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direct link to our online edition!

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

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, medita-

tions, and inspirational stories and sayings.

She had herself a hefty spiritually inspired

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

Story by Annika Darling

reveals exactly why.

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

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

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

Gerri's books came to her almost as a

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

An Inspiration

Gerri Walker Celebrates the Publication of Her

Two Tandem Books at The Avid Reader

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."

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."

"According to the allegations

"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—whether in person or online-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

Continued on page 3

recalls being swept up in an ocean of love, manuscript. 1. Guaranteed Delivery of the Carmichael Times **2.** Guaranteed Delivery of The Sunday Sacramento Bee 3. And One Free Car Wash from QUICK QUACK Car Wash (s699 val Get a great deal on this 6 month subscription for only: armichael Times



"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

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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WE SUPPORT **OUR MILITARY**

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

"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

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 [Brais] 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 Brais, 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

ally when they serve others, and needy.

of Jesus, people grow spiritu- God sides with the poor and the

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

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.saccounty.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 susanpeters@saccounty.net.



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Homicide in North Sacramento

- 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

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 Office after notification has been made to their next of kin.

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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-Javab 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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Craig Diez

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.con

"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 "bailin" 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

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

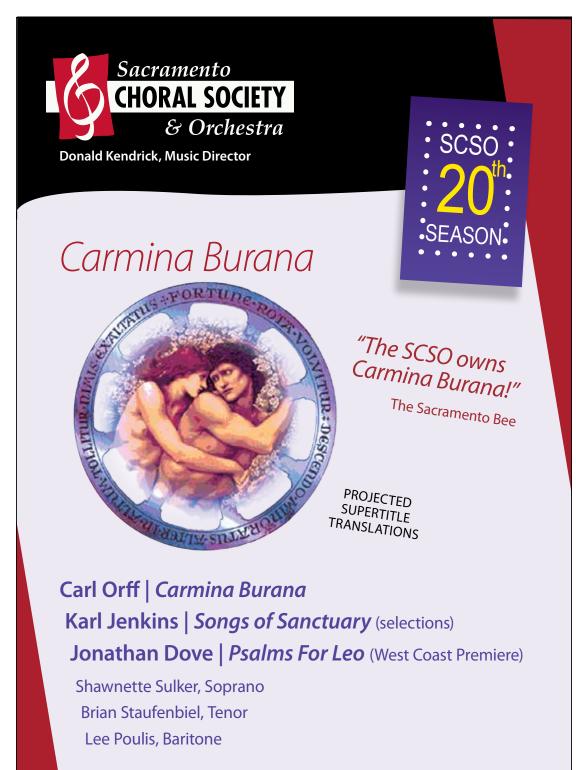
How can you avoid this criminal theft and keep your money safe? It may be too late to pull your savings out of the bank and stuff them under a mattress, as Shah Gilani found when he tried to withdraw a few thousand dollars from his bank. Large withdrawals are now criminally suspect.

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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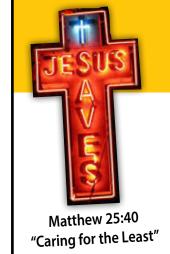
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January 15, **2016**

Carmichael Times • 5

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



Commentary by Sally C. Pipes

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

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

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

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.

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.

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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 gerriewalkerinspires@gmail.com. You can also follow her blog at gerriewalkerinspires.wordpress. com, or purchase "Through Thine Eyes on Amazon.





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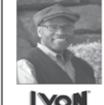
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FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-08987 Alma Sanchez Loza, 5833 Sutter Avenue Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "A & C Remodeling" at 5833 Sutter Avenue Carmichael, CA 95608, Filed with the Clerk of Sacramento County November 20, 2015 Publish: December 25, 2015 January 1, 8, and 15, 2016 151215 01-15-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09166 Robert and Connie Mastin, 8787 Springhills Way Orangevale, CA 95662 are doing business under the Fictitious Business Name(s) "Bob's Magic" at 8787 Springhills Way Orangevale, CA 95662. Filed with the Clerk of Sacramento County December 2, 2015. Publish: December 25, 2015 January 1, 8, and 15, 2016

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09548 Oznex Inc, 2391 Arden Way #218 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Ready Response Security" at 2391 Arden Way #218 Sacramento, CA 95825. Filed with the Clerk of Sacramento County December 15, 2015. Publish: December 25, 2015 January 1, 8, and 15, 2016 READY 151215 01-15-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09061 Erin Stratte, 1437 Stoddard Street Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Adom Light" at 1618 Alhambra Boulevard #163557 Sacramento, CA 95822. Filed with the Clerk of Sacramento County November 24, 2015. Publish: December 25, 2015 January 1, 8, and 15, 2016 151214

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09483 Lucas Zeiher, 3341 Arbor Way Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Capitol Archive and Paint LLC, Capitol Archive and Print (CAP)" at 3341 Arbor Way Sacramento, CA 95821. Filed with the Clerk of Sacramento County December 14, 2015. Publish: December 25, 2015 January 1, 8, and 15, 2016 CAPITOL 151215 01-15-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09472 T&T Retail Inc, 4505 Myrtle Avenue Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Victory Motors" at 2529 Connie Drive #5 Sacramento, CA 95821. Filed with the Clerk of Sacramento County December 11, 2015. Publish: December 25, 2015 January 1, 8, and 15, 2016 151214 01-15-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09005 Jed and Janet Finch, 51 Glenville Circle Sacramento, CA 95826 are doing business under the Fictitious Business Name(s) "Finchco Painting" at 51 Glenville Circle Sacramento, CA 95826. Filed with the Clerk of Sacramento County November 20, 2015. Publish: December 25, 2015 January 1, 8, and 15, 2016 **FINCHCO** 151215

FICTITIOUS BUSINESS NAME STATEMENT FBNE2015-09395 David Solton, 806 25th Street Unit A Sacramento, CA 95816 and Venus Sharif, 7000 Boa Nova Drive Elk Grove, CA 95757 are doing business under the Fictitious Business Name(s) "Coachellove" at 806 25th Street Unit A Sacramento, CA 95816, Filed with the Clerk of Sacramento County December 9, 2015. Publish: December 25, 2015 January 1, 8, and 15, 2016 151215 01-15-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09530 Steven Frederick Durham, 6820 Somerville Way Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "SD Investigations" at 6820 Somerville Way Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County December 15, 2015. Publish: December 25, 2015 January 1, 8, and 15, 2016 151215 01-15-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09561 Easy Inc. 5150 Sunrise Boulevard Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Easy Inc. Easy Climate Solutions" at 2576 Mercantile Drive Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County December 16, 2015. Publish: December 25, 2015 January 1, 8, and 15, 2016 151216

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09595 Jamal J. Smiley, 4801 Marconi Avenue #10 Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Brotherhood Protective Solutions" at 4801 Marconi Avenue #10 Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 16, 2015. Publish: December 25, 2015 January 1, 8, and 15, 2016 151216 01-15-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09592 Marcia D. Hill, 7321 Florinda Way Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Maximum Tax Resources" at 9237 Folsom Boulevard Sacramento, CA 95826. Filed with the Clerk of Sacramento County December 16, 2015. Publish: December 25, 2015 January 1, 8, and 15, 2016 151216 01-15-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09229 Svetlana Shilo, 5317 Hackberry Lane Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Quick and Clean" at 5317 Hackberry Lane Sacramento, CA 95841. Filed with the Clerk of Sacramento County December 3, 2015. Publish: December 25, 2015 January 1, 8, and 15, 2016

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09111 David Jackson, 5330 Elsinore Way Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Mister and Missus" at 5330 Elsinore Way Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 30, 2015. Publish: December 25, 2015 January 1, 8, and 15, 2016

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09528 Hung V. Nguyen, 8941 Carlisle Avenue Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "ION Security Solutions" at 8941 Carlisle Avenue Sacramento, CA 95829. Filed with the Clerk of Sacramento County December 15, 2015. Publish: December 25, 2015 January 1, 8, and 15, 2016

151218 FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09533 Undergrad Clean Up, 2527 ½ Donner Way Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Undergrad Clean -Up" at 2527 1/2 Donner Way Sacramento, CA 95818. Filed with the Clerk of Sacramento County December 15, 2015.

Publish: January 1, 8, 15, and 22, 2016 151222 UNDER 01-22-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09714 Logan Blower, 2647 Barbera Way Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "LJB Accounting" at 2647 Barbera Way Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County December 21, 2015. Publish: January1, 8, 15, and 25, 2016

151221 01-22-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09506 Eun Kim and Sung Jin Lee, 1536 Black Bear Street Roseville, CA 95747 are doing business under the Fictitious Business Name(s) "Teriyaki Time" at 9141 East Stockton Boulevard #260 Elk Grove, CA 95624. Filed with the Clerk of Sacramento County December 14, 2015. Publish: January 1, 8, 15, and 22, 2016 TERIYAKI 151221 01-22-16

LJB

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09505 Empower Solutions Group Inc., 2217 El Camino Avenue Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "ESG, Empower Trainings, Empower Lending, Pacific Signings, Empower Business Development, Empower Property Solutions, Empower Estate Liquidation, Empower Capital Solutions, Empower Management Group, Empower Fitness Group" at 2217 El Camino Avenue Sacramento, CA 95821, Filed with the Clerk of Sacramento County December 14, 2015. Publish: January 1, 8, 15, and 22, 2016 **EMPOWER** 151221

FICTITIOUS BUSINESS NAME STATEMENT Kashif Mehdi. 3031 Foothill FBNF2015-09633 Boulevard # 120 Roseville, CA 95747 is doing business. under the Fictitious Business Name(s) "Zee Wireless" at 4822 San Juan Avenue Fair Oaks, CA 95628, Filed with the Clerk of Sacramento County December 17, 2015. Publish: January 1, 8, 15, and 22, 2016

151218 FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09172 Greg Fatooh, 5307 Olive Ranch

Road Granite Bay, CA 95746 is doing business under the Fictitious Business Name(s) "Bryan Properties" at 5700 Marconi Avenue Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 2, 2015. Publish: January 1, 8, 15, and 22, 2016 01-22-16 **BRYAN** 151218

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09583 Rosa Odilia Ruvalcaba, 716 Northfield #B Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Gardenias Cleaning Services" at 716 Northfield #B Sacramento, CA 95833. Filed with the Clerk of Sacramento County December 16, 2015. Publish: January 1, 8, 15, and 22, 2016

GARDENIAS 151222 01-22-16 FICTITIOUS BUSINESS NAME STATEMENT

FBNF2015-09704 Darryl Lardizabal, 4501 Bela Way Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Movement Sacramento" at 4501 Bela Way Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 21, 2015. Publish: January 1, 8, 15, and 22, 2016 MOVEMENT 151222

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09637 Lonnie Ann Russell, 3405 Ardendale Lane Suite C Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Longen Organic Skin Products, Trinity Organic Skin Care Products" at 3405 Ardendale Lane Suite C Sacramento, CA 95825, Filed with the Clerk of Sacramento County December 17, 2015. Publish: January 1, 8, 15, and 22, 2016

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09726 KKS Group LLC, 2354 Sunrise Boulevard Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Chick-fil-A at Rivergate Cordova" at 2354 Sunrise Boulevard Rancho Cordova, CA 95670, Filed with the Clerk of Sacramento County December 22, 2015. Publish: January 1, 8, 15, and 22, 2016

151222

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09687 Ning Han, 1118 Oakridge Drive Roseville, CA 95661 is doing business under the Bruceville Road Sacramento, CA 95823. Filed with the Clerk of Sacramento County December 21, 2015. Publish: January 1, 8, 15, and 22, 2016 NINGS 151222

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09229 Svetlana Shilo, 5317 Hackberry Lane Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Quick & Clean" at 5317 Hackberry Lane Sacramento, CA 95841. Filed with the Clerk of Sacramento County December 3, 2015. Publish: January 1, 8, 15, and 22, 2016 01-22-16 151217

FICTITIOUS BUSINESS NAME STATEMENT Hung V. Nguyen, 8941 FBNF2015-09528 Carlisle Avenue Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "ION Security Solutions" at 8941 Carlisle Avenue Sacramento, CA 95829. Filed with the Clerk of Sacramento County December 15, 2015.

Publish: January 1, 8, 15, and 22, 2016 151218 01-22-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09768 J. Kuwamoto and Associates, INC, 3780-A Happy Lane Sacramento, CA 95827 are doing business under the Fictitious Business Name(s) "Miracle Maintenance" at 3780-A Happy Lane Sacramento, CA 95827. Filed with the Clerk of Sacramento County December 23, 2015.

Publish: January 1, 8, 15, and 22, 2016 151223 FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09791 Great Is Thy Faithfulness Ministries- Oustide the Walls, Inc, 4150 Ardwell Way Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Great Is Thy Faithfulness Ministries- Oustide the Walls. Inc. Outside the Walls" at 4150 Ardwell Way Sacramento, CA 95823, Filed with the Clerk of Sacramento County December 23, 2015.

Publish: January 1, 8, 15, and 22, 2016 151223

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09797 Paradise Oaks Youth Services, Inc. 7806 Uplands Way Suite A Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Crossroads Treatment Centers" at 7806 Uplands Way Suite A Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County December 24, 2015. Publish: January 1, 8, 15, and 22, 2016 151222

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09798 Carlos Gudiel, 5108 Fawn Valley Place Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Fixertech Maintenance" at 5108 Fawn Valley Place Antelope, CA 95843. Filed with the Clerk of Sacramento County December 24, 2015. Publish: January 1, 8, 15, and 22, 2016

151222 01-22-16 FICTITIOUS BUSINESS NAME STATEMENT

FBNF2015-09671 Laura M. Kaszoni, 3931 Queenston Court Apt #3 Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "LALA's Updos" at 3931 Queenston Court Apt #3 Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 18, 2015. Publish: January 1, 8, 15, and 22, 2016

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09328 Kristina Scherbel and Matt Lacovazzi, 6543 Meadow Creek Way Citrus Heights, CA 95621 and Kevin Robert Ulaner, 4104 Vine Circle Rocklin, CA 95765 are doing business under the Fictitious Business Name(s) "Platypie" at 6543 Meadow Creek Way Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County December 8, 2015. Publish: January 1, 8, 15, and 22, 2016

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09918 Kenneth Raif, 3265 11th Avenue Sacramento, CA 95817 and Chris Ly, 850 Avalon Drive Stockton, CA 95215 are doing business under the Fictitious Business Name(s) Vinyl Tecnica" at 3747 W. Pacific Avenue Suite A Sacramento, CA 95820, Filed with the Clerk of Sacramento County December 31, 2015. Publish: January 8, 15, 22, and 29 2016 01-29-16 VINYL 151210

151228

PLATYPIE

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09615 Ekdanta Investments LLC, 5151 Weston Way Granite Bay, CA 95746 is doing business under the Fictitious Business Name(s) "The Hub" at 350 Bercut Drive Sacramento, CA 95811. Filed with the Clerk of Sacramento County December 17, 2015. Publish: January 8, 15, 22, and 29 2016 **THEHUB** 01-29-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09730 Dennis William Hauck, 2412 39th Avenue Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Alchemergy" at 4370 24th Street Sacramento, CA 95822. Filed with the Clerk of Sacramento County December 22, 2015. Publish: January 8, 15, 22, and 29, 2016

151231

151231 01-29-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09825 Janice Jordan, 4637 Satinwood Way Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Angel Platters

A Village Cafe" at 2931 Sunrise Boulevard Suite 100 Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County December 28, 2015. Publish: January 8, 15, 22, and 29, 2016 01-29-16 151229 ANGEL FICTITIOUS BUSINESS NAME STATEMENT

FBNF2016-00007 Dana E. Gentry II, 6632 5th Avenue Rio Linda, CA 95673 and Dana E. Gentry III, 12480 Cherokee Lane Galt, CA 95632 are doing business under the Fictitious Business Name(s) "F & S Property Maintenance" at 6632 5th Avenue Rio Linda, CA 95673. Filed with the Clerk of Sacramento County January 4, 2016. Publish: January 8, 15, 22, and 29, 2016 160104 01-29-16 F&S

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09856 Raj Kumar, 9150 Waterman Road Apt #112 Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "R.K Cigarette Store" at 5722 Watt Avenue North Highlands, CA 95660. Filed with the Clerk of Sacramento County December 29, 2015. Publish: January 8, 15, 22, and 29, 2016 01-29-16 151230

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09868 Be Stronger Fitness LLC, 10738 Paiute Way Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Be Stronger Fitness" at 4128 El Camino Avenue #4 Sacramento, CA 95821, Filed with the Clerk of Sacramento County December 30, 2015. Publish: January 8, 15, 22, and 29, 2016 BESTRONG 151230

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09727 Derek Newton, 9829 Tundra Swan Circle Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Kustom Designs" at 9829 Tundra Swan Circle Elk Grove, CA 95757. Filed with the Clerk of Sacramento County December 22, 2015. Publish: January 8, 15, 22, and 29, 2016

KUSTOM 151222 FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09872 Andrey P. Rytikoff, 4211 Lusk Drive Sacramento, CA 95864 is doing business under the Fictitious Rusiness Name(s) 2623 La Mesa Way Sacramento, CA 95825. Filed with the Clerk of Sacramento County December 30, 2015. Publish: January 8, 15, 22, and 29, 2016

ANDREY 151230 FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09828 Justin Allen Lagge, 8997 Flinton Court Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "JL Enterprise" at 8997 Flinton Court Sacramento, CA 95829. Filed with the Clerk of Sacramento County December 28, 2015. Publish: January 8, 15, 22, and 29, 2016

151229 01-29-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09775 Kam Wa King, 6625 Harms Way Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Handyman Kam" at 6625 Harms Way Sacramento, CA 95823. Filed with the Clerk of Sacramento County December 23, 2015. Publish: January 8, 15, 22, and 29, 2016 HANDYMAN 151223

FICTITIOUS BUSINESS NAME STATEMENT Liu Yingwen, 7400 Circle FBNF2015-09706 Parkway Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "A & E Handyman Service" at 7400 Circle Parkway Sacramento, CA 95823. Filed with the Clerk of Sacramento County December 21, 2015. Publish: January 8, 15, 22, and 29, 2016

01-29-16 A&E 151222 FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09839 Vyacheslav Melnichuk, 5441 Kintyre Pen Place Antelope, CA 95843 and Taras Pilipey 4209 Winje Drive Antelope, CA 95843 are doing business under the Fictitious Business Name(s) "S & T Window Cleaning Services" at 5441 Kintyre Pen Place Antelope, CA 95843, Filed with the Clerk of Sacramento County December 29, 2015. Publish: January 8, 15, 22, and 29, 2016

151229

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09737 Fenton Baker, Inc., 2641 Riverpine Court Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Fenton Consulting, Bea's Variety Shoppe" at 2641 Riverpine Court Carmichael, CA 95608, Filed with

the Clerk of Sacramento County December 22, 2015.

Publish: January $\,$ 8, $\,$ 15, $\,$ 22, and $\,$ 29, $\,$ 2016 151215 FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09475 Ibifubara Theodore Jack, 9977 Rhone River Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "River City Reprographics" at 9977 Rhone River Drive Elk Grove, CA 95624. Filed with the Clerk of Sacramento County December 11, 2015.

