

Extra-base hits in 9th inning doom Giants

Howry victimized by visiting Dodgers; Ramirez reaches base in all 5 tries

BY ANDREW BAGGARLY
BAY AREA NEWS GROUP

SAN FRANCISCO — For the second consecutive night, the San Francisco Giants rallied late against their archrivals.

This time, the Los Angeles Dodgers rallied back.

Rich Aurilia drew a bases-loaded walk to tie the game in the eighth inning, but Bob Howry allowed extra-base hits to three of the first four batters he faced in the ninth as the Dodgers took a 5-3 victory Tuesday night at AT&T Park.

Manny Ramirez reached in all five plate appearances, drawing two walks and hitting two doubles. He led off the ninth with a drive down the left field line and scored the go-ahead run when Andre Ethier drove a pitch to the wall in center field. Matt Kemp followed with another hard-hit triple to score Ethier.

Howry gave up the lead, but the Giants might have lost the game with mistakes in the early innings.

Left fielder Fred Lewis let a ball clank off his glove for a two-base error and shortstop Juan Uribe skipped a throw to first base for another, leading to two unearned runs

the Giants couldn't afford against young ace Chad Billingsley.

Jonathan Sanchez was coming off a stellar start April 17 in which he held the Arizona Diamondbacks to two hits in 6²/₃ shutout innings. But the Giants skipped his turn in the rotation to provide some early pacing for Sanchez, whose performance dropped off significantly because of fatigue in August and September. Plus, Sanchez cranked it up earlier than normal this spring so he could pitch for Puerto Rico in the World Baseball Classic.

Sanchez tossed a scoreless relief inning Saturday at Arizona in place of his usual workout off a bullpen mound.

The schedule didn't seem to throw off Sanchez in the slightest. He held the Dodgers to three hits in five innings and both runs he gave up were unearned.

Sanchez did his best work while pitching to the dangerous top of the Dodgers lineup, keeping Rafael Furcal and Orlando Hudson off base in six plate appearances. As a result, he faced Ramirez three times with the bases empty and two outs. Ramirez walked twice and doubled off the right field wall.



Jeff Chiu / Associated Press

Aaron Rowand can't catch a ball hit by Los Angeles' James Loney that scored Andre Ethier in the second inning.

Sanchez pitched around Russell Martin before getting Ethier to ground out to end the fifth.

With Sanchez's pitch count at 96, the Giants didn't push him any further. Justin Miller probably made them wish they did.

Miller walked leadoff hitter Kemp, who was caught stealing. Then Miller walked James Loney and gave up a single to Casey Blake. After a sacrifice bunt moved the runners into scoring position, Miller threw two balls to Furcal and catcher Bengie Molina practically won an Olympic gymnastics medal as he kept them from skipping to the backstop.

Manager Bruce Bochy didn't wait for a resolution. He yanked Miller and Brandon Medders inherited the 2-0 count. Medders lost Furcal on a tough, 3-2 slider, but got Hudson to pop up with the bases loaded.

Medders, who threw two-plus innings Sunday at Arizona, was pushed in the seventh and didn't fare well. Ramirez hit a leadoff double, an intentional walk and

single loaded the bases, and Loney walked on a 3-2 pitch to force home Ramirez with the tiebreaking run.

Medders got Blake to tap into a 1-2-3 double play to hold the deficit to one run.

The Giants needed a mistake-free game to beat Billingsley, the Dodgers' young ace who struck out 11 when he faced them April 13 at Los Angeles. Billingsley entered with a 4-0 record in seven career starts (11 games) against the Giants.

Instead, they had one of their most uneven defensive games of the season. Leading off the second inning, Lewis broke badly on Ethier's fly ball but appeared to recover before it clanked off his glove for a two-base error. Ethier scored on Loney's single.

The Dodgers gave it back in the third. Furcal, the shortstop, made a throwing error after fielding Pablo Sandoval's ground ball, allowing one run to score. Travis Ishikawa hit an infield single with the bases loaded to give the Giants a 2-1 lead. But Uribe grounded out to strand three.

ANNOUNCEMENTS

JUNIOR GOLF CAMPS

Junior golf director Bill Easterling will offer five junior golf camps this summer at Palo Alto Municipal GC. Sign-ups begin Saturday, May 2 at 7 a.m. The camps offer PGA instruction with efficient teacher-student ratios. For more info, call the golf shop at 650-856-0881 or visit Bradlozeshop.com.

