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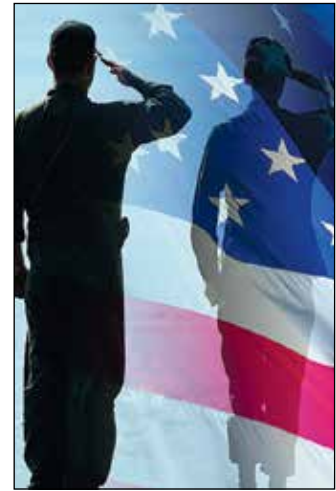
Carmichael Times

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May 22, 2015

The Final Salute



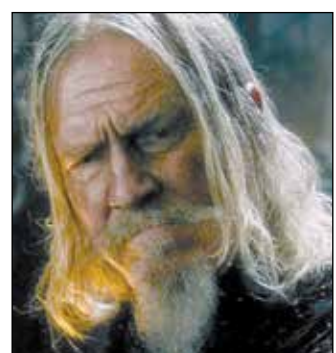
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Gala to Aid Nature Center Matsui and Kondos Chair Fundraiser for Parkway Gem



Assemblyman Ken Cooley (far left), and Congress Member Doris Matsui (far right) will be among VIP sponsors to greet guests at the May 30th Effie Yeaw Nature Center art gala.

Story and photo
by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Now in its fifth year operating as a non-profit, the Effie Yeaw Nature Center is preparing for its annual art-auction fundraiser with new patronage.

Celebrity painters have donated canvases for auction at the May 30th Art Where Wild Things Are benefit. But the best news for Effie Yeaw supporters is the event's endorsement by Congress Member Doris Matsui and the VIP art team of Greg and Moni Kondos. As honorary event chairpersons, the team follows Supervisor Muriel Johnson and philanthropist/artist Marcy Friedman in this role.

"Just by being there," says Effie Yeaw Fund Developer Betty Cooper, "community figures like Doris Matsui, Congressman Ami Bera, Assemblyman Ken Cooley, and Supervisor Susan Peters demonstrate that the Nature Center's work is vital."

Administered by the American River Natural History Association (ARNHA),

"The Center has a special history in this community and the support of caring people keeps us open and available for future generations."

Effie Yeaw Fund Developer Betty Cooper

the facility and its preserve welcome more than 90,000 visitors per year. Betty Cooper notes, "The Center has a special history in this community and the support of caring people keeps us open and available for future generations." A portion of funds raised on May 30th will provide free Effie Yeaw science enrichment programs to schools that cannot otherwise afford them.

The Sacramento Fine Arts Center is a vital gala partner and the art show that supports the fundraiser will offer work from throughout Sacramento, juried by David Lobenberg. Celebrity artists include David Peterson, David Lobenberg, Tim Collom, Gregory Kondos, and Maria Winkler. CBS-TV Weatherman Dave

Bender adds to the celebrity lineup as event emcee. An annual highlight is a sale of specially selected artwork under the hammer of David Sobon. Silent auctions will offer other award-winning work. Before the date, these can be viewed at the Sacramento Fine Arts Center on Gibbons Drive in Carmichael.

A sunset supper and beverages are all part of the \$60 per person admission. Art Where Wild Things Are runs from 5 p.m. to 8 p.m. at the Nature Center in Ancil Hoffman Park. Table sponsors are welcome. For information on the event, visit www.sacnaturecenter.net.

To learn about the Sacramento Fine Arts exhibition, visit www.sacfinearts.org. ★

Memorial Day Travel Highest in Decade

Summer Travel Kicks Off With More than 4.4 Million Californians Expected to Travel

SACRAMENTO REGION, CA (MPG) - This year, Memorial Day travel is expected to mark the highest number of California travelers for this holiday since 2005, according to the latest holiday travel forecast.

The travel survey projects nearly 4.4 million Californians plan on traveling 50 miles or more this Memorial Day holiday weekend. This represents an increase of 4.6% from last year's record highs.

"A stronger economy and overall lower gas prices have boosted consumers' disposable income," said Cynthia Harris, AAA Northern California spokesperson. "This summer travel season is starting off with great potential as many Californians are eager to take that long overdue weekend getaway."

It is projected that more than 3.7 million Californians will drive this upcoming holiday weekend, a 5.5% increase from last year. Air travel will increase by 2.6% compared to 2014 figures, with just over 419,000 Californians intending to fly to their holiday getaways. Approximately 294,000 state residents are expected to travel by other modes of transportation, such as rail, bus, and watercraft. This represents a 3.4% decrease compared with 2014.

Nationally, it is estimated that more than 37 million people will journey 50 miles or more during the Memorial Day weekend, representing a 4.7% increase compared to last year.

The AAA Leisure Travel Index shows that hotel rates at AAA Three Diamond lodgings are expected to increase by 7% from a year ago, averaging \$182 per night. Weekend car rentals rates will average \$62 per day, \$19 more than last year. Airfares are falling 2% for the top 40 domestic flight routes, averaging \$222.

These projections are based on research conducted by IHS Global Insight. The Boston-based economic research and consulting firm teamed with AAA as part of an agreement to jointly analyze travel trends during major holidays. AAA has been reporting on

Continued on page 6



Lava, Spider Mum (Class 11A). Photo courtesy of Sacramento Chrysanthemum Society

Feeling Green, Pom Pom (Class 6B). Photo courtesy of Sacramento Chrysanthemum Society



Find Your Favorite Variety at the Chrysanthemum Sale

SACRAMENTO REGION, CA (MPG) - The Sacramento Chrysanthemum Society annual spring chrysanthemum sale will be held at Shepard Garden and Arts Center, 3300 McKinley Boulevard in Sacramento, on Friday, May 29th from 1 p.m. to 5 p.m. and on Saturday May 30th from 9 a.m. to 4:30 p.m.

This is a popular event and eager shoppers arrive early for the best selections and varieties. The members have grown a great selection of many of the popular varieties, including the exotic spiders, quills, and very large exhibition bloom types.

The plants are not currently in bloom and are identified by cultivar name and color and, in most cases, with a picture of the flower when in bloom. Club members will be available to assist with your selections.

Source: Sacramento Chrysanthemum Society ★



Primrose Supreme, Irregular incurve (Class 1A) (above). Photo courtesy of Sacramento Chrysanthemum Society

Blue Ribbon Awarded for Green Thumb

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Having woodland beauty at your doorstep is reward enough for maintaining the acre of Carmichael known as "Pauline's Garden."

But after a busy spring of cultivating and sharing their retreat with hundreds of visitors, Pauline and Irv Faria recently gained another bouquet. The octogenarians earned a statewide award for their lifetime project. As part of 2015 awards, California Garden Clubs (a federation of 340 gardening clubs) commended their property as an "Outstanding Private Garden."

