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LOSING YOUR COOL IS JUST NOT COOL

END OF THE BENCH
BY GERRY SCHOU

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A Path to the Past

New Chicken Ranch Trail Will Make Travel Safer, History Tangible, and Nature Accessible



County Supervisor Susan Peters (center, right) helps Mission Oaks Park District staff and supporters break ground for a walkway at the Carmichael reserve.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - To improve facilities at an anchor park, the Mission Oaks Recreation and Park District (MORPD) has begun building a \$325,000 walking trail. A third of a mile long, the path will circle 12 acres that housed a chicken ranch in Carmichael's pioneer days.

Once home to the Sorenson family, the farm was acquired for park land in the 1970s. Mission Oaks North Park now contains MORPD headquarters, picnic areas, and a children's

playground. The reserve has also hosted "Camp Have-a-Lot-of-Fun" youth programs for more than 40 years.

Because park acres lie in a curve of the creek known as Chicken Ranch Slough, riparian flora and fauna have been preserved. Signs along the new walk will bare quotes from legendary observers: "In every walk with nature," John Muir is quoted on one sign, "one receives far more than he seeks." Albert Einstein's wisdom is also channeled. "Look deep, deep into nature," advised the physicist, "and then you will understand everything better."

One slough revelation is a

century-old cottonwood tree whose tortured bough records generations of beaver grazing. Though these rodents are now absent from the slough, other wildlife abounds. Mature pines, redwoods, native oaks, and sycamores grow near the slough; egrets, black phoebe, woodpeckers, and robins call Chicken Ranch Slough home. The new trail will allow for outdoor classrooms as part of summer camp programs.

Hikers, dog-walkers, and children cutting through to Winston Churchill Middle School are park regulars; the new trail will keep their shoes cleaner. "Our urban waterways are often

places—close to home—where we can escape the pressures of busy lives," said Sacramento Area Creeks Council President Alta Tura. "Children using the new trail will have a safer and more educational walk to school. Any alternative path to street sidewalks gets people to destinations more pleasantly."

The project recently broke ground and will be finished by February. Half of its cost will be met by a California State Parks grant. MORPD will match these funds. Mission Oaks North Park is located at 3344 Mission Avenue, Carmichael. ★

Sacramento Man Arrested in Terrorism Investigation

SACRAMENTO REGION, CA (MPG) - A Sacramento, California, resident was arrested on a federal charge of making a false statement involving international terrorism. Aws Mohammed Younis Al-Jayab, 23, is charged in a complaint that was unsealed in the U.S. District Court of the Eastern District of California following his arrest. His initial appearance was Jan. 8th in Sacramento.

The arrest was announced by Assistant Attorney General for National Security John P. Carlin, U.S. Attorney Benjamin B. Wagner of the Eastern District of California, and Special Agent in Charge Monica M. Miller of the FBI's Sacramento Division.

"Aws Mohammed Younis Al-Jayab allegedly traveled overseas to fight alongside terrorist organizations and lied to U.S. authorities about his activities," said Assistant Attorney General Carlin. "The National Security Division's highest priority is protecting the nation from terrorism, and we will continue to hold accountable those who seek to join or aid the cause of terrorism, whether at home or abroad."

"According to the allegations in the complaint, the defendant traveled to Syria to take up arms with terrorist organizations and concealed that conduct from immigration authorities," said U.S. Attorney Wagner. "While he represented a potential safety threat, there is no indication that he planned any acts of terrorism in this country. I commend the FBI's Joint Terrorism Task Force for their dedicated work on this matter."

"In today's complex terrorism environment, our Joint Terrorism Task Force plays an important role in combating the threat of terrorism. The collaboration is stronger than ever and essential to protect our communities from harm," said Special Agent in Charge Miller. "The public plays an equal, if not more important, role in protecting the community. We encourage those who encounter individuals who express an intent to do harm or claim allegiance to a terrorist group—to voice their concerns to law enforcement."

According to the complaint, Al-Jayab is a Palestinian born in Iraq, who came to the United States as an Iraqi refugee in October 2012. Between October 2012 and November 2013, while living in Arizona and Wisconsin, he communicated over social media with numerous other individuals about his intent to return to Syria to fight for terrorist organizations. In those communications, according to the complaint, Al-Jayab discussed his previous experience with firearms and with fighting against the regime in Syria. On Nov. 9th, 2013, he

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An Inspiration

Gerri Walker Celebrates the Publication of Her Two Tandem Books at The Avid Reader

Story by Annika Darling

SACRAMENTO REGION, CA (MPG) - Geraldine Renee' Walker considers herself a "spiritual inspirationalist." And a few quite moments spent alone with her blog or one of her books reveals exactly why.

Friends and family call her "Gerri" and in her writings she implores everyone to do the same. While Gerri was born in Los Angeles, Calif., she has lived in Sacramento most of her life.

Gerri's books came to her almost as a heavenly dictation. After, however, she came to realize—at the ripe of age of 50 no less—the power of giving her soul to the Lord our Savior. A pivotal moment for Gerri was when she became a member of the New Thought Movement in April of 2010. She recalls being swept up in an ocean of love,

and was so moved that she never looked back.

She was inspired to write while taking a class at her church, where one of the facilitators of the class was Rhonda Byrne, author of the renowned book "The Secret." Byrne set Gerri on a course to increase her writing times each day. And once Gerri started writing...she couldn't stop. "I felt like the words were coming from a heavenly spirit," she recalled.

Sometimes the words would rush over her like a waterfall, other times they would trickle in one word or phrase at time. But they kept coming. Finally, one day Gerri stepped back from her writings, and saw that she had over 300 pages of prayers, meditations, and inspirational stories and sayings. She had herself a hefty spiritually inspired manuscript.



"I write to let people know they are loved and love is part of their existence," says Geraldine Renee' Walker. Photo courtesy Conrad Mendenz, Action Photography

Gerri consulted a book coach who advised her to split the book into two parts, as there was more than enough content. The result: "Through Thine Eyes - The Spiritually Inspirational Journey of God Moving in my Life: Spiritually Inspired Expressions," and "Through Thine Eyes - The Spiritually Inspirational Journey of God Moving in My Life: Prayers and Meditations."

On Sunday, Jan. 31st, Gerri will be reading from the two books during a two hour book signing event—from 2 to 4 p.m. She intends

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Community Church Hosts Winter Sanctuary



Volunteers pause in the kitchen of American River Community Church after serving dinner to nearly 100 homeless in the Winter Sanctuary program put on by Sacramento Steps Forward, the Sacramento faith community, and Sacramento County.

Story and photos by Margaret Snider

CARMICHAEL, CA (MPG) - Pastor Richard Reimer of the American River Community Church (ARCC) had heard of the Winter Sanctuary program, but never before participated in it.

The Winter Sanctuary is a program of Sacramento Steps Forward, in cooperation with the Sacramento faith community and the County of Sacramento, as pointed out in the letter that ARCC received. The letter also states that in the 2014/2015 winter season, the program provided 133 nights of continuous shelter and partnered with 25 interfaith congregations in Sacramento County.

"It is part of our mission to serve. That's what the church is supposed to be doing," Reimer said. "This gives the people in the church an opportunity to serve."

Barbara Morgan, mission's chairperson, received the e-mail from Sacramento Steps Forward and the interfaith community last

fall and took it to the pastor. "We met with them," Morgan said. "It seemed like something doable for us. We were a little intimidated, but we did it anyway."

The congregation responded with enthusiasm. "We got 36 volunteers instead of the 12 we asked for," Reimer said. "For our Christmas Eve service we just said we're going to dedicate this offering to this program. Over \$650 was given, so that more than covered the meal. That was basically our expenses."

Being responsible for putting things into effect, Morgan felt accountable for success of the evening. "But I was by far not the only one involved in making it a big success. Mary [Brajs] definitely was a big help, huge help, and our cook, Elaine [Housh], she did an awesome job with the stew."

The dinner was a challenge in that the recipe the church used had called for 25 pounds of beef and 4 pounds of potatoes, along with carrots and a few other things. Head cook Elaine

Housh thought that would not be nearly enough for 100 people and ended up using 30 pounds of beef, 20 pounds of potatoes, and around 10 pounds of carrots.

"We barely made it through the stew," Morgan said. "Everybody got two cookies, and we had seconds on cookies and peaches, milk and bread; lots of bread."

After dinner, most of the guests were ready to sleep, and in the morning church members provided coffee and a breakfast that they could carry away with them when the bus took them back to Loaves and Fishes.

"Now we want to do one or two more [nights]," Morgan said. "So I'm already thinking, what are we going to serve them?"

Many people are willing to help with Winter Sanctuary by giving money or contributing food, Reimer said, but usually not as many are ready to actually show up and interact with the homeless as did in this case at ARCC. In a post-event evaluation, Reimer came to the

conclusion that there were too many volunteers who had nothing to do. On future occasions, he said he might have some job descriptions to provide a little more direction. "Mingling" also needed more work.

"Volunteers need to see past the 'smell' and see a person that God loves, and a person who deserves to be treated with respect and dignity," Reimer said. "It was a very un-private setting. I would have been very uncomfortable trying to sleep in such an arrangement."

The lessons to be learned from helping out with the homeless, Reimer said, are manifold: service to others is a major teaching



Pastor Richard Reimer (center), Mary Brajs, administrative assistant (left) and Barbara Morgan, mission's chairperson, were part of the team from American River Community Church that hosted close to 100 homeless for a night.

of Jesus, people grow spiritually when they serve others, and God sides with the poor and the needy. ★

CARMICHAEL COMMUNITY UPDATE



By County Supervisor Susan Peters

Through the generosity of the Carmichael Times, this column serves to provide an update about matters affecting the unincorporated community of Carmichael.

Community Policing Meeting

This month a community meeting will be held on the topic of community policing on Thursday, Jan. 21st, at 6 p.m. at the Carmichael Park Clubhouse, 5750 Grant Avenue. Sheriff Scott Jones will be the guest speaker and he will unveil his concept of "Intelligence Led Policing" which is being implemented in the

North Division.

In addition to this month's community meeting, I will be holding another gathering in Carmichael in the spring at the Mission Oaks Community Center in Gibbons Park on May 19th, again with a guest speaker. I also hold similar meetings in Arden Arcade and Fair Oaks.

A full listing of all the 2016 community meeting dates is on my web page at www.bos.sac-county.net. I hope to see you at any one or all this year.

Grand Jurors Wanted

One of the important foundations of our democracy is citizen participation. Grand Jury service is often referred to as being a "citizen watchdog" of local government by performing the crucial role of monitoring and reviewing government actions.

The Sacramento County Superior Court is now accepting applications for Grand Jury service for the 2016-17 Term. To be eligible you must be a U.S. Citizen, at least 18 years old, a resident of Sacramento County, and not currently serving in any elected office. Applicants must be prepared to devote at least 25 hours per week

to Grand Jury service.

For more information about serving on the Grand Jury, please contact the Grand Jury Coordinator at (916) 874-7578, or visit sacgrandjury.org. The application deadline is Jan. 29th, 2016.

Check Before You Burn

In effect now through Feb. 29th, 2016, wood burning is restricted in the unincorporated area as well as in the cities of Citrus Heights, Elk Grove, Folsom, Galt, Isleton, Rancho Cordova, and Sacramento in accordance with air quality regulations. The restrictions are applicable to fireplaces, wood stoves, fire pits, or chimneys. Implementation of these restrictions has helped reduce pollution and allowed our area to stay in compliance with federal air quality standards. Before you burn, please check the daily status by calling (877) No-Burn-5 or visit www.airquality.org well as hands on pruning practice.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susan-peters@sacounty.net. ★

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Homicide in North Sacramento

SACRAMENTO REGION, CA (MPG) - A little before 11:30 p.m. on January 9th, the Sheriff's Communication Center received a 911 call regarding a man yelling that he had been stabbed in the 5200 block of Verner Avenue in Sacramento.

Deputies arrived on scene and located a 41-year-old male victim suffering from stab wounds. The victim was located outside on the street. Deputies immediately began lifesaving measures on the victim. Sacramento Metro Fire personnel responded and pronounced the victim deceased

at the scene. There are no known suspect descriptions or motive at this time, and homicide detectives are beginning an investigation.

Homicide detectives believe the suspects were in the act of committing vandalism in the area when confronted by the victim. During the confrontation, the victim was stabbed and succumbed to his injuries. Detectives believe there were two male suspects that were confronted by the victim.

The identity of the victim in this case will be released by the

Sacramento County Coroner's Office after notification has been made to their next of kin.

Homicide detectives are asking anyone with information relating to this incident to please contact the Sheriff's Department at (916) 874-5115 or Crime Alert at (916) 443-HELP. Tip information may also be left anonymously at www.sacsheriff.com by texting 274637 (CRIMES) and entering the keyword 'SSD', or by calling (916) 874-TIPS (8477).

Source: Sacramento County Sheriff's Department

Sacramento Man Arrested in Terrorism Investigation

Continued from page 1
flew from Chicago to Turkey, and then traveled to Syria. Between November 2013 and January 2014, Al-Jayab allegedly reported on social media that he was in Syria fighting with various terrorist organizations, including Ansar al-Islam, a designated foreign terrorist organization since 2004. He returned to the United States on Jan. 23rd, 2014, and settled in Sacramento.

The complaint alleges that on Oct. 6th, 2014, Al-Jayab was interviewed by U.S. Citizenship and Immigration Services and responded in the negative to numerous questions, including whether he had ever been a member of any rebel group or militia; whether he had ever

provided material support for any person or group engaged in terrorist activity; and whether he had ever been a member of a group, or assisted in a group, which used or threatened the use of weapons against others. Al-Jayab also allegedly stated during the interview that he had traveled to Turkey in late 2013 and early 2014 to visit his grandmother. The complaint alleges that all of those answers were materially false.

If convicted, Al-Jayab faces a maximum statutory penalty of eight years in prison and a \$250,000 fine. Any potential sentence will be determined by the court after review of factors unique to this case, including the defendant's prior criminal

history, if any, the defendant's role in the offense and the characteristics of the violation.

The charges are only allegations; the defendant is presumed innocent until and unless proven guilty beyond a reasonable doubt.

