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Carmichael Times

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Mail Man Honored for Heroics During Carmichael Siege



Mail carrier Scott Gallegos delivered aid to a woman shot last month on Madison Avenue. He will be honored by the Carmichael community this month at the Carmichael Chamber of Commerce Luncheon.

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Wanting a career with orderly routine, Gulf War veteran Scott Gallegos joined the U.S. Postal service. In his third week as a mail carrier in Carmichael, he found himself covered in blood and being shot at. "It was quite a start to a new job," says the 43-year-old father of four. "Compared to that, anything in the future should be plain sailing."

On May 26th, Gallegos will be honored by the Carmichael Chamber of Commerce for heroism during the April 27th shooting siege on Madison Avenue. Without his actions, a seriously injured woman might have died. "We normally ask

the public to stay out of these situations," said a Sacramento Sheriff's sergeant. "But there's no doubt (Gallegos) acted at the right time and with the right heart. Time was a big issue for the woman. Without his assistance, the outcome might have been very different."

"I'm not a hero," says Gallegos. "But I know I was put there for a reason that day. I thank God I was there and I thank God (the wounded woman) is safe. I'd like to meet her one day and tell her she's the strongest woman I ever met, to survive what she went through."

Still on probation in his new job, the mail man was making deliveries on a quiet Monday morning. In the 6000 block of

**"I'm not a hero ...
But I know I was
put there for a
reason that day."**

— SCOTT GALLEGOS
U.S. POSTAL CARRIER

Madison Avenue, a car stopped beside his van. "A woman got out and banged on my window," he recalls. "She was drenched in blood from neck down. I opened the door and she begged me to take her to the hospital. Then she started to fade. I jumped out and sat her down. I saw the gunshot wound on her abdomen so I

took off my shirt and used it to apply pressure. I got out my phone and called 911."

Learning the shooter was still at large, Gallegos dragged the woman to shelter behind his vehicle. "She kept fading in and out," he says. "I told her to stay with me; help was on the way. We were both covered in blood. Then I suddenly noticed another wound: a big hole in her neck. When the police pulled up, I had one hand on her neck, the other on her abdomen." Gunshots then issued from a duplex across the lane. With dozens of Citrus Heights Police, Sheriff Department deputies, and CHP and SWAT officers now involved, the situation was more frightening than

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From Farm to You: Sac County Food Scene

SACRAMENTO COUNTY, CA (MPG) - Whether you love a good burger and a sizzling basket of garlic fries or you prefer a lightly braised salmon with a fresh apple walnut salad, Sacramento County has the food your taste buds crave. As America's Farm-to-Fork capital, "foodies" and those interested in unique cuisine are finding favor in the River City where the food scene is growing.

One of the most popular up-and-coming food scenes is the food truck. Sacramento Mobile Food (SacMoFo) holds events almost daily throughout the county, where food trucks present a variety of cuisine options, such as the weekly Truckin' Tuesday lunch meet-up at 15th and Capitol in the Rose Garden. From 11 a.m. to 2 p.m. every Tuesday, people crowd around trucks for Thai cuisine, boba, burgers, ice cream, smoothies, tacos, specialty hot dogs, and kettle corn, to name a few. According to SacMoFo, 28% of people who see a food truck decided to purchase from that truck. Nevertheless, food trucks are more than just good food; they also support the local community by purchasing local products and produce.

If gourmet is more your style, Sacramento has walking food tours. The Gourmet on K Culinary Walking Tour leads people on a tour to discover what is "hot" at local restaurants that specialize in Farm-to-Fork ingredients. The tour takes participants to different stops along downtown K Street, offering tastings of items like locally sourced kale greens with apples, walnuts, and a house dressing, or even desserts like green tea French macaroons.

Every year Sacramento County also has a wide variety of food-focused festivals. The Courtland Pear Fair has been a Delta tradition since 1972. With pear pies, jams, preserves, and more, it is a great way to taste sweet, delicious pears from the beautiful Sacramento River Delta. Fair Oaks features the Chicken Festival every year, celebrating the Fair Oaks' history in citrus

Continued on page 4

Local Students Get First-Hand Experience Improving Pollinators' Habitats

CARMICHAEL, CA (MPG) - Almost 200 kindergarten through third grade students from California Montessori Project (CMP) in Carmichael teamed up with U.S. Fish and Wildlife Service (USFWS) scientists to assist native pollinators by improving the local habitat at Koobs Nature Center on Wednesday, May 6th and Thursday, May 7th.

USFWS scientists and a few parent volunteers from CMP were on hand, including Leigh Bartoo of the USFWS's Bay-Delta office, the liaison for the USFWS with CMP and Koobs Nature Center.

Scientists guided the children in planting native California flowering plants, and the students learned about native pollinators. The habitat improvement occurred at a registered Monarch Stopover site.

Every hour, a class rotated through the planting and activities at the nature

area. The scientists discussed pollinator insects, native plants, and local California habitat. Working with a few students at a time, the scientists explained how the children were making a difference with this project. Each child planted a few young milkweeds themselves, which, when completed, will create a native wildflower field. When not planting, the children enjoyed activities in the nature area related to identifying and observing pollinators.

The Koobs Nature Center is a local five-acre environmental education site as well as a Vietnam Veteran's memorial, and is heavily utilized by classes at CMP as well as other local groups. A display of native insect pollinators was on hand from the Bohart Museum of Entomology from UC Davis, as well as a variety of other displays and items.

Source: U.S. Fish and Wildlife Service ★



Kindergarten through third grade students from California Montessori Project in Carmichael worked to improve the local habitat for pollinators at Koobs Nature Center. Photo by Steve Martarano, USFWS

Business Profile: Woodworker Life Coaching

Create the Life You Deserve

By Shauna Boyd

CARMICHAEL, CA (MPG) - Julie Woodworker Hubbs has been a resident of Carmichael for over 25 years. She is a Carmichael Elk and serves on the board for the Carmichael Chamber of Commerce. She participates in many volunteer opportunities and is also a board member for the United Way's Fit Kids program. After more than 20 years in a career in Mental Health and Social Services in Yolo County, now Hubbs wants to enhance her local community. Her desire to give back to the community and improve the lives of her neighbors led her to her new venture: Woodworker Life Coaching.

Woodworker Life Coaching now has a new office in Carmichael at 5740 Windmill Way, Suite 11, Carmichael, CA 95608. Services are offered individually or in groups, and the goal is to empower others to live their best lives by helping clients of all ages break self-defeating habits. Woodworker Life Coaching can help you find the keys to being the best you that you can be.

With a mixture of coaching, consulting, and motivational speaking, Woodworker Life Coaching can help you bring more joy into your life, reduce the negative impacts of stress, and create the life you deserve. A variety of workshops are available, including a Fundamental Life Skills workshop; a Youth Self-Empowerment workshop; Emotional Eating Groups, which address relationship issues with food; and an Anti-Bullying workshop.

Hubbs also offers Java with Julie, a monthly discussion group for seniors in which Hubbs visits assisted-living facilities. Hubbs also works with people who are overwhelmed by their things and have too much stuff cluttering their lives.

She will also work with clients who have a deep anxiety



Woodworker Life Coaching now has a new office in Carmichael at 5740 Windmill Way, Suite 11, Carmichael, CA 95608. Photo courtesy of Carmichael Chamber of Commerce

when interviewing for jobs. When employers are hiring, Hubbs is often asked to sit in on interview panels, providing consultations and advice. And if you own a business



Julie Woodworker Hubbs has been a resident of Carmichael for over 25 years. A desire to enhance her local community led to her new venture: Woodworker Life Coaching. Photo courtesy of Julie Woodworker Hubbs

and are having issues with employees, such as attitude problems or lack of motivation, Hubbs can travel to your office and address the

issue individually or with the entire team.

Another major focus for Hubbs is domestic violence and the PTSD that can accompany such experiences. She is a motivational speaker on escaping and recovering from violence and works with people who have escaped violent environments. She is currently writing a book on the subject.

The goal of Woodworker Life Coaching is not to change the essence of who someone is, but to help people access their full potential and become their best selves. Hubbs said her goal is to help people "slow down, calm down, and empower themselves to be their best." According to Hubbs, the goal is not perfection, but just doing your best. "I work with clients who want to work and are ready to dedicate themselves to making changes," said Hubbs.

For more information or to schedule a consultation, call (916) 572-6619 or visit www.woodworkerlifecoaching.com.

Source: Julie Woodworker Hubbs ★

Local Young Professionals Help Build Habitat Housing



SACRAMENTO REGION, CA (MPG) - Scott Katzenbach (left) and Caitlin Wong (right) of United Way's Young Leaders Society work with Natalie Obeid (center) of Habitat Young Professionals to paint boards for Habitat for Humanity of Greater Sacramento's largest project to date on Indian Lane in Sacramento. Twenty-five young professionals from the two groups recently joined together to volunteer on the project that will include 14 LEED-certified affordable single-family homes.

United Way's Young Leaders Society is a diverse group of young professionals ages 21-40 that is focused on philanthropy and service in the greater Sacramento region. Members are committed to investing in health and education opportunities for students by volunteering their time, mobilizing social networks, and raising money for a specific community impact project. For more than 90 years, United Way California Capital Region has brought together nonprofits, businesses, donors, volunteers, community leaders, and more to meet the community's

greatest needs, give immediate aid, and find lasting solutions for future generations. United Way mobilizes members of the community to be first responders in repairing the education level, financial stability, and health of everyone in Amador, El Dorado, Placer, Sacramento, and Yolo counties through donation and volunteer opportunities. To donate or volunteer, visit www.yourlocalunitedway.org.

Habitat Young Professionals is made up of socially conscious professionals ages 21-40 who raise money, volunteer, and create awareness for the work of Habitat for Humanity of Greater Sacramento. The group offers a combination of social and professional networking events, community outreach, and volunteer activities that support the building of Habitat homes for qualified, hardworking low-income families in the Sacramento area. For more information, visit www.habitatgreatersac.org. Photo courtesy of Kristin Thébaud Communications

Source: Kristin Thébaud Communications ★



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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From Farm to You: Sac County Food Scene

Continued from page 1

groves and olive orchards. With great food, vendors, and history, this festival is a great way to taste what makes Sacramento County so unique.

Sacramento County's Farmers Market season has begun and for those who want to really get up close and personal with their local foods, Sacramento County has roughly a dozen certified farmers markets. With at least one market hosted nearly every day of the week, people are welcome to meet the producers and farmers who grow the food we consume. With access to fresh seasonal produce and goods, farmers markets are the ultimate in farm-to-fork experience.

On September 26th, 2015, Sacramento will celebrate the annual Farm-to-Fork Festival. This festival aims to spread awareness about the region's local food production, consumption, and sustainability. People



As America's Farm-to-Fork capital, "foodies" and those interested in unique cuisine are finding favor in the River City where the food scene is growing. Photo courtesy of Sacramento County

can experience live music; cooking demonstrations; a kids' zone; interactive booths from local grocers, farmers, and ranchers; and most importantly, local food, wine, and beer from regional eateries. This year's event is expected to exceed the 35,000 attendants reported last year and

is a great way to share the area's diverse food cultures utilizing locally grown items. Check out two popular websites that feature the local food scene: www.sacfoodies.com and www.sacatomato.com.

Source: Sacramento County ★

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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SATURDAY

Historic Folsom Farmers Market
915 Sutter St, Folsom (Historic Folsom Public Plaza). 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 be a bit shaken by a friend's request. But before the Lamb leaps to conclusions, insist on a full explanation. You still might say no, but at least you'll know what you're saying no to.

TAURUS (April 20 to May 20) Seeing red over those nasty remarks by someone with an ax to grind? Of course you are. So get out there and give your supporters the facts they need to get the truth out.

GEMINI (May 21 to June 20) A changing situation should get you to reassess your vacation plans and make any adjustments as soon as possible. And don't fret -- the change most likely will turn out for the better.

CANCER (June 21 to July 22) Don't put off dealing with any negative feelings that might be left over from a recent confrontation. The sooner all is resolved, the sooner you can move forward with fewer complications.

LEO (July 23 to August 22) Leos and Leonas might feel the urge to redecorate their dens, and that can turn into a good opportunity to strengthen family ties by putting the whole pride to work to make it happen.

VIRGO (August 23 to September 22) Look for the most efficient

way to get a job done quickly and well. Taking more time than you need to make it look more challenging is a short-sighted move you might regret later on.

LIBRA (September 23 to October 22) Travel remains strong in your aspect. And this time, it could involve someone traveling a great distance to come to see you. Meanwhile, an important matter suddenly could need your attention.

SCORPIO (October 23 to November 21) A workplace situation becomes a lot more bothersome than you'd expected. Be careful not to be pulled into all that anger. Look for support among others who also want to avoid trouble.

SAGITTARIUS (November 22 to December 21) Cheer up, lonely lovers, wherever you are. Just when you thought you'd been deleted from Cupid's database, the chubby cherub proves that's just not so. Congratulations.

CAPRICORN (December 22 to January 19) A casual relationship could take a more serious turn. Are you ready for it? Your stars say you are. Paired Sea Goats also will find a renewed richness in their relationships.

AQUARIUS (January 20 to February 18) Meeting a collaborator with new ideas seems to be a dream come true. But for both your sakes, be sure all your legal i's are dotted and t's are crossed before you start working together.

PISCES (February 19 to March 21) A romantic overture flatters the usually unflappable Fish. But since it's a sincere from-the-heart gesture, go ahead and enjoy it. A minor health problem responds well to treatment.

BORN THIS WEEK: You have the warm heart of a Taurus and the sensitivity of a Gemini. You would make a wonderful leader. So go ahead: Run for office.



It was a man named Thomas Jones who made the following sage observation: "Friends may come and go, but enemies accumulate."

In 2007, researchers using Google Earth discovered the world's largest beaver dam. Located in the wilderness of northern Canada, the dam is more than a half-mile long at 2,790 feet; experts estimate the structure was started in the mid-1970s.

If you're a resident of Ohio, please keep in mind that in that state, it is illegal to get undressed in front of a man's portrait.

top ten
INSURANCE CLAIMS FOR HAIL

1. Texas
2. Illinois
3. Colorado
4. Missouri
5. Nebraska
6. South Carolina
7. Pennsylvania
8. Iowa
9. South Dakota
10. Kansas

Source: State Farm



By Sam Struckhoff
EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of May 18, 2015.

PICKS OF THE WEEK



Bradley Cooper "American Sniper"

"American Sniper" (R) - Chris Kyle (Bradley Cooper) was the most lethal sniper in American history, serving four tours in Iraq and earning himself the nickname "Legend." This Clint Eastwood project draws on Kyle's autobiography to show how war takes its toll, even on those who seem un-touchable. The larger political context of the war is kept to the margins, keeping the focus tight on the film's protagonist.

It's a work of gut-wrenching fiction crafted from an incredible true story. The film has worked as a political Rorschach test -- drawing criticism from both ends of the spectrum for perceived propaganda. As a story about a man in an extraordinary situation, Eastwood's direction clutches tight around the heart and hands over a satisfying drama with sledgehammer action sequences.

"Leviathan" (R) - This tragedy of modern-day suffering paints a harsh picture of life in Russia and the institutions there. Kolya is a struggling mechanic who lives on a bit of coast in a remote, blue-gray fishing village. The mayor is an old-fashioned bully who wants Kolya's land, and he has a posse of vodka-soaked cops who have no problem pushing around their countrymen. Kolya calls in his friend Dmitri, a

lawyer from Moscow, to help him stand up to the powers that be. The human suffering and melancholy are so rich, that they could only come from a Russian-made film indicting corruption in Russian institutions. "Leviathan" kicked up quite a bit of controversy in the Motherland, where officials are putting out new policies to make sure that there isn't fodder for another film that hits this hard.

"Hot Tub Time Machine 2" (R) - With a we're-barely-even-trying kind of attitude, the first "Hot Tub Time Machine" produced some easy laughs, as a bunch of misfit dudes get sent back to 1986, cycling through crass, nostalgic and random jokes. This time around, the one-dimensional characters are wearing thin, and now there's a plot we're supposed to somehow care about. After starting over in 1986, the guys use their knowledge of future trends, hits and gadgets to make themselves rich. Lou (Rob Corddry) gets shot in the crotch, initiating a chase through time. Instead of rapid-fire random jokes, we get a few juvenile gags stretched to capacity.

"Girlhood" - In a bleak housing block somewhere in one of the unphotogenic corners of Paris, 16-year-old Marieme (Karidja Toure) struggles to get through each day taking care of her family and nursing the wounds from her heavy-handed abusive older brother. Her grades are so low that she decides to drop out, and to her relief, she finds three comrades who make her feel alive and valuable. Marieme gets deeper and deeper into risky behavior, and starts going by "Vic." It's a gripping and realistic drama, navigated by an amazing non-actor in the lead role.

TV RELEASES
"Orange Is the New Black Season 2"
"Call the Midwife: Season 4"
"Glee Season 6"
"American Dad Volume 10"
"Boardwalk Empire: CSR"
"The Larry Sanders Show - The Complete Series"
"NewsRadio - The Complete Series"

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by HEALTHY EXCHANGES

Macaroni-Kidney Bean Salad

An unusual salad that is also unusually good!

- 1/2 cup Kraft fat-free mayonnaise
- 1/4 cup sweet pickle relish
- 1/8 teaspoon black pepper
- 1 1/2 cups cooked elbow macaroni, rinsed and drained
- 1 (8-ounce) can Bush's red kidney beans, rinsed and drained
- 3/4 cup finely chopped celery
- 2 hard-boiled eggs, chopped

1. In a medium bowl, combine mayonnaise, pickle relish and black pepper. Add macaroni, kidney beans and celery. Mix well to combine. Fold in chopped eggs.

2. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Serves 6 (1/2 cup).

TIP: Usually 1 cup uncooked macaroni cooks to about 1 1/2 cups.

★Each serving equals: 135 calories, 3g fat, 6g protein, 21g carb., 232mg sodium, 3g fiber; Diabetic Exchanges: 1 Starch, 1 Meat.

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The Garden Bug
Opossum facts BY BRENDA WEAVER

Opossums can benefit your garden. They eat cockroaches, crickets, beetles, rats, mice, frogs, snails and slugs. They also eat carrion, garbage and over-ripe fruit and vegetables, and will eat pet food and bird seed if found outside. Rabies is very rare in opossums, perhaps because they have a lower body temperature than other warm-blooded animals.

Source: www.humanesociety.org, www.yukozimo.com, www.opossum.org, wdfw.wa.gov

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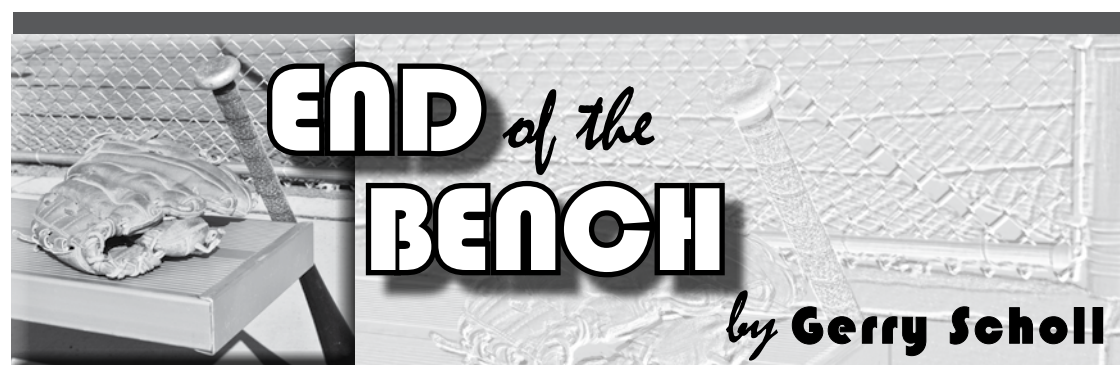
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END of the BENCH

by **Gerry Scholl**

Everybody Hurts Sometimes

First thing in the morning—when REM has passed and your dreams and nightmares have subsided—you start to come around and before you get out of bed you take inventory.

The hips are sore, the back's really stiff and the hammies are kind of crampy. Stretch the legs out of the fetal position and the ankles snap. Sit up on the edge of the bed, rotate the head and the neck crackles. Rise up ever so slowly and both knees pop—that's why they call you "Pops."

Everything seems to hurt sometimes. Your energy level seems a bit deflated. You never feel like a million bucks anymore, and if you did you wouldn't want to have to hand it over to the NFL.

After dealing yet another blow to the image of the NFL, the New England Patriots must hand over a million in loose change to the league as a result of the Deflategate findings. What is really going to hurt the reigning NFL champions is the four-game suspension imposed upon four-time Super Bowl winner and MVP quarterback Tom Brady, along with the loss of next year's first-round draft pick and a fourth-round selection in 2017. All that for letting a little air out of some footballs.

We used to do that as kids in the wintertime—so the football wouldn't be so hard, and harder to hold, throw and catch. Makes sense. But the NFL has rules about that. The Patriots continue to build on their reputation for breaking the rules (remember Spygate?). All indications are that the Pats (who have accumulated some remarkable statistics with regard to a lack of fumbles) have implemented the practice for some time, creating an unfair competitive advantage. The league has elected to make an example of the Patriots—making the point that its rules are not meant

to be broken by coming down hard on its uncooperative title team and star quarterback.

Finally, the team that many football fans love to hate and Teflon Tom have taken a hit. The protective covering around Brady has been scratched and some toxic fumes have been released. Wife Gisele always makes sure Tom looks like a million bucks, but now his legacy will forever include an indelible black mark. He has plenty of reasons not to feel any pain, but still it's just too bad to have a permanent asterisk attached to his career.

Kevin Durant, Serge Ibaka, Kevin Love, Chris Paul, Mike Conley, John Wall, Chris Bosh, Wesley Matthews, Pau Gasol, Kyrie Irving, Chandler Parsons, Patrick Beverley, Jabari Parker, Thabo Sefolosha, Jae Crowder, Anderson Varejao, Taj Gibson, Arron Afflalo—that is not an All Star list, but a list of injured impact players in the NBA whose injuries have affected their teams' drives toward or into the playoffs this season. For some teams, like the Oklahoma City Thunder and the Miami Heat, their chances of getting in were all but eliminated because of injuries. For others, their chances of advancing were greatly curtailed.

Some teams still alive in the playoff tournament have star players—such as Paul, Conley, Irving—enduring through injuries, though their effectiveness has been compromised.

The Golden State Warriors, who fell behind two-games-to-one in their second-round series against the Memphis Grizzlies and had their pride damaged while losing Game Two at home (where they went 39-2 during the regular season), had been rolling along injury-free until reserve Marreese Speights hurt his calf in

Game Three. David Lee filled in admirably in Game Four when the Warriors evened the series with a 101-84 win to even things at 2-2 and regain home-court advantage. Sometimes survival-of-the-fittest affects the eventual outcome through the long NBA Playoffs.

Yasiel Puig, Kenley Jansen, David Wright, Charlie Morton, Patrick Corbin, Matt Weiters, Justin Verlander, Alex Avila, Shane Victorino, Jason Vargas, Alex Rios, Jose Reyes—that's not an All Star roster either, but a list of top-tier injured players in Major League Baseball.

The struggling Oakland Athletics' pitching staff (10th in AL ERA at 4.18; second in most walks allowed) is still missing Jarrod Parker, A.J. Griffin and Sean Doolittle. Without Sonny Gray (4-0, 1.65) the A's, in last place through Monday at 12-22 and already nine games behind the Houston Astros (that's right, the Astros!), would be mired even deeper in the AL West cellar with absolutely no hope of getting out. Way to go this time Billy Beane.

Meanwhile, the San Francisco Giants' offense has been hurting but they have been able to tread water waiting for injured star outfielder Hunter Pence to fully recover from a broken arm in spring training. He may be close to completing his rehab with the Giants' new minor league affiliate, your Sacramento River Cats. Starting pitchers Jake Peavy and Matt Cain are also still missing in action.

The lengthy injury list is always just part of the deal. Like the rest of us, those people just have to play through the pain. They think that they are hurting now; just wait until they try getting out of bed thirty years or so down the road. ★

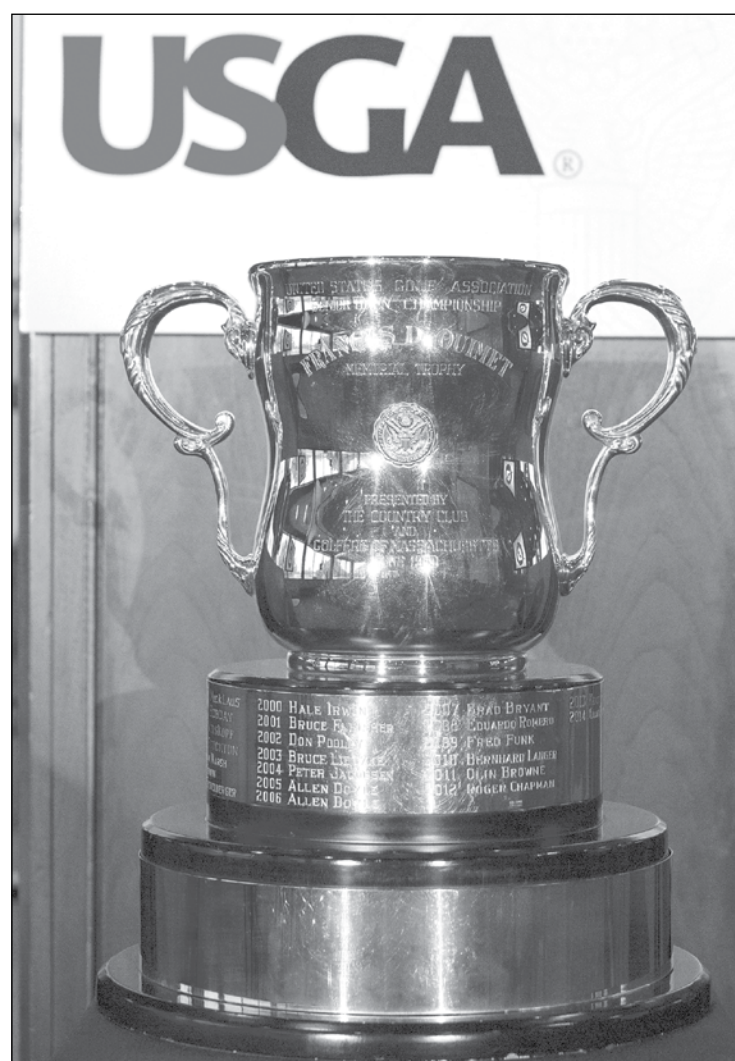
U.S. Senior Open Drives into Town in June

By Ben Barber

SACRAMENTO REGION, CA (MPG) - It's been over 30 years since the United States Golf Association (USGA) visited town, and with its return this June to the Del Paso Country Club (DPCC) for the 2015 U.S. Senior Open comes a variety of buzz and anticipation. This will be the first U.S. Senior Open to be conducted at the DPCC with the last USGA event being the U.S. Women's Open back in 1982. Fans will be privileged to watch Masters Champion Fred Couples, Corey Pavin (1995 U.S. Open Champion), Miguel Ángel Jiménez, Paul Goydos, and more compete for the largest Championship title of this year's open tour.

Director of Championships for the USGA, Matt Sawicki, announced that children 17 and under will have free entry with any ticketed adult. Ticketed adults can bring up to nine kids to enjoy the world-class event. "There's not another professional sport out there where you can buy a general admission ticket, sit in the front row of the grandstands, be on the rope line, and be within an arm's length of professional athletes," said Sawicki. Although 2,500 volunteers are already registered, another 200 could be supported, a great opportunity to be a part of a world-class event.

With the return of the USGA to Sacramento comes a flood of economic impacts with conservative numbers in the \$20 million range—a huge influx of new monies to Sacramento County. An estimated 25,000 hotel room nights will be needed over the course of the event



Golf pros will compete for the honor of having their name inscribed on the Senior Open Championship Cup. With the return of the USGA to Sacramento comes a flood of economic impacts with conservative numbers in the \$20 million range—a huge influx of new monies to Sacramento County. An estimated 25,000 hotel room nights will be needed over the course of the event hosting the roughly 8,000 travelers coming and going through our various airports. Photo by Matthew Moores

hosting the roughly 8,000 travelers coming and going through our various airports. Sales tax dollars alone are estimated to be over \$1 million.

The USGA has been working with the DPCC for the past three years to prepare for this mainstream event, aiming to have a minimal impact on local residents and improving roads and

infrastructure to support the scale of the event, allowing for maximum ease.

The event will be broadcasted by Fox, providing 20 hours of coverage for those who might not be able to make it to the course. Coverage begins June 23rd and carries through the 28th. ★

St. Ignatius Loyola Parish Hosts 20th Holy Strokes Golf Tournament

By Linda Harper

CARMICHAEL, CA (MPG) - Saint Ignatius Loyola Parish School Alumni Association is sponsoring the 20th Annual Holy Strokes Golf Tournament on Monday, May 18th at North Ridge Country Club, 7600 Madison Avenue, Fair Oaks. Proceeds from the event will benefit the Saint Ignatius School Tuition Assistance Program.

The fun begins at 11 a.m. with registration and open driving range. At 11:30 a.m., a putting

contest will be held. Lunch will follow, and the tournament will begin with a shotgun start at 1 p.m. There will be a reception and banquet at 5:30 p.m. at the country club for alumni, family, and friends.

Saint Ignatius Loyola Parish is proudly celebrating 61 years in the Carmichael community. They are proud of its school and the students who attend. An active, robust parent's association works with school administrators and teaching staff to provide fun activities

and fundraising opportunities throughout the school year. For more information regarding Saint Ignatius Loyola Parish School, call (916) 488-3907.

What better way to spend a Monday than on the Golf Course having a great time to benefit a good cause? Sponsorships and team and individual reservations for the Holy Strokes Gold Tournament are still available online. Visit www.stignatiussac.org or call Mark Warren at (916) 844-9037. ★

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.

Birding for Families: On Saturday, May 16th at 10:30 a.m., bring the family out for a birding and nature walk led by a naturalist and special guest guides from the Sacramento Audubon Society. Birdwatchers of all levels are welcome. Make sure to bring your binoculars, or the Nature Center can loan you a pair.

Gifts from Mother Earth: On Sunday, May 17th at 1:30 p.m., learn the skill of making abalone necklaces to create a one-of-a-kind piece of jewelry from Mother Earth. Keep your gift for yourself or share it with someone special!

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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"Kids Don't Float" Life Vest Program is Underway

SACRAMENTO REGION, CA (MPG) - The Sacramento region has experienced unseasonable warm weather over the past few weeks, sending families and adults flocking to our beloved waterways. The American River Parkway Foundation began installing the Kids Don't Float boards on March 30th, 2015. The American River Parkway Foundation has unveiled its Kid's Don't Float program two months early. The lifesaving program allows individuals

to borrow a life jacket while they are enjoying Sacramento's waterways. In 2008, the Sacramento County Board of Supervisors adopted an ordinance requiring life preservers for access to the public waters within the County of Sacramento. The ordinance reads in part, "It is unlawful for any parent to permit his or her child under the age of thirteen (13) in his or her care to access any public waters unless such child is wearing a

life preserver." Violation of the ordinance is punishable by a fine of \$500 and/or six months in jail. From now through Labor Day, the life vest stations will be re-supplied and inspected twice a week by the Drowning Accident Rescue Team (DART), Sacramento Metro Fire, and Sacramento County Park Rangers. The station locations include Discovery Park (two sites), Ancil Hoffman Park, Howe Avenue river access, Watt

Avenue river access, Paradise Beach, River Bend Park, and Sunrise river access. Each station offers 20 life vests in various kid sizes. Executive Director Dianna Poggetto said the Foundation will spend \$10,000 to purchase new life vests. "There are going to be a lot of people heading to

the river in the coming weeks and, with the current conditions, practicing water safety rules and wearing life vests will be even more critical in preventing drowning accidents." Cyclists, runners, picnic-goers, and nature lovers are among the more than eight million people a year who use

the Parkway for various recreational activities. For more information on ARPF volunteer and donor programs, please see www.arpf.org or call (916) 486-2773. Source: American River Parkway Foundation ★

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 - *Elected twice in the '80s
 - *Popular along with shoulder pads
 - *___ Zeppelin, broke up in 1980
 - Mountain lake
 - *Blake Edwards comedy with Julie Andrews
 - Editor's oversight
 - Fate
 - Like a devoted fan
 - *1981 flick with George C. Scott and Timothy Hutton
 - Clingy one
 - Famous French couturier
 - Highest point, pl.
 - Greek god of war
 - Clown act
 - Japanese stringed instrument
 - Stretched ride
 - Twinning package
 - Fill to excess
 - Goes with sin and cos
 - Argument
 - *___-been
 - *Often carried on shoulder
 - *1980s Olympic city
 - Sac enclosing embryo, pl.
 - Anger or wrath
 - Less wild
 - Soil for cultivation
 - Sailor's assent
 - Clear the blackboard
 - Eye affliction
 - Albanian money
 - As opposed to owns
- DOWN
- *TV's friendly alien
 - Den
 - Marine eagle
 - Relating to uvea
 - Walmart competitor
 - *Location of hostage crisis
 - *Ted Turner's TV addition
 - Brazilian dance
 - Deep wound
 - *___ Welchel of "Facts of Life"
 - Purse to match a gown
 - Ogler
 - Woody polymer
 - Temples' innermost sanctuaries
 - Aggravate
 - At or near the top
 - *Assassinated Egyptian President
 - Sheep-like
 - Plants and animals
 - *"Brat ___"
 - Navy commando
 - Like Boy Scout's badge
 - Organ swelling
 - *Youngest heavyweight champ
 - Small quantity, especially of a liquid
 - Stiff hair
 - Bantoid language
 - *"Rock the ___" by The Clash
 - Government Printing Office
 - Resurrection Sunday
 - Relating to axis
 - Close call
 - *"Harvey's Wallbangers" were good with them
 - Bypass
 - *"For Your Eyes ___"
 - Dust allergy trigger
 - They will inherit the earth?
 - Middle Eastern sultanate
 - Used to be wild?
 - Marbled bread
 - Hi-___

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8			1		4	3		

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

For Solutions See Page 9

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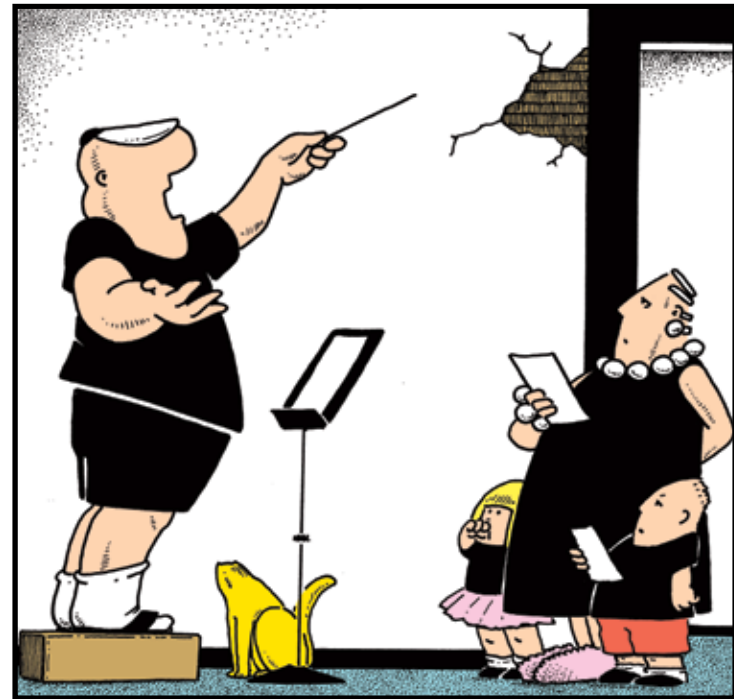
Frank and Steinway by Wil Panganiban



Tundra by Chad Carpenter



Friday Morning by Brad Diller



Speckticles by Bill Abbott



"What kind of deal can you give me on 7 or 8 trillion of those collars?"

Tastes Like Chicken BY JOSH ALVES



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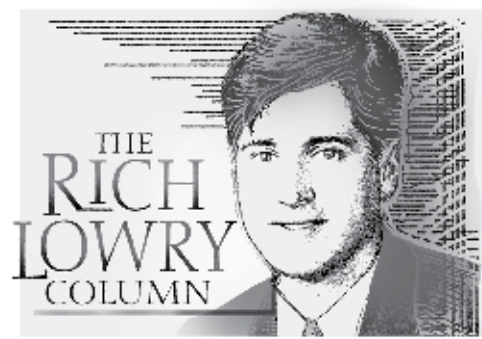
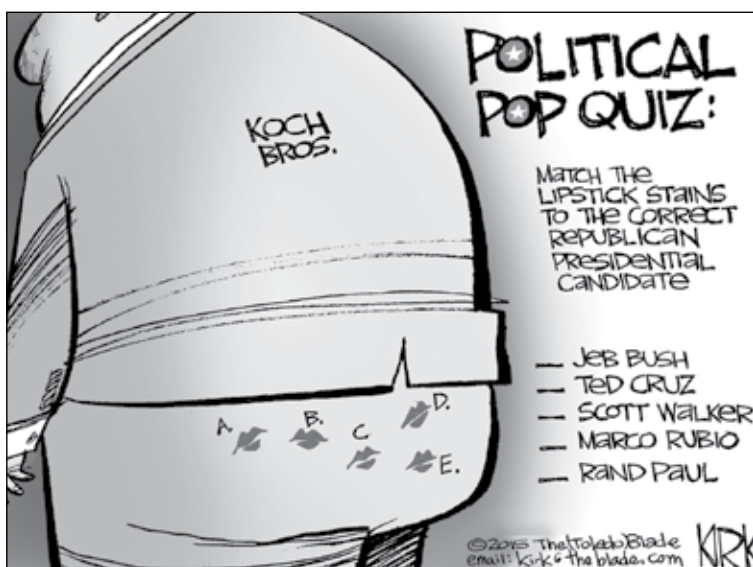
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THE SACRAMENTO BEE FOOD REVIEW FEB 2013



THE RICH LOWRY COLUMN
By Rich Lowry

A Sucker by Design

When Ayatollah Ali Khamenei speaks, the world should listen. He has a much keener sense of the direction of negotiations over Iran's nuclear program than the president of the United States, and is evidently much more forthright about it.

When the Iranians and the United States cut what was portrayed as a tentative deal on the Iranian nuclear program, they described it differently. The U.S. emphasized that sanctions would only be phased out gradually and that inspections would ensure complete transparency.

Ayatollah Khamenei tweeted that there wasn't really a deal, and oh yeah, sanctions would be lifted immediately and inspections wouldn't be allowed to impinge on Iran's security -- in other words, would not include

military sites.

With its position rapidly eroding in Congress, the Obama administration felt an urgency to tout the non-triumph of the non-deal with reassuring details that either hadn't truly been agreed to, or that the Iranians would be able to back us off of. Once Obama announced and defended the deal as the only alternative to war, he lost whatever leverage he ever had.

The best bet now is that Iran will get a "signing bonus" of perhaps \$50 billion upfront, and the phased element of the removal of the sanctions will be window dressing.

On inspections, it seems highly unlikely that the Iranians will give way on their military sites. Why would they? They have been able to wring concessions from Obama on almost everything else important -- from maintaining thousands of centrifuges, to continuing to enrich, to maintaining its Fordow site buried in a mountain. The president's fallback of last resort is "snap-back" sanctions that supposedly will punish any Iranian violations, but they will depend on Chinese and Russian cooperation. The Russians just stuck a finger in our eye by agreeing to sell Iran a sophisticated air-defense system. A blase Obama said he was surprised that the Russians hadn't sold Iran the missiles before.

Sometimes you wonder if Obama is even trying. But the scandal is that he

isn't a naif; he is a sucker by design. Just as he gave the Castro regime everything he could while demanding almost nothing in return, he is not too concerned with what he is getting from Iran (as long, that is, as he can abide by his Jesuitical pledge that Iran won't get a nuclear weapon -- on his watch).

As Michael Doran of the Hudson Institute writes, Iran has had three goals during its long negotiation with the West: preserving its nuclear infrastructure, rolling back sanctions and unraveling the international legal regime isolating it. Obama is on the verge of giving it all three because he values a new detente with Iran over everything else.

This is supposed to be transformative, but it's not clear how giving the Iran regime its nuclear program and massive economic relief and international legitimacy on top of it will modify its hegemonic designs and behavior. There is every reason to believe that Iran will continue its aggression, now with a helpful boost from the United States.

The Great Satan is not what it used to be.

Rich Lowry is editor of the National Review.
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Paw's Corner
by Sam Mazzotta

Dog Flu Symptoms

DEAR PAW'S CORNER: At my dog's recent checkup, the veterinarian told me to keep an eye on him as a new strain of flu is going around in my area. I didn't even know dogs could get the flu. Can you tell other pet owners what symptoms to look for? -- Carol in Chicago

DEAR CAROL: Dogs (and cats) can contract certain strains of the flu virus, and veterinarians even offer flu shots for pets to protect against the most common strains.

In the Chicago area, a new strain of flu virus that affects dogs and cats was recently identified by scientists at Cornell University and the University of Wisconsin. The Chicago Sun Times reported that more than 1,000 dogs have become ill with the flu this spring. Symptoms include a cough, runny nose and fever. The severity of these symptoms can vary,

so it's best to contact the vet even if your dog's symptoms seem mild.

If your pet is diagnosed with the flu, your vet may recommend that you keep your pet well hydrated, and may or may not prescribe medicine to ease some symptoms. Do not take your pet to a kennel, doggy daycare, dog park or any other place where it may be around other dogs. If its symptoms get worse or it stops eating or drinking, take your dog to the vet immediately.

A vaccine is available for dogs and cats that protects against the most common strains of the flu, and can lessen the effects of other strains. Talk to your vet about getting this shot.

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

Coach to America's Rising Stars

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ATHLON SPORTS

INSIDE BASEBALL

A WEEKLY TURN AROUND THE BASES

» A CATCHER PITCHES

» POWER RANKING

» SYNDERGAARD DEBUT

» TURN BACK THE CLOCK: WILLIE MAYS



“Put Me In, Coach”

The Cubs’ David Ross Makes a Memorable Showing on the Mound

There is nothing in baseball quite like the sight of a position player taking the mound. Typically, this happens in blowouts when a losing manager doesn’t want to tax his bullpen in a losing cause.

Last week, Chicago Cubs manager Joe Maddon called on veteran catcher David Ross to pitch the eighth inning at Milwaukee in a game the Cubs were trailing 12-4 and had already used four relievers to get through three innings.

The soft-tossing Ross, who has never taken the mound before in the majors, didn’t touch 80 on the gun, but threw just 11 pitches, nine for strikes, and retired the Brewers in order. Hector Gomez hit a deep fly to center for an out. Scooter Gennett pinch-hit for Ryan Braun and grounded out to third as the Cubs employed a defensive shift. Adam Lind followed with another groundout to second.

Ironically, the first home run of Ross’ career came off of first baseman Mark Grace, who was pitching for the Arizona Diamondbacks. The then-25-year old Ross stretched the Dodgers’ lead to 19-0 with two outs in the ninth inning.

Ross and his Chicago teammates had a little fun with his foray on the mound, and the overworked Cubs’ bullpen was saved an inning of work.

I couldn’t help but look back at some notable mound appearances by position players.

Over the years, there have been a handful of meaningful appearances. In 2011, Philadelphia’s second baseman Wilson Valdez pitched a scoreless 19th inning against the Reds and was rewarded with a run in the bottom of the inning for the win. It was the first time since 1921 that a winning pitcher had started a game at another position.

Valdez’s win wasn’t cheap. He faced the heart of the Cincinnati lineup. He retired reigning MVP Joey Votto on a deep fly to center, then hit Scott Rolen (not hard enough to hurt him, but with Rolen you never know), retired Jay Bruce on another deep ball to center and got pitcher Carlos Fisher on a popout.

Some of the impromptu appearances ended in disaster. In 1993, Jose Canseco of the Rangers entered a 12-1 game in Boston as Texas manager Kevin Kennedy wanted to save his bullpen. Three walks, a hit and three runs later, Canseco would injure his elbow, ultimately costing him the last half of the season.

Other appearances weren’t rewarded with wins, but the embar-

rassment/moral victory element can’t be overlooked. In 1988, Jose Oquendo of St. Louis was asked by manager Whitey Herzog to toe the rubber in the 16th inning of a 5-5 game against the Atlanta Braves. Seemingly waving the white flag, Herzog calculated that losing a game would not be as bad as losing an entire pitching staff, potentially costing more losses in coming days.

But Oquendo managed to get through the 16th unscathed after giving up a leadoff double to Ken Griffey Sr. followed by an intentional walk to Gerald Perry and a single to Ozzie Virgil, as Griffey was thrown out at home by rightfielder Tom Brunansky.

The utility infielder-turned-pitcher turned the Braves away in the 17th on one hit, the 18th on two walks before the Braves finally got to him in the 19th, plating two runs on a two-out double by Griffey after a pair of walks.

While Oquendo was saddled with the loss, the Braves were saddled with the stigma of needing four innings to score off a middle infielder on the mound.

Among the oddities of the game, Atlanta’s Rick Mahler, who made 34 starts that season, pitched eight shutout innings for the win after entering the game in the 12th. Oquendo threw 65 pitches, walked six (two intentional) and struck out one (Mahler). St. Louis pitcher Jose DeLeon entered the game as the leftfielder at the same time Oquendo moved from first base to pitcher. DeLeon and Brunansky swapped from left to right 11 times, presumably to keep DeLeon out of harm’s way as much as possible. They each made a putout during the position swaps, but DeLeon was in left when Griffey hit the game-winning double over his head. Andres Thomas and Ron Gant were each 0-2 off Oquendo. Perry was intentionally walked twice.

It is rare for position players to be in line for a decision, and most likely are stuck with losses. But there have been a few winning emergency pitchers in recent seasons. Brent Mayne of the Colorado Rockies tossed a scoreless frame on Aug. 22, 2000, as the Rockies defeated the Braves, 7-6, in 12 innings. Mayne was the 10th pitcher used by the Rockies and had a dicey inning. After retiring pinch-hitter Tom Glavine on a comebacker and Walt Weiss on a fly ball, Rafael Furcal singled and Andruw Jones walked to bring up Chipper Jones, who grounded out to third.

Adam Melhuse, who was pinch-hitting for Mayne in the bottom of the 12th, singled in the winning run. So Mayne, a backup catcher, was good enough to be an emergency pitcher, but was removed for a pinch-hitter with the game on the line.



Charlie Miller
Athlon Sports
Baseball Editor
@AthlonCharlie

AROUND THE HORN

As if the **New York Mets** don’t have enough pitching, prized prospect **Noah Syndergaard** has been called up and is expected to make his major league debut on Tuesday, May 12, at Chicago’s Wrigley Field. The young righthander is 3-0 with a 1.82 ERA and 0.944 WHIP over five starts at Triple-A Las Vegas this season...The **offensively-challenged New York Yankees** have been playing well over the last three weeks, winning 17 of 23 games. During that stretch, the club has batted a pedestrian .255 and scored 4.5 runs per game. But the pitching has been up to the task, posting a 2.99 ERA with 197 strikeouts and just 178 hits allowed. The bullpen has been especially effective with six wins, 19 holds and 13 saves with just one blown save during that time... Last season, the **Chicago White Sox** ranked ninth in the majors with 466 extra-base hits. Through Sunday, the Sox had managed just 62 hits for extra bags, ranking last in the majors. Through the same number of games last year, the Sox had 93...Speaking of extra bases, only five teams this season—the **Braves, Dodgers, Cardinals, Yankees and Blue Jays**—have at least one extra-base hit in every game this season...It appears that teams have noticed that Toronto’s cleanup hitter, **Edwin Encarnacion**, is struggling this season, batting just .242. Even without an established No. 5 hitter, the Blue Jays have yet to receive an intentional pass, the only team without one this season...Lest you think that the effect of specialized relievers and the emphasis on the bullpen in recent years isn’t having an effect, note that the batting average off of **starting pitchers** this season is .259, but just .234 off of relievers...If **Kyle Lohse of Milwaukee** gives up another seven home runs, he will become just the 51st member of the 300 home runs allowed club. He will make his next start this weekend...The **St. Louis Cardinals** at 8-6 are the only National League team with a winning record on the road...Over the past seven games, **Toronto catcher Russell Martin** is hitting .556 with a 1.684 OPS. He has socked four home runs and four doubles, raising his season average from .185 to .293...The **Colorado Rockies**, quickly becoming the worst team in the majors (once again), ended the week with a nine-game losing streak during which the pitchers posted an 8.96 ERA. The Rox were outscored 76-31.

NUMBERS GAME

4

Saves this season for the Mets’ **Jeurys Familia** against the Miami Marlins. No Marlins reliever has as many as four saves total.



TURN BACK THE CLOCK

May 14, 1972

Playing first base and batting first in his first game with the New York Mets, Willie Mays leads off the fifth inning with a home run off of Don Carrithers to provide the winning margin over his ex-teammates, the San Francisco Giants. Mays had been traded to the Mets three days earlier.

TRIVIA CORNER

The Toronto Blue Jays are suffering through the longest postseason drought of any team in baseball. The Jays haven’t been to the playoffs since winning it all in 1993. Can you remember the winning pitcher in the Jays’ last postseason game?



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

TRIVIA ANSWER: Most fans can recall that Joe Carter hit a dramatic home run off of Philadelphia closer Mitch Williams to end the 1993 World Series in six games. Duane Ward, who pitched a perfect ninth inning, was the winning pitcher.

Photos: Ross, Landov; Familia, Athlon Sports

ATHLON SPORTS POWER RANKING

- | | |
|--|---|
| 1. Cardinals Lost a series for the first time this season in Pittsburgh. | 16. Red Sox Maybe a West Coast trip can heal the reeling Red Sox. |
| 2. Royals Took two of three from Tigers in Detroit. | 17. Orioles Spent entire week in NYC, lost five of six. |
| 3. Dodgers Only four losses by more than two runs. | 18. Marlins Allowed less than three runs per game over their last 18 contests. |
| 4. Yankees 17-6 since sluggish start. | 19. Braves Swept at the hands of Nationals in Washington. |
| 5. Tigers Detroit could be losing its grip on AL Central. | 20. Angels 0-6 this season vs. 2014 World Series teams. |
| 6. Mets Stingy pitching is hallmark of this team. | 21. Reds Opponents batting .186 with runners in scoring position and two outs. |
| 7. Astros Have won every three-game series on the road this season. | 22. Mariners 3-10 vs. Houston and Angels; 10-2 vs. A’s and Rangers. |
| 8. Nationals Head west this week after winning 10 of last 12. | 23. Diamondbacks Batting .299 over last 11 games, but won only six. |
| 9. Padres Scored a total of one run in four losses last week. | 24. Rangers Outscored Astros 20-5 in three-game sweep last week. |
| 10. Rays Tough week ahead with Yankees and Twins on tap. | 25. White Sox Worst road record in majors at 2-11. |
| 11. Blue Jays Starters’ ERA a troubling 5.20. | 26. Indians Tribe are 1-11 when they fail to score four runs. |
| 12. Cubs Lost eight of 11 and tough Mets are coming to town for four games. | 27. Brewers Outscored 71-34 in innings 4-6. |
| 13. Pirates Andrew McCutchen has found his groove. | 28. A’s 0-5 in extra-inning games this year, 1-10 in one-run games. |
| 14. Twins Hottest team in AL last week. | 29. Phillies Plated a total of 13 runs in first two innings this season. |
| 15. Giants G-Men still know how to win close games. | 30. Rockies Walt Weiss may be next manager looking for work. |



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

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

Partial Dentures can be a source of discomfort due to lack of supporting teeth or an illfitting partial. Partials also use clasps to secure to existing teeth which can be noticeable and can put added pressure to the existing teeth.



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