan Bush People	DISCOVERY Alaskan Bush People	DISCOVERY Alaskan Bush People	DISCOVERY Alaskan Bush People	DISCOVERY Alaskan Bush People	DISCOVERY Alaskan Bush People	DISCOVERY Alaskan Bush People	DISCOVERY Alaskan Bush People	DISCOVERY Alaskan Bush People
<b>DISNEY</b>	DISNEY Jessie (N)	DISNEY Girl Meets	DISNEY Star vs. Forces	DISNEY Undercover Liv HD	DISNEY Undercover Liv HD	DISNEY Undercover Liv HD	DISNEY Undercover Liv HD	DISNEY Undercover Liv HD	DISNEY Undercover Liv HD	DISNEY Undercover Liv HD	DISNEY Undercover Liv HD	DISNEY Undercover Liv HD	DISNEY Undercover Liv HD	DISNEY Undercover Liv HD	DISNEY Undercover Liv HD	DISNEY Undercover Liv HD	DISNEY Undercover Liv HD	DISNEY Undercover Liv HD	DISNEY Undercover Liv HD	DISNEY Undercover Liv HD
<b>E!</b>	E! Kardashians (TV14) HD	E! Kardashians (TV14) HD	E! The Soup	E! New Money	E! News (N) HD	E! News (N) HD	E! News (N) HD	E! News (N) HD	E! News (N) HD	E! News (N) HD	E! News (N) HD	E! News (N) HD	E! News (N) HD	E! News (N) HD	E! News (N) HD	E! News (N) HD	E! News (N) HD	E! News (N) HD	E! News (N) HD	E! News (N) HD
<b>ESPN</b>	ESPN SportsCenter	ESPN SportsCenter	ESPN SportsCenter	ESPN SportsCenter	ESPN SportsCenter	ESPN SportsCenter	ESPN SportsCenter	ESPN SportsCenter	ESPN SportsCenter	ESPN SportsCenter	ESPN SportsCenter	ESPN SportsCenter	ESPN SportsCenter	ESPN SportsCenter	ESPN SportsCenter	ESPN SportsCenter	ESPN SportsCenter	ESPN SportsCenter	ESPN SportsCenter	ESPN SportsCenter
<b>ESPN2</b>	ESPN2 Preview	ESPN2 What Makes	ESPN2 Baseball Tonight HD	ESPN2 NFL Live HD	ESPN2 NFL Live HD	ESPN2 NFL Live HD	ESPN2 NFL Live HD	ESPN2 NFL Live HD	ESPN2 NFL Live HD	ESPN2 NFL Live HD	ESPN2 NFL Live HD	ESPN2 NFL Live HD	ESPN2 NFL Live HD	ESPN2 NFL Live HD	ESPN2 NFL Live HD	ESPN2 NFL Live HD	ESPN2 NFL Live HD	ESPN2 NFL Live HD	ESPN2 NFL Live HD	
<b>FAMILY</b>	FAMILY The Princess Diaries 2: Royal Engagement (04)	FAMILY Stitches (TV14) HD	FAMILY The 700 Club (TV G)	FAMILY Beetlejuice (88, PG) HD	FAMILY Thor (11, PG-13) ★★½	FAMILY Chris Hemsworth, Natalie Portman. HD	FAMILY Thor (11, PG-13) ★★½	FAMILY Chris Hemsworth, Natalie Portman. HD	FAMILY Thor (11, PG-13) ★★½	FAMILY Chris Hemsworth, Natalie Portman. HD	FAMILY Thor (11, PG-13) ★★½	FAMILY Chris Hemsworth, Natalie Portman. HD	FAMILY Thor (11, PG-13) ★★½	FAMILY Chris Hemsworth, Natalie Portman. HD	FAMILY Thor (11, PG-13) ★★½	FAMILY Chris Hemsworth, Natalie Portman. HD	FAMILY Thor (11, PG-13) ★★½	FAMILY Chris Hemsworth, Natalie Portman. HD	FAMILY Thor (11, PG-13) ★★½	FAMILY Chris Hemsworth, Natalie Portman. HD