OPEN-GYM BASKETBALL CLINIC

For the next 3 Tuesday evenings from 7 to 8:30 any fifth- through eighth-grade basketball player can show up at Egan Middle School for open gym clinics. Players will be organized into compatible teams for full- and half-court games. Players will have a skill routine given to them to be done during warm-ups or while waiting for the next game to begin, as well as coaching on proper technique. Teams will change regularly so that each player has different competition and more chances to fill different team roles. Players do not need to register ahead of time and may walk in for all or part of the clinic. Cost is \$10 per session and cash or check will be accepted. Additional clinics will be added if there is a good turnout. To see all spring and summer camps, please visit www.balideaglegcamps.com. Contact coach McFarlane at 408-623-4645 or bob@balideaglegcamps.com with any questions.

FLAG FOOTBALL FOR KIDS

Boys and girls ages 6 to 14 are invited to take part in the NFL's Flag Football Program set for Saturday, May 2, at Cesar Chavez School, 2450 Ralmar Ave., in East Palo Alto. The event is free and begins at 11 a.m. For more info, visit www.ryaa.org or call 650-331-0382.

PINEWOOD BASKETBALL CAMP

Doc Scheppeler, the coach who has led the Pinewood-Los Altos Hills girls basketball team to three state championships, will run a pair of camps this summer. The first one will be from June 8 to June 11, running from 3:30 p.m. to 6 p.m. each day. It will cost \$130. The second camp will be June 15-19 from 9 a.m. to 2 p.m. and will cost \$325. Both camps are open to girls in grades seven through 12. For more info, contact Scheppeler at 650-209-3024 or 650-347-3944 or e-mail dcscheppeler@pinewood.edu.

MENLO HOOPS CAMP

The Menlo College women's basketball program will host its Complete Skills Camp in conjunction with Nike Basketball Camps and US Sports Camps from July 13 to July 17. The camp, run by Oaks coach Shannon Osborne, is open to girls ages 10-18. Campers will receive individual instruction from college athletes and coaches, compete in contests and play full-court games on a daily basis. Off-court activities will be organized by the camp staff. Three schedules are offered: overnight campers (\$655) will stay in one of Menlo College's residence halls, experience the full instructional program, and receive three meals a day; extended day campers (\$555) will experience the full instructional program (9 a.m.-9 p.m.) with lunch and dinner provided; and day campers (\$395) participate in the instructional program from 9 a.m. to 4 p.m. with lunch provided. For more info, visit USSportsCamps.com or phone 1-800-NIKE CAMPS.

BOYS SOCCER PLAYERS SOUGHT

The Stanford Landside Boys U17B Class I soccer team is looking for players for 2009 season starting this spring. The team competes in the Abronzo League (Div. I) in fall and several NorCal and SoCal tournaments. Landside is coached by Vava, a Brazilian player and current US National Futsal Coach. Tryouts will start soon in Palo Alto. Send an e-mail to team manager Nancy Starr at nancystarr@gmail.com.

HOOPS FOR A CAUSE

The Menlo College men's basketball program is sponsoring "Hoops for a Cause," which will consist of a series of Spring clinics with 25 percent of proceeds being donated to the Autism Society of America. Thus far, the Oaks have raised \$1,500 towards their goal of \$3,000. Clinics will be taught in a positive environment and will consist of general skill work and various games. Clinics are open to all boys and girls, grades K-8. Clinics will take place from 1 p.m. to 4 p.m. on April 26, May 3 and May 10. For a brochure to sign up or more info, contact Chris Cobb at 650-543-3760 or e-mail menlobasketball@aol.com.

GIRLS VOLLEYBALL SUMMER CAMPS

The Palo Alto Volleyball Club will be holding volleyball camps for girls entering 5th-8th grades this summer. The camps will teach girls the fundamentals of volleyball and prepare them for middle school volleyball competition. The clinics will also incorporate court awareness, drills and games. For more info, visit PAVBC.com, e-mail makksb@yahoo.com, or call Kevin at 650-218-0714.

PALO ALTO SOFTBALL

Girls ages 5 to 15 are encouraged to sign up for the Palo Alto Girls Softball League, which caters to players from Palo Alto, Menlo Park, Los Altos Hills, East Palo Alto and Portola Valley. Everyone plays. There will be skills clinics for all ages and beginners are welcome. There will be postseason traveling teams and tournament and special events. The league is affiliated with the Amateur Softball Association. For more info, call 650-361-0743, visit www.paloaltogirlssoftball.org or send an e-mail to registration@paloaltogirlssoftball.org.

