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American Pickers Coming to Northern California: Be a "Junk Opportunist"

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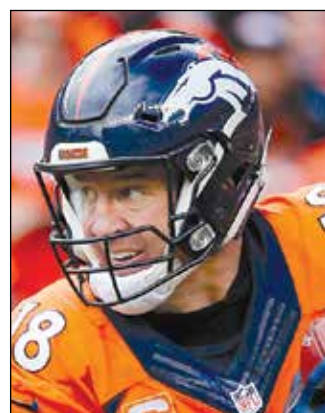
Carmichael Times

Volume 36 • Issue 06

Serving Carmichael and Sacramento County since 1981

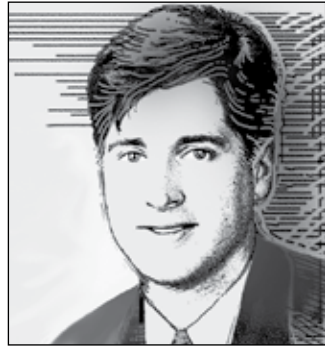
February 5, 2016

PASSING THE TORCH?



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THE BATTLE FOR THE SOUL OF THE RIGHT



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DRESSED UP LIKE A MILLION DOLLAR TROOPER

END OF THE BENCH

BY GERRY SCHOU

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Boy Scouts Night Out

Carmichael Troop Marks Milestone



Old Scouts Senator Jim Nielsen and Assemblyman Ken Cooley boost Carmichael Boy Scout Troop numbers. The legislators attended recent celebrations for the troop's 50th anniversary and joined Scout Issac Hinman in homage to the troop's revered cowbell mascot.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Boy Scouts, leaders, and families joined recent celebrations for Carmichael's Troop 386. Chartered in 1969, the troop marked a golden anniversary with flags, flames, and scarlet neckerchiefs. Sponsored by Carmichael Elks, the recent "Court of Honor" brought Boy Scouts of all ages out of the woodwork. With three-fingered salutes, young and old joined the Scouting pledge:

"On my honor I will do my best To do my duty to God and my country and to obey the Scout Law; To help other people at all times; To keep myself physically strong, mentally awake, and morally straight."

Two VIP participants were Senator

Jim and Assemblyman Ken Cooley. The legislators shared scouting stories with Troop 386 members. District Four Senator Nielsen reached Star Scout level in four years with his Fresno area troop. "What you learn as Scouts is your gift to the nation and to lives not yet born," he told the Carmichael boys. Nielsen recalled the 2008 Scouting centenary, when 70,000 Boy Scouts converged on the State Capitol. "I saw a 14-year-old Scout marching with his 98-year-old grandfather—both in uniform. Sometimes working at the Capitol is depressing; you're often concerned for the future. But the sight of 70,000 Boy Scouts reassured me we'd be okay. You give us hope for the future."

District 8 Assemblyman Ken Cooley was one of four brothers who achieved Eagle Scout level. From the age of 8 to

17, he wore Cub, Scout, and Scout leader uniforms. He was a Rancho Cordova Troop 399 Scoutmaster for five years. Securing his old neckerchief over a statesman's suit, he recalled lessons in camping, public speaking and citizenship. "The milestones you pursue on the road to being an Eagle Scout grow your confidence for life," he confirmed. "I still have my Cub Scout book. Scouting teaches you to care for people." The engraving on his late father's gravestone reflects the Cooley family's love for the international organization. "We thought about an inscription," recalled the assemblyman. "We decided on: On his honor, he did his best."

Contact Carmichael's Troop 386 at troop386gec@gmail.com.

Learn about other Scout groups at www.scoutlander.com. ★

Prestigious American Watercolor Society Exhibits in Carmichael



"Moonlight Nocturne IV" by Denise Athanas AWS. Photo courtesy Sacramento Fine Arts Center

CARMICHAEL, CA (MPG) - This is the celebrated 148th American Watercolor Society (AWS) showing in the United States. The American Watercolor Society, founded in New York by 11 painters, initiated their renowned traveling exhibits in 1905. Today, the tour is considered one of the premiere watercolor shows in the world. More than 1,200 artists from the United States and 12 foreign countries submitted their art to a panel of jurors (who were chosen from AWS Signature

Members) to tour museums and galleries across the country.

Sacramento Fine Arts Center (SFAC) is honored to host this distinguished exhibition. The 40 pieces include watercolors from internationally-acclaimed artists Kowalski, Fausel, and Salminen, as well as four of California's own: Frank Eber, Mike Bailey, Qian Gao, and Myrna Wacknov. The collection shares their visions of life through the magic of light, color, and form. Be dazzled! Be enchanted! Be there!

Date: Feb. 20th through April 9th, 2016 - 10 a.m. to 4 p.m. (Wheelchair accessible)

Place: Sacramento Fine Arts Center, 5330-B Gibbons Dr., Carmichael, Calif., 95608

Donation: \$10 is appreciated Art and Music Gala: Sat. Feb.

Continued on page 2

Winter Water Conservation Just Makes "Water Sense"

SACRAMENTO REGION, CA (MPG) - Wintertime is the perfect time to focus on home improvement projects, and Sacramento Suburban Water District (SSWD) has some handy suggestions on water-efficient ones to undertake that can conserve water and make life a little better.

One of the first things people can do is replace their older toilets with new water-efficient ones. Toilets account for the most water used inside a home, and represent nearly 30 percent of an average home's water consumption. Older, less efficient toilets can use as much as 6 gallons per flush, almost 13,000 gallons a year.

When you're shopping for a new toilet, make sure to look for one with a WaterSense label. WaterSense Labeled toilets are third party tested and independently certified to ensure they meet the U.S. Environmental Protection Agency's criteria for both efficiency and performance. The State's Department of Water Resources may still have toilet rebate funding available on their website, www.saveourwater.com. WaterSense labeled products are 20 percent more water-efficient than average products, and include faucets, showerheads, toilets, weather-based irrigation controllers, urinals, and even new homes.

Another upgrade to consider is a recirculating hot water pump. These pumps are an inexpensive way to conserve water and energy; and have instant hot water at the turn of the tap. The pump's timer can be set to run during times when hot water is needed at the furthest part of your home from the water heater (i.e. early morning before showering). During operation, the cold water in the pipe is cycled to-and-from your hot water heater, so that the water in the pipes is hot, and ready when you want it. An added bonus: Sacramento Suburban Water District offers a \$150 rebate for these pumps to help offset costs.

SSWD customers can also stop by the office to pick up a free Water Conservation Kit. The kit contains:

- 2 - Low flow adjustable showerheads
- 2 - Dual thread faucet aerators for the bathroom
- 1 - Dual thread kitchen faucet aerator
- Dye tablets for checking to see if your toilet is leaking
- A handy instruction sheet to make installation easy

And while at the office, they can sign you up a complementary Water-Wise House Call to identify additional water efficient practices that you may be interested in implementing. Customers can also schedule a Water-Wise House Call by calling SSWD's customer service center at (916) 972-7171.

Source: SSWD ★



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Craig has assisted us in closing four residential real estate deals over the past several years. We truly appreciate the time spent with us beforehand listening to our wants and understanding the nature of our needs. As Craig has said many times, it's what he does; however, not everyone takes the time to give clients such comfort.

—Larry Chavez

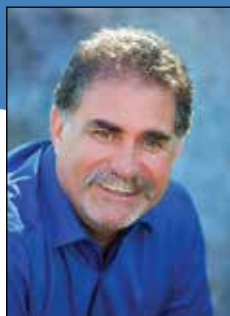
CLIENT

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6306 Date Palm Way Carmichael, CA 95608	\$ 520000	6237 Palm dr Carmichael, CA 95608	\$ 475000
6226 Casita Ave Carmichael, CA 95608	\$ 365900	2618 Knabe Ct Carmichael, CA 95608	\$ 245000
6065 Winding Way Carmichael, CA 95608	\$ 273500	7138 Lincoln Ave Carmichael, CA 95608	\$ 465000
6133 Via Casitas Ave Carmichael, CA 95608	\$ 174000	5312 Flagstone St Carmichael, CA 95608	\$ 185000
5317 Angelina Ave Carmichael, CA 95608	\$ 318000	616 Voleyn St Carmichael, CA 95608	\$ 230000
6451 Rexford Way Carmichael, CA 95608	\$ 277500	4313 Rustic Rd Carmichael, CA 95608	\$ 380000
6848 Goot Way Carmichael, CA 95608	\$ 375000	25 River Bluff Ln Carmichael, CA 95608	\$ 540000
5640 El Camino Ave Carmichael, CA 95608	\$ 550000	6935 Lincoln Creek Cir Carmichael, CA 95608	\$ 419000
2701 Doris Ct, Carmichael, CA 95608	\$ 290000	2608 Los Feliz Way Carmichael, CA 95608	\$ 365000
5401 Gibbons Dr Carmichael, CA 95608	\$ 290000	4108 Geyser Ln Carmichael, CA 95608	\$ 429000



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Carmichael, CA 95608
(916) 425-5884
cdiez@cbnorcal.com



Craig Diez



Mike Giancanelli

United Way Honors Two Carmichael Residents

CARMICHAEL, CA (MPG) - Richard Bojé and Stirling Price, both of Carmichael, were honored by United Way California Capital Region along with five others for their commitment to making a collective impact on the Sacramento region's education, health and financial stability.

