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# Carmichael Times

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May 29, 2015

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## ATHLON SPORTS INSIDE BASEBALL



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# Rellik: It's A Wrap

### Pilot Set to be Released at Local Comic Con



Brian Jagger, Tim Russ, and Emily Grant on set in Carmichael (above). In a scene from the film, Robert's mother Mandy (played by Emily Grant) speaks with her character's brother Eli (played by Brian Jagger) on set in Carmichael (at right).

By Ben Barber and Christie Spurlock  
Photos by Ben Barber

**SACRAMENTO REGION, CA (MPG)** - Sacramento-area residents have something to look forward to when *Rellik* premieres at the Wizard World Comic Con on June 20th. *Rellik* is a crime drama that follows the story of two detectives as they investigate a serial killer who is terrorizing Sacramento.

The ultimate goal is for *Rellik* to grow into a full-season TV show. The crew of roughly 40 people worked for deferred pay in hopes that the pilot will be picked up by an online distributor such as Netflix, Hulu, or Crackle, which would bring steady production work to the Sacramento region. The pilot features *Star*

*Trek Voyager's* Tim Russ at the helm as director; Sacramento region actors Nick Fenske, Craig DeLuz, Brian Jagger, Charlie Holliday; and many more local-area cast and crew.

Filming for *Rellik* took place all throughout the Sacramento region, primarily in Carmichael, Roseville, and Dixon. The creator, Jason Knittle, is a Carmichael resident who reached out to friends for possible locations to shoot interior house shots. The City of Roseville also played a major role in making the production possible by making filming permits easy to access. This allowed for shooting in the old Roseville Courthouse—which was

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## SMUD Rate Increase Expected Over Next Two Years

By Julia Baum

**SACRAMENTO REGION, CA (MPG)** - Sacramento-area residents recently weighed in on a utility rate increase proposal at several public workshops hosted by the Sacramento Municipal Utility District. If the increase is approved, residential and business customers could see their bills increase 2.5% in 2016 and another 2.5% in 2017, according to SMUD.

Citing the need to meet Governor Jerry Brown's renewable energy mandate deadline, SMUD would use the extra finances to cover the cost of energy supplies and other operating and maintenance expenses necessary for the project. Signed into law in 2011, Brown's energy mandate requires all California utilities to produce at least 33% of their energy from renewable sources such as wind and solar by 2020.

*"I have what's called 'envelope shock;' every month I open an envelope... something's going up, and believe me, it doesn't keep up with my cost of living."*

Julie Lezie,  
SMUD customer

Julie Lezie, a SMUD customer who attended the May 13th workshop, said she was frustrated by the increases, particularly a \$16 system infrastructure fixed cost that has steadily increased since its establishment in 2012.

"It started out as \$5... Now it's \$16," Lezie said during public comment. "Where's it going to top out? For me, it's a third of my bill."

"I have what's called 'envelope shock;' every month I open an envelope... something's going up, and believe me, it doesn't

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On Friday, May 15th, the 13th annual Taste of Carmichael was hosted by the Kiwanis Club of Carmichael and 400 people were in attendance. Photo courtesy of Carmichael Kiwanis

## Locals Savored the Flavors Taste of Carmichael 2015 Huge Success

**CARMICHAEL, CA (MPG)** - On Friday, May 15th, the 13th annual Taste of Carmichael was hosted by the Kiwanis Club of Carmichael and 400 people were in attendance.

The event featured 29 outstanding food and beverage vendors representing Carmichael's wonderfully diverse community. Attendees sampled Russian, Afghan, Persian, Mexican, Italian, Chinese, and American cuisine. The event also featured local and foothill wineries and breweries to please the most discriminating palates.

Local Carmichael supermarkets were also on hand to offer amazing food and wine to the evening's guests, and 16 community agencies and businesses—including the local gallery and Chamber of Commerce—were there to show their wares.

Nearly 150 raffle prizes were awarded at the event, including 29 silent auction items featuring such coveted prizes as five days/

four nights in Cancun, three days/three nights in Napa, a San Francisco sailing trip, a San Francisco Giants collection basket, and a Golf Package for four at Ancil Hoffman Golf course.



The event featured 29 outstanding food and beverage vendors representing Carmichael's wonderfully diverse community. The event also featured local and foothill wineries and breweries to please the most discriminating palates. Photo courtesy of Carmichael Kiwanis

The evening's music entertainment was a big hit, as guests enjoyed the lively songs of Todd Morgan and the Emblems and Sister Swing while viewing the vintage and new cars on display.

All proceeds raised at the Taste of Carmichael go to support schools and agencies serving the children, families, and senior residents of this community.

Source: Carmichael Kiwanis

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**STARS Shine at San Juan Fundraiser**

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# And All That Jazz...



Ron Cunha (center) leads the Cunha Big Band during monthly performance at the Clubhouse Bar and Grill in Carmichael.

Story and photo by Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - In addition to park concert dates this summer, a year-round musical event remains one of Sacramento's best kept secrets. Monthly performances by the all-pro Ron Cunha Big Band have packed The Clubhouse Bar and Grill in Carmichael for three years.

It's not quite swinging at the Savoy. Space is tight even by sardine standards, and solos often compete with televised home runs for applause. But the music is classy—from Billie Holliday to state-of-the-art jazz—and the price is definitely right. Without cover charge, 17 top Sacramento musicians blow lips off faces for a few bucks, supper, and the tips that tumble into Cunha's much-proffered silver chalice. "We're all friends who've played

together for years," explains their affable leader. "Tuesday's an off-night for most guys and I choose charts that are challenging enough to be fun. Playing at this level is not so much a gig as a sociable experience. Audience support is a bonus."

Cunha, 58, has played trombone professionally since his teens. Because The Clubhouse lies between his home and his day gig (he teaches at Jesuit High and directs its award-winning jazz band), Cunha chose the venue for a regular hangout. "The owner hired rock bands, so I suggested he try a big band once a month," he says. "Somehow, it worked. The acoustics are good and we get a great crowd."

Indeed, the event is a hot ticket among diminishing Sacramento jazz spots. Several of Sacramento's top band singers sing with the high-end ensemble; vocalist Vivien Lee is a regular.

"It's truly a jazz band," approves Lee. "So Ron's charts really swing. His musicians feel the nuances of songs—they appreciate there's a singer up there delivering a message."

Fans arriving early enough to snag a table can order appetizers, burgers, pizza, or salads. But first Tuesdays are all about the music. "It's an unapologetically big sound," concedes an audience faithful. "The volume could fill Carnegie Hall. The musicians are relaxed and friendly; they hang with the fans. Solos are mind-blowing. The place feels more like Greenwich Village than Fair Oaks Boulevard."

The next Cunha Big Band event is Tuesday, June 2nd from 7 p.m. to 9:30 p.m. The Clubhouse Bar and Grill is located at 5150 Fair Oaks Boulevard, near Arden Way. For information, call (916) 979-1422. ★

## FBI Seeks Armed and Dangerous Bank Robbery Suspect

**SACRAMENTO REGION, CA (MPG)** - The Federal Bureau of Investigation (FBI) requests assistance from the public to aid in the location of Darius Gilbert, an individual believed to be responsible for the following bank robberies in Northern California this year:

- San Francisco**
- March 30th: US Bank, 4610 Mission Street
- April 2nd: Citibank, 260 California Street
- April 7th: Bank of America, 3701 Balboa Street
- April 17th: U.S. Bank, 4610 Mission Street
- April 20th: Citibank, 2198 Chestnut Street
- May 14th: East West Bank, 3061 Balboa Street

**Antioch**

- May 9th: JP Morgan Chase, 3206 Delta Fair Boulevard

**Elk Grove**

- May 27th: JP Morgan Chase, 7427 Laguna Boulevard

The FBI is offering a reward of up to \$10,000 for leads resulting in the arrest and conviction of the individual responsible for



A federal arrest warrant has been issued for Gilbert. The suspect is considered armed and dangerous. He has brandished weapons, a handgun or a knife, during some of the robberies. Photo courtesy of Federal Bureau of Investigation

the aforementioned robberies.