The Faria garden represents the triumph of 50 years of green-fingered labor. In this time, the couple turned a valley filled with oaks and brambles into the terraced idyll that is the pride of their Carmichael Creek neighborhood. While raising a family and holding down full-time jobs, they nurtured hundreds of Japanese maple, dogwood, and camellia trees (many from seeds) to form a cooling secondary canopy in the valley. Beneath this umbrella, moisture is



Irv and Pauline Faria (center) received a statewide award for their Carmichael garden. Surrounding the couple are Sacramento Organic Garden Club members Linda Holmes, Beth Blair, and California Garden Clubs representative Carlotta Wixon.

retained and shade plants thrive. Statues and small ponds add to the vista.

Through winding trails, garden tourists and many four-legged visitors seasonally traipse; Pauline's Garden was certified 20 years ago as a Wildlife Habitat. On their path to the American River Parkway, deer and wild turkey shelter their young. In trees and in Irv's many hand-made nesting boxes, new generations of birds are hatched.

The valley presents a stunning kaleidoscope in spring and in autumn. "We've had an incredibly lush spring," notes Irv. "Many plants and trees bloomed for longer than usual and the dogwoods and cherry blossoms were spectacular." In April, the Farias' two-day open garden hosted more than 200 admirers.

Gardening partners for 63 years, the Farias were delighted by the recent Californian award. "It's pleasing that people appreciate our effort," says retired university professor Irv. "People feel close to nature when they come here. In Pauline's garden, we try to live with nature and support it."

For information on the garden, email irvfaria@gmail.com. ★



A corner of "Pauline's Garden" includes garden art, winding paths, and lush spring growth.

Volunteer Has a Heart Bigger than His Clown Shoes

Shriners Hospital Volunteer Recognized for Exceptional Service

SACRAMENTO REGION, CA (MPG) - Shriners Hospital volunteer Harry Norman was recently awarded the Doug Busath Lifetime Achievement Award at the Northern California hospital's volunteer recognition ceremony. The award is named in honor of Doug Busath, who volunteered in the hospital's Central Activity Area for 10 years after his grandson was treated at Shriners for severe burn injuries sustained in an automobile accident. The award is presented annually to a hospital volunteer to honor dedication, commitment, and joyful service to patients, families, and the entire hospital community.

Mr. Norman, winner of the 2015 lifetime achievement award, is affectionately known throughout the hospital as Hare Bear the Clown. Every Thursday rain or shine, Hare Bear can be found greeting families as they arrive for their clinic appointments. On his volunteer days, he gets up at 4:30 a.m. to put on his clown face so he can arrive at the hospital by 7:45 a.m. He has volunteered at the Northern California Shriners Hospital since it opened in April 1997, contributing more than 5,300 hours to the hospital clinic and thousands of hours in the community supporting both Shriners and Shriners Hospitals for Children.

"When I retired, I knew I wanted an active role in the Shrine, and the best way of doing that was to be part of the clown brigade," said Mr. Norman, who has been a Shriner for over 20 years. "I love to see the looks on children's faces when they see Hare Bear the Clown. If I can be a happy distraction for them, all the better," he said.

When Mr. Norman decided to become a Shriner clown, he said it was easy to come up with a clown name. As a term of endearment, his wife Edna nicknamed him Hare Bear years ago. Now, it is a name that endears him to many of the children who come to Shriners Hospitals for Children, Northern California. To those who know Mr. Norman, aka Hare Bear, his heart is even bigger than his clown shoes.

Source: Shriners Hospitals for Children, Northern California ★



Harry Norman is affectionately known throughout Northern California Shriners Hospital as Hare Bear the Clown. Every Thursday rain or shine, Hare Bear can be found greeting families as they arrive for their clinic appointments. Photo courtesy of Shriners Hospitals for Children, Northern California

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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FAIR OAKS CEMETERY MEMORIAL DAY AND AVENUE OF FLAGS CEREMONY



The Fair Oaks Cemetery District and the Memorial Day Ceremony Committee are finalizing plans for one of the most popular and inspiring Memorial Day ceremonies in the area.

The Seventeenth Annual Memorial Day and Avenue of Flags Ceremony will be held Saturday, May 23, at the Fair Oaks Cemetery, located at 7780 Olive Street, Fair Oaks. The formal ceremonies start at 10 AM. This year's theme is to honor the "150th Anniversary of the Civil War's End", and with special emphasis on our Civil War Veterans.

One Union Soldier of the Civil War is buried in the Fair Oaks Cemetery. He has gone unrecognized for years. Having no immediate family at the time of his death, a headstone was not placed to identify his final resting place.

Chairman of the Fair Oaks Cemetery District Memorial Day Committee, Tom Askins will be the Master of Ceremonies. The main speaker(s) will focus on the Civil War and the processes of restoring national unity.

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

The laying of the wreath at the memorial in honor of over seventeen hundred veterans who are buried in the cemetery, will be done by VFW Post 6158 and American Legion Post 383.

The Fair Oaks Cemetery's Memorial Day Ceremony is a fine example of how we, the community, remembers loved ones and says thank you to our veterans and their families for their sacrifices.

The musical program will consist of Pipers, a Drummer and Recorded Music by a local Disc Jockey. Refreshments will be served at the conclusion of the ceremony by the Orangevale/Fair Oaks Grange & Fair Oaks Historical Society.



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Shaded Ladies at the Parasol Parade



Story and photo by Susan Maxwell Skinner
Carmichael, CA (MPG) - Carmichael Park sprouted an overnight crop of hand-painted umbrellas during the recent "Shades of Carmichael" festival. Among 80 parasols offered for sale was artist Carilyn Moyer's barnyard creation. Admirers are Sadie Massey, Riley Campbell, and Mazzy Tompson. ★

Chamber Donation Supports Nature Center

Story and photo by Susan Maxwell Skinner



CARMICHAEL, CA (MPG) - Representing the Effie Yeaw Nature Center, Betty Cooper (third from left) accepted a donation of \$1,415 from the Carmichael Chamber of Commerce. The learning facility benefited from the Chamber's recent Person of the Year gala. Chamber board members are Shaun Dillon (left), Barbara Safford, and Ed Smith. ★

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To learn more about our pediatricians or to schedule an online appointment, visit dhmf.org/mercymedical/pediatrics.



Northminster Presbyterian Church Offers Vacation Bible School

SACRAMENTO REGION, CA (MPG) - Northminster Presbyterian Church will be offering free Vacation Bible School and Performing Arts on June 8th through June 11th, from 4:30 p.m. to 8 p.m. at 3235 Pope Avenue, Sacramento.

You don't want to miss being a part of sharing stories of courage from the Bible with an Old Western twist. This year, Northminster is combining Vacation Bible School and Music Camp into one fun-filled program for kindergarten through sixth grade students.

This year, Line and Square Dancing, a Western Challenge Course (which includes horse-shoes, cow roping, a shooting gallery, and gold panning), and a Trading Post will be part of the fun. There will be Bible skits and songs and a life-changing mission project. Children will have an opportunity to learn to play one of the following instruments: violin, guitar, ukulele, chimes, and recorders. The church will provide the chimes and recorders. Students must supply their own instrument or

can rent one at any local music store. Participants can also participate in fun jam sessions.

There will be raffle prizes and a light supper provided every night. After the week has concluded, there will be a special worship performance on Sunday, June 14th at 10 a.m. that features the children's newly acquired skills.

To register, call (916) 487-5192, visit www.northminsteronline.org, or join on Facebook.

Source: Gerry Halley ★

SPOTLIGHT ON BUSINESS

Senior Computer School (50 +)

Non Profit, All Volunteer Organization teaches to use the computer in a relaxed, even-paced atmosphere.



Are you a Senior Citizen (50+)? Do you have a Microsoft Windows computer and want to learn how to use it?

Senior Computer School offers computer classes exclusively for Seniors. Core courses include Computer Fundamentals, Word Processing, Internet, and Excel. Each of these classes is six 2 1/2 hour sessions, which meet either in the morning or afternoon on MWF or TTH.

The cost for these core courses is \$30 total for all 6 sessions. The cost includes lessons/manuals. Additional one or two 2 1/2 hour session workshops are offered for \$5 per workshop.

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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Workshops \$5 for each session. Everyone is welcome.

For more information on how to become a Senior Computer School volunteer or to enroll for classes, contact the Sacramento Computer School Learning center at (916) 485-9572 or email to student2917@hotmail.com

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Saturdays 8 am - 1 pm. (Year-round, rain or shine).
- SUNDAY** Carmichael Park Farmers Market
5750 Grant Ave, Carmichael (corner of Grant and Fair Oaks Blvd).
Sundays 9 am - 2 pm. (Year-round, rain or shine).
- SUNDAY** Land Park Farmers Market
4001 21st Street, Sacramento.
Sundays 9 am - 1 pm. (Year-round, rain or shine).
- WEDNESDAY** VA Mather Farmers Market
10535 Hospital Wy, Mather.
Sundays 9 am - 1 pm. (Year-round, rain or shine).
- 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).
- THURSDAY** UC Davis Health System Farmers Market
45th and Y St, Sacramento (UC Davis Medical Center Campus).
Thursdays 3 pm - 7:30 pm. (Seasonal; April 23 - October 29).

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ARIES (March 21 to April 19) You might not like some people's idea of a surprise. But you could be in for a pleasant shock when someone finally sends a reply to a request you made so long ago that you almost forgot about it.

TAURUS (April 20 to May 20) It's a time to expect the unexpected. So don't be surprised if a decision that just recently seemed final suddenly opens up and leaves you with another chance to make an important choice.

GEMINI (May 21 to June 20) Taking a different tack on a work project might rattle some colleagues. But the positive results of your innovative course soon speak for themselves. Celebrate with a fun-filled weekend.

CANCER (June 21 to July 22) Meeting new associates can be awkward, even if you're in a high positive phase right now. Best advice: Make them feel comfortable, and you'll soon forget your own discomfort.

LEO (July 23 to August 22) It's a good time for you social Lions to blow-dry your manes, polish your claws and look like the Fabulous Felines you are as you make new friends and influence the influential.

VIRGO (August 23 to September 22) Expectations run especially

high this week, and you should feel confident in your abilities to take advantage of what might be offered. A colleague has some advice you might find helpful.

LIBRA (September 23 to October 22) A recent flurry of activity leaves you in need of a little breathing space, and you'd be wise to take it. Close family members should have an explanation about an emergency situation that just passed.

SCORPIO (October 23 to November 21) An insensitive act makes a difficult situation more so. But try not to waste either your physical or emotional energies in anger. Move on and let others fill the clod in on the facts of life.

SAGITTARIUS (November 22 to December 21) It's a good time to look into that training program or college course you've been considering. You might have a good place to use those sharpened skills sooner rather than later.

CAPRICORN (December 22 to January 19) Education dominates much of your aspect during this week. You might want to start checking out those summer session courses that could help advance your career plans.

AQUARIUS (January 20 to February 18) Progress often comes in fits and starts. But at least you're moving straight ahead with no backsliding. You should soon be able to pick up the pace and reach your goals in due time.

PISCES (February 19 to March 20) Be wary of a deal that gives confusing answers to your questions. Remember: It's always risky swimming in unknown waters, so you need all the help you can get to stay on course.

BORN THIS WEEK: You have a way of bringing people together and creating close friendships wherever you go.



► Before he became famous as the creator of "Star Trek," Gene Roddenberry was a beat cop for the LAPD. He even wrote speeches for legendary Los Angeles police Chief William H. Parker.

► The U.S.S. Iowa holds the distinction of being the only American naval ship to have a bathtub.

► You might be surprised to learn that light doesn't always travel at the speed of light. When traveling through an atomic gas that is approaching absolute zero in temperature, light can move as slowly as 38 mph.

► Domestic diva Martha Stewart has been struck by lightning three times.



By Sam Struckhoff
EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of May 25, 2015.

PICKS OF THE WEEK



Jeff Bridges in "Seventh Son"

"Seventh Son" (PG-13) --An ancient order of mystical knights once kept the world safe from evil CGI monstrosities, until their numbers dwindled to one. Jeff Bridges stars as the last of the "Spooks," monster slayers who are all the seventh sons of seventh sons. Bridges rambles his way to a little farm, where he recruits Tom, youngest of seven brothers (a bland teenage protagonist played by Ben Barnes, who is well into his 30s). Together, they set out on a formulaic adventure to battle a super-witch (Julianne Moore) and her menagerie of monsters. Much like Moore's archvillain character, this fantasy adventure was sealed away, locked in a purgatory by production wizards, until it stirred within its cage and found its way into our realm. The special effects are impressive, but aging in the barrel has not helped this film ripen.

"The Loft" (R) - Five wealthy urban professionals share a luxurious loft apartment as their secret clubhouse, available whenever one of them has a rendezvous with a mistress or fling. One day, the guys open the loft to find the handcuffed body of a murdered blonde, totally killing the mood. The story is told in flashbacks, as the guys (Karl Urban, James Marsden, Eric

Stonestreet, Matthias Schoenaerts and Wentworth Miller) recount what happened -- in sleazy detail -- to a pair of detectives. Nothing tests the patience more than a movie full of tedious plot twists and set-ups all building to a tragically predictable conclusion. The five dudes are so greasy and unlikable that it's a struggle to feel for their struggles.

"Cut Bank" (R) - Tucked away in rural Montana, Dwayne (Liam Hemsworth) wants to get himself and his peppy blond girlfriend (Teresa Palmer) out of town, but witnesses a murder instead. By total coincidence, he had his video camera rolling and pointed in the right direction when the town's first murder takes place in a canola field. Well, maybe it wasn't a coincidence, and maybe it wasn't a murder -- the plot twists itself into knots, but it's not a tight fit. The movie owes a lot to the Coen brothers, mostly an apology for doing such a poor job of copying " Fargo."

"See You in Valhalla" (R) - A death in the family reunites a bunch of dysfunctional siblings. At first it's awkward, then they bicker, fight, laugh, hug and cry. This should sound familiar by now -- it's been the drama-trope of choice for the past year or so. This time, it's "Modern Family's" Sarah Hyland playing the prodigal daughter, returning home for the funeral of her troubled brother. Her father and two living brothers are waiting with their own bundles of issues, and she also must deal with the latent drama of an old boyfriend she left behind. It's supposed to be a tearjerker drama, so it's a bad sign that the only laudable bit is the cartoonish comic relief (Stevie Howey), but kudos to him.

TV RELEASES
"The Nanny: The Complete Series"
"Major Crimes: Season 3"
"Ray Donovan: Season 2"
"The Wonder Years: Season 3"
"The Rockford Files: Movie Collection -- Volume 2"

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by HEALTHY EXCHANGES Strawberry Chiffon Pie

The word "strawberry" says it all.

- 2 cups fresh whole strawberries
- Sugar substitute to equal 1/2 cup sugar
- 2 tablespoons cold water
- 1 (4-serving) package sugar-free strawberry gelatin
- 1/4 cup boiling water
- 1 cup reduced calorie whipped topping
- 1 (6-ounce) purchased shortbread pie crust

1. Reserve 4 whole strawberries. Chop remaining strawberries. In blender container, combine sliced strawberries, sugar substitute and cold water. Cover and process on BLEND for 15 seconds.
2. In large bowl, combine dry gelatin and boiling water. Mix well to dissolve gelatin. Add gelatin mixture to strawberries in blender. Cover and process on BLEND for 10 seconds. Pour mixture back into bowl. Refrigerate for 30 minutes.
3. Add whipped topping. Mix well to combine. Carefully pour mixture into pie crust. Cut reserved 4 strawberries in half and use to garnish top of pie. Refrigerate for at least 2 hours. Cut into 8 servings.

★Each serving equals: 153 calories, 5g fat, 2g protein, 25g carb., 103mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch/Carbo, 1/2 Fat.

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The Garden Bug Make healthier soil BY BRENDA WEAVER

Protecting soil structure, feeding with nutrients from natural and local sources, and increasing the diversity and numbers of microbes and other organisms living in your soil can be helped by:

1. Adding manures for nitrogen.
2. Composting.
3. Using chickens to mix organic materials into the soil.
4. "Mining" soil nutrients with deep-rooted plants.
5. Planting cover crops.
6. Covering the soil with mulch.
7. Using permanent beds and pathways.
8. Using broad forks instead of power tillers.

Source: www.motherearthnews.com/organic-gardening/how-to-make-garden-soil

top ten AMERICA'S ALL-TIME FAVORITE MOVIES

1. Gone with the Wind
2. Star Wars
3. Titanic
4. The Godfather
5. Lord of the Rings
6. The Sound of Music
7. Dirty Dancing
8. Wizard of Oz
9. It's a Wonderful Life
10. E.T.

Source: Harris Poll

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Handmade Blankets Donated to Children's Receiving Home



Julie Clemens, Betty Johnson, and Betty Meyer show off the finished blankets. Photo by Aegis of Carmichael

CARMICHAEL, CA (MPG) - The residents of Aegis of Carmichael just made some beautiful blankets to donate to the Children's Receiving Home of Sacramento. The residents cut the fleece material into rectangles and then made slits with hand-tied knots. Everyone had a great time working on the project. Two of the residents then went to the Children's Receiving Home of Sacramento and made the donation. Everyone involved was excited and happily fulfilled with joy.

Source: Aegis of Carmichael ★

Successful Meet and Greet for Indian Association of Sacramento



Pictured here (left to right) are Selvi Jana, Venkat Mechineni, Dr. Ami Bera, and Dr. Bhavin Parikh and his wife. Photo by Darshan Divecha

CARMICHAEL, CA (MPG) - The Meet and Greet Program by the Indian Association of Sacramento (IAS) was recently held in Mission Oaks Community Center.

The program started with a welcoming speech by the president of IAS, Mr. Venkat Mechineni. The program was a big success, and many honorable guests attended: Congressman Ami Bera; Assemblyman Ken Cooley; Nilda Guanzon Valmores, executive director of My Sister's House; Darren Suen, Elk Grove City Council

member; K. Venkata Ramana, Consul at Indian Consulate, SFO (Community Affairs); Bobbie Singh Allen, Elk Grove Unified School District board member; Dr. Venu Kondle, nephrologist; Siva Yerramilli, Intel vice president; and Citrus Heights Mayor Sue Frost.

A speech by Dr. Ami Bera was the main highlight of the event, and the panel discussion conducted by Anupriya was very helpful to all the guests in attendance. Mr. Vijaya Bhaskar gave an address about IAS and its

activities. IAS would like to thank Selvi Jana for the beautiful job as MC, Rao Duriseti for working the audio system, and Vinod for the arrangement of food. The food, provided by Ruchi Indian Cuisine, was enjoyed by the guests, and the entertainment by Tithi Goshal during the Social Hour was very well received.

The program concluded with the Vote of Thanks by Bhavin Parikh.

Source: Venkat Mechineni ★

END of the BENCH
by Gerry Scholl

When You're Hot and When You're Not

The softball team is off to a great 6-1 start, the batting average is as good as it has ever been so early in the season, and the Little Leaguer grandson has finally made contact against the dreaded pitching machine. When you're hot, you're hot.

The pickup truck has a cracked windshield, it's going to need tires very soon, and the check-engine light just came on. When you're not, you're not.

Nobody is hotter than the Golden State Warriors these days. In this historic season for the franchise, the Warriors stand at 75-17, overall, after completing their second-round elimination of the Memphis Grizzlies in six games. The "heat-check" games this week in the Western Conference finals against the Houston Rockets should answer the question, "How hot are they?"

The Rockets, in deep trouble in an elimination game in L. A., trailing by 19 points late in the third quarter, have been smoking-hot ever since --- rallying for a shocking victory in that Game 6 by outscoring the Clippers 40-15 in the fourth quarter, and sinking their ship in Game 7 with a convincing win.

The Warriors were in a bit of trouble of their own against Memphis, after shooting just 6-for-26 from three-point distance in back-to-back losses (including an unusual 4-for-21 in the two games by MVP Steph Curry) to fall behind two-games-to-one in that semifinal series. Led by Curry's 18-for-35, the team heated up to shoot 43-for-95 from long-distance, while holding their opponents to an average of less than 86 points, through three straight wins to outclass the Grizzlies and advance.

Looking at a 42-3 homecourt

record heading into the Rockets series for a team that has been on a season-long roll, it's easy for fans to get caught up in the lava flow and lose perspective of the magnitude of this Golden State eruption. The bandwagon-jumpers should absorb some sense of Warriors history by granting the long-suffering fans some time to reflect on the past. Oh, what those people have been through!

The W's reached the playoffs the last three years through their gradual climb into the NBA's version of the Final Four --- but so much has gone on before, since that great time in '74-'75 when they won that one-and-only title. Prior to the recent rise, Golden State made the playoffs once in eighteen seasons --- the so-called "We Believe" season in 2006-07 when Baron Davis, Jason Richardson, Stephen Jackson and Monta Ellis led a mild resurgence, but no one really believed that team could go all the way and it ended with a semifinals exit. It's easy to toss around the dates and the numbers, but how about a further look.

Along the way there were some true warriors --- Purvis Short, Bernard King, Larry Smith, Sleepy Floyd, along with the Run TMC boys of Tim Hardaway, Mitch Richmond and Chris Mullin teamed with Sarunas Marciulonis.

There were a number of bad moves, several serious draft busts, some interesting characters both bad and good, and a plethora of roster-fillers. Robert Parrish's spot was filled with Joe Barry Carroll (Joe Barely Cares). Richmond was replaced with Billy Owens and Chris Weber by Tom Gugliotta. Joe Smith was a No.-1 overall pick. We watched portions of the careers of Ricky Green, Sonny Parker, World B. Free, Chris Washburn, Tellis Frank, Manute Bol, Latrell

Sprewell, Rony Seikaly, Todd Fuller, Vonteego Cummings, Speedy Claxton, Andris Biedrins, Ike Diogu, Patrick O'Bryant and so many others also unworthy of mention. Many of those images, re-imagined, are horrifying.

Over the course of 35 seasons, the Warriors topped the .500-mark only nine times and reached the playoffs six times, and for the most part were bottom-feeders and a laughingstock around the NBA. Keep all that in mind while watching your current Warriors play on.

And while that is going on, your San Francisco Giants are now hot and your Oakland Athletics are not. After a 3-9 start, the Giants have gone 17-9 and climbed into second-place going into the three-game set against the first-place Dodgers this week. How did that go? The Giants were near the bottom of the National League in most offensive stats until scoring thirty runs while taking the last three games of a four-game series (featuring the return of Hunter Pence) at the Great American Launching Pad in Cincinnati. The A's, meanwhile, have the worst record in the American League, have lost a bushel of one-run games, and are committing errors (both physical and mental) faster than general manager Billy Beane can trade away their best players.

Bringing it all back home, the softball team has an opportunity to finish first in the Spring League, there is a reasonable shot at the team batting title and, for the first time ever, the taxes got done on time and a sizeable return has already come in. When you're hot, you're hot. On the other hand, there is a big stack of dirty dishes nearby, a huge pile of laundry to be done, and the grass is getting long. When you're not, you're not. ★

SB 277 Opponents Rally at California Democrats State Convention

Dozens of Participants Switch Party Affiliation to Protest Senate Bill Passage

SACRAMENTO REGION, CA (MPG) - Members of Our Kids, Our Choice (OKOC), a non-partisan, grassroots advocate for parental rights and medical freedom in California, together with other like-minded groups, turned out by the hundreds for a peaceful demonstration against California's controversial vaccine mandate, SB 277 (Pan/Allen). Dozens of OKOC members also participated in a voter re-registration protest at the California Democrats Convention. Disaffected democrats gathered at the Anaheim Convention Center to send a powerful message to their party leadership.

"We've been talking to our Senators for weeks, and many of them are not listening. We hope

that after today, they will take the concerns of Californians more seriously," said Kristen Hundley, a spokesperson for OKOC.

Many OKOC members are concerned that SB 277 denies some children equal access to education, as it would prohibit children from attending school if not fully up to date with their vaccinations.

"Right now all over California there are thousands of families trying to figure out how they are going to homeschool their children; which of the parents will quit their job to stay home, which income is less necessary... trust me, they're not worried about getting a bullet train built, they're worried about how they will survive if this bill goes into effect. So many members of

the California Senate are out of touch with their constituents," noted Krissy Alonzo, an OKOC member.

OKOC members have enthusiastically reached out to their Senators in recent weeks to voice their objection to SB 277. Disregarding the 74% (from a SurveyUSA poll of 1,000 voters conducted in April 2015) of Californians who believe that vaccination decisions should be made by parents, not politicians, the Senate passed SB 277 with a 25-10 vote Thursday, May 14th.

Undeterred, opponents vowed to keep making their voices heard. OKOC is committed to keeping politicians out of the doctor/patient relationship.

Source: Our Kids, Our Choice ★

Memorial Day Travel Highest in Decade

Summer Travel Kicks Off With More than 4.4 Million Californians Expected to Travel

Continued from page 1

holiday travel trends for more than two decades.

Tips to Avoid Air Travel Delays

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- Avoid delay-prone flights. Before you book, make sure you're on a flight that has a decent arrival history.

- Know your airline. Avoid airlines that are known for labor disruptions or major instances where flights have been canceled.
- Book a nonstop flight. If you fly direct, you won't get stuck in a connecting city.
- Fly mornings. Whenever possible, book the first flight of the day. Delays tend to worsen later in the day.

- Leave enough time for

connections. Schedule at least one hour for a connection. Give yourself more time if you have to change planes and go through security again.

- Use small airports. Avoid airline hubs whenever possible. Secondary airports are usually less congested and less prone to delays.

Source: AAA Northern California ★

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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.

Just in Thyme: On Saturday, May 23rd at 10:30 a.m., join guest speaker Shawna Protze from West Coast Falconry as she introduces

you to one of the fastest animals on the planet, the Peregrine falcon. Once on the verge of extinction, the Peregrine falcon population has undergone a remarkable turnaround. Learn all about these fantastic fliers, their comeback, and meet Thyme the Peregrine falcon!

Snakes Alive: On Sunday, May 24th at 1:30 p.m., come explore the variety of snakes that live in the Sacramento area. Is everything you know about snakes really true? Join the Nature Center as they explore the truths behind many of the myths about these ancient reptiles.

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

Source: Effie Yeaw Nature Center ★



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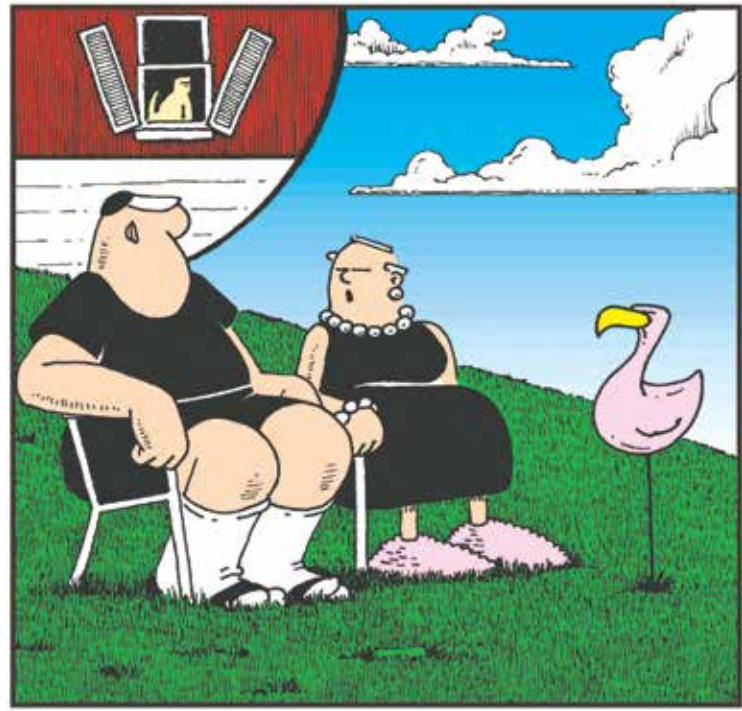
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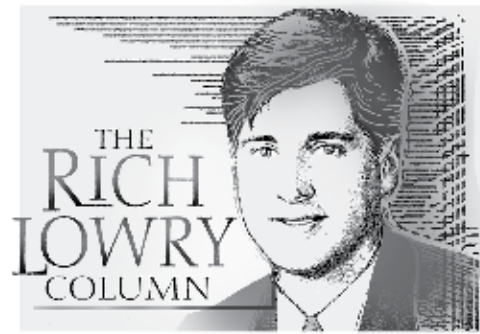
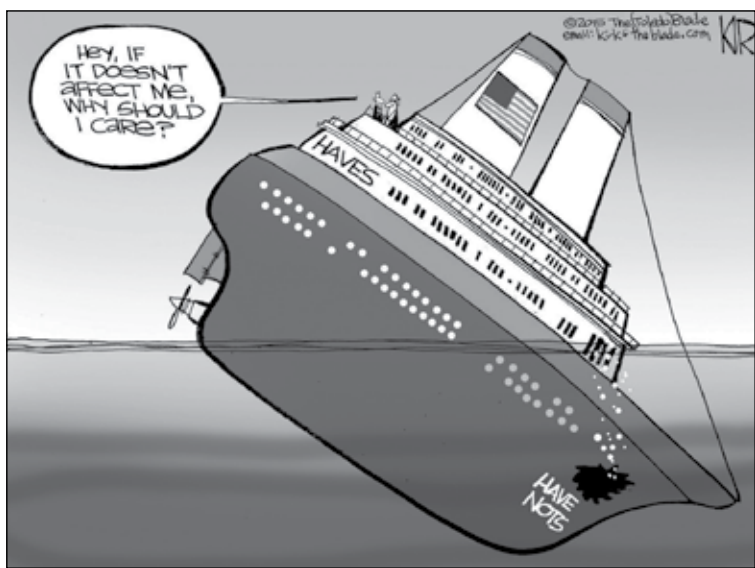
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By Rich Lowry

Baltimore, a Great Society Failure

President Barack Obama responded to the Baltimore riots with a heartfelt bout of self-righteous hectoring. Supposedly, we all know what's wrong with Baltimore and how to fix it, but don't care enough. Not only is this attitude highhanded, it rests on a flagrantly erroneous premise. President Obama doesn't have the slightest idea how to fix Baltimore. His solutions fall back on liberal bromides going back 50 years. Dating back to the Kerner Commission after the riots of the 1960s, the left's go-to solution to urban problems has been more social programs. Since then, we've gotten more social programs -- and just as many urban problems. Exhibit A is Baltimore itself. The city hasn't been "neglected." It has been misgoverned into the ground.

It is a Great Society city that bought fully into the big-government vision of the 1960s, and the bitter fruit has been corruption, violence and despair.

This is a failure exclusively of Democrats, unless the root causes of Baltimore's troubles are to be traced to its last Republican mayor, Theodore Roosevelt McKeldin, who left office in 1967. And it is an indictment of a failed model of government.

The city has been shedding jobs and people for decades, including in the 1990s when the rest of the country was booming.

Baltimore is a high-tax city, with malice aforethought. "Officials raised property taxes 21 times between 1950 and 1985," Steve Hanke and Stephen Walters of Johns Hopkins University write in The Wall Street Journal, "channeling the proceeds to favored voting blocs and causing many homeowners and entrepreneurs -- disproportionately Republicans -- to flee. It was brilliant politics, as Democrats now enjoy an eight-to-one voter registration advantage."

To counterbalance the taxes, they note, developers need to be lured to the city with subsidies, and the developers, in turn, contribute to politicians to stay in their good graces. This makes for fertile ground for the city's traditional corruption.

At the same time, the city has failed at the basic functions of government.

Mayor Kurt Schmoke, in office for three terms beginning in the late 1980s, was notoriously soft on crime. As urban experts Fred Siegel and Van Smith write in City Journal, "During the '90s, tolerant Baltimore's crime rate, much of it drug-fueled, rocketed upward (75 percent of the city's murders were drug-related); tough-on-crime New York's plummeted."

Under Mayor Martin O'Malley's subsequent, more strenuous policing, the crime rate dropped. But it is still a violent city. Baltimore has the fifth-highest murder rate among cities with a population of 100,000 or more.

The schools, predictably, are a disaster, run by and for the teachers unions. On top of all this, two-thirds of births in the city are out-of-wedlock.

What is Obama offering in response to this deep, decades-long decline? Among other things, more pre-K education and job training, even though these programs have a long history of ineffectiveness.

The imperative in Baltimore should be to think and act anew. But the left's takeaway will be that there's an urgent need for more of the same, as Baltimore and places like it continue to rot.

Rich Lowry is editor of the National Review.
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Fat Cat

DEAR PAW'S CORNER: My cat "Sandy" has had a weight problem for a few years now. His veterinarian recommended giving him less food and more exercise, but it hasn't helped. What else can I do? - Craig in Grand Rapids, Michigan

DEAR CRAIG: First, take Sandy in for a complete health evaluation at the vet -- if one hasn't been done lately -- just to rule out any underlying issues. Then, if his health is fine, start re-evaluating his regime.

Like humans, pets can fall into routines where they get far less exercise and eat much more than an owner may estimate. Many pets also are masters at sneaking food when we're not looking. So, here are some tips to help jump-start Sandy's weight loss:

* Follow the vet's recommended feeding amounts exactly. Use a measuring cup.

* If you don't get a recommended amount, follow this guideline for indoor cats: about 20 calories per pound of weight. So, a 10-pound cat needs about 200 calories per day to maintain that weight, while a 15-pound cat needs about 300 calories per day. Lower those calorie amounts slightly -- about 40 fewer calories per day -- for weight loss.

* Double your pet's activity time. Do you swing a toy in front of your cat for 5-10 minutes each evening while your TV shows are on? Make it 20 minutes.

* Reset the routine for both of you. Carve out play or exercise time in the morning and evening.

* Provide your cat plenty of distractions from the food bowl: catnip-laced toys, scratching posts, etc.

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

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FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03144 Carla L. and Gerald R. Sisneros, 7572 Linden Avenue, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "CJ's Cuts 4 Kids" at 7572 Linden Avenue, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County April 15, 2015. Publish: May 1, 8, 15 and 22, 2015. CJSCUTS 150419 5-22-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03348 Shirley Lovell, 7606 Samantha Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Roadrunner Transport Service" at 7606 Samantha Way, Sacramento, CA 95828. Filed with the Clerk of Sacramento County April 27, 2015. Publish: May 1, 8, 15 and 22, 2015. ROADRUNNER 150423 5-22-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03157 Peter Vakulich, 8017 Beethoven Court, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Pet's Tile" at 8017 Beethoven Court, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County April 15, 2015. Publish: May 8, 15, 22 and 29, 2015. PETESTILE 150428 5-29-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-03363 Naycora Griffin-Fauntleroy, 2119 Wyda #6, Sacramento, CA 95825 and Sheila Hunter, 1815 Acari Avenue, Sacramento, CA 95835 are doing business under the Fictitious Business Name(s) "Accurate Ignition Interlock, A.I.I." at 3801 Florin Road, Suite 101, Sacramento, CA 95823. Filed with the Clerk of Sacramento County April 22, 2015. Publish: May 8, 15, 22 and 29, 2015. All 150429 5-29-15

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 FBNF2015-03956 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



Television Listings for the week of May 22-May 27

FRIDAY EVENING

MAY 22, 2015

Table of TV listings for Friday evening, May 22, 2015. Columns include time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, etc.).

SATURDAY EVENING

MAY 23, 2015

Table of TV listings for Saturday evening, May 23, 2015. Columns include time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, etc.).

SUNDAY EVENING

MAY 24, 2015

Table of TV listings for Sunday evening, May 24, 2015. Columns include time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, etc.).

MONDAY EVENING

MAY 25, 2015

Table of TV listings for Monday evening, May 25, 2015. Columns include time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, etc.).

TUESDAY EVENING

MAY 26, 2015

Table of TV listings for Tuesday evening, May 26, 2015. Columns include time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, etc.).

WEDNESDAY EVENING

MAY 27, 2015

Table of TV listings for Wednesday evening, May 27, 2015. Columns include time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, etc.).



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ATHLON SPORTS

INSIDE BASEBALL

A WEEKLY TURN AROUND THE BASES

» BIGGEST SURPRISES IN 2015

» POWER RANKING

» BULLPENS ARE KEY

» MARLINS FIND NEW MANAGER



Starting pitchers Matt Harvey of the Mets (left) and the Astros' Dallas Keuchel are leading their teams to surprising, fast starts this season.

Mets and Astros Biggest Surprises in 2015

Evaluating Teams, Players at the Quarter Pole

The 30 MLB teams will pass the quarter pole this week, and that means it's report card time. We'll take our first glance at the MVP and Cy Young races as well as evaluate some surprising and disappointing teams. As you might recall, at the close of spring training, the predictions you read here included division winners Boston, Detroit and Los Angeles in the American League, and Washington, St. Louis and Los Angeles in the National League. The White Sox, Mariners, Pirates and Giants were tabbed as the four wild card teams.

The National League has pretty much followed form now that the Nationals have righted their ship in the NL East. But there's no doubt that the New York Mets have been the biggest surprise in the league, clinging to a 0.5-game lead over Washington at the close of play on Sunday. The pitching has been the story in New York. The Mets' pitchers have the second-best ERA in the majors at 3.00 behind the Cardinals' 2.87. The staff suffered two major blows in the spring with the injury to Zack Wheeler, which required Tommy John surgery and the suspension of closer Jenrry Mejia for PEDs.

But the return of ace Matt Harvey from Tommy John surgery, and the smoke-and-mirrors act of Bartolo Colon, have given the team a huge lift. The Mets are 11-4 in the two pitchers' 15 starts and the two have combined for an 11-3 record.

Erik Goedel and two Torreses (Alex and Carlos) have combined for 13 holds in front of closer Jeury's Familia, who has yet to blow a save opportunity. Familia has 13 saves and a hold for his efforts.

Five candidates have separated themselves in the National League Most Valuable Player derby. Bryce Harper of the Nationals is the leader at the moment. Harper leads the senior circuit in on-base percentage, slugging, home runs and RBIs. The rising star's injury history is the only red flag in handicapping this race.

Anthony Rizzo of the Cubs, Paul Goldschmidt of Arizona, Adrian Gonzalez of the Dodgers and the Cardinals' Matt Carpenter are all building impressive resumes this season. Rizzo and Goldschmidt likely won't have the natural boost of playing for division winners. Gonzalez leads the NL with 26 extra-base hits and is second in OPS at 1.110. Carpenter has 24 hits for extra bases in just 33 games.

Going into the season, every baseball expert had already handed the NL Cy Young to Clayton Kershaw of the Dodgers. But to this point, he hasn't been the best pitcher on his team, much less the league. Shelby Miller of Atlanta and Kershaw's teammate Zack Greinke are the leaders in the Cy Young race. History suggests that Greinke is more likely to sustain a Cy Young pace than the young Miller.



Charlie Miller
Athlon Sports
Baseball Editor
@AthlonCharlie

The biggest story in the American League has been the play of the Houston Astros. Few expected the rebuilding Astros to contend before next year at best, but Houston owns the best record in the AL—a game better than Kansas City—and is perched 5.5 games better than second place Los Angeles in the AL West. There's no secret to the Astros' success. The team is dead last in the AL with a .229 batting average, and only the Angels and Mariners have lower on-base percentages. Spark plug Jose Altuve is making a run at defending his batting crown with a .323 average. Only one other regular, Jake Marisnick, is hitting above .240. The bullpen has been tremendous. Will Harris, Tony Sipp, Pat Neshek, Chad Qualls and Luke Gregerson

have all done some heavy lifting. The pen owns a WHIP of 0.84 with 127 strikeouts and just 73 hits and 25 walks in 117.1 innings. The Astros know how to win close games. They are 10-2 in one-run games and 3-0 in extra innings.