The ongoing investigation is being conducted by the FBI's Joint Terrorism Task Force. The case is being prosecuted by Assistant U.S. Attorney Jill Thomas of the Eastern District of California and Trial Attorney Andrew Sigler of the National Security Division's Counterterrorism Section.

Source: Department of Justice, Office of Public Affairs

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A Crisis Worse Than ISIS? Bail-Ins Begin



Commentary
by Ellen Brown
Reprinted with permission

While the mainstream media focus on ISIS extremists, a threat that has gone virtually unreported is that your life savings could be wiped out in a massive derivatives collapse. Bank bail-ins have begun in Europe, and the infrastructure is in place in the US. Poverty also kills.

At the end of November, an Italian pensioner hanged himself after his entire €100,000 savings was confiscated in a bank “rescue” scheme. He left a suicide note blaming the bank, where he had been a customer for 50 years and had invested in bank-issued bonds. But he might better have blamed the EU and the G20’s Financial Stability Board, which have imposed an “Orderly Resolution” regime that keeps insolvent banks afloat by confiscating the savings of investors and depositors. Some 130,000 shareholders and junior bond holders suffered losses in the “rescue.”

The pensioner’s bank was one of four small regional banks that had been put under special administration over the past two years. The €3.6 billion (\$3.83 billion) rescue plan launched by the Italian government uses a newly-formed National Resolution Fund, which is fed by the country’s healthy banks. But before the fund can be tapped, losses must be imposed on investors; and in January, EU rules will require that they also be imposed on depositors. According to a December 10th article on

BBC.com:

“The rescue was a ‘bail-in’—meaning bondholders suffered losses—unlike the hugely unpopular bank bailouts during the 2008 financial crisis, which cost ordinary EU taxpayers tens of billions of euros.

“Correspondents say [Italian Prime Minister] Renzi acted quickly because in January, the EU is tightening the rules on bank rescues—they will force losses on depositors holding more than €100,000, as well as bank shareholders and bondholders.

“...[L]etting the four banks fail under those new EU rules next year would have meant ‘sacrificing the money of one million savers and the jobs of nearly 6,000 people.’”

That is what is predicted for 2016: massive sacrifice of savings and jobs to prop up a “systemically risky” global banking scheme.

Bail-In Under Dodd-Frank

That is all happening in the EU. Is there reason for concern in the US?

According to former hedge fund manager Shah Gilani, writing for Money Morning, there is. In a November 30th article titled “Why I’m Closing My Bank Accounts While I Still Can,” he writes:

“[It is] entirely possible in the next banking crisis that depositors in giant too-big-to-fail failing banks could have their money confiscated and turned into equity shares....

“If your too-big-to-fail (TBTF) bank is failing because they can’t pay off derivative bets they made, and the government refuses to bail them out, under a mandate titled “Adequacy of Loss-Absorbing Capacity of Global Systemically Important Banks in Resolution,” approved on Nov. 16, 2014, by the G20’s Financial Stability Board, they can take your deposited money and turn it into shares of equity capital to try and keep your TBTF bank from failing.”

Once your money is deposited in the bank, it legally becomes the property of the bank. Gilani explains:

“Your deposited cash is an

unsecured debt obligation of your bank. It owes you that money back. If you bank with one of the country’s biggest banks, who collectively have trillions of dollars of derivatives they hold “off balance sheet” (meaning those debts aren’t recorded on banks’ GAAP balance sheets), those debt bets have a superior legal standing to your deposits and get paid back before you get any of your cash.

“Big banks got that language inserted into the 2010 Dodd-Frank law meant to rein in dangerous bank behavior.”

The banks inserted the language and the legislators signed it, without necessarily understanding it or even reading it. At over 2,300 pages and still growing, the Dodd Frank Act is currently the longest and most complicated bill ever passed by the US legislature.

Propping Up the Derivatives Scheme

Dodd-Frank states in its preamble that it will “protect the American taxpayer by ending bailouts.” But it does this under Title II by imposing the losses of insolvent financial companies on their common and preferred stockholders, debtholders, and other unsecured creditors. That includes depositors, the largest class of unsecured creditor of any bank.

Title II is aimed at “ensuring that payout to claimants is at least as much as the claimants would have received under bankruptcy liquidation.” But here’s the catch: under both the Dodd Frank Act and the 2005 Bankruptcy Act, derivative claims have super-priority over all other claims, secured and unsecured, insured and uninsured.

The over-the-counter (OTC) derivative market (the largest market for derivatives) is made up of banks and other highly sophisticated players such as hedge funds. OTC derivatives are the bets of these financial players against each other. Derivative claims are considered “secured” because collateral is posted by the parties.

For some inexplicable reason, the hard-earned money you

deposit in the bank is not considered “security” or “collateral.” It is just a loan to the bank, and you must stand in line along with the other creditors in hopes of getting it back. State and local governments must also stand in line, although their deposits are considered “secured,” since they remain junior to the derivative claims with “super-priority.”

Turning Bankruptcy on Its Head

Under the old liquidation rules, an insolvent bank was actually “liquidated”—its assets were sold off to repay depositors and creditors. Under an “orderly resolution,” the accounts of depositors and creditors are emptied to keep the insolvent bank in business. The point of an “orderly resolution” is not to make depositors and creditors whole but to prevent another system-wide “disorderly resolution” of the sort that followed the collapse of Lehman Brothers in 2008. The concern is that pulling a few of the dominoes from the fragile edifice that is our derivatives-laden global banking system will collapse the entire scheme. The sufferings of depositors and investors are just the sacrifices to be borne to maintain this highly lucrative edifice.

In a May 2013 article in Forbes titled “The Cyprus Bank ‘Bail-In’ Is Another Crony Bankster Scam,” Nathan Lewis explained the scheme like this:

“At first glance, the ‘bail-in’ resembles the normal capitalist process of liabilities restructuring that should occur when a bank becomes insolvent....

“The difference with the ‘bail-in’ is that the order of creditor seniority is changed. In the end, it amounts to the cronies (other banks and government) and non-cronies. The cronies get 100% or more; the non-cronies, including non-interest-bearing depositors who should be super-senior, get a kick in the guts instead....

“In principle, depositors are the most senior creditors in a bank. However, that was changed in the 2005 bankruptcy law, which made derivatives liabilities most

senior. Considering the extreme levels of derivatives liabilities that many large banks have, and the opportunity to stuff any bank with derivatives liabilities in the last moment, other creditors could easily find there is nothing left for them at all.”

As of September 2014, US derivatives had a notional value of nearly \$280 trillion. A study involving the cost to taxpayers of the Dodd-Frank rollback slipped by Citibank into the “cromnibus” spending bill last December found that the rule reversal allowed banks to keep \$10 trillion in swaps trades on their books. This is money that taxpayers could be on the hook for in another bailout; and since Dodd-Frank replaces bailouts with bail-ins, it is money that creditors and depositors could now be on the hook for. Citibank is particularly vulnerable to swaps on the price of oil. Brent crude dropped from a high of \$114 per barrel in June 2014 to a low of \$36 in December 2015.