Publish: January 8, 15, 22, and 29, 2016

RIVER 01-29-16 151230 FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09678 Kuldip Singh Grewal, 2043 Zinfandel Court Vacaville, CA 95688 is doing business under the Fictitious Business Name(s) "Rosemont Wine and Liquor" at 9106 Kiefer Boulevard Sacramento, CA 95826. Filed with the Clerk of Sacramento County December 18, 2015. Publish: January 8, 15, 22, and 29, 2016

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-00127 Andrea Cabello and Andrea Zacharie, 4450 El Centro Road #538 Sacramento, CA 95834 are doing business under the Fictitious Business Name(s) "Oh Lala Magnificamente Clean" at 4450 El Centro Road #538 Sacramento, CA 95834. Filed with the Clerk of Sacramento County January 8, 2016. Publish: January 15, 22, 29, and February 5, 2016

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09815 Poutcheu Yossa, 2245 Harris Avenue Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Yossa Builder" at 2245 Harris Avenue Sacramento, CA 95838. Filed with the Clerk of Sacramento County December 28, 2015. Publish: January 15, 22, 29, and February 5, 2016 160108 02-05-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-00032 Lyubov Kaznacheyeva, 7647 Antelope Hills Drive Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Hidden Treasure Films" at 7647 Antelope Hills Drive Antelope, CA 95843. Filed with the Clerk of Sacramento County January 4, 2016. Publish: January 15, 22, 29, and February 5, 2016 **HIDDEN** 160107 02-05-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-00093 Diego Mercado, 10119 Stathos Drive Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "La Tapatia" at 6800 Fruitridge Road Sacramento, CA 95820. Filed with the Clerk of Sacramento County January 7, 2016. Publish: January 15, 22, 29, and February 5, 2016 02-5-16 160107

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-00011 ADS, Ink, LLC, 9373 Violet Springs Court Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "ADS, INK, LLC" at 9373 Violet Springs Court Elk Grove, CA 95624. Filed with the Clerk of Sacramento County January 4, 2016. Publish: January 15, 22, 29, and February 5, 2016 160107 02-05-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09694 Long Huang Nguyen, 8101 Haystak Drive Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Games Expo" at 8101 Haystak Drive Sacramento, CA 95828. Filed with the Clerk of Sacramento County December 21, 2015. Publish: January 15, 22, 29, and February 5, 2016 160107 02-05-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09907 Amy Dawn Riley, 416 Almond Drive Lodi, CA 95240 is doing business under the Fictitious Business Name(s) "Ladies of Lodi Cleaning Services" at 416 Almond Drive Lodi, CA 95240. Filed with the Clerk of Sacramento County December 31, 2015. Publish: January 15, 22, 29, and February 5, 2016 LADIES 02-05-16 160108

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-00076 Milaine Paterakis, 3236 Boulder Creek Way Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Bubbas' Doggy Bakery" at 3236 Boulder Creek Way Antelope, CA 95843. Filed with the Clerk of Sacramento County January 6, 2016. Publish: January 15, 22, 29, and February 5, 2016 02-05-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09692 Chad A. and Gretchen M Guptil, 9481 Heinlein Court Sacramento, CA 95829 are doing business under the Fictitious Business Name(s) "DJ Justified Entertainment" at 9481 Heinlein Court Sacramento, CA 95829. Filed with the Clerk of Sacramento County December 21, 2015. Publish: January 15, 22, 29, and February 5, 2016 160110 02-05-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09863 Christina Acosta, 2082 57th Street Sacramento, CA 95817 is doing business under the Fictitious Business Name(s) "Urban Kneeds, Devoted Wellness" at 1029 H Street Suite 305 Sacramento, CA 95817. Filed with the Clerk of Sacramento County December 29, 2015. Publish: January 15, 22, 29, and February 5, 2016 URBAN 160110 02-05-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09864 Guadalupe Harrison, 1096 Pinto Trail Drive Galt, CA 95632 is doing business under the Fictitious Business Name(s) "Galt Income Tax & Bookeeping" at 1096 Pinto Trail Drive Galt, CA 95632. Filed with the Clerk of Sacramento County December 29, 2015. Publish: January 15, 22, 29, and February 5, 2016

160109 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-00015 Andriy Yelets, 3917 Ramsey Drive North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Andrey's Transportation" at 3917 Ramsey Drive North Highlands, CA 95660. Filed with the Clerk of Sacramento County January 4, 2016. Publish: January 15, 22, 29, and February 5, 2016 ANDREYS 160104

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-09881 Larry Mosher, 1634 Wyndham Way El Dorado Hills, CA 95762 is doing business under the Fictitious Business Name(s) "Invite Auto Group" at 8188 Alpine Avenue #D Sacramento, CA 95826. Filed with the Clerk of Sacramento County December 30, 2015. Publish: January 15, 22, 29, and February 5, 2016 INVITE 160105 02-05-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-00081 Christopher Smith, 6829 Blue Duck Way Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Maechalon" at 6829 Blue Duck Way Sacramento, CA 95842. Filed with the Clerk of Sacramento County January 6, 2016. Publish: January 15, 22, 29, and February 5, 2016 MAECHALON 160106

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-00068 Philip Kevin Webster, 8978 Brydon Way Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Basic Firearms Training" at 8978 Brydon Way Sacramento, CA 95826. Filed with the Clerk of Sacramento County January 6, 2016. Publish: January 15, 22, 29, and February 5, 2016 151231

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-00039 CHCMB Inc, 7620 Linden Avenue Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Citrus Heights Community Marching Band, Citrus Heights Marching Band, Citrus Heights Community Band" at 7620 Linden Avenue Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County January 5, 2016. Publish: January 15, 22, 29, and February 5, 2016 CITRUS 160105 02-05-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-00044 Mohammadreza Askari and Khadijeh Barntzadsh, 2121 Campton Circle Gold River, CA 95670 are doing business under the Fictitious Business Name(s) "Smog Wizard" at 7610 Folsom Boulevard Sacramento, CA 95826. Filed with the Clerk of Sacramento County January 5, 2016. Publish: January 15, 22, 29, and February 5, 2016 160111

ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00187305

WHEREAS, Natasha Marie Drewhas filed a petition with this court for a decree changing the name(s) of Jeremiah Timothy Drew-Rumph to Jeremiah Timothy Drew. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 19, 2016, in Department 53, located at 800 Ninth Street. Third Floor, Sacramento. CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 2, 2015 David I. Brown, Judge of the Superior Court

151215 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

Publish: December 25, 2015 January 1, 8, and 15, 2016

#34-2015-00187642 WHEREAS, FNU Yama has filed a petition with this court for a decree changing the name(s) of FNU Yama to Yama Nair.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 3, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 16, 2015 Raymond M. Cadei. Judge of the Superior Court

Publish: December 25, 2015 January 1, 8, and 15, 2016 151209 01-15-16

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00187741

WHEREAS, Jacqueline Alsester has filed a petition with this court for a decree changing the name(s) of Jacqueline Alsester Griffin to Jacquelyn Alcester Griffin. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00

p.m. on March 4, 2016, in Department 53, located

at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 10, 2015 David I. Brown, Judge of the Superior Court Publish: December 25, 2015 January 1, 8, and 15, 2016

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00187903

151216

01-15-16

WHEREAS, Zaray O. Espinoza and Sergio A. Cuara have filed a petition with this court for a decree changing the name(s) of Sergio Cuara to Sergio Espinoza. IT IS ORDERED that all persons interested in the

above entitled matter appear before this court at 2:00 p.m. on March 7, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 16, 2015 David I. Brown, Judge of the Superior Court

Publish: December 25, 2015 January 1, 8, and 15, 2016 151216 01-15-16

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00187926

WHEREAS, FNU Azmarai and FNU Fazila have filed a petition with this court for a decree changing the name(s) of FNU Azmarai to Zemarai Omari, FNU Fazilia to Fazila Omari, and FNU Maka to Maka Omari. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00

a.m. on March 8, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. December Raymond M. Cadei, Judge of the Superior Court Publish: December 25, 2015 January 1, 8, and 15, 2016 151216

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00187921

WHEREAS, FNU Abdulhai has filed a petition with this court for a decree changing the name(s) of FNU Abdulhai to Abdulhai Bakhshi. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 8, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 16, 2015 David I. Brown, Judge of the Superior Court

Publish: December 25, 2015 January 1, 8, and 15, 2016 BAKHSHI 151216 01-15-16

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00187918

WHEREAS, FNU Najibullah has filed a petition with this court for a decree changing the name(s) of FNU Najibullah to Najibullah Sangi. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 8, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 16, 2015

Raymond M. Cadei, Judge of the Superior Court Publish: December 25, 2015 January 1, 8, and 15, 2016 151216

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00187627

WHEREAS, Jessica Horton has filed a petition with

this court for a decree changing the name(s) of Jessica Diana Michele Horton to Jessica Diana Michele Swan. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 2, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 09, 2015

David I. Brown, Judge of the Superior Court Publish: December 25, 2015 January 1, 8, and 15, 2016 151212 01-15-16

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00187937

WHEREAS, Maysaloon Alezairej Anwer Alrubaye have filed a petition with this court for a decree changing the name(s) of Oathman Anwar to Oathman Anwer Alrubaye. IT IS ORDERED that all persons interested in the

above entitled matter appear before this court at 2:00 p.m. on March 9, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 16, 2015

David I. Brown, Judge of the Superior Court Publish: December 25, 2015 January 1, 8, and 15, 2016 151217

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00187782

WHEREAS, Jordan Van Nguyen and Thuy Thi Nguyen have filed a petition with this court for a decree changing the name(s) of Li Sa Huynh to Lisa Nguyen. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 4, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 11, 2015

Raymond M. Cadei, Judge of the Superior Court Publish: January 1, 8, 15, and 22, 2016 151218

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00187621

WHEREAS, Mary Kathlene Kammer has filed a petition with this court for a decree changing the name(s) of Mary Kathlene Kammer to Maran Kathlene Kammer- Perez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 1, 2016. in Department 16. located at 800 Ninth Street. Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 8, 2015

David I. Brown, Judge of the Superior Court Publish: January 1, 8, 15, and 22, 2016 KAMMER 151219 01-22-16

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00187931

WHEREAS. FNU Kazam has filed a petition with this court for a decree changing the name(s) of FNU Kazam to Kazem Haidari. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 9, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 16, 2015

David I. Brown, Judge of the Superior Court Publish: January 1, 8, 15, and 22, 2016 151218 01-22-16

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00188231

WHEREAS, Oleksandr Yegorov has filed a petition with this court for a decree changing the name(s) of Oleksandr Yegorov to Alexander Yegorov. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at

2:00 p.m. on March 11, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 23, 2015 David I. Brown, Judge of the Superior Court

Publish: January 1, 8, 15, and 22, 2016 YEGOROV 01-22-16 151223 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2015-00188194 WHEREAS, Habibullah Safi and Yasmin Safi have filed a petition with this court for a decree changing the name(s) of FNU Aisha to Aisha Safi, FNU Rahila to Rahila Safi, FNU Mursal to Mursal Safi, and FNU Nazifa to Nazifa Safi IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 11, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

Raymond M. Cadei, Judge of the Superior Court Publish: January 1, 8, 15, and 22, 2016

Dated: December 23, 2015

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00187309

WHEREAS, Gai Thi Tran has filed a petition with this court for a decree changing the name(s) of Gai Thi Tran to An Tran. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 19, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 2, 2015

David I. Brown, Judge of the Superior Court Publish: January 1, 8, 15, and 22, 2016 151222 01-22-16

> SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00188232

WHEREAS, Mohammad Ashraf Jebran has filed a petition with this court for a decree changing the name(s) of Mohammad Ashraf Jebran to Ashraf Jebran IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 14, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 23, 2015

Raymond M. Cadei, Judge of the Superior Court Publish: January 1, 8, 15, and 22, 2016 JEBRAN 151224

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00188075

WHEREAS, Mariah Lynmarie Lobland has filed a petition with this court for a decree changing the name(s) of Mariah Lynmarie Lobland to Mariah Lynmarie Vencer. IT IS ORDERED that all persons interested in the

above entitled matter appear before this court at 2:00 p.m. on March 10, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 17, 2015

David I. Brown, Judge of the Superior Court Publish: January 1, 8, 15, and 22, 2016 01-22-16

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00188226

WHEREAS, Cong Guo have filed a petition with this court for a decree changing the name(s) of Cong Guo to Cathy Jade Guo. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 14, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento. CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 23, 2015

Raymond M. Cadei, Judge of the Superior Court Publish: January 1, 8, 15, and 22, 2016

PISCES (February 19 to March 20)

Your strong Piscean backbone will

support you as someone attempts to

pressure you into a decision you're

BORN THIS WEEK: You embody a

love for traditional values combined

with an appreciation of what's new

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trange

▶ 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

▶ Polar bears and grizzly bears

are similar enough genetically to

successfully mate. Any offspring

produced from such a union is

Phobias

1. Thunder/lightning

2. The color white

3. Sitting

4. Rabies

5. Needles

7. Crowds

9. Mirrors

10. Baths

6. Medications

8. Being alone

Source: dvm360.com

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near an open window.

known as a "pizzly."

not ready to make.

and challenging.

Act on your own keen instincts.

Salome's

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.

The Sarden 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

COUCH THEATER

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 selfdestruction -- 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 badboy 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

"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

"Meet the Patels" (PG) Nearly 30 and newly single, actor Ravi Patel agrees to try things the way his Indian parents suggest. Ravi and 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 speeddating 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 Ninniang (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 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

TV RELEASES

Saigon"

"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

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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

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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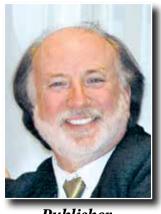


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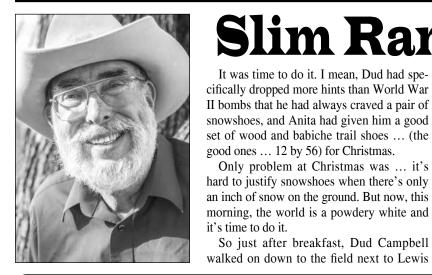


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Carmichael Times • 9 January 15, **2016**



Slim Randles' HOME COUNTRY "From There I Turned South ..."

Creek and strapped them on. Kinda weird. But fun. After a little practice, Dud was shuffling along like nobody's business on those

Only two more miles, Dud thought, looking back at his following dog team. Only two more miles of packing trail and he'd be in Nome. The Iditarod! Eleven hundred miles of driving a dog team and he'd only had to pack trail for the dogs twice. He smiled through the tunneled parka hood. It takes a real Alaskan to do this job right, of course, and Dud was the one to put the sour in sourdough!

Well, he thought, looking up at the yellowdiamond sky, there's the old Miller place on

Well, where the old Miller placed used to be, anyway. Had to take it down, so all that's left is this field ... this field stretching to ...

The North Pole, of course. Oh, others had been here before. Peary and Henson in 1909 and a bunch of others since then. But they hadn't done it on snowshoes alone. No way. He would be the first. And he wondered ... when I get there, will there be some sort of monument left by the others? Some way of

telling I'm really there?

Ah, these snowshoes ... great opener of doors for Dud's imagination. Of course, there's only one reason to reach the North

He's always wanted to write in his diary, "From there I turned south ..."

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SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00188210

WHEREAS, Joyce L. Irwin has filed a petition with this court for a decree changing the name(s) of Joyce Louise Widner to Joyce L. Irwin, Joyce Louise Culbertson to Joyce L. Irwin and Joyce L. Irwin to Joyce L. Irwin. IT IS ORDERED that all persons interested in the

above entitled matter appear before this court at 2:00 p.m. on March 11 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 23, 2015

David I. Brown, Judge of the Superior Court Publish: January 1, 8, 15, and 22, 2016 01-22-16 151223

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00188514

WHEREAS, Rosangela Fontana de Oliveira has filed a petition with this court for a decree changing the name(s) of Sebastian Matthew Fontana de Oliveira Janze to Sebastian Matthew Fontana de Oliveira Janze.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 21, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 30, 2015

Raymond M. Cadei, Judge of the Superior Court Publish: January 8, 15, 22, and 29, 2016 160104

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00188481

WHEREAS, Marcel Jose Wong Gonzales has filed a petition with this court for a decree changing the name(s) of Marcel Jose Wong Gonzales to Marcel Wong.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 16, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 29, 2015

David I. Brown, Judge of the Superior Court Publish: January 8, 15, 22, and 29, 2016

01-29-16

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00188517

It was time to do it. I mean, Dud had spe-

Only problem at Christmas was ... it's

So just after breakfast, Dud Campbell

cifically dropped more hints than World War

WHEREAS. FNU Mohibullah and FNU Najia have filed a petition with this court for a decree changing the name(s) of FNU Mohibullah to Mohibullah Stana, FNU Najia to Najia Stana, FNU Hila to Hila Stana, Mohammad Eltaf to Eltaf Stana and Mohammad Athar Stanekzai to Athar Stana.

SUPERIOR COURT OF CALIFORNIA

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 21, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 30, 2015 David I. Brown, Judge of the Superior Court

Publish: January 8, 15, 22, and 29, 2016

SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00188494

WHEREAS, Abdul Mateen Safi and FNU Noorzia have filed a petition with this court for a decree changing the name(s) of FNU Noorzia to Noorzia Safi, FNU Kaihan to Kaihan Safi, FNU Farzad to Farzad Safi, and FNU Farzana to Farzana Safi.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 16, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 30, 2015

Raymond M. Cadei, Judge of the Superior Court Publish: January 8, 15, 22, and 29, 2016

> SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00188524 WHEREAS, FNU Kamela has filed a petition

with this court for a decree changing the name(s) FNU Kamela to Kamela Nazar Khawari. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 21, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

Raymond M. Cadei, Judge of the Superior Court Publish: January 8, 15, 22, and 29, 2016

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2015-00188527 WHEREAS, FNU Sekander has filed a petition

with this court for a decree changing the name(s) of FNU Sekander to Sekander Bahramand. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 21, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

Dated: December 30, 2015 Raymond M. Cadei, Judge of the Superior Court

Publish: January 8, 15, 22, and 29, 2016 SEKANDER 151231 01-29-16

> SUPERIOR COURT OF CALIFORNIA COLINTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00187337 WHEREAS, Christopher O. Marzan has filed a

petition with this court for a decree changing the name(s) of Peter Ralph Sitthivong Marzan to Peter Sitthivong Marzan and Jose Christopher Sitthivong Marzan to Jose Christopher Sitthivong Marzan. IT IS ORDERED that all persons interested in the

above entitled matter appear before this court at 2:00 p.m. on February 23, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 02, 2015

Raymond M. Cadei, Judge of the Superior Court Publish: January 15, 22, 29, and February 5, 2016 160108

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00188700

WHEREAS, Volodymyr Suyazov has filed a petition with this court for a decree changing the name(s) of Volodymyr Suyazov to Vlad Valavsky.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 23, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 6, 2016 Raymond M. Cadei, Judge of the Superior Court

Publish: January 15, 22, 29, and February 5, 2016

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00187915

WHEREAS, Amanda Lea Lockling has filed a petition with this court for a decree changing the name(s) of Amanda Lea Lockling to Amanda Lea Silk.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 07, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 16, 2015

Raymond M. Cadei, Judge of the Superior Court Publish: January 15, 22, 29, and February 5, 2016

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2015-00188486 WHEREAS, Diep Mong Nguyen has filed a petition with this court for a decree changing the name(s) of

Diep Mong Nguyen to Lauryn Diep Nguyen Uribe. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 16, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition

Dated: December 30, 2015 Raymond M. Cadei, Judge of the Superior Court Publish: January 15, 22, 29, and February 5, 2016 161231

for Change of Name should not be granted.

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF PEGGY LYNN ROWE (descendent) ESTATE NO. 34-2015-00182111

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Raymond Canez, aka Raymond Canez Nunez (deceased): A Petition for Probate has been filed by Judith Marlene Lopez, aka Judith Marlene Canez in the Superior Court of California, County of Sacramento,

requesting that Michael Brumbaugh, a private fiduciary be appointed personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: January 26, 2016 9:00 a.m. in Dept. No. 129 at Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice

under section 9052 of the California

Probate Code. Other California

statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: Dave C. Jones, Hackard Law Corporation. 10630 Mather Boulevard Mather, CA 95655 916-313-3030

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Sacramento County **DA Reports**

Recent cases of interest

CASE: Ibrahima Wane

PROSECUTOR: Deputy District Attorney Shelly McGill, Adult Sexual Assault Prosecution Unit

Twenty-year-old Ibrahima Wane pled guilty to rape by force during the commission of a burglary, sodomy by force, and assault with intent to commit rape/sodomy.

On December 20, 2014, Wane followed a 68-year-old woman to her house. As she opened her front door, he pushed her into the house, carried her to a bedroom, and sexually assaulted her. He then took her money before fleeing.

On December 31, 2014, Wane pulled a 42-year-old woman off her bike while she was riding on a bike trail. He struggled with the victim, causing her great bodily injury. He then made a sexual comment to her and tried to remove her pants. Ultimately, she was able to fight him off before he could sexually assault her.

Wane faces a sentence of 35 years to life in prison. Sentencing is set for February 23, 2016, at 8:30 a.m. in Department 63 of the Sacramento Superior Court.

CASE: Kevin Andre Brown PROSECUTOR: Deputy District Attorney Quirina Orozco, Adult Sexual Assault Prosecution Unit

The Honorable Shelleyanne Chang sentenced Kevin Andre Brown to 66 years to life in prison. On November 23, 2015, a jury convicted Brown of three counts of forcible sodomy, one count of

forcible rape, false imprisonment, sexual battery, robbery, and vehicle theft.

