



Molly's Revenge

A 10th Annual Winterdance Celtic Christmas Celebration

Page 15

Canine Companions Sustain Survivor

Gemily West Has a New Family and a New Found Focus

Page 2



Carmichael Times

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November 27, 2015

FIVE SIMPLE STEPS TO KEEP PETS HEALTHY OVER THE HOLIDAYS



Page 3

MINIONS RELEASED ON DVD



Page 7

THE MOMENT OF DECISION

END OF THE BENCH

BY GERRY SCHOLL

Page 13

Go Red This Friday

Get into the Redwoods on Black Friday



Portola Redwood State Park (at left). Photo by Paolo Vescia courtesy of Save the Redwoods League
Humboldt State University (above). Photo courtesy of Save the Redwoods League
Prairie Creek Redwood State Park. Photo courtesy of Save the Redwoods League

SACRAMENTO REGION, CA (MPG) - Save the Redwoods League and California State Parks invite the public to skip the shopping malls the day after Thanksgiving and instead opt outside by visiting a redwood state park for free on Free Redwood Parks Day!

Entry to the participating California redwood state parks for day use on Friday, Nov. 27th, 2015, will be free of charge. Find the complete list of all 49 California redwood state parks at SaveTheRedwoods.org/freefriday.

Day-use hours at parks is typically 8:00 a.m. to sunset. Hours of individual parks may vary. Please check operating hours for the California redwood state park you wish to visit at SaveTheRedwoods.org/freefriday.

All visitors wishing to take advantage of Free Redwood Parks Day-Use Pass must go to SaveTheRedwoods.org/freefriday to download and print out a paper copy of the Free Redwoods State Parks Day-Use Pass, which must be presented to state parks staff at the entry gate or, if no state parks employee is on duty, displayed visibly on your vehicle's dashboard to avoid being charged a fine. Free admission is only good for day use only.

Free trip guide and brochures available on the website (SaveTheRedwoods.org/freefriday) as well as much more information. You can also follow the hashtags #OptOutside #IntoTheRedwoods at www.facebook.com/SaveTheRedwoodsLeague and at twitter.com/savetheredwoods.

Skip the crowds and the chaos at the mall this Black Friday and experience the peace and beauty of your local redwood state parks instead!

Bring your friends and family to explore beautiful ancient redwood forests.

Source: Save the Redwood League ★

Bera Statement on Syrian Refugee Screening Bill

SACRAMENTO REGION, CA (MPG) - Congressman Ami Bera, M.D. released the following statement after voting for H.R. 4038, the American Security Against Foreign Enemies (SAFE) Act. The bill requires the Department of Homeland Security to verify that each refugee entering the United States has undergone a background check to ensure they are not a security threat.

"It is critical that our first priority is to keep America safe—that is why I voted today for a bill to ensure that all Syrian refugees are thoroughly vetted. However, we can't let the terrorists win and influence who we are as Americans. Our country has always been a place for those fleeing violence or oppression and we must stay true to those values. This additional screening step will ensure that we know those coming into the country are not a security threat."

Congressman Ami Bera, M.D. represents Sacramento County. Born and raised in California, Bera is a physician and the only Indian American currently serving in Congress. He's fighting to rebuild an economy that works for middle class families and to reduce our country's debt in a responsible way. One of Bera's first acts in Congress was to help lead the effort to pass the No Budget No Pay Act, which says if members of Congress don't pass a budget, they don't get paid. As a leader of the No Labels' Problem Solvers, he's working with people from both parties to find bipartisan solutions to our nation's challenges. He and his wife Janine live in Elk Grove with their daughter Sydra. For more updates on Rep. Bera follow @RepBera on Twitter, like Congressman Bera on Facebook, or visit <http://www.bera.house.gov>.

Source: Office of Congressman Ami Bera, M.D. ★

Raley's Food For Families

Holiday Bag Campaign Seeks to Deliver 3 Million Pounds of Hearty Food to Families in Need

SACRAMENTO REGION, CA (MPG) - Raley's Family of Fine Stores has kicked off its 29th holiday bag drive with the goal of raising 3 million pounds of food to help local food banks meet the increased demand for food to serve the thousands of hungry families and individuals throughout Northern California and Nevada this holiday season.

Reflecting the nation's ongoing focus on healthy eating, Raley's will continue to offer a variety of fresh and nutritious items.

"Raley's Food For Families holiday bag campaign is a simple way to share the season with those in your community struggling with hunger," said Jennie Teel-Wolter, Food For Families development officer. "We have packed each bag with fresh, wholesome, and nutritious food

like fresh milk and carrots; items our food banks desperately need this time of year."

This year's holiday bag will once again include a gallon of milk, as up to 95 percent of food banks don't have enough milk to meet their clients' needs.

Donations can be made through Dec. 31st at check stands in all Raley's, Bel Air Markets, Nob Hill Foods, and Food Sources stores. Individuals can also make an online donation at www.foodforfamilies.org/donate, on Facebook, or by texting ENDHUNGER to 85944.

Raley's teams up with customers to more than double the contribution to the local community—a ten-dollar donation will buy a bag of healthy food worth over \$27.

Food For Families partners with 72 food banks throughout

Northern California and Nevada to distribute the food to help feed individuals that are food insecure throughout the year. Funds raised directly benefit partners within that community. The program was established in 1986 and is unique in the United States in that Raley's absorbs all administrative expenses ensuring that 100 percent of every donation goes toward feeding neighbors in need.

"Raley's Food For Families is a key partner in our continuing service to the growing number of clients in Elk Grove and South Sacramento County," said Marie Jachino, executive director, Elk Grove Food Bank Services. "The largest increase has been in the senior community, which has grown by 280 percent. We greatly appreciate the incredible support from Food For Families of non-perishable food products, fresh fruit, and vegetables that now make up a substantial part of all the food we distribute."

Up to one in six Americans are unsure of where or when they will have their next meal.



A new report from the Annie E. Casey Foundation revealed California's child poverty rate—27 percent—is the worst in the nation. In Sacramento County, some 244,000 individuals consider themselves to be "food insecure," meaning they do not have enough access to food.

In 2014, over \$2 million pounds of food was contributed, which equated to more than 85,000 bags of food distributed to local food banks.

To date, Food For Families has raised more than \$33 million and donated more than 24 million pounds of food to fight hunger.

For more information please contact Raley's Director of Public Relations & Public Affairs Chelsea Minor at (916) 207-7060 or email her at Cminor1@raleys.com.

About Raley's Family of Fine Stores: Raley's is a privately

Continued on page 10



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See inside for details

Canine Companions Sustain Survivor

Gemily West Has a New Family and a New Found Focus

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - On a summer night in 2012, Gemily West lost her boyfriend and the pets she had since childhood. Returning from a walk on the old Garfield Elementary School grounds, she and boyfriend Harison Long-Randall and the four dogs she called "fur kids" were hit by a drugged motorist.

Harison's leg was severed and the lifeless bodies of Australian cattle dogs Winry, Zury, Bindie, and Evie were strewn across the road. Gemily needed 42 metal pins and a steel rod to rebuild her right limb.

"I wanted to heal to be there for Hari," recalls Gemily. "When he died after 13 days, I felt I'd lost everything. