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Grapevine Independent

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Assisting Mother Nature in Wildlife Care



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Rancho Cordova Goes Farm-to-Fork



RANCHO CORDOVA, CA (MPG) - What do you think when you hear Farm-to-Fork? Farmers markets, gardening, composting, and Soil Born Farms may come to mind.

Rancho Cordova is getting on the map with its own movement to promote urban agriculture and food sustainability in partnership with residents, farmers, and businesses.

These citizens are leading the charge by serving restaurant meals with local ingredients, sourcing food from local artisans, farming fruits and vegetables, providing education programs, and so much more.

Now, the City of Rancho Cordova has proposed an urban agriculture ordinance following trends in other cities that have already reviewed and approved similar programs. The City is

looking for your ideas and suggestions on three areas:

- Should urban agriculture be allowed in residential areas and mixed use areas?
- Should you be required to get a permit from the City to grow and sell produce from your house?
- Should you be allowed to sell produce from your house only on certain days?

Citizens are encouraged to visit www.EngagedRanchoCordova.org and post their feedback by midnight on Tuesday, June 9th. All feedback will be included as the City continues work on the ordinance.

If you have any questions, please contact Bret Sampson at (916) 851-8758 or email bsampson@cityofranchocordova.org.

Source: The City of Rancho Cordova ★

New Hybrid Class Format at Folsom Lake College's Rancho Cordova Center

RANCHO CORDOVA, CA (MPG) - A brand new state-of-the-art educational center of Folsom Lake College (FLC) is currently under construction at the intersection of Mather Road and Folsom Boulevard in Rancho Cordova. The Rancho Cordova Center will include more than 26,000 square feet of instructional space, nine classrooms, and a student learning center with an open-access computer lab. The new facility is expected to open in late October. Until then, college operations continue at the existing outreach location at 10378 Rockingham Drive in Rancho Cordova.

In anticipation of moving into the new space, the college has more than doubled its course offerings in Rancho Cordova to accommodate the increased demand for general education and transfer courses. Students can register now for summer and fall classes. A full schedule of course offerings can be accessed at www.flc.losrios.edu (click on "Class Schedules").

In order to enhance the selection of courses offered and respond to students' need for flexibility, FLC has incorporated a significant number of hybrid-format course offerings in its summer and fall schedule. Hybrid classes combine weekly face-to-face class meetings with online learning. The resulting combination utilizes traditional student-teacher interaction with modern out-of-class digital learning to keep students on track while also maximizing their schedule.

The summer session begins on June 8th. The fall semester starts the week of August 22nd and runs through December 17th. Other shorter-term or "Fast-Track" classes begin throughout the semester.

If you have any questions, the Rancho Cordova Center staff can help you find your success! Give them a call at (916) 255-0717.

Source: Folsom Lake College ★

Micro Grant Brings Neighbors Together

RANCHO CORDOVA, CA (MPG) - Several years ago, the City of Rancho Cordova engaged a group of homeowners in the Cordova Meadows area. The residents got to know each other, formed a "Keep Cordova Meadows Beautiful" group, and completed several neighborhood projects.

To further grow the effort, the City started working with residents living in the apartments along West La Loma. The neighbors came together and decided to hold a block party for families and children of all ages looking for a fun adventure.

The residents applied for, and received, a micro grant from the City to fund the supplies, food, and activities for the event. The block party was held this past weekend and over 200 people showed up, including many families from the nearby apartment complexes.

"The event was a 10, and we were happy to see so many parents participating," said residents Juan and Claudia.

"We would do it again!"

The City started the micro grant program in 2014 to inspire creative and innovative thinking, connect with more citizens, and create new partnerships. The program provides a one-time cash award to eligible community groups for special projects in Rancho Cordova neighborhoods.

"You could feel the positive energy at the event, and there were so many thankful parents who were interested in how the event came about," said Volunteer Coordinator Lorianne Ulm. "They were amazed and wanted to find out how they could participate in future events in their neighborhood."

Unleash your ideas to brainstorm a fun project or event in your neighborhood! What about a Fourth of July neighborhood potluck, or a fun in the sun neighborhood barbecue, or a National Night Out event?

Visit <http://microgrant.cityofranchocordova.org> to apply for the program. If



The residents applied for, and received, a micro grant from the City to fund the supplies, food, and activities for the event. Photo courtesy of the City of Rancho Cordova

you have any questions, please contact Lorianne Ulm at lulm@cityofranchocordova.org or (916) 851-8755.

Source: The City of Rancho Cordova ★



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City Council Eyes Next Steps for Measure H Funds

By Julia Baum

RANCHO CORDOVA, CA (MPG) - Local voters may be closer to seeing some of their dreams for their city come true after a recent in-depth discussion by the Rancho Cordova City Council concerning the future use of Measure H funds.

Councilmembers at a June 1st City Council meeting spent more than an hour pouring over information related to the newly implemented sales tax that was passed in November and gave city staff feedback based on input from 16 Town Hall meetings that were attended by a total of more than 500 people during March and April. Members of the public contributed more than 250 ideas for short- and long-term goals to benefit the community during that time, including arts and recreational programs, infrastructure, and civic engagement projects.

Also received were 76 community grant applications from residents, which Councilmember Linda Budge called "pretty remarkable," based on the 2,000-plus responses from meeting attendees. The deadline for application submissions was June 1st.

Although applications could be presented to the council by mid-June, staff recommended that the meeting be used to create a framework for the Measure H program before presenting their evaluations to the council. Budge said it was important for all council members to review the applications personally since they had not undertaken such a process before, noting that the June

15th date for staff to present the council with applications for consideration could be too soon.

"It may take some time, but we really at this point couldn't possibly have a good handle on what kind of projects have been submitted, or the range of projects," Budge said. "We do ourselves a disservice, as well as all the people who have applied, if we don't look at all 76 applications."

Councilmember Donald Terry didn't foresee the council being prepared for application presentations at their next meeting but wanted to find a way to make the process more efficient regardless.

"I'd want to have some kind of ranking done ahead of time by staff," Terry said. "I don't think there's an ability for the council to adequately hear from or review in public 70-some-odd applications. I want to see them all, no matter what, but I think we have to have some sort of paring down."

Councilmember David Sander said it was likelier to adopt short-term projects first due to time constraints.

"Coming up with a process to roll out the long-term ones within a month doesn't seem likely," Sander said. "There's probably a little bias right now towards the short-term and achievable."

Calling the council's discussion "rich," Budge mentioned the importance of community involvement several times and the importance of not rushing the process.

"The most important part is people feel that they had a thorough hearing," Budge said. ★

State Indian Museum Presents Annual Gathering of Honored Elders



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

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

event, the community is invited to the State Indian Museum to celebrate the special day and be surrounded by these keepers of the traditions who travel from throughout California to attend this important annual event.

Along with Native American dancers, guest speakers, community services organizations, and

arts and crafts vendors who will all be on-site, Museum guests will also have the opportunity to meet the esteemed Elders and explore the treasured Museum.

The State Indian Museum is open daily from 10 a.m. to 5 p.m. and is located at 2618 K Street in Sacramento. There will be food available for purchase at

the event. For more information about this family-friendly event or other activities happening at the State Indian Museum, call (916) 324-0971 or visit www.parks.ca.gov/indianmuseum.

