



Community Spotlight

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Are You Ready to Rugby?

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Carmichael Times

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January 22, 2016

\$232 MILLION TO IMPROVE CALIFORNIA WATER MANAGEMENT



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TED CRUZ IS NIXON, NOT GOLDWATER



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THANK YOU FOR THE LOVELY PARTING GIFTS

END OF THE BENCH BY GERRY SCHOU

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Real Care Says Goodbye

Delbert Meyer Will Remain Active Through Continued Service to Veterans at McClellan Hospital



Carmichael Doctor Delbert Meyer and his office manager wife, Linda, retired together at the end of December. Their Carmichael practice had operated for 45 years.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - In not just a nod to his age but also to the times, one of Carmichael's longest-serving physicians has hung up his white coat.

Doctor Delbert Meyer (80) and his office manager wife, Linda, farewelled final patients

in December. "After 45 years, there comes a time to say 'good-bye,'" said the pulmonary specialist. "But private practice as a career is dying. With the current government and insurance climate physicians are required to work more, for less remuneration. Running the front desk also became very complicated." The practice was overwhelmed last

year when required to take on 250 new Obamacare patients. Politics and policies aside, Doctor Meyer's retirement allows him more time for writing for medical publications and for his continued service to veterans at the McLellan Hospital. "Staying active in medicine keeps my writing informed," explains the physician. "And

veterans returning from war need all the help they can get."

The physician's retirement also closed doors at Park Side Medical Plaza on Fair Oaks Boulevard. "I'm the last one," he said, surveying the once-humming facility's empty corridors. "It's a sign of the times."

A farewell to arms, legs, and

Continued on page 3

Carmichael Retiree Claims \$638,000 Powerball Prize

10 Tickets in the "California Lucky Dozen" Still Unclaimed!



79-year-old Albert Graham and his wife Carol display the celebratory check with his winnings. Photo courtesy of California Lottery

CARMICHAEL, CA (MPG) - While Albert Graham's \$40 in Powerball tickets didn't land him the big \$1.586 billion jackpot, the retiree is \$638,146 richer after he matched five of six numbers (04-08-19-27-34), missing only the Powerball number of 10, in last Wednesday's record-setting Powerball jackpot. The latest of the "California Lucky Dozen" came forward late yesterday afternoon to claim his prize at the California Lottery's District Office in Sacramento.

The 79-year-old said he, like most Californians, bought tickets after finding out the jackpot had grown so large. "I knew I had to buy tickets."

Graham told the Lottery that he was

relaxing Wednesday night after the Powerball drawing when his tech-savvy wife looked up the results on her iPad. "My wife Carol said I had five of the numbers and only missed the Powerball number by four digits," he said, referring to the fact that he had the Powerball number of 6 instead of the winning number 10.

So what does it feel like to be only four numbers away from being part of a \$1.586 billion jackpot? "I was disappointed in missing only the Powerball number. But then my wife said 'How are you disappointed?'" Graham said jokingly.

The lucky ticket was purchased at the Chevron station at 404 Soquel Avenue in Santa Cruz. The Grahams are residents of Carmichael and they were in Santa Cruz vacationing at their condo.

So what does the retired concrete worker and manufacturer plan to do with his new-found windfall? "I will probably give the money to my kids and grandkids. We also might take a trip to Hawaii."

So far this is the second ticket claimed

Continued on page 4

Carmichael Resident Proposes Amendment

Legislators to Take Polygraphs?

CARMICHAEL, CA (MPG) - Robert Bernstein, a Carmichael resident who still lives in the house next to where Paul Gann lived when he co-authored Proposition 13 almost 40 years ago, has submitted a proposed constitutional amendment.

This initiative will define legislators as volunteers and force them to take lie detector tests or resign. The initiative was filed with the California Attorney General's office on Dec. 29th, 2015. The proposed amendment is in response to bad behavior on the part of at least six California legislators in the last three years. Three have been indicted for felonies (one convicted, one plead guilty, and one pending) and three legislators that left office early in order to take high paying positions with companies that lobbied before the legislature during their term of office. The proposed constitutional amendment will:

1. Require all legislative candidates to take a lie detector test to prove they have lived in the district for at least a year and provided truthful information in their nomination papers.
2. Require all legislators to take a lie detector test every two years to make sure they are upholding their oath of office, not taking bribes, not committing any felonies, not under the influence of drugs or alcohol while conducting legislative business, not violating any campaign or financial disclosure laws, and not having intimate relationships with any lobbyists or legislative employees.
3. Define legislators as volunteers, with no employee rights.
4. Immediately suspend, without pay, any legislator that is indicted for any felony.
5. Remove several special protections for legislators from the Constitution.
6. Outlaw former legislators from lobbying the legislature or statewide elected officials, for a period of 12 years after they leave office.
7. Allow the California Supreme Court to suspend legislators from office if, after an investigation, they find they have violated state law or the state constitution.
8. Outlaw legislators from seeking employment with companies that lobby, directly or indirectly, the legislator during their term of office.

More information can be found at: www.honestlegislators.com.

Source: Robert Bernstein via Great American Patriot ★

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WE SUPPORT OUR MILITARY

Community Spotlight



Story and photo by Susan Maxwell Skinner

Italian folkloric heroine "Old Befana" dispensed gifts during the Italian Cultural Center's January festival for children. Italian American Phyllis Cupparo played the benefactress. Learn about the Italian Cultural Center at www.italiancenter.net.

Science Competition Returns for 31st Year



The Nature Bowl is open to students from any school, group, or organized youth club. Photo courtesy Calif. Dept. of Fish and Wildlife

SACRAMENTO REGION, CA (MPG) - Registration is now open for the 31st annual Nature Bowl, an elementary school activity-based competition held in the spring.

Coordinated by the California Department of Fish and Wildlife (CDFW) in partnership with local organizations and agencies, the Nature Bowl increases the science and conservation literacy of third through sixth grade students in the Sacramento Valley and Sierra foothills.

The Nature Bowl is open to students from any school, group, or organized youth club. Participants employ teamwork, creativity, and critical thinking while participating in group learning activities centered on local and regional natural environments. The first round will be held at 10 locations throughout the month of April. Teams will consist of three to eight students each and several teams will advance to the finals to be held at California State University, Sacramento on May 14th, 2016.

Teachers, youth group leaders, or parents can coach a team. Some upcoming workshops include the following dates and locations:

- Jan. 11th at Camp Pollack in Sacramento, with the semifinal at that site on April 1st, 2016. For more information, please call (916) 284-1627.
- Jan. 13th at the Yolo Basin Wildlife Area in Davis, with the semifinal at that site on April 14th, 2016. For more information, please call (530) 902-1918.
- Jan. 14th at the Nimbus Hatchery in Rancho Cordova with the semifinal at that site on April



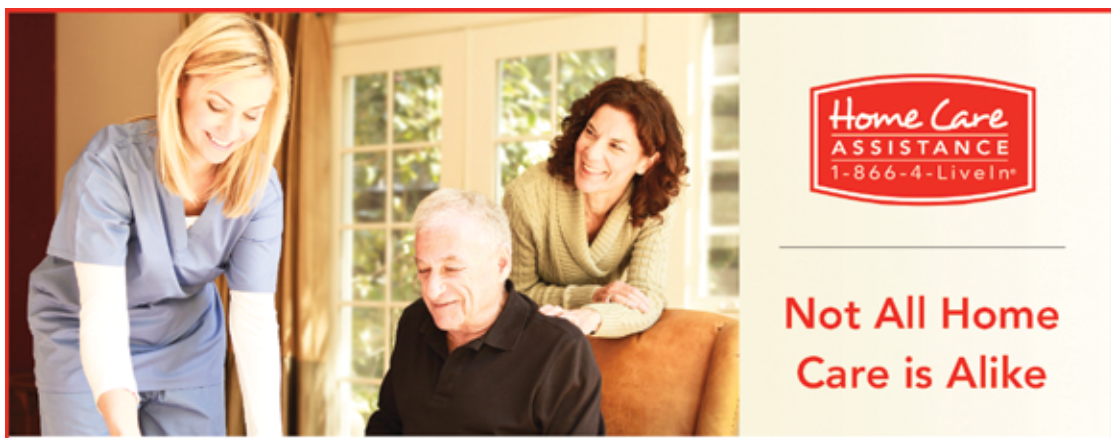
Participants of Nature Bowl employ teamwork, creativity, and critical thinking while participating in group learning activities centered on local and regional natural environments. Photo courtesy Calif. Dept. of Fish and Wildlife

12th, 2016. For more information, please call (916) 358-2884.

- Jan. 26th at the Stone Lakes National Wildlife Refuge with the semifinal at that site on April 23rd, 2016. For more information, please call (916) 685-4057.

For all other information about the Nature Bowl, please call (916) 358-2353 or visit www.wildlife.ca.gov/Regions/2/Nature-Bowl.

Source: Calif. Dept. of Fish and Wildlife ★



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Real Care Says Goodbye

Delbert Meyer Will Remain Active Through Continued Service to Veterans at McClellan Hospital

Continued from Page 1

internal organs also meant retirement for his office manager wife. "Ours has been purposeful work," Linda Meyer considered. "We were both dedicated to our patients. We were a good team."

Raised on an Oklahoma farm, her husband's future was sealed almost from birth. The doctor who delivered him treated the whole Meyer family. "He told me I couldn't be a farmer because I had asthma," Meyer explained. "My choices were to be a doctor, a lawyer, or a preacher." He didn't think much of the other two options. So a doctor it was.

Graduating from Kansas University's School of Medicine in 1962, the young M.D. developed an interest in pulmonary practice. When a drafting of physicians was threatened during the Vietnam War years, Meyer answered the call and found himself in uniform, in California. He treated airmen, veterans, and their families at Mather AFB. Post-war he met his future wife at a dinner hosted by Sacramento Judge John R. Lewis. "His wife was famous for matchmaking," said Linda. "I almost didn't accept her invitation. But she was right about

Del and me. After dinner we talked until four in the morning." Less than a year later the couple wed at the Town and Country Lutheran Church.

They put down roots in Carmichael. Here, Meyer was part of the American River Hospital staff—directing the pulmonary function lab and the respiratory care unit. In 1975, he started private practice on Mission Avenue and was astonished by the need for pulmonary services. "From the moment I opened my phones rang non-stop," he recalled. "At first I hired our babysitter to answer the calls. For ten years, I rarely had an open appointment."

The physician's success attracted other specialists and, over a decade, Meyer built one of the largest pulmonary practices in the nation. Long hours and hard work were inspirational to daughters Julie and Melanie, both now established in professional careers. "The apples didn't fall far from the tree," observed stepmom, Linda. "Like their father, they're both driven to make the world a better place."

Until his retirement, Meyer afforded a non-prescription commodity. "I gave people the time they needed," he stated. "If it

took an extra 15 minutes to take care of their problems, they got it." When appointments ran over, few customers complained. "At 6:30 p.m., my last patient would pump my hand and thank me for staying late and giving him adequate time," said the doctor. "Some HMOs now have to see six patients an hour. I never worked like that; I didn't just treat people, I took time to explain things to them. As they left my office, people often told Linda they'd never understood their diseases before."

In early 2015, patients were notified of their doctor's upcoming retirement. For many, it was the unkindest cut. "Some were in tears," attested Linda Meyer. "I had to gently remove one crying patient from the doctor. She'd been with him for more than 45 years. She would catch three buses from West Sacramento to get here." (This patient has since found succor with a nearby practice, recommended by Meyer.)

"It's been hard to say goodbye," admitted the veteran physician. "In 45 years, you get to know people and understand their problems. Even when you retire, you still want to meet their needs. After serving them so long, you never really stop caring about them." ★



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Are You Ready to Rugby?

Sacramento Valley Rugby Foundation Set to Host The 32nd Annual "Kick Off Tournament" at Cordova High, Jan. 30th And 31st

Story by Ray Schwartz
(ray@geremiapools.com)

SACRAMENTO REGION, CA (MPG)
- What started from humble beginnings—an opportunity to get pre-season playing time for lots of young high school rugby squads—has blossomed into the largest Youth and High School Rugby Tournament in the United States (and likely the entire Western Hemisphere!).

The Kick Off Tournament, affectionately referred to as the KOT, is still run today by some of the pioneers who first took this on in 1984, when seven high school clubs were featured. Jerry Ahlin, Ray Thompson, Pete Deterding, Bob Luttrell, Joe Cavallero, Zack Finney, and a posse of their finest friends, come together in a massive volunteer effort to pull off quite a show, each and every year. They do so for the love of the game, and for the kids who love to play!

Many of the finest players, coaches, and rugby clubs in America have been featured over the years, including Jesuit High, many times over National Champions. Other top local clubs to have begun their season at the KOT, and gone on to compete that Spring at the National Championships include Cougars (Del Campo), Islanders (Burbank), Vacaville, Christian Brothers, and most recently Dixon, Granite Bay, and Sierra Foothills.

By 2005, the event had grown to 30 clubs, playing on three fields at Granite Park. The popularity of youth and high school rugby was beginning to explode at that time, not simply locally, but across the Bay Area and indeed America. In fact, a recent report from the Sports & Fitness Industry Association (according to the Maryland-based organization's U.S. Trends in Team Sports Report) reveals participation in tackle football fell 21 percent from 2008-2013, while rugby experienced the biggest gain of all youth and high schools sports, growing a whopping 81 percent during that time!



Many of the finest players, coaches, and rugby clubs in America have been featured over the years, including Jesuit High, many times over National Champions. Photo courtesy David Barpal Photography

The KOT, a large, established structure on the game's competitive calendar, was uniquely positioned to help foster this growth. 2006 saw the addition of Girls play, while 2007 saw the event expand to two days and include a free Middle School clinic. For the past three years, now at Cordova High, seven to nine fields have seen play all day, both Saturday and Sunday, featuring an average of 130 sides playing a staggering 205 30-minute matches!

Clubs have visited the KOT in the recent past, seeking some warm California sun, and the chance to compete with locals, the likes of the Jesuit Marauders..., clubs from across the Bay Area (Santa Rosa to Morgan Hill), but also from as far away as Oregon, Utah, Colorado, Washington, SoCal, and even several from Alberta, Canada.

Referees visit from even further, with several coming each year from Canada, but also Pittsburg, New York, Massachusetts, Idaho, Germany, and South Africa! In order for the KOT to grow, and to continue to provide quality matches, the word went out across USA Rugby, "Send us your refs!" Four brave souls answered the call in 2006, and more and more refs have come every year since.

As the KOT grew, however, the need to help produce and develop a local crop of refs came with the territory. So the KOT leveraged our wealth of sunshine and matches needing officials, to create a unique



Today, top high school rugby players have often grown to compete over six or eight seasons, and in some cases, played under the same coach, or program, the entire time. The quality at the top keeps growing finer each and every year. Photo courtesy David Barpal Photography

Referee Development Program. The KOT RDP features a free day of referee training Friday at Sac State, and two full days of valuable referee coaching throughout the event. Our own Raley's College Greens donates all the food for the ref tent!

As richly rewarding as hosting young stars of the game can be (many ruggers who've played at past KOTs have gone on to play for, and even Captain, USA National teams), there's no greater joy than watching U-8s and U-10s blossom into feisty U-12s and eventually become skillful, competitive middle schoolers!

It's at these junior levels that the popularity of rugby has finally taken off. Today, top high school rugby players have often grown to compete over six or eight seasons, and in some cases, played under the same coach, or program, the entire time. The quality at the top keeps growing finer each and every year.

So why rugby?

To some rugby is a muscular ballet with mud and blood, while to others it just looks like a brawl. A violent contact sport with no padding? In this day and age of heightened concerns over sports concussions? But to those who take the time to peel back the veneer and take a closer look, they see adults mentoring children; coaches who carefully teach players to respect themselves, their opponents and the game itself.

With top notch coaching, confidence and skills grow over time. Fitness reigns supreme. The head and neck must never be a part of the rugby tackle. Speed and power, choreographed teamwork, brilliant ball handling and precision kicking are often on display. But look closer still and you'll notice there are no timeouts. The coach, who runs practice, has little to no input once the match has started. The coach elects a Captain, who is the only conduit to the Ref. The Ref, in turn, tries to manage a fair contest between two sides through the Captains.

Rugby is certainly an interesting contradiction. Though the players seem to be trying to tear each other's head off, they help each other up off the ground, and cheer each other (and meet to shake hands) after every match. And players will always refer to the referee as "sir." While the ref is just trying to keep heads from being torn off, a good ref can bring a competitive match up to a boil, while never allowing it spill over. All players contribute, all get to handle the ball, and all shapes and sizes of players are welcome. Passion created from this game is measureable.

Why Sacramento Rugby?

Students of sports history know the oldest sport offered at Cal (UC Berkeley) is rugby, which started playing in the 1880s. Other local rivals, St. Mary's, Santa Clara and Stanford, all share long, rich rugby traditions as well, with St. Mary's having just won their first National Championship (in any sport), May 2014, at Stanford (featuring many local ruggers), and repeated in 2015!

As the First World War concluded, the Olympics embraced rugby, offering a Gold Medal (won by the USA) in both 1920 and '24. Graduates of these Universities combined, with rugby players from San Francisco's Olympic Club, to train, as they traveled by ship, and win these medals. Captaining the '24 team

was Colby "Babe" Slater from nearby Woodland. But after the Gold Medal match in Paris, where unruly French fans nearly rioted as USA beat France, rugby was dropped from the Olympic program.

The tradition of rugby, however, lingered across Northern California. Though college and then pro football took over, 1953 saw a small rebirth of rugby when the first Monterey Rugby Classic was held. Clubs and tournaments popped up everywhere throughout the 1960s (UC Davis and Sac State have both recently celebrated their 50th year of rugby). In 1982, a sturdy group of Sacramento sportsmen travelled to Europe on a rugby tour. They went as players, only to return with a newfound desire to teach the game they grew to love. So a new high school rugby competition began in Sacramento, kicking off with our first ever KOT!

Most years, weather permitting, Sacramento offers a long winter/spring playing season, as local clubs draw upon a wealth of coaches, referees, and administrators to help develop young players and squads to enjoy the game, the same game played in Olympics of old. The size and depth of the local competition here remains unrivalled across American rugby's landscape. It is no coincidence that as soon as Sacramento built a top notch soccer facility, USA Rugby scheduled an International match here.

As USA beat Canada in front of a sold out crowd, 8,000 made it out to Bonney Field, June, 2014, the blazing Sacramento sunshine proved a valuable advantage. When USA played the mighty New Zealand All Blacks at sold out Soldier Field in Chicago, November 1st, three Jesuit grads suited up for USA (Lou Stanfill, Eric Fry & Blaine Sculley) while another three players came from Bay Area high school programs.

A doubleheader then came back to Bonney Field last July (during the State Fair) as we witnessed USA beat Japan, and Fiji tie Samoa. And as PRO Rugby announced its inaugural season (this coming April-June), Sacramento was awarded its first of six teams!

An abbreviated brand of the game of rugby called "Sevens" has traditionally been played locally, though only in the summers. Sevens is now introduced to the Olympics, with the first Gold Medals, Men's and Women's, on offer in 2016 in Rio de Janeiro. With USA Women presently ranked 5th, and the Men ranked 9th (and rising!) on the World Sevens circuit, we can certainly expect to see Americans, and hopefully some Sacramentans, competing in the Medal rounds in Rio!

So, to get your rugby knowledge and appreciation flowing, plan to attend the 32nd Annual KOT at Cordova High Jan. 30 and 31! Matches kick off early both days!

This year's KOT features (in addition to the usual local clubs) a first ever Girl's Middle School seven-a-side competition, and far more Girl's play than ever. Gridley makes its first appearance, fielding 6 sides! Davis and Dixon has combined to form Solo (Solano-Yolo) Rugby, Los Gatos United is coming strong, Liberty (Washington) returns for their fourth KOT, bringing 3 sides. ★

Carmichael Retiree Claims \$638,000 Powerball Prize

10 Tickets in the "California Lucky Dozen" Still Unclaimed!

Continued from Page 1

of the 12 Powerball tickets that matched five of six numbers for the Jan. 13th, 2016 drawing. Below is a list of the 12 locations where tickets that matched five of six numbers were sold. All tickets are worth \$638,146.

1. PRIMM VALLEY LOTTO, 15 & STATELINE, NIPTON (San Bernardino County)
2. 7-ELEVEN, 290 I ST, CHULA VISTA (San Diego County)
3. LARKFIELD UNION, 4605 OLD REDWOOD HWY, SANTA ROSA (Sonoma County)
4. CHEVRON #1720, 404 SOQUEL AVE, SANTA CRUZ (Santa Cruz County) - CLAIMED
5. JERRY'S LIQUOR, 2923 WILSHIRE BLVD, SANTA
6. TUSTIN FUEL & MARKET, 16851 MCFADDEN AVE, TUSTIN (Orange County)
7. EDEN ROC LIQUOR, 13404 VAN NUYS BLVD, PACOIMA (Los Angeles County) - CLAIMED
8. 7-ELEVEN, 2000 NUT TREE RD, VACAVILLE (Solano County)
9. QUIK STOP #4141, 601 N CLOVERDALE BLVD, CLOVERDALE (Sonoma County)
10. 7-ELEVEN, 1601 W REDLANDS BLVD, REDLANDS (San Bernardino County)
11. TED'S LIQUOR STORE, 18303

MONICA (Los Angeles County)

S WESTERN AVE, GARDENA (Los Angeles County)

12. SPOT NOT AUTO WASH & GAS, 15612 ARROW HWY, IRWINDALE (Los Angeles County)

And in case you somehow missed the big news, there was one jackpot-winning ticket which was sold at the 7-Eleven located at 4092 Chino Hills Parkway in Chino Hills (San Bernardino County). This winning player will be splitting the \$1.586 billion with winners in Tennessee and Florida, meaning the jackpot, if taken out over 30 years, is worth \$528.8 million or a one-time payment of \$327.8 million.

Source: California Lottery ★

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\$232 Million to Improve California Water Management

SACRAMENTO REGION, CA (MPG) - The California Department of Water Resources (DWR) recently announced approximately \$232 million in grant funding of 26 proposals for Integrated Regional Water Management (IRWM) projects that will leverage hundreds of millions of additional local and federal dollars.

The award of funds from a 2006 water bond passed by voters statewide will support projects and programs to meet California's long-term water management needs, including delivery of safe drinking water, enhancement of recycled water use, water conservation, flood risk reduction, watershed protection, ecosystem restoration, protection of water quality and management of groundwater.

The grant recipients, dollar amounts and related purposes include the following:

- Association of Bay Area Governments, \$41.3 million, 10 projects for dam seismic retrofit, groundwater infrastructure, watershed protection and other purposes;
- San Diego County Water Authority, \$31.1 million, 14 projects for urban water conservation, turf removal rebate program, water treatment facility and other purposes;
- Los Angeles County Flood Control District, \$27.7 million, 26 projects for meter installation, storm water management, water conveyance infrastructure and other purposes;
- Humboldt County, \$11 million, 25 projects for water and wastewater conveyance and treatment infrastructure, watershed protection and restoration, agricultural efficiency and other purposes.

A list of the projects, their grant requests, their final awards and the grants' percentage of the projects' total costs can be found here: <http://water.ca.gov/irwm/grants/p84implementation.cfm>.

The new awards come from the final round of DWR's Proposition 84 Integrated Regional Water Management Implementation Grant Program. The 26 proposals that were awarded funding involve 136 projects with total costs in excess of \$1 billion.

DWR Director Mark Cowin said, "The award of these funds represents a significant milestone in advancing Integrated Regional Water Management, which continues to be a key



This latest round of grants will advance the Brown administration's two-year-old California Water Action Plan, which sets forth the actions needed to provide more reliable water supplies, restore important species and habitats and create a more resilient, sustainably managed water resources system that can better withstand climate change and additional population growth.

initiative in managing water resources throughout California." Cowin said that all together, DWR has awarded \$808.5 million to fund almost 600 projects in four rounds of Proposition 84 IRWM implementation grant solicitations.

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In May 2015, DWR issued the final 2015 IRWM Grant Program Guidelines and the 2015 Implementation Grant Proposal Solicitation Package. Applicants were required to submit grant proposals by Aug. 7th, 2015. DWR received proposals from 37 IRWM regions requesting approximately \$307 million.

Funding for the projects is available through Proposition 84, the Safe Drinking Water, Water Quality and Supply, Flood

Control, River and Coastal Protection Bond Act of 2006, as amended 2010 (Proposition 84 IRWM). Proposition 84 was passed by California voters in November 2006 and authorized the Legislature to appropriate \$1 billion for IRWM. Administered by DWR, Proposition 84 IRWM grants are awarded to local public agencies and non-profit organizations for projects and programs consistent with an adopted IRWM Plan that help meet long term water needs of the State.

Visit <http://drought.ca.gov> to see how California is dealing with the effects of the drought, and go to <http://SaveOurWater.com> to learn how everyone can do his or her part. Information on the State's turf and toilet rebate program is found at: <http://www.saveourwaterrebates.com>.

The Department of Water Resources operates and maintains the State Water Project, provides dam safety and flood control and inspection services, assists local water districts in water management and water conservation planning, and plans for future statewide water needs.

Source: Save Our Water ★



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BEST of 2014
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ARIES (March 21 to April 19)
Aspects call for care in preparing material for submission. Although you might find it bothersome to go over what you've done, the fact is, rechecking could be worth your time and effort.

TAURUS (April 20 to May 20)
The week is favorable for Bovines who welcome change. New career opportunities wait to be checked out. You also might want to get started on that home makeover you've been considering.

GEMINI (May 21 to June 20)
You might have to be extra careful to protect that surprise you have planned, thanks to a certain snoopy someone who wants to know more about your plans than you're willing to share.

CANCER (June 21 to July 22)
Family ties are strong this week, although an old and still-unresolved problem might create some unpleasant moments. If so, look to straighten the situation out once and for all.

LEO (July 23 to August 22)
Although the Lion might see it as an act of loyalty and courage to hold on to an increasingly shaky position, it might be wiser to make changes now to prevent a possible meltdown later.

VIRGO (August 23 to September 22)
Your gift for adding new people to your circle of friends works overtime this week, thanks largely to contacts you made during the holidays. A surprise awaits you at the week's end.

LIBRA (September 23 to October 22)
Don't hide your talents. It's a good time to show what you can do to impress people who can do a lot for you. A dispute with a family member might still need some smoothing over.

SCORPIO (October 23 to November 21)
Be open with your colleagues about your plan to bring a workplace matter out into the open. You'll want their support, and they'll want to know how you'll pull it off.

SAGITTARIUS (November 22 to December 21)
Trying to patch up an unraveling relationship is often easier said than done. But it helps to discuss and work out any problems that arise along the way.

CAPRICORN (December 22 to January 19)
While your creative aspect remains high this week, you might want to call on your practical side to help work out the why and wherefore of an upcoming decision.

AQUARIUS (January 20 to February 18)
Dealing with someone's disappointment can be difficult for Aquarians, who always try to avoid giving pain. But a full explanation and a show of sympathy can work wonders.

PISCES (February 19 to March 20)
Getting a job-related matter past some major obstacles should be easier this week. A personal situation might take a surprising but not necessarily unwelcome turn by the week's end.

BORN THIS WEEK: You can be both a dreamer and a doer. You consider helping others to be an important part of your life.

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Parents of younger children probably will not be surprised by the following factoid: Six eight-stud Lego bricks can be put together in a whopping 915,103,765 different ways -- and at least one of those bricks will end up being stepped on by a barefoot adult.

If you're planning a trip to Nevada, you might want to keep in mind that in that state, it is technically illegal to kiss if you have a mustache.

top ten MOST EATEN SEAFOOD

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4. Tilapia
5. Pollock
6. Catfish
7. Crab
8. Cod
9. Pangasius
10. Clams

Source: NOAA

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PICKS OF THE WEEK



Lake Bell, Simon Pegg in "Man Up" Allstar/StudioCanal

"Bridge of Spies" (PG-13) - Tom Hanks plays a stalwart American attorney dutifully defending a Soviet spy in this tense Cold-War drama directed by Steven Spielberg. James B. Donovan (Hanks) is appointed to defend Rudolf Abel (Mark Rylance) after Abel is caught smuggling intel in 1957. The judge, prosecutor and everyone else but Donovan sees this as a show trial leading up to an execution. Donovan fights for his client's life and the principles of the Constitution, leading to a prisoner-swap deal under the shadow of the newly built Berlin Wall.

The film has a few bursts of deftly directed energy -- Spielberg's still got it -- but overall goes for a more moody and nostalgic tone. Hanks is understated in his performance, inhabiting the role of the Everyman who hasn't yet lost his mind to the hysteria of the era.

"Suffragette" (PG-13) - Maud (Carey Mulligan) lives in early 20th-century London - and not the whimsical chipper part. She works long hours at the same industrial laundry plant that scalded her mother to death; she barely sees her own child; she lives in one of the world's great metropolises, but she can't even vote. Maud is drawn into the Women's Social and Political Union, where she takes to the frontlines of women's rights, facing a violent backlash from the status quo.

The story is based on true events, but takes dramatic liberties in combining and creating characters to serve the storytelling. Helena Bonham Carter has a nice supporting role as one of Maud's intrepid friends, and Meryl Streep delivers a weighty cameo as feminist leader Emmeline Pankhurst.

"Man Up" (R) - This British romantic-comedy manages to put refreshing fun back into the formula without becoming an overt parody of the genre. Much of that is owed to its stars, Simon Pegg ("Shaun of the Dead," "Star Trek") and Lake Bell (check out her writing/directing/starring debut about voice-actors, "In a World ..."). The wacky circumstances of their courtship start when Jack (Pegg) mistakes Nancy (Bell) for his blind date. Nancy, in a flash of spontaneity, overcomes her cynicism and goes along with the date, until all sorts of chemical reactions start taking place.

"Truth" (R) - Cate Blanchett and Robert Redford star in this dramatization of a journalist-drama from our recent past. During the 2004 presidential election, "60 Minutes" veteran journalist Mary Mapes and venerated newsman Dan Rather were publicly disgraced and lost their careers after a piece that questioned George W. Bush's military service in the Texas Air National Guard. The reporting was based on a military memo, one that turned out to be a fraud. This film, based on Mapes' memoirs and directed by first-timer James Vanderbilt, unpacks the conflict and looks at the scandal anew, questioning whether Rather and Mapes deserved to go down the way they did.

TV RELEASES

- "Falling Skies: The Complete Fifth Season"
- "Mercy Street"
- "Scarlet Pimpernel, The: The Complete Series"
- "From Dusk Till Dawn: Complete Season 2"
- "The Lizzie Borden Chronicles: Season 1"
- "Falling Skies: The Complete Series"

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by **HEALTHY EXCHANGES**

Creamy Tuna Macaroni Salad

Sandwiches, no matter how good, can get mighty boring. Perk up your lunchbox with this tuna pasta salad.

- 2 1/2 cups uncooked elbow macaroni
- 1 1/4 cups frozen cut green beans
- 1 1/2 cups frozen cut carrots
- 3 cups water
- 1 (10 3/4-ounce) can reduced-fat cream of celery soup
- 1/2 cup fat-free mayonnaise
- 1 teaspoon dried parsley flakes
- 1/4 teaspoon lemon pepper
- 2 (6-ounce) cans white tuna, packed in water, drained and flaked
- 1/4 cup finely chopped onion

1. In a medium saucepan, combine uncooked macaroni, green beans and carrots. Cover with water. Bring mixture to a boil. Cook over medium heat for about 10 minutes or until macaroni and vegetables are tender. Drain and rinse under cold water.
2. In a medium bowl, combine celery soup, mayonnaise, parsley flakes and lemon pepper. Add drained macaroni mixture, tuna and onion. Mix well to combine. Cover and refrigerate for at least 2 hours. Gently stir again just before serving. Serves 6 (1 full cup each).

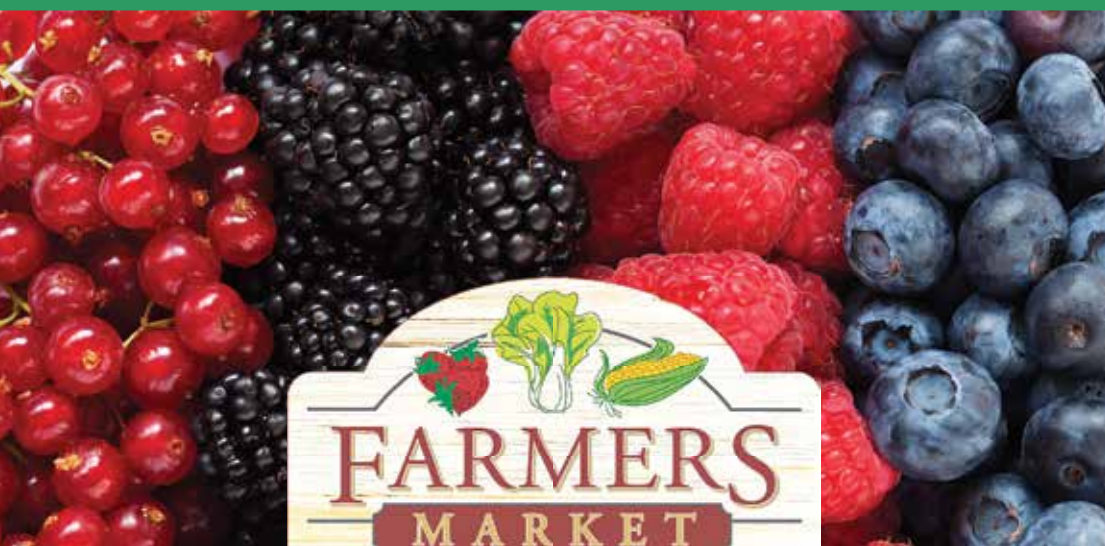
* Each serving equals: 222 calories, 2g fat, 19g protein, 32g carb., 405mg sodium, 3g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch, 1 Vegetable.

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Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at (916) 773-1111.

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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
#34-2015-0018824
WHEREAS, FNU Kamela has filed a petition with this court for a decree changing the name(s) of FNU Kamela to Kamela Nazir 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. Dated: December 30, 2015
Raymond M. Cadei, Judge of the Superior Court
Publish: January 8, 15, 22, and 29, 2016
KHAWARI 151230 01-29-16

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
COUNTY 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 Sithivong Marzan to Peter Sithivong Marzan and Jose Christopher Sithivong Marzan to Jose Christopher Sithivong 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
MARZAN 160108 02-05-16

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
SUYAZOV 160106 02-05-16

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
LOCKLING 160107 02-05-16

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00188486
WHEREAS, Diap Mong Nguyen has filed a petition with this court for a decree changing the name(s) of Diap Mong Nguyen to Laurny Diap Nguyen Urie. 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 15, 22, 29, and February 5, 2016
NGUYEN 161231 02-05-16

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, FNU Shukriya to Shukriya Khan Karimi, FNU Anyan to Anyan Karimi, and FNU Mehran to Mehran Karimi. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 14, 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 22, 29, February 5, and 12, 2016
KARIMI 160114 02-12-16

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00188970
WHEREAS, Michelle Christine Piowarsy has filed a petition with this court for a decree changing the name(s) of Michelle Christine Piowarsy to Michelle Christine Scott. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 29, 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 13, 2016
Raymond M. Cadei, Judge of the Superior Court
Publish: January 22, 29, February 5, and 12, 2016
SCOTT 160107 02-12-16

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 Faqir. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 1, 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 14, 2016
Raymond M. Cadei, Judge of the Superior Court
Publish: January 22, 29, February 5, and 12, 2016
SHABANA 160114 02-12-16

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00188988
WHEREAS, Amir Hamed has filed a petition with this court for a decree changing the name(s) of Amir Hamed to Hamed Amir. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 30, 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 13, 2016
Raymond M. Cadei, Judge of the Superior Court
Publish: January 22, 29, February 5, and 12, 2016
AMIRI 160113 02-12-16

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. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 28, 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 13, 2016
Raymond M. Cadei, Judge of the Superior Court
Publish: January 22, 29, February 5, and 12, 2016
HO 160113 02-12-16

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 Mariene Lopez, aka Judith Mariene Canez in the Superior Court of California, County of Sacramento, requesting that Michael Brumbaugh, a private fiduciary be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of 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
Publish: January 8, 15, and 22, 2016
CANEZ 160104 1/22/16

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 CRUZ and RONALD KEVIN HAND, AMENDED ORDER AFTER OCTOBER 29, 2015 HEARING ON ORDER TO SHOW CAUSE AND JUDGMENT AND NOTICE OF CONTINUED HEARING ON ORDER TO SHOW CAUSE
The Court's Order to Show Cause came on for hearing on October 29, 2015. Arlene Qualintip Cruz (hereinafter "Ms. Cruz"), appeared by and through her counsel of record, Mark A. Goodman, Esq. of the law firm of Kalicki Collir, LLP. Petitioner, Ronald Kevin Hand did not appear. After considering the pleadings on file and the arguments of counsel, for good cause shown, IT IS HEREBY ORDERED that the hearing on the Order to Show Cause previously scheduled for January 12, 2016 @ 1:30 p.m. is continued to March 8, 2016 @ 11:00 a.m. The hearing will be held at the Tenth Judicial District Court, 73 North Main Street, Suite B, Fallon, Nevada, Department I. Petitioner, Ronald Kevin Hand is ordered to appear and show cause, if any he has, why he should not be held in contempt of Court

and fined accordingly. Ms. Cruz also asked for jail time. IT IS FURTHER ORDERED that Ms. Cruz must attempt to personally serve Mr. Hand with this Order at his last known address. If Ms. Cruz is not able to personally serve Mr. Hand after performing due diligence, Ms. Cruz may serve this Order by publication in accordance with 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. IT IS FURTHER ORDERED that due to petitioner, Ronald Kevin Hand's failure to appear or otherwise plead in this matter, Ms. Cruz is awarded attorney's fees in the amount of \$7,241.50 and costs in the amount of \$202.97, for a total of \$7,444.47. IT IS FURTHER ORDERED that petitioner, Ronald Kevin Hand, is hereby ordered to pay \$62,444.47 to Ms. Cruz within 30 days of entry of this Order and Judgment. This figure represents the sum of Mr. Hand's obligation under the Divorce Decree (\$55,000.00) and the current award of attorney fees (\$7,444.47). DATED this 11th day of January, 2016 Submitted by: KALICKI COLLIER, LLP Mark A. Goodman, Esq. Nevada Bar No. 10357 401 Ryland Street, Suite 200 Reno, Nevada 89502 Telephone: (775) 852-2600 Facsimile: (775) 852-2642 Email: mag@kalickicollir.com Attorneys for Petitioner, Arlene Qualintip Cruz Filed Date: January 11, 2016 Sue Sevon Court Clerk: Tiffany Josephs Deputy



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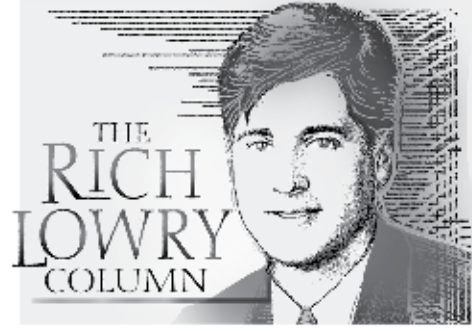
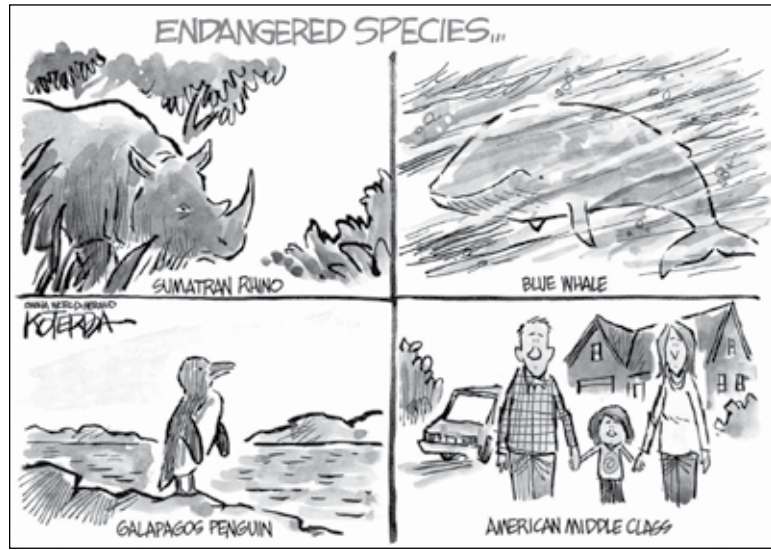
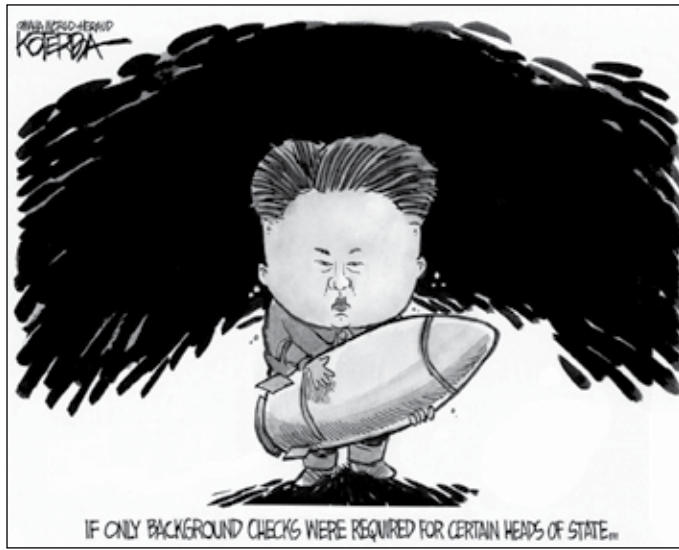
Sacramento County DA Reports

Recent cases of interest

CASE: Marco Barrera
PROSECUTOR: Deputy District Attorney Laura Froome, Domestic Violence Unit
The Honorable Steve White sentenced 37-year-old Marco Barrera to 16 years, 8 months in prison. On December 4, 2015, a jury convicted Barrera of attempted murder and felony domestic violence. The jury also found true great bodily injury and use of knife allegations on both charges. Barrera was also convicted of assault with a deadly weapon causing great bodily injury and carjacking.
On June 8, 2015, Barrera tried to reconcile with his estranged partner. When she declined, he pulled a knife from a lanyard around his neck and stabbed her multiple times in the chest, stomach, back, hip, wrist and side. After leaving the scene, he returned hours later and encountered his sister sitting in her car in front of the house. He got into the passenger side and ordered her to drive. When she refused, he threatened to hit her. Frightened, she got out of the car and Barrera drove off with the car. He was apprehended the next morning.

PROSECUTOR: Deputy District Attorney Laura West, Juvenile Division
Three teens who faced charges in Juvenile Court for violent events that occurred on October 26, 2015, at Florin High School were held responsible and sentenced. A portion of the events were captured by students on cellphone video and posted on YouTube, making national news.
In court this week, one teen admitted to a felony charge of assaulting the school principal during the event, and a misdemeanor charge of resisting and delaying a law enforcement officer in the performance of his duties. Another teen admitted to a felony assault charge causing great bodily injury to a school staff member. A third teen admitted to conduct amounting to committing a misdemeanor assault against a school staff member, and making criminal threats against a law enforcement officer.
All of the teens were made wards of the Juvenile Court and are currently serving time at the Youth Detention Facility, which will be followed by time on electronic monitoring. They were also ordered to complete juvenile work project, and participate in counseling programs.
A hearing will be held in the future to determine the amount of victim restitution, which should be ordered related to the staff member who suffered great bodily injury as a result of the assault.

CASE: George Demetri Pappadopoulos
PROSECUTOR: Deputy District Attorney Kelly Jobe, Special Investigations Unit
The Honorable Ben Davidian sentenced 42-year-old George Demetri Pappadopoulos to 20 years, 4 months in prison and ordered him to pay restitution. On December 9, 2015, Pappadopoulos pled no contest to 11 felony counts of passing worthless checks. He also admitted to the allegation he took property exceeding \$65,000 in the commission of the offenses, and that he has a prior strike conviction.
In 2013 and 2014, Pappadopoulos engaged in a lengthy and bold fraudulent check scheme primarily targeting small businesses in Sacramento. The fraud resulted in a total theft of \$195,345 from 38 victims, some of whom were victimized more than once.
Pappadopoulos has a prior 1993 strike conviction of battery causing serious bodily injury. ★



Ted Cruz Is Nixon, Not Goldwater

The lazy conventional wisdom is that Ted Cruz is the new Barry Goldwater, doomed to suffer an electoral landslide defeat should he win the Republican nomination.

Not only is this wrong about Cruz's general-election chances, it may compare Cruz to the wrong 20th-century Republican forebear. The better analogue for Cruz might be Richard Nixon, not in the crudely pejorative sense, but as another surpassingly shrewd and ambitious politician who lacked a personal touch but found a way to win nonetheless.

First, all the caveats. Obviously and most importantly, Cruz is not a paranoiac. He's more ideological than Nixon. And he has none of Nixon's insecurity, in fact the opposite. Nixon went to tiny Whittier College and

resented the Northeastern elite; Cruz went to Princeton and Harvard, and could be a member of the Northeastern elite in good standing if he wanted to be.

But Cruz is cut from roughly similar cloth. He wears his ambition on his sleeve and isn't highly charismatic or relatable. If Cruz wins the nomination, it'll be on the strength of intelligence and willpower. He'll have outworked, outsmarted and outmaneuvered everyone else.

Certainly, Cruz isn't ascending on the basis of warm feelings from his colleagues. Cruz portrays his unpopularity within the Senate as establishment distaste for him as a lonely man of principle. But it's a genuine personal dislike.

Not that Cruz cares. In fact, a key to what he has been able to achieve is his apparent immunity to the reflexive desire to be liked by people around you, a weakness to which almost all of us fall prey. Cruz is free of the peer pressure that typically makes all senators, at some level, team players.

Cruz is a Reagan Republican, although with considerable flexibility. When Rand Paul seemed to be on the ascendancy a couple of years ago, Cruz was a Reagan Republican with Paulite accents. When Donald Trump began to dominate, Cruz became a Reagan Republican with Trumpian tendencies.

Cruz penned an op-ed with Paul

Ryan last April that was a ringingly stalwart argument for trade-promotion authority. Two months later, when a brush fire erupted on the right over "Obamatrade," Cruz abruptly reversed course and came out against trade-promotion authority -- he cited procedural reasons -- and then opposed the underlying trade agreement as well.

Is all the effort on Cruz's part only in the cause of a 1964-style ideological blowout? No. The country's too evenly divided for another Goldwater-style landslide loss, and Hillary Clinton is a deeply flawed candidate.

But Cruz has major vulnerabilities. He's more ideologically defined than George W. Bush in 2000 or Barack Obama in 2008, and his current theory of the general election -- that he need turn out only conservatives -- is a comforting fable.

Marco Rubio and Chris Christie are both, in their own ways, more winsome, and it's easier to see how each of them could pick off Obama states. But Cruz has always understood that you have to win the primary to win the general. Whoever is going to beat him better know what he's doing -- because Cruz certainly does.

Rich Lowry is editor of the National Review.

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Toy Poodle Barks Almost Nonstop

DEAR PAW'S CORNER: My 6-month-old toy poodle, "Jenks," is incredibly cute, but he has a sharp, loud bark for such a little guy -- and he barks almost non-stop when we're home. I know anxiety is an issue with many small breeds, and I'm wondering how I can best address this?

-- John, via email

DEAR JOHN: It's worth looking into. Contact Jenks' veterinarian to discuss the issue, as I'm sure you'll get a number of different suggestions ranging from behavior training to anti-anxiety medication.

Jenks is still pretty young. How much time does he spend alone at home? If you have to be out for eight hours or more, you may want to have someone -- a friend or a pet sitter -- come in to check on him,

take him out to pee and play a little bit.

You also should establish a routine that he can count on, one that includes plenty of time spent with him either playing or training. Both of these are times when he's getting your full attention and positive reinforcement, as well as a way to work off some of that puppy energy that's also behind the barking.

As your puppy matures into an adult, he may mellow out somewhat. But in the meantime, it's up to you to provide structure and training to reinforce the behavior you want in Jenks. If these efforts don't seem to improve the constant barking, talk with your vet about addressing his anxiety with medication.

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

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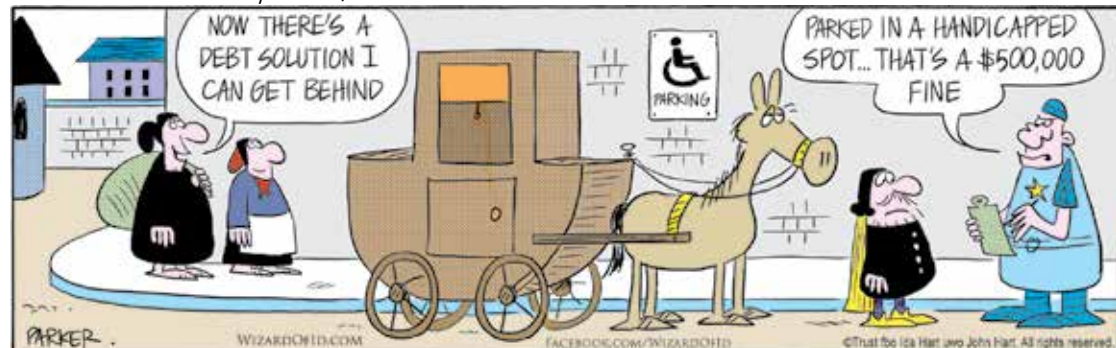
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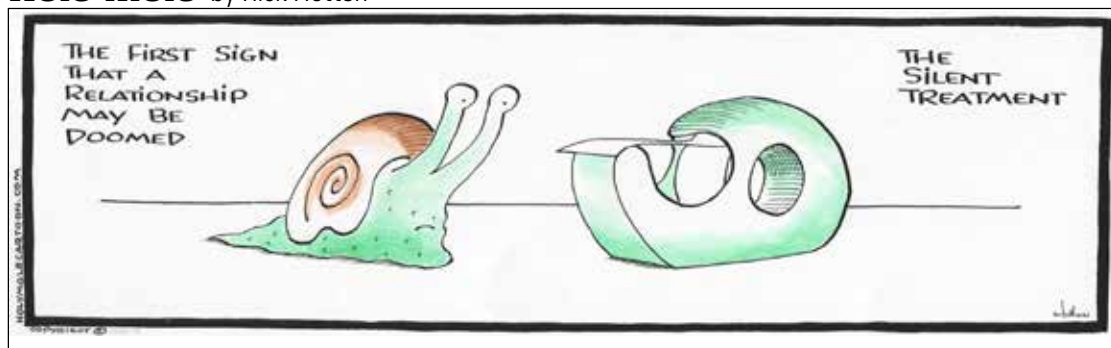
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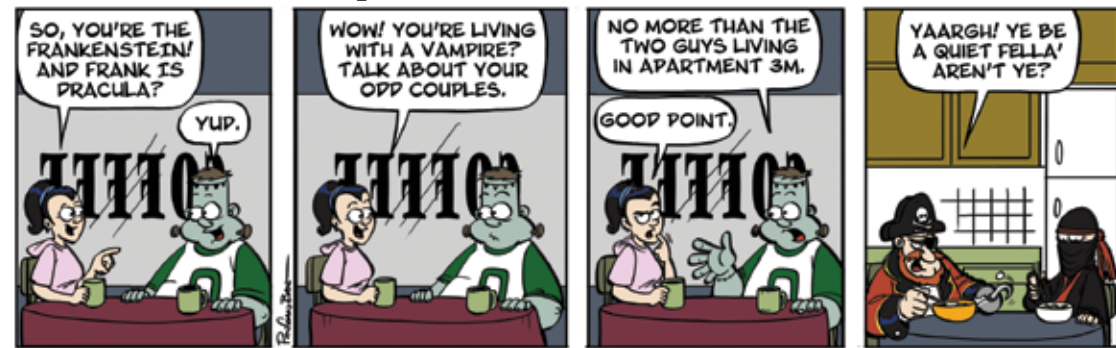
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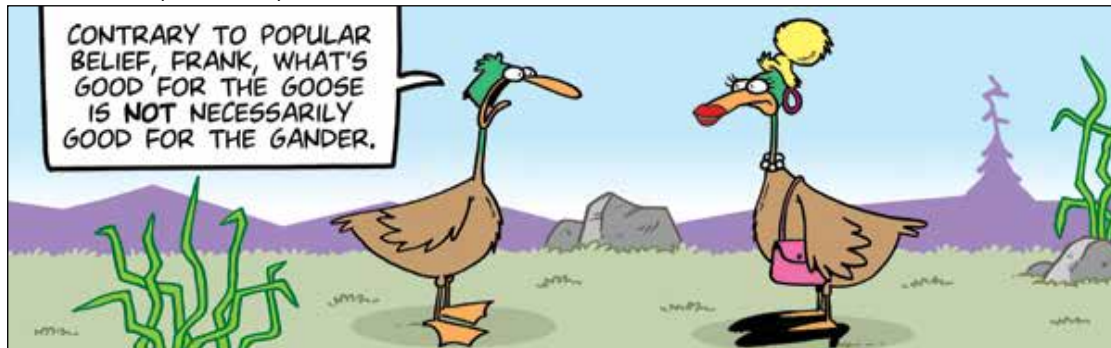
Cranky Girl by Crystal Jones



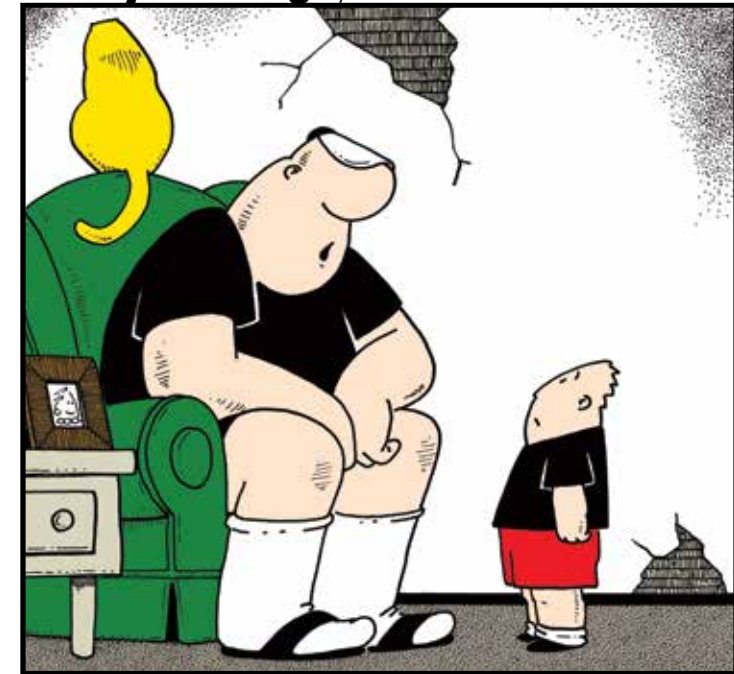
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6. "The ___ bone's connected to the back bone"
9. Show appreciation
13. Set to zero
14. Down Under bird
15. James Blunt's "___ Beautiful"
16. Actor Owen
17. Credit card rate
18. Bone-chilling
19. To begin with
21. *NFL Commissioner
23. Doh, re, mi, fa, ___, la, ti, doh
24. Beacon light
25. Actors' group
28. First name in jeans
30. Russian grandmaster
35. Heidi's shoe
37. Bulgarian money
39. Actress Watts
40. Indian music
41. 100 centimes
43. *Teams have an offensive and defensive one for the game
44. Frenchman's love
46. Charlie "Bird" Parker's sax
47. Pop group "N ___"
48. *Like Super Bowl 50
50. Virginia Institute of Marine Science
52. Epitome of easiness
53. Margarita fruit
55. Throw one under it?
57. *Expensive big game purchase
61. *Three-time Super Bowl MVP
65. Some are bright
66. Chain letters
68. Defier
69. Mr. Ed's remark
70. Young newt
71. Do like phoenix
72. Sunbathes
73. High or low card
74. "The Second Coming" poet

DOWN

1. Black and white "killer"
2. Fox coat, e.g.
3. "Clueless" catch phrase
4. *Played this year at ___ Stadium
5. End of "cholesterol"
6. Asia's "___ of the Moment"
7. Rascal
8. Rid of impurities
9. Like most U.S. campuses
10. A siren's song, e.g.
11. Seed cover
12. Banana skin
15. Beefeater
20. Elf perch
22. Acorn producer
24. Mollusks with two shells hinged together
25. Scrawny one
26. Remember this battle
27. "Taras Bulba" author
29. Wang or Bradley

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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

END OF THE BENCH BY GERRY SCHOU

Thank You for the Lovely Parting Gifts

Restlessness set in quickly after getting up for the overnight trip to the bathroom the other night and a corner of the couch called out with an offering of some comfort and understanding.

The brain was simply too busy to get right back to sleep. Some recent events and those of the previous day stirred up a jumble of thoughts that were rattling around upstairs, refusing to sort themselves out --- events so wide-ranging and contrasting in nature that only time would eventually purge them from the mind, though not completely.

The welcomed rain was coming down. As it grew ever heavier, some thoughts came to the fore about the previous morning and the trio of homeless wanderers seen huddled together in the cold and damp just a few short steps from a local Starbucks. Where are they this morning? The sight should've made any relatively comfortable man feel uncomfortable. Did someone buy them coffee?

Thinking of them led to thoughts of our trip back home from an overnight getaway. While stopped for gas and waiting for the tank to fill, there on the edge of the lot sitting on the curb with a young child was a middle-aged woman holding a sign that read, "Lost job. Have three kids. Need help."

One woman was there gifting a couple of extra dollars to the cause, then returned to her car on the edge of tears. A man made a point of pulling over after filling up to get out and donate a little more hope.

Sadly, sometimes, in like situations the jaded ones among us might be suspicious or skeptical and turn away while thinking that there are far too many freeloaders in the world who are just too lazy to work and are just looking for a handout. Do the calloused ones really see or think before they judge? Do they speak using profiling generalizations out of ignorance?

How quickly the transformation can take place --- from shaking hands while praying for peace and sharing the spirit of love, to a thoughtless, selfish rest of the week; from standing with praise and thankfulness for all that we have, to shunning those

desperate souls with little or nothing who feel weak. How can the apparently less fortunate among us be so routinely despised when their full stories have not been told? How did they get here? What happened in their lives that it came to this? A flashback to a personal time when the good life seemed to be on the verge of collapse kept sleep at bay.

To try to break that train of thought the DVR recording of the end of the Warriors-Lakers game was the choice. And there was Kobe Bryant in his final appearance at Oracle Arena in Oakland while on his "farewell tour" around the NBA. Since he announced he would retire at season's end after twenty remarkable years in the league, ticket-price increases have not kept fans from packing arenas wherever Kobe has played.

As much as Warriors fans dreaded the effects of Kobe's talents on display at Oracle that helped lead him to five championship rings with the Lakers, they willingly showed appreciation for his exploits on the court with grand measures of acknowledgment and respect. But as that played out, why was there an instant, uncontrollable cringe when hearing about the elaborate gifts he received from the Warriors?

That probably had something to do with Kobe's estimated net worth of around \$360 million. He surely could afford to go on a five-day vacation to Napa and dine at its finest restaurants and buy his own wine with his own cash. To his credit, in early December, Bryant did say that he didn't want teams to have ceremonies and gifts awaiting his arrivals, but the teams couldn't resist. And not to rip Kobe, in particular (though we never much cared for the guy; nor do they like him in Colorado for his escapades there), but it seems so excessive when lavish gifts are bestowed on the great professional millionaire athletes during their exit tours.

Did Derek Jeter, through his retirement parade from MLB last year, need pinstripe cowboy boots he will never wear, a custom guitar, cuff links (?), a kayak, a paddleboard, golf clubs, a \$34,000 watch, a 10-day trip to Italy, Waterford crystal, a massage machine and a bronze bat, among

other things when his net worth is around \$185 million? He could get those things for himself. Though, fortunately, nearly \$400,000 (the approximate value of five days work on his final contract) was donated by teams to Jeter's Turn 2 Foundation, the rest of that money could also have been better spent. How about using it to fix up a park, a school, food kitchen, housing or shelter and mounting a plaque on the wall in recognition of the star in whose name the donation was made, or something else of a constructive, helpful nature? These gifts are largely symbolic anyway, why not have them stand for something more significant? (A nod to the World Champion Kansas City Royals who have made it a common practice to only make donations to the players' charities).

These types of things (and just wait for the upcoming Super Bowl extravaganza) are becoming wasteful habits in sports and other areas as well, while great imbalances in our society still exist. Chances are that 99 percent of the fans on hand at Oracle to celebrate Kobe's greatness and contributions to the popularity of the sport have plenty of disposable income --- NBA tickets don't come cheap. Most of them likely have plenty in our Land of Plenty, yet bristle at the notion of having to give up any of what they have for the sake of the well-being of others in need (such as tax dollars for the benefit of the Affordable Care Act (those words sound pretty good) that has aided millions in attaining health benefits).

The Haves don't like being told what to do with their excess, but are quick to tell the Have-Nots why they don't deserve to share in it. Certainly there are abusers in our social system, but they come at every level, white collar, blue collar or no collar. And, lest we forget, didn't mothers everywhere teach us growing up that it is nice, kind, generous, polite, etc., to share. A happy, healthy society would benefit everyone.

When you are done doing whatever you do, decide if you really need that gold watch or golden parachute, or could you trade it in for a little compassion. Act as though you Care, if you can Afford it. ★

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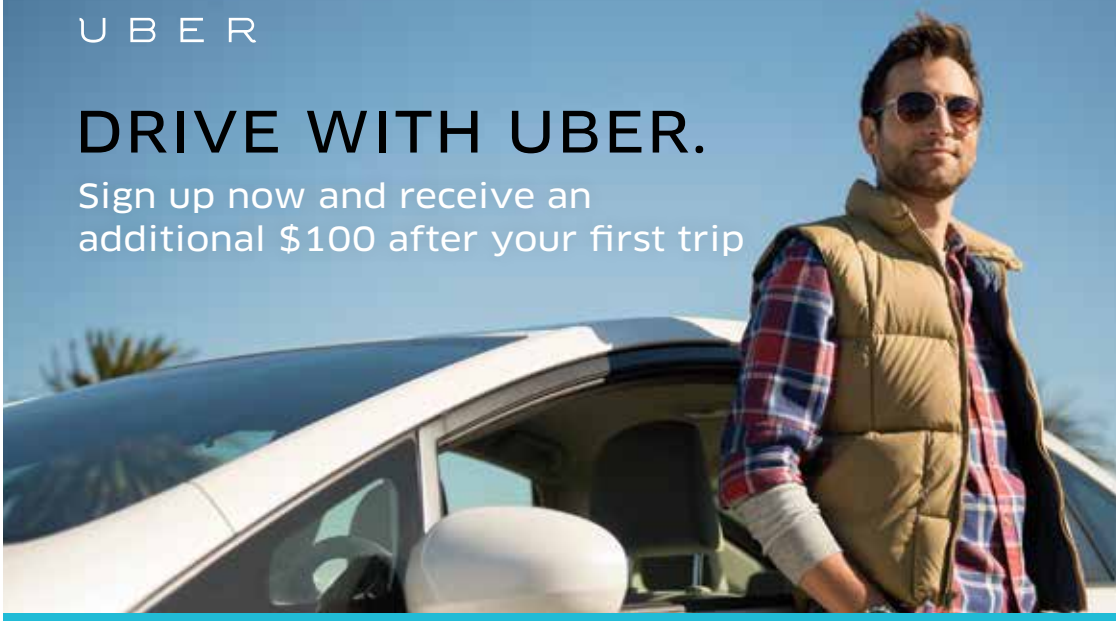
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Television Listings for the week of January 22-January 27

FRIDAY EVENING

JANUARY 22, 2016

Table of TV listings for Friday, January 22, 2016. Columns include time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, ION, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, ESPN, ESPN2, FOOD, FREEFORM, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBO, MAX, SHOW).

SATURDAY EVENING

JANUARY 23, 2016

Table of TV listings for Saturday, January 23, 2016. Columns include time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, ION, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, ESPN, ESPN2, FOOD, FREEFORM, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBO, MAX, SHOW).

SUNDAY EVENING

JANUARY 24, 2016

Table of TV listings for Sunday, January 24, 2016. Columns include time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, ION, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, ESPN, ESPN2, FOOD, FREEFORM, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBO, MAX, SHOW).

MONDAY EVENING

JANUARY 25, 2016

Table of TV listings for Monday, January 25, 2016. Columns include time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, ION, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, ESPN, ESPN2, FOOD, FREEFORM, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBO, MAX, SHOW).

TUESDAY EVENING

JANUARY 26, 2016

Table of TV listings for Tuesday, January 26, 2016. Columns include time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, ION, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, ESPN, ESPN2, FOOD, FREEFORM, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBO, MAX, SHOW).

WEDNESDAY EVENING

JANUARY 27, 2016

Table of TV listings for Wednesday, January 27, 2016. Columns include time slots (8:00-12:30) and channels (ABC, CBS, NBC, FOX, ION, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, ESPN, ESPN2, FOOD, FREEFORM, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBO, MAX, SHOW).

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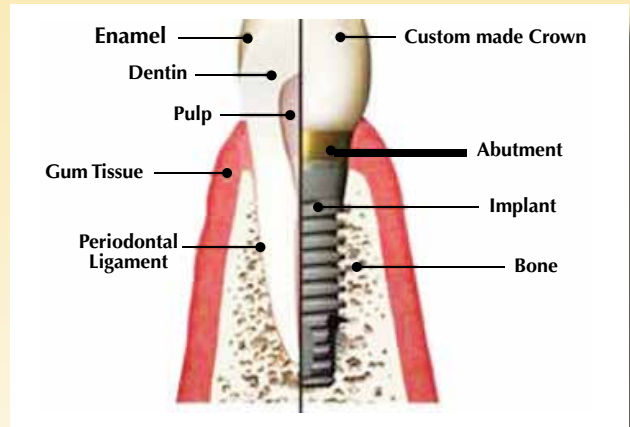
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