The 55-year-old female victim shared a home with her daughter and son-in-law, Kevin Andre Brown. On January 11, 2013, Brown brutally physically assaulted her, strangled her until she lost consciousness, and used phone cords and duct tape to bind her hands and feet. Brown then took her ATM card and used her vehicle to go to her bank and withdraw money.

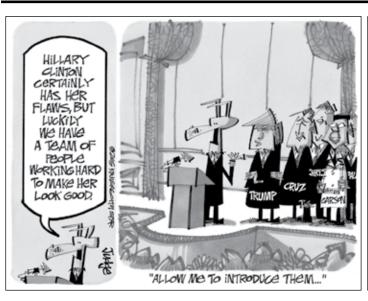
When he returned to the house, he sexually assaulted the victim for a period for six to seven hours while intermittently smoking crack cocaine. He then fled in the victim's car and was later taken into custody in Los Angeles.

CASE: Hernani Ramos

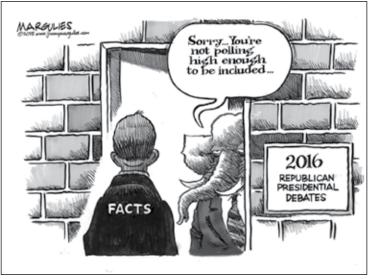
PROSECUTOR: Deputy District Attorney Monica Robinson, Special Assault & Child Abuse Unit

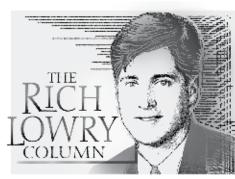
The Honorable Sharon Lueras sentenced Hernani Ramos to 18 years in prison. On November 19, 2015, a jury convicted Ramos of 10 counts of committing lewd acts on a child under the age of 14 years

From 2005 to 2010, Ramos molested a female family member when she was 6 six years old. The abuse continued until she was 10 ten years old. Ramos would assault her during family parties, taking her to a private area in the home where he would molest her.









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 statue 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.

government Nonetheless, the 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.

federal government's The 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

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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

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

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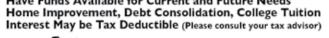
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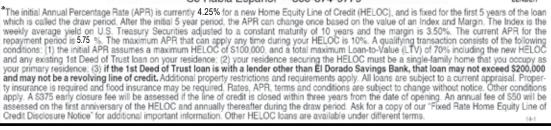
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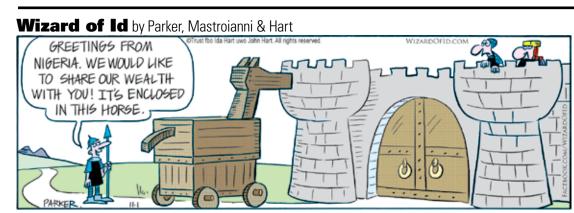
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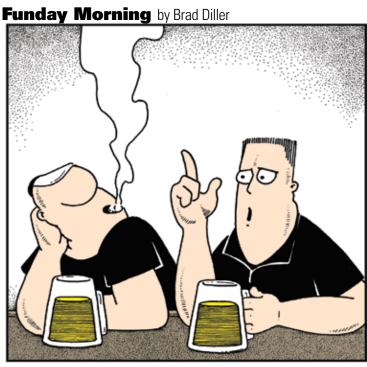


HOW TO TELL IF

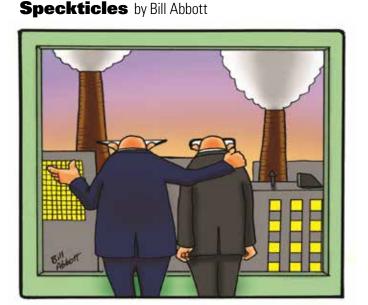
Hole Molé by Rick Hotten



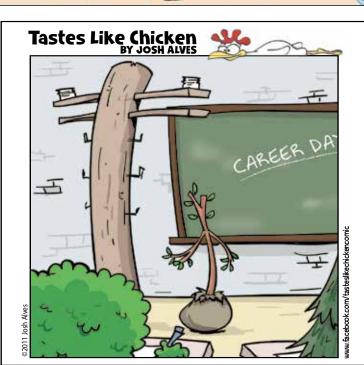
Tundra by Chad Carpenter SPF 50 SUNBLOCK A WHALE HAS BEACHED ITSELF ON PURPOSE COOLER FULL OF DIET PEPSI SUMMER READING NOVEL BEACH TOWEL



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CLUES

ACROSS

- 1. Visual representation 6. Part of tennis match
- 9. Hindu dress
- 13. Japanese-American 14. Anger management issue 15. Strong and sharp
- 16. Relating to Eastern Catholic churches 17. Group of whales
- 18. Innocent _ line between atmosphere and outer space 21. *Houston's infamous
- 23. "Mele Kalikimaka"
- wreath 24. *Galilean moons, the
- _ largest moons of Jupiter
- 25. Fertility clinic stock
- 28. Something inadmissible, to a baby
- 30. Less taxing
- 35. Fabled fliers Praise 39. Buddy
- 40. Angler's hope 41. Muhammad's teaching
- 43. Capital on the Dnieper 44. Hipbone-related 46. Aries or Taurus, e.g.
- 47. *E.T. "phoned" it
- 48. One in ten, pl. 50. Iran Nuclear Deal, e.g.
- 52. Spanish "sea" 53. "Moonlight Sonata," e.g. 55. Embrace
- 57. *Matt Damon in 2015 film 61. *Outer space, mostly
- Asimov
- 65. Bird word 67. Flew a kite
- 69. Île de la Cité river 70. Hole punching tool
- 71. Fill with optimism 72. What choir did
- 73. Brian Griffin on "Family Guy," e.g. 74. User's treatment
- 1. African grazer
- 2. Triple toe loop location 3 "Heat of the Moment" hand
- 4. Black _ in "Pirates of the
- Caribbean"
- 5. Paid killers
- 6. Sagittarius, e.g. 7. Time period
- 8. Dancer's beat 9. Union foe
- 10. Seed cover
- 11. Gauche or Droite, in Paris
- 12. Something previously mentioned
- 15. Arctic-wear
- 20. Garlic mayo
- 22. French street 24. Snafus
- 25. *Space path 26. Bridal veil fabric
- 29. *Famous space acronym 31. Puniabi believer
- 32. "Kick the bucket," e.g
- 33. Organ swelling
- 34. *Mars exploration vehicle 36. *Only one was in John Glenn's

40

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Friendship 7

56. Cunning

astronauts

57. Piggy's title

58. On a cruise

59. Cats and dogs?

62. Beehive State

66. Be in the red

63. Online ____ tag

38. *Brent Spiner in "Star Trek"

60. *Beverage associated with early

61. Measure of electric potential

68. Cotillion ball's main attraction

42. Coffee shop order

45. USDA designation

49. Hot springs resort

51. Country singer Tanya

54. Open a beer bottle

dish ▲

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For Solutions See Page 6 © StatePoint Media

GOT KNEE PAIN?





5	3				6			8
6				4	9			
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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 6

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

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

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 Stealers), 18-16, in a wild Wild Card

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. Crazed 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 OB 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-vard 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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Carmichael Times • 13 January 15, **2016**

Television Listings for the week of January 15-January 20

_	<u></u>	EVEN							NUAR		
		8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
Z	ABC	Last Man	Dr. Ken	Shark Tank		(:01) 20/20 (Local	Jimmy Kimn		Nightline
CAS	CBS	Undercover		Hawaii Five-		Blue Bloods	(N) HD	Local	(:35) Late S ł		Late Late
	NBC		Superstore					Local	Tonight Sho		Late Night
2	FOX	MasterChef		Hell's Kitche		Local Progra				Local Progr	
1	ION	Criminal Mir	ıds HD	Criminal Min	ıds HD	Criminal Mir	nds HD	Saving Hope	(TV14) HD	Saving Hope	(TV14) HD
щ	A&E	Criminal Mir	ı ds : "Hit"	Criminal Min	ı ds : "Run"	Unforgettab	le (N) HD	(:02) Crimin	al Minds hd	Criminal Mi	1ds : "Hit"
CABLE	AMC	Enemy of th	e State ('98, 1	R) ★★★ Gene	Hackman, Jon	Voight. HD		Bad Boys ('9	15, R) ★★½ N	Martin Lawrence),
3	ANIMAL	Treehouse N		Treehouse M		Treehouse N	Masters (N)	Proof HD	Proof HD	Treehouse I	
	BET	Martin	Martin	Martin	Martin	Martin	Martin	Lip Sync	Daily Show	Wendy Willia	ums (N) HD
	BRAVO	Housewives	Housewives	(TV14)	Housewives	The People's	Couch	Legally Blon	de ('01, PG-13)		
	CARTOON	King of Hill	Bob's HD	Bob's HD	Cleveland	Family Guy	Family Guy	Newsreader		Awesome	Sauid HD
	CMT		ys ('87, R) ★>					Cheerleader		Cops HD	Cops HD
	CNN	Death Row S		Death Row S		Death Row S	Stories	Death Row S	Stories	Death Row	Stories
	COMEDY	Saturday Ni	ght Live HD	Kevin Hart (TV14) HD	Kevin Hart ('11. R) н р	Kevin Hart (TVMA) HD	Saturday Ni	ght Live HD
	DISCOVERY	Gold Rush: 1		(:01) Gold Ru	ish (N) HD	Killing Fields	S (N) HD	Gold Rush (1		Killing Fields	
	DISNEY		Iph ('12, PG) 7				Undercover				Jessie HD
	E!		I ('09, PG-13)					E! News (N)			
	ESPN	(6:30) NBA B		SportsCente		SportsCente		SportsCente		NFL Match	NBA HD
	ESPN2	SportsCente		NBA HD NFL Live HD		орол соосии	NFL's Great			SportsCente	
	FOOD					Diners (N)			Diners HD	Diners HD	Diners HD
	FREEFORM		s Diaries 2: R			Shadowhunt		The 700 Club		Step Up 2: S	
	FX		Down ('13, P							Down (*13, P	
	HGTV	Love It or Li					Hunters	My Lottery			
	HISTORY	American Re		American Re		Smartest	Smartest	Live to Tell (American R	
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	MTV	Red Riding H	lood (*11. PG-1	3) Amanda Sev			The Shannara Chronicles:			Shannara: "Fury" HD	
	NICK			Full House				Friends	Friends	Friends	Friends
	SPIKE		Cops HD			Сорѕ но	Сорѕ но	Cops HD	Cops HD	Сорѕ но	Jail HD
	SYFY	Final Destina		Final Destina					('87, R) ★★★		
	TBS		Broke Girls				('08, R) ★★:			Cougar	Cougar
	TCM	Murder, My		Raw Deal ('4			The Amazing			(:15) Dead En	
	TLC			Atlanta (N)		Love, Lust		Atlanta но		Love, Lust	
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	TV LAND		an ('90, R) ★:	y Octor 100 at	ere Julia Rober	1 .3 0001100 (1	Younger	Younger	Queens	Queens	Queens
	USA				Modern	Modern	Modern	Modern	Modern	Friday ('95,	
	VH1	The Longest		Hit the Floor		Love & Hip		Love & Hip		Mob Wives	
	WGN					Parks HD	Parks HD	Rules HD	Rules HD	Норе но	Норе но
	HBOW MAXW	(-,	Borat ('06, R' Plane ('06, R'	,		Real Time M	aher (N) 14, PG-13) Liam	Real Time M	aner HD (:50) A Wife'	Hills Eyes II	