Gilbert is described as a 48-year-old black male between 6'2" and 6'4" with an athletic build. During the robberies, the suspect was seen wearing a variety of clothing but has made little to no attempt at disguising his appearance. He may be driving a silver four-door 2007 BMW 750.

A federal arrest warrant has been issued for Gilbert. The suspect is considered armed and dangerous. He has brandished weapons, a handgun or a knife,

during some of the robberies.

Anyone with information regarding the suspect's location should contact 911, local law enforcement, or the nearest FBI office. Tips may also be submitted by calling (800) CALL-FBI or visiting [www.tips.fbi.gov](http://www.tips.fbi.gov).



Gilbert is described as a 48-year-old black male between 6'2" and 6'4" with an athletic build. During the robberies, the suspect was seen wearing a variety of clothing but has made little to no attempt at disguising his appearance. Photo courtesy of Federal Bureau of Investigation

This investigation is being conducted jointly by the FBI along with the San Francisco Police Department, Antioch Police Department, and Elk Grove Police Department.

Source: Federal Bureau of Investigation ★

# Use Birds of Prey to Control Pesky Rodent Populations

**SACRAMENTO REGION, CA (MPG)** - Rats, mice, and voles are commonly sighted around homes and businesses this time of year. The California Department of Fish and Wildlife (CDFW) encourages Californians to let nature control rodent populations by actively protecting their natural predators—owls, hawks, falcons, eagles, and vultures—rather than using poisons to eliminate pests. Environmentally friendly tactics (such as providing tall trees that raptors favor) will encourage these birds of prey to hang around your yard and remove rodents for you.

Most raptors use the same nest for many years and some even pass from one generation to the next. Bald eagles are known to have used the same nest as long as 35 years. That makes them an excellent long-term control for rodent populations in the immediate area.

During breeding season, a family of five owls can eat as many as 3,000 rodents. You can encourage them by hanging a nest box on your property, but please don't do that if you or any of your neighbors are using anticoagulant rodenticides. Remember that poisoned rodents can poison the predators, scavengers, and pets that eat them.

Even though the state Department of Pesticide Regulation (DPR) and U.S. Environmental Protection Agency (EPA) have restricted public access to the most dangerous rodenticides, all rodenticides—including the types still available to consumers—are poisons that can kill wildlife, pets, and children.

More wildlife could be saved if people would use sanitation, removal, and exclusion to keep rodents out of homes and reduce their numbers. Like most animals, rodents will congregate and multiply where food is available and they feel safe. The easiest way to discourage them is to remove or modify anything that could make them comfortable. Sanitation is the first step to controlling rodents. For example, follow these helpful tips:



Let nature control rodent populations by actively protecting their natural predators—owls, hawks, falcons, eagles, and vultures—rather than using poisons to eliminate pests.

- Keep your home and yard neat and clean. Don't give rats places to hide.
- Remove objects and plants that rodents can hide under, such as wood piles, debris, construction waste, dense vegetation, and ground-covering vines like ivy.
- Pick up fruit that has fallen from trees as soon as possible.
- Secure your garbage in a tightly sealed can.
- Seal water leaks and remove standing water that can attract unwelcome animals, breed mosquitoes, and waste water.

To remove unwelcome rodents, set traps in secluded areas where they've been seen or are likely to travel: close to walls; behind objects; in dark corners; and on ledges, shelves, fences, pipes, and garage rafters. In areas where children, pets, or birds might go, put the trap inside a box or use some kind of barrier for their safety. Check traps daily and wear disposable gloves when removing rodents from traps. Place them in a sealed plastic bag and then into your garbage bin for weekly collection. Wash

your hands after handling traps or rodents, even when using gloves.

Once you've removed mice and rats from inside the building, seal the entries they used to get in: openings where cables, wires, and pipes enter buildings and cracks or holes in the foundation, walls, and roofs. Rodents can squeeze into holes as narrow as 1/2 inch diameter. Use hardware mesh and concrete, plaster, or metal whenever possible. At the very least, stuff stainless steel or copper pot scrubbers or Stuf-fit copper mesh wool into the spaces. All of these are sold online and at hardware and dollar stores.

If you feel you must use rat poison, please carefully follow the label directions for all rodenticides. Only use them in small treatment areas indoors or right against building walls in tamper-resistant bait stations, never out in open field or garden areas where they're most likely to reach wildlife and pets. Much more information and practical advice can be found at [www.wildlife.ca.gov/living-with-wildlife/rodenticides](http://www.wildlife.ca.gov/living-with-wildlife/rodenticides).

Source: California Department of Fish and Wildlife ★

## Union Gospel Mission Sacramento



For more than 50 years, Union Gospel Mission has been serving Sacramento's homeless with shelter, meals, clothing, a rehabilitation program and a life-changing Gospel message. Founded in 1962 by concerned Christians for men in need, the Mission now serves women and children, too, and is an amazing testament to the good that comes with committed volunteers, inspired leadership and the community's support.

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- SUNDAY** Carmichael Park Farmers Market  
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- SUNDAY** Land Park Farmers Market  
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- WEDNESDAY** Fair Oaks Sunset Farmers Market  
8101 Sunset Ave, Fair Oaks (New Life Church parking lot).  
Wednesdays 3 pm - 7:30 pm. (Seasonal; April 8 - November 25).
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45th and Y St, Sacramento (UC Davis Medical Center Campus).  
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## Carmichael School Grows to Include Eighth Graders



Beginning this summer, El Rancho School will welcome seventh and eighth graders for the first time on campus. Families are welcome to stop by for a tour to learn how El Rancho School is utilizing small class sizes and a technology- and language arts-driven program to produce top academic scholars. Photo courtesy of El Rancho School

**CARMICHAEL, CA (MPG)** - El Rancho School has been producing top scholars since 1961. Beginning this summer, El Rancho School will welcome seventh and eighth graders for the first time on campus. Families are welcome to stop by for a tour to learn how El Rancho School is utilizing small class sizes and a technology- and language arts-driven program to produce top academic scholars.

The Ritchie Family started El Rancho Preschool in 1961 with Mrs. Allie Ritchie as the only staff member. She was the teacher, bookkeeper, and lunch-time cook who made each child a birthday cake on their special day. Mrs. Ritchie started El Rancho with the idea of teaching four year olds to read, an idea that was unheard of in the early 1960s. For over 40 years, she had a hand in providing individual and small group reading instruction to each and every student.

El Rancho grew to include kindergarten through third grade in the early 1970s, and under the principalship of Mrs. Ritchie's daughter, Anne Ritchie, the school expanded to include sixth grade in 1993. Anne Ritchie

developed the elementary school curriculum and maintained the esthetics of the adobe-designed buildings and sweeping grounds for over 30 years.

Under the current leadership of Anne Ritchie's daughter, Holly Olson, the school is growing once again. "Our parents were looking for academic consistency, superior teacher instruction, a reading program that develops a greater level of comprehension, and a technology-rich program that enhances the academic lessons," said Olson. "Our students are kind too. Our strong character development program encourages the children to persevere when things get tough, to encourage others when they are down, and to be honest when they have made a poor choice."

The mission of the El Rancho Middle School is to provide each scholar a rigorous college-preparatory education and to develop a love of school and learning. The development of new concepts and skills will be maximized by the low teacher-to-student ratio. Writing and math skills will be developed to a high level of proficiency, and technology will be used to enhance lessons, creating

excitement and interest. Students will develop independence, responsibility, time management and study skills. "Middle school students will be challenged to think critically, write analytically and creatively, and hypothesize with curiosity and self-motivation," says lead middle school teacher Andrea Tagore. "They will have the opportunity to do self-paced work, independent and small-group projects under the guidance of caring, supportive, and knowledgeable teachers."

El Rancho School is well known for its personalized and well-rounded educational program. Instruction is tailored to meet the needs of individual students, and this individual attention fosters high-achievement. The school's 15-year average on the Stanford Achievement Test in reading is in the top 3.7% of the nation. The core subjects of English, mathematics, social studies, and science are taught using a combination of old-fashioned and innovative teaching methods, offering students the best of both worlds. Teachers extend the core content into project learning experiences that allow students to explore in depth and utilize technology. Spanish, art appreciation, music, physical education, and health are also taught at El Rancho, rounding out the curriculum. The middle school elective wheel—with courses in nutrition, photography, keyboarding, technology, drama, public speaking, debate, and community service—will also be offered as El Rancho School expands its student body.

*El Rancho School offers a year-round academic preschool, full-day kindergarten through eighth grade, study hall, summer camp, swim lessons, tutoring, and afterschool care. El Rancho School effectively communicates with families via a mobile app, one of few schools who use this technology. Families are invited to stop by for a tour, learn more at [www.ElRanchoSchool.com](http://www.ElRanchoSchool.com), and follow as fans at [www.facebook.com/ElRanchoSchool](http://www.facebook.com/ElRanchoSchool).*

Source: El Rancho School ★

## Experience the Singin' and Swingin' of the Rat Pack Era



Voices of California (VoCal) was founded in Sacramento in 2010, winning their very first chorus championship less than three months later. VoCal has gone on to win many more chorus awards and are the only chorus from the Sacramento area ever to have qualified to compete in the Barbershop Harmony Society's International competition. Now they will raise their voices just for you, in celebration of the music of the tremendously popular bygone era of the 1950s and '60s. Photo courtesy of Voices of California

By Bill Martin

**SACRAMENTO REGION, CA (MPG)** - The Rat Pack-era sound is back and live! Relive that incredible musical era when "Chairman of the Board" referred to only one person—Frank Sinatra—and the "Board" was Dean Martin and Sammy Davis Jr. It's time to sing and swing again. Mark your calendar now for two special performances on Saturday, May 30th at the Harris Center for the Performing Arts at Folsom Lake College. This event is presented by and features Voices of California (VoCal), Sacramento's very own 60-member men's barbershop chorus.

This is not your grandmother's barber shop quartet sound either. With a large variety of styles and arrangements, even the younger crowd will be surprised by the scope and sound of songs performed by this talented group of men. According to 21-year-old Christian Martin, "I had the opportunity to attend a practice performance for VoCal last year and was not only surprised by the incredible talent of all the performers, but the music and song selections were great. It was nothing like I expected at all, and I am really looking forward to hearing them perform again."

VoCal was founded in Sacramento in 2010, winning their very first chorus championship less than three months later. VoCal has gone on to win many more chorus awards and are the only chorus from the Sacramento area ever to have qualified to compete in the Barbershop Harmony Society's International competition, which they have accomplished twice in the last three years. VoCal currently ranks 25th

internationally. Now they will raise their voices just for you, in celebration of the music of the tremendously popular bygone era of the 1950s and '60s.

On May 30th, VoCal will be joined by two very special musical guest quartets as well: Around Midnight from New York and The Newfangled Four from Los Angeles.

Blair Reynolds, a Fair Oaks resident and longtime member of VoCal, said, "The biggest hurdle we have at times with some of the public is getting past the misconception about what our sound truly is and the presumption that Barber Shop-style music isn't a serious art form. Our group offers so much more than the traditional style and sound expected. You have to see one of our performances to experience it for yourself. It does appear by the current ticket sales for this event, we're making some good headway," Reynolds noted with a broad smile.

In response to the high demand for tickets, there will be two performances: a matinee on Saturday, May 30th at 2:00 p.m., followed by the special evening performance the same night at 7:00 p.m. Performances will be held at the Harris Center for the Performing Arts at Folsom Lake College in Folsom, CA.

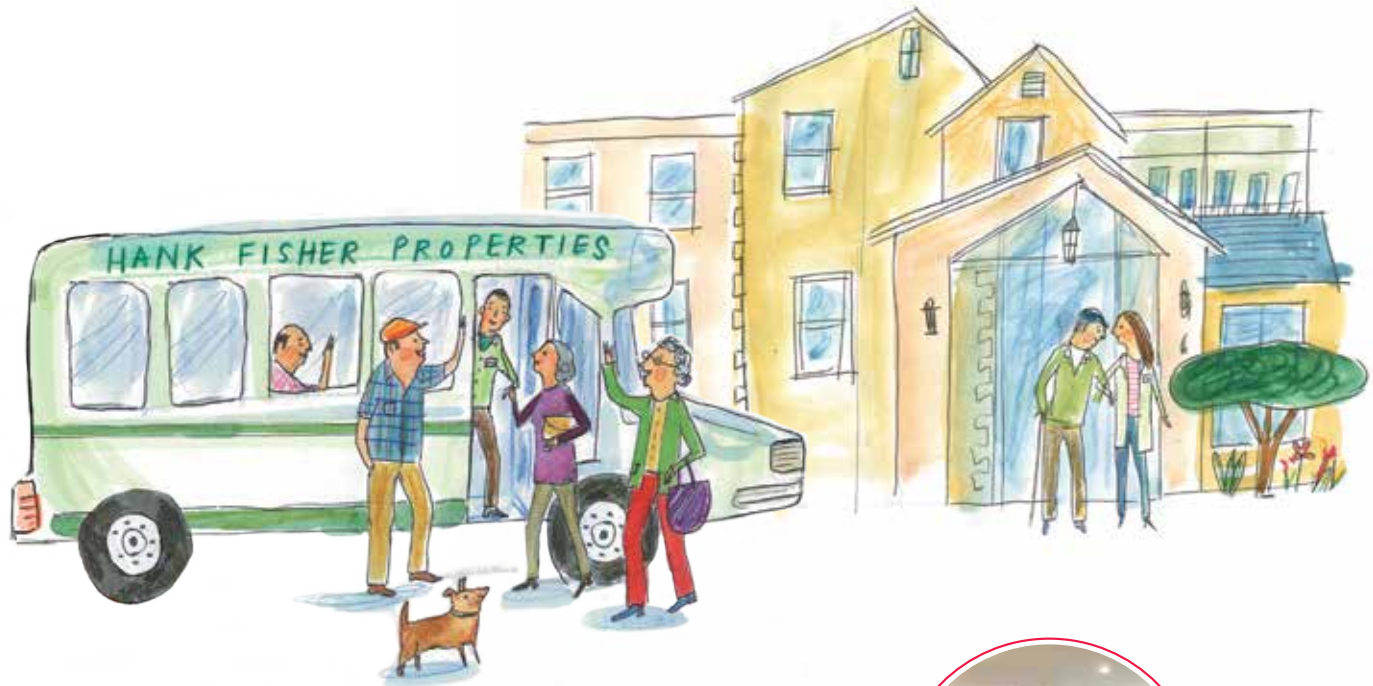
Advance ticket purchases are highly recommended. Ticket prices are \$12.50 for students, \$27.50 for standard tickets, and \$37.50 for premium seating. All seating is reserved. For more information about tickets or the performances, please call (800) 385-3659 or visit them online at [www.VoicesofCalifornia.org](http://www.VoicesofCalifornia.org). Tickets can also be purchased at [www.HarrisCenter.com](http://www.HarrisCenter.com). ★

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# Prickly Plants and Succulent Specimens

Annual Carmichael Cactus Society Festival



Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Bernice Holbert (left) and Joyce Holder supported the Carmichael Cactus Society's 39th annual festival at the Carmichael Community Clubhouse. Record crowds attended this two-day exhibition and sale of succulent specimens. ★

## SPOTLIGHT ON BUSINESS

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

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

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



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**ARIES** (March 21 to April 19) Your Aries self-esteem level is high, as is your impatience to see more action come your way in the workplace. Good news, Lamb: It could start to happen sooner than you think.

**TAURUS** (April 20 to May 20) Changing things now could upset a lot of people. But if you feel you're acting because you believe it's the right thing to do, others will understand and even come to support you.

**GEMINI** (May 21 to June 20) A change of mind might not necessarily be a change of heart. You still want to go ahead with your plans, but you might see a better way to make them happen. So go for it.

**CANCER** (June 21 to July 22) An old business dispute could re-emerge and possibly affect upcoming negotiations. Consider opening up the situation to include suggestions from others on both sides of the issue.

**LEO** (July 23 to August 22) Some Leos and Leonas might find it somewhat difficult to get their ideas accepted or even considered. But that's only for a while. Things will soon return to the way you like them.

**VIRGO** (August 23 to September 22) The pace seems to be slowing down from the hectic

on-the-job run you recently enjoyed. But be assured that you're still in the race to pick up new workplace-related goodies.

**LIBRA** (September 23 to October 22) Seasonal changes create opportunities for busy Librans. However, be sure to balance your workload with your personal life so that you don't overdo it on one end or the other.

**SCORPIO** (October 23 to November 21) A former critic could make a surprise turnaround and become a supporter. But if your Scorpion sense suspects a questionable motive, who are the rest of us to doubt it?

**SAGITTARIUS** (November 22 to December 21) Data on a new project seems less than dependable. But it might turn out to be just the opposite. Consult with someone who knows how you might best be able to check it out.

**CAPRICORN** (December 22 to January 19) Capricornians face many decisions this week, with the Sea Goat's kids rating high on the consideration scale, especially regarding vacations and upcoming school matters.

**AQUARIUS** (January 20 to February 18) Showing that you care is what Aquarians do so well. It's your very special skill. And this week, you'll have several chances to show off that gift for a very special person. Good luck.

**PISCES** (February 19 to March 21) That streak of Piscean wari-

ness should serve you well this week should you be among those who come up against a slippery character offering a fishy deal with nothing to back it up.

**BORN THIS WEEK:** You have an artist's sense of how to help others see, as you do, the beautiful things about the world.

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**Strange BUT TRUE**

- ▶ Jimmy Carter was the first American president to be born in a hospital.
- ▶ What do Mark Twain, Thomas Edison, Noel Coward and Charles Dickens have in common? None of them ever graduated from grade school.
- ▶ If you suffer from pupaphobia, you experience an unreasonable fear of puppets and dolls.
- ▶ In some cultures, slurping your soup is considered to be a compliment to the chef, while here in the U.S., it's frowned upon as demonstrating bad manners. In New Jersey, however, it goes a bit further; in that state, public slurping of soup is illegal.



By Sam Struckhoff  
EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of June 1, 2015.

**PICKS OF THE WEEK**



Kristen Stewart in "Camp X-Ray"

**"Jupiter Ascending" (PG-13)** - Jupiter Jones (Mila Kunis) had a ho-hum life scrubbing tiles in Chicago, until the moment she found out she was actually the Space Empress! Jupiter gets set up with Space Warrior Caine (Channing Tatum, in pointy ears) as she is launched into a full-blown space opera of wacky aliens and visually overstimulating planetary vistas. As the Space Empress reborn, Jupiter has to look out for the scheming heirs to the throne -- especially the one played by a pouty Eddie Redmayne, clearly recalibrating his acting muscles after his Academy Award-winning role in "Theory of Everything."

This latest offering from Andy and Lana Wachowski (the sibling duo who gave us "The Matrix") has a mind-blowing array of special effects in every frame. So many that they cease to be special. It seems like they wanted to throw in every cool flourish and nifty bit of sci-fi lore they could think of, but forgot to include a plot or dialog that audiences could care about.

**"McFarland, USA" (PG)** - A hot-headed football coach loses his job and winds up teaching at a high school in McFarland, California, one of the poorest places in the country. Many of the students are from immigrant families and must work in the fields in addition to school, family responsibilities and the general pressures of being a teenager in a rough place. Coach

Jim White (Kevin Costner) sees how the boys run from one place to the next, and decides the school should have a cross-country team - a sport he's never coached. The movie unfolds rather the way you'd expect an uplifting Disney sports flick would, in perhaps the best way possible. Director Niko Caro does a commendable job of managing the White Savior Syndrome present in many of these kinds of movies. It's a by-the-book underdog story, but still manages to strike a chord.

**"The Spongebob Movie: Sponge Out of Water" (PG)** - The indefatigable sea-sponge returns for his second feature-length film, with even more fast-paced, off-kilter misadventures. An oddly familiar pirate named Burger-Beard (Antonio Banderas) steals the Krabby Patty formula -- the coveted recipe to the best burgers in Bikini Bottom. The harmless and enthusiastic Spongebob must team up with his pals and Plankton -- the closest thing he has to an enemy -- to track down the formula and save the day. Live action and animation collide. The ultimate absurdity will delight fans and confound those who still haven't got onboard.

**"Camp X-Ray" (R)** - As a new guard assigned to Guantanamo Bay, PFC Amy Cole (Kristen Stewart) expected something different. She didn't expect it to be such a difficult job. She also didn't expect to form a secret friendship with one of the detainees who'd been locked up for more than eight years. She has to refer to them as detainees, because prisoners are subject to the Geneva Convention. Through small moments and steady pacing, both Cole and Ali go through transformations. Stewart is right for the role; starting as a stone-cold mask of military detachment, slowly warming up with cracks of vulnerability.

**TV RELEASES**

- "Justified: The Final Season"
- "Rizzoli & Isles: Season 5"
- "Rectify: Season 2"
- "Falling Skies: Season 4"
- "Parks & Recreation: The Complete Series"
- "SOAP -- The Complete Series"

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by **HEALTHY EXCHANGES**  
**Coconut Chocolate Cream Pie**  
When it's time for dessert, you can't beat the combination of coconut with chocolate in a healthy, creamy pie.

- 2 (4-serving) packages sugar-free instant chocolate pudding mix
- 1 1/3 cups nonfat dry milk powder
- 2 1/4 cups water
- 1 (6-ounce) purchased chocolate graham cracker pie crust
- 1/2 cup reduced-calorie whipped topping
- 1 teaspoon coconut extract
- 2 tablespoons flaked coconut

1. In a large bowl, combine 1 package dry pudding mix, 2/3 cup dry milk powder and 1 1/4 cups water. Mix well using a wire whisk. Pour mixture into pie crust. Refrigerate while preparing topping layer.
2. In the same bowl, combine remaining package of dry pudding mix, remaining 2/3 cup dry milk powder and remaining 1 cup water. Mix well using a wire whisk. Blend in whipped topping and coconut extract. Spread topping mixture evenly over set chocolate layer. Evenly sprinkle coconut over top. Refrigerate for at least 2 hours. Serves 8.

★Each serving equals: 198 calories, 6g fat, 6g protein, 30g carb., 497mg sodium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Fat, 1/2 Skim Milk.

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**The Garden Bug** Flower needs BY BRENDA WEAVER

- Most flowering plants need a site where sunlight falls 6 to 8 hours a day all through the growing season.
- Good soil - not too sandy, not too sticky, with enough organic matter to make it drain well and be inviting to plant roots - is essential for successful flower gardening.
- Perennials can take a year or more to get established and bloom, but the effort will pay off for years. If you want flowers now, get annuals.

Source: www.burpee.com

**top ten**  
**Not-So-Healthy FOODS**

1. Muesli
2. Banana chips
3. Tuna sushi
4. Energy bars
5. Trail mix
6. Eat-out salads
7. Light yogurts
8. Gluten-free
9. Breakfast cereal
10. Sports drinks

Source: MyDiet.com

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## Cleaning Up County Roads and Sidewalks

**SACRAMENTO COUNTY, CA (MPG)** - Having clean roads and sidewalks is important for livable communities, and Sacramento County is moving forward with efforts to increase cleanup activities for unincorporated area streets and sidewalks.