Source: T-Rock Communications ★

Monthly Military Retiree/Spouse Meeting

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

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

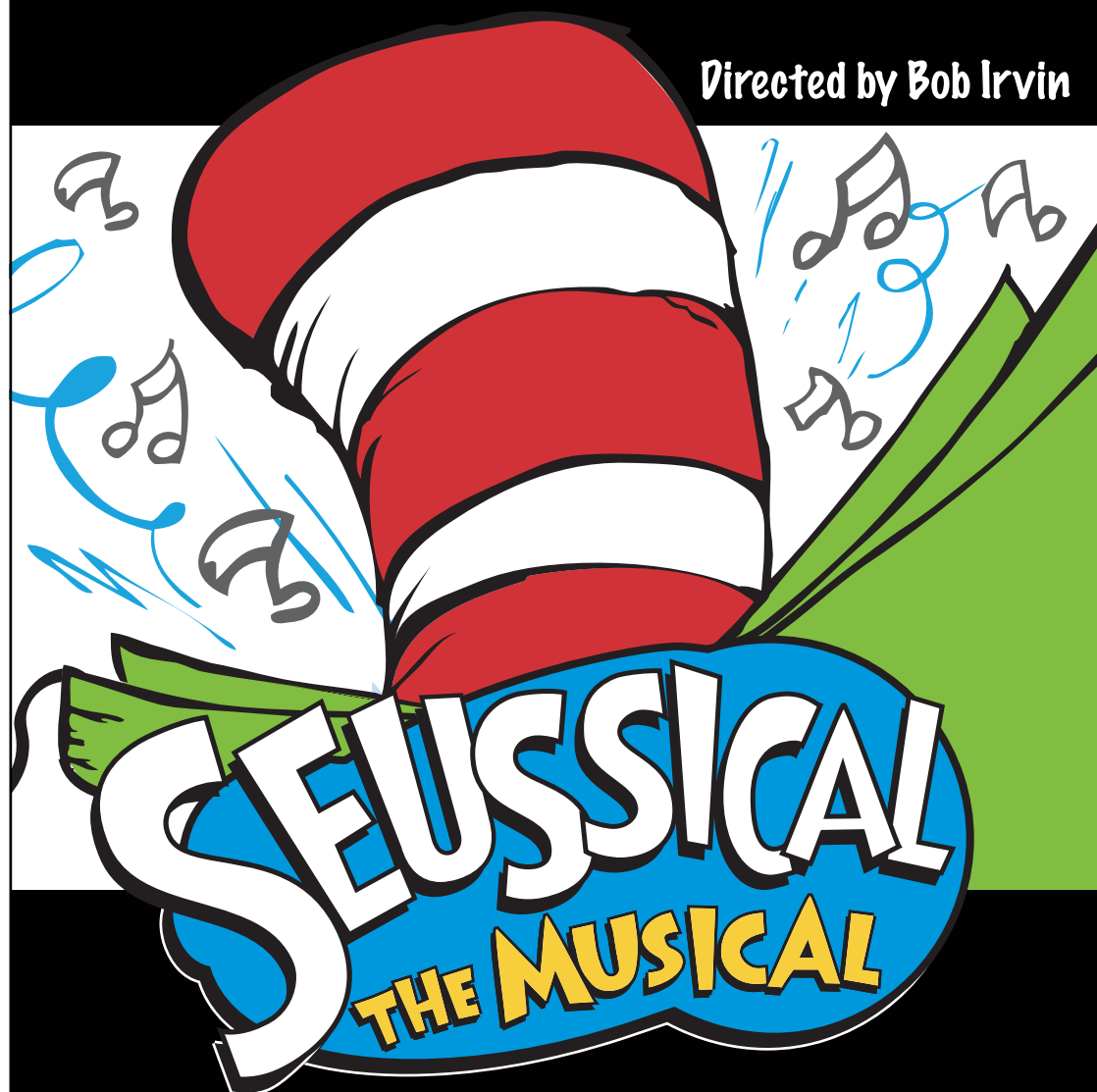
of coffee and meet new people. Questions can be referred to the volunteer staff at (916) 640-8446, Monday through Thursday, 0900 to 1500 hours.

Source: Chief Moses ★

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Collaboration on Medical Cannabis Regulations Sets New Path for Legislature

RANCHO CORDOVA, CA (MPG) - Assemblymember Rob Bonta (D-Oakland) made the following statement after the Assembly Appropriations Committee passed AB 266, which was amended to make Bonta lead author on the bill to regulate the medical cannabis industry. The bill is jointly authored by Assemblymembers Ken Cooley (D-Rancho Cordova) and Reginald Byron Jones-Sawyer (D-Los Angeles).

"Today represents a great demonstration of unity and collaboration among my Assembly colleagues on the critical issue of regulating the medical cannabis industry," said Assemblymember Bonta.

Assemblymember Jimmy Gomez, Chair of the Appropriations Committee, applauded the bill. "By bringing together experts in medical marijuana and ensuring the structure for accountability with one central body, the intent of the voters and integrity of local communities will be respected. Cooperation between the state and local governments will provide patients with access while respecting a community's ability to make local decisions."

Although California was an early leader on the issue, the state lacks comprehensive regulations to ensure patient access, as well as to protect the environment, public safety, and public health. AB 266 combines critical components of two medical cannabis proposals introduced this year: AB 34, originally authored by Assemblymembers Bonta and Jones-Sawyer, and AB 266, originally authored by Assemblymember Cooley. AB 34 was amended to make Assemblymember Cooley the lead author, with identical language as the newly amended AB 266. AB 34 was then held in the Assembly Appropriations Committee.

Assemblymember Cooley highlighted the collaborative approach of the bill. "AB 266 is a great blend of ideas that grew out of productive conversations between members, stakeholders, and leadership. I am confident that this unprecedented legislative approach to medical cannabis regulation will serve California well."

"The new bill establishes strong local control, includes an unprecedented multi-agency effort toward regulation with one

overarching agency overseeing the process, establishes strong licensing provisions, and provides protections for patients, the public, and the environment," Bonta explained.

Assemblymember Jones-Sawyer stated, "We have always intended to work toward one Assembly bill. We are very glad that that wish has come to fruition. We intend to continue working collaboratively to address the outstanding issues of all those interested in the regulation of medical marijuana."

Assemblymember Bonta concluded, "This joint effort demonstrates the great leadership of our house and is an incredible opportunity to finally provide a unified and coherent approach to medical cannabis regulation. I am committed to continuing to work with all stakeholders on an equal playing field, in strong partnership with my joint authors and colleagues in the Assembly, to ensure we create a robust framework for the industry."

AB 266 is now eligible to be heard on the Assembly Floor.

Source: The Office of Assemblyman Ken Cooley ★

New Cat Cafe to Promote Adult Cat Adoption

SACRAMENTO REGION, CA (MPG) - Sacramento County Bradshaw Animal Shelter staff and volunteers have come up with a novel approach to enhance visitors' experience at the shelter and promote adult cat adoptions with a brand new "Catfe."

The idea for the shelter's own cat cafe began as a simple one. Bradshaw Shelter staffer Star Stage wanted a novel way to promote the adoption of adult cats, and she and other Bradshaw Shelter staff had heard about cat cafes in various parts of the country that found success.

Staffers and volunteers knew the cat habitat at the Bradshaw Shelter's entrance was large enough to hold several people in the room comfortably. They also knew the habitat would be a wonderful way for visitors to spend time with adult cats and appreciate their appeal.

Open during shelter hours, the Catfe features free coffee, tea, or hot chocolate. Visitors can sip their favorite beverage and interact with social adult cats.

"Kittens are usually the first of the felines to be adopted at the shelter, and while they may be small and cute to begin with, kittens don't stay kittens for very long; they grow up and become adults," said Dave Dickinson, director of the Bradshaw Shelter.



The Sacramento County Bradshaw Shelter's "Catfe" promotes the benefits of adopting an older cat in a cafe-like setting.

"The Catfe is a wonderful way for people to spend time with and see firsthand the benefits of adopting an adult cat."

Adult cats are, on the whole, less maintenance than kittens as they are litterbox trained and understand the concept of approval and reward. Adopting a full-grown cat also gives the prospective owner an accurate idea of the cat's temperament, size, coat length, and more.

So far, the Catfe has been a success. Within 30 seconds of the Catfe's opening, a

family came in to meet Duchess, a beautiful calico cat that they ultimately adopted. Charlotte, a shy tabby cat, met her new "forever" person soon after that. They both went home that day.

Please visit the Catfe at the Sacramento County Bradshaw Shelter, located at 3839 Bradshaw Road, Sacramento, CA 95827. Hours are Wednesday through Friday from 12:30 p.m. to 5:30 p.m. and Saturday and Sunday from noon to 4:30 p.m.

Source: Sacramento County ★

Come to the 2015 Cordova Alumni Golf Tournament

RANCHO CORDOVA, CA (MPG) - The annual Cordova High School Golf Tourney is scheduled for Sunday, June 28th at Mather Golf Course in Rancho Cordova, and you don't have to be Alumni to play.

The cost to participate is \$85, which includes a golf cart and

lunch plus two drink tickets. Prizes will be awarded for first, second, and third place as well as for closest to the pin and longest drive. The first-place team will have their name engraved on the Golf Plaque that hangs on the "Cordova Pride Wall" in Cordova's Library.

The day will begin with a shotgun start 7:30 a.m. For further information, please contact Danny Cox at danjcox@yahoo.com or visit www.cordovaalumni.com.

Source: Cordova High School Alumni Association ★



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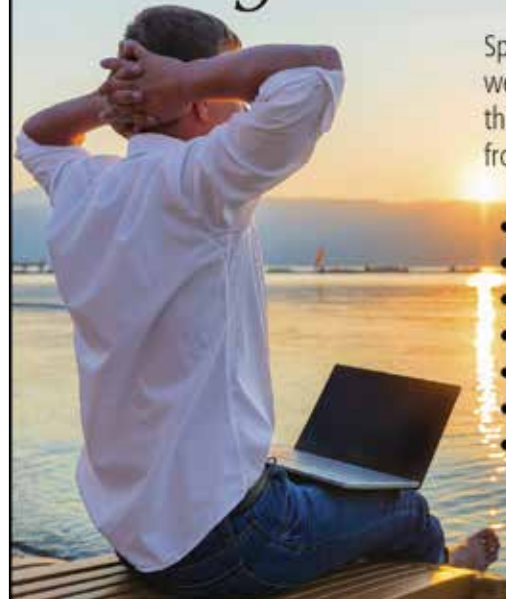
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Bob McGarvey

From the Mayor's Corner A Busy Time in the City

were around 70 people in attendance who talked about ways the project will help process and save water. The drought is really a challenge for all of us, and this \$1.5 billion expansion will be a tremendous benefit to us all. It will be completed in 2021.

The Memorial Day Ceremony at the Mather Veterans Memorial Plaza in front of the Mather Hospital was a wonderful way to show respect to our veterans—to veterans who gave their lives, those who were wounded, and those who are carrying on today protecting our country. There were over 800 people there, and it increases every year. I am glad we have such a great place to gather and thank our veterans for serving.

The ninth class of the Rancho Cordova Chamber of Commerce Leadership Program graduated last Thursday, and many in attendance were members of earlier classes. It is a

great program that shows participants the leaders they can be as they learn more than they ever thought they would.

Over the weekend, residents in West La Loma organized a block party using a micro grant they applied for and received from the City. Volunteers like Lorianne Ulm gave these residents the chance to see how much fun there is here in Rancho Cordova. Many of them don't have transportation so they haven't been able to go to Kids Day or our 4th of July celebration at Hagan Park. There were some wonderful smiles on kids' faces that made it a fun day. I wasn't able to be there, but there are great pictures that don't need any words to let us know how much they appreciated what was brought to them. I have to stop for now, but I'll put more in next week.

From Mayor Bob McGarvey, God bless, and see you next time. ★



Senator Berryhill Discusses Priorities

RANCHO CORDOVA, CA (MPG) - Senator Tom Berryhill attended the Rancho Cordova City Council Meeting to discuss his legislative priorities for the 2015-16 Legislative Session. Pictured here (left to right) are Council Member Donald Terry, Mayor Robert J. McGarvey, Senator Tom Berryhill, Vice Mayor David Sander, Council Member Dan Skoglund, and Council Member Linda Budge. Photo courtesy of the City of Rancho Cordova

Source: The City of Rancho Cordova ★

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By Sal Arrigo Jr.

I have been fortunate over the years to be “in the right place at the right time.” I have met many people in a career that has allowed me this opportunity. For instance, when I was fundraising for a local non-profit, I stood face to face with then-governor Arnold Schwarzenegger and shared a brief moment with him. When I worked at a major East Coast hotel, I rubbed elbows with Muhammad Ali. Recently, I touched history by interviewing members of the Tuskegee Airmen of World War II as well as a famous navigator from the Korean War. It got me thinking: What famous person would you want to share a moment with

Touching History

and what question would you ask them?

I began by asking friends and relatives this very question, and what transpired has been fascinating as to the scope of the people they would like to meet and the question they would like to ask.

My track-star friend, Howard, said he would like to ask a question of Rose Mary Woods. You remember Rose Mary Woods of Watergate fame—and the missing 18½ minutes of tape recording of President Richard M. Nixon. Howard would like to know what was “really said” during that 18½ minute gap. Rose Mary Woods admitted to mistakenly making a single erasure of 4½ to 5 minutes on the tape while making a phone call, but denied making the entire 18½-minute erasure.

John M., my fundraising colleague in the healthcare industry, sent me a question for Sir Thomas More. A quick history refresher on Sir Thomas More: Born in London, England, in 1478, Thomas More served as an important advisor to King Henry VIII of England, serving as his key counselor in the early

1500s. He refused to accept the King as head of the Church of England and was tried for treason and beheaded. He was canonized by the Catholic Church as a saint in 1935. John’s question: What gave you the courage to take your stand, knowing that in doing so you would face opposition or even death? It would have been so easy for Sir Thomas More to agree with the King’s wishes, but he chose death instead. There is a man who truly believed in his convictions!

My brother-in-law, Bobby, wanted to ask Milton Hershey why he gave away two tickets for the maiden voyage of the Titanic in 1912. Yes, that Hershey, the chocolate magnate! Rumor has it that his wife was ill and could not make the trip. Bobby continued with a follow-up question: Did the two people who used those tickets survive the sinking of the Titanic?

I’m sure we could all come up with a question or two for famous (or infamous) historical figures. Of course, we’ll never know what their answers would have been. But it’s interesting to ponder, don’t you agree? ★

DA Schubert Announces “Criminal Justice Shadow Day” Youth Program

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

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

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

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

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

The Criminal Justice Shadow Day is one of several DA youth programs designed to increase

understanding and engage students in a positive relationship with members of the criminal justice system.

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

For questions, please email YouthPrograms@sacda.org.

Source: Sacramento County District Attorney’s Office ★

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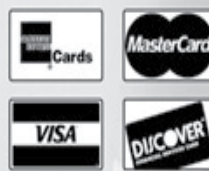
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Grapevine Independent Community Calendar

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www.sunriverchurch.com

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2749 Citrus Rd.
www.westernswingociety.org
Info: Live music, dancing.
Food & beverages available for purchase. Members \$4, Non-members \$7.

MILITARY RETIREE/SPOUSE MEETING

Time: 2nd Tuesdays, 10:30 am
Place: N. Highlands Park & Rec Office
6040 Watt Ave., N. Highlands
Contact: 561-7476
Info: Meets monthly.

RANCHO CORDOVA HISTORICAL SOCIETY

Time: 4th Thursdays, 5 pm
Place: Rancho Cordova City Hall
2729 Prospect Park Dr.
www.ranhocordovahistory.com
Info: Meets in the American River Room

SPELLBINDERS TOASTMASTERS

Time: 2nd & 4th Mondays, 6:30 to 8 pm
Place: China Buffet
5623 Sunrise, Citrus Heights
Contact: 631-1703
Info: Hone communication skills. Beginners welcome.

SPANISH LANGUAGE CONVERSATION CIRCLE

Time: 4th Saturdays, 3-4:30 pm
Place: Rancho Cordova Library
9845 Folsom Blvd.
Contact: 264-2920
www.saclibrary.org
Info: Practice Spanish in a fun and relaxed way with library staff, community.

BRECA MEETING

Time: 4th Tuesdays, 6:30-8 pm
Place: Rancho Cordova Library
9845 Folsom Blvd.
Contact: 361-8087
www.breca.us

POWERTALK INTERNATIONAL MONTHLY MEETING

Time: 3rd Tuesdays, 6:30-8:30 pm
Place: Arden-Dimick Library
891 Watt Ave., Sacramento
Contact: 361-1745
Info: Coaching, effective speaking, listening, leadership skills. Beginners are welcome.

WRITING WORKSHOP

Time: 3rd Thursdays, 6-7:30 pm
Place: 9845 Folsom Blvd.
Contact: 264-2920
www.saclibrary.org
Adult writing & poetry workshops (writing for various types of genres and more).

AA NEWCOMERS

Time: Tuesdays, 6:30-7:30 pm
Place: Sunriver Church
11223 Trinity River Dr.
www.sunriverchurch.com

READING WITH THE DOGS

Time: 1st Tuesdays, 6:30-7:30 pm
Place: Rancho Cordova Library
9845 Folsom Blvd.
Contact: 264-2920
www.saclibrary.org
Info: Read to a canine pal, boost reading skills. Free.

CORDOVA SENIOR CITIZENS SOCIAL CLUB

Time: 1st and 3rd Mondays, 11 am
Place: Cordova Community Center
2197 Chase Dr.
Contact: 638-8065 for bridge or 858-1660 for membership
Info: Brown bag lunch, bridge party. Free.

FORK TAIL DEVILS

Date: 2nd Thursdays
Place: Rancho Cordova IHOP
2216 Sunrise Blvd.
Contact: 488-2645
Info: Lockheed Lightning P-38 enthusiasts, pilots, mechanics no-host brunch.

WOMEN'S GOLF CLUB OF CORDOVA

Date: Wednesdays
Place: Cordova Golf Course
9425 Jackson Rd., Sacramento
Contact: 363-0363
Info: All players welcome.

CORDOVA COUPLES GOLF CLUB

Date: Alternate Sunday mornings
Place: Cordova Golf Course
9425 Jackson Rd., Sacramento
Contact: 682-2285
All players welcome. Call for more information.

COFFEE, TEA AND CONVERSATION FOR SENIORS

Date: First Saturdays, 10-11 am
Place: Rancho Cordova Library
9845 Folsom Blvd.
Contact: 264-2920
Info: For those 55+. Free. Share thoughts, memories: let the conversation flow! Light refreshments served. First Saturday each month.

SOROPTIMIST INTERNATIONAL OF RANCHO CORDOVA & GOLD RIVER

Time: 2nd Tuesday each month, 6-7 pm
Place: Cattleman’s Restaurant
12409 Folsom Blvd.
Rancho Cordova, CA 95670
Contact: siranchocordova@soroptimist.net for more info
Info: Organization serving needs of women & girls in our community and around the world.

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Time: 1st Thursday of month 3-5 PM
Place: Rancho Cordova City Hall
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GOT LOCAL NEWS? Call 773-1111

When Republicans Flip-Flop and Embrace Government Mandates

Commentary by Merrill Matthews

If the presidential election process didn't begin in Iowa, ethanol would likely be a memory. But because the election process begins in Iowa, where nearly half of the corn grown is converted to ethanol, most Republican candidates, who make a career of denouncing crony capitalism, have come to embrace the ethanol mandate—even as they decry Obamacare for forcing Americans to have health insurance.

The federal government's support for ethanol is long and costly. It began with the Energy Tax Act of 1978 when Congress created a 40-cent subsidy for each gallon of ethanol blended into gasoline. The goal was to create an alternative to gasoline at a time when U.S. crude oil production was starting to decline and more oil was being imported from countries that used oil for political leverage to achieve their policy agenda.

Congress increased that subsidy periodically until it reached 54 cents per gallon, but then began scaling it back, finally eliminating it for corn-based ethanol in 2011.

However, Congress didn't leave the ethanol industry empty-handed; the 2005 Energy Policy Act required gasoline to include up to 10% renewable fuel, known as the Renewable Fuel Standard (RFS).

Once Democrats took

control of Congress in 2007, they passed, and President George W. Bush signed, a much more aggressive RFS, which included cellulosic biofuels made from several other organic products such as switchgrass.

Who has benefited from this decades-long support of ethanol? Not the public. Consumers really just want to get their gas at the best price possible and drive on.

And certainly not countries with large low-income populations—Mexico, for example—that depend on corn as a staple. The RFS created a huge increase in demand for corn, which at times pushed up the global price and made it unaffordable for some of those low-income populations.

But the ethanol producers, from the farmers to the processors, have benefited handsomely from the subsidies and the mandate.

So you might expect that the same Republican presidential candidates who claim that people should be able to buy the kind of health insurance they want, not the kind government tells them to buy, would make the same claim about gasoline.

You might expect that the same presidential candidates who claim that huge government subsidies and mandates are making health insurance more expensive—not less expensive, as the politicians promised—would understand that the same thing happened to gasoline.

And you'd be right, a few months ago, since most of those Republicans were against the RFS (including former Texas Governor Pery and Wisconsin Governor Scott Walker) before they were for it—as presidential candidates stumping in Iowa. Their efforts to explain away their policy flip-flop are embarrassing—and revealing.

To be clear, there is nothing wrong with ethanol—if consumers want it in their gas tanks, which they would if the product were an efficient, cost-effective substitute for gasoline. In that case, the public, not the environmentalists and ethanol lobby, would demand it be blended in gasoline.

Now even some environmental groups, including the Natural Resources Defense Council and the Environmental Working Group, are having buyer's remorse as they realize the carbon footprint to create corn-based ethanol may be worse than the fossil fuel it replaces.

So as we move closer to the presidential primaries, watch for most Republican candidates to praise the Renewable Fuel Standard mandate even as they denounce the health insurance mandate. You might even ask them why, if health care freedom is so important, energy freedom isn't.

Merrill Matthews is a resident scholar with the Institute for Policy Innovation in Dallas. ★

Obama Commands Some Faith-Based Organizations to Hire Homosexuals

Commentary from Liberty Counsel

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

Last summer, the President signed an executive order requiring federal contractors to provide what Congress refused to pass, namely civil rights status for sexual behavior or subjective gender identity. Now Obama is reportedly adding the "sexual orientation and gender identity" mandate to humanitarian groups which receive federal grants as well. Federal contracts are awarded when a federal agency is acquiring

something; grants are awarded when a federal agency is providing assistance.

"Faith-based organizations are providing assistance in communities across America, such as adoption, youth centers, child care and development programs, youth counseling, shelter, and much more," said Mat Staver, Founder and Chairman of Liberty Counsel. "Not only will Christian youth programs be required to hire homosexuals, the facilities will be required to open housing, locker rooms and restrooms to people of the opposite sex who subjectively say they are the opposite of their obvious biological sex. This is ludicrous!" said Staver. "Christian organizations cannot offer biblical counseling and, at the same time, hire people who do not follow the Bible and their

doctrinal positions on human sexuality. Ultimately, this LGBT regulation is going to cause irreparable harm to the children and the needy."

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

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 ★

Jim Miller
Answers
Your
Senior
Questions



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Week's Topic!

Savvy
SENIOR

How to Compare and Locate Senior Housing Options

Dear Savvy Senior,

Can you go over the different types of housing options available to seniors, and recommend some good resources for locating and choosing one? I need to find a place for my elderly mother, and could use some help.

Searching Daughter

Dear Searching,

There's a wide array of housing options available to seniors, but what's appropriate for your mom will depend on her needs and financial situation. Here's a rundown of the different levels of senior housing and some resources to help you search.

Independent living: If your mom is in relatively good health and is self-sufficient, "independent living communities" are a good place to start. Typically available to people over age 55, this type of senior housing is usually apartments or town homes that are fully functional. In addition, many of these communities also offer amenities such as meals served in a common dining area, housekeeping, transportation and a variety of social activities.

To locate this type of housing, contact your Area Agency on Aging (call 800-677-1116 to get your local number), or use online services like newlifestyles.com and caring.com. Most of these communities are private-pay only, and run anywhere from \$1,000 to over \$4,000 per month.

If that's too expensive, another option is "senior apartments," which are often subsidized by HUD for lower income seniors. You can locate these through your

local housing authority or online at hud.gov – click on "Find Rental Assistance."

Assisted living: If your mom needs some help with daily living activities, an "assisted living facility" is another option. These facilities provide personal care (like bathing, dressing, eating, going to the bathroom) as needed, as well as meals, housekeeping, transportation, social activities and medication management. Many facilities also offer special care units for residents with dementia. Costs typically run between \$2,000 to \$5,000 or more per month. Most resident's pay for assisted living from personal funds, and some have long-term care insurance policies. But, some states now have voucher plans that let you use Medicaid money.

Another similar, but less expensive option to look into is "board and care homes." These offer many of the same services as assisted living facilities but in a much smaller home setting.

Your Area Aging Agency is again a good resource for finding these facilities, as are the previously listed senior housing locator websites. And for help choosing a facility, the Assisted Living Federation of America offers an excellent guide at alfa.org/checklist.

Nursing homes: If your mom needs ongoing medical and personal care, a "nursing home," which provides 24-hour skilled nursing care, is the next option. To find a good one, use Medicare's nursing home compare tool at medicare.gov/

nursinghomecompare. But be aware that nursing home care is very expensive, costing anywhere between \$4,500 and \$11,000 per month depending on location. Most residents pay from either personal funds, a long-term care insurance policy, or through Medicaid after their savings are depleted.

Continuing-care retirement communities (CCRC's): If your mom has the financial resources, a "CCRC" is another excellent option that provides all levels of housing (independent living, assisted living and skilled nursing home care) in one convenient location. But, these communities typically require a hefty entrance fee that can range from \$20,000 to \$500,000 or more, plus ongoing monthly service fees that vary from around \$1,000 to over \$5,000. For more information see carf.org/aging.

Need Help?

Consider hiring an aging life care expert (aginglifecare.org) who can evaluate your mom's situation, and find appropriate housing for a fee – usually between \$300 and \$800. Or, you can use a senior-care advising service like A Place for Mom (aplaceformom.com, 866-344-8005) for free. (They get paid from the senior living facilities in their network.)

Some other helpful resources include the National Clearinghouse for Long-Term Care Information (longtermcare.gov), and your State Health Insurance Assistance Program (shiptalk.org), which provides free counseling.

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Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit www.savvysenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

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

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



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

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



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

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

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

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

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

Source: Rick Reed Public Relations ★

Wizard World Comic Con Returns to Sacramento

SACRAMENTO REGION, CA (MPG) - Wizard World, Inc. continues its 2015 schedule with its second trip to the Sacramento Convention Center at Wizard World Comic Con Sacramento, June 19th to June 21st. Norman Reedus (*The Walking Dead*), Danny Trejo (*Machete, From Dusk Till Dawn*), Katie Cassidy (*Arrow*), Henry Winkler (*Happy Days, Royal Pains*), Kelly Frye (*The Flash*), WWE Divas The Bella Twins and Eva Marie, and Christian Serratos (*The Walking Dead*) headline the roster of celebrity guests scheduled to attend the pop culture extravaganza. The WWE stars will appear on Saturday only, while Winkler is scheduled for all three days of the event. Other guests listed above are scheduled for Saturday and Sunday.

Other well-known Wizard World Comic Con Sacramento guests include Charlie Carver (*Teen Wolf*), Malcolm McDowell (*A Clockwork Orange*), Alfonso Ribeiro (*Fresh Prince of Bel-Air*), Giancarlo Esposito (*Once Upon a Time, Breaking Bad*), Reggie Lee (*Grimm*), Manu Bennett (*Arrow, The Hobbit: An Unexpected Journey*), Adrian Paul (*Highlander*), Kevin Conroy (Voice Actor - *Batman: The Animated Series*), Jason David Frank and David Yost (*Mighty Morphin Power Rangers*), Chris 51 (*Epic Ink*), *The Boondock Saints* duo Sean Patrick Flanery and David Della Rocco, and Scott Wilson (*The Walking Dead*).

Wizard World is also the home of the most creative comics, artists, and writers on the planet. Artist Alley at Comic Con Sacramento will feature Neal Adams (*Batman, X-Men*), Paolo Rivera (*All-New X-Men, Captain America*), Humberto Ramos (*Amazing Spider-Man, The Spectacular Spider-Man*), Mel Rubi (*Red Sonja, Doctor Strange*), Phil Ortiz (*The Simpsons, Muppet Babies*), Peter Bagge (*Hate, Mad*), Arthur Suydam (*Marvel Zombies, Army of Darkness*), Ethan Van Sciver (*Justice League, Batman*), and many others.

"We are excited to be returning to Sacramento, which was a huge success in our debut there last year," said John Macaluso, Wizard World CEO. "We sold out of three-day passes and Saturday admissions well before the event, and we have an even bigger show planned for this June."

In addition, all full-price Wizard World Comic Con Sacramento attendees will receive a limited edition exclusive variant cover of *The Walking Dead* comic, drawn by one of Wizard World's talented artist guests (to be announced). Comics will be issued at registration while supplies last and VIP attendees will receive an additional black and white sketch version.