		8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	
Ε.	ABC	The Social N	letwork ('10,	PG-13) ★★★	½ Jesse Eisenb	erg. HD	Fresh Off	Local Progr	ams			
BROADCAST	CBS	NCIS: New (riminal Minds HD 48 Hours (TV14) (N) HD			Local Programs				
Ž.	NBC	NFL Play	Local Progr	ams		Dateline NB	C HD	Local	Saturday Ni	ght Live (TV14) (N) HD	
몵	FOX	Hell's Kitch	en hd	Second Cha	nce hd	Local Progr	ams	Golan HD		Local Progra		
	ION	Law & Orde	er: SVU hd	Law & Orde	r: SVU HD	Law & Orde	r: SVU HD	Law & Orde	r: SVU HD	Law & Orde	r: SVU HD	
щ	A&E	The First 48	3 (TV14) HD	The First 48	: (N) HD	The First 48	B: (N) HD	The First 48	B: (TV14) HD	The First 48	(TV14) HD	
펄	AMC	Top Gun ('86	6, PG) ★★★	Tom Cruise, Kel	ly McGillis. hd		Red Dawn (84, PG-13) *	★½ Patrick Sw	ayze. HD		
3	ANIMAL	Treehouse I	Masters HD	Treehouse I	Nasters HD	Pit Bulls and		Treehouse I		Pit Bulls and	l Parolees	
	BET	(7:00) Good	Deeds ('12, P	G-13) ★★ Tyle	er Perry. HD	Bottom Up	Criminals at	Work HD	(:45) Crimin	als at Work (TV14) hd	
	BRAVO	Housewives		Housewives		In Her Shoe	s ('05, PG-13)	★★★ Camero	on Diaz, Toni Co	llette.	Her Shoes	
	CARTOON	DBZ Kai	King of Hill	King of Hill	Cleveland	Cleveland	Dad HD	Family Guy	Family Guy	DBZ Kai	Akame Ga	
	CMT	Gran Torino	('09, R) ★★	★½ Clint Eastw	ood, Christophe	er Carley. HD		Cops HD	Cops HD	Cops HD	Cops HD	
	CNN	Anthony (TV	PG)	Anthony (TVI	PG)	Anthony (TVI	PG)	Anthony (TVI	PG)	Anthony (TVF	PG)	
	COMEDY	Kevin Hart	(TV14) HD	Kevin Hart (('11, R) hd	The Change	-Up ('11, R) Ry	an Reynolds, J	lason Bateman.	HD	Hell Baby	
	DISCOVERY	MythBuster	'S (N) HD	Street Outla	WS HD	Street Outla		Street Outla		Street Outla	WS HD	
	DISNEY	The Incredit	bles ('04, PG)	★★★½ Jeff	Pidgeon. HD	Lab Rats	Lab Rats	Best HD	Undercover	Jessie HD	Jessie но	
	E!	Sex and the	City ('08, R)	★★ Sarah Jes	ssica Parker, Ki	m Cattrall. HD	<u>'</u>	Sex and the	City ('08, R)	Sarah Jessica F	Parker.	
	ESPN	SportsCent	er HD	NFL Primeti	те нр	SportsCent	er HD	SportsCent	er HD	NFL Match	NFL Prime	
	ESPN2	(7:00) Colleg	ge Bball но	Basketball	NFL's Great	est: "2002 AFO	G Div."	Quarterbac		SportsCente	er HD	
	FOOD	Cake Wars:			Cake Wars (TV G) HD Cake Wars (TV G) HD			Cake Wars ((TV G) HD	Cake Wars (Cake Wars (TV G) HD	
	FREEFORM	Must Die	Pitch Perfe	ct ('12, PG-13)	('12, PG-13) Anna Kendrick, Skylar Astin. HD			17 Again ('09, PG-13) ★★½ Zac Efron. HD				
	FX	(7:00) Cloudy	<u>, 2 ('13) ★★★</u>	Cloudy With	a Chance of			Mike/Molly	Mike/Molly	American Horror Sto		
	HGTV	Property Br	rothers no	Property Brothers HD						Property Brothers HD		
	HISTORY	The Seven M	lew Signs of	the Apocalyp	Se HD		ıs 21st Centu			(:01) Seven Signs HD The Wrong Car ('15) HI		
	LIFETIME	The Wrong (Car ('15, NR)	HD		(:02) A Teac	her's Obsess	ion ('15, NR) -				
	MTV			ing ('05) ★★				ayans. Greatest		Zombieland	(, ,	
	NICK	Shakers	Nicky (N)		Thunderman		Full House	Friends	Friends	Friends	Friends	
	SPIKE	Cops (N)	Cops HD	Сорѕ но	Cops HD	Cops HD	Cops HD	Сорѕ но	Cops HD	Сорѕ но	Cops HD	
	SYFY		ation 2 ('03)				iannyn Sossamo			('98, R) Salma		
	TBS		0 0		Big Bang	Big Bang	Big Bang		ights: The Ba			
	TCM	(7:00) Billy I	Budd ('62)		rld Was His .				('76, R) Brook		Day Death	
	TLC	Untold ER: "		Untold ER (N		Sex Sent Me		Untold ER (1		Sex Sent Me		
	TNT			Bruce Willis, Jol					Bruce Willis, Jol			
	TRAVEL	Ghost Adve		Ghost Adver		Ghost Adver		The Dead Fi		Ghost Adver		
	TV LAND	Teachers	Raymond		Raymond	Raymond	Raymond	Queens	Queens	Queens	Queens	
	USA	Colony: "Pilo		Colony: "Pilo		Colony: "Pilo		Colony: "Pilo		Law & Orde	r: SVU HD	
	VH1	Hit the Floo		Hit the Floo		Hit the Floo			olution ('12, f			
	WGN	Blue Bloods	(TV14) hd	How I Met	How I Met	Parks HD	Parks HD	Rules HD	Rules HD	Норе но	Норе но	
Ξ	HBOW		('15, R) Shelley				★ Seth Rogen.			('15, R) Shelley	Hennig.	
¥	MAXW	(:15) Broken	ı Lizard's Su	per Troopers	('02, R) hd	Van Helsing	('04, PG-13) >	r★1⁄2 Hugh Ja	ckman. HD	Erotic Vamp	ire ('15) нс	
_	SHOWW	(7:00) Show			Shameless (1/ 110	Chamalage	

	SHOWW	Shameless (TVMA) hd	St. Vincent ((14, PG-13) 🛨	★★ Bill Murray	. HD	Shameless (1	TVMA) HD	Spring Brea	kers ('13)	
SI	UNDAY	' EVE	NING					JA	NUAF	RY 17,	2016	
		8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	
_	ABC	Galavant		Quantico: "Fo		Quantico: "Go		Local Progra		ABC World N		
S	CBS	60 Minutes (Madam Secr		The Good Wi		Local Progra				
	NBC	Dateline NBO		Dateline NBO		To Be Annou		Local Progra		Dateline NB	Сир	
	FOX					Local Progra				Local Progr		
▝▀	ION	Leverage (TV		Leverage (TV		Leverage (TV		Numb3rs: "C	orruption"	Numb3rs (T)		
_	A&E				wards (TV14) i	HD	,	(:02) The 21s			-	
	AMC				Sylvester Stall		Rambo: Firs	t Blood Part			Rambo III	
2	ANIMAL	North Woods		North Woods		Finding Bigfo		North Woods		(:06) Finding		
	BET								Zoe Ever	Popoff	Danny	
	BRAVO	Real Housew		Potomac (TV		Work Out Ne		Watch What			Potomac	
	CARTOON	King of Hill	Cleveland					Family Guy			Pickles	
	CMT	Skull Challer		Skull Challer		Skull Challen		Skull Challer		Cops HD	Cops HD	
	CNN	CNN Debate		To Be Annou		okun onunon	Po IID	CNN Debate		CNN Newsro		
	COMEDY	Change IIn	Gabriel Igles			(:02) Iglesias	(TV14) HD	(:02) Gabriel		(:02) Iglesia:		
	DISCOVERY	Alaska: Last	(N) HD	Alaska: Last	(N) HD	Alaskan Busl		Killing Fields		Alaska: Last		
	DISNEY	Undercover						Undercover			Jessie HD	
	E!	Kardashians		Kardashians		The Royals (Kardashians		The Royals		
	ESPN	SportsCente			NFL Primetir		SportsCente		(1111) 112	SportsCente		
	ESPN2			en Tennis: "First Round": from Melbourne Park in Melbourn								
	FOOD	Guy's Groce						Cutthroat Ki	tchen HD	Worst Cooks (TV G) HD		
	FREEFORM	Shadowhunt				G-13) Jennifer	Lawrence Star	Osteen Turning				
	FX				h Jackman, Tao				ne (*13 PG-13)	-13) ★★★½ Hugh Jackman.		
	HGTV		Hunt (N)	life (N) HD	life (N) un	Island Life	Island Life	Ellen's Desig		Life HD	Life HD	
	HISTORY	Ax Men: Log		Ax Men (TV14		Live to Tell (Live to Tell (Ax Men: Log		
	LIFETIME				wards (TV14)	HD (:02) The			02) The 21st Annual Critics' Choice Awards HD			
	MTV	Chicks ★★						Shannara (TV14) HD		Shannara: "		
	NICK					Full House			Friends	Friends	Friends	
	SPIKE		ark Knight ('()	8 PG-13) **	★★ Christian	Rale HD		12, PG-13) ★★			Legend	
	SYFY	(7:00) The Fa	iculty (†98)	From Dusk 1	fill Dawn ('96.	R) ★★★ Hai					es ('98) ★★½	
	TBS	The Hangove					Tribeca	Tribeca	Tribeca	Tribeca	Tribeca	
	TCM				d ('18, NR) ★			Valerie and I			Spirits ★★★	
	TLC	Long Island		LI Medium		Married By I	Mom (N) HD					
	TNT		s Fallen (†13, l			(:15) Olympu					Con Air	
	TRAVEL	Mysteries a	t the Castle	Mysteries (T	VPG) HD	Mysteries (T		Mysteries (T		Mysteries (1	VPG) HD	
	TV LAND		Loves Raymo				Raymond	Oueens	Queens	Oueens	Oueens	
	USA	Law & Order		Law & Order		Law & Order			Modern	Modern	Modern	
	VH1	Hit the Floor		Hit the Floor		Hit the Floor		Hit the Floor		Mob Wives (
	WGN	Elementary		Elementary		Elementary		Erased (*13,		on Eckhart. HD		
5	HBOW				lon Brando, Al F			, , , ,		(:05) Havoc	('05. R) hd	
	MAXW					A Million Way	vs to Die in t	he West (*14.	R) ★★½ HD		Off HD	
_	SHOWW		The Circus			Billions (TVMA		Billions (TVMA		Shameless (-	
		011 000			.,	(11111/	, (")	(11M/	,			

M	ONDA	Y EVE	NING	ì				JA	NUAR	Y 18,	2016	
		8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	
1	ABC	The Bachelo	r (TVPG) (N) H		•	Bachelor Li	ve (N) hd	Local	Jimmy Kimn	nel Live hd	Nightline	
BROADCAST	CBS	Supergirl (T	V14) (N) hd	Scorpion (T)	/14) (N) HD	NCIS: Los Angeles (N)		Local	Late Show (V14) hd	Late Late	
Ø	NBC	Superstore	Telenovela	The Biggest	Loser: "Hooki	ked on" (TVPG) (N) HD		Local	(:35) Tonight	Show HD	Late Night	
2	FOX	MasterChef	Celebrity Sh	owdown (TVP)	G) (N) HD	Local Progr	ams	•		Local Progr	ams	
-	ION	Criminal Mir	nds HD	Criminal Mi	nds н D	Criminal Mi	nds н D	Criminal Mir	nds HD	Criminal Mi	nds hd	
Œ	A&E	Gladiator ('C		War & Peac	e : "Part 1" (TV	4) (N) HD		(:02) War &	Peace: "Part 1	l" (TV14) hd		
CABL	AMC	The Bourne	Identity ('02	PG-13) ★★★ Matt Damon. H		HD	U.S. Marsha	ls ('98, PG-13)			ID	
3	ANIMAL	To Be Annou	ınced	To Be Annou	ınced	To Be Anno	unced	To Be Annou		To Be Annoι		
	BET	(6:00) Crash	('05, R)	42 ('13, PG-1	3) ★★★½ Ch	adwick Bosema	an, Harrison For	d. HD		Wendy Willia	ams (N) HD	
ı	BRAV0	Vanderpump	Rule (N)	Vanderpump		Untying the			Vanderpump		Untying	
	CARTOON	King of Hill	Bob's HD	Bob's HD	Cleveland	Dad HD	Dad HD	Family Guy	Family Guy	Robot	Squid HD	
	CMT	Last Man	Last Man	Skull Challe		Skull Challe	nge HD	Skull Challer	ige HD	Cops HD	Cops HD	
	CNN	Anderson Co	ooper 360°	CNN Newsro	oom (N) HD	CNN Newsr	00M (N) HD	CNN Newsro	om (N) HD	CNN Newsro	om (N) HD	
	COMEDY	Key; Peele	Key; Peele	Key; Peele	Key; Peele	Key; Peele	Key; Peele	Daily Show	Nightly (N)	midnight	South Park	
	DISCOVERY	Fast N' Loud	(TV14) HD	Fast N' Lou	d (N) HD	Diesel Brot	hers (N) HD	Fast N' Loud	(TV14) HD	(:03) Diesel	Brothers HD	
	DISNEY			±½ Dove Came		BUNK'D	Best HD	Girl Meets	Austin HD	Jessie HD	Jessie HD	
	E!	Miss Conger	niality ('00, P	G-13) Sandra B	ullock.	Miss Conge	niality ('00, PG	-13) Sandra Bı	illock.	Miss Congeniality 2 но		
	ESPN	SportsCente	er HD	SportsCent	er HD	SportsCent	er HD	SportsCente		NBA (Replay)		
	ESPN2	(6:00) 2016 A	Australian Op	en Tennis: "F	en Tennis: "First Round": from Melbourne Park in Melbourn			ne, Australia		Australian Open (Live) Cake Wars (TV G) HD		
	FOOD	Kids Baking			Cake Wars (N) HD Guilty (N		Top 5 (N)	Diners HD Diners HD				
	FREEFORM	(7:00) The H	unger Games	('12, PG-13) -	★★★ HD	Shadowhun	ters HD	The 700 Club	(TV G)	The Middle	The Middle	
ı	FX	Despicable I	Me 2 ('13, PG)	★★★½ Steve Carell. Despicable Me 2 ('13, PG)				★★★½ Stev	e Carell.	Stealing Harvard ('02)		
	HGTV	Hunters	Hunters	Ellen's Desi	gn (N) HD			Tiny House Tiny House				
	HISTORY	American Pi		War & Peac	e : "Part 1" (TV	4) (N) HD		(:02) War &	Peace: "Part 1			
	LIFETIME	Taken ('09, F	^P G-13) hd	War & Peac	:e : "Part 1" (TV	4) (N) HD		(:02) War &	l" (TV14) hd			
	MTV	Teen Mom (TVPG) hd	Teen Mom (TVPG) hd	Teen Mom (N) HD	Teen Mom	Greatest	Ridiculous	Ridiculous	
	NICK	HALO (N)	Thunderman	Full House	Full House	Full House	Full House	Friends	Friends	Friends	Friends	
	SPIKE	Cops HD	Cops HD	Cops HD	Cops HD	Сорѕ но	Cops HD	Cops HD	Cops HD	Jail	Jail HD	
	SYFY				tts, Jack Black.					Outlander ('		
	TBS	Tribeca	Tribeca	(:09) Angie 1		Dad HD	Dad HD	Conan (TV14)		Broke Girls	Conan HD	
	TCM	(7:00) Sound			('75, PG) ★★				72, PG) ★★½			
	TLC	48 Hours: H		48 Hours: H		48 Hours: H	()	48 Hours: H		48 Hours: H		
	TNT	(/		ouston vs Los A		Inside the N	,		ball: Golden Sta			
	TRAVEL	Bargain		Live There		Bizarre Foo		Bizarre Food			Live There	
	TV LAND		Loves Raym		Raymond	Raymond	Raymond	Queens	Queens	Queens	Queens	
	USA	WWE Monda	y Night Raw					(:05) Colony :		CSI: Crime S		
	VH1	Love & Hip	Hop (N) HD	Hit the Floo		Love & Hip	Нор но	Hit the Floor		Love & Hip		
	WGN	How I Met	How I Met	How I Met		Parks HD	Parks HD	Rules HD	Rules HD	Норе но	Норе но	
W		How I Met J. Cole Fore	st Hills (TVMA) HD	Tropic Thun	der ('08, R) E	Ben Stiller.	The Departe	Rules но e d ('06, R) Leo			
	WGN	How I Met J. Cole Fore	st Hills (TVMA		Tropic Thun	der ('08, R) E		The Departe				

