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Snowpack's Water Content Greater than One Year Ago

But It's Still Too Soon to Know Whether Drought Will Be Broken
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Carmichael Times

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January 8, 2016



HARLEM GLOBETROTTERS DRIBBLE INTO SACRAMENTO

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THE YEAR OF HYSTERIA



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END OF THE BENCH

BY GERRY SCHOU

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Critters Galore in Fine Arts Show



Placer County animal portraitist Marianne Harris brings her mixed breed Dakota Sage to the Sacramento Fine Arts Center. The dog's puppy portrait (background) is among exhibits in the center's January "Animal House" exhibit.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - A dog is man's best friend, but sometimes he is an artist's best model.

Dogs large and small—together with giraffes, birds, and felines—are the stars of the Sacramento Fine Arts Center's most popular annual exhibition. The "Animal House" show runs at the center from Jan. 5th to the 30th.

Animal art has been around

since cavemen first finger-painted on walls. Beasts inspired hieroglyphic devotion in Egypt. Leonardo sketched dogs as eagerly as he dissected them. Picasso, Warhol, and Hockney dashed off dachshunds with delight.

So what is it about pets and painters? "It's instinctive for artists to have their friends pose," said SFAC spokesman David Peterson. "It creates a record of important people in their lives.

Pets are part of that. Many artists take their dogs out plein air painting. You reach for them when you need reassurance. They are never critical of technique." Artists agree that animal portraits are no easier than human likenesses. Disinclined to be still, pets are often painted from photos. Peterson prefers live models. "If you love your dog, your emotion allows his likeness to come through," said the watercolorist.

Aficionado attendance makes

the annual animal show among SFAC's most popular events. "It attracts around 300 art entries, from which we select 125 for exhibition," said Peterson. "Senior homes send buses of people to view it; we also have school tours. Animal art has an emotional appeal for all ages. We started doing this show eleven years ago. Since then, galleries as far away as Santa Cruz have copied the idea."

Continued on page 4

Honesty Still the Best "Stay Employed" Policy

Job Demand and Hiring Trends for Local Companies in the 1st Quarter of 2016

SACRAMENTO REGION, CA (MPG) - Special report: you're fired! Dishonest, unreliable jerks need not apply. When Sacramento's top regional employers were asked, "What one thing will get you fired?" companies responded with a wide range of issues that will result in an employee's immediate termination. As discovered by Pacific Staffing in a previous Employment Trends Survey in 1997 honesty remains the number one reason for letting a worker go.

However, the 2016 workplace has introduced more changes and challenges for human resource managers to consider as "just cause" for firing. While 52 percent cited honesty as paramount previously, in this survey conducted between Nov. 18th through Dec. 18th, 2015, half as many—or 27 percent—noted it as a primary concern. Individual conduct, interpersonal relations, gender roles, safety, and criminal issues like

drug abuse and violence now require more workplace attention.

In 2016, issues of individual on-the-job behavior and sexual harassment were noted by 18 percent in this latest poll, with stealing/theft next as noted by 14 percent as a reason for instantly firing a worker.

An employee's inability to perform the work is a new issue as noted by 10 percent while another 2 percent answered that repeated failure to show up as scheduled would also provoke immediate action. Other Sacramento regional employers also say an individual's failure to follow safety rules on the job, bullying, drug abuse, or violence are also immediate causes for potentially getting fired from the job!

Hiring in January, February, and March among Sacramento companies has slowed as 58 percent of regional employers polled say they will hire in the first Quarter, down from

76 percent reported last quarter. Motivation for seeking workers is almost even in Q1 as 37 percent was attributed to replacements in the existing workforce with hiring for growth noted by 38 percent of company contacts. Six percent of expected hiring in the next three months was attributed to seasonal demand.

Skills Demand? Route and delivery drivers are less an issue this quarter, but companies are finding some entry level and qualified applicants difficult to fill in the Sacramento market. Customer service, sales, accounting, engineering, and specialized technical skills are in demand through March. Construction companies also noted severe shortages of building experience, particularly skilled trades in high demand in the upcoming Quarters.

How does this Quarter compare to last Quarter, or last year? Find out for yourself.

For more information, employment blogs and market surveys go to www.pacificstaffing.com.

Sacramento Regional Top Companies Polled By Industry: 42 percent are Service, 34 percent are Manufacturers, 16 percent are Construction and 8 percent are Retail.

Source: Pacific Staffing

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See inside for details

IRS Reminds Taxpayers to Plan Ahead If You Need a Tax Transcript

SACRAMENTO REGION, CA (MPG) - The IRS reminds taxpayers that the quickest way to get a copy of their tax transcript is to order it online using the Get Transcript application on IRS.gov. By planning ahead, they should receive their transcript in the mail within five to 10 days from the time the IRS receives the request online.

The IRS continues to work to bring the viewable/printable functionality of the application back online in the near future with enhanced identity protection security features. In the meantime, taxpayers can still request a mailed transcript by going online to Get Transcript.

Though taxpayers should always keep a copy of their tax return for their records, some may need the information from filed tax returns for many reasons. This includes college financial aid applicants or taxpayers who have applied for a loan to buy a home or start a business.

If a taxpayer is returning to college this January and applying for financial aid, they should check with their financial aid department at school to see if they will need a copy of their transcript before they start classes. Frequently, students get all the tax return information they need on the FAFSA application via the IRS Data Retrieval Tool.

Similarly, if a taxpayer plans to apply for a loan, they should ask their financial institution if a transcript will be necessary so they can plan ahead and have it at the appropriate time.

The fastest way to get a transcript is through the Get Transcript tool on IRS.gov. Although the IRS temporarily stopped the online viewing and printing of transcripts, Get Transcript still allows taxpayers to order their transcript online and receive it by mail. Taxpayers simply click the "Get a Transcript by Mail" button to order the paper copy of their transcript and have it sent to their address of record. Among the options available:

- To order a transcript online and have it delivered by mail, go to IRS.gov and use the Get Transcript tool.
- To order by phone, call (800) 908-9946 and follow the prompts.
- To request an individual tax return transcript by mail or fax, complete Form 4506T-EZ, Short Form Request for Individual Tax Return Transcript. Businesses and individuals who need a tax account transcript should use Form 4506-T, Request for Transcript of Tax Return.

Remember, ordering a transcript online is the quickest option. For more information, read the IRS How Do I Get My Transcript? Fact Sheet.

Source: IRS

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Free Mattress Drop-Off at Waste Sites

Sacramento County Special Release

SACRAMENTO COUNTY, CA (MPG) - Whether you are down-sizing, or your mattress has reached its end-of-life, often they have been difficult to discard – not any longer! Starting December 30, it is free to drop off mattresses and box spring foundations at the County's Waste Management and Recycling locations: North Area Recovery Station and the Kiefer Landfill.

All mattresses and box spring foundations are free to drop off for recycling. Having mattresses and box springs recycled is much better for the environment and is one less unwieldy item to go into the landfill.

Mattresses that are being hauled from outside of California are not eligible for this no-cost recycling program and will be subject to the landfill's bulky waste disposal fee.

"Now there is a much more environmentally friendly way to get rid of these old items through the new California mattress recycling program. Our State is second in the nation to begin a statewide mattress recycling program and Sacramento County is proud to have played a significant role," said Doug Kobold, County Department



Mattresses that are being hauled from outside of California are not eligible for this no-cost recycling program and will be subject to the landfill's bulky waste disposal fee.

of Waste Management & Recycling Program Manager and Co-Chair of the California Mattress Recycling Organization Advisory Committee.

Don't have a vehicle that can transport a bulky item like a mattress? That's okay – make a Bulky Waste Collection Appointment. It's free for Sacramento County Waste Management and Recycling customers to have a bulky item pickup of five cubic yards once a year. Each additional pickup is

\$25. To request a bulky waste pickup, call 916-875-5555.

Free mattress drop-off is another step to help to reduce illegal dumping. Throughout the year, the County hauls away junk and rubbish that has been illegally dumped, but you can help reduce it further by reporting illegal dumping activities – call 3-1-1 / 916-875-4311; go online to 311 Connect; or use the Sac County 311 mobile phone app.

Source: Sacramento County

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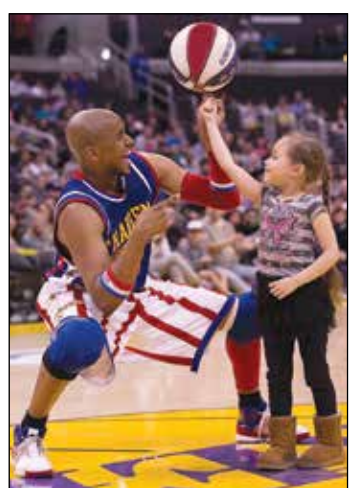
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Harlem Globetrotters Celebrate 90 Years

The 2016 World Tour Visits Sacramento and Encompasses the Great Assist Program to Help Local Communities

SACRAMENTO REGION, CA (MPG) - Celebrating 90 years of providing smiles, sportsmanship, and service to millions of people worldwide, the world famous Harlem Globetrotters will bring their unrivaled family show to Sleep Train Arena in Sacramento on Sunday, January 17th, at 2 p.m. and on Martin Luther King Day, Monday, January 18th, at 2 p.m., and to Enochs High School in Modesto on Tuesday, January 19th, 2016, at 7 p.m., as part of their 90th Anniversary World Tour.

Known worldwide as the Ambassadors of Goodwill, the Globetrotters also announced today that they are giving back even more during their 90th year with The Great Assist program. Stars of the team will leave a mark in communities across North America with acts of goodwill during the tour that is set to play over 330 games in 260 cities.



Stars of the team will leave a mark in communities across North America with acts of goodwill during the tour that is set to play over 330 games in 260 cities. Photo courtesy of Harlem Globetrotters

Fans are encouraged to visit www.GreatAssist.com to nominate a worthwhile cause or a deserving family in need of a smile, and the Globetrotters will help as many fans as possible throughout the tour. In addition to fan requests, the team is planning to bring their bullying

prevention program to over 400 schools and community centers, talk to youth about character education and physical fitness, visit children's hospitals and lend a hand to those in need.

On the court, the Globetrotters' 90-year celebration will feature some of the greatest athletes and entertainers on the planet. With a star-studded roster featuring Big Easy Lofton, Ant Atkinson, Hi-Lite Bruton, Thunder Law, Bull Bullard and Cheese Chisholm—plus female stars TNT Maddox and Sweet J Ekworomadu (Rosters will vary in each city and are subject to change)—the Globetrotters' one-of-a-kind show is unrivaled in the world of family entertainment. Every game will showcase incredible ball handling wizardry, rim-rattling dunks, trick shots, hilarious comedy, and unequaled fan interaction. After the game, Globetrotter stars will sign autographs and take photos with fans.