Wizard World Comic Con events bring together thousands of fans of all ages to celebrate the



Norman Reedus from *The Walking Dead* is just one of the scheduled celebrities set to appear June 19th-21st.

best in pop-fi, pop culture, movies, graphic novels, cosplay, comics, television, sci-fi, toys, video gaming, gaming, original art, collectibles, contests, and more. Sacramento show hours are Friday, June 19th from 3 p.m. to 8 p.m.; Saturday, June 20th from 10 a.m. to 7 p.m.; and Sunday, June 21st from 11 a.m. to 5 p.m.

Wizard World Comic Con Sacramento is also the place for cosplay, with fans young and old showing off their best costumes throughout the event. Fans dressed as every imaginable character—and some never before dreamed—will roam the convention floor and participate in the famed Wizard World Costume Contest on Saturday night. For more on the 2015 Wizard World Comic Con Sacramento, visit <http://wizd.me/SacramentoPR>.

Wizard World, Inc. (www.wizd.me/PR) produces Comic Cons and pop culture conventions across North America that celebrate the best in pop-fi, pop culture, movies, television, cosplay, comics, graphic novels, toys, video gaming, sci-fi, gaming, original art, collectibles, contests, and more. A first-class lineup of topical programming takes place at each event, with celebrity Q&As, comics-themed sessions, costume contests, movie screenings, evening parties, and more. Wizard World has also launched CONtv, a digital media channel in partnership with leading independent content distributor Cinedigm. Fans can interact with Wizard World on Facebook, Twitter, Pinterest, Instagram, and other social media services. The 2015 Wizard World Comic Con schedule is available at www.wizd.me/PRSchedule2015.

Source: Atherton Public Relations ★

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

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

For Solutions see Page 9

Come back every week for Crossword and Sudoku!

On the Streets

An Uncertain Future for Area's Homeless



May, a homeless woman who stays near Loaves and Fishes for daily access to their services, spends her afternoons sitting on the curb of North 14th Street with dozens of others who jump at the opportunity for a bottle of water or a free meal.

Story and photos by John-Michael Kibrick

SACRAMENTO REGION, CA (MPG) - Sheriff's Deputy Paul Pace begins his day calmly, climbing into his cruiser and reviewing his to-do list. His last two years assigned specifically to answering complaints about homeless campers and panhandlers have been a welcome change after a long career policing prostitution and narcotics.

Throughout the years, Pace has handled the emotional stress of his job the same way. "It's just business; it's not personal," he said before leading this journalist on a ride-along. "At some point, you have to have a disconnect and go into cop mode."

But policing the homeless isn't as black and white as handling homicide or drug abuse. Although the county passed ordinances against aggressive panhandling and sleeping outdoors, being homeless is not a crime in and of itself.

"The idea is that it's easier to treat somebody's issues if they're in housing than it is if they're on the street. It's cheaper and more effective."
SSF External Affairs Director Maya Wallace

The moral line is also blurred: The general public sees the plight of some to be legitimate but voice frustration over others with drug abuse problems and those who remain on the streets due to choice, not necessity. Officer Pace estimates that 80% of regular panhandlers in his north Sacramento beat have homes, vehicles, and collect social security, facts not reflected by their signs claiming hunger and homelessness.

Pace and his fellow officers refer to one such panhandler as "Santa Claus," thanks to his long white beard. Who would guess that Santa owns a house in Antelope, drives a Cadillac, and uses the money he makes on the street to go gambling? Apparently Santa is immune from his own naughty-or-nice list.

A New Approach

Public debate has been raging on the issue for years and dozens of activists are present weekly at Sacramento City Council meetings. They berate the government's homeless policies and call for a long-term solution. Opinions on how to reduce Sacramento's chronic homelessness are as varied as the people giving them, but public pressure and data showing the heavy financial burden of the status quo seems to be having an effect.

In the last months of 2014, Sacramento County named Eduardo Amenyro as Department of Human Assistance Division Manager, a new position working specifically on the homeless issue. Sacramento City also created a new job to work opposite Amenyro, naming Emily Halcon as Homeless Services Coordinator. The appointments indicate that officials are approaching homelessness with more energy and resources than ever before.

Halcon and Amenyro work in close collaboration with Sacramento Steps Forward (SSF), an umbrella organization intended to coordinate and unify the efforts of a multitude of non-governmental organizations (NGOs) and other homeless service providers in the region. In just a few months of work, a vision of unified services and a new strategy is starting to emerge.

"The dialogue in our region is now starting to move towards this 'housing first' dialogue that you see in other parts of the state and the country," said SSF External Affairs Director Maya Wallace. "The idea is that it's easier to treat somebody's issues if they're in housing than it is if they're on the street. It's cheaper and more effective."

"The city is fully on board with housing first," said Halcon. "All of the city's services, at this point,

are directed toward programs that meet housing first initiatives."

From the county's perspective, Amenyro said, "The overall target is to go the same way. The challenge is to find the affordable housing that goes with it."

Even the U.S. Department of Housing and Urban Development is supporting housing first, and the inter-organizational agreement to follow this path suggests true cohesion and consensus on a difficult issue. But other factors, including the sheer complexity of the issue, imply that Sacramento

also says that finding affordable housing is difficult due to "land use policy at the city and the county level." Amenyro cited limited federal funds as a severe barrier to affordable housing for all.

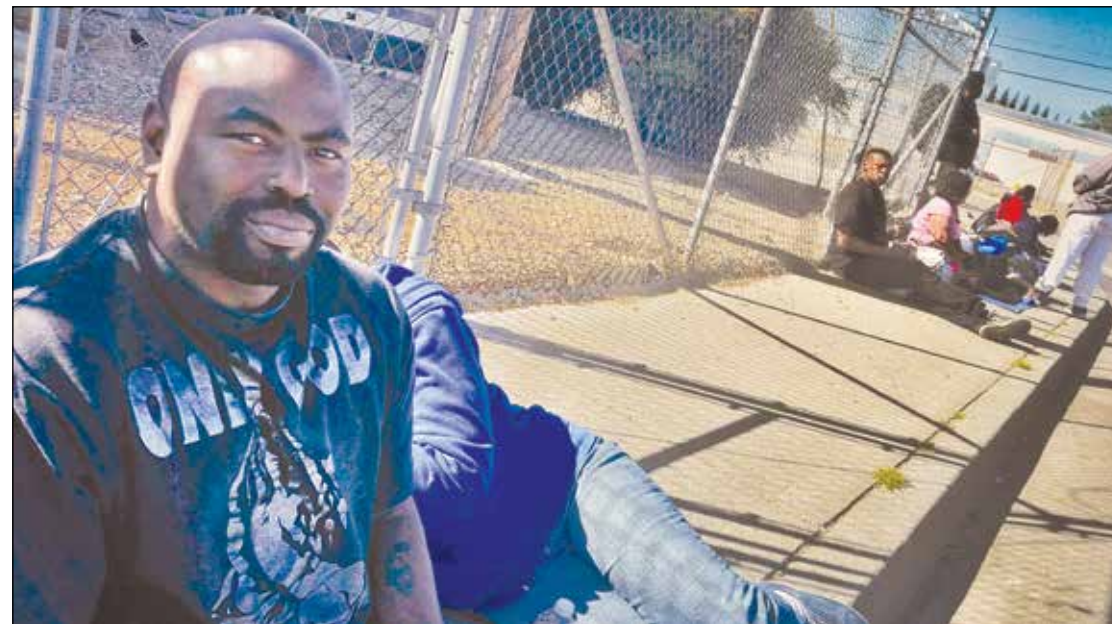
The Best Brings Out the Worst

Meanwhile, the shortcomings of even the best-intentioned programs can be seen and felt on the streets surrounding Loaves and Fishes, one of Sacramento's best-known and most-successful providers of basic survival services, functioning entirely on

services provided at Loaves and Fishes, and not all of them are looking for help.

One 50-year-old man who wished only to be identified as Chris, spends most of his time on the streets near Loaves and Fishes or in Friendship Park, a private facility also run by Sister Libby. But on a hot afternoon on the corner of North C Street and Ahern Street, Chris said that he had chosen to be homeless.

Another man sucked on a marijuana pipe and yelled at his canine companion as he sat next to Chris on the sidewalk pavement. Chris's



Curtis recently moved back to California from Texas and ended up on the streets near Loaves and Fishes with a crowd of individuals. Curtis says that Loaves and Fishes has offered nothing to aid him in his daily job and apartment search.

still has a long way to go before homelessness becomes manageable.

Wallace claims that inefficiencies between Sacramento's organizations have stymied progress on providing the complete package of services that prevent and reduce homelessness. She

private donations.

Wallace, Halcon, and Amenyro all cited the organization run by Sister Libby Fernandez as a safe haven for Sacramento's homeless, but City Councilmember Jeff Harris estimated that some 300 homeless individuals now remain in the vicinity, dependent on the

dreadlocks suggested infrequent bathing. The sun was hot and sitting on the pavement uncomfortable, but Chris insisted that people should have the freedom to live outside and despaired at the public's view of homeless people.

"There's a good percentage of people who are out here because they like to live outside. Why punish everybody for the actions of a few?" asked Chris.

Having consciously made the choice to be homeless, Chris rejected the notion that he was dependent on Loaves and Fishes or its services. "I don't need it but it's there and convenient, so I'm going to make use of it," he said. "Just because I get a free meal doesn't mean I'm leeching off of society."