It is a fair question whether this young team can continue to pile up wins as the pressure of a pennant race intensifies. Only the Angels have shown any semblance of a contender in the AL West, so the Astros may be on their way to their first postseason appearance since 2005.

The usually suspects are emerging in the AL MVP hunt. Mike Trout of Los Angeles, the Tigers' Miguel Cabrera and Nelson Cruz of Seattle. Lorenzo Cain of the Royals may be the best dark horse in the race.

Only three candidates are in the lead pack of the Cy Young race. Favorite Felix Hernandez of Seattle took his first loss of the season this week. Sonny Gray of Oakland has just one loss despite pitching for the worst team in baseball. Houston ace Dallas Kuechel is undefeated (5-0) with a 0.954 WHIP in eight starts.

AROUND THE HORN

How important are bullpens today? The top six bullpen ERAs belong to the six division leaders, led by Kansas City's 1.60 followed by Houston (2.15), St. Louis (2.21), New York Mets (2.59), New York Yankees (2.62) and the Dodgers (2.64). Another contender, Detroit, is seventh at 3.02...The Texas Rangers are the only team that hasn't tossed a shutout this season...Not that Miami Marlins owner Jeffrey Loria has ever really run his club by the book, but Monday's announcement of manager Dan Jennings caught the entire baseball world off guard. Jennings, the team's general manager, has never managed or played at the professional level... According to Baseball-Reference.com, Jennings is the first non-player to manage since Ted Turner's infamous game leading the Braves in 1977. Prior to that, the distinction goes to Judge Fuchs, who managed the Boston Braves in 1929...On Sunday, May 17, there were seven shutouts. Writer David Schoenfield informs us that the only day with more was June 4, 1972 (eight). On Sunday, Shelby Miller's two-hit gem over Miami was the only complete game. Of the eight in 1972, five were complete games, including two two-hitters by Hall of Famer Catfish Hunter and Don Wilson. The total also included two shutouts by Oakland over Baltimore in a doubleheader...Last year's American League Cy Young winner Corey Kluber was off to a rough start in 2015, losing his first five decisions thanks to an ERA north of 5.00. But last week, he found a lineup he could handle. It belonged to the best team in the majors, the St. Louis Cardinals. Kluber allowed just one hit over eight innings and whiffed 18 for his first win...The Atlanta Braves recalled outfielder Todd Cunningham last week and inserted him in left field on Friday. In three games, the 26-year-old posted eight hits in 12 plate appearances. He may be in Atlanta to stay...The Giants welcomed back Hunter Pence to their lineup last week. The inspirational leader began his season 4-for-8, including a home runs and five runs in two San Francisco wins over Cincinnati...And we're still trying to understand just why the Angels were so anxious to rid themselves of Josh Hamilton. Los Angeles left fielders are batting .147 and rank last in the majors in OBP, slugging and OPS. And their designated hitters aren't faring much better, trudging along at a .242 clip with just one homer and 12 RBIs.

NUMBERS GAME

3

Home runs given up to St. Louis by David Price in Detroit's 4-3 win over the Redbirds last week. In seven previous starts, Price had allowed just three homers total.



TURN BACK THE CLOCK

May 20, 1999

Robin Ventura of the New York Mets becomes the first player to hit grand slams in both games of a doubleheader. Four years earlier, Ventura hit two slams in one game for the Chicago White Sox.

TRIVIA CORNER

Last week, two players—Adrian Beltre and Miguel Cabrera—hit home runs No. 400 of their careers. Can you remember the last player before them to hit home run No. 400?



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

TRIVIA ANSWER: On August 27, 2013, Alfonso Soriano of the New York Yankees went deep off of the Blue Jays' J.A. Happ for the 400th homer of his career, the last to do so prior to last week.

Photos: Ross, Landov; Familia, Athlon Sports

ATHLON SPORTS POWER RANKING

- | | | | |
|--------------|--|------------------|--|
| 1. Cardinals | Tim Cooney, Tyler Lyons, now Jaime Garcia takes Waino's spot. | 16. Red Sox | First opponent to win a Felix Hernandez start this season. |
| 2. Royals | Enjoying a 9-3 mark outside division. | 17. Braves | Reaping benefits of the Shelby Miller-Jason Heyward trade. |
| 3. Dodgers | Clayton Kershaw is 2-2, rest of Dodgers starters are 14-4. | 18. White Sox | Showing signs of life by winning nine of last 12. |
| 4. Tigers | Miguel Cabrera just keeps mashing. | 19. Orioles | Mustered just five runs in three games vs. hot Angels. |
| 5. Astros | Batted just .207 last week, but won five of six games. | 20. Reds | Gave up 30 runs in three weekend losses to San Francisco. |
| 6. Nationals | Bryce Harper leading Nationals' resurgence. | 21. Mariners | Total of 17 runs (both teams) in four-game series split with Boston. |
| 7. Cubs | Won eight of 12, now heading west for the week. | 22. Blue Jays | Have scored the most runs in the majors, allowed the second-most. |
| 8. Mets | Top two ERAs in baseball (Mets and Cardinals) begin four-game set. | 23. Rangers | Hit 13 homers in seven games last week. |
| 9. Yankees | Suffered through first four-game losing streak of season last week. | 24. Phillies | Current five-game winning streak lifts team's spirits. |
| 10. Rays | Opponents are batting .228 against Tampa Bay starters. | 25. Diamondbacks | Struggling outside the NL West at with 2-9 mark. |
| 11. Twins | Best record in American League in May (11-5). | 26. Marlins | Miami names Dan Jennings manager. Nope, didn't see that coming. |
| 12. Giants | Enjoying having Hunter Pence back in the lineup. | 27. Indians | Battle of Ohio vs. Reds this weekend at Cleveland. |
| 13. Angels | Won eight of 11 and now visit reeling Blue Jays for four games. | 28. Brewers | Only two series wins all season came courtesy of the Cubs. |
| 14. Padres | Caught Nats at a bad time, now Cubs, Dodgers and Angels on deck. | 29. Rockies | Starting pitchers have completed 21 fewer innings than any other team. |
| 15. Pirates | A.J. Burnett has stopped four- and five-game losing streaks this year. | 30. A's | Only team with more errors (42) than games played (39). |



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There are millions of people in the U.S. who are edentulous (meaning without teeth) who struggle daily with dentures. A majority suffer from discomfort as a result of loose or illfitting dentures. Many prosthetic wearers simply withdraw from any type of social engagement as a result of having to wear their dentures.

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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