Tickets for the game in Sacramento are now available at www.harlemglobetrotters.com, www.ticketmaster.com, the Sleep Train Arena box office, or by phone at (916) 745-3000. Tickets for the game in Modesto can be purchased at www.ticketweb.com, the Enochs High School main office, or by phone at (866) 468-3399. Information on group and scout tickets can also be found at www.harlemglobetrotters.com.

As part of the launch of The Great Assist, the Globetrotters performed before fans in Times Square in New York City on October 6th and named T.V. personality Robin Roberts as just the 10th Honorary Harlem Globetrotter in history. Roberts joins the likes of Henry Kissinger, Nelson Mandela, and Pope Francis, who were honored at the Vatican this past May. The Honorary Harlem Globetrotter accolade recognizes an individual



The Globetrotters' one-of-a-kind show is unrivaled in the world of family entertainment. Every game will showcase incredible ball handling wizardry, rim-rattling dunks, trick shots, hilarious comedy, and unequaled fan interaction. Photo courtesy of Harlem Globetrotters

of extraordinary character and achievement who has made an everlasting mark on the world. Roberts has provided inspiration for millions, as she has publicly battled life-threatening health issues.

The Harlem Globetrotters are a worldwide icon, synonymous with one-of-a-kind family entertainment and great basketball skills. Throughout their history, the Original Harlem Globetrotters have showcased their iconic talents in 122 countries and territories, on six continents, often breaking down cultural and societal barriers while providing fans with their first-ever basketball experience. Proud inductees of the Naismith Memorial Basketball Hall of

Fame, the Globetrotters have entertained hundreds of millions of fans—among them popes, kings, queens, and president—over nine thrilling decades. Sponsored by World Vision, Greyhound Lines, and Baden Sports, Harlem Globetrotters International, Inc. is a wholly-owned subsidiary of Herschend Enterprises, the largest family-owned themed entertainment company in the U.S.

For the latest news and information about the Harlem Globetrotters, and to purchase tickets and team merchandise, visit the Globetrotters' official website: www.harlemglobetrotters.com.

Source: Harlem Globetrotters PR

29 Years Was Just Yesterday

Commentary by Paul V. Scholl

This January 6th makes it 29 years since my father passed away. It so often seems like it was just yesterday. The images are so certainly impressed in memory that it plays like a favourite movie you've seen a dozen times.

Death changes you, especially when you have the privilege to be there with someone as they make their transition into another world. The roller coaster wheels from peace, to horror, and back to tranquility. The range of emotions can be broader than what you believed you even knew you could experience.

I miss my father every day. I miss his humor, his stories, his competitiveness, and his comfort. The older I get the wiser his words sound. I miss the look of love in his eyes.



Frank Scholl 1919-1987.

My relationship with my father during my teenage years was not a good one, or so I thought. We often argued, as I was the defiant hippie that knew everything and he was the conservative father who was trying to corral the bucking bronco. As I look back now, those years of battle with him to gain my independence were vitally important in making me who I am.

One snowy Christmas morning in Murfreesboro Tennessee, as I sat there alone listening to a Baptist church service on my 1929 Howard radio in my two bedroom duplex on the pond, I decided it was time to go home and fix my relationship with him. I quit my job, packed up the truck and headed home a few days later. It was one of the most defining moments of my life. My relationship with my father went from broken to becoming complete. When he passed away he was my best friend.

You never know how long you have to fix a relationship. You never know when a loved one is going to be called. You only know, after, that the one thing you didn't get to say and the one thing you didn't get to do will haunt you until you see them again in another world.

I was blessed to be holding my father's hands the moment he slipped from humanity to spirit. I was blessed to be looking directly into his eyes and to be offering him a smile, and telling him how much I loved him. In one breath, the world changed.

With the new year upon us, if you are struggling with a relationship with words unspoken, know that life and death will not wait for you. It may be them, or it may be you that is not here tomorrow. Make that last "twinkling of an eye" a loving and sincere one that carries a blessing of the words that were said.

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California Called on to Divest from Companies that Discriminate Against Israel

The California-Israel Commerce Protection Act Will Eliminate Taxpayer Funding Of Companies That Boycott Israel

SACRAMENTO REGION, CA (MPG) - Today, Assemblyman Travis Allen (R-Huntington Beach) introduced AB 1551, The California-Israel Commerce Protection Act, to require the State of California to divest from companies that boycott Israel.

"The United States and Israel have historically stood together as allies due to our unique bond founded on shared values, a bilateral trade relationship, and our unwavering commitment to freedom and democracy," said Assemblyman Travis Allen. "Any company that is intentionally inflicting economic harm upon California's trading partners weakens our ability to conduct business and harms the vital economic interests of our state. Further, boycotts

of countries often derive from ethnic, religious, racial, or nationality discrimination, which directly contradicts the values of California citizens."

In 2014, California exported over \$2.3 billion in goods to Israel, making it the state's 18th largest export destination. Manufactured commodities are the largest export category for California, with over \$1.6 billion, representing nearly 70 percent of all exports to Israel.

AB 1551 will prohibit the State of California from investing in companies that boycott Israel. Specifically, any company "engaging in actions that are politically motivated and are intended to penalize, inflict economic harm on, or otherwise limit commercial relations with

the State of Israel or companies based in the State of Israel or in territories controlled by the State of Israel."

"Israel is recognized around the world as the strongest democratically-elected government in the Middle East, which is one of the many reasons the nation's relationship with the United States is imperative to the security and strength of California," said Assemblyman Travis Allen. "It is unconscionable for our state to do business with companies that play politics and boycott our critical allies. California has developed long-standing social, political, and economic partnerships with the State of Israel that should not be cast aside by politicians."

Source: Office of Assemblyman Travis Allen ★

Critters Galore in Art Show

Continued from page 1

A painting by Loomis artist Marianne Harris is among exhibits in the juried collection. Her mixed-breed puppy Dakota Sage modeled at two-months-old. After nearly 100 dog commissions, the painter is authoritative on the genre's challenges. "Pets are unique individuals," she said. "Defining that uniqueness is your aim. When you get it, it's exciting."

The exhibition also includes

junior entrants. "Family members often buy their work," reported Peterson. "But selling a painting is a kick, whatever your age." Penned by Cameron Ranch Elementary School pupils, animal-theme poetry will be displayed with the art.

The Animal House exhibit includes more related events: on Jan. 8th, an open mike art-fest will showcase local performers; the 2nd Saturday reception (Jan. 9th) will feature piano player

Larry Lowe; a Jan. 23rd poetry and jazz presentation turns a spotlight on Sacramento Poetry Center readers and the Brubeck Institute Jazz Quartet. Tickets for this event are \$25.

The SFAC gallery is at 5330 B Gibbons Drive. To learn more about this event, visit www.SacFineArts.org.

Learn about animal portraits by Marianne Harris at www.mebart.com. ★

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—Larry Chavez

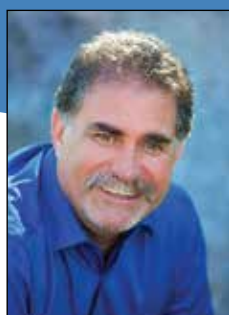
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Snowpack's Water Content Greater than One Year Ago

But It's Still Too Soon to Know Whether Drought Will Be Broken

SACRAMENTO REGION, CA (MPG) - The Department of Water Resources (DWR) conducted the winter's first media-oriented manual snow survey today, and despite the higher-than-average water content for the statewide snowpack, officials said snowfall during the remainder of the winter will largely determine whether California's drought will be entrenched for a fifth year.

DWR Director Mark Cowin said the heavy snowfall so far during Water Year 2016 "has been a reasonable start, but another three or four months of surveys will indicate whether the snowpack's runoff will be sufficient to replenish California's reservoirs by this summer." Each water year begins on Oct. 1st and ends on the following Sept. 30th.

DWR conducts five media-oriented snow surveys in the Sierra Nevada each winter—near the first of January, February, March, April and May—at the Phillips Station plot (elevation 6,800 feet) just off Highway 50 near Sierra-at-Tahoe Road 90 miles east of Sacramento.

Frank Gehrke, chief of the California Cooperative Snow Surveys Program, said more than four years of drought have left a water deficit around the state that may be difficult to overcome in just one winter season.

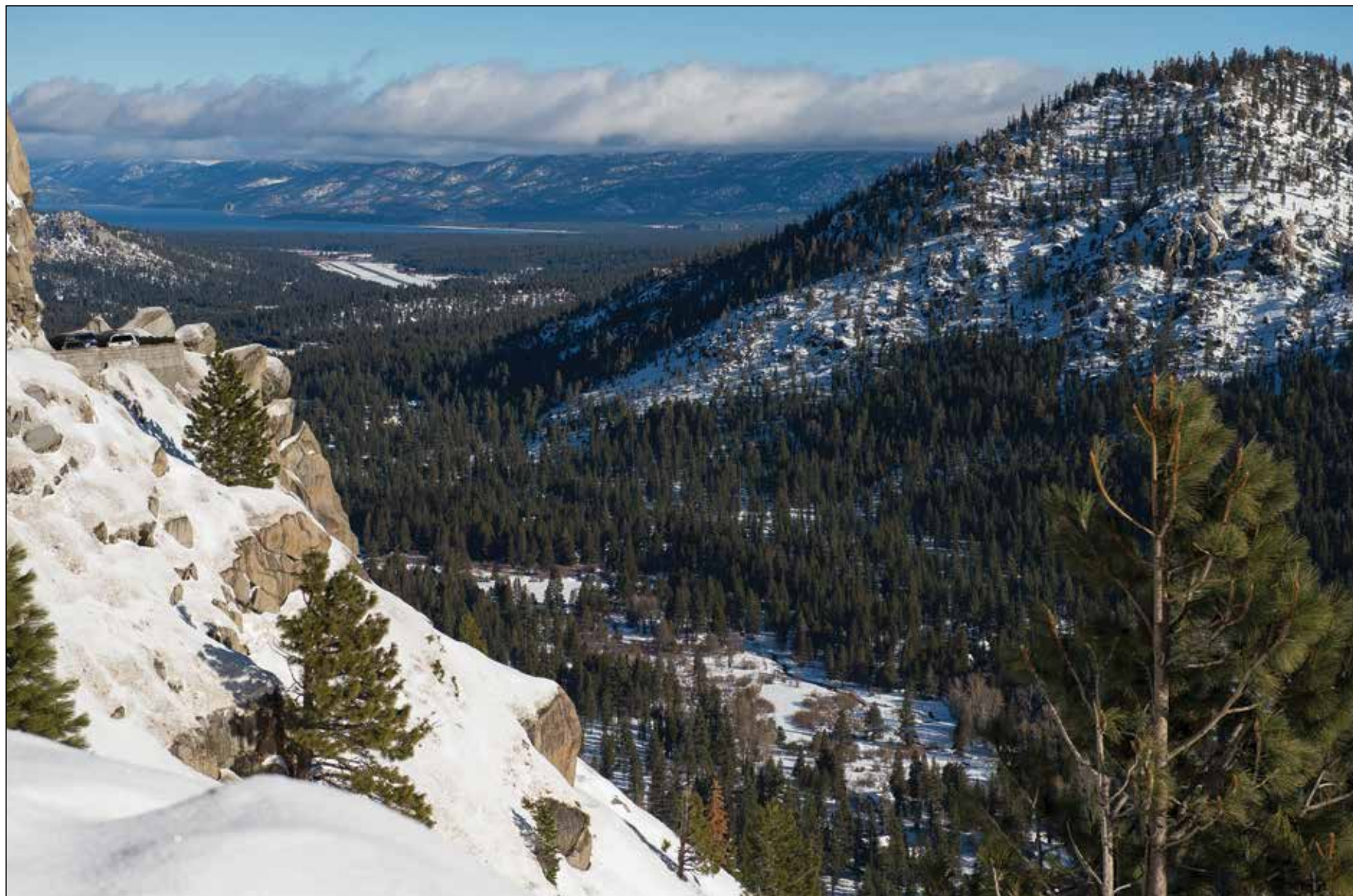
"Clearly, this is much better than it was last year at this time, but we haven't had the full effect of the El Niño yet," Gehrke said. "If we believe the forecasts, then El Niño is supposed to kick in as we move through the rest of the winter. That will be critical when it comes to looking at reservoir storage."

The state's largest six reservoirs currently hold between 22 percent (New Melones) and 53 percent (Don Pedro) of their historical averages in late December. Storage in Lake Shasta, California's largest surface reservoir, is 51 percent of its Dec. 30th average.

Today's manual survey found a snow depth of 54.7 inches—16 inches more than the average depth measured there since 1965—and 16.3 inches of water content, 136 percent of the Jan. 1st average for that site.

More telling than a survey at a single location, however, are DWR's electronic readings today from 99 stations scattered throughout the Sierra Nevada. Measurements indicate the water content of the northern Sierra snowpack is 11 inches, 108 percent of the multi-decade average for the date. The central and southern Sierra readings were 12.1 inches (116 percent of average) and 7 inches (86 percent) respectively. Statewide, the snowpack held 10.2 inches of water equivalent, or 105 percent of the Dec. 30th average.

One year ago, the north, central, south, and statewide readings respectively were 5.8 inches (57 percent of average), 4.7 inches (45 percent), 4.0



In normal years, the snowpack supplies about 30 percent of California's water needs as it melts in the spring and early summer. Photo courtesy California Department of Water Resources

inches (48 percent), and 4.8 inches (50 percent).

In normal years, the snowpack supplies about 30 percent of California's water needs as it melts in the spring and early summer. The greater the snowpack water content, the greater the likelihood California's reservoirs will receive ample runoff as the snowpack melts to meet the state's water demand in the summer and fall.

Despite snowpack readings that are higher than last year, the major water reservoirs are storing far less water this year than their late-December historical averages. Lake Oroville in Butte County, the State Water Project's (SWP) principal reservoir, now holds 1 million acre feet (MAF), 29 percent of its 3.5 million acre-foot capacity and 47 percent of its historical average on Dec. 30th. One year ago today, Oroville's numbers were 1.3 MAF, which was 62 percent of its Dec. 30th average.

Lake Shasta north of Redding and the federal Central Valley Project's (CVP) largest reservoir now holds 1.4 MAF, 31 percent of its 4.55 million acre-foot capacity and 51 percent of its historical average. One year ago today, Shasta

held 1.9 MAF, which was 41 percent of its total capacity and 66 percent of the Dec. 30th average.

San Luis Reservoir, a critical south-of-Delta pool for both the SWP and CVP, reflects the same trend of lower reservoir storage this year. San Luis currently holds 20 percent of its 2 million AF capacity, 30 percent of normal for the date.

Governor Edmund G. Brown Jr. declared a drought State of Emergency on Jan. 17th, 2014 and directed state officials to take all necessary actions to prepare for water shortages. On April 1st, 2015, when the statewide snowpack's water content was historically low at 5 percent of that date's average, Governor Brown mandated a 25-percent reduction in water use across the state. Californians have largely complied with the mandate; from June through October, water consumption was down 27.1 percent statewide compared to the same period in 2013, according to the State Water Resources Control Board.

Conservation—the wise, sparing use of water—remains California's most reliable drought management tool. Each individual act of conservation, such as



DWR conducts five media-oriented snow surveys in the Sierra Nevada each winter. Photo courtesy California Department of Water Resources

letting the lawn go brown or replacing a washer in a faucet to stop a leak, makes a difference over time.

Californians can learn easy ways to save water every day by visiting SaveOurWater.com. California's efforts

to deal with the effects of the drought can be found at drought.ca.gov.

Source: California Department of Water Resources

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Crossword Puzzle on Page 12

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S	P	E	N	D		K	O	L	A		N	E	S	T						
M	E	T	E	O		R	U	N	I	T		S	E	E						
							C	U	S	S		V	I	A						
							V	I	V	I	E	N		H	E	P	B	U	R	N
B	E	T	E	L		U	S	A		P	U	R	E	E						
A	R	E	T	E		F	U	R		E	S	S	E	X						
G	Y	M	S			F	E	E		D	E	A	L	T						

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Sudoku Puzzle on Page 12

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

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ARIES (March 21 to April 19) A hectic period begins to wind down. Take time to draw some deep breaths and relax before getting into your next project. A long-absent family member makes contact.

TAURUS (April 20 to May 20) You're eager to move forward with a new challenge that suddenly dropped in your lap. But you'd be wise to take this one step at a time to allow new developments to come through.

GEMINI (May 21 to June 20) You're almost ready to make a commitment. A lingering doubt or two, however, should be resolved before you move ahead. An associate could provide important answers.

CANCER (June 21 to July 22) Caution is still the watchword as you move closer toward a decision about a new situation. If you act too fast, you might miss some vital warning signs. Go slowly and stay alert.

LEO (July 23 to August 22) Your new goal looks promising, and your golden touch does much to enhance its prospects for success. In your private life, Cupid does his best to make your new relationship special.

VIRGO (August 23 to September 22) That impatient side of yours is looking to goad you into moving before you're ready to take that big step. Stay calm and cool. Let things fall into place before you act.

LIBRA (September 23 to October 22) A legal matter you hoped could finally be settled could be a pesky problem for a while, until all the parties agree to stop disagreeing with each other. Be patient.

SCORPIO (October 23 to November 21) Partnerships -- personal or professional -- which began before the new year take on new importance. They also reveal some previously hidden risks. So be warned.

SAGITTARIUS (November 22 to December 21) Your associates are firmly on your side, and that persistent problem that has caused you to delay some activities should soon be resolved to your satisfaction.

CAPRICORN (December 22 to January 19) Favorable changes continue to dominate, and you should be responding positively as they emerge. Someone wants to become more involved in what you're doing.

AQUARIUS (January 20 to February 18) A friend wants to share a secret that could answer some questions you've wondered about for a long time. Meanwhile, travel aspects continue to be strong.

PISCES (February 19 to March 20) Stay on your new course despite so-called well-meaning efforts to discourage you. Rely on your deep sense of self-awareness to guide you to do what's right for you.

YOU BORN THIS WEEK: You have the capacity to meet challenges that others might find overwhelming, and turn them into successful ventures.

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Those who study such things say that when Jell-O is hooked up to an EEG machine, the movements registered are almost identical to those produced by the human brain.

There were no domestic cats in North America until they arrived with voyagers from Europe.

Historians claim that notorious pirate Blackbeard made himself fearsome to enemies by tying lighted fuses into his beard.

1. Mail carrier
2. Meter reader
3. Farmer
4. Newspaper reporter
5. Logger
6. Jeweler
7. Flight attendant
8. Drill-press operator
9. Insurance underwriter
10. Seamstress/Tailor

Source: CareerCast

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PICKS OF THE WEEK



Caleb Castille in "Woodlawn"
Alan Markfield/Pure Flix

"Straight Outta Compton" (R) - This biopic tells the verse-laden story of three rappers from L.A. whose voices would be instrumental in redefining hip-hop. Ice Cube, Dr. Dre and Eazy E (O'Shea Jackson Jr., Corey Hawkins and Jason Mitchell, respectively) broke onto the scene in 1988 as N.W.A. With their non-hip white manager, Jerry Heller (Paul Giamatti), the group's controversial and unflinching lyrics tapped into an ongoing struggle and launched their careers to intense highs and lows.

Those uninitiated in the history of hip-hop will find a gripping musical wild ride, similar to the trajectory most music biopics take. Viewers more on the inside will notice a good deal of omissions and revisions, to be expected when the movie is produced by the people it's about. It's a worthwhile and well-executed look at a still totally relevant chapter in American music and culture.

"The Diary of a Teenage Girl" (R) - Minnie (Bel Powley) is a spunky teenage girl who is ecstatic about becoming a woman. She's had sex with her mother's boyfriend (Alexander Skarsgard), and she's eager to see how the world can open up for her as she navigates this new side of herself. Her mother (Kristen Wiig) isn't much of a beacon, gratefully indulging in the sex and drug offerings of

1970s San Francisco. Minnie dreams of being a comic artist, and records her colorful perspective in ways that take over the screen.

This is a rare movie that walks a tricky path. Minnie's story isn't easy to tell. She's still very much a kid, and she's not at all objectified the way girls are in other teens-encounter-sex movies. It's an attention-grabbing first timer for director Marielle Heller, based on a graphic novel by Phoebe Gloeckner.

"Woodlawn" (PG) - Faith and football face off against racism in this based-on-a-true-story film about a high-school team struggling with the end of segregation in an infamously violent time in Birmingham, Alabama. Coach Tandy Gerelds (Nicholas Bishop) is at a loss until he and the team receive an intervention from "sports chaplain" Hank Erwin (Sean Astin), who beseeches the team to carry on with love, forgiveness and faith in the Lord. All eyes are on running back Tony Nathan (Caleb Castille), a talented black player fighting for himself and the soul of his team.

"All Things Must Pass: The Rise and Fall of Tower Records" (NR) - Tower Records started in a drugstore, then became the ubiquitous purveyor of music. It also offered a certain vibe ... a place to browse and love music with others. The empire stretched across continents before collapsing in 2006. The rock 'n' roll company culture that made it great also crippled Tower as digital sharing blindsided the business. Colin Hanks directs this documentary that captures not just a story, but a bygone feeling, an experience no longer readily available.

TV RELEASES

- "Continuum: Season 4"
- "Sisters: Season Three"
- "Little House on the Prairie: Season 8"
- "Swamp People: Season 6"
- "Cartoon Network: Adventure Time -- Stakes! Miniseries"
- "12 Monkeys: Season 1"

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by **HEALTHY EXCHANGES**

Four Cheese Macaroni

This is so "cheesy," you'll never believe you're eating healthy!

- 3 cups hot cooked elbow macaroni
- 1/4 cup Land O'Lakes Fat Free Half & Half
- 1/4 cup fat-free milk
- 3/4 cup shredded Kraft reduced-fat Cheddar cheese
- 3/4 cup shredded Kraft reduced-fat mozzarella cheese
- 3 (3/4-ounce) slices Kraft reduced-fat Swiss cheese, shredded
- 1/4 cup Kraft Reduced Fat Parmesan Style Grated Topping
- 1 teaspoon dried parsley flakes
- 1/8 teaspoon black pepper

1. In a large saucepan sprayed with butter-flavored cooking spray, combine macaroni, half & half and milk. Add Cheddar, mozzarella, Swiss and Parmesan cheese. Mix well to combine. Stir in parsley flakes and black pepper.

2. Cook over medium-low heat for 5 minutes or until cheeses melt, stirring often. Makes 6 (3/4 cup) servings.

TIP: Usually 2 cups uncooked elbow macaroni cooks to about 3 cups.

* Each serving equals: 245 calories, 9g fat, 16g protein, 25g carb., 346mg sodium, 1gm fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch.

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The inner petals of this Grandiflora rose are pale orange, with the undersides slightly darker. The outer petals are edged in red, and curl under. The fully-bloomed flower can be 4 1/2" across, have up to 25 petals, and carries a light, pleasing fragrance. A bush of this kind can grow 4 feet tall and 2 feet wide, and display many blooms at a time throughout a growing season. When set next to blue flowers such as delphinium it is especially striking.

- Brenda Weaver
Source: www.allaboutrosegardening.com

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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
#34-2015-00187782

WHEREAS, Jordan Van Nguyen and Thuy Thi Nguyen have filed a petition with this court for a decree changing the name(s) of Li Sa Huynh to Lisa Nguyen.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 4, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: December 11, 2015
Raymond M. Cadei, Judge of the Superior Court
Publish: January 1, 8, 15, and 22, 2016
NGUYEN 151218 01-22-16

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

WHEREAS, Mary Kathlene Kammer has filed a petition with this court for a decree changing the name(s) of Mary Kathlene Kammer to Maran Kathlene Kammer- Perez.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 1, 2016, in Department 16, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: December 8, 2015
David I. Brown, Judge of the Superior Court
Publish: January 1, 8, 15, and 22, 2016
KAMMER 151219 01-22-16

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

WHEREAS, FNU Kazam has filed a petition with this court for a decree changing the name(s) of FNU Kazam to Kazem Haidari.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 9, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: December 16, 2015
David I. Brown, Judge of the Superior Court
Publish: January 1, 8, 15, and 22, 2016
KAZAM 151218 01-22-16

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

WHEREAS, Oleksandr Yegorov has filed a petition with this court for a decree changing the name(s) of Oleksandr Yegorov to Alexander Yegorov.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 11, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: December 23, 2015
David I. Brown, Judge of the Superior Court
Publish: January 1, 8, 15, and 22, 2016
YEGOROV 151223 01-22-16

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00188194

WHEREAS, Habbullah Safi and Yasmin Safi have filed a petition with this court for a decree changing the name(s) of FNU Aisha to Aisha Safi, FNU Rahlia to Rahlia Safi, FNU Mursalt to Mursalt Safi, and FNU Nazifa to Nazifa Safi.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 11, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: December 23, 2015
Raymond M. Cadei, Judge of the Superior Court
Publish: January 1, 8, 15, and 22, 2016
SAFI 151223 01-22-16

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

WHEREAS, Gai Thi Tran has filed a petition with this court for a decree changing the name(s) of Gai Thi Tran to An Tran.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 19, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: December 2, 2015
David I. Brown, Judge of the Superior Court
Publish: January 1, 8, 15, and 22, 2016
TRAN 151222 01-22-16

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

WHEREAS, Mohammad Ashraf Jebran has filed a petition with this court for a decree changing the name(s) of Mohammad Ashraf Jebran to Ashraf Jebran.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 14, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: December 23, 2015
Raymond M. Cadei, Judge of the Superior Court
Publish: January 1, 8, 15, and 22, 2016
JEBRAN 151224 01-22-16

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

WHEREAS, Mariah Lynmarie Lobland has filed a petition with this court for a decree changing the name(s) of Mariah Lynmarie Lobland to Mariah Lynmarie Vencer.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 10, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: December 17, 2015
David I. Brown, Judge of the Superior Court
Publish: January 1, 8, 15, and 22, 2016
VENCER 151218 01-22-16

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

WHEREAS, Cong Guo has filed a petition with this court for a decree changing the name(s) of Cong Guo to Cathy Jade Guo.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 14, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: December 23, 2015
Raymond M. Cadei, Judge of the Superior Court
Publish: January 1, 8, 15, and 22, 2016
GUO 151218 01-22-16

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

WHEREAS, Joyce L. Irwin has filed a petition with this court for a decree changing the name(s) of Joyce Louise Widner to Joyce L. Irwin, Joyce Louise Culbertson to Joyce L. Irwin and Joyce L. Irwin to Joyce L. Irwin.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 11, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: December 23, 2015
David I. Brown, Judge of the Superior Court
Publish: January 1, 8, 15, and 22, 2016
IRWIN 151223 01-22-16

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

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

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 21, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: December 30, 2015
Raymond M. Cadei, Judge of the Superior Court
Publish: January 8, 15, 22, and 29, 2016
JANZE 160104 01-29-16

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

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

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 16, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: December 29, 2015
David I. Brown, Judge of the Superior Court
Publish: January 8, 15, 22, and 29, 2016
WONG 160104 01-29-16

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

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

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 21, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: December 30, 2015
David I. Brown, Judge of the Superior Court
Publish: January 8, 15, 22, and 29, 2016
STANA 151230 01-29-16

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

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

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 16, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: December 30, 2015
Raymond M. Cadei, Judge of the Superior Court
Publish: January 8, 15, 22, and 29, 2016
SAFI 151230 01-29-16

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00188524

WHEREAS, FNU Kamela has filed a petition with this court for a decree changing the name(s) of FNU Kamela to Kamela Nazar Khawari.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 21, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
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
#34-2015-00188517

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

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 21, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: December 30, 2015
David I. Brown, Judge of the Superior Court
Publish: January 8, 15, 22, and 29, 2016
STANA 151230 01-29-16

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

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

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 16, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: December 30, 2015
Raymond M. Cadei, Judge of the Superior Court
Publish: January 8, 15, 22, and 29, 2016
SAFI 151230 01-29-16

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00188524

WHEREAS, FNU Kamela has filed a petition with this court for a decree changing the name(s) of FNU Kamela to Kamela Nazar Khawari.

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

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

NOTICE OF PETITION TO ADMINISTER ESTATE

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

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

LEGAL NOTICE

PLEASE TAKE NOTICE that on January 12, 2015 at a regularly scheduled meeting of the Governing Board of the San Juan Unified School District, the Governing Board will conduct a public hearing beginning at 6:30 pm regarding California Montessori Project to renew their charter to operate a public school within the San Juan Unified School District. The meeting will be held in the district board room located at 3738 Walnut Avenue, Carmichael, California. Anyone requesting more information may contact San Juan Central at 971-7179. Published on Friday, January 1, 2016 and Friday, January 8, 2016
MONTESSORI 151222 1/8/16

LETTER TO THE EDITOR

New Year's Resolution

Dear Editor,
Once again, it's time for New Year's resolutions, particularly those to improve our diet and exercise routine.

Although gun violence and traffic accidents remain the leading causes of death among young people, the most dangerous weapon for the rest of us is still our fork. Well over a million of us are killed each year by high blood pressure, diabetes, heart disease, stroke, cancer, and other chronic diseases linked to our meat-based diet.

But times are changing.

According to Gallup, 22% of American consumers are avoiding meat and 12% are avoiding dairy products. Supermarket chains, along with Target and Walmart, offer a growing selection of delicious and healthy plant-based meats and dairy products. Animal meat consumption has dropped by 8% in the past decade.

Hundreds of schools, colleges, hospitals, and corporate cafeterias have embraced Meatless Monday and vegan meals. Fast-food chains like Chipotle, Panera, Subway,

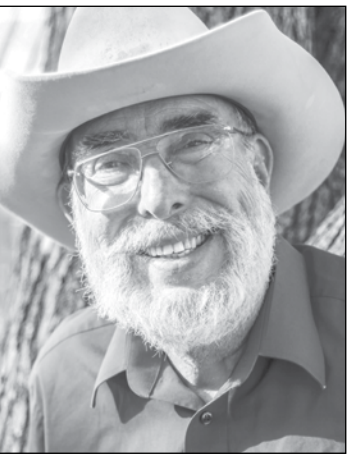
Taco Bell, and White Castle, are rolling out vegan options.

Let's make this New Year's resolution about exploring the rich variety of plant-based entrees, lunch meats, cheeses, ice creams, and milks, as well as the more traditional green and yellow veggies. The internet offers tons of recipes and transition tips. <http://cdc.gov/nchs/fastats/leading-causes-of-death.htm>

Sincerely,
Stew Broderick
Sacramento, CA ★

All Letters to the Editor are published as received.

Slim Randles' HOME COUNTRY



"Congratulations, Son. Now Go Give Her That Ring."

"Well, sir, Katie and I have been going together for two years now ..."

"Yes...?"

"And ... well ... I wanted to ask you ..."

"Yes ...?"

"I was wondering what you thought ... well ...?"

Randy gulped, and despite the cold day, wiped his forehead. John smiled.

"You see, sir ... Katie and I are ... serious. In fact, we've talked about ... you know."

"Randy, I'm not going to make this easier for you, in case you're wondering. It wasn't easy for me when I faced Mrs. Burchell's dad, either."

Randy pulled himself up straight.

"We'd like to get engaged. I have a ring and everything. Want to see it?"

"Don't you think Katie should be the first one in this family to see it?"

"Then it's okay?"

"Congratulations, Son. Now go give her that ring."