Sister Libby said that a "handful" of people remained in the area and depended on her services. According to her, not everyone is ready to accept help,

but she will be there to keep them going until they are. The NGO leader admitted that there have been many instances of violence within the homeless community in the area—Chris was involved in a fight in Friendship Park and a friend of his was recently killed.

Officer Pace also said he receives frequent reports from

"City Councilmember Jeff Harris estimated that some 300 homeless individuals now remain in the vicinity, dependent on the services provided at Loaves and Fishes, and not all of them are looking for help."

homeless individuals who have been robbed or attacked by others living in the streets. "A lot of what happens to the homeless goes unreported," said Pace.

However, SSF has begun one initiative designed to make Pace's job a little bit easier by marrying his policing duties with a moral approach. The deputy is now paired with a trained "navigator" who emerged from homelessness himself and acts as a counselor and advisor when they encounter vulnerable individuals. Pace knows the law and his companion knows how and where to get individuals into the proper services.

Joining cops with trained social workers has proved to be a powerful and effective tool in other areas of local law enforcement, but only time will tell how many of Sacramento's homeless can be convinced to enter programs after years of suspicion and disappointment when dealing with the authorities.

Nowhere to Go

Halcon insists that a new approach is taking hold that will mark the turning of the tide for those on the streets. "Sacramento is on the cusp," she said. "We want to do something that's more purposeful and linked to real outcomes."

Indeed, SSF is in the midst of collecting and analyzing data on the homeless that could provide new ideas and improved results. However, with increased insight could also come increased moral debate. Who deserves to be helped and why? How should the public view those who can't or won't be helped with government funds? Those are common questions that data may struggle to answer.

Amenyro added that the county had set a goal of housing 300-400 families by the end of the current fiscal year, but according to the 2013 census of Sacramento's homeless, 2,538 total individuals were identified in emergency shelters or living in "places not meant for human habitation." A more liberal estimate from the Sacramento Regional Coalition to End Homelessness claims that 5,000-7,500 are out on the streets, and Amenyro admitted that, "locating them (homeless individuals) right now is a little bit difficult." New numbers are expected this year after a census took place on January 28th, 2015.

Despite an apparent leap forward in addressing homelessness in Sacramento County, the region still faces an up-hill battle to solve one of its most expensive and contentious issues of the past decade. When asked where a homeless person can go or who they can call for help, SSF's Wallace replied, "There's no good answer to that right now." ★



Was this candle at an abandoned camp used to read by or to remember a loved one? More likely than not, its scent was used to ward off the stench of feces in the bucket beneath.

Television Listings for the week of June 5-June 10

FRIDAY EVENING

JUNE 5, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30												
BROADCAST	ABC Shark Tank (TVPG) HD	ABC What Would You Do? (TVPG) HD	ABC 20/20 (N) HD	ABC Local	ABC Jimmy Kimmel Live HD	ABC Nightline	ABC CBS Undercover Boss HD	ABC Hawaii Five-0 HD	ABC Blue Bloods (TV14) HD	ABC Local	ABC (35) The Mentalist HD	ABC Late Late Show	ABC Fox Smart 5th Grade HD	ABC Bullseye (TVPG) HD	ABC Local Programs	ABC Local Programs	ABC Fox Ion Flashpoint (TV14) HD	ABC Flashpoint (TV14) HD	ABC Flashpoint (TV14) HD	ABC Flashpoint (TV14) HD	ABC Flashpoint (TV14) HD	ABC Flashpoint (TV14) HD
CABLE	A&E Criminal Minds HD	A&E Criminal Minds HD	A&E Criminal Minds HD	A&E Criminal Minds HD	A&E Criminal Minds HD	A&E Criminal Minds HD	A&E Criminal Minds HD	A&E Criminal Minds HD	A&E Criminal Minds HD	A&E Criminal Minds HD	A&E Criminal Minds HD	A&E Criminal Minds HD	AMC Jaws 2 (78, PG) ★★	AMC Apollo 13 (95, PG) ★★	AMC Tom Hanks, Bill Paxton. HD	AMC Tanked (TVPG) HD	AMC Flipping Ships (N) HD	AMC Flipping Ships (N) HD	AMC Flipping Ships (N) HD	AMC Flipping Ships (N) HD	AMC Flipping Ships (N) HD	AMC Flipping Ships (N) HD
PREMIUM	HBOW Game of Thrones HD	HBOW Game of Thrones HD	HBOW Real Time Maher (N)	HBOW VICE (N)	HBOW Real Time Maher HD	HBOW VICE HD	HBOW (05) Hollow Man (00, R)	HBOW ★★ Elisabeth Shue. HD	HBOW Death Sentence (07, R)	HBOW ★★ HD	HBOW Naked in Space (15, NRAO)	HBOW Breaking Dawn, P2 HD	HBOW One Direction Where We	HBOW (14, NR)	HBOW HAPPYish	HBOW Penny Dreadful (N)	HBOW Jackie HD	HBOW 3AM				

SATURDAY EVENING

JUNE 6, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30											
BROADCAST	ABC The Whispers (N) HD	ABC In an Instant: "In an Instant" (N) HD	ABC Left for Dead (N) HD	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC CBS Blue Bloods (TV14) HD	ABC Hawaii Five-0 HD	ABC 48 Hours (TV14) (N)	ABC The Island: "Man Up" (N)	ABC Local	ABC (29) Saturday Night Live (TV14) HD	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs
CABLE	A&E Storage Storage	A&E Storage Storage	A&E Storage Storage	A&E Storage Storage	A&E Storage Storage	A&E Storage Storage	A&E Storage Storage	A&E Storage Storage	A&E Storage Storage	A&E Storage Storage	A&E Storage Storage	A&E Storage Storage	AMC I Am Legend (07, PG-13) ★★	AMC Will Smith. HD	AMC I Am Legend (07, PG-13) ★★	AMC Will Smith. HD	AMC Jeepers Creepers II HD	AMC My Cat from Hell (N) HD	AMC Treetop Treetop	AMC Treetop Treetop	AMC Treetop Treetop
PREMIUM	HBOW The Judge (14, R) Robert Downey Jr., Robert Duval. HD	HBOW Blade Runner (82, R) ★★	HBOW Harrison Ford. HD	HBOW I Origins (14, R) ★★	HBOW Michael Pitt. HD	HBOW (50) Co-Ed Confidential 2 (08) HD	HBOW Begin Again (14, R) ★★	HBOW Keira Knightley. HD	HBOW HAPPYish	HBOW HAPPYish	HBOW HAPPYish	HBOW W.C. Boxing (Taped)	HBOW Game of Thrones HD	HBOW Thrones							

SUNDAY EVENING

JUNE 7, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30											
BROADCAST	ABC Kimmel Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs											
CABLE	A&E The Proposal (09, PG-13) Sandra Bullock. HD	A&E Two Weeks Notice (02, PG-13) Sandra Bullock. HD	A&E The Proposal (09) HD	AMC (7:00) Erin Brockovich (00, R) Julia Roberts. HD	AMC Halt and Catch Fire (N)	AMC Halt and Catch Fire HD	AMC Wild Hogs (07) ★★	AMC The Last Alaskans (N) Mountain Monsters HD	AMC Finding Bigfoot (N) HD	AMC Going Native (N) HD	AMC (04) Finding Bigfoot HD	AMC (5:30) The Color Purple (85, PG-13) Frankie	AMC Game HD	AMC Game HD	AMC Game HD	AMC Game HD	AMC Game HD	AMC Game HD	AMC Game HD	AMC Game HD	AMC Game HD
PREMIUM	HBOW Kimmel	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs

MONDAY EVENING

JUNE 8, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30											
BROADCAST	ABC The Whispers (N) HD	ABC The Bachelorette (TVPG) (N) HD	ABC Local	ABC Jimmy Kimmel Live HD	ABC Nightline	ABC CBS American Ninja Warrior: "Houston" (N) HD	ABC NCIS: Los Angeles HD	ABC Local	ABC CSI: Crime Scene HD	ABC Late Late Show	ABC Fox So You Think You Can Dance: "Detroit" (N) HD	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs
CABLE	A&E The First 48 (TV14) HD	A&E The First 48 (TV14) HD	A&E The First 48 (TV14) HD	A&E The First 48 (TV14) HD	A&E The First 48 (TV14) HD	A&E The First 48 (TV14) HD	A&E The First 48 (TV14) HD	A&E The First 48 (TV14) HD	A&E The First 48 (TV14) HD	A&E The First 48 (TV14) HD	A&E The First 48 (TV14) HD	A&E The First 48 (TV14) HD	A&E The First 48 (TV14) HD	A&E The First 48 (TV14) HD	A&E The First 48 (TV14) HD	A&E The First 48 (TV14) HD	A&E The First 48 (TV14) HD	A&E The First 48 (TV14) HD	A&E The First 48 (TV14) HD	A&E The First 48 (TV14) HD	A&E The First 48 (TV14) HD
PREMIUM	HBOW The Judge (14, R) Robert Downey Jr., Robert Duval. HD	HBOW Blade Runner (82, R) ★★	HBOW Harrison Ford. HD	HBOW I Origins (14, R) ★★	HBOW Michael Pitt. HD	HBOW (50) Co-Ed Confidential 2 (08) HD	HBOW Begin Again (14, R) ★★	HBOW Keira Knightley. HD	HBOW HAPPYish	HBOW HAPPYish	HBOW HAPPYish	HBOW W.C. Boxing (Taped)	HBOW Game of Thrones HD	HBOW Thrones							

