

Today's Weather

Local 5-Day Forecast

Wed 10/15	Thu 10/16	Fri 10/17	Sat 10/18	Sun 10/19
67/49 Light rain in the morning. Highs in the upper 60s and lows in the upper 40s.	71/51 Times of sun and clouds. Highs in the low 70s and lows in the low 50s.	70/51 More clouds than sun. Highs in the low 70s and lows in the low 50s.	77/51 Abundant sunshine. Highs in the upper 70s and lows in the low 50s.	78/54 Abundant sunshine. Highs in the upper 70s and lows in the mid 50s.
Sunrise: 7:20 AM Sunset: 6:29 PM	Sunrise: 7:21 AM Sunset: 6:27 PM	Sunrise: 7:22 AM Sunset: 6:26 PM	Sunrise: 7:24 AM Sunset: 6:24 PM	Sunrise: 7:25 AM Sunset: 6:23 PM



California At A Glance



Area Cities

City	Hi	Lo	Cond.	City	Hi	Lo	Cond.
Anaheim	77	59	pt sunny	Palmdale	77	49	pt sunny
Bakersfield	79	55	pt sunny	Pasadena	78	56	pt sunny
Barstow	85	47	pt sunny	Redding	79	55	pt sunny
Blythe	94	62	pt sunny	Riverside	79	56	pt sunny
Chico	72	50	rain	Sacramento	75	53	mst sunny
Costa Mesa	75	61	pt sunny	Salinas	70	52	pt sunny
El Centro	94	59	pt sunny	San Bernardino	79	54	pt sunny
Eureka	65	48	rain	San Diego	73	63	pt sunny
Fresno	79	57	mst sunny	San Francisco	67	54	pt sunny
Los Angeles	74	58	pt sunny	San Jose	73	53	pt sunny
Modesto	76	53	mst sunny	Santa Barbara	74	57	pt sunny
Mojave	78	51	pt sunny	Stockton	75	53	pt sunny
Monterey	65	54	pt sunny	Susanville	60	37	rain
Needles	94	66	mst sunny	Truckee	53	31	rain
Oakland	67	53	pt sunny	Visalia	80	51	mst sunny

National Cities

City	Hi	Lo	Cond.	City	Hi	Lo	Cond.
Atlanta	67	52	mst sunny	Minneapolis	64	43	sunny
Boston	77	64	pt sunny	New York	72	66	cloudy
Chicago	60	51	rain	Phoenix	89	61	pt sunny
Dallas	79	55	sunny	San Francisco	67	54	pt sunny
Denver	81	46	mst sunny	Seattle	59	52	rain
Houston	82	61	sunny	St. Louis	59	50	rain
Los Angeles	74	58	pt sunny	Washington, DC	77	63	t-storm
Miami	87	75	t-storm				

Moon Phases



UV Index

Wed 10/15	Thu 10/16	Fri 10/17	Sat 10/18	Sun 10/19
4	4	4	4	4
Moderate	Moderate	Moderate	Moderate	Moderate

The UV Index is measured on a 0 - 11 number scale, with a higher UV Index showing the need for greater skin protection.

Shasta Senior Nutrition Program's lunch menu

Following is the Shasta Senior Nutrition Program's lunch menu scheduled at the John Beudet Community Center Oct. 15-22.

Wednesday, Oct. 15 - **Oven-fried Parmesan Chicken Breast**, carrot coins, parsley red potatoes, three bean salad, whole wheat bread, orange juice.

Thursday, Oct. 16 - **Luscious Lasagna**, Italian blend vegetables, mixed green salad, warm garlic bread, tropical fruit salad.

Friday, Oct. 17 - **Lentil Soup**, Brussel sprouts, pea salad, whole wheat roll, brownie.

Monday, Oct. 20 - **Cheeseburger on a Bun**, oven roasted potatoes, broccoli and raisin salad,

baked beans, kiwi.

Tuesday, Oct. 21 - **Egg Salad Sandwich in a Pita**, pasta salad, spinach, wheat bread, chilled grape juice.

Wednesday, Oct. 22 - **Broccoli, Ham and Cheese Stuffed Baked Potato**, Italian vegetables, salad, bran muffin.

Menu is subject to change without notice.

All meals are served with milk and meet the one-third daily minimum nutrient requirement.

Transportation service is available. Twenty-four hour reservations are required. Call 226-3075.

For more information on SSNP services, call 226-3060 or visit their website at www.ssnweb.org.



PHOTO / Jessica Law

Simpson University Board Chair Betty Dean oversees the ribbon-cutting from the Oct. 3 Science and Nursing building dedication at Simpson University. She is

joined by university faculty, trustees, students, Interim President Robin Dummer (third from right), and north state healthcare professionals.

Science and Nursing building dedication held Oct. 3

Community members joined Simpson University employees, students, trustees and friends to celebrate a campus milestone Oct. 3 with the dedication of the university's new 30,000-square-foot Science and Nursing building.

About 250 people attended the 30-minute ceremony on the northeast side of the building, including U.S. Congressman Doug LaMalfa.

The dedication was part of a weekend celebration commemorating Simpson University's 25th year in Redding. The university, which

was founded in Seattle in 1921, moved to Redding from San Francisco in 1989. The 200-member student body has grown to more than 1,300 in the past quarter-century, and the campus has expanded from three to 13 buildings.

The \$6.5 million Science and Nursing Building offers space for classes, lab facilities, and student study and research areas, as well as faculty offices for the Division of Science and Math and the School of Nursing.

It includes specialized areas for physics, microbiology, genetics, chemistry, ecology

and anatomy, as well as patient simulation labs.

And though the building will be used most frequently by science and nursing students—who comprise 27 percent of traditional undergraduates this fall—"all Simpson students will be served in this building since each major requires science courses," noted Larry Siemens, assistant professor of chemistry.

Leslie Woodson, chief nursing officer at Shasta Regional Medical Center, and Kim Shaw, vice president of patient care at Mercy Medical Center in Redding,

also spoke at the dedication, noting the increased need for baccalaureate-prepared nurses and Simpson's partnership with local healthcare agencies.

Mercy has already utilized Simpson's clinical skills labs to conduct required training for its nurses using high-tech manikins.

C.V. falls to Cubs

SHASTA LAKE - Dakota Jones rushed for 93 yards on 15 carries and Garret Best added another 54 yards on 12 carries, but it wasn't nearly enough for the Central Valley Falcons as they lost their homecoming game here Friday to Anderson 42-6.

Best scored the Falcons only touchdown on a one-yard run in the second quarter.

Central Valley (0-3, 0-6) will travel to Cottonwood on Friday to take on West Valley.

Lady Falcons fall to Lassen, W.V.

Central Valley's varsity volleyball team dropped a pair of Northern Athletic League matches on the road last week. The Falcons lost 3-0 to Lassen on Oct. 7 and 3-0 to West Valley on Thursday.

The Grizzlies won 25-20, 25-14, 25-14 as Lassen senior hitter and blocker Miranda Langenhorst had six kills and six blocked shots.

In Thursday's match with West Valley, the Eagles won 25-13, 25-15, 25-14. Senior

Kayla Spratt had eight kills for W.V.

The Falcons were scheduled to host Anderson last night and then travel to Corning on Thursday before returning home next Tuesday to take on Yreka.

C.V. runners compete at Sacramento meet and visit UC Davis

The Central Valley Falcons cross country team had two agendas while traveling to Sacramento on Saturday: Tackle the best runners in the Sacramento area at The Other Meet and visit UC Davis.

"I've been looking forward to this trip because I really want to see UC Davis," said Issy Haeckel.

The Falcons faced a stiff challenge in Sacramento. Only two C.V. runners saw times that were remotely similar to the previous week at Clam Beach: Anna Lewis, and Alan Chavez.

"I know that a few of the youngsters were anxious about moving up to varsity for the first time, and many of the runners went to the homecoming football game and dance Friday night, so pre-meet preparation wasn't with us either," coach Howard Brodmerkle said. "The race conditions were perfect and the course was relatively flat, so the only things I can attribute our average results to are anxiety, but that is quite normal facing a new challenge."

Alan Chavez led the Falcons varsity boys squad placing 25th in 18 minutes and 47 seconds.

"Alan did a great job leading our revamped varsity squad," assistant coach Jim Anderson said.

Joey Perez was the next Falcon coming in 46th place in 19:43. Travis Torborg, Luke Butler, Damian Wright and Andres Rivera pack ran for Central Valley finishing 71st, 72nd, 76th and 78th in 21:01, 21:06, 22:02, and 22:16 respectfully.



PHOTO / Gary Hanlon

Central Valley varsity girls runner Issy Haeckel running at The Other Meet in Sacramento.

Collin Brown and Ben Dobson finished 86th and 88th for the Falcons in 24:10 and 25:11.

In the varsity girls race, Anna Lewis placed 15th in 20:01, her fastest 5K, Brodmerkle said.

"Anna has been strong

and consistent for us this year," said Brodmerkle. "When it happens all the time you take it for granted how hard it is to continue to do."

Issy Haeckel was next for the Falcons finishing 49th in 23:54. Erin Kiser placed 85th in a time of 27:33. Sarah

Weatherbee, Andrea Rivera and Olivia Brodmerkle pack ran for the Falcons finishing in 92nd, 93rd and 95th places in 29:55, 30:10, and 31:05 respectfully.

Central Valley hosts an NAL meet today at 3:30 p.m. at Margaret Polf Park.