Brought to you by the Home Country podcast at http://www.doublewidenetwork.com/index.php/MusicStarWorldwide/detail/home_country ★

Outdoor World

Tips for Fishing Heavy Cover

A mistake a lot of fishermen make when flipping and pitching is dropping the bait on the outside edge of the structure or cover, and that spooks any resident bass. Instead, drop it right at the base.

Most fishermen naturally don't want to get hung up, but you have to get over that if you are going to improve your flipping and pitching skills and begin catching bass in heavy cover. Most of the time you will find that the thickest spots are holding the biggest fish, so this is where you should put your first flip or pitch.

Practice flipping and pitching at a target around your house so when you are on the water you have the confidence you need to put your lure where you need to. Then you won't have to worry about getting hung up as much. Besides, you aren't fishing where you can catch big fish if you aren't losing a few lures.

By Larry Whiteley, Host of the award-winning Outdoor World Radio
For more tips, go to basspro.com and click on 1Source News & Tips

El Nino Unlikely to End Drought

Sacramento Suburban Water District Asks Customers to Turn off Sprinklers and Replace Water-Wasting Fixtures

SACRAMENTO REGION, CA (MPG) -

You may have noticed that your newspaper recently came bundled in a special bag to protect it from rain. The bag was printed with a message from Sacramento Suburban Water District reminding our readers to turn off their sprinklers when rain is forecast and to keep them off for 48 hours after.

"While a strong El Nino might bring some relief, it is unlikely to erase four years of severe drought," said Greg Bundesen, SSWD's Water Conservation Supervisor. "One way our customers can continue to conserve water is by voluntarily turning off their sprinklers off until spring. Winter rains should

provide all the water a landscape needs until then."

Now is also a great time to focus on conserving water indoors, and Bundesen offers the following tips:

- 1) Replace older toilets, dishwashers, clothes washers, showerheads, and faucets with WaterSense-labeled ones. WaterSense appliances and fixtures are certified to be 20 percent more water efficient than average products. Complementary WaterSense-labeled showerheads and faucet aerators are available to District customers as are rebates for certain appliances.
- 2) Fix leaks within 24 hours of finding them. Leaky toilets can

waste more than 100,000 gallons of water a year. Check your toilet by doing a simple dye test. Place a few drops of food coloring or a dye tablet into the tank. If colored water appears in the bowl within 15 minutes, there is a leak in the flapper valve. SSWD has free dye tablets available.

3) Wash only full loads in the clothes or dishwasher. Reducing the number of times you use them can save hundreds of gallons of water a month.

Additional tips, plus information about complimentary Water-Wise House Calls and available rebates, can be found at sswd.org or by calling (916) 972-7171.

Source: SSWD ★

Sacramento County DA Reports

Recent cases of interest



CASE: Elijah Rodgers
PROSECUTOR: Deputy District Attorney Morgan Gire, Gangs & Hate Crimes Unit

The Honorable Michael Kenny sentenced Elijah Rodgers to 82 years to life in prison. On September 9, 2015, a jury convicted Rodgers of first-degree murder and shooting in an occupied vehicle. The jury also found that the defendant personally used a firearm causing death, and that the crimes were committed for the benefit of a criminal street gang.

On June 23, 2013, individuals at a house party in south Sacramento began displaying guns and shouting gang terms. Nineteen-year-old Alvin Valentine was a passenger in his cousin's car when the two drove to the party. When they drove past the house, they saw a large number of people in the front and decided not to stay. They turned around and drove back toward the house to leave. Rodgers fired a handgun from the sidewalk in front of the house into their vehicle, striking and killing Mr. Valentine.

CASE: Brandon Amador
PROSECUTOR: Deputy District

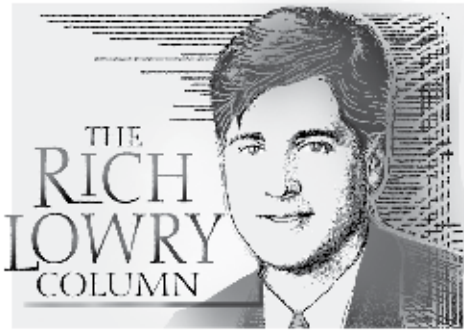
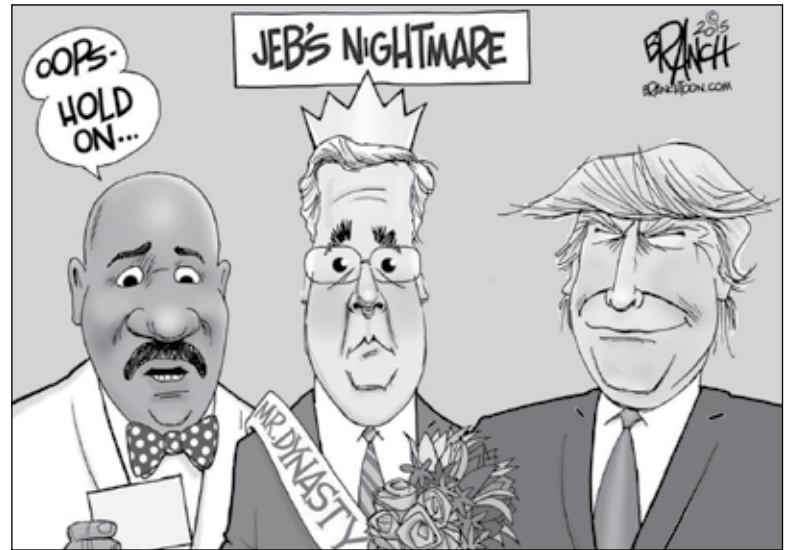
Attorney Maria Wilson, Special Assault & Child Abuse Unit

Twenty-two-year-old Brandon Amador was convicted by jury on seven counts of child sexual assault charges.

On October 19, 2014, the 6-year-old female victim went to her next-door neighbor's house to look for her Frisbee in their backyard. Amador answered the door and helped her look for the Frisbee. When they didn't find it, Amador took her into the house telling her the Frisbee might be in one of the bedrooms. Amador then sexually assaulted her. The victim was able to escape when Amador left the room to stop his dog from barking.

A search warrant of Amador's house revealed a duffle bag full of the victim's swimsuits, her underwear, a photo of the victim in her swimsuit, and child pornography on a computer with files using the victim's name.

Amador faces a sentence of 70 years to life in state prison. Sentencing is set for February 5, 2016, at 9:00 a.m. in Department 10 before the Honorable Eugene Balanon. ★



The Year of Hysteria

We should be glad that 2015 has passed into memory, because it was a year when we could barely hold it together.

It was a year when we freaked out over symbols and scared ourselves with fake statistics. It was a year when the facts weren't allowed to get in the way of a good, overwrought slogan. It was a year when we convinced ourselves that Earth was nearly beyond saving. It was a year of the safe space and micro-aggression.

It was, in short, a year of hysteria.

By now, we should be familiar with the workings of hysteria, since -- usually whipped up in social media and stoked by an inflamed left -- it has become such a familiar feature of our culture and politics.

Hysteria doesn't know when to stop. After it was collectively decided

that the Confederate flag shared responsibility for Dylann Roof's hellish murders in Charleston, South Carolina, Confederate symbols were hunted down as if they were armed fugitives from justice. The Memphis City Council even voted to exhume Nathan Bedford Forrest and -- for good measure -- his wife.

Hysteria doesn't care about the facts. In an extraordinary feat, Black Lives Matter protestors took something that didn't happen from a case of justifiable use of police force in Ferguson, Missouri, and made it the slogan -- "Hands up, don't shoot" -- of a movement alleging systemic police racism. The truth of Ferguson didn't matter so much as the myth of Ferguson.

Hysteria will believe anything. After the San Bernardino attack, the media hawked the bogus statistic that there had been more than 350 mass shootings in the U.S. this year, an almost daily occurrence. A more careful measure at Mother Jones tallied four mass shootings in 2015.

Hysteria can be a powerful organizing tool. The entire world got together in Paris to sign on to a climate accord, based on the pretense that without immediate action Earth will be rendered all but uninhabitable by the ravages of climate change.

Hysteria is a weapon. On college campuses, students didn't just

seek safe spaces from speech they deemed uncongenial and decry inadvertent slights known as micro-aggressions, they terrorized anyone not with the program. A university president was fired for looking at protestors the wrong way (University of Missouri), and a prestigious college campus (Yale) was roiled by a dispute over whether allegedly tasteless Halloween costumes could be tolerated. Protestors hunted for university employees they could be offended by enough to get cashiered.

It is always difficult to motivate people around careful reasoning about a problem, or to win a detached argument on the merits. It is much easier to create hate figures to attack, to demand immediate action as a sign of moral purity, and to short-circuit cost-benefit analysis with apocalyptic warnings. With the news cycle faster than ever and social media a constant accelerant, stopping to think, or to gather all the facts, or to consider possible downsides, feels more intolerable than ever.

This is the world we live in. 2015 was a year of hysteria, but why will 2016 be any different? Stock up on smelling salts and fainting couches.

Rich Lowry is editor of the National Review.

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Guinea Pig's Death Sparks Questions

DEAR PAW'S CORNER: Tonight our dear guinea pig "Sparks" had a heart attack and left us within a couple of hours. There was no chance to take her to an emergency vet. Is tension in the house a cause of heart attack in guinea pigs? Is there anything we could have done to prevent this?

- Yamile, via email

DEAR YAMILE: I'm sorry to hear of Sparks' death. I'll try to offer some explanation why, and I encourage my readers to send their advice as well.

Heart attack (and stroke) are, sadly, very common causes of sudden death in guinea pigs, a.k.a. cavies. Cavies are very sensitive to their environment, particularly changes in temperature. Being unable to rest peacefully also causes stress that affects their system. In short, cavies love a comfortable

routine and a rest area sheltered from light and noise.

Deficiencies in diet also can be a factor. This can get tricky, so speaking with other cavy owners or vets who specialize in them can help deduce whether a cavy needs a specific type of feed or supplement (too much can be as bad as too little).

Because it's often hard to detect illness in cavies until they suddenly decline, you should learn a bit of "cavy first aid." One important step when a cavy takes ill is to contact the vet by phone first and describe the symptoms. Sometimes a cavy is too ill to safely be transported. The vet might tell you to make your pet comfortable and wait out a very long night -- not because he or she doesn't care, but because the added stress in moving the cavy could be fatal.