<b>FX</b>	FX Thor (11, PG-13) ★★½	FX Chris Hemsworth, Natalie Portman. HD	FX Thor (11, PG-13) ★★½	FX Chris Hemsworth, Natalie Portman. HD	FX Thor (11, PG-13) ★★½	FX Chris Hemsworth, Natalie Portman. HD	FX Thor (11, PG-13) ★★½	FX Chris Hemsworth, Natalie Portman. HD	FX Thor (11, PG-13) ★★½	FX Chris Hemsworth, Natalie Portman. HD	FX Thor (11, PG-13) ★★½	FX Chris Hemsworth, Natalie Portman. HD	FX Thor (11, PG-13) ★★½	FX Chris Hemsworth, Natalie Portman. HD	FX Thor (11, PG-13) ★★½	FX Chris Hemsworth, Natalie Portman. HD	FX Thor (11, PG-13) ★★½	FX Chris Hemsworth, Natalie Portman. HD	FX Thor (11, PG-13) ★★½	FX Chris Hemsworth, Natalie Portman. HD
<b>HGTV</b>	HGTV Love It or List It HD	HGTV Love It or List It HD	HGTV Hunters	HGTV Hunters	HGTV Hunters	HGTV Hunters	HGTV Hunters	HGTV Hunters	HGTV Hunters	HGTV Hunters	HGTV Hunters	HGTV Hunters	HGTV Hunters	HGTV Hunters	HGTV Hunters	HGTV Hunters	HGTV Hunters	HGTV Hunters	HGTV Hunters	HGTV Hunters
<b>HISTORY</b>	HISTORY Ancient Aliens HD	HISTORY Ancient Aliens (N) HD	HISTORY Hangar 1 UFO (N) HD	HISTORY (03) Hangar 1 UFO HD	HISTORY (01) Ancient Aliens HD	HISTORY (01) Ancient Aliens HD	HISTORY (01) Ancient Aliens HD	HISTORY (01) Ancient Aliens HD	HISTORY (01) Ancient Aliens HD	HISTORY (01) Ancient Aliens HD	HISTORY (01) Ancient Aliens HD	HISTORY (01) Ancient Aliens HD	HISTORY (01) Ancient Aliens HD	HISTORY (01) Ancient Aliens HD	HISTORY (01) Ancient Aliens HD	HISTORY (01) Ancient Aliens HD	HISTORY (01) Ancient Aliens HD	HISTORY (01) Ancient Aliens HD	HISTORY (01) Ancient Aliens HD	HISTORY (01) Ancient Aliens HD
<b>LIFETIME</b>	LIFETIME Good Deeds (12, PG-13) ★★	LIFETIME Tyler Perry. HD	LIFETIME Preach (TVPG) (N) HD	LIFETIME Preach: "Deliverance" (12) ★★ HD	LIFETIME Preach: "Deliverance" (12) ★★ HD	LIFETIME Preach: "Deliverance" (12) ★★ HD	LIFETIME Preach: "Deliverance" (12) ★★ HD	LIFETIME Preach: "Deliverance" (12) ★★ HD	LIFETIME Preach: "Deliverance" (12) ★★ HD	LIFETIME Preach: "Deliverance" (12) ★★ HD	LIFETIME Preach: "Deliverance" (12) ★★ HD	LIFETIME Preach: "Deliverance" (12) ★★ HD	LIFETIME Preach: "Deliverance" (12) ★★ HD	LIFETIME Preach: "Deliverance" (12) ★★ HD	LIFETIME Preach: "Deliverance" (12) ★★ HD	LIFETIME Preach: "Deliverance" (12) ★★ HD	LIFETIME Preach: "Deliverance" (12) ★★ HD	LIFETIME Preach: "Deliverance" (12) ★★ HD	LIFETIME Preach: "Deliverance" (12) ★★ HD	LIFETIME Preach: "Deliverance" (12) ★★ HD
<b>MTV</b>	MTV Ridiculousness (TVPG)	MTV Ridiculous	MTV Ridiculous	MTV Ridiculous	MTV Ridiculous	MTV Ridiculous	MTV Ridiculous	MTV Ridiculous	MTV Ridiculous	MTV Ridiculous	MTV Ridiculous	MTV Ridiculous	MTV Ridiculous	MTV Ridiculous	MTV Ridiculous	MTV Ridiculous	MTV Ridiculous	MTV Ridiculous	MTV Ridiculous	MTV Ridiculous
<b>NICK</b>	NICK (7:00) Wimpy Kid (11)	NICK Full House	NICK Full House	NICK Full House	NICK Full House	NICK Full House	NICK Full House	NICK Full House	NICK Full House	NICK Full House	NICK Full House	NICK Full House	NICK Full House	NICK Full House	NICK Full House	NICK Full House	NICK Full House	NICK Full House	NICK Full House	NICK Full House