At the recognition event in December, United Way California Capital Region President and CEO Stephanie Bray told the honorees, "Your hard work, dedication and dollars have changed thousands of lives. Because of you, more children at risk of falling behind are learning to read at grade level. Because of you, more children have access to meals through our Healthy Meals program, which removes the barrier of hunger for those children. And, because of you, foster youth and families are connected with education and coaching to achieve their financial and life goals and dreams."

Bojé and Price were the first recipients of the Bojé & Price Award for Outstanding Volunteerism, which will be presented annually to a volunteer who exemplifies the work of United Way as an individual volunteer and champion for volunteerism in the community.

Price first became involved with United Way in 1958. In 1985, he became treasurer of the local organization, and has served on the finance and administration committee and the Capital Region Foundation. He also is a dedicated



Bojé and Price were the first recipients of the Bojé & Price Award for Outstanding Volunteerism, which will be presented annually to a volunteer who exemplifies the work of United Way as an individual volunteer and champion for volunteerism in the community. Photo courtesy Kristin Thébaud Communications

volunteer with several other local nonprofits. Bojé also began his relationship with United Way in 1958 and has served as the local campaign chair, board chair, and on the executive committee. He currently sits on the finance and administration committee and on the Capital Region Foundation Board, among other local nonprofits.

Other honorees included Ruth Miller of Woodland, Lorrie Wilson of Granite Bay, Lindsey Smith of Sacramento and Pam Stewart of Natomas. The company Nationwide, based in the Arden area, also was honored.

"Think about the power we have to change generations and break the cycle of poverty that too many families in our region face," Bray said. "By bringing together companies, schools, government and individuals across the region

we know that we can bring about that change. We can and will go even bigger to reach thousands more children and families."

For more than 90 years, United Way California Capital Region has brought people together to meet pressing needs in the Sacramento region and has changed the lives of hundreds of children, families and adults.

Now United Way is mobilizing nonprofits, companies, schools, government, and individuals across the region, state and country to make a collective impact in the areas of education, financial stability and health in Amador, El Dorado, Placer, Sacramento, and Yolo counties. To donate or volunteer, visit www.yourlocal-unitedway.org.

Source: Kristin Thébaud Communications ★

Prestigious American Watercolor Society Exhibits in Carmichael

Continued from Page 1

20th, 2016 - 5:30 to 8:30 p.m.
Purchase tickets by Feb. 10th:
\$45 Call (916) 971-3713 or www.sacfinearts.org

Info: Dorothy (916) 428.7175 or email: d@att.net or Margaret (916) 704-8611 or email: m@margaretpollan.com

Groups Welcome: to schedule

a gallery tour, call Dorothy (916) 428- 7175.

Bus parking available, and there are plenty of nearby restaurants in the heart of Carmichael, close to Sacramento.

Established in 1986, Sacramento Fine Arts Center invites you to "come, create" visual art. Beyond mentoring

artists in a kaleidoscope of art forms, SFAC also celebrates the cultural life of the art community. Discover vibrant educational programs, club activities, and ongoing gallery events to have fun and grow creatively at every age.

Source: Sacramento Fine Arts Center ★



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9am-3pm

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El Capitan and Half Dome,
lunch at Yosemite Lodge.

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Jonathan Dove | Psalms For Leo (West Coast Premiere)

Shawnette Sulker, Soprano

Brian Staufenbiel, Tenor

Lee Poulis, Baritone

SATURDAY, MARCH 5, 2016 AT 8 PM

7:00 PM Pre-concert talk by Conductor Donald Kendrick

Sacramento Community Center Theater

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SACOG Swears in New Board Leadership

SACRAMENTO REGION, CA (MPG) - This morning the Sacramento Area Council of Governments (SACOG) Board of Directors swore in City of Roseville Vice Mayor Susan Rohan as the 2016 SACOG Board Chair and Sacramento County Supervisor Phil Serna as Board Vice Chair.

"I am looking forward to leading the exceptional group of regional leaders that comprise the SACOG Board. We have much work to do, including adopting the region's Metropolitan Transportation Plan and Sustainable Communities Strategy. I have had the opportunity to be an active member of the SACOG board serving on the Land Use and Natural Resources Committee, and chairing the Innovations Task Force. The SACOG Board and staff have built a national reputation for leadership, collaboration, creativity—and will continue to live up to that reputation in 2016," said Rohan.

First elected to the Roseville City Council in 2010, Rohan has served as vice mayor and mayor, and was re-elected in 2014. She is the founder and owner of a public affairs consulting business. Previously, she was the Vice President of Government and Environmental Affairs for the Del Webb Corporation, a member of the Roseville Public Utilities Commissions from 2007-2010, served on the Roseville Community Standards Visioning Committee, and was a member of the Placer County Economic Commission. Rohan's strong commitment to public service and business excellence is exemplified through her various awards, including 2014 Woman of the Year Award

by the California Legislature for Assembly District 4, 2013 Salvation Army Spirit of Caring Award, Roseville Chamber of Commerce Award, and Placer County Economic Development Board private Sector Business Award. Rohan is natively from Nebraska and attended the University of Nebraska. She and her family have lived in Roseville since 1988.

SACOG Vice Chair Phil Serna added, "I am humbled that my colleagues from around our region have placed their confidence in me. I welcome the opportunity to help lead the organization and carry out SACOG's mission."

Supervisor Phil Serna was elected to the Sacramento County Board of Supervisors in 2010 and re-elected in 2014. A native Sacramentan, he attended California State University Sacramento before receiving his Masters in City and Regional Planning from Cal Poly, San Luis Obispo. In addition to being a County Supervisor, Serna serves on a number of other boards and commissions including chairing the Sacramento First 5 Commission, the Sacramento Regional Transit District, and the Sacramento Area Flood Control Agency. In 2013, California Governor Edmund G. Brown, Jr. appointed Serna as the first ever Sacramento area representative to the California Air Resources Board. He is passionate about sustainable transportation and land use planning, public health, social services, public safety, and environmental protection.

The SACOG Board of Directors meets on the third Thursday of each month at 9:30 a.m. at 1415 L Street,

Suite 300 in Sacramento, unless otherwise noticed. Board meetings are open to the public. Agendas and minutes may be obtained by visiting sacog.org or by calling (916) 321-9000.

Selected SACOG Board of Directors Include:

Susan Rohan, Board Chair Councilmember, City of Roseville

Phil Serna, Board Vice Chair Supervisor, Sacramento County

Christopher Cabaldon Mayor, City of West Sacramento

Susan Peters Supervisor, Sacramento County

David Sander Council Member, City of Rancho Cordova

Don Saylor Supervisor, Yolo County

Jeffrey Slowey Council Member, City of Citrus Heights

Rick West Council Member, City of Wheatland

SACOG develops the region's long range transportation plan and serves as a forum for innovative and integrated regional collaboration to preserve a high quality of life for residents. In addition to long-range transportation planning, SACOG researches a variety of issues, including land use, air quality, water, and rural sustainability. SACOG works to ensure the Sacramento region receives its fair share of state and federal funding for transportation infrastructure.

Source: SACOG ★



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Next Workshop: February 10th, 2016.

To learn more, visit: www.aarp.org/backtowork50plus



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Friday, April 8 @ 11:30 a.m.

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RSVP: (916)732-2026 or on-line at www.EastLawn.com

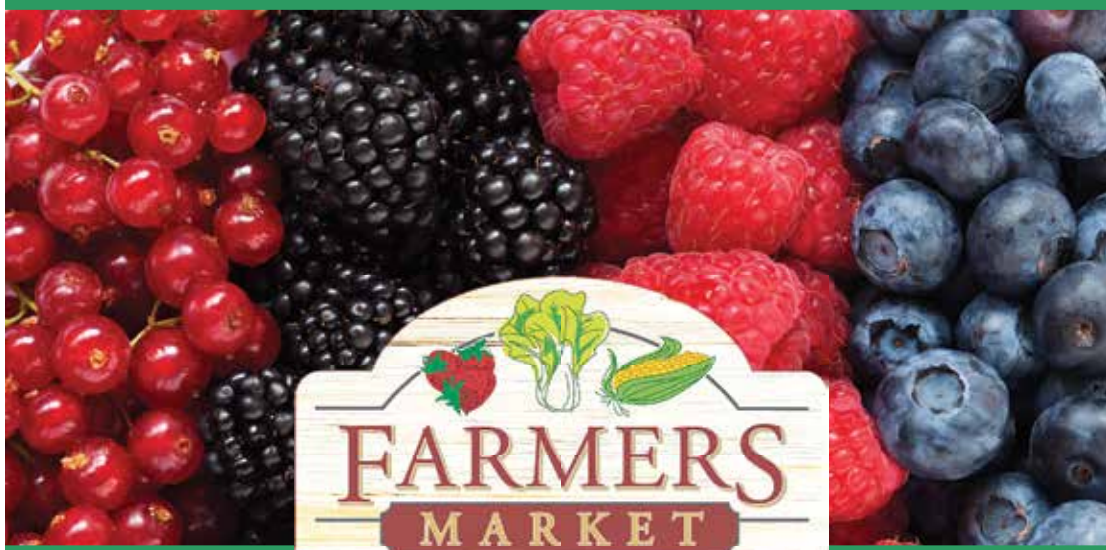
This presentation will be in **English and Spanish**

Wed, February 17 @ 11:30 a.m.

Wed, April 13 @ 11:30 a.m.