	SHOWW	The Circus	The Gircus	Shameless (N) HD	Billions (IVMA	(N)	Billions (IVMA	1)	Shameless (IVMA) HD
TI	JESDA	V EVI	ENING	<u> </u>				-14	NUAR	V 10	2016
<u></u>	JEJUA	TEVI		7				JA	NUAR		
		8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
<u> </u>	ABC	Captain Ame	rica (N) HD	Marvel's Ag	ent Carter	Marvel's Age	ent Carter	Local	Jimmy Kimn	nel Live HD	Nightline
BROADCAST	CBS	NCIS: "Déjá V		NCIS: New O		Limitless (TV		Local	Late Show (1	V14) hd	Late Late
٩ī	NBC	Hollywood G	ame Night	Chicago Med	(N) HD	Chicago Fire	(N) HD	Local	(:35) Tonight	Show HD	Late Night
爰ᅦ	FOX	New Girl			Grinder	Local Progra				Local Progr	ams
"	ON	Criminal Mir	ids HD	Criminal Mir	ids : "Fate"	Criminal Min	ıds HD	Saving Hope	(N) HD	Saving Hope	(N) HD
щ /	A&E	Married at F	irst Sight	Married at F	irst Sight	Fit to Fat to	Fit (N) HD	(:02) Fit to F	at to Fit HD	Married at	First Sight
CABLE	AMC	The Bourne			★★½ Matt Da	mon. HD	Bad Boys ('9	5, R) ★★½ M	lartin Lawrence	, Will Smith.	
3	ANIMAL	River Monst		Madagascar				River Monst	ers HD	Madagascar	(TVPG) HD
	BET	(7:00) Madea	's Family Re	union ('06, PG	-13) hd	Zoe Ever	Husbands			Wendy Willia	ums (N) HD
Ī	BRAVO	Housewives		Real Housev	vives (N)	Guide to Div	orce (N)		Housewives		Divorce
1	CARTOON	King of Hill	Bob's HD	Bob's HD	Cleveland	Dad HD	Dad HD	Family Guy	Family Guy	Robot	Squid HD
(CMT					★½ Ben Stille				Сорѕ но	Сорѕ но
(CNN	Anderson Co		CNN Special	Report	CNN Newsro		CNN Newsro		CNN Newsro	
(COMEDY	Tosh.O HD			Tosh.O HD	Tosh.O но	Tosh.O но	Daily Show	Nightly (N)	midnight	Tosh.0 но
	DISCOVERY	Moonshiners		Moonshiners		Killing Fields		Moonshiners		Killing Fields	S (TV14) HD
	DISNEY		Undercover		Girl Meets		Best HD	Girl Meets		Jessie HD	Jessie HD
	E!	Total Divas (Total Divas		Just Jillian (E! News (N) i			
Į.	ESPN	SportsCente		SportsCente		SportsCente	r HD			SportsCent	
	ESPN2	(6:00) 2016 Australian Op				(Live) HD				Australian C	
	FOOD	Chopped Jui		Chopped (TV		Chopped (TV		Chopped: "Fig		Chopped (TV	
ı	FREEFORM			Shadowhunt		Pretty Little	Liars HD	The 700 Club		Shadowhunt	
	FX	Fast & Furio			/in Diesel, Paul			Fast & Furio	us 6 ('13, PG-	13) ★★★½	/in Diesel.
	HGTV	Fixer Upper		Fixer Upper			Hunters	Fixer Upper	(TV G) HD	Fixer Upper	
	HISTORY	Curse Island		Oak Island (Curse of Oak		Oak Island (1		(:01) Curse l	
	LIFETIME	Dance Moms	6 (N) HD	Dance Moms		Pitch Slappe		Child Genius		(:02) Dance	
	MTV	Teen Wolf: "[Teen Wolf (N		Shannara (T\		Teen Mom (T		Teen Mom (
	NICK		Nicky	Full House	Full House	Full House				Friends	Friends
	SPIKE					-13) Shia LaBec		Cowboys & I			
	SYFY			raig, Judi Denc		The Expanse		12 Monkeys		12 Monkeys	
	TBS .						Big Bang	Conan (TV14)			Conan HD
	ГСМ	Penny Seren				licardo Montalba			NR) ★★ Pier <i>l</i>		
	ΓLG	The Little Co		The Little Co		Kate Plus 8		The Little Co		Kate Plus 8	
	TNT				ın Malkovich. H ı			G-13) ★★★ B			
	TRAVEL			Bizarre Food		Booze Trave		Bizarre Food		Bizarre Foo	
	TV LAND		Loves Raym		Raymond		Raymond			Queens	Queens
	USA				Modern		Modern			Law & Orde	
	VH1	Love & Hip I		Love & Hip I				G) ★½ Ice Cubi		Hit the Floo	
,	WGN			How I Met			Parks HD			Норе но	Норе но
_	IDAW	Win Win ('11	R) Paul Giamat	ti un	First Look	The Pyramid	('14 R) ++	HD	The Longest	Ride (*15, PG	-13) HD
Σ	HBOW			.u. nv	I II OC LOOK	ino i ji aima	(17, 10, ~ ~				
ᇣ	MAXW SHOWW		ter ('07, R) Ca	atherine McCorr Inside the N	nack.	Face/Off ('97 Shameless (7, R) ★★★ Jo	ohn Travolta. Hi Inside the N	D	Lingerie Billions (TVM	Lingerie

	EDNE	<u>SDAY</u>	EVEN	IING					NUAR			
		8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	
<u></u>	ABC		Goldbergs	Modern	black-ish	American Cr		Local	Jimmy Kimn		Nightline	
	CBS			Criminal Mir		Code Black		Local	Late Show (1		Late Late	
₹.	NBC	The Mysteri		Law & Orde		Chicago P.D		Local	(:35) Tonight		Late Night	
Ĕ.	FOX	American Id		Second Cha		Local Progra				Local Progra		
	ION	Law & Orde		Law & Orde		Law & Orde		Law & Orde		Law & Orde		
4	A&E	Duck HD		Duck (N)	Duck (N)	(:01) TBA	Duck HD	(:02) Duck D		Duck HD	Duck HD	
	AMC				eath Ledger. H o				First Blood (
٠,	ANIMAL	Tanked: Unf		Tanked: "N' l		Tanked: "Boy		Tanked: Unf		Tanked: "N' l		
	BET	Payne HD		Zoe Ever	Zoe Ever	Criminals at		Criminals at		Wendy Willia		
	BRAV0	Housewives		Housewives		Newlyweds			Housewives		Newlyweds	
	CARTOON	King of Hill		Bob's hd	Cleveland	Dad HD	Dad HD		Family Guy		Squid HD	
	CMT		Last Man	Last Man	Last Man		an ('90, R) ★					
	CNN	Anderson Co		CNN Newsro		CNN Newsro		CNN Newsro		CNN Newsro		
	COMEDY				South Park		South Park			midnight	South Park	
	DISCOVERY	Dual Surviva		Dual Surviva		Survivorma		(:01) Dual S u		(:02) Surviv o		
	DISNEY		Musical ('06,			Best HD	Mickey	Girl Meets		So Raven	So Raven	
	E!	Kardashians		Kardashians		Just Jillian		E! News (N)				
	ESPN					SportsCente	er HD	SportsCente		NBA (Replay)		
	ESPN2									Australian C		
	FOOD				Diners, Drive-Ins (N) HD		Mystery			Diners, Driv		
	FREEFORM	The Parent	Frap ('98, PG)	★★½ Robert Downey Jr., Gwy		vyneth Paltrow.		The 700 Club (TV G) The Wolverine ('13, PG-13)				
	FX		('13, PG-13) 🛨									
	HGTV	Property Br							Property Brothers HD		Property Brothers HD	
	HISTORY	American Pi					Pawn Stars					
	LIFETIME		rlfriends Pas				ritch ('10, PG-1	3) Jennifer Ani	ston. HD	Ghosts Past		
	MTV	Teen Mom (Teen Mom (Challenge (N		Shannara (T		Greatest	Ridiculous	
	NICK	Rufus (*13, N	RAO)	Full House				Friends		Friends	Friends	
	SPIKE	(6:00) Parke					n, James Franco		Death Race	('08, R) Jason	Statham.	
	SYFY	Face Off (TVF		Face Off (TVI		The Expanse		Face Off (TVF		The Expanse		
	TBS	Big Bang	Big Bang		Big Bang	Big Bang	Big Bang	Conan (TV14)			Conan HD	
	TCM	(7:15) The Ap	artment ('60,	NR) ★★★½	A Woman's \				for My Presid			
	TLC	My 600-lb L		My 600-lb L		Skin Tight (N	l) HD	My 600-lb L		Skin Tight (1		
	TNT	Castle: "Resu		Castle: "Reck		Castle: "Wro	ng Stuff"	Castle: "Hong	g Kong"	Castle (TVPG)		
	TRAVEL	Expedition U	nknown	Expedition L	Jnknown	Expedition U	Jnknown	Wild Things	(N) HD	Expedition L	Inknown	
	TV LAND			Raymond	Raymond	Younger	Teachers	Queens		Queens	Queens	
	USA	NCIS: "Sempe	r Fortis"	NCIS: "Check	" HD	NCIS: "Enemy	Within"	Modern		Colony: "Pilot	" HD	
	VH1	Mob Wives (Mob Wives (Hit the Floor	r (TV14) HD	Love & Hip	Нор но	Mob Wives (TV14) hd	
	WGN	How I Met	How I Met	How I Met	Parks HD	Parks HD	Parks HD	Rules HD		Норе но	Норе но	
	HBOW	Titanic ('97.	PG-13) hd	Unbroken (*	14, PG-13) ★★	★ Jack O'Con	nell, HD	Real Time M	aher нр	J. Cole Fore	st Hills HD	
				Melissa McCart	hy un	High Fidelity	('00 R) → →	★½ John Cusa		Femme Fata		
	MAXW	(LZU) Tallilliv	(14.11) 東京									



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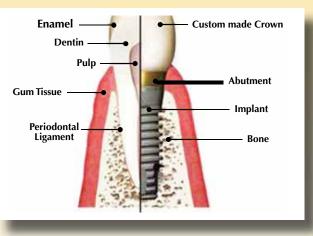
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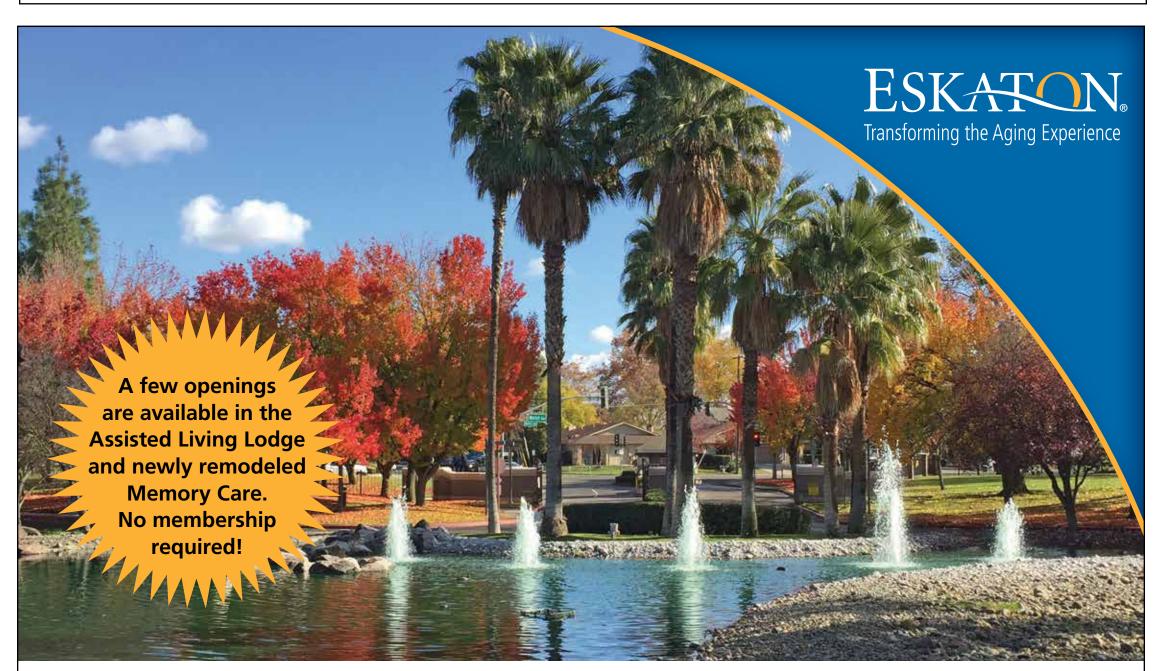
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