<b>SPIKE</b>	SPIKE Cops HD	SPIKE Cops HD	SPIKE Cops HD	SPIKE Cops HD	SPIKE Cops HD	SPIKE Cops HD	SPIKE Cops HD	SPIKE Cops HD	SPIKE Cops HD	SPIKE Cops HD	SPIKE Cops HD	SPIKE Cops HD	SPIKE Cops HD	SPIKE Cops HD	SPIKE Cops HD	SPIKE Cops HD	SPIKE Cops HD	SPIKE Cops HD	SPIKE Cops HD	SPIKE Cops HD
<b>SYFY</b>	SYFY The Happening (08, R) ★★	SYFY Mark Wahlberg.	SYFY Bitten (N)	SYFY Bitten (N)	SYFY The Happening (08) ★★	SYFY The Happening (08) ★★	SYFY The Happening (08) ★★	SYFY The Happening (08) ★★	SYFY The Happening (08) ★★	SYFY The Happening (08) ★★	SYFY The Happening (08) ★★	SYFY The Happening (08) ★★	SYFY The Happening (08) ★★	SYFY The Happening (08) ★★	SYFY The Happening (08) ★★	SYFY The Happening (08) ★★	SYFY The Happening (08) ★★	SYFY The Happening (08) ★★	SYFY The Happening (08) ★★	SYFY The Happening (08) ★★
<b>TBS</b>	TBS Big Bang	TBS Big Bang	TBS Family Guy	TBS Family Guy	TBS Family Guy	TBS Family Guy	TBS Family Guy	TBS Family Guy	TBS Family Guy	TBS Family Guy	TBS Family Guy	TBS Family Guy	TBS Family Guy	TBS Family Guy	TBS Family Guy	TBS Family Guy	TBS Family Guy	TBS Family Guy	TBS Family Guy	TBS Family Guy
<b>TCM</b>	TCM Run (50)	TCM Dark Passage (47, NR)	TCM Humphrey Bogart. HD	TCM (45) Born to Kill (47, NR) ★★	TCM Claire	TCM Trevor.	TCM L.A. (97)	TCM Say Yes	TCM Curvy (N)	TCM Curvy (N)	TCM Curvy (N)	TCM Curvy (N)	TCM Curvy (N)	TCM Curvy (N)	TCM Curvy (N)	TCM Curvy (N)	TCM Curvy (N)	TCM Curvy (N)	TCM Curvy (N)	TCM Curvy (N)
<b>TLC</b>	TLC Say Yes	TLC Say Yes	TLC Say Yes	TLC Curvy (N)	TLC Curvy (N)	TLC Curvy (N)	TLC Curvy (N)	TLC Curvy (N)	TLC Curvy (N)	TLC Curvy (N)	TLC Curvy (N)	TLC Curvy (N)	TLC Curvy (N)	TLC Curvy (N)	TLC Curvy (N)	TLC Curvy (N)	TLC Curvy (N)	TLC Curvy (N)	TLC Curvy (N)	TLC Curvy (N)
<b>TNT</b>	TNT Gold Justice (N) HD	TNT A Time to Kill (96, R) ★★	TNT Sandra Bullock, Samuel L. Jackson. HD	TNT Jackson. HD	TNT Curvy (N)	TNT Curvy (N)	TNT Curvy (N)	TNT Curvy (N)	TNT Curvy (N)	TNT Curvy (N)	TNT Curvy (N)	TNT Curvy (N)	TNT Curvy (N)	TNT Curvy (N)	TNT Curvy (N)	TNT Curvy (N)	TNT Curvy (N)	TNT Curvy (N)	TNT Curvy (N)	TNT Curvy (N)
<b>TRAVEL</b>	TRAVEL Mysteries (TVPG)	TRAVEL Mysteries (TVPG) (N)	TRAVEL Mysteries at the Hotel	TRAVEL Mysteries: "Invention" (N) HD	TRAVEL Mysteries (TVPG)	TRAVEL Mysteries (TVPG)	TRAVEL Mysteries (TVPG)	TRAVEL Mysteries (TVPG)	TRAVEL Mysteries (TVPG)	TRAVEL Mysteries (TVPG)	TRAVEL Mysteries (TVPG)	TRAVEL Mysteries (TVPG)	TRAVEL Mysteries (TVPG)	TRAVEL Mysteries (TVPG)	TRAVEL Mysteries (TVPG)	TRAVEL Mysteries (TVPG)	TRAVEL Mysteries (TVPG)	TRAVEL Mysteries (TVPG)	TRAVEL Mysteries (TVPG)	TRAVEL Mysteries (TVPG)