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MPG

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American Pickers to Film in Northern California: Be a "Junk Opportunist"

SACRAMENTO REGION, CA (MPG) - California is excited to welcome Mike Wolfe, Frank Fritz, and Antique Archeology to the area. The team will film episodes of their hit series American Pickers throughout California. Filming is scheduled for early March.

American Pickers is a documentary series that explores the fascinating world of antique "picking" on History. This hit show follows two of the most skilled pickers in the business, Mike Wolfe and Frank Fritz, as they embark on an epic road trip across the U.S. in search of America's most valuable antiques from motorcycles, classic cars, and bicycles to one-of-a-kind vintage memorabilia. Mike and Frank are on a mission to recycle America, restore forgotten relics to their former glory, and learn a thing or two about American history along the way.

American Pickers is looking for leads and would love to explore what you may have. They are on the hunt for interesting characters with interesting and unique items. Some of what



The hit show American Pickers follows two of the most skilled pickers in the business, Mike Wolfe and Frank Fritz, as they embark on an epic road trip across the U.S. in search of America's most valuable antiques from motorcycles, classic cars, and bicycles to one-of-a-kind vintage memorabilia. Shown here with Wolfe and Fritz is Danielle Colby Cushman. Photo courtesy American Pickers on History Channel

they look for: vintage bicycles, toys, unusual radios, movie memorabilia, advertising, military items, folk art, vintage musical equipment, vintage automotive items, early firefighting equipment, vintage clothing, pre-50's western gear.

American Pickers is produced by Cineflix Productions for History. New episodes air Wednesdays at

9pm E.T. on History.

If you have a large collection or want to refer someone to Mike and Frank, email: your name, number, address and description of the collection and photos to: americanpickers@cineflix.com (855) OLD-RUST.

Source: American Pickers on History Channel ★

Take a Sentimental Journey via Cabaret



The River City Chorale, 60 voices strong, has been presenting the Cabaret for many years and it is by far its most popular concert. Photo courtesy River City Chorale

SACRAMENTO REGION, CA (MPG) - The River City Chorale presents its ever-popular Cabaret on Saturday and Sunday, March 5th and 6th, with two shows each day: 4 p.m. and 6:30 p.m. It's conveniently located at the Serbian Church Hall, 7777 Sunset Ave (between Sunrise and San Juan), in Fair Oaks, Calif. 95628.

With the theme of Sentimental Journeys you will be transported back to the era of such songs as "Chattanooga Choo Choo," "Meet Me in St. Louis," "Route 66," and

"On the Sunny Side of the Street."

Upon entering the hall you will be greeted by the sounds of a traditional jazz combo and escorted to your reserved place at decorated round tables seating up to eight persons. Hors d'oeuvres will be served at your table by the singers and you can partake of libations at an open bar. You'll also have the opportunity to purchase raffle tickets for one of four fun prizes, with winners to be announced at the end of the concert.

Then the show begins! In

keeping with the tradition of the cabaret you will be entertained by small groups, soloists, a chamber choir as well as the whole ensemble who will be perched—cabaret style—on stools onstage. A combo led by Richard Morrissey, the director of the Chorale, with piano by the very talented Kathy Earl Midgley, will provide the accompaniment.

So get your tickets early by going online at www.RiverCityChorale.org or call (916) 331-3810.

Source: River City Chorale ★

Carmichael Student on Dean's List at Indiana State

CARMICHAEL, CA (MPG) - Farid Shatara of Carmichael has been recognized for academic achievement at Indiana State University. The senior insurance

and risk management major received dean's list honors for the fall semester of 2015. To be eligible for the dean's list, students must maintain a 3.5 grade

point average or higher on a 4.0 scale.

Source: Indiana State University ★

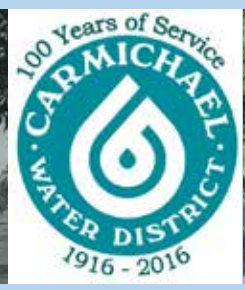

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FEBRUARY 8TH CENTENNIAL CELEBRATION

Carmichael Water District 100 Year Anniversary Event

Initially formed as an Irrigation District, the Carmichael Water District held its first official meeting on February 8, 1916. The purpose of its formation was to supply water to the Carmichael Colonies through a 15 cubic foot per second water right from the American River.

On Monday, February 8, 2016, the District will hold a Centennial Celebration to highlight the District's 100 years of service to the Carmichael Community.

Event Information

Location:
 La Sierra Community Center
 5325 Engle Rd
 Carmichael, CA 95608

Date & Time:
 February 8, 2016
 5:30 PM

RSVP at (916) 483-2452

Open House Event

—

Historic Displays

—

Fire Hydrant Art Silent Auction

As part of the Centennial Celebration, the District will hold a silent auction for ten fire hydrants that have been designed and painted by students from Del Campo High School. Proceeds from the auction will go to support the Del Campo High School Art Program.





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Community Spotlight

Words and photos by Susan Maxwell Skinner



Carmichael Chamber of Commerce directors (above) were sworn in by congressional representative Matthew Ceccato. 2016 board members included Debi Morales, Barbara Safford, Fred Rivas, Julie Woodworker Hubbs, Cathryn Snow, Dr. Gabrielle Rasi and CEO Linda Melody.



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Matthew 25:40
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Eskaton Village Carmichael

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Take in our beautiful 37-acre campus with bocce ball court, putting green, multiple gardens and state-of-the-art fitness center with indoor pool and spa. Imagine your life with so many exciting opportunities right outside your door.

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Continuing Care Community (CCRC):
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ARIES (March 21 to April 19)
Guess what, Lamb? You're about to experience a new perspective on a situation you long regarded quite differently. What you learn could open more opportunities later.

TAURUS (April 20 to May 20) The Bold Bovine is tempted to charge into a new venture. But it might be best to take things one step at a time so that you know just where you are at any given point.

GEMINI (May 21 to June 20)
It's a good time to go on that fun getaway you've been planning. You'll return refreshed, ready and, yes, even eager to tackle the new challenge that awaits you.

CANCER (June 21 to July 22)
The Moon Child loves to fantasize about magical happenings in the early part of the week. But the sensible Crab gets down to serious business by week's end.

LEO (July 23 to August 22) What goes around comes around for those lucky Leos and Leonas whose acts of generosity could be repaid with opportunities to expand into new and exciting areas of interest.

VIRGO (August 23 to September 22) Your concern about your job responsibilities is commendable. But you need to take some quiet time to share with someone who has really missed being with you.

LIBRA (September 23 to October 22) Aspects favor getting out and meeting new people. And as a bonus, you could find that some of your newly made friends could offer important business contacts.

SCORPIO (October 23 to November 21) You might take pride in wanting to do everything yourself. But now's a good time to ask family members to help with a demanding personal situation.

SAGITTARIUS (November 22 to December 21) Pay more attention to the possibilities in that workplace change. It could show the way to make that long-sought turn on your career path.

CAPRICORN (December 22 to January 19) Your need to succeed might overwhelm obligations to your loved ones. Ease up on that workload and into some well-deserved time with family and friends.

AQUARIUS (January 20 to February 18) Love rules for amorous Aquarians who can make good use of their ability to communicate feelings. Don't be surprised if they're reciprocated in kind.

PISCES (February 19 to March 20) Fishing for compliments? No doubt, you probably earned them. But it's best to let others believe they were the ones who uncovered the treasure you really are.

BORN THIS WEEK: Your good works flow from an open, generous heart. Nothing makes you happier than to see others happy as well.

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► In the summer of 1100, King William II of England went for a hunt in the New Forest, bringing along, of course, an entourage of nobles. One of his attendants, Walter Tirel, had a good opportunity to target the quarry, and the king urged, "Shoot! Walter, in heaven's name!" Tirel did, indeed, shoot, but the arrow evidently ricocheted off a tree and hit the king, killing him.

► All of today's housecats are descended from one particular kind of Middle Eastern wildcat.

top ten
ORGANIC Aphrodisiacs

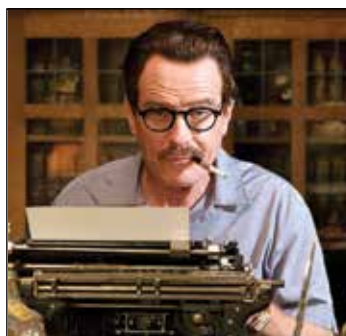
1. Chocolate
2. Avocados
3. Tomatoes
4. Chiles
5. Wild Yams
6. Asparagus
7. Garlic
8. Almonds
9. Pumpkin Seeds
10. Celery

Source: planetgreen.discovery.com
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The Garden Bug
The symbolism of roses
During Queen Victoria's reign in England (1837-1901), upper-class society avoided vocal expressions of emotions, as it was considered vulgar. Giving flowers that symbolized one's feelings became very popular, and books such as *Flora Symbolica* by John Ingram (1869) helped guide society in this practice. Red roses meant "I love you" and giving twelve of them stood for each month of the year.
Sources: archive.org, victorianbazaar.com, proflowers.com
- Brenda Weaver



PICKS OF THE WEEK



Bryan Cranston in "Trumbo"
Bleecker Street

"Steve Jobs" (R) - By peeking backstage before three crucial announcements, this biopic takes a unique approach to an already well-studied personality. As the man behind Apple Inc., Steve Jobs (Michael Fassbender) fought to build a legacy and push the boundaries of what consumers did with technology. Jobs' hard-edged monomania contrasts with the moral compass of Johanna Hoffman (Kate Winslet) and Steve Wozniak (Seth Rogen) -- a genius engineer and backstabbed friend.

Powerful performances all-around help separate this film from the pack of Jobs-related media and the biopic genre in general. Aaron Sorkin's script brings the fast, pithy dialog that always arrives at the right words at the right time. Fassbender is entrancing as usual, as he puts a full charge of conflicted intellect behind Jobs' speech and actions.

"Trumbo" (R) - Dalton Trumbo (Bryan Cranston) went from being the highest paid writer in the world to being jailed, scorned and blacklisted after he refused to cooperate with the House Un-American Activities Committee in 1947. Defiant and outspoken, Trumbo was an unapologetic communist, which landed him in jail for 11 months as one of the famous Hollywood Ten. Later, he rebuilt his career behind pseudonyms and B-movies ... eventually winning two Oscars

after he was officially banned from the industry.

The obvious irony in the movie is that the screenplay can't come close to the wit and insight of its subject. Cranston's performance elevates the whole affair, spewing barbed insight from beneath an imposing mustache. "Trumbo" is an entertaining look at Hollywood history, but misses out where it could shine.

"Labyrinth of Lies" (R) - In the decade after World War II, Germany was in the midst of a heavy-duty identity crisis. Little indicators of shifting loyalties, hidden tragedies and outright denial are everywhere as Johann (Alexander Fehling), a young prosecutor, begins an investigation of a man who allegedly stood guard at Auschwitz and now lives as a schoolteacher. Johann finds that it's not just individuals covering up their pasts, but an entire society trying to hide from what happened. This entry for the foreign-language Oscar doesn't break the mold with ideas, but can be effective in examining collective conscience.

"Theeb" - Set in the shifting sands of the Ottoman Empire during World War I, this coming of age tale makes remarkable use of landscape and pacing to make a noteworthy directorial debut. Young Theeb (Jacir Eid) is a Bedouin boy who lives with his older brother Hussein (Hussein Salameh). A English officer enlists Hussein's help in guiding him to a specific location, and Theeb tags along, setting in motion a transformative journey where he will experience violence and beauty, all told with a solid eye on the real world.

TV RELEASES

- "Girls: Season 4"
- "Peaky Blinders: Season Two"
- "Lego Ninjago: Masters of Spinjitzu: Season 5"
- "Brady Kids: The Complete Animated Series"
- "Peanuts: 4-Movie Collection"
- "Andy Griffith Show: The Complete Series"

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by HEALTHY EXCHANGES

Valentine's Sundae Desert Bars

- 18 (2 1/2-inch) chocolate graham crackers
- 4 cups sugar- and fat-free vanilla ice cream
- 1 (4-serving) package sugar-free chocolate cook-and-serve pudding mix
- 2/3 cup nonfat dry milk powder
- 1 cup water
- 1 teaspoon vanilla extract
- 2 teaspoons reduced-calorie margarine
- 1/2 cup miniature marshmallows
- 3 tablespoons chopped pecans
- 1/2 cup reduced-calorie whipped topping
- 4 maraschino cherries, halved

1. Arrange 9 graham crackers in a 9-by-9-inch cake pan. In a large bowl, gently stir ice cream until slightly softened. Coarsely crush remaining 9 graham crackers and stir into softened ice cream. Spread mixture gently over graham crackers in cake pan. Cover and freeze while preparing topping.

2. In a medium saucepan, combine dry pudding mix, dry milk powder and water. Cook over medium heat until mixture thickens and starts to boil, stirring constantly. Remove from heat. Stir in vanilla extract, margarine and marshmallows. Drizzle hot mixture evenly over ice cream mixture. Sprinkle pecans evenly over top. Re-cover and continue to freeze for 2 hours or until firm.

3. Let set at room temperature for 10 minutes. Cut into 8 servings. To serve, top each with 1 tablespoon whipped topping and a maraschino cherry half.

* Each serving equals: 191 calories, 3g fat, 7g protein, 34g carb., 199mg sodium, 1g fiber; Diabetic Exchanges: 2 Starch/Carb., 1/2 Fat.

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Rotary Club of Citrus Heights

28th Annual Crab Feed Fundraiser

Bring Your Valentine!

Minestrone Soup Caesar Salad, Penne Pasta.
All of our Dungeness Crab comes from the waters off Alaska & Washington State. Always fresh and delicious!

February 13, 2016 5:30PM to 11:00PM
Citrus Heights Community Center
6300 Fountain Square Drive, Citrus Heights, CA. 95621
Tickets: \$50

Fabulous Live & Silent Auction Prizes, Raffles, Wine Toss, Desserts for Sale, Heads or Tails Game. Your support of our Crab Feed makes possible... Scholarships, Dictionary Project, Rotary Youth Leadership Awards, International Youth Exchange Program, Christmas Food Baskets.

Purchase Tickets at rotarycrabfeed.eventbrite.com
Sponsorships available, contact: Rich Hale 916.599.5457

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Tasty PLANT-BASED Cooking Classes

FEB 9 MAR 8 APR 12 MAY 10 Start Time: 7pm | Cost: \$10

Samples of healthy whole plant based recipes. Breakfast, Lunch ideas and Dinner cuisine. All recipes fully demonstrated and supplied.

Date/Time February 9, March 8, April 12, May 10 7:00 - 8:30pm	Cost \$10 Per Session Limited Seating. Pre-registration deadline by Friday before each session at carmsda.org or call office at 916-487-8684	Location Carmichael SDA Church Fellowship Hall, 4600 Winding Way Sacramento
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Presenters
Kari Jacobson RN (Cardiac RN/Lifestyle Educator)
Tami Bivens (author of Plant to Plate)
Erica Nedley (author of Brighten up Breakfasts)

Limited Seating Pre-registration deadline by Friday before each session at carmsda.org or call office at 916-487-8684

Carmichael Seventh-day Adventist Church

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ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00189715
WHEREAS, Amanda Lea Locking has filed a petition with this court for a decree changing the name(s) of Amanda Lea Locking to Amanda Lea Silk.

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 Unibe.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00188237
WHEREAS, FNU Fardin Khan and FNU Shukriya has filed a petition with this court for a decree changing the name(s) of FNU Fardin Khan to Fardin Khan Karimi.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00188970
WHEREAS, Michelle Christine Powarsy has filed a petition with this court for a decree changing the name(s) of Michelle Christine Powarsy to Michelle Christine Scott.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00189036
WHEREAS, FNU Shabana has filed a petition with this court for a decree changing the name(s) of FNU Shabana to Shabana Fajiri.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00188988
WHEREAS, Amiri Hamed has filed a petition with this court for a decree changing the name(s) of Amiri Hamed to Hamed Amiri.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00188958
WHEREAS, Nha Trinh Phan Ho has filed a petition with this court for a decree changing the name(s) of Nha Trinh Phan Ho to Trinh Elena Ho.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00188937
WHEREAS, Vy Thi Thao Tran has filed a petition with this court for a decree changing the name(s) of An Thien Le to Benny Le.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00189297
WHEREAS, Linh Ngoc Nguyen has filed a petition with this court for a decree changing the name(s) of Linh Ngoc Nguyen to Steven Nguyen.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00188172
WHEREAS, Jessica Hendrickson on behalf of Dwayne Amos Hendrickson, a minor has filed a petition with this court for a decree changing the name(s) of Dwayne Amos Hendrickson to Dwayne Amos Simmons.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00189345
WHEREAS, Brenda Estefany Moreno Ramirez and Moises Sanchez have filed a petition with this court for a decree changing the name(s) of Elizabeth Moreno Sanchez to Elizabeth Sanchez Moreno.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00189707
WHEREAS, Mohammad Hamid and FNU Shekiba have filed a petition with this court for a decree changing the name(s) of Mohammad Hamid to Hamid Mohammad Mirdady.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00189774
WHEREAS, Ricardo Rangel III has filed a petition with this court for a decree changing the name(s) of Ricardo Rangel III to Ricardo Rangel-Reyes.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00189774
WHEREAS, Ricardo Rangel III has filed a petition with this court for a decree changing the name(s) of Ricardo Rangel III to Ricardo Rangel-Reyes.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00189533
WHEREAS, Trevor Jack Runnels has filed a petition with this court for a decree changing the name(s) of Trevor Jack Runnels to Trevor Jack Spieth.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00189627
WHEREAS, Ratik Roubenovich Khachatourian has filed a petition with this court for a decree changing the name(s) of Ratik Roubenovich Khachatourian to Ratik Khachatourian.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00189605
WHEREAS, Anastasia Craigovna O'dor has filed a petition with this court for a decree changing the name(s) of Anastasia Craigovna O'dor to Christina Jes O'dor.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00189623
WHEREAS, Amanullah Zazai and FNU Malaly have filed a petition with this court for a decree changing the name(s) of FNU Malaly to Malaly Zazai.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00189528
WHEREAS, Xxxx Balbir and Maya Devi have filed a petition with this court for a decree changing the name(s) of Xxxx Balbir to Balbir Nar and Maya Devi and Maya Devi Nar.

ORDER TO SHOW CAUSE
IN THE TENTH JUDICIAL DISTRICT COURT OF THE STATE OF NEVADA IN AND FOR THE COUNTY OF CHURCHILL
CASE NO. 34905 Department 1
Petitioners: ARLENE QUALINTIP and RONALD KEVIN HAND, AMENDED ORDER AFTER OCTOBER 29, 2015

ORDER TO SHOW CAUSE
IN THE TENTH JUDICIAL DISTRICT COURT OF THE STATE OF NEVADA IN AND FOR THE COUNTY OF CHURCHILL
CASE NO. 34905 Department 1
Petitioners: ARLENE QUALINTIP and RONALD KEVIN HAND, AMENDED ORDER AFTER OCTOBER 29, 2015

Rule 4(e)(1) of the Nevada Rules of Civil Procedure; IT IS FURTHER ORDERED that if Petitioner, Ronald Kevin Hand, fails to show cause or fails to appear at the hearing set forth above, this Court may issue a warrant for his arrest.

IT IS FURTHER ORDERED that due to Petitioner, Ronald Kevin Hand's failure to comply with the terms of the Decree of Divorce, Ms. Cruz is awarded JUDGMENT against Petitioner, Ronald Kevin Hand in the amount of \$55,000.00, plus post judgment interest from January 1, 2016, which shall accrue at the statutory rate until paid in full.

NOTICE OF PETITION TO ADMINISTER ESTATE OF GARY W. DEUTSCH (decedent)
ESTATE NO. 34-2015-00186207
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Gary W. Deutsch (deceased):

NOTICE OF PETITION TO ADMINISTER ESTATE OF GARY W. DEUTSCH (decedent)
ESTATE NO. 34-2015-00186207
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Gary W. Deutsch (deceased):

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1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Hackard Law, P.L.C. 10630 Mather Boulevard Mather, CA 95665 916-313-3030

Publish: January 29, February 5, and 12, 2016
DEUTSCH 160120 02-26-16

SUMMONS

SUMMONS (CITACION JUDICIAL)
CASE NUMBER: (NUMERO DEL CASO): 34-2014-00168415

NOTICE TO DEFENDANT: (AVISOS AL DEMANDADO):
Ginger Turk, Al Turk, Israel Brennan, DBA TeaCup Puppy Couture; Ginger Turk Israel Brennan and Does 1-25, Inclusive YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMANDANTE): Jason Kent.

NOTICE TO DEFENDANT: (AVISOS AL DEMANDADO):
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sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.sucorte.ca.gov) o poniéndose en contacto con la corte o el colegio de abogados locales. AVISO, Por ley, la corte tiene derecho a reclamar las cuotas y los costos extras por imponer un gravamen sobre cualquier recuperación de \$10,000 o mas de valor recibida mediante un acuerdo o una concesión de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desear el caso.

NOTICE: You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case.

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Publisher, Paul V. Scholl
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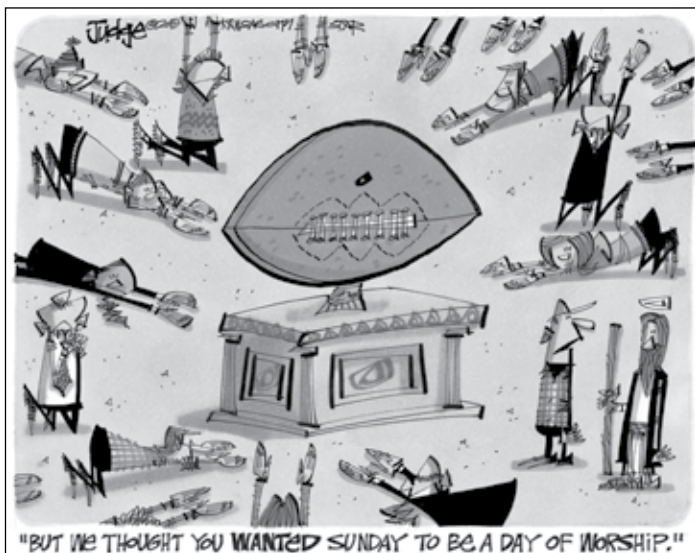
Carmichael Times

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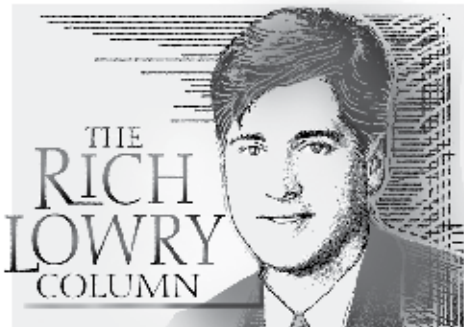




"BUT WE THOUGHT YOU WANTED SUNDAY TO BE A DAY OF WORSHIP."



TH' LITTLE LADY SURE DOES LIKE THE SOUND OF HER OWN VOICE, DOESN'T SHE?
YOU SAID IT, PILGRIM...



The Battle for the Soul of the Right

At the moment, the Republican establishment is relevant to the presidential-nomination battle only as an epithet.

The fight for the Republican nomination isn't so much a vicious brawl between the grass roots and the establishment as it is a bitter struggle between traditional conservatism and populism that few could have foreseen.

Conservatism has always had a populist element, encapsulated by the oft-quoted William F. Buckley Jr. line that he would rather be governed by the first 2,000 names in the Boston phone book than by the Harvard faculty. But the populism was tethered to, and in the service of, an ideology of limited-government constitutionalism.

The fight between Ted Cruz and Donald Trump is over whether that

connection will continue to exist, and whether the conservatism (as represented by Cruz) or the populism (as represented by Trump) will be ascendant. Cruz did all he could as long as possible to accommodate Trump, but now that the fight between them is out in the open, the differences are particularly stark.

Cruz is a rigorous constitutionalist. He's devoted much of his career to defending the Constitution and has argued numerous cases before the Supreme Court. Trump has certainly heard of the Constitution, but he may know even less about it than he knows about the Bible.

Although Cruz is more flexible than his reputation suggests, he has the long baseline of consistency that you would expect from a genuine believer in a political philosophy. Trump has a few long-running themes and bugaboos, but has been all over the map on almost everything and sometimes will meander from one position to another within the same answer, in keeping with his lack of ideological anchor (and limited knowledge of policy).

The two have completely different political styles. Trump is instinctual and has a roguish charm, whereas Cruz is earnest and tightly disciplined. If almost everything about Trump is unconventional, Cruz is outwardly a very traditional politician.

The irony of Cruz's position now is that, despite all his outsider branding, he is not getting savaged by the establishment. It is Trump who calls him a hypocrite and a liar. It is Trump who says he's a nasty guy and a maniac with a temperament problem. And it is Trump, of course, who constantly raises doubts about his eligibility to serve as president.

If you guessed a key event in the nomination fight would be the "othering" of the most potent tea-party conservative in the country by a billionaire businessman with a long trail of liberal positions and a history of praising President Barack Obama -- well, then, you forecast the GOP race perfectly.

In short, Cruz is under assault from a segment of the anti-establishment, although Cruz takes every opportunity to portray himself as the victim of the machinations of dastardly political insiders. The reality is that the establishment is sitting on its hands, agonizing over whom it loathes least, Trump or Cruz, while the fight between populism and conservatism rages.

The battle for the soul of the GOP is now a battle for the soul of the right.

Rich Lowry is editor of the National Review.

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Finicky Cats Stage Hunger Strikes

never have had to switch their dry food.

I wish cat food manufacturers would not add any liver at all, but almost all cat food has byproducts in it. I hope my experience helps your other readers.

-- Kathy in Sacramento

DEAR PAW'S CORNER: I'm writing in regards to your recent column about the causes of finicky eating in pets. My two cats don't like liver or the smell of liver. However, most wet cat food contains chicken or beef "byproducts," which usually means some amount of liver. If my cats smell liver in their food, they just won't eat it, and will go hungry and meow about it -- usually in the middle of the night.

By trial and error, I have found about five or six different cans they really like to eat. However, some days they gobble the food down and other days they go on a hunger strike, even with foods they liked the last time. When that happens, I pick up the bowl and smell it. Every single time it smells like liver, and I have to throw it out.

They also like variety in their wet food, although I

DEAR KATHY: Many thanks for sharing this! I too have dealt with this issue. The struggle then becomes finding another flavor or brand of food that the cat will tolerate.

Often that boils down to buying a much more expensive brand that doesn't contain byproducts. But that can be difficult for many cat owners. Readers, what tips do you have for cat owners trying to deal with finicky eaters?

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

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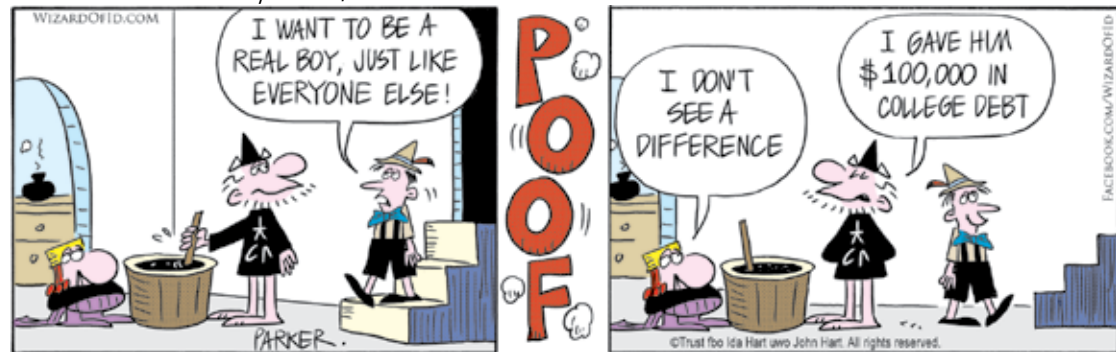
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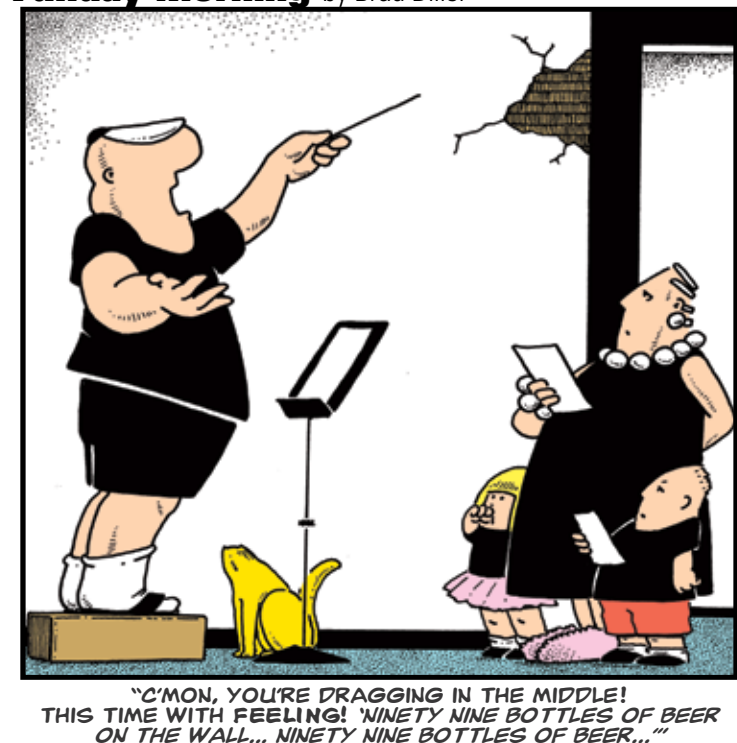
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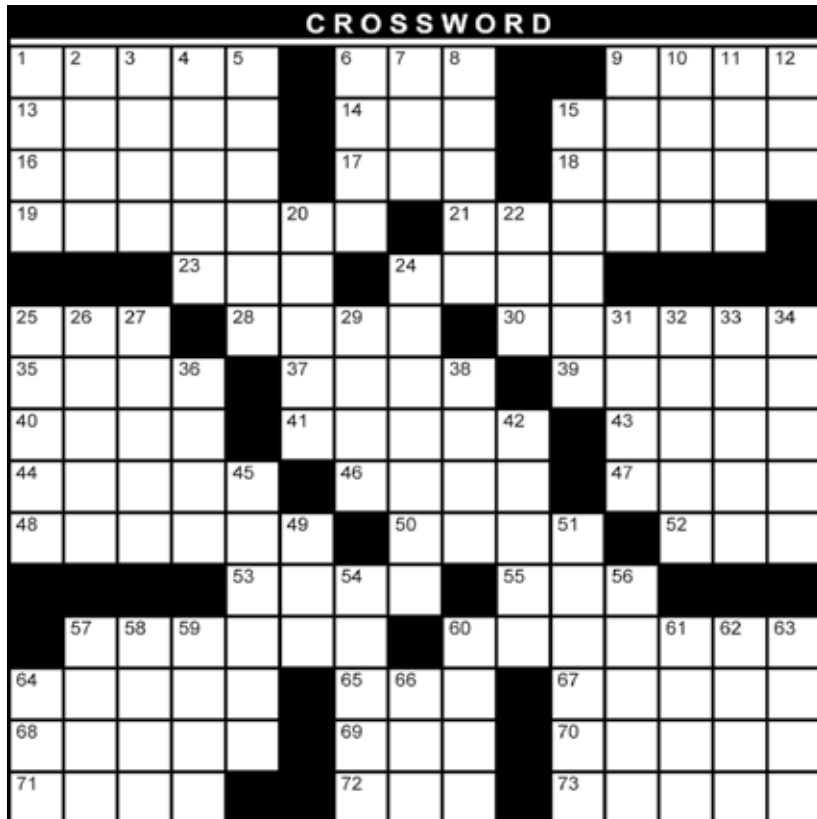
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CLUES

- ACROSS**
- Papal court
 - Reggae precursor
 - Eurasian duck
 - Very small particles
 - Politician
 - Locker room infection?
 - Actor ____ Fiennes
 - Like King George, 1760-1820
 - Salk's conquest
 - *Ed of "Thinking Out Loud" fame
 - "Straight Outta Compton," e.g.
 - L.A. landing spot
 - Under the weather
 - Madonna's iconic stagewear
 - Catcher's catcher
 - Approvals
 - Chaps
 - United ____ Emirates
 - Time being
 - Miners' passage
 - *2016 Grammy nominations leader
 - Popular pickling spice
 - Fertilizer ingredient
 - Mexican money
 - *Multiple winner Levine of Maroon 5
 - Fate
 - Former Speaker of the House
 - Pilot's estimate
 - Back talk
 - ____ he drove out of sight...
 - *What kind of Funk?
 - * ____ Shakes
 - Willow tree
 - Flow alternative
 - Bottom-ranking employee
 - Continually annoy
 - Unagi
 - Absurd
 - Ayatollah's home



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- DOWN**
- *Ric Ocasek's The ____ were nominated but lost
 - Park City State
 - Actor's part
 - Motivate
 - Hindu retreat
 - *What Skrillex and Diplo do
 - Ornamental pond-dweller
 - Legal excuse
 - *" ____! In the Name of Love," nominated in 1966
 - French Sudan after 1960
 - *Michael Jackson's "Thriller" was on this label
 - *The ____ , a band that never won a Grammy
 - *Best ____ Word Album category
 - Relating to axis
 - Frigid
 - Reproductive organs of a flower
 - *Swift's space?

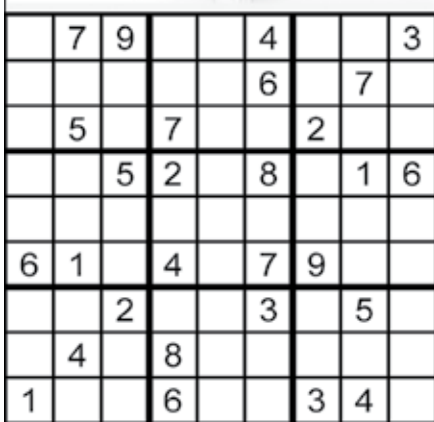
- Forearm bones
- Plural of #40 Across
- *Fetty Wap's " ____ Queen"
- Scotch partner
- Like a snicker
- Audience's approval
- MLK march site
- Kind of cell
- Corner of a diamond
- Wheel on a spur
- Vacation location
- Fancy marble used as a shooter
- *"No Doubt's " ____ Kingdom" album, nominated in '97
- Expression of contempt
- Black wood
- ____-friendly
- Site of Leaning Tower
- *"Smells Like ____ Spirit," Grammy loser in 1993
- Having the means
- Way, way off
- List of dishes
- Mars, to the Greeks
- ____-Wan
- Turkish title of respect

For Solutions See Page 6

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For Solutions See Page 6

END OF THE BENCH BY GERRY SCHOU

Dressed Up Like a Million Dollar Trooper

Even Miss Universe showed up to join in the fun leading up to Super Bowl 50.

Dressed like a million-dollar baby complete with her tiara and Miss Universe sash, recently-crowned Pia Wurtzbach (are they sure they have the right girl?) made an appearance at Super Bowl Opening Night at SAP Center in San Jose on Monday to dance around a little bit with some players from the Carolina Panthers and Denver Broncos and act like a reporter (all for a handsome price, of course).

Known in the past simply as Media Day, this prelude to the golden anniversary of the biggest game in the universe also was dressed up to the point of making it a three-hour, prime-time television show undoubtedly watched (for some inexplicable reasons) by millions. As always, judging from a few highlights and comments, this was another day of pregame hype and football nonsense filled with uninspiring interviews and clichés and plenty of tomfoolery --- and Tom (Brady) isn't even a part of it this time.

"Fueled by Gatorade" and run-away testosterone levels, the event drew a sellout crowd at \$27.50/per to witness a lot of media types frothing at the mouth to capture nit-witticisms from a bunch of gridiron gladiators. As Mike Silver of NFL Network said, "I'm mystified by the appeal."

But as Dr. Frederick Frankenstein (Gene Wilder) once sang, "You'll declare it's simply topping to be there and hear them swapping smart tidbits." Anything the NFL does turns to gold.

Young Forty Niners CEO Jed York is pulling it off, big time. He managed to get a stadium built when others could not, landed an historic Super Bowl for the Bay Area and greatly multiplied the value of the franchise, even though his own team stinks.

Now the 49ers and the NFL are puttin' on a Super Bowl blitz, and everybody who is anybody would love to be puttin' on the Ritz and to be there, including Young Frankenstein's come-to-life monster (Peter Boyle) who wants to dress up in top hat and tails with his cane and tap dance into the game singing

"Super Duper!"

But, alas. The big game has become so big that only the well-to-do that don't mind "spending every dime for a wonderful time" can afford to bear witness in person. Few can "mix where Rockefeller walk with sticks." And even some of those have been denied admittance.