What about FDIC insurance? It covers deposits up to \$250,000, but the FDIC fund had only \$67.6 billion in it as of June 30, 2015, insuring about \$6.35 trillion in deposits. The FDIC has a credit line with the Treasury, but even that only goes to \$500 billion; and who would pay that massive loan back? The FDIC fund, too, must stand in line behind the bottomless black hole of derivatives liabilities. As Yves Smith observed in a March 2013 post:

“In the US, depositors have actually been put in a worse position than Cyprus deposit-holders, at least if they are at the big banks that play in the derivatives casino. The regulators have turned a blind eye as banks use their depositors to fund derivatives exposures....The deposits are now subject to being wiped out by a major derivatives loss.”

Even in the worst of the Great Depression bank bankruptcies, noted Nathan Lewis, creditors eventually recovered nearly all of their money. He concluded:

“When super-senior depositors have huge losses of 50% or more,

after a “bail-in” restructuring, you know that a crime was committed.”

Exiting While We Can

How can you avoid this criminal theft and keep your money safe? It may be too late to pull your savings out of the bank and stuff them under a mattress, as Shah Gilani found when he tried to withdraw a few thousand dollars from his bank. Large withdrawals are now criminally suspect.

You can move your money into one of the credit unions with their own deposit insurance protection, but credit unions and their insurance plans are also under attack. So writes Frances Coppola in a December 18th article titled “Co-operative Banking Under Attack in Europe,” discussing an insolvent Spanish credit union that was the subject of a bail-in in July 2015. When the member-investors were subsequently made whole by the credit union’s private insurance group, there were complaints that the rescue “undermined the principle of creditor bail-in”—this although the insurance fund was privately financed. Critics argued that “this still looks like a circuitous way to do what was initially planned, i.e. to avoid placing losses on private creditors.”

In short, the goal of the bail-in scheme is to place losses on private creditors. Alternatives that allow them to escape could soon be blocked.

We need to lean on our legislators to change the rules before it is too late. The Dodd Frank Act and the Bankruptcy Reform Act both need a radical overhaul, and the Glass-Steagall Act (which put a fire wall between risky investments and bank deposits) needs to be reinstated.

Meanwhile, local legislators would do well to set up some publicly-owned banks on the model of the state-owned Bank of North Dakota—banks that do not gamble in derivatives and are safe places to store our public and private funds. ★

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Obamacare's Legacy: U.S. Now Leads World in Healthcare Spending



Commentary
by Sally C. Pipes

more taxpayer money. Chiefly through insurance subsidies and Medicaid expansion, the law will dole out \$1.2 trillion in new federal spending between 2016 and 2025.

On top of that, general healthcare inflation is projected to increase federal healthcare expenditures by 6 percent per year through 2024 -- at which point, one of every five dollars spent in this country will be devoted to health care.

A growing body of research indicates that throwing more money into public insurance programs doesn't improve health outcomes. Most prominently, researchers found "no significant improvements" in health outcomes for many patients after Oregon expanded its Medicaid program, the joint federal-state program for low income Americans.

Other studies have reached similar conclusions. A University of Pennsylvania study noted that colon cancer patients covered by Medicaid had a higher mortality rate than those who were uninsured. According to a Columbia-Cornell study, Medicaid patients with clogged blood vessels in their legs or feet had worse health outcomes when compared to the uninsured.

Obamacare also boosts healthcare spending by imposing huge regulatory burdens on health insurers. For instance, before the law passed, insurers were allowed to charge premiums based on patients' health status, pre-existing conditions, and history. Now, through "community rating" regulations, insurers are prohibited from considering individual patient variations when setting prices -- and must not charge

old people more than three times what they charge young ones.

To avoid losing money, insurers are charging younger, healthier customers higher premiums.

Obamacare tries to ameliorate this dynamic -- again, by throwing more money at the problem. The law will funnel \$849 billion into subsidizing insurance costs for young people over the next nine years.

To moderate premiums somewhat insurers are limiting which doctors patients can see. Forty-one percent of all insurance plans now utilize "narrow" physician networks, meaning that they provide access to less than 25 percent of local doctors in a particular specialty. In some of the most populous states, such as California and Florida, narrow plans comprise over 75 percent of the market.

So while millions of Americans are technically "insured," they can't actually get the care they need. Their insurance may not cover the doctor they want -- or need -- to see.

The OECD's new report shows that Obamacare has completely failed to rein in America's spiraling healthcare costs. And the problem is only getting worse.

Sally C. Pipes is President, CEO, and Thomas W. Smith Fellow in Health Care Policy at the Pacific Research Institute. Her latest book is The Cure for Obamacare (Encounter 2013). Her next book, The Way Out of Obamacare (Encounter) will be released in January. ★

An Inspirational Book Signing

Continued from page 1

on reading some prayers and meditations on love, forgiveness, gratitude and gratefulness—the reigning themes in both books.

"I write to let people know they are loved and love is part of their existence," she said.

And just to give you a taste of what to expect at Gerri's book signing, here is a snippet from her introduction to "Through Thine Eyes":

"My life's purpose is to inspire others to be all they can be for themselves, and for the world, by providing spiritual inspiration through my writings of spiritually

inspired expressions. ... This is my wish for you: to share in faith, believe in yourself, and to know fully and truly that you are an inspiration of what is "Good" and "Right" in this world. May the writings that you are about to experience in this book provide you with the strength and the perseverance to continue to strive toward the excellence that God sees for you.

"You are good! You are enough!

"May God bless you and keep you strong, for you are an inspiration to the world."

There will be refreshments and food, and more inspiration than

you can possibly gobble up in one sitting. Don't miss this unique and inspiring event Sunday, Jan. 31st, at The Avid Reader at Tower: 1600 Broadway, Sacramento, Calif., 95818, from 2 to 4 p.m.

Gerri Walker lends herself to inspirational needs within the community, as a public speaker, at churches, for at-risk-youth, and various other platforms. You can contact Gerri at (916) 712-5328, email her at gerriwalkerinspires@gmail.com. You can also follow her blog at gerriwalkerinspires.wordpress.com, or purchase "Through Thine Eyes on Amazon." ★

A new report from an international research group has dealt a devastating blow to Obamacare's apologists.

The Organization for Economic Cooperation and Development -- a group of 34 developed countries -- recently ranked member countries by per-capita healthcare spending. The United States took first place by spending \$8,713 per person -- more than double the OECD average of \$3,453.

In other words, six years after President Obama signed the Affordable Care Act, the United States still spends far more than any other country -- and has little that's positive to show for it.

The U.S. healthcare system is failing by any number of standards. The percentage of the Americans classified as "obese" -- 35.5 percent -- is among the world's highest. We're the only country to rank in the top 10 for per-capita medical spending and register an average life expectancy under 80 years.

Obamacare's "solution" to these problems is to spend

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ARIES (March 21 to April 19) Your batteries should be fully recharged by now, making you more than eager to get back into the swing of things full time. Try to stay focused so that you don't dissipate your energies.

TAURUS (April 20 to May 20) You're eager to charge straight ahead into your new responsibilities. But you'll have to paw the ground a little longer, until a surprise complication is worked out.

GEMINI (May 21 to June 20) Rival factions are pressuring you to take a stand favoring one side or the other. But this isn't the time to play judge. Bow out as gracefully as possible, without committing yourself to any position.