<b>TV LAND</b>	TV LAND Raymond	TV LAND Loves Raymond	TV LAND Raymond	TV LAND Raymond	TV LAND Raymond	TV LAND Raymond	TV LAND Raymond	TV LAND Raymond	TV LAND Raymond	TV LAND Raymond	TV LAND Raymond	TV LAND Raymond	TV LAND Raymond	TV LAND Raymond	TV LAND Raymond	TV LAND Raymond	TV LAND Raymond	TV LAND Raymond	TV LAND Raymond	TV LAND Raymond
<b>USA</b>	USA Modern	USA Modern	USA Modern	USA Modern	USA Modern	USA Modern	USA Modern	USA Modern	USA Modern	USA Modern	USA Modern	USA Modern	USA Modern	USA Modern	USA Modern	USA Modern	USA Modern	USA Modern	USA Modern	USA Modern
<b>VH1</b>	VH1 Space Jam (96, PG) ★★½	VH1 Michael Jordan. HD	VH1 Space Jam (96, PG) ★★½	VH1 Michael Jordan. HD	VH1 Space Chips (94) ★★	VH1 Space Chips (94) ★★	VH1 Space Chips (94) ★★	VH1 Space Chips (94) ★★	VH1 Space Chips (94) ★★	VH1 Space Chips (94) ★★	VH1 Space Chips (94) ★★	VH1 Space Chips (94) ★★	VH1 Space Chips (94) ★★	VH1 Space Chips (94) ★★	VH1 Space Chips (94) ★★	VH1 Space Chips (94) ★★	VH1 Space Chips (94) ★★	VH1 Space Chips (94) ★★	VH1 Space Chips (94) ★★	VH1 Space Chips (94) ★★
<b>WGN</b>	WGN Rules HD	WGN Rules HD	WGN Parks HD	WGN Parks HD	WGN Parks HD	WGN Parks HD	WGN Parks HD	WGN Parks HD	WGN Parks HD	WGN Parks HD	WGN Parks HD	WGN Parks HD	WGN Parks HD	WGN Parks HD	WGN Parks HD	WGN Parks HD	WGN Parks HD	WGN Parks HD	WGN Parks HD	WGN Parks HD
<b>PREM</b>	PREM HBO Game of Thrones HD	PREM HBO Game of Thrones HD	PREM HBO Real Time Maher (N)	PREM HBO VICE (N)	PREM HBO Real Time Maher HD	PREM HBO VICE HD	PREM HBO Real Time Maher HD	PREM HBO VICE HD	PREM HBO Real Time Maher HD	PREM HBO VICE HD	PREM HBO Real Time Maher HD	PREM HBO VICE HD	PREM HBO Real Time Maher HD	PREM HBO VICE HD	PREM HBO Real Time Maher HD	PREM HBO VICE HD	PREM HBO Real Time Maher HD	PREM HBO VICE HD	PREM HBO Real Time Maher HD	PREM HBO VICE HD
<b>MAXW</b>	MAXW (05) Hollow Man (00, R) ★★	MAXW Elisabeth Shue. HD	MAXW Death Sentence (07, R) ★★	MAXW HD	MAXW Naked in Space (15, NRAD) ½ HD	MAXW Naked in Space (15, NRAD) ½ HD	MAXW Naked in Space (15, NRAD) ½ HD	MAXW Naked in Space (15, NRAD) ½ HD	MAXW Naked in Space (15, NRAD) ½ HD	MAXW Naked in Space (15, NRAD) ½ HD	MAXW Naked in Space (15, NRAD) ½ HD	MAXW Naked in Space (15, NRAD) ½ HD	MAXW Naked in Space (15, NRAD) ½ HD	MAXW Naked in Space (15, NRAD) ½ HD	MAXW Naked in Space (15, NRAD) ½ HD	MAXW Naked in Space (15, NRAD) ½ HD	MAXW Naked in Space (15, NRAD) ½ HD	MAXW Naked in Space (15, NRAD) ½ HD	MAXW Naked in Space (15, NRAD) ½ HD	MAXW Naked in Space (15, NRAD) ½ HD
<b>SHOWW</b>	SHOWW Breaking Dawn, P2 HD	SHOWW One Direction Where We (14, NR)	SHOWW HAPPYish	SHOWW Penny Dreadful HD	SHOWW Jackie	SHOWW 3AM	SHOWW Jackie	SHOWW 3AM	SHOWW Jackie	SHOWW 3AM	SHOWW Jackie	SHOWW 3AM	SHOWW Jackie	SHOWW 3AM	SHOWW Jackie	SHOWW 3AM	SHOWW Jackie	SHOWW 3AM	SHOWW Jackie	SHOWW 3AM

## SATURDAY EVENING

## JUNE 6, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
<b>BROADCAST</b>	ABC The Whispers (N) HD	ABC In an Instant: "In an Instant: Left for Dead" HD	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs
<b>CABLE</b>	A&E Storage	A&E Storage	A&E Storage	A&E Storage	A&E Storage	A&E Storage	A&E Storage	A&E Storage	A&E Storage	A&E Storage
<b>AMC</b>	AMC I Am Legend (07, PG-13) ★★	AMC Will Smith. HD	AMC I Am Legend (07, PG-13) ★★	AMC Will Smith. HD	AMC I Am Legend (07, PG-13) ★★	AMC Will Smith. HD	AMC I Am Legend (07, PG-13) ★★	AMC Will Smith. HD	AMC I Am Legend (07, PG-13) ★★	AMC Will Smith. HD
<b>ANIMAL</b>	ANIMAL My Cat from Hell (N) HD	ANIMAL Treetop	ANIMAL Treetop	ANIMAL Treetop	ANIMAL Treetop	ANIMAL Treetop	ANIMAL Treetop	ANIMAL Treetop	ANIMAL Treetop	ANIMAL Treetop
<b>BET</b>	BET Life (99, R) ★★½	BET Eddie Murphy, Martin Lawrence.	BET Welcome Home, Roscoe Jenkins (08, PG-13) ★★	BET Welcome Home, Roscoe Jenkins (08, PG-13) ★★	BET Welcome Home, Roscoe Jenkins (08, PG-13) ★★	BET Welcome Home, Roscoe Jenkins (08, PG-13) ★★	BET Welcome Home, Roscoe Jenkins (08, PG-13) ★★	BET Welcome Home, Roscoe Jenkins (08, PG-13) ★★	BET Welcome Home, Roscoe Jenkins (08, PG-13) ★★	BET Welcome Home, Roscoe Jenkins (08, PG-13) ★★
<b>BRAVO</b>	BRAVO To Be Announced	BRAVO To Be Announced	BRAVO To Be Announced	BRAVO To Be Announced	BRAVO To Be Announced	BRAVO To Be Announced	BRAVO To Be Announced	BRAVO To Be Announced	BRAVO To Be Announced	BRAVO To Be Announced
<b>CARTOON</b>	CARTOON DBZ Kai	CARTOON King of Hill	CARTOON King of Hill	CARTOON Cleveland	CARTOON Boondocks	CARTOON Dad HD	CARTOON Family Guy	CARTOON Family Guy	CARTOON Family Guy	CARTOON Family Guy
<b>CMT</b>	CMT Beverly Hills Cop II HD	CMT Con Air (97, R) ★★½	CMT Nicolas Cage, John Cusack. HD	CMT Nicolas Cage, John Cusack. HD	CMT Nicolas Cage, John Cusack. HD	CMT Nicolas Cage, John Cusack. HD	CMT Nicolas Cage, John Cusack. HD	CMT Nicolas Cage, John Cusack. HD	CMT Nicolas Cage, John Cusack. HD	CMT Nicolas Cage, John Cusack. HD
<b>CNN</b>	CNN The Sixties	CNN Forensic	CNN Forensic	CNN Forensic	CNN Forensic	CNN Forensic	CNN Forensic	CNN Forensic	CNN Forensic	CNN Forensic
<b>COMEDY</b>	COMEDY Futurama	COMEDY Futurama	COMEDY Futurama	COMEDY Futurama	COMEDY Futurama	COMEDY Futurama	COMEDY Futurama	COMEDY Futurama	COMEDY Futurama	COMEDY Futurama
<b>DISCOVERY</b>	DISCOVERY Deadliest Catch HD	DISCOVERY Life Story (N) HD	DISCOVERY Life Story (N) HD	DISCOVERY Life Story (N) HD	DISCOVERY Life Story (N) HD	DISCOVERY Life Story (N) HD	DISCOVERY Life Story (N) HD	DISCOVERY Life Story (N) HD	DISCOVERY Life Story (N) HD	DISCOVERY Life Story (N) HD
<b>DISNEY</b>	DISNEY Jessie (N)	DISNEY Diary of a Wimpy Kid (10, PG) ★★½	DISNEY Lab Rats	DISNEY Lab Rats	DISNEY Lab Rats	DISNEY Lab Rats	DISNEY Lab Rats	DISNEY Lab Rats	DISNEY Lab Rats	DISNEY Lab Rats
<b>E!</b>	E! Jurassic Park (93, PG-13) ★★½	E! Sam Neill, Laura Dern.	E! Evan Almighty (07, PG) ★★	E! Steve Carell.	E! Steve Carell.	E! Steve Carell.	E			

**ATHLON SPORTS**

# INSIDE BASEBALL

A WEEKLY TURN AROUND THE BASES

» BEST PLAYERS AGE 35 AND OLDER

» MLB POWER RANKING

» JON LESTER'S 0-FER STREAK

» TRIPLE CROWN CHASE



Matt Holliday (left) and Torii Hunter (center) continue to compete at a high level despite advancing in age. Boston's Koji Uehara is as tough to hit as any closer in the game.

## Celebrating the Old Vets

The Best 25-Man Roster of Players Age 35 and Older

Last week, I selected the best 25-man roster of 25-and-under players. Now it's only appropriate to give equal time to the graybeards. Players who qualify for this team were age 35 or older as of Opening Day.

**Lineup**

**C A.J. Pierzynski, Atlanta**

Manager Fredi Gonzalez was able to pick advantageous spots for Pierzynski in April and the catcher responded with a .422 average. He's batting just .131 in May.

**1B Albert Pujols, Los Angeles Angels**

Pujols is a faint shadow of what he was in St. Louis, but he's still an intimidating presence in the batter's box.

**2B Chase Utley, Philadelphia**

Not a tough choice when the only competition is Dan Uggla.

**3B Adrian Beltre, Texas**

Now in his 18th season, Beltre had started every game for the Rangers this season until his recent thumb injury.

**SS Jimmy Rollins, Los Angeles Dodgers**

The veteran shortstop has the lowest slash line (.210/.278/.352) of his career, but there's something to be said for being the shortstop on a first-place team.

**LF Matt Holliday, St. Louis**

Holliday recently set a National League record by reaching base safely in the first 43 games to start this season. And he's batting .444 with runners in scoring position.

**CF Torii Hunter, Minnesota**

The athletic Hunter is named on this squad for the fourth consecutive year, and must now patrol center field for the old guys. Prior to his 35th birthday, he was a .275 hitter. From 2012-15, he's batting .299.

**RF David DeJesus, Tampa Bay**

The spry outfielder is carrying the highest batting average (.328) on this team.

**DH Alex Rodriguez, New York Yankees**

I'm not sure which is most surprising: that A-Rod has played in 46 games, that he has caused zero distractions, or that he's carrying a .922 OPS.

**Bench**

**C David Ross, Chicago Cubs**

The veteran backstop doesn't get regular playing time this season, but his presence has been invaluable for the young Cubbies.

**OF Ichiro Suzuki, Miami**

Ichiro is getting on base at a .344 clip and is the only 35-plus player with as many as 40 plate appearances who has seen time in center field this season.

**1B Ryan Howard, Philadelphia**

Howard and Pujols are both batting .250 with 10 homers, so Howard would see some time at first base.

**1B/OF Michael Cuddyer, New York Mets**

The reliable Cuddyer has batted .341 over his last 12 games.

**UT Clint Barmes, San Diego**

The infielder hasn't played regularly since 2012 and has just 13 starts this season. But this old team needs a backup infielder.

**Rotation**

**John Lackey, St. Louis**

The hero of the 2002 World Series is having his best season since 2007.

**A.J. Burnett, Pittsburgh**

The Pirates have won six of his 10 starts and scored just five runs total in the four losses.

**Chris Young, Kansas City**

The Princeton product was the AL Comeback Player of the Year last year with Seattle. He joined the Royals' rotation in May and is 4-1 with a 1.55 ERA and 0.861 WHIP.

**Aaron Harang, Philadelphia**

The big righthander has made 10 starts with a 1.93 ERA, but the Phillies have won only half of them.

**Mark Buehrle, Toronto**

The lefthander just keeps on producing. He's coming off 14 straight seasons with 200-plus innings and is 6-4 after 10 starts this season.

**Bartolo Colon, New York Mets**

The 42-year old would be the ace of a 40-plus team. He's 7-3 in 10 starts with 52 strikeouts and only five walks.

**Bullpen**

**CL Koji Uehara, Boston**

The right-handed closer came to the U.S. at age 33. During his time in the States, Uehara has 430 punchouts and just 257 hits allowed with 50 walks.

**RH Joaquin Benoit, San Diego**

Now in his second season in San Diego, Benoit has appeared in 39 closing situations and posted 24 holds, 12 saves and blown three as a Padre.

**RH Brad Ziegler, Arizona**

In 43 plate appearances this season, right-handed batters are hitting just .146 with a .186 OBP and .171 slugging percentage. That's a .357 OPS.

**LH Javier Lopez, San Francisco**

During his career, this lefty specialist has held esteemed hitters Chase Utley, Carlos Gonzalez, Andre Ethier, Ryan Howard, Adrian Gonzalez, Freddie Freeman and Todd Helton to a .132 batting average.

**LH Matt Thornton, Washington**

Thornton has nine holds in nine opportunities this season and has allowed just one of 15 inherited runners to score.



**Charlie Miller**  
Athlon Sports  
Baseball Editor  
@AthlonCharlie

**AROUND THE HORN**

Poor **Jon Lester**. As well as the lefthander has pitched for the Chicago Cubs this season, there is increasing attention given his work with the bat. Well, actually, it's his lack of work with the bat that's the issue. Lester has gone to the plate (presumably with a bat in his hands) 66 times in his career. He has yet to crack the hit column; no wounded duck, not a single bleeder, not even one ground ball with eyes. But there was that big game back in 2010 at AT&T Park against the Giants. That's the game when Lester hit a sacrifice fly and received the only walk of his career. Both in the same game, imagine that. And the beauty is that this player without a single hit in the majors owns a game-winning RBI. With the score tied, Lester faced the Giants' Tim Lincecum with the bases loaded and one out. Lester launched a (towering, I'm sure) fly ball to right center and drove home the go-ahead run. Later, San Francisco relief pitcher Guillermo Mota, evidently having seen Lester's earlier plate appearance, walked him with a runner on third and two outs. Since then, Lester's work at the plate has been pretty dismal. There have been seasons of greater futility than Lester's 66-plate appearance career though. Back in 1962 Bob Buhl, a pitcher for the Milwaukee Braves and Chicago Cubs was 0-for-70, which bested Bill Wight's performance for the Chicago White Sox in 1950 when he went hitless in 61 at-bats...**Jason Kipnis** of the Indians has been on the opposite of that spectrum. The second baseman enjoyed a torrid month of May batting .429 with a 1.217 OPS. **Paul Goldschmidt** of Arizona posted a .365 average and a .476 on-base percentage to go with his .750 slugging percentage for the month. And **Bryce Harper** of Washington continued to wow fans with a .360 average and 1.379 OPS...Speaking of **Goldschmidt and Harper**, both are chasing the National League triple crown. If they don't knock each other out of that accomplishment, it likely could be a Marlin who spoils their bids. Miami's **Dee Gordon** leads the batting race with a .377 average. Goldschmidt is second at .354 and Harper fourth at .325. Harper is the home run leader with 18. Goldschmidt and **Giancarlo Stanton** of Miami each has 15. Stanton has 44 RBIs, one ahead of both Harper and Goldschmidt. **Nelson Cruz** of Seattle is making his own triple crown run in the American League. He leads the circuit with 18 homers, trails **Josh Donaldson** by one RBI and is third with a .335 average.

**NUMBERS GAME**

**.385/.385/.385**

Last week, **Dee Gordon** of the Miami Marlins batted .385 with no walks and no extra-base hits, which yielded a redundant slash line.



**TURN BACK THE CLOCK**

June 5, 1989

The Toronto SkyDome, a modern marvel, opens in Toronto. The stadium features a \$100 million fully retractable roof, the world's largest video board, a hotel and a Hard Rock Cafe. Oh, by the way, the Milwaukee Brewers spoil the opening with a 5-3 win over the Blue Jays.

**TRIVIA CORNER**

Alex Rodriguez continues to check off milestones each week, it seems. But there's another active player moving up significant lists as well. Can you name the only active player (other than Rodriguez) with 1,200 runs, 2,600 hits, 400 home runs, 500 doubles and 1,400 RBIs?



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TRIVIA ANSWER: Third baseman Adrian Beltre of Texas is the other active player with that criteria other than Alex Rodriguez.  
Photos: Landov

**ATHLON SPORTS POWER RANKING**

<b>1. Cardinals</b>	Veterans, youngsters all producing in St. Louis.	<b>16. Yankees</b>	.245 team batting average drops to .217 from seventh inning on.
<b>2. Astros</b>	Most homers at home (40), lowest batting average at home (.222).	<b>17. Padres</b>	22-0 when leading after eighth, 0-24 when behind, 3-3 when tied.
<b>3. Twins</b>	Still the hottest team in the American League.	<b>18. Indians</b>	Batting just .223 with two outs.
<b>4. Royals</b>	Bats have gone cold. Just .207 with 17 runs in last seven games.	<b>19. Mariners</b>	Hitting a paltry .227 with runners on base.
<b>5. Dodgers</b>	Won only two games when opposing a lefty starter.	<b>20. Orioles</b>	Begin the week with a four-game set at Houston.
<b>6. Giants</b>	Hit .291 in May, by far the best in baseball.	<b>21. Diamondbacks</b>	Arizona has scored the most runs in the National League.
<b>7. Nationals</b>	Opponents are batting .472 with the bases full.	<b>22. White Sox</b>	Lost nine of 14 since topping .500 for only time this season.
<b>8. Mets</b>	Scored the fewest runs with two outs (50) in the majors.	<b>23. Blue Jays</b>	Josh Donaldson keeping his name in the MVP race.
<b>9. Cubs</b>	Seven of last 11 games decided by one run (3-4).	<b>24. Red Sox</b>	Worst run differential in the AL, and getting worse.
<b>10. Tigers</b>	Batting just .227 with four homers in last nine games (2-7).	<b>25. Rockies</b>	Pitching is improving, opponents batted just .195 last week.
<b>11. Angels</b>	Batting .263 over last 10 games, best 10-game stretch this season.	<b>26. Reds</b>	2-9 vs. Cubs and Cardinals, 10-3 vs. Pirates and Brewers.
<b>12. Rangers</b>	Faced the most batters (58) with the bases loaded this season.	<b>27. Marlins</b>	Took two of three from the Mets over the weekend, so that's something.
<b>13. Pirates</b>	Surging Pirates will be in thick of wild card race.	<b>28. A's</b>	Can you believe the A's have actually outscored their opponents?
<b>14. Rays</b>	Scored just 31 runs in last 11 games (4-7).	<b>29. Phillies</b>	Batted .210 with 11 extra-base hits and 12 runs during 7-game skid.
<b>15. Braves</b>	Hovered within two games of .500 since May 16.	<b>30. Brewers</b>	Went 12-8 in May when they homered, 0-9 when homerless.



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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.

Upper dentures are better than lower dentures due to a suction in the upper palate that keeps the denture in place. However, having the palate covered reduces the tastes of foods and the ability to tell the temperature of foods.

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