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

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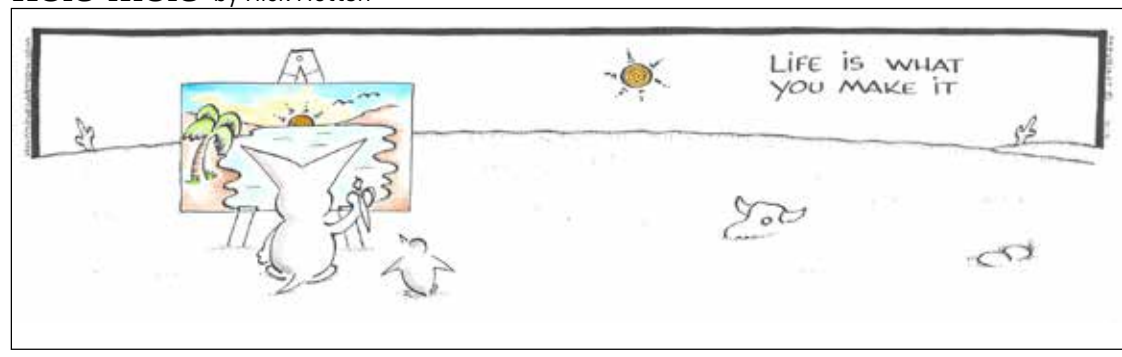
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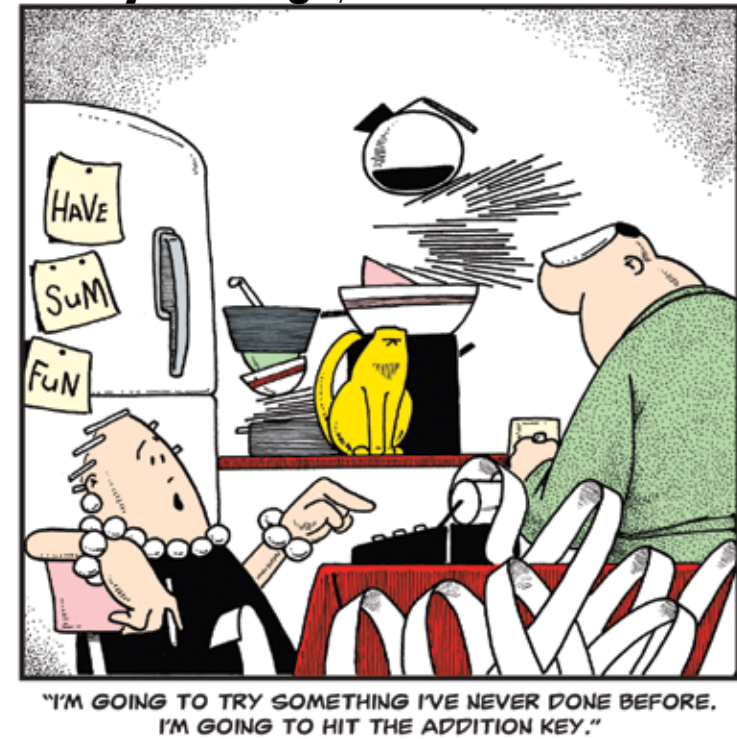
Frank and Steinway by Wil Panganiban



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Funday Morning by Brad Diller



Speckticles by Bill Abbott



Tastes Like Chicken BY JOSH ALVES



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CLUES

- ACROSS
 1. Buzz off
 6. Dunce
 9. Back of the neck
 13. Big Dipper shape
 14. Rejuvenating spot
 15. Succeeded
 16. Helped
 17. Waikiki garb
 18. *Like characters played by Lon Chaney
 19. *Marx brother
 21. *Famously played title role in "Cleopatra"
 23. *1950s teen idol, ___ Hunter
 24. Not that
 25. Thrilla in Manila boxer
 28. Friendly jab on Facebook
 30. Set aside as inferior
 35. Marijuana user's hookah
 37. Stole material
 39. Cowboy sport
 40. Christmas season
 41. Boston hockey player
 43. Petri dish filler
 44. Holiday activity?
 46. Caffeine tree
 47. Egg holder
 48. *1979 Sean Connery and Natalie Wood clunker
 50. Newton, e.g.
 52. "___ no evil,..."
 53. Spew profanities
 55. Roman road
 57. *Scarlett O'Hara or Blanche DuBois
 60. *Katharine or Audrey
 64. Asian chew
 65. Springsteen's "Born in the ___"
 67. Make baby food?
 68. Mountain ridge
 69. #37 Across, e.g.
 70. English county
 71. Training spots
 72. ATM extra
 73. Doled out cards

CROSSWORD

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For Solutions See Page 6

- DOWN
 1. Smeltery refuse
 2. Age of Aquarius flick
 3. Edible root of taro plants
 4. Alaska native
 5. Train station porter's head gear
 6. Northern European capital
 7. *Kong, e.g.
 8. Country singer ___ Hill
 9. Season to be jolly
 10. 1970s hairdo
 11. *Laurel and Hardy or Abbott and Costello
 12. Old-fashioned "before"
 15. Old Faithful
 20. Edward Teller's creation
 22. Lung necessity
 24. Lacking substance
 25. Deep cavity
 26. Jeweler's glass
 27. Coastal feature
 29. **"Spartacus" star
 31. **"Mommie Dearest"

32. Ruler sides, e.g.
 33. This and desist
 34. Type of dessert
 36. **"An American in Paris"
 38. Potter's oven
 42. Lacking guile
 45. Easily handled
 49. Poe's "The Murders in the ___ Morgue"
 51. Left gratuity
 54. Pinch in the nose
 56. Bullying, e.g.
 57. Extremely
 58. Anything
 59. Docs for dachshunds
 60. Aesop's race competitor
 61. Celestial bear
 62. *Where all Hollywood legends' work winds up
 63. Sales clerk's call
 64. Paper or plastic?
 66. Seek damages

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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 SCHOLL
 Jed, Niners --- The Men from U.N.C.L.E.

Back in the mid-'60's, The Man from U.N.C.L.E. and his Russian sidekick routinely saved humanity on a weekly basis from evil adversaries that had designs on conquering the world.

The San Francisco Forty Niners' Man and his right-hand guy have a more modest task at hand --- routinely winning football games on a weekly basis and conquering the National Football League.

Secret agents Napoleon Solo and Illya Kuryakin tackled their challenges head-on in that classic television series back in the day (we haven't seen the 2015 movie based on the series) for U.N.C.L.E., the acronym for United Network Command for Law and Enforcement (the 49ers should've called on them to deal with some of their players' off-field behaviors).

The 49ers' front-man for his mom's and pop's franchise, Jed York, and his general manager Trent Baalke have not been quite as adept at dealing with their obstacles as of late. After relieving one-year-and-done head coach Jim Tomsula of his duties shortly after the conclusion of a dismal 5-11 season with Sunday's 19-16 overtime victory at home over the St. Louis Rams, York cried "uncle," and surrendered himself to face the music in a rare press conference Monday.

Prior to his appearance, York confided in his mentor, his uncle Eddie DeBartolo, Jr., former owner of the 49ers who presided over five Super Bowl wins and is sometimes called "the greatest owner in the history of sports." (Special thanks to guys like Bill Walsh, Joe Montana, Jerry Rice, Steve Young, Ronnie Lott, et al.). York also referenced Uncle Eddie several times during the press session. But the acronym U.N.C.L.E., as it turns out, means some things different when it comes to the 49ers.

Uneasy Niners' CEO Leans on Eddie: During the "presser," when Jed got a little anxious and needed some help he'd drop a

"my uncle," as if that connection would eventually be the one to lead the franchise out of this dark episode. York did, sort of, admit his mistake of hiring Tomsula after parting ways with the previous successful coach, Jim Harbaugh. The hiring was a gamble that did not pay off, but it wasn't nearly as damaging as DeBartolo's regrettable gambling-fraud incident that resulted in his departure from the team.

Uncomfortable News Conference Lacked Enthusiasm: There was an uninspiring, awkward, round-about apology of sorts for how things have been going for the team. There were more beatings of dead horses. Lots of questions about what is wrong and what went wrong. There were hopes for the future. Again, York said that with the 49ers "It's about championships," though they haven't won one since 1994. For fans, it was so much blah, blah, blah.

Undone Niners' Coaches Leave Early: Tomsula never had a chance with the hand he was dealt. Players departed, got kicked off the team for bad behavior, retired early, got injured time and again, regressed in their performance and on and on. He was the personification of the old saying, "Nice guys finish last." He's gone, but will be paid handsomely for three more years. It seems that since their heyday through the mid-'90's, for one reason or another, coaches have left prematurely while leaving behind unfinished business --- Steve Mariucci, Dennis Erickson, Mike Nolan, Mike Singletary, Harbaugh, and "Jimmy T," as York repeatedly called Tomsula. (It doesn't sound too cute when the guy that just fired you calls you by your endearing nickname).

Unfortunately, Niners Couldn't Lose Enough: Many fans certainly had mixed feelings while watching the 49ers rally to win that final game. Poised to wind up 4-12 until that darn Dontae Johnson had to go and block what

would have been a game-winning field goal for the Rams, by stealing the victory and limited short-term satisfaction the Niners dropped from the fifth slot to the seventh in the next NFL draft --- sort of an insult-to-injury thing that hampers the team's chances of choosing a top, game-changing player, such as Cal QB Jared Goff.

Unlimited Niners' Cash Lures, Eventually: The Niners have the sixth-highest amount of room under the salary cap to attract and sign players. One thing Jed York surely did right, and remarkably accomplished, was getting Levi's Stadium (the site of the upcoming Super Bowl) built in Santa Clara. Despite some complaints, that was a must if the team was to compete in the NFL market going forward. Jed has led the way in improving team revenues from around the bottom of the league to near the top. (Too bad, though, it's much too pricey for many fans to take advantage). The notion that some coaches may not be interested in the 49ers' job seems absurd. There only 32 head coaching spots in the NFL and this team should have plenty of resources to attract the top candidates.

Jed has said to hold him "accountable," but he can't be judged for all personnel decisions. That's GM Baalke's job, and with him in that position there have been mixed results and no championships. If the "emotional" Jed is too upset over Baalke's production he should call DeBartolo back because maybe Eddie "knows a guy."