CANCER (June 21 to July 22) Reassure a longtime, trusted confidante that you appreciate his or her words of advice. But at this time, you need to act on what you perceive to be your own sense of self-interest.

LEO (July 23 to August 22) You need to let your warm Leonine heart fire up that new relationship if you hope to see it move from the "just friends" level to one that will be as romantic as you could hope for.

VIRGO (August 23 to September 22) There's still time to repair a misunderstanding with an honest explanation and a heartfelt apology. The sooner you do, the sooner you can get on with other matters.

LIBRA (September 23 to October 22) Expect a temporary setback as you progress toward your goal. Use this time to re-examine your plans and see where you might need to make some significant changes.

SCORPIO (October 23 to November 21) Some missteps are revealed as the cause of current problems in a personal or professional partnership. Make the necessary adjustments and then move on.

SAGITTARIUS (November 22 to December 21) Jupiter's influence helps you work through a pesky problem, allowing your naturally jovial attitude to re-emerge stronger than ever. Enjoy your success.

CAPRICORN (December 22 to January 19) Set aside your usual reluctance to change, and consider reassessing your financial situation so that you can build on its strengths and minimize its weaknesses.

AQUARIUS (January 20 to February 18) Some recently acquired information helps open up a dark part of the past. Resolve to put what you've learned to good use. Travel plans continue to be favored.

PISCES (February 19 to March 20) Act on your own keen instincts. Your strong Piscean backbone will support you as someone attempts to pressure you into a decision you're not ready to make.

BORN THIS WEEK: You embody a love for traditional values combined with an appreciation of what's new and challenging.

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► In the 1960s, American spies in the Soviet Union had a novel way to eavesdrop on conversations: They used cats. The CIA agents placed listening devices on the felines in order to hear conversations that might take place on a park bench or near an open window.

► Polar bears and grizzly bears are similar enough genetically to successfully mate. Any offspring produced from such a union is known as a "pizzly."

1. Thunder/lightning
2. The color white
3. Sitting
4. Rabies
5. Needles
6. Medications
7. Crowds
8. Being alone
9. Mirrors
10. Baths

Source: dvm360.com

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PICKS OF THE WEEK



Mom, Dad give thumbs-up in "Meet the Patels". Four in a Billion Pictures

"Burnt" (R) - Bradley Cooper stars as a hotshot chef who is equal parts charm and self-destruction -- with a seasoning of carefully crafted stubble. Once a sizzling kitchen captain in Paris, American chef Adam Jones (Cooper) made a sputtering grease-fire out of his life with drugs and nastiness. Rehabbed and back on the culinary scene in London, Adam's got to assemble the right crew -- including Sienna Miller as a reluctant romance and Omar Sy as a former rival -- then start cooking his way to redemption.

Cooper supplies his best bad-boy charm, but that smarm loses its flavor after a while, and you're stuck with a bunch of characters who keep forgiving a raging jerk. The ample shots of food will make you want to feast through your eyes, but the story doesn't do much to plate it.

"A Brilliant Young Mind" (PG-13) - Young Nathan has excelled at math since elementary school, but he suffers from a disability that makes it difficult for him to connect with people or even manage the barrage of information from the outside world. As a teen, Nathan (Asa Butterfield) represents the United Kingdom at the International Math Olympics, an undertaking that could open up his world or shut him down. Director Morgan Matthews does a great job of putting

you inside Nathan's mind without resorting to flashy camera moves or special effects. Especially strong is Sally Hawkins' performance as Nathan's mother, who carried so much of the struggle, supporting Nathan along the way while keeping her hopes in check.

"Meet the Patels" (PG) - Nearly 30 and newly single, actor Ravi Patel agrees to try things the way his Indian parents suggest. Ravi and his sister Geeta co-direct this documentary -- partially told in animation -- about Ravi's search for love through somewhat more "traditional" means: His information is spread through a network of relatives and friends, plus there are matchmakers and speed-dating conventions for people who have favorable family lines. It's overwhelming from the start, as Ravi's not the most traditionally inclined guy, and he's even pretty shy for an actor. It's a fun, lighthearted look at love, tradition and change.

"The Assassin" (R) - This stunning martial-arts drama set in ancient China has been cutting a swath through various film festivals for the past year. Nie Ninning (Qi Shu) was betrayed and exiled years ago, and has since become a graceful and effective assassin under the guidance of a scheming nun. After showing some compassion, the young killer is then tasked with executing her former betrothed. The real thrust of this feature is its astounding visuals, especially long, gorgeous shots that put color and form to work creating a living painting. The political and intimate dramas may not land for everyone, but some of these scenes will leave an impression on any kind of viewer.

TV RELEASES

- "Masterpiece: Downton Abbey Season 6"
- "Doctor Who: Series 9 Part 2"
- "War & Peace: Complete Miniseries"
- "The Facts Of Life: Season 8"
- "Unreal: Season 1"
- "Frontline: Terror in Little Saigon"

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by HEALTHY EXCHANGES

Mexican Bean Soup

Your first spoonful of this, and you'll almost think you're somewhere in Mexico!

- 8 ounces extra-lean ground sirloin beef or turkey breast
- 1 cup finely chopped onion
- 1 cup shredded carrots
- 1 (14-ounce) can Swanson Lower Sodium Fat Free Beef Broth
- 1 (15-ounce) can pinto beans, rinsed and drained
- 2 teaspoons dried parsley flakes
- 1 1/2 teaspoons chili seasoning

1. In a large saucepan, saute meat, onion and carrots for 10 minutes. Stir in beef broth and pinto beans. Add parsley flakes and chili seasoning. Mix well to combine.
2. Bring mixture to a boil. Lower heat and simmer for 10 minutes, stirring occasionally. Makes 4 (1 cup) servings.

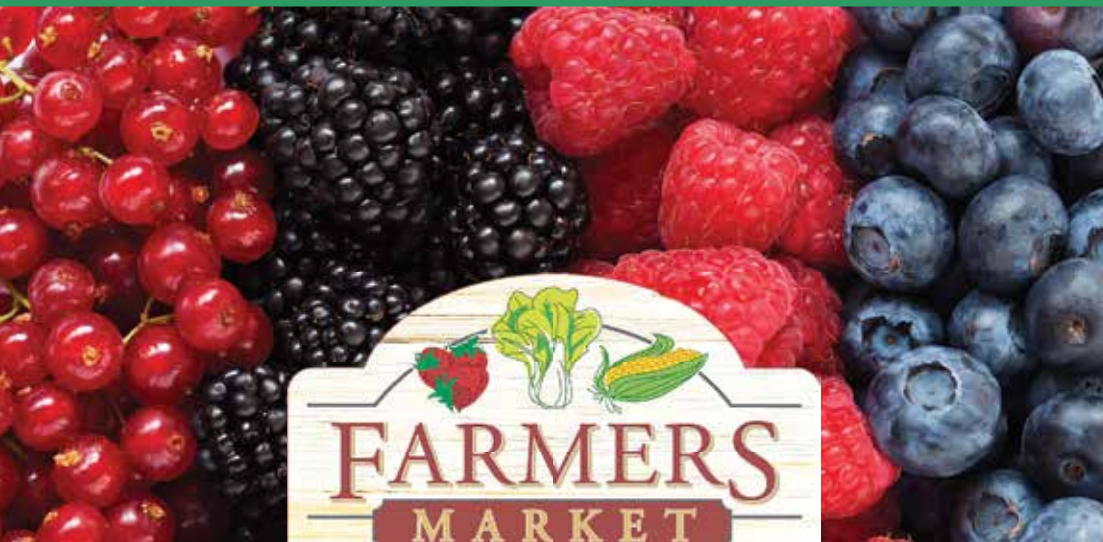
* Each serving equals: 172 calories, 4g fat, 16g protein, 18g carb., 408mg sodium, 5g fiber; Diabetic Exchanges: 2 Meat, 1 Starch, 1 Vegetable.