TUESDAY EVENING

JUNE 9, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30											
BROADCAST	ABC NBA Finals	ABC Kimmel	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs	ABC Local Programs											
CABLE	A&E Love Unlocked (N) HD	A&E Married at First Sight: "The Big Decision" (N) HD	A&E Married at First Sight: "The Big Decision" HD	AMC (7:00) Saving Private Ryan (98, R) ★★	AMC Tom Hanks, Matt Damon. HD	AMC We Were Soldiers (02, R) ★★	AMC Mel Gibson. HD	AMC River Monsters HD	AMC (03) River Monsters HD	AMC Great Barrier Reef HD	AMC Great Barrier Reef HD	AMC Lap Dance (14, R) Carmen Electra.	AMC Love Jones (97, R) ★★	AMC Larenz Tate, Nia Long.	AMC Housewives (TV14)	AMC Housewife (TV14)	AMC Housewife (TV14)	AMC Housewife (TV14)	AMC Housewife (TV14)	AMC Housewife (TV14)	AMC Housewife (TV14)
PREMIUM	HBOW NBA Finals	HBOW Kimmel	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs	HBOW Local Programs

WEDNESDAY EVENING

JUNE 10, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30											
BROADCAST	ABC The Middle	ABC The Goldbergs	ABC Modern	ABC black-ish	ABC Celebrity Wife Swap	ABC Local	ABC Jimmy Kimmel Live HD	ABC Nightline	ABC CBS The Briefernace (N) HD	ABC Criminal Minds HD	ABC CSI: Cyber (TV14) HD	ABC Local	ABC CSI: Crime Scene HD	ABC Late Late Show	ABC Fox I Can Do That HD	ABC American Ninja Warrior: "Venice Qualifying" HD	ABC Local	ABC (35) Tonight Show HD	ABC Late Night	ABC Local Programs	ABC Local Programs
CABLE	A&E Duck HD	A&E Duck HD	A&E Duck HD	A&E Duck HD	A&E Duck HD	A&E Duck HD	A&E Duck HD	A&E Duck HD	A&E Duck HD	A&E Duck HD	A&E Duck HD	A&E Duck HD	A&E Duck HD	A&E Duck HD	A&E Duck HD	A&E Duck HD	A&E Duck HD	A&E Duck HD	A&E Duck HD	A&E Duck HD	A&E Duck HD
PREMIUM	HBOW The Judge (14, R) Robert Downey Jr., Robert Duval. HD	HBOW Blade Runner (82, R) ★★	HBOW Harrison Ford. HD	HBOW I Origins (14, R) ★★	HBOW Michael Pitt. HD	HBOW (50) Co-Ed Confidential 2 (08) HD	HBOW Begin Again (14, R) ★★	HBOW Keira Knightley. HD	HBOW HAPPYish	HBOW HAPPYish	HBOW HAPPYish	HBOW W.C. Boxing (Taped)	HBOW Game of Thrones HD	HBOW Thrones							



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CORDOVA SPORTS

Lancers Well Represented at Optimist Game

By Mike Bush

SACRAMENTO, CA (MPG) - Guy Anderson and Brandon Buck will represent Cordova High School baseball on Saturday, June 6th in the 44th annual Optimist High School Baseball All-Star Game.

Anderson, who served as the Lancers' head coach for 45 seasons, and Buck, a recent CHS graduate who started in the outfield this past season, are part of the South Small School Squad. Anderson is serving as head coach, and will be assisted by Rosemont's Bill Mattingly as they oversee the 22-player South roster. This is the fourth time Anderson has served as head coach for the all-star game.

"Quite an honor to have," Anderson said.

Buck had a 0.274 batting average for the Lancers this past season. In addition, he stole seven bases and three doubles. In the outfield, Buck registered a 0.974 fielding percentage in 27 games. Anderson said Buck is scheduled to start tomorrow's game in right field.

Anderson and Buck will be surrounded by players from the Sierra Valley Conference (SVC), which Cordova rejoined this past school year after being in the Capital Athletic League four years prior. Three players from SVC champion El Dorado, including conference MVP Nick Bonnicksen, are on Anderson's



Former Cordova baseball player Brandon Buck, at the plate, and head coach Guy Anderson, coaching third base, will represent the Lancers in the Optimist High School Baseball All-Star Game on Saturday. Photo by Rick Sloan

roster, along with players from Union Mine, Rosemont, Galt, and Liberty Ranch.

The hope is that this game will give players exposure to community college and four-year college baseball programs. Over the years, Major League Baseball scouts have also been on hand at these games.

"This game is for the kids," Anderson said. "A chance to

shine."

The small school game will take place at Sacramento State's McAuliffe Fields at 4 p.m. Tickets are \$10 for general admission is, \$8 for seniors 65 and over, \$5 for students, and \$3 for children 12 and under. Parking on the college campus is \$6 and available at self-serve kiosks throughout the parking lots. ★

Stacy Grabs Honors at Optimist Game

By Mike Bush

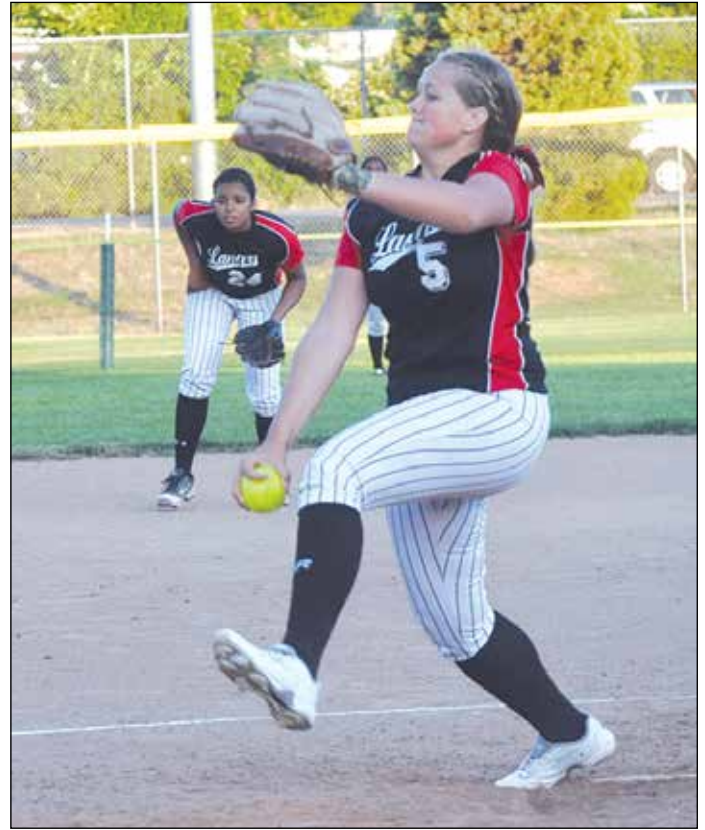
SACRAMENTO, CA (MPG) - In her last game wearing a Cordova High School softball uniform, Megan Stacy shined in the 38th annual Optimist High School Softball All-Star Game at Capital Christian High School on May 27th.

Stacy was named the South's Outstanding Player. The South led 4-2 going into the top of the seventh inning over the North, which rallied for a 7-6 win. Stacy went 2-for-4, including a double in the first inning.

Sutter's Sara Stephenson was named the North's Outstanding Player.

Tiana Brown, who was one of Stacy's teammates on this year's Lady Lancers squad, which took second place in the Sierra Valley Conference (SVC), had a hit in the game for the South.

Joining Stacy and Brown were players from Rosemont, Galt, and Liberty Ranch. There were also players from Capital Christian, Dixon, Golden Sierra, Sacramento High, West Campus, and Winters. ★



Former Cordova softball player Megan Stacy, shown here pitching against Ponderosa in the Sac-Joaquin Section Division III playoffs last month, went 2-for-4 to earn Outstanding Player honors for the South in last week's Optimist High School Softball All-Star Game. Photo by Rick Sloan

Season Ends for Cordova Track and Field

Story and photos by Mike Bush

ELK GROVE, CA (MPG) - Cordova High School (CHS) track and field had representation in the finals of the Sac-Joaquin Section/Les Schwab Tires Masters Track and Field Championship presented by Farmers Insurance,

held at the end of last week at Elk Grove High School.

Recent CHS graduate D'Mitre Jones raced in the 400 meter finals on May 29th and was clocked at 49.25 seconds for seventh place. The top three finishers advance to the California Interscholastic Federation State Track and Field Championships at Veterans Memorial Stadium at Buchanan High School of Clovis. In the trials of the Masters the day before, Jones was seventh at 49.59.

Finishing in the top 10 in the girls triple jump was Cordova's Julia Gulchuk, who leaped 35 feet, 5 1/2 inches for 10th place. In the shot put, Jullissa Reis had a mark of 35 feet, 10 3/4 inches for 12th place.