Part of the effort to enhance cleanup activities is to remove illegal signage. Plastic signs reading "We buy houses," "Cash for your home," "Need extra money," and "Garage sale," can be seen in most business districts and on busy county streets. Sacramento County Transportation (SacDOT) is removing these unsightly signs from telephone and utility poles, fences, and traffic light poles within the county right-of-way. Businesses that put A-frame signs or other types of signage in the right-of-way are also in violation of county code. Prior to removing the signs, efforts are made to contact the people who are in violation of the county code so that

they can remove their signs; if sign owners cannot be located, the signs will be removed and discarded.

Another new focus is graffiti removal. For years, SacDOT has been removing graffiti on County maintained bridges, soundwalls, overpasses, fences, and other county-owned property that is maintained for road purposes. Now, SacDOT will work with private property owners to remove graffiti from their properties. A Notice of Intent to Abate will be sent to property owners whose property is tagged with graffiti and they will have seven days to comply. If the property owner does not comply, a second notice will be sent by certified mail. If the owner still does not comply, SacDOT crews may remove the graffiti.

In addition to ongoing cleanup activities, SacDOT is working with the Sacramento County Sheriff and probation community service crews to target and clean

up high-impact areas that have frequent incidents of trash and litter along roads and sidewalks.

Over a year ago, Sacramento County started a program to round up stray carts in an effort to return them to store owners. If owners cannot be identified, carts are discarded. Since the program began, 300 to 400 carts are picked up each month.

Street sweeping services are also being increased. A contractor will sweep all arterial, residential, and non-residential streets on a monthly basis.

Crews are out on the road Monday through Friday every week actively looking for cleanup issues. You can help by reporting incidents of illegal signage, graffiti, roadside trash, and stray shopping carts. It's easy; just call 311 or (916) 875-4311. You can also make a report online at [www.311.saccounty.net](http://www.311.saccounty.net).

Source: Sacramento County ★

# Death Without Dignity... California Style

By Doug Haaland

Politicians and liberals live to provide people with a world where everyone and everything "wins." Whether it's water, the environment, or any number of other ills facing our state, the answer to every question is shared sacrifice and more money... your money, to be precise.

In California, the pursuit of fairness has become something of a science for liberals with the ends justifying the "means" by which outcomes are judged, and in recent times the most emotionally justifiable phrase one can utter in pursuit of equality is, "We must save the planet for our children." The difficulty with such pursuits is the role unintended consequences play with their efforts; but fear not, little attention is paid to these factors since "goals" are well intended.

One example is the effort by Assembly Speaker Toni Atkins who recently called for "a dollar a week" increase in California's vehicle license fee to address \$59 billion worth of deferred road maintenance. It sounds

like such a worthy goal to help California's middle class get stronger and kick start a moribund economy. Like the almond industry advertising that calls for "...just a can a week, it's all we ask." What Speaker Atkins fails to recognize is her meager \$52 a year new tax hits the pockethooks of the very people she intends to make "strong."

At the same time, Senator Kevin De Leon, President Pro Tem of California's Senate, introduced SB 350 as part of the California Climate Leadership Package, which calls for the reduction of fossil fuel consumption by 50% by 2030, 15 years from now.

Should Senator De Leon's bill be signed into law by our High-Speed Showers & Trains Governor it would mean that California's fuel tax revenue drops from roughly \$5.5 billion (last figures available from the Board of Equalization) to just over \$2.75 billion. These are also, in part, the funds that are targeted at maintaining our roads and highways. So while the Speaker wants more money to address badly needed highway

maintenance, the President Pro Tem is calling for a 50% reduction in revenue for the same purposes.

In a story written by Thomas C. Frohlich entitled "States Where the Middle Class Is Dying," middle class incomes in California are declining by the largest percentage in the country. California is once again #1 in yet another category: The State Where the Middle Class Is Dying Fastest. More interesting is the statement by Mr. Joe Valenti, director of asset building at the Center for American Progress, hardly a conservative think tank, pointing out that money in the control of those who make it will create more spending than the same dollars in the hands of high income households.

For the sake of the planet, children, and the middle class of California, will someone put these two people in the same room? It would benefit all Californians if they talk it out and leave our wallets alone. They're killing the golden goose in the Golden State, but then... it's for a good cause. ★



When with little or no notice your whole world is suddenly turned upside down --- everything abruptly goes topsy-turvy on you --- it can rattle you to your very core.

It can happen in the blink of an eye in sports; one wrong move can send your fortunes reeling.

It almost happened to your beloved Golden State Warriors in Monday night's playoff game in Houston, won by the Rockets behind James Harden's amazing 45-point outburst, 128-115, to send the Western Conference finals back to Oakland with the Warriors holding a 3-1 lead.

The tectonic plates beneath Warriors Nation shifted dramatically when star Stephen Curry was sent hurtling out-of-control through the air on a play in the second quarter and he crashed to the floor, rolled over and laid face-down along the baseline for several minutes. It was nobody's fault, just a basketball play with an unfortunate result. The raucous Rockets' crowd was hushed. This could be a serious injury for the NBA's MVP, the heart-and-soul of an exciting team trying to win its first title in forty years.

For Warriors fans watching on television, all of their greatest fears, the worst-case scenarios, flashed through their minds. If Curry is done the team is done and all hopes are doomed, the title shot shot.

Thanks to ESPN showing the play --- Curry trying to chase down Houston's Trevor Ariza on a fast break, leaping high into the air going for a pump-fake, then flipping over Ariza's body and crashing down on his head and back with his precious shooting arm awkwardly beneath him --- over and over and over and over again and again, Warriors fans had ample time to assess the potential damages.

It could be a broken left wrist, a

broken right arm, a hyper-extended elbow, a dislocated shoulder, a spinal or neck injury, a concussion, or all of the above. Curry could be lost for the duration of the playoffs. The game, the series, the championship opportunity could all be lost. It could be a career-threatening injury and Curry could be lost for good. At times like that, fans usually hope for the best but expect the worst first, because they have been through them many times before.

There were two Forty Niners Hall of Fame quarterbacks --- Joe Montana, back injury, never quite the same; and Steve Young, yet another concussion, done; a super, two-sport star and Oakland Raiders running back Bo Jackson, drastic hip injury, done; all-star caliber Giants catcher Mike Matheny; concussion, done; just to name a few.

Fortunately, sometimes the athletes can overcome. When 49ers linebacker NaVorro Bowman suffered a horrible knee injury in the NFC Championship Game after the 2013 season, fans surely thought the game and the chance at a Super Bowl were wiped out (they were), and had to wonder if they would ever see Bowman in uniform again. After missing all of last season, he's back at practice, but will he return to form? When Buster Posey's ankle was mangled by a brutal blow from the Marlins' Scott Cousins in 2011 fans knew the season would be lost and wondered if they would ever see Posey behind the plate again. Obviously, Posey made it all the way back to lead the Giants to two more World Series championships. (Cousins hasn't appeared in a MLB game since 2013 and was released by Texas this spring).

Sometimes such dire straits can bring out the best of what's inside through drive and determination. A player or team can rise above

rather demoralizing circumstances to recover and perform.

The Boston Red Sox trailed the New York Yankees 3-games-to-1 in the 2004 ALCS before a last-ditch rally spurred them on to four straight wins and, eventually, to the breaking of the "Curse of the Bambino" by winning their first World Series since 1918. Joe Montana led Notre Dame to a 35-34 comeback win in the Cotton Bowl in 1979, after trailing Houston, 34-12, in the fourth quarter. In 1984, Doug Flutie and Boston College defeated defending national champion Miami, 47-45, on Flutie's last second "Hail Mary" pass to Gerard Phelan that traveled more than 60 yards into the wind. In the 1992 AFC Wild Card Game, Frank Reich replaced Buffalo's injured starting QB Jim Kelly and rallied the Bills from a 35-3 deficit to a 41-38 overtime win over the Houston Oilers in the greatest comeback in NFL history. In 2002, the S. F. Giants were on the verge of clinching the World Series, holding a 5-0 lead over the Angels in the seventh inning of Game Six before.....forget that one!

This time, with Curry in the locker room being evaluated, Warriors coach Steve Kerr huddled up his troops and told them, "...this is an opportunity for us... the game is changed now...there's a weird vibe in here...take care of our business as a group...gather ourselves...we have a chance..."

The other Splash Brother, Klay Thompson, who has been struggling with his shooting touch in this series while being preoccupied with defending Harden much of the time, quickly hit a pair of three-point shots to trim what was once a 25-point lead to thirteen. But even after Curry, thankfully, returned in the fourth quarter, it was too much Harden and too much hot shooting by the Rockets. ★

## Danger: Contents Under Pressure

By Dr. Danika BowenProvost/Vice President of Academic Affairs and Accreditation Liaison Officer at Carrington College

**SACRAMENTO REGION, CA (MPG)** - Feeling overworked? Try being a heart! When you are working, it's working. When you are playing, it's working. When you are sleeping, it's working.

Your heart is under pressure to perform 24 hours a day, seven days a week. And if you are among the one in three adults in the United States living with high blood pressure, you run the risk of your heart "quitting" on you at any time—and you probably don't even know it.

Virtually symptom-free, the American Heart Association (AHA) estimates that while more than 78 million people in the United States have high blood pressure, half don't even know it. Uncontrolled and untreated high blood pressure can lead to stroke, heart attack, heart failure, erectile dysfunction, aneurysm, kidney failure, atherosclerosis (fatty buildup in the arteries), and even blindness.

May is High Blood Pressure Education Month. There is no better time to understand the risk factors that lead to high

blood pressure and how to best combat this silent killer.

Blood pressure is the force of blood on the walls of the blood vessels as blood flows through them. According to the U.S. Centers for Disease Control (CDC), this pressure naturally rises and falls during the day, but when it is consistently too high, it is considered high blood pressure. The medical term is hypertension.

Blood pressure is usually expressed as a fraction, where the first number—systolic pressure—measures the force in the arteries when the heart pumps, and the second number—diastolic pressure—measures the heart at rest. Blood pressure measuring 120/80 is considered in the normal range.

If your blood pressure is closer to 120-139 systolic or 80-89 diastolic, you are considered to have prehypertension. If your blood pressure is above 140 systolic or above 90 diastolic, you are considered to have high blood pressure, or hypertension.

While the exact cause of high blood pressure is unknown, the AHA reports that some potential risk factors for developing the condition are obesity, inactivity, smoking, heavy alcohol use, a high-sodium diet, stress, and heredity, race, and age. African-Americans develop

high blood pressure at a higher rate than any other race. Men are more likely to develop high blood pressure after age 35, while women are more likely to develop high blood pressure after menopause.

Among the easiest ways to reduce slightly elevated blood pressure or prehypertension are to lose weight; add foods with potassium, magnesium, calcium, lean proteins and fiber to your diet; limit foods with sodium, trans fats and saturated fats; limit alcohol consumption; quit smoking; and avoid secondhand smoke.

If you develop hypertension, depending on the severity, the above tactics are recommended in combination with one or more prescribed medications, all of which should be done under a doctor's care.

Our hearts beat approximately 100,000 times a day, and for someone suffering from high blood pressure, that's 100,000 beats closer to a number of deadly conditions.

Carrington College offers a variety of programs that lead to a certificate or associate degree. Programs prepare students for careers in the medical, dental and veterinary fields. For more information, visit [carrington.edu](http://carrington.edu).

Source: Ashley Boarman ★

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## Free Weekend Activities at the Nature Center

**CARMICHAEL, CA (MPG)** - There is a lot of fun to be had at the Nature Center this month! The Effie Yeaw Nature Center (2850 San Lorenzo Way) is hosting a series of free, fun, and informational events throughout the month of May. 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.



**Critters of the American River:** Reptiles, mammals, and birds are found all along the American River. How can you tell these three groups apart? Is it by eggs, skin, or flight? On Sunday, May 31st at 1:30 p.m., examine some bio-fact evidence and meet an animal resident of the Nature Center up close to decide in which group it belongs.

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 ★

## Bicycle Thefts at Eskaton Village

**CARMICHAEL, CA (MPG)** - On Wednesday, May 13th between 5 p.m. and 5:30 p.m., a thief stole a new adult three-wheeler bike by hoisting it over the back gate of Eskaton, which leads into Gibbons Park. The stolen bike is a blue Schwinn Meridian with a large basket behind the seat.

This was the second bicycle stolen from Eskaton during the same week, and another bike was stolen several months ago. The stolen bike was an older person's means of exercise and transportation.

The bike cost \$300, and the owner is offering a reward of

\$100 to anyone who provides information leading to the arrest of the thief.

If you have any information about this theft, please call the owner, Russ Miner, directly at (916) 991-9820.

Source: Russ Miner ★

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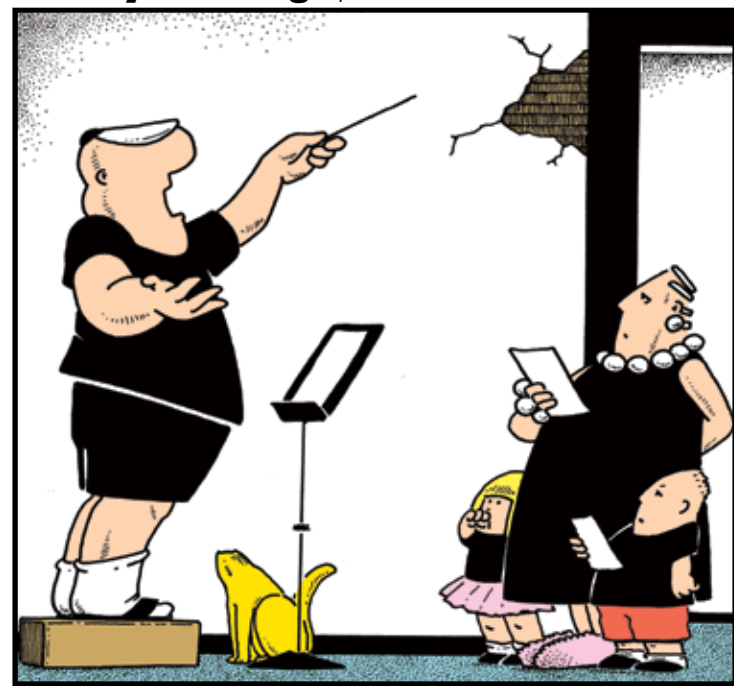
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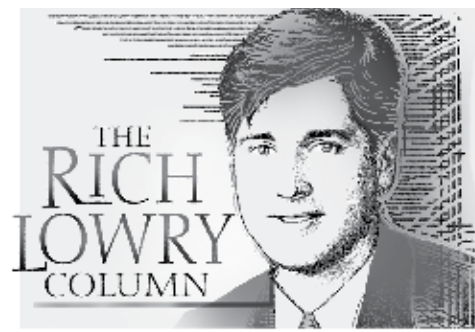
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THE SACRAMENTO BEE  
FOOD REVIEW  
FEB 2013



By Rich Lowry

## The Price of Cheap Labor

Manicures and pedicures aren't usually news or fodder for commentary, but a blockbuster report in The New York Times has made them a compelling issue.

Under the headline "The Price of Nice Nails," the story cataloged the abusive treatment of workers in New York City's ubiquitous nail salons. The story generated an enormous reaction; it highlighted the poignant juxtaposition of affluent women enjoying what once would have been a luxury, thanks to poor, exploited women with no other options.

It is a tableau that doesn't feel very American or very modern. We thought we had put the age of sweatshops behind us, but we hadn't. It turns out that sweatshops are where New York City

women go to get their mani-pedis.

The Times story is, in part, about the ugly underbelly of immigration. The salons are what an industry that subsists on substantial illegal labor looks like.