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If you are looking for a cold remedy, consider **horseradish**. It provides vitamin C, promotes sweating, loosens chest and sinus congestion, stimulates the nerves, and soothes sore throats; it is also a diuretic, and useful for urinary infections: *Combine 1 or 2 tablespoons of fresh grated root with a little lemon juice or cider vinegar.* Horseradish stimulates blood flow, increasing warmth and circulation to cold muscles and joints when used externally as a rub: *Combine 1 or 2 tablespoons of fresh grated root with cider vinegar and honey.*

- Brenda Weaver
Source: www.motherearthnews.com, www.anniesremedy.com

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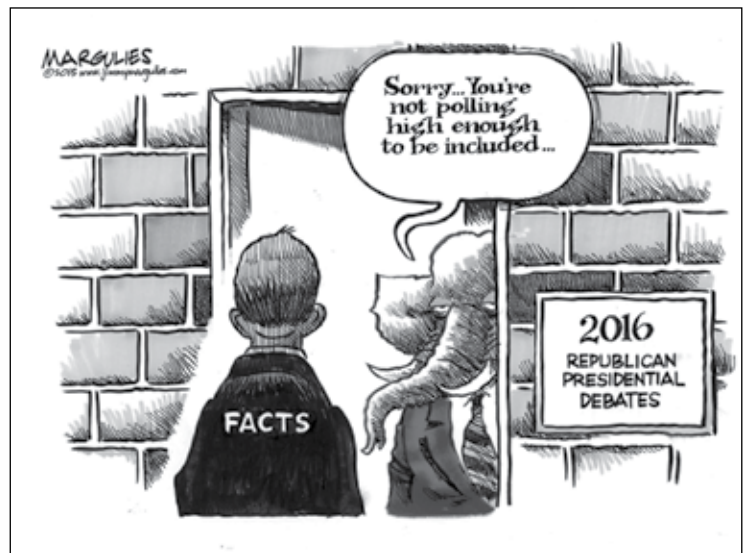
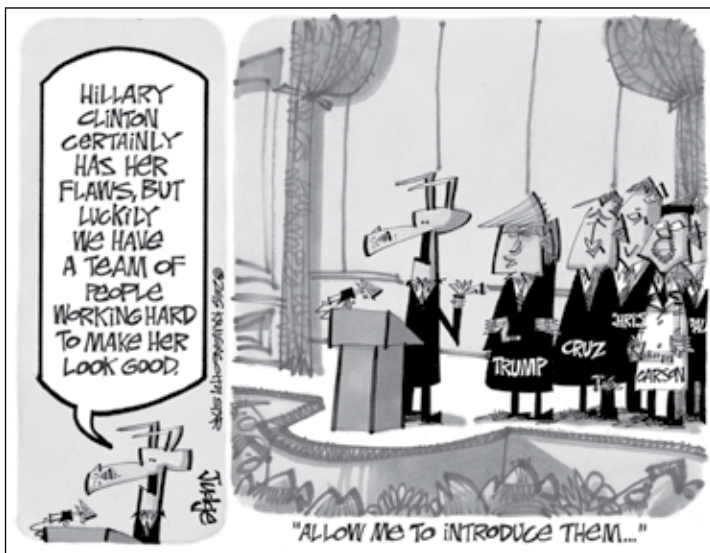
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The Wildlife Refuge Putsch

The Malheur National Wildlife Refuge hasn't heretofore been known as a locus of government tyranny or much of anything else. Saying that the refuge, established in 1908 by Theodore Roosevelt, is in the middle of nowhere makes it sound too centrally located. It is in Southeastern Oregon, about 30 miles from the nearest town of Burns, population 2,722.

Now the Bundy family -- notorious for its standoff with the feds at the family's Nevada ranch last year -- and sundry anti-government protesters have occupied the refuge and pronounced it the staging ground for an offensive against an oppressive federal government. Ammon Bundy vows to stay in the wildlife preserve "for years."

What brought the Bundys to Oregon is the case of the Hammonds, ranchers who were subjected to what appears

to be a vindictive and unnecessary federal prosecution. The case deserves attention and protest, but the Bundys and their allies have brought discredit to the cause with their unlawful occupation of Malheur.

Dwight and Steven Hammond of Harney County were convicted a couple of years ago for lighting two fires on their ranch (for entirely innocent reasons, they maintained) that spread onto federal property, causing negligible damage. The second fire burned all of an acre of public land. For this, they were, amazingly enough, prosecuted under an anti-terrorism statute and sent to jail. They served brief sentences that were less than what's required under the mandatory minimum because the trial judge thought five years for each of them would be wildly disproportionate.

Nonetheless, the government appealed the sentences, and now the Hammonds -- the father, Dwight, is 73, and his son, Steven, 46 -- will serve roughly another four years in prison each. The Oregon Farm Bureau, not hitherto known for its terroristic sympathies, has taken up their case. The prosecution of the Hammonds comes against the backdrop of federal highhandedness and hostility to private economic activity allegedly in the area around the Malheur refuge specifically and certainly in the West generally.

A protest in favor of the family over the weekend drew hundreds, who

peaceably assembled, made their point and dispersed. The Bundys then split off to take over the (unstaffed) headquarters at the wildlife refuge. The Hammonds say the occupiers don't speak for them, and efforts to recruit the locals to join the takeover have been notably unsuccessful.

More sinister is the talk from Ryan Bundy, another of the family's brothers, of potentially resisting by force if law enforcement tries to remove them. One hopes that this is self-dramatizing bluster, which is an occupational hazard of the kind of people who establish revolutionary enclaves. Last year, the Bundy ranch protesters were riven by rumors of imminent government drone attacks -- having evidently mistaken southeastern Nevada for the badlands of Yemen.

The federal government's overweening policies in the West, and the related injustice apparently done to the Hammonds, are serious matters. The proper remedy in a free society of laws is, as always, to be found in peaceful agitation and persuasion, and ultimately the ballot box. Play-acting a revolution will only bring derision -- and should anyone take it too seriously, much worse.

Rich Lowry is editor of the National Review.

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A Scrappy Situation

DEAR PAW'S CORNER: Can you feed leftover meal scraps to cats? My boyfriend says no; I say yes, because I've been feeding scraps to my three cats for years. What do you say?

-- Carole in Davenport, Iowa

DEAR CAROLE: Feeding scraps to pets -- dogs or cats -- is not recommended. The main reason is that food prepared for humans often contains ingredients that are harmful to pets, such as onions, garlic, raisins, avocado and many more. Scraps also can contain more fat than pets are used to, creating digestive problems and setting them up for obesity. And leftovers can be high in salt, which can be as detrimental to pets as it is to us.