PREP COACHING OPENINGS

■ Carmont-Belmont is looking for a cross country coach. Contact Patrick Smith at psmith@seq.org.
 ■ Pinewood School in Los Altos Hills is looking for a varsity high school boys and girls swim coach. Contact AD Matt Stimson at 650-941-6044 or mstimson@pinewood.edu.
 ■ The King's Academy in Sunnyvale is looking for a head varsity swimming/diving coach and a head varsity girls soccer coach (for the 2009-10 winter season). Contact Vicki Linn at 408-481-9900, ext. 272 or send e-mail to vlinn@tka.org.
 ■ Los Altos needs a boys head swim coach. Contact Kim Cave at kim.cave@mvia.net or 650-960-8857.
 ■ Sacred Heart Prep in Atherton is seeking assistant football coaches for next season. Contact Frank Rodriguez at 650-473-4031 or at frrodriguez@shschools.org.
 ■ St. Francis-Mountain View needs assistant coaches for field hockey, girls basketball, wrestling, softball and boys tennis, and a head coach for girls volleyball. Contact Michael Pilawski at Mipilawski@sfnhs.com or (650) 968-1213, ext. 255.

■ Menlo-Atherton is looking for assistant football coaches for F/S & varsity (all positions). Contact Tony Rosso at 720-840-1918 or e-mail tonyroso@yahoo.com. MA also is seeking a frosh-soph girls volleyball coach and a JV girls water polo coach. Contact Pam Wimberly at 650-322-5311, ext. 5706, or e-mail pwwimber@seq.org.

HIGH SCHOOL REFEREES NEEDED

The Northern California Football Officials Association (NCFOA) is seeking men and women to become high school football officials for San Mateo and San Francisco counties. Depending on the number of games worked during a season, officials may earn up to \$1,500 per year. No experience is necessary; the NCFOA conducts and administers all training. The NCFOA will conduct its annual spring meeting and clinic on May 5 from 6 p.m. to 8 p.m. at Mills High School in Millbrae. For more info, e-mail NCFOAPresident@gmail.com.

MENLO BASKETBALL CAMPS

The Menlo College men's basketball program will run two four-day summer basketball camps the weeks of June 22-25 and July 20-23. Grades K-5 will be from 9 a.m. to 2 p.m., while grades 6-8 will be 3 p.m. to 5 p.m. Camps will offer instruction of basic fundamentals, skill development, teamwork, games and fun. Campers will receive a camp T-shirt. Camp prices range from \$150 to \$235. Discounts are available for siblings and early registrants. Contact Menlo coach Chris Cobb at 650-543-3760 for more info.

To list an announcement, please call 650-391-1330 or send an e-mail to sports@dailynewsgroup.com

Wild salmon a super food for athletes

BY DR. PHIL WAGNER
FOR THE DAILY NEWS

At SPARTA, we field a lot of questions about supplements. For the most part, most supplements don't do half of what they promise. There are a few exceptions, of course, creatine and glucosamine, among them. But there is one supplement that everyone, competing athlete or not, should take: fish oil.

The fatty acids in fish oil are part of the omega-3 family of fats. Entire books have been written about the benefits of ingesting omega-3 fats, so we'll outline a few.

Dr. Johnny Bowden, author of *The Most Effective Natural Cures on Earth*, says, "If there was one supplement I could mandate for the entire population of the world it would unquestionably be omega-3s."



Fish oil has been shown in research to reduce blood cholesterol and triglyceride levels, the two most important risk factors for heart disease. Even the very conservative American Heart Association recommends 2 to 4 grams of omega-3 fats a day for patients who need to lower triglycerides.

Fatty acids and especially omega-3s have been shown to reduce inflammation, the cause of many diseases, most notably Alzheimer's and diabetes. Omega-3s have a profound effect on the brain and have been studied in relation to depression, bipolar disorder and ADD. In addition, omega-3s have been shown to prevent degenerative eye disease.

So aside from taking fish oil capsules or oil (1 to 4 grams a day), what foods contain these great omega-3 fats? If you guessed fish, nice job. Many varieties of fish contain a good amount of omega-3s. Walnuts and flax seed are other good sources, but recognize that these are plant sources and to get the complete benefit you should include some marine source as well.

So what fish is best to eat? Research from the Department of Internal Medicine at Wake Forest showed that over the past decade a shift toward farm-raised varieties in the fishing industry has led to widely eaten fish that have fatty acid characteristics considered inflammatory (bad) by the health community. In contrast those researchers found that wild caught varieties of salmon contained the highest amounts of omega-3 fats. Farm-raised fish are fed corn and grain, making them more deficient in omega-3s than their wild-caught brothers. It's the same idea behind grass-fed beef. It makes sense, right? Why would a farm-raised salmon fed with grain develop a normal fatty acid profile? It wouldn't.

So chow down on wild salmon once a week, add fish oil to your short supplement list, and snack on some walnuts to increase your omega-3s. And if you're pregnant, make sure you take in enough fish oil for two. One of the omega-3s in fish oil (DHA) forms an important part of the cell membranes in the brain and eye and is essential for early brain development.

Dr. Wagner is the Director of SPARTA Performance Science in Menlo Park. For info on this article or to learn more about SPARTA, visit www.SpartaScience.com or join the discussion at <http://SpartaScience.blogspot.com>.

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