Of all those 49ers season-ticket holders that paid exorbitant dollar amounts for the licenses to buy their tickets --- footing much of the bill for the building --- only approximately 2,500 of them (the upper crust) have gotten their hands on Super Bowl ducats for a seat in Levi's Stadium in Santa Clara, which has been modified to accommodate around 74,000.

So, unfortunately once again, the vast majority of run-of-the-mill football fans must succumb to the overwhelming powers of the corporate monsters and find their Super Bowl fix in other ways.

Other ways have been provided. For a mere \$35 (discounted if you wear 49ers or Raiders gear) you are welcomed to participate in the NFL Fan Experience at the Moscone Center in San Francisco (remember, that's the city where the 49ers used to play?). You can get involved in some interactive games, like making a pass or kicking a ball. You could fight the crowd and maybe meet a player, or get an autograph, or take a picture, or buy a \$49 mini-football or some other overpriced merchandise. You could just order some items online: Goldie the Bear wearing a Super Bowl vest or a commemorative shopping bag for \$25; a golf towel for \$10; a polo shirt for \$32; and so on. It would almost feel like being at the game. Or, you could wait a few months and look for the stuff in the dollar bin at Target.

There also is the free Super Bowl City mob scene on the Embarcadero where you can risk getting trampled to death for the chance to view from afar an assortment of musical acts, or visit the Fan Energy Zone (if you have any energy left by the time you get there). But, if you haven't made it down there by now to get involved, you likely are going to miss out. Maybe you should plan better and start saving up for the next time Jed convinces the NFL powers-that-be to

make a return trip to San Francisco/Santa Clara.

When they do come back maybe they could be a little more creative with the attractions at Super Bowl City that the low-budget fans could enjoy. You could win a free sample of Viagra if you can throw a football through a tire. They could hold a raffle for a chance to be a video-replay official for a real game, but you must be able to flip a coin properly and to determine what is a "catch" and what is not a "catch."

How about a virtual-reality setup where fans could find out what it feels like to be hit by Ronnie Lott and Lawrence Taylor at the same time, or to be buried under a ton of scratching, clawing, stinking, sweaty, slobbering humanity and receive free concussion treatment on site. Maybe not.

They could hold a contest in which NFL Commissioner Roger Goodell speaks and members of the audience vote on when he is telling the truth and when he is not. Those that correctly choose the times when he is lying get to spend a day in the stadium jail in Minnesota with Adrian Peterson.

Somewhere they should have a suggestion box for fans to voice their opinions on where the Raiders and Chargers should play their games, and why they should just send a bunch of underappreciated fans to Hawaii for a weekend instead of holding the Pro Bowl.

They could have one of those "dunking booths," featuring Johnny Manziel. Fans could throw footballs at his head until they knock him off his pedestal and into a giant tub of common sense.

They could have a huge board game of "Cops and Criminals" and fans could watch NFL players that have been arrested compete and try to win "Get out jail, scot-free" cards. The top finishers automatically get their old roster spots back.

While we're waiting for all of that, let's just hook up with a few friends --- and maybe get dressed up a little --- and watch another Super Bowl on a big screen from the comfort of a couch with a plate full of pot-luck food. Panthers by 10? Watch Cam Newton dance? Wait for Peyton's statue? ★

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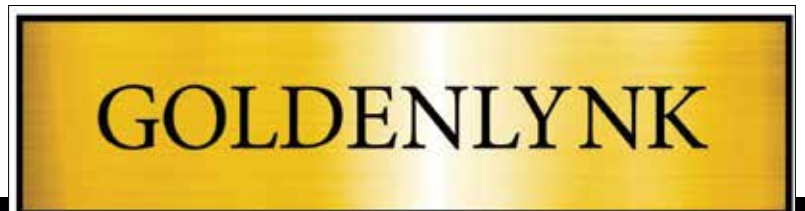


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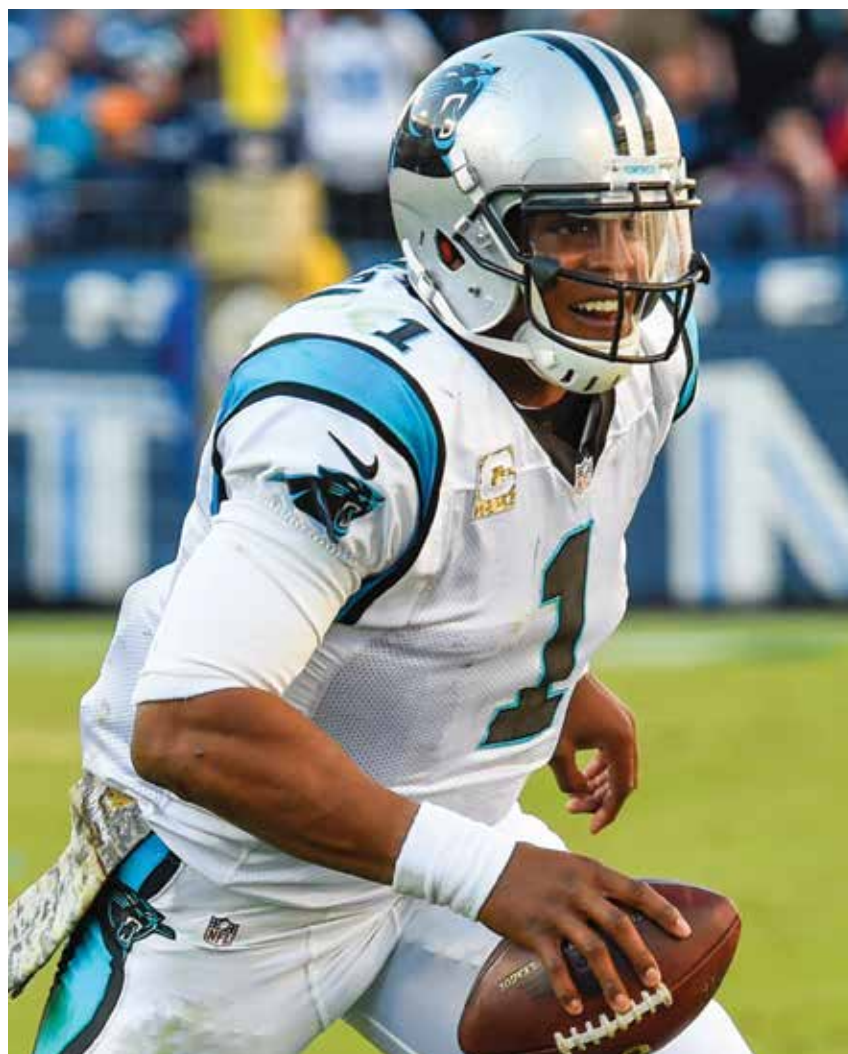


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Cam Newton is the present and future of the NFL, while this is likely Peyton Manning's last run at glory.

PASSING THE TORCH?

Manning looking to go out on top, but Newton's time may be now

Old-school Peyton Manning vs. new-school Cam Newton. There is plenty more to Super Bowl 50 than just the quarterback matchup, but it's tough to avoid it.

Fair or not, how history views Manning will be largely defined on Sunday night. And while Newton has time to define his legacy beyond this Super Bowl, his many critics are just waiting for him to stumble on the big stage.

Still, this game will come down to so much more than how the quarterbacks play. For just the third time this century, both teams rank in the top six in the NFL in yards allowed. Defense may well end up ruling the day.

DENVER BRONCOS (14-4)

OFFENSE: The biggest question heading into the Super Bowl is whether or not Peyton Manning has one more decent game in him. The days of him carrying a team are long gone; the Broncos just need him not to kill them. In his first nine starts this season, Manning threw 17 interceptions. Denver went 7-2 in those games in spite of him. Since returning during the second half of the regular season finale, Manning has not thrown a pick in 78 attempts, and obviously Denver has not lost. The Broncos may not be winning because of him, but at least he's not making it harder on them.

Thing is, Denver is not winning because of its running game either — at least not in the postseason. The Broncos are averaging 108 yards rushing in the playoffs, which is just about where they were during the regular season (107.4, 17th in the NFL). In fact, that average appears to be a magic number for them: When the Broncos have rushed for more than 108 yards, they are 9-0. When they rush for fewer, they are 5-4. Before winning with just 99 rushing yards in the AFC title game, Denver had not won a game with a below-average rushing attack since Oct. 11. Getting to 108 won't be easy: Carolina ranked fourth in the NFL against the run this season, allowing just 88.4 yards per game.

DEFENSE: At first glance, it looks as if the defense must force at least a couple turnovers for the Broncos to win. For one thing, the offense may need a short field to score points. More importantly, Denver is 13-1 when it forces even one turnover and 1-3 when it fails to take the ball away.

But it would be a mistake to think that this is a defense that lives and dies by the big play. The Broncos allowed the fewest yards in the NFL during the regular season (283.1 per game), and led the league in both pass defense (199.6 yards per game) and yards allowed per rush (3.3). Against Aaron Rodgers and the Packers in November, Denver had no takeaways but allowed just 140 total yards in a 29-10 win. While the turnovers and sacks (52, first in the NFL) fill the highlight reel, this is a sound defense play in and play out. Other than Ben Roethlisberger, no one has thrown for 300 yards against Denver this season, and the Broncos haven't given up more than 120 yards rushing in a game since Week 2.

It will likely require another dominant performance to beat Cam Newton and the Panthers, but the Broncos have that kind of game in them.