However -- and this is a big "however" -- table scraps tend to get fed to begging cats anyway by kind-hearted owners or their guests. Or, cats just steal

them off counters when no one is looking. Is there a balance between the "absolutely no scraps" guideline and the "live and let live" tendency of some owners?

If you really want to share table scraps with pets, be very selective about what you share and how much. Fresh (not cured) meat, poultry or fish are good. Trim away all fat, and make sure no gravy or seasonings are on the food. Serve pets only a small handful, and if they exhibit any health issues -- excessive vomiting, lethargy or other symptoms -- contact a vet right away.

A healthier option is to prepare a small amount of protein and vegetables separately for your pets as you cook dinner. Leave out seasonings and consider steaming or roasting the food rather than cooking in oil. Cool completely before serving to pets.

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

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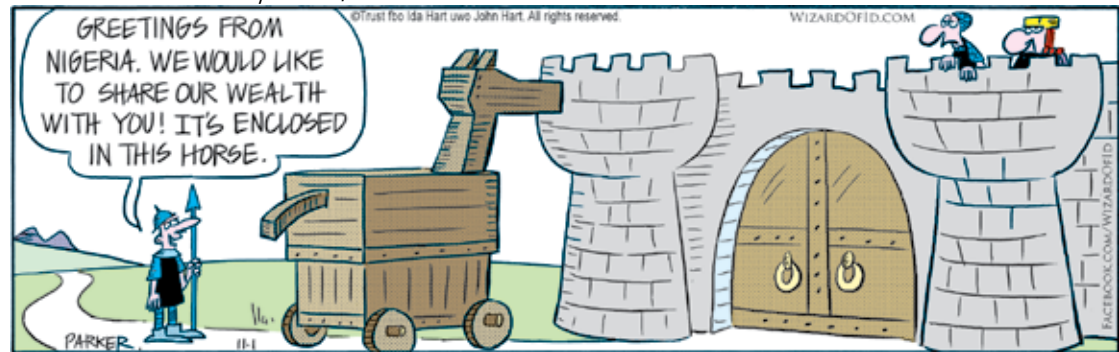
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BC by Mastroianni & Hart



Cranky Girl by Crystal Jones



Frank and Steinway by Wil Panganiban



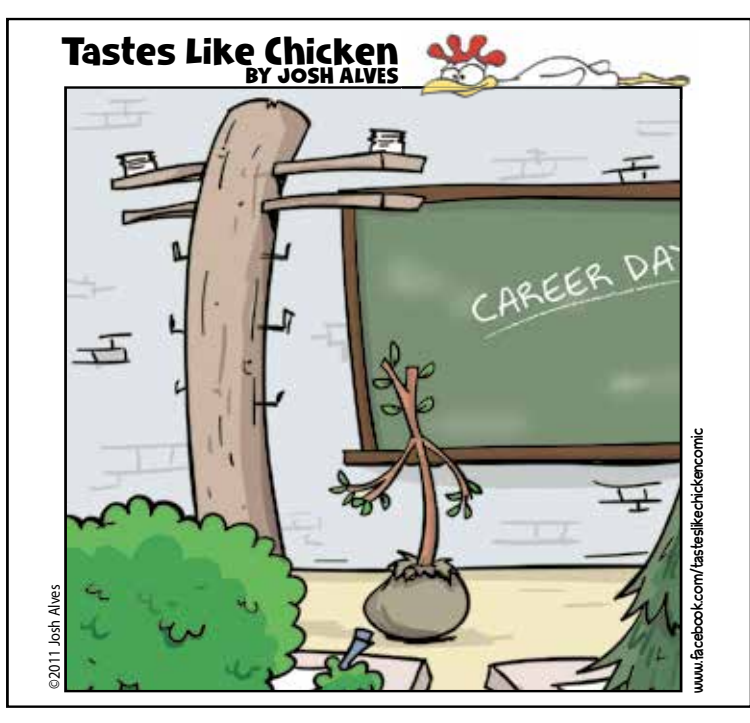
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CLUES

- ACROSS**
- Visual representation
 - Part of tennis match
 - Hindu dress
 - Japanese-American
 - Anger management issue
 - Strong and sharp
 - Relating to Eastern Catholic churches
 - Group of whales
 - Innocent
 - * ___ line between atmosphere and outer space
 - *Houston's infamous
 - "Mele Kalikimaka" wreath
 - *Galilean moons, the ___ largest moons of Jupiter
 - Fertility clinic stock
 - Something inadmissible, to a baby
 - Less taxing
 - Fabled fliers
 - Praise
 - Buddy
 - Angler's hope
 - Muhammad's teaching
 - Capital on the Dnieper
 - Hipbone-related
 - Aries or Taurus, e.g.
 - *E.T. "phoned" it
 - One in ten, pl.
 - Iran Nuclear Deal, e.g.
 - Spanish "sea"
 - "Moonlight Sonata," e.g.
 - Embrace
 - *Matt Damon in 2015 film
 - *Outer space, mostly
 - * ___ Asimov
 - Bird word
 - Flew a kite
 - Île de la Cité river
 - Hard punching tool
 - Fill with optimism
 - What choir did
 - Brian Griffin on "Family Guy," e.g.
 - User's treatment

CROSSWORD												
1	2	3	4	5	6	7	8	9	10	11	12	
13					14			15				
16					17			18				
	19				20		21	22				
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57	58	59	60				61			62	63	
64					65	66			67			68
69					70				71			
72					73				74			

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- DOWN**
- African grazer
 - Triple toe loop location
 - "Heat of the Moment" band
 - Black ___ in "Pirates of the Caribbean"
 - Paid killers
 - Sagittarius, e.g.
 - Time period
 - Dancer's beat
 - Union foe
 - Seed cover
 - Gauche or Droite, in Paris
 - Something previously mentioned
 - Arctic-wear
 - Garlic mayo
 - French street
 - Snafus
 - *Space path
 - Bridal veil fabric
 - ___ a play
 - *Famous space acronym
 - Punjabi believer
 - "Kick the bucket," e.g.
 - Organ swelling
 - *Mars exploration vehicle
 - *Only one was in John Glenn's

- Friendship 7
- *Brent Spiner in "Star Trek"
 - Coffee shop order
 - USDA designation
 - Hot springs resort
 - Country singer Tanya
 - Open a beer bottle
 - Cunning
 - Piggy's title
 - On a cruise
 - Cats and dogs?
 - *Beverage associated with early astronauts
 - Measure of electric potential
 - Beehive State
 - Online ___ tag
 - Be in the red
 - Cotillion ball's main attraction

For Solutions See Page 6

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5	3				6			8
6				4	9			
		9		2				3
1	5					2		9
2				8		1		
			5	9				2
3		2					9	7
				6	3	8		

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 6

END OF THE BENCH BY GERRY SCHOU

Losing Your Cool Is Just Not Cool

Remember those times growing up playing sports when you simply lost your "cool?"

Of course you do --- probably at least as clearly as you remember your finest moments. Losing your cool during competition, under pressure is embarrassing and leaves a long-lasting imprint.