In any event, there have been far too many empty seats at Levi's the last few weeks and undoubtedly a lot less viewers watching the shabby performances on television. Many fans have also cried "uncle," giving up on following along with the misfortunes of their team. With the New Year, The Faithful are hoping Jed and his comrades get it right this time and hire a fearless leader to complete the seemingly impossible mission. ★

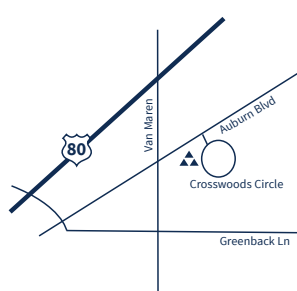
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Television Listings for the week of January 8-January 13

FRIDAY EVENING

JANUARY 8, 2016

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
BROADCAST	ABC Last Man Standing (N) HD	Dr. Ken (N) HD	Shark Tank (N) HD	(01) 20/20 (N) HD	Local	Jimmy Kimmel Live (N) HD	Nightline			
	CBS Undercover Boss (N) HD	Hawaii Five-0 (N) HD	Blue Bloods (N) HD	Local	(35) Late Show (N) HD	Late Late				
	NBC Undateable (N) HD	Superstore (N) HD	Dateline NBC (N) HD	Local	(35) Tonight Show (N) HD	Late Night				
	FOX MasterChef Junior (N) HD	MasterChef Junior (N) HD	Local Programs			Local Programs				
	ION Criminal Minds (N) HD	Criminal Minds (N) HD	Criminal Minds: "Coda" (N) HD	Saving Hope (TV14) HD	Saving Hope (TV14) HD	Saving Hope: "Clouds" (N) HD				
CABLE	A&E Criminal Minds (N) HD	(01) Criminal Minds (N) HD	(02) Criminal Minds (N) HD	(01) Criminal Minds (N) HD	(02) Criminal Minds (N) HD	(01) Criminal Minds (N) HD				
	AMC The Bourne Identity (02, PG-13) HD	★★★ Matt Damon, HD	The Bourne Supremacy (04, PG-13) HD	★★★ Matt Damon, HD						
	ANIMAL Treehouse (TVPG) (N) HD	Treehouse (TVPG) (N) HD	Treehouse (TVPG) (N) HD	(01) Treehouse (TVPG) (N) HD	(01) Treehouse (TVPG) (N) HD	(01) Treehouse (TVPG) (N) HD				
	BET Martin (N) HD	Martin (N) HD	Martin: "Life You Save" (N) HD	Martin (N) HD	Zip Sync Battle (N) HD	Wendy Williams (N) HD				
	BRAVO Housewives (TV14) HD	Stepmom (98, PG-13) HD	★★½ Julia Roberts, Susan Sarandon, HD	Stepmom (98, PG-13) HD	★★½					
	CARTOON King Hill (N) HD	Bob's Burgers (N) HD	Cleveland (N) HD	Family Guy (N) HD	Family Guy (N) HD	Family Guy (N) HD				
	CMT Country Strong (11, PG-13) HD	★★½ Gwyneth Paltrow, HD	Tim McGraw, HD	Skull Challenge (N) HD	Skull Challenge (N) HD	Jamie Foxx (N) HD				
	CNN Footsteps of Bin Laden (N) HD	GNN Special Report (N) HD	GNN Special Report (N) HD	Footsteps of Bin Laden (N) HD	GNN Special Report (N) HD	GNN Special Report (N) HD				
	COMEDY Archer (N) HD	Archer (N) HD	South Park (N) HD	Pineapple Express (08, R) HD	Seth Rogen, James Franco, HD	Harold (N) HD				
	DISCOVERY Gold Rush: Pay Dirt (N) HD	Gold Rush (N) HD	Killing Fields (TV14) (N) HD	Gold Rush (TVPG) (N) HD	Killing Fields (TV14) (N) HD	Jessie (N) HD				
	DISNEY BUNK'D (N) HD	Girl Meets (N) HD	Best Friends (TV G) (N) HD	Gravity (N) HD	BUNK'D (N) HD	Girl Meets (N) HD				
	E! Kardashians (TV14) (N) HD	Sydney White (07, PG-13) HD	★★½ Amanda Bynes, HD	E! News (N) HD						
	ESPN (7:30) NBA Basketball (Live) (N) HD	SportsCenter (N) HD	SportsCenter (N) HD	SportsCenter (N) HD	SportsCenter (N) HD	NFL Match (N) HD				
	ESPN2 SportsCenter (N) HD	SportsCenter (N) HD	NBA (N) HD	NFL Live (N) HD	NBA (N) HD	SportsCenter (N) HD				
	FAMILY Goblet (N) HD	(45) Matilda (96, PG) HD	★★★ Danny DeVito, HD	Rhea Perlman, HD	The 700 Club (TV G) (N) HD	Hills Chihuahua (08) (N) HD				
	FOOD Diners (N) HD	American Diners (N) HD	Diners (N) HD	Diners (N) HD	Diners (N) HD	Diners (N) HD				
	FX X-Men: First Class (11, PG-13) HD	★★★ James McAvoy, HD	Michael Fassbender, HD	X-Men: First Class (11, PG-13) HD	★★★					
	HGTV Love It or List It (N) HD	Love It or List It (N) HD	Hunters (N) HD	Hunters (N) HD	My Lottery (N) HD	Hunters (N) HD				
	HISTORY American Restoration (N) HD	American Restoration (N) HD	Smartest (N) HD	Smartest (N) HD	Cars (N) HD	Cars (N) HD				
	LIFETIME Bring It! (TVPG) (N) HD	Bring It! (TVPG) (N) HD	The Rap Game (N) HD	(02) The Rap Game (N) HD	(02) The Rap Game (N) HD	Bring It!: "Fan Chat" (N) HD				
	MTV (02:00) Catfish: The TV Show (N) HD	Beastly (11, PG-13) HD	★★½ Alex Pettyfer, HD	The Shannara Chronicles (TV14) (N) HD						
	NICK Nicky, Ricky (TV G) (N) HD	Full House (TV G) (N) HD	Full House (TV G) (N) HD	Friends (N) HD	Friends (N) HD	Friends (N) HD				
	SPIKE Cops (N) HD	Cops (N) HD	Cops (N) HD	Cops (N) HD	Cops (N) HD	Jail: Las Vegas (N) HD				
	SYFY (6:00) Jaws (75, PG) HD	Jaws 2 (78, PG) HD	★★½ Roy Scheider, HD	Lorraine Gary, HD	Piranha 3DD (12, R) HD	★★½				
	TBS 2 Broke Girls (N) HD	2 Broke Girls (N) HD	2 Broke Girls (N) HD	The Incredible Hulk (08, PG-13) HD	★★★ Edward Norton, HD	Cougars (N) HD				
	TCM Kiss of Death (47) HD	★★ Invisibles (39, NR) HD	★★	Straight Time (78, R) HD	★★★ Dustin Hoffman, HD	Shockproof (N) HD				
	TLC Atlanta (N) HD	Atlanta (N) HD	Atlanta (N) HD	Love, Lust (N) HD	Swipe (N) HD	Atlanta (N) HD				
	TNT A Time to Kill (96, R) HD	★★★ Sandra Bullock, Samuel L. Jackson, HD	Along Came a Spider (01, R) HD	Morgan Freeman, HD						
	TRAVEL Mysteries at the Castle (N) HD	Mysteries at the Castle (N) HD	Mysteries (TVPG) (N) HD	Mysteries (TVPG) (N) HD	Mysteries (TVPG) (N) HD	Mysteries at the Castle (N) HD				
	TV LAND You've Got Mail (98, PG) HD	★★★ Tom Hanks, Meg Ryan, HD	The King of Queens (N) HD	Queens (N) HD	Queens (N) HD	Queens (N) HD				
	USA Modern (N) HD	Modern (N) HD	Modern (N) HD	Modern (N) HD	Modern (N) HD	Modern (N) HD				
	VH1 (7:00) Little Man (06) (N) HD	Are We Done Yet? (07, PG) HD	★★½ Ice Cube, HD	How Stella Got Her Groove Back (98, R) HD	★★½					
	WGN How I Met How I Met (N) HD	How I Met How I Met (N) HD	How I Met How I Met (N) HD	Parks (N) HD	Parks (N) HD	How I Met How I Met (N) HD				
PREMIERE	HBOW Run All Night (15, R) HD	★★★ Liam Neeson, HD	The Butterfly Effect 2 (06, R) HD	★★½	Born Killers (07, R) HD	Jake Muxworthy, HD				
	MAXW 28 Wks. Oujia (14, PG-13) HD	Olivia Cooke, HD	Mimic (97, R) HD	★★½ Mira Sorvino, HD	Erotic Vampires of Beverly Hills (N) HD					
	SHOW The Hundred-Foot Journey (14, PG) HD	★★★	Nasty Show Hosted Lunge (16) (N) HD	Jackass Number Two (06, R) HD						