COACHING: After failing to advance past the Divisional Round of the playoffs in two tries with Houston, Gary Kubiak has the Broncos in the Super Bowl in his first season in Denver. Defensive coordinator Wade

Phillips put together a great plan to stop Tom Brady and the Patriots, but he didn't have to worry about New England running the ball. The Panthers are much more balanced and present a different challenge. He better come up with something, though: Carolina has been held under 27 points just once since September.

CAROLINA PANTHERS (17-1)

OFFENSE: Panthers quarterback Cam Newton is the NFL's MVP in every sense of the label. While he has thrown for more yards in a season before, never has he been so dominant. His 35 touchdown passes were a career high and one off the league lead. He threw just 10 interceptions, a career low despite his most passing attempts since his rookie season. And he chipped in 636 yards and 10 touchdowns on the ground, helping Carolina to the league's No. 2 rushing attack (142.6 yards per game). Running back Jonathan Stewart rushed for 989 yards in 13 regular season games, and he has 189 yards in the postseason so far. While he is unlikely to have a huge day against Denver's defense, expect Stewart to get 18-20 carries to keep the Broncos' pass rush from teeing off and set up play-action.

Newton's favorite target by far has been tight end Greg Olsen (77 rec., 1,104 yards in the regular season). While

Olsen is not as physically imposing as New England's Rob Gronkowski, he will still pose a big challenge to the Denver defense. The Broncos are banged up at the safety spots, and Gronkowski caught eight passes for 144 yards in the AFC title game. The Panthers would like to get Ted Ginn back on track, as well. Since catching six touchdown passes over three games in December, Ginn has just three catches total in his last three games.

DEFENSE: More than Denver, Carolina thrives on turnovers. The Panthers led the NFL with 39 takeaways during the regular season and have added nine more in two postseason games. Linebacker Luke Kuechly has returned an interception for a touchdown in both of the last two games and could wreak havoc with Denver's short passing game when he drops into coverage. Carolina has other ballhawks as well. Safety Kurt Coleman had seven interceptions during the regular season and added two more last week against the Cardinals, while Josh Norman returned two of his four picks for scores during the season.

Carolina ranked fourth in rushing yards allowed and seventh in yards per rush against during the season, but opponents often fell behind quickly and had to abandon the ground game. Opponents have attempted at least 25 rushes against the Panthers only six times this season. Five of those times, they gained at least 115 yards on the ground; the sixth time was in Carolina's only loss. If Denver gets one-dimensional, it plays into the Panthers' hands.

COACHING: Head coach Ron Rivera appeared to solve what was perhaps Carolina's biggest worry in the NFC Championship Game. The Panthers escaped with victories several times despite blowing big leads during the regular season, and they nearly blew a 31-0 halftime lead in the Division Round of the playoffs. They finally put two dominant halves together against the Cardinals to earn the trip to Super Bowl 50, but maybe a close game isn't so scary: While Denver is 11-3 in games decided by eight points or less, Carolina is 8-1.



John Gworek
Athlon Sports
Senior Editor
@JohnGworek



PLAYOFF SCHEDULE

Saturday, Jan. 9	Kansas City 30, Houston 0 Pittsburgh 18, Cincinnati 16
Sunday, Jan. 10	Seattle 10, Minnesota 9 Green Bay 35, Washington 18
Saturday, Jan. 16	New England 27, Kansas City 20 Arizona 26, Green Bay 20 (OT)
Sunday, Jan. 17	Carolina 31, Seattle 24 Denver 23, Pittsburgh 16
Sunday, Jan. 24	Denver 20, New England 18 Carolina 49, Arizona 15
Sunday, Feb. 7 - Super Bowl 50	Carolina vs. Denver 6:30 p.m. ET

WHO HAS THE EDGE?

Panthers offense vs. Broncos defense

Carolina poses a unique threat on offense. No team ran the ball more, but Cam Newton gives the running game an added dimension that defenses must respect. And selling out to stop the run is dangerous given that Newton tied for second in the NFL with 35 touchdown passes.



While Denver's pass rush took center stage in the AFC title game against New England, the Broncos have been just as good stopping the run all season. No team gave up fewer passing yards, and Denver allowed just 3.3 yards per rush, also tops in the NFL.

Wade Phillips came up with some new looks for Tom Brady two weeks ago, and he will do the same for Newton. The Panthers will move the ball some, but they will have to work for it.

Who has the edge: Denver

Broncos offense vs. Panthers defense

No team faced more pass attempts this season than the Panthers. The trend has continued in the playoffs as opponents have run 28 times and passed 89 against Carolina. That's what happens when you jump out to huge leads.



Denver hasn't run the ball nearly as well as most expected coming into the season, but it's not for a lack of trying. The Broncos are averaging more than 30 rushing attempts per game in the postseason, and that must continue for them to have a chance.

With a league-best 24 interceptions, the Panthers are a defense built to take advantage when the opponent has to throw. If Peyton Manning is forced to try to win this one with his arm, it won't end well for the Broncos.

Who has the edge: Carolina

So who wins the game?

This has the makings of a defensive slugfest. Denver held both Ben Roethlisberger and Tom Brady under 20 points to get here. Carolina has punched both of its playoff opponents in the mouth early. The Panthers then dictated that the game be played on their terms, right into the hands of their ballhawking on defense. Something has to give.



As long as Denver takes care of the ball and stays balanced, this will be a 60-minute game. It may be Cam Newton's time, but the Broncos are going to make him earn it. We're betting he does.

Prediction: Carolina 23, Denver 16

Photos: Cam Newton: Harrison McClary/Athlon Sports; Peyton Manning: AP Images

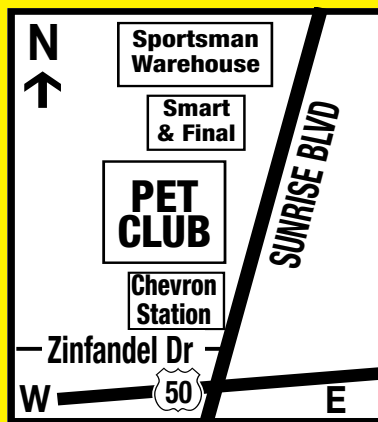
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5.5 Oz All Varieties

Limit 2 Cases Per Family

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ARM & HAMMER SUPER SCOOP CLUMPING CAT LITTER

20 Lb Box •Unscented •Double Duty (Clump 'n Seal Regular 19lb \$8.99)

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13 Oz Can

All Varieties except Ideal Balance

Limit 2 Cases Per Family **\$13.99**

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- Primitive Feast •Great Plains Feast •Meadow Feast
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- *Original •Healthy Weight 31.1 Lb **\$24.99**
- (Selected Varieties 15.5 Lb \$13.99) Limit 1 Bag Per Family

CORE GRAIN FREE DRY DOG FOOD

26 Lb Bag

3 FREE Core Dog Food 12 Oz Can With Each purchase

Original **\$59.99** Reduced Fat **\$64.99** Ocean **\$66.99**

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100% Natural Walnut Based **Super Buy**

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- Chicken •Salmon Only 11.1 Lb bag

Limit 2 Bags **ON SALE**

HEINZ PUP-PERONI DOG TREATS

- Beef •Lean •Bacon •Chicken

25 Oz Pkg Limit 2 Pkgs **\$9.49**

GREENIES DOG TREATS **NEW** Grain Free **\$12.99**

Value Pack

- Teeny (43 Ct) .. **\$10.99**
- Regular (12 Ct) . **\$10.99**
- Petite (20 Ct) ... **\$10.99**
- Large (8 Ct) ... **\$10.99**

Easy to Digest Chewy Texture

Limit 2 Packs Per Family

TETRA BOXED GLASS TANK WITH STARTER KIT

20 Gal LED Deluxe **\$99.99**

10 Gal Economy **\$39.99**

29 Gal LED Deluxe. **\$119.99**

10 Gal LED Deluxe **\$53.99**

55 Gal LED Deluxe. **\$199.99**

ROSY'S ORGANICALLY GROWN KITT GRASS

•Single Tub **\$2.49**

COSMIC CATNIP /OUR PETS PRODUCTS & TREATS

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65 (Holds up to 65 Lbs) **\$24.99**

100 (Holds up to 100 Lbs) **\$27.99**

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6-8 Oz (Avilac - \$2.19) **\$17.99**

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MODEL	TANK SIZE	PET CLUB SALE
CASCADE 100	20 Gal.	\$13.99
CASCADE 150	35 Gal.	\$17.99
CASCADE 200	50 Gal.	\$20.99
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Revolutionary Bio-Falls Quad Filtration System

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50 Gal. Salt Mix **\$14.99**

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Limit One Coupon Per Family

Price Valid Only With Coupon

Effective 2/3/16 - 2/9/16

53¢ CT PLU 361

BONUS COUPON

JONNY CAT PREMIUM CAT LITTER

20 Lb Bag

Limit 1 Bag With Coupon

Limit One Coupon Per Family

Price Valid Only With Coupon

Effective 2/3/16 - 2/9/16

\$32.99 CT PLU 362

BONUS COUPON

FRISKIES PARTY MIX CAT TREATS

2.1 Oz •Selected Varieties

Limit 2 Pkgs with Coupon

Limit One Coupon Per Family

Price Valid Only With Coupon

Effective 2/3/16 - 2/9/16

\$1.09 CT PLU 573