Census Bureau numbers say that 59 percent of personal-appearance workers are foreign-born, according to Steven Camarota of the Center for Immigration Studies. By his estimate, about a quarter of those foreign workers are illegal, and judging by the Times report, the number is higher in New York City.

"Almost all of the workers interviewed by The Times," the report noted, "had limited English; many are in the country illegally. The combination leaves them vulnerable."

Manicurists usually pay a fee of \$100 or \$200 to begin working at a salon, and then work without pay for weeks or months, before finally getting wages -- of perhaps less than \$3 an hour, supplemented by tips. That's assuming that the workers are allowed to keep all of the wages or the tips.

Their stories are heart-wrenching, if drearily predictable. These are women who often don't know the language, don't have any social support, have very few skills in an economy that increasingly demands them, and have little ability to complain about their working conditions, or anything else. What does anyone think is going to happen to them?

When politicians discuss immigration, it is usually in highflying terms. Jeb Bush says that "immigrants create an engine of economic prosperity." Politicians always talk of importing the best and the brightest from abroad. But New York City's salons capture the tawdry reality of illegal immigration.

There is an economic upside to this dispensation. In this case, and in many others, illegal immigration is a subsidy for the upper-middle class that can enjoy cheaper services than it would if the country had a strictly legal labor market and lower levels of overall immigration.

No one wants to hear it, though. When Wisconsin Gov. Scott Walker suggested that the effect on wages of American workers should be the first concern in considering levels of immigration, the political class recoiled in horror. Surely, one reason that salons can pay so poorly is that the supply of illegal workers is so plentiful. And this supply of labor must, at least at the margins, crowd out workers already here who might consider working in salons if pay and conditions were better.

The New York Times exposed the price of nice nails -- and of cheap labor.

Rich Lowry is editor of the National Review.  
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## Camping With Your Dog

DEAR PAW'S CORNER: We've been invited on a camping trip with several other families. We don't have kids, but our dogs "Sarah" and "Jake" are like kids to us. Is it OK to bring them along? -- Frank J., via email  
DEAR FRANK: There are three questions you must ask in order to determine whether you can bring along Sarah and Jake:

1. Does the campsite allow pets?
2. Are the other families OK with you bringing pets?
3. Are Sarah and Jake well-socialized to children and to other pets?

While many state and federal parks allow pets at campsites, others don't. Some have specific restrictions, such as, pets are allowed at campsites but not in certain areas of the park where there's an ecological risk. Check the campsite or park's website for specific rules about pets. Also, check the park's safety advisories: Are

you camping in bear country, or are other hazards present?

Second, since it's your first time camping with this group, ask the other campers if they are comfortable with pets coming along. It's up to you to make sure they are well-behaved and will swiftly obey your commands when off-leash.

If everything checks out, then start planning. Make sure Sarah and Jake have their needs met -- food, toys, leashes. Bring sweaters and booties just in case. Carry cleanup bags and a large trash bag for disposal at the campsite. At night they will need to be kept in the tent or in a portable kennel. Finally, make sure their heartworm and shots are up to date, and check them daily while camping for ticks, fleas, and burrs.

Send your questions or tips to ask@pawscorner.com.

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### Kevin Kitrell Ross

Senior Minister/CEO  
Unity of Sacramento  
Host, Design Your Life  
on UnityOnlineRadio.org  
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Television Listings for the week of May 29-June 3

FRIDAY EVENING

MAY 29, 2015

SATURDAY EVENING

MAY 30, 2015

Table of TV listings for Friday evening, May 29, 2015, including channels like ABC, CBS, NBC, FOX, A&E, AMC, etc.

Table of TV listings for Saturday evening, May 30, 2015, including channels like ABC, CBS, NBC, FOX, A&E, AMC, etc.

SUNDAY EVENING

MAY 31, 2015

MONDAY EVENING

JUNE 1, 2015

Table of TV listings for Sunday evening, May 31, 2015, including channels like ABC, CBS, NBC, FOX, A&E, AMC, etc.

Table of TV listings for Monday evening, June 1, 2015, including channels like ABC, CBS, NBC, FOX, A&E, AMC, etc.

TUESDAY EVENING

JUNE 2, 2015

WEDNESDAY EVENING

JUNE 3, 2015

Table of TV listings for Tuesday evening, June 2, 2015, including channels like ABC, CBS, NBC, FOX, A&E, AMC, etc.

Table of TV listings for Wednesday evening, June 3, 2015, including channels like ABC, CBS, NBC, FOX, A&E, AMC, etc.



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ATHLON SPORTS

# INSIDE BASEBALL

A WEEKLY TURN AROUND THE BASES

- » BEST PLAYERS AGE 25 AND YOUNGER
- » MLB POWER RANKING
- » AL CENTRAL IS BEST DIVISION
- » ZACK GREINKE STOPS THE BLEEDING



Three of the best players in the game are age 25 and younger. Bryce Harper (left), Mike Trout (center) and Madison Bumgarner are among the top players at any age.

# Youth is Served

## The Best 25-Man Roster of Players Age 25 and Younger

There have always been players dazzling fans as 20-year-olds, but there seems to be more players in their early 20s starring in the majors now than ever before. If I had to win a World Series in 2015 with only players age 25 and younger, this would be my 25-man roster. For clarity, this is based on ages as of Opening Day this season.

### Lineup

**C Sal Perez, Kansas City**  
The Royals' backstop is a veteran of the under-25 team, and still has no competition. He leads all catchers with 42 hits and is batting .292.

**1B Anthony Rizzo, Chicago Cubs**  
The sweet-swinging first baseman has embraced a leadership role for the young Cubs.

**2B Jose Altuve, Houston**  
The 2014 AL batting champ is about 35 points off of last year's average, but he's carrying a .360 on-base percentage and leads the AL with 14 steals.

**SS Andrelton Simmons, Atlanta**  
He's hitting below .250 but has 16 hits for extra bases and has scored 29 runs. No one can hang with Simmons defensively.

**3B Kris Bryant, Chicago Cubs**  
Even though the Cubs delayed his season by a few weeks, Bryant is tied with Rizzo for the team lead with 29 RBIs. I'm impressed by the youngster's .391 OBP.

**OF Bryce Harper, Washington**  
A few years ago when Harper and Mike Trout were recalled within 24 hours of each other, the national debate on who would be the better superstar trended about 55 percent to Harper. Now that he is injury-free (and perhaps a bit more mature), Harper may rival Trout's production in every facet of the game.

**OF Mike Trout, Los Angeles Angels**  
His 2015 numbers are still working their way

toward the top of stats lists, but there's no denying Trout as one of the best players—if not the best—in the game.

**OF Giancarlo Stanton, Miami**  
No one hits baseballs farther than Stanton. Just ask the fans in Los Angeles.

### Bench

**1B Eric Hosmer, Kansas City**  
With a .311 average and .910 OPS, his numbers fall just shy of Rizzo's.

**2B Kolten Wong, St. Louis**  
Wong came of age in last year's playoffs and is still improving his consistency at the plate.

**SS Jose Iglesias, Detroit**  
A month ago, Iglesias may have been our first choice at short. Late in April he was hitting .397 but has batted only .241 in his last 17 games.

**3B Manny Machado, Baltimore**  
Machado is on pace for his career best average, on-base and slugging percentages.

**OF Yasiel Puig, Los Angeles Dodgers**  
Puig is still Mr. Excitement in Los Angeles and is learning to channel the excitement into more positive plays and fewer negative ones. The Dodgers certainly hope that his hamstring injury won't linger much longer.

**OF Joc Pederson, Los Angeles Dodgers**  
The young center fielder has more than replaced Matt Kemp defensively and has a higher average and OPS than Stanton.

### Rotation

**Madison Bumgarner, San Francisco**  
His numbers this season don't measure up with the others on this team, but his performance last October proved his value in big games.