Remember the time when your grammar school team was playing poorly and a couple of bad calls went against you and you slammed the basketball to the floor and drew a technical foul --- and your coach/father pulled you out of the game for the rest of the half? Remember the time you blew it after changing baskets after halftime and shot a ball into the wrong basket?

Remember when you went into your fancy, exaggerated windup and brought your hands down, knocking your cap forward covering your eyes? How about the time you forgot how many outs there were? Or the time you went into your home run trot but missed second base? Or the time you were sure you had the race won and eased up near the finish, only to be nipped at the wire? Or when you were cruising into the end zone and flipped the ball away just before you actually crossed the goal line?

Remember how you felt at those forgettable moments? Of course you do.

There were a number of guys playing in the first round of the NFL playoffs last weekend who made unfortunate memories that they (and their teammates and many others) will never forget.

Start in Cincinnati, where the weather was frigid but so many of the hometown participants couldn't keep their cool and the Bengals snatched an embarrassing defeat from the clenches of victory, losing to the Pittsburgh Steelers (for a day, that's Steelers), 18-16, in a wild Wild Card game.

The longtime rivals that despise each other with intense passion went at it in violent, ferocious fashion throughout the day, but it was the visitors maintaining composure while the hosts totally lost it --- literally. Two disastrous infractions in the final

minute by the Cincinnati defense set up a game-winning field goal for Pittsburgh with 14 seconds left, after it appeared the Bengals had the game all but won.

The Steelers had built a 15-0 lead. But, of all people, it was rookie backup quarterback A. J. McCarron who kept it together and led the Bengals from behind and into a 16-15 lead with just 1:50 to go.

The Bengals, who don't seem to represent the best and brightest the league has to offer, were deliberately stirring things up throughout the contest. Even when trailing, Cincinnati defenders were preening and prancing around uncontrollably, spitting in the faces of their opponents, and taking cheap shots, whenever. Crazy linebacker Vontaze Burfict, a player of much negative repute, was the lead instigator. Caught on camera taunting the Steelers' sideline, Burfict was described as one "looking for trouble." He found it.

He's the same guy that injured Pittsburgh QB Ben Roethlisberger in Week 14 with a dirty, low hit that resulted in a hefty fine and an accusation by Roethlisberger that the blow was intentional. Burfict sent the QB to the sideline hurt again in this game with another (though legal) vicious tackle.

With his team in the lead, Burfict intercepted a Landry Jones pass at the 1:36 mark and was down. But in an act to apparently make it all about him --- which, eventually, it was --- Burfict got up with the ball and ran off the field well into the tunnel with teammates chasing after him.

After relative order was restored, in a protect-the-ball-at-all-costs situation, Bengal Jeremy Hill fumbled on the next play and Pittsburgh recovered at its own 9-yard line. After missing a couple of series, Roethlisberger returned to lead his team downfield, including converting on a fourth-down play with 22 seconds left. He overthrew Antonio Brown on the next play, but Burfict plowed through late with a dangerous blast to Brown's head (resulting in a concussion that may keep him out awhile), drawing a 15-yard penalty (and, later, a 3-game suspension). During the havoc that ensued, Adam

(formerly Pacman) Jones, another of Cincinnati's model citizens, drew an additional personal foul penalty that set the Steelers up for the winning 35-yard kick.

On TV, analyst Phil Simms said it was "...disgraceful on so many fronts," and added, later, that it was one of the "...worst defeats ever imposed on yourself, with the penalties."

Even the Cincinnati fans joined in the "fun" --- cheering Roethlisberger's injury, throwing objects on the field, urinating on other fans in the stands, and picking fights that led to at least six arrests. Stay classy Cincinnati.

Things were a bit cooler in Minneapolis --- six degrees below zero at the start of the Seattle-Vikings matchup, the third coldest game in history --- but the Vikes froze up at the finish. With a chance to win at the end, Minnesota coaches elected to play for a field goal. Blair Walsh had converted three kicks earlier, but pulled a 27-yarder to the left with 22 seconds to go for a 10-9 Seattle win.

Houston fans knew it wasn't very cool that they had Brian Hoyer as their starting QB against red-hot Kansas City and its even-keeled QB Alex Smith (the 49ers would like to have a guy like him). Hoyer blew his cool and had the worst game of his career with four interceptions and a fumble in a 30-0 loss.

Washington players were acting as though they thought they were pretty special while building a 11-0 lead over Green Bay. It should've been more, but the guy who believes he is the essence of cool, DeSean Jackson, forgot to make sure the ball crossed the goal line before he went out of bounds on what should have been an easy touchdown. The possession ended with just a field goal and the NFL master of cool, Packers QB Aaron Rodgers, led his team to scores on five consecutive drives and a 35-18 victory.

For the first time in NFL history, all four road teams won the Wild Card games. Most of the fans that paid exorbitant prices to witness the home fiascos first-hand did not think that was cool at all. ★

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Television Listings for the week of January 15-January 20

FRIDAY EVENING

JANUARY 15, 2016

Table of TV listings for Friday, January 15, 2016. Columns include time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, ION, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, ESPN, ESPN2, FOOD, FREEFORM, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBO, MAX, SHOW).

SATURDAY EVENING

JANUARY 16, 2016

Table of TV listings for Saturday, January 16, 2016. Columns include time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, ION, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, ESPN, ESPN2, FOOD, FREEFORM, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBO, MAX, SHOW).

SUNDAY EVENING

JANUARY 17, 2016

Table of TV listings for Sunday, January 17, 2016. Columns include time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, ION, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, ESPN, ESPN2, FOOD, FREEFORM, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBO, MAX, SHOW).

MONDAY EVENING

JANUARY 18, 2016

Table of TV listings for Monday, January 18, 2016. Columns include time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, ION, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, ESPN, ESPN2, FOOD, FREEFORM, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBO, MAX, SHOW).

TUESDAY EVENING

JANUARY 19, 2016

Table of TV listings for Tuesday, January 19, 2016. Columns include time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, ION, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, ESPN, ESPN2, FOOD, FREEFORM, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBO, MAX, SHOW).

WEDNESDAY EVENING

JANUARY 20, 2016

Table of TV listings for Wednesday, January 20, 2016. Columns include time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, ION, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, ESPN, ESPN2, FOOD, FREEFORM, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBO, MAX, SHOW).

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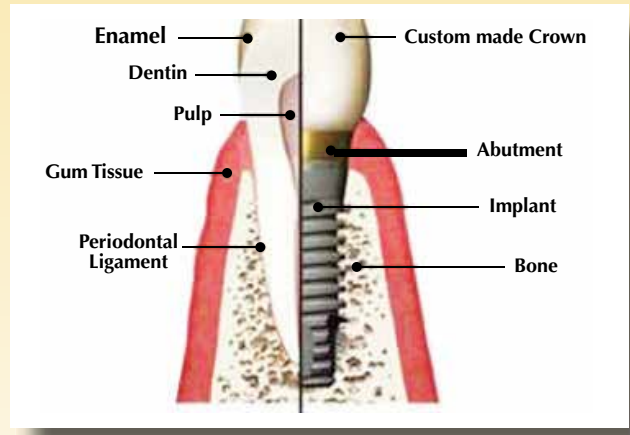
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