SATURDAY EVENING

JANUARY 9, 2016

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
BROADCAST	ABC black-ish (N) HD	black-ish (N) HD	black-ish (N) HD	black-ish (N) HD	20/20 (N) HD	Local Programs				
	CBS Code Black (TV14) HD	Criminal Minds (N) HD	48 Hours (TV14) (N) HD	Shades of Blue: "Pilot" (N) HD	Local Programs	Local Programs				
	NBC Dateline NBC (N) HD	Local Programs	Local Programs	Local Programs	Local Programs	Local Programs				
	FOX Cooper (N) HD	Bordertown (N) HD	Rosewood (TV14) (N) HD	Local Programs	Local Programs	Local Programs				
	ION Law & Order: SVU (N) HD	Law & Order: SVU (N) HD	Law & Order: SVU (N) HD	Law & Order: SVU (N) HD	Law & Order: SVU (N) HD	Law & Order: SVU (N) HD				
CABLE	A&E The First 48: "M.I.A." (N) HD	The First 48: (N) HD	The First 48: (N) HD	(02) The First 48: (N) HD	(02) The First 48: (N) HD	The First 48: "M.I.A." (N) HD				
	AMC Live Free or Die Hard (07, PG-13) HD	Bruce Willis, HD	Armageddon (98, PG-13) HD	★★★ Bruce Willis, Billy Bob Thornton, HD						
	ANIMAL Pit Bulls Memorable (N) HD	Pit Bulls Memorable (N) HD	Pit Bulls and Parolees (N) HD	Memorable (TVPG) (N) HD	Pit Bulls and Parolees (N) HD	Memorable (TVPG) (N) HD				
	BET Baggage Claim (13, PG-13) HD	★★ Paula Patton, Derek Luke, HD	Sister Code (15, R) HD	Amber Rose, Eva Marcille, HD	Zoe Ever (N) HD					
	BRAVO Housewives (TV14) HD	The School of Rock (03, PG-13) HD	★★★ Jack Black, HD	The School of Rock (03, PG-13) HD	★★★					
	CARTOON DBZ Kai (N) HD	King Hill (N) HD	King Hill (N) HD	Cleveland (N) HD	Family Guy (N) HD	Family Guy (N) HD				
	CMT Reba (N) HD	Reba (N) HD	Stand by Me (86, R) HD	★★½ Will Wheaton, HD	Cops (N) HD	Cops (N) HD				
	CNN Steve Jobs: The Man in the Machine (N) HD	GNN Special Report (N) HD	GNN Special Report (N) HD	GNN Special Report (N) HD	GNN Special Report (N) HD	GNN Special Report (N) HD				
	COMEDY Pineapple Express (08) (N) HD	Step Brothers (08, R) HD	★★★ Will Ferrell, HD	Harold (N) HD						
	DISCOVERY MythBusters (N) HD	Moonshiners (TV14) (N) HD	Moonshiners (TV14) (N) HD	Moonshiners (TV14) (N) HD	Moonshiners (TV14) (N) HD	Moonshiners (TV14) (N) HD				
	DISNEY Cloudy with Chance (09) (N) HD	Lil Hader, (N) HD	Lab Rats (TVY7) (N) HD	Undercover (N) HD	Liv (N) HD	Best (N) HD				
	E! Coyote Ugly (00, PG-13) HD	★★½ Piper Perabo, HD	Coyote Ugly (00, PG-13) HD	★★½ Piper Perabo, HD	Charlie's Angels (00) (N) HD					
	ESPN SportsCenter (N) HD	NFL Primetime (N) HD	SportsCenter (N) HD	SportsCenter (N) HD	SportsCenter (N) HD	NFL Primetime (N) HD				
	ESPN2 Basketball (N) HD	NBA (N) HD	SportsCenter (N) HD	NBA (N) HD	30 for 30: "Trojan War" (N) HD	SportsCenter (N) HD				
	FAMILY (7:30) Despicable Me (10, PG) HD	Finding Nemo (03, G) HD	Albert Brooks, Alexander Gould, HD	Cinderella (50, G) HD						
	FOOD Kids Baking (TV G) (N) HD	Kids Baking (TV G) (N) HD	Kids Baking (TV G) (N) HD	Kids Baking (TV G) (N) HD	Kids Baking (TV G) (N) HD	Kids Baking (TV G) (N) HD				
	FX Fast & Furious 6 (13, PG-13) HD	★★★½ Vin Diesel, Paul Walker, HD								
	HGTV Property Brothers (N) HD	Property Brothers (N) HD	Property Brothers (N) HD	Property Brothers (N) HD	Property Brothers (N) HD	Property Brothers (N) HD				
	HISTORY Sniper: Inside the Crosshairs (TVPG) (N) HD	Sniper: Deadliest Missions (TV14) (N) HD	Sniper: Deadliest Missions (TV14) (N) HD	Sniper: Deadliest Missions (TV14) (N) HD	Sniper: Deadliest Missions (TV14) (N) HD	Sniper: Deadliest Missions (TV14) (N) HD				
	LIFETIME My Sweet Audrina (15, NR) (N) HD	Don't Wake Mommy (15, NR) (N) HD	My Sweet Audrina (15, NR) (N) HD	My Sweet Audrina (15, NR) (N) HD	My Sweet Audrina (15, NR) (N) HD	My Sweet Audrina (15, NR) (N) HD				
	MTV Epic Movie (07, PG-13) HD	½ Kal Penn, HD	The Shannara Chronicles (TV14) (N) HD	"Chosen" (TV14) (N) HD	Ridiculous (N) HD	Ridiculous (N) HD				
	NICK Shakers (N) HD	Nicky (N) HD	100 Things (N) HD	Thunderm (N) HD	Full House (N) HD	Full House (N) HD				
	SPIKE Cops (N) HD	Cops (N) HD	Cops (N) HD	Cops (N) HD	Cops (N) HD	Cops (N) HD				
	SYFY Jaws: Revenge (87) HD	★★ Shark Night (TVPG) (N) HD			Lake Placid 3 (10, R) HD	★★½ Colin Ferguson, HD				
	TBS 2 Broke (N) HD	Big Bang (N) HD	Big Bang (N) HD	Big Bang (N) HD	Big Bang (N) HD	Big Bang (N) HD				
	TCM The Hard Way (42, NR) HD	Ida Lupino, HD	The Sky's the Limit (43, NR) HD	★★★	(15) Phase IV (74, PG) HD	★★½ Michael Murphy, HD				
	TLC Untold ER: "Oh, Deer!" (N) HD	Untold ER (N) HD	Sex Sent Me to the ER (N) HD	Untold ER: "Shocking!" (N) HD	Sex Sent Me to the ER (N) HD	Sex Sent Me to the ER (N) HD				
	TNT Tyler Perry's Madea's Big Happy Family (11) (N) HD	(15) Why Did I Get Married? (07, PG-13) HD	★★½ Tyler Perry, HD	Big Happy (N) HD						
	TRAVEL Ghost Adventures (N) HD	Ghost Adventures (N) HD	Ghost Adventures (N) HD	Ghost Adventures (N) HD	Ghost Adventures (N) HD	Ghost Adventures (N) HD				
	TV LAND Reba (N) HD	Reba (N) HD	Raymond (N) HD	Raymond (N) HD	Raymond (N) HD	Raymond (N) HD				
	USA Congenial (N) HD	The Proposal (09, PG-13) HD	★★★ Sandra Bullock, HD	Modern (N) HD	Modern (N) HD	Modern (N) HD				
	VH1 Mob Wives (TV14) (N) HD	Mob Wives (TV14) (N) HD	Mob Wives (TV14) (N) HD	Mob Wives (TV14) (N) HD	Mob Wives (TV14) (N) HD	Mob Wives (TV14) (N) HD				
	WGN Parks (N) HD	Parks (N) HD	Parks (N) HD	Parks (N) HD	Parks (N) HD	Parks (N) HD				
PREMIERE	HBOW Mad Max: Fury Road (15) HD	★★★½ Tom Hardy, HD	J. Cole Forest Hills (TVMA) (N) HD	(35) Mad Max: Fury Road (15) HD						
	MAXW (15) X-Men (00, PG-13) HD	★★★ Hugh Jackman, HD	X-Men: Days of Future Past - The Rogue Cut (15) HD	★★★½	Depavity (N) HD					
	SHOW Shameless (TVMA) (N) HD	Shameless (TVMA) (N) HD	Shameless: "Emily" (N) HD	Shameless: "Lazarus" (N) HD	Backcountry (15, R) HD					

SUNDAY EVENING

JANUARY 10, 2016

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
BROADCAST	ABC Galavant (N) HD	Galavant (N) HD	Quantico: "Cover" (N) HD	Quantico: "Kill" (N) HD	Local Programs					
	CBS Madam Secretary (N) HD	The Good Wife (N) HD	CSI: Cyber (N) HD	Local Programs						
	NBC The 73rd Annual Golden Globe Awards (TV14) HD									
	FOX Simpsons (N) HD	Cooper (N) HD	Family Guy (N) HD	Bordertown (N) HD	Local Programs					
	ION Leverage (TVPG) (N) HD	Leverage (TVPG) (N) HD	Leverage (TVPG) (N) HD	Leverage (TVPG) (N) HD	Numb3rs: "Ultimatum" (N) HD	Numb3rs: "Con Job" (N) HD				
CABLE	A&E Hoarders: "Judy" (N) HD	Hoarders (TVPG) (N) HD	Hoarders (TVPG) (N) HD	Hoarders (TVPG) (N) HD	Nightwatch (TV14) (N) HD	Hoarders: "Judy" (N) HD				
	AMC (7:30) The Karate Kid (84, PG) HD	Ralph Macchio, Pat Morita, HD	The Karate Kid, Part II (86, PG) HD	★★½ Pat Morita, HD						
	ANIMAL North Woods Law (N) HD	To Be Announced (N) HD	Finding Bigfoot (N) HD	North Woods Law (N) HD	(06) Finding Bigfoot (N) HD					
	BET Payne (N) HD	Payne (N) HD	Payne (N) HD	Payne (N) HD	Husbands (N) HD	Danny (N) HD				
	BRAVO Real Housewives (N) HD	Work Out New York (N) HD	Housewives (TV14) (N) HD	Watch What Happens (TV14) (N) HD	Housewives (TV14) (N) HD	Housewives (TV14) (N) HD				
	CARTOON King Hill (N) HD	Cleveland (N) HD	Dad (N) HD	Family Guy (N) HD	Family Guy (N) HD	Family Guy (N) HD				
	CMT Skull Challenge (N) HD	Skull Challenge (N) HD	Skull Challenge (N) HD	Skull Challenge (N) HD	Skull Challenge (N) HD	Jamie Foxx (N) HD				
	CNN Anderson Cooper 360° (N) HD	Anthony (TVPG) (N) HD	Anthony (TVPG) (N) HD	Anthony (TVPG) (N) HD	CNN Newsroom (N) HD	CNN Newsroom (N) HD				
	COMEDY Step Brothers (08, R) HD	★★ Will Ferrell, HD	Futurama (N) HD	Futurama (N) HD	Futurama (N) HD	Futurama (N) HD				
	DISCOVERY Alaska: Last (N) HD	Alaska: Last (N) HD	Alaska: Last (N) HD	Alaska: Last (N) HD	Killing Fields (TV14) (N) HD	Alaska: Last (TVPG) (N) HD				
	DISNEY Austin (N) HD	Austin (N) HD	Liv (N) HD	BUNK'D (N) HD	Best (N) HD	Jessie (N) HD				
	E! El After Party: 2016 (N) HD	Kardashians (N) HD	The Royals (N) HD	Kardashians (TV14) (N) HD	Kardashians (TV14) (N) HD	Kardashians (TV14) (N) HD				
	ESPN SportsCenter (N) HD	NFL Primetime (N) HD	SportsCenter (N) HD	SportsCenter (N) HD	SportsCenter (N) HD	SportsCenter (N) HD				
	ESPN2 (5:00) Champ. Drive (N) HD	Road to SportsCenter (N) HD	3							

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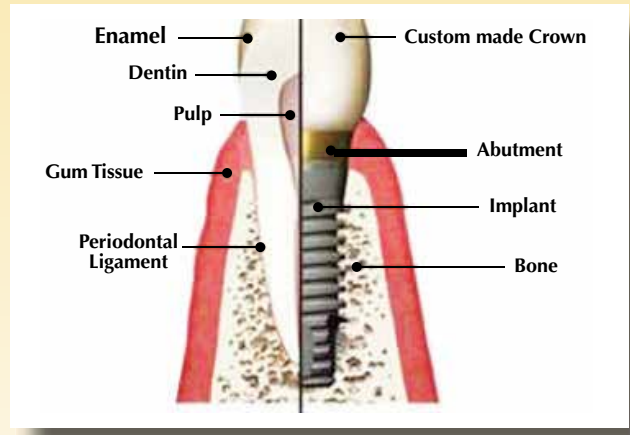
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