In the trials that were held at Elk Grove High on May 28th, the Cordova boys 4x100 meter relay team of La Terio Norse, EJ Turner, Treyvon Warren, and Jones was timed at 44.18 seconds for 23rd place. Brandon Lincoln was ninth in trials in the shot put at 40 feet, 9 1/2 inches, finishing 19th in the section.

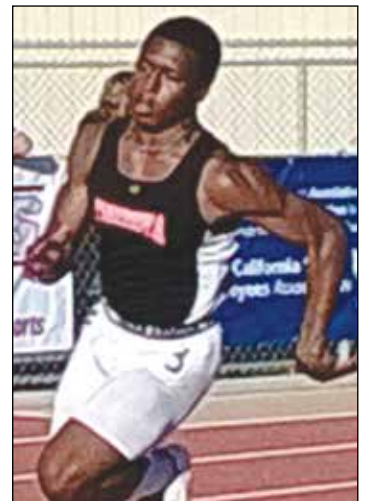
For the Lady Lancers in the trials, Marissa Smith was 18th in the 400 meters at 59.87 seconds and Lanyija Clark was 20th at 1:03. The 4x400 relay team



Cordova's Marissa Smith turns the corner in the girls 400 meter race at last week's Masters track and field championships.

Jones also competed in the 200 meter race in the trials, but missed qualifying by seconds; he had a time of 22.65. The qualifying time was 22.53

Taking part in the finals of the 1,600 meter races, also last Friday, was Jordan McGuire. He finished with a time of 4 minutes, 37.58 seconds for 22nd place.



D'Mitre Jones competed in 200 and 400 meter races of the section's Masters meet for the Cordova boys track and field team last week.

of Erika Wilson, Clark, Cauje Curney, and Marissa Smith was clocked at 4:07 for 14th place. ★

END OF THE BENCH BY GERRY SCHOLL

Currying Favor for a Front-Row Seat

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

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

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

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

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

What does a life-long, loyal

fan gotta do to get himself into one of those precious seats? Sorry --- as if you didn't know already --- but you just need to be independently wealthy, or a superstar of some kind. That's all.

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

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

Now, who is going to be occupying the coveted courtside chairs at Oracle for these NBA finals? For the most part, with the exceptions of Jack Nicholson, Billy Crystal and Magic Johnson, the people that

slide into the prime spots are not true fans, but just a bunch of schmucks who buy their way in.

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

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

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

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

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

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

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

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

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

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

Outdoor World

Fly Fishing Gear Every Beginner Needs

Learning to fly fish is no harder than any other kind of fishing if you start with the proper equipment.

Fly lines range from 1 weight to a 12 weight. The larger the line number, the larger the line size and the larger the fly you can cast with it.

Level lines are the same diameter throughout their length, and are fine for casting short distances but not delicate presentations.

Double-taper lines taper at both ends, allow a more delicate presentation, and are best for short to medium cast. Weight-forward lines have larger diameters the first 30 feet. They cast well at all distances and cast larger, more wind-resistant flies better.

For most situations, an 8 1/2' or 9' rod with a single action reel is best. If you fish small streams, go to a 7 1/2' or 8'. Line weights your rod will handle will be marked on the shaft.

Buy the best rod you can afford, and it will result in less frustration and more fun in learning how to fly fish.

By Larry Whiteley, Host of the award-winning Outdoor World Radio
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ATHLON SPORTS

INSIDE BASEBALL

A WEEKLY TURN AROUND THE BASES

» BEST PLAYERS AGE 35 AND OLDER

» MLB POWER RANKING

» JON LESTER'S 0-FER STREAK

» TRIPLE CROWN CHASE



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

Celebrating the Old Vets

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

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

Lineup

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

1B Albert Pujols, Los Angeles Angels
Pujols is a faint shadow of what he was in St. Louis, but he's still an intimidating presence in the batter's box.

2B Chase Utley, Philadelphia
Not a tough choice when the only competition is Dan Uggla.

3B Adrian Beltre, Texas
Now in his 18th season, Beltre had started every game for the Rangers this season until his recent thumb injury.

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

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

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

RF David DeJesus, Tampa Bay
The spy outfielder is carrying the highest batting average (.328) on this team.

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

Bench

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

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

1B Ryan Howard, Philadelphia
Howard and Pujols are both batting .250 with 10 homers, so Howard would see some time at first base.

1B/OF Michael Cuddyer, New York Mets
The reliable Cuddyer has batted .341 over his last 12 games.

UT Clint Barmes, San Diego
The infielder hasn't played regularly since 2012 and has just 13 starts this season. But this old team needs a backup infielder.

Rotation

John Lackey, St. Louis
The hero of the 2002 World Series is having his best season since 2007.

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

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

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

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

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

Bullpen

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

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

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

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

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



Charlie Miller
Athlon Sports
Baseball Editor
@AthlonCharlie

AROUND THE HORN

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

NUMBERS GAME

.385/.385/.385

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



TURN BACK THE CLOCK

June 5, 1989
The Toronto SkyDome, a modern marvel, opens in Toronto. The stadium features a \$100 million fully retractable roof, the world's largest video board, a hotel and a Hard Rock Cafe. Oh, by the way, the Milwaukee Brewers spoil the opening with a 5-3 win over the Blue Jays.

TRIVIA CORNER

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

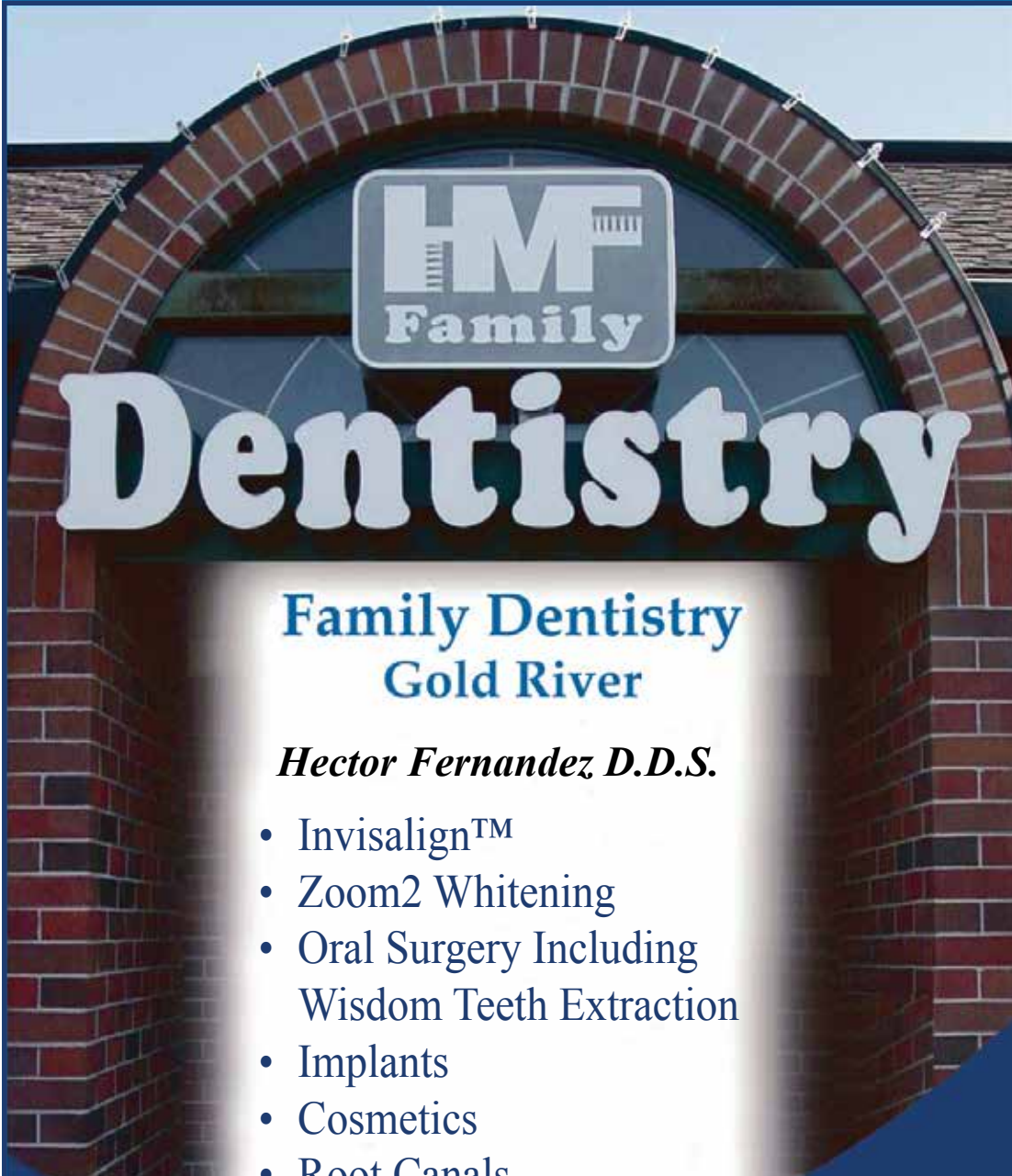


Written and compiled by Charlie Miller.
Follow Charlie on Twitter: @AthlonCharlie.
Email: Charlie.Miller@athlonsports.com

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

ATHLON SPORTS POWER RANKING

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




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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.


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