**Shelby Miller, Atlanta**  
Miller has become the Braves' reimbursement for the 2003 Adam Wainwright trade. Miller leads the majors with a 1.50 ERA.

### Sonny Gray, Oakland

The Oakland ace keeps getting better. He's 5-2 with a 1.77 ERA for the worst team in baseball.

### Michael Wacha, St. Louis

The big righthander is quickly growing into Adam Wainwright II. He's 7-0 with a 1.87 ERA.

### Gerrit Cole, Pittsburgh

Already the Pirates' ace, Cole has 63 punchouts in just 57 innings.

### Bullpen

**Trevor Rosenthal, St. Louis**  
The Cardinals' closer is coming off of a 45-save season and is 14 of 15 this season.

**Jeury Familia, New York Mets**  
Familia owns 13 saves and 24 strikeouts with just 11 hits and four walks allowed.

**Jake Odorizzi, Tampa Bay**  
Odorizzi's WHIP of 0.961 is second among starters only to Miller on this roster of young pitchers.

**Trevor Bauer, Cleveland**  
He's had five starts of six or more innings with one run or less, and just three wins to show for his work in those games.

**Nick Martinez, Texas**  
The Rangers are 8-1 in his starts this season.

**Danny Salazar, Cleveland**  
His ERA is a bit high at 3.50, but he is 5-1 and has 60 Ks and has given up only 38 hits and nine walks in 43.2 innings.

### Tough to Omit

C Mike Zunino, Seattle, 3B Nolan Arenado, Colorado, 3B Yasmany Tomas, Arizona, SS Freddie Galvis, Philadelphia, SS Marcus Semien, Oakland, OF Wil Myers, San Diego, OF Avasail Garcia, Chicago White Sox, OF Anthony Gose, Detroit, 1B Freddie Freeman, Atlanta, 2B Joe Panik, San Francisco, C James McCann, Detroit, SS Adeiny Hechavarria, Miami, RP Kevin Siegrist, St. Louis, RP Yimi Garcia, Los Angeles Dodgers

### AROUND THE HORN

The **American League Central** has become the most powerful division in baseball, and it continues to improve. The quintet (Kansas City, Detroit, Minnesota, Cleveland and Chicago) is an aggregate 21 games over .500 and the Indians and Twins are enjoying an upswing. The only other division with a winning record is the National League West, which is two games better than .500...**Hunter Pence** of the Giants has been back in the lineup almost two weeks now. And no one has enjoyed his presence more than **Brandon Belt**. The Giants' first baseman is batting .375 with a 1.226 OPS in games with Pence in the lineup. In the eight games the two have played together, Belt has seven extra-base hits, nine runs and eight RBIs...Not that offense has been a huge problem for the **Boston Red Sox** this season, but designated hitter **David Ortiz** is batting just .109 against lefties with a .107 on-base percentage. He's slugging just .164. For his career, Big Papi is batting a respectable .264. Ortiz isn't the only Boston batter struggling. In April, **Hanley Ramirez** hit .293 with 10 homers and 22 RBIs in 21 games. Through his first 19 games in May, Ramirez is batting .229 without a home run or even a single RBI...On the opposite end of that spectrum, **Prince Fielder** of the Texas Rangers was off to one of the best starts of his career this season. Through 31 games he was tearing up American League pitching at a .333 clip with a pair of homers and 14 ribbies. In only 13 games since then, the Prince has six homers, 18 RBIs and is batting .415...After playing part-time for three seasons, Philadelphia infielder **Freddy Galvis** posted a .218 career batting average. Now with a chance to play everyday with the trade of longtime shortstop Jimmy Rollins, Galvis is hitting .305...The Cleveland Indians' trio of **Corey Kluber**, **Danny Salazar** and **Trevor Bauer** is the anchor of the Indians' team. Over their last eight starts, the pitching staff has combined for a 1.98 ERA and a 0.922 WHIP and won six of the eight games...If you're looking for the next manager to be fired (and who isn't?) **Bryan Price** of Cincinnati and **John Gibbons** of Toronto are good bets. Both teams have underachieved during their respective tenures. **Walt Weiss** of Colorado, and perhaps, **Robin Ventura** of the White Sox and **Lloyd McClendon** of Seattle are feeling a little heat as well...And for a little history, @AceballStats informs us that the great **Ted Williams** reached base safely four times in 283 games. That's 44 more than the 239 in which he didn't reach base safely.

### NUMBERS GAME

# 5-0

The Dodgers are 5-0 this season in games that **Zack Greinke** starts after a loss. In those five games, Greinke has logged 35.1 innings with a 1.02 ERA and 0.849 WHIP.



### TURN BACK THE CLOCK

**May 29, 1971**  
The New York Mets sweep a double-header at San Diego as pitchers Tom Seaver and Nolan Ryan combine to strike out 26 Padre batters. The two future Hall of Famers allow just 17 base runners over 18 innings. Both pitch complete games.

### TRIVIA CORNER

Can you name the two active players who are the career home run leaders for their respective teams?



Written and compiled by Charlie Miller. Follow Charlie on Twitter: @AthlonCharlie. Email: Charlie.Miller@athlonsports.com

TRIVIA ANSWER: Both players reside in Florida. Giancarlo Stanton is the all-time leader in homers for the Marlins, and Evan Longoria is the career leader for the Rays.

Photos: Ross, Landov; Familia, Athlon Sports

## ATHLON SPORTS POWER RANKING

<b>1. Royals</b>	Took two of three from St. Louis in possible World Series preview.	<b>16. Red Sox</b>	Boston is two games under .500 at Fenway.
<b>2. Cardinals</b>	Managing bullpen innings will be key for Mike Matheny.	<b>17. Padres</b>	Struggling offense batting .211 with .248 OBP over last nine games.
<b>3. Astros</b>	Young Stros playing better on the road than at home.	<b>18. Yankees</b>	Desperately miss offensive catalyst Jacoby Ellsbury.
<b>4. Dodgers</b>	Lost seven of 11 as hold on NL West getting a bit tenuous.	<b>19. Indians</b>	Corey Kluber, Danny Salazar and Trevor Bauer comprise quite a trio.
<b>5. Nationals</b>	Best offense in NL is led by best offensive player in NL.	<b>20. Mariners</b>	Robinson Cano batting just .247 with one homer and 11 RBIs.
<b>6. Twins</b>	Paul Molitor has his Twins believing.	<b>21. Orioles</b>	Jimmy Paredes has been a pleasant surprise.
<b>7. Tigers</b>	Only 15-17 since April 20.	<b>22. Diamondbacks</b>	Paul Goldschmidt chasing Bryce Harper in MVP race.
<b>8. Cubs</b>	Tough week ahead with Nats and Royals visiting Wrigley Field.	<b>23. White Sox</b>	Beginning a four-city, 11-game road trip this week.
<b>9. Mets</b>	Biggest home/road discrepancy in baseball (17-6/7-15).	<b>24. Blue Jays</b>	Reeling Jays have lost 11 of last 15.
<b>10. Giants</b>	Blanked the rival Dodgers in three straight last week.	<b>25. Phillies</b>	Worst run differential in baseball (-53).
<b>11. Rays</b>	Tampa Bay in first place on Memorial Day.	<b>26. Reds</b>	Outscored 54-19 in recent 8-game losing streak.
<b>12. Braves</b>	Climbed back over .500 just in time for a 10-game roadie out west.	<b>27. Marlins</b>	New manager, same results.
<b>13. Angels</b>	0-6 this season against 2014 World Series teams.	<b>28. Rockies</b>	Batting .293 at home and just .244 on the road, but more HRs on road.
<b>14. Rangers</b>	Improving Rangers are 15-10 at home, 6-13 on the road. Go figure.	<b>29. Brewers</b>	Batting an impressive .301 with runners in scoring position and two outs.
<b>15. Pirates</b>	Allowed just 20 hits and three walks with 36 Ks in sweep of Mets.	<b>30. A's</b>	Infielders outhitting outfielders .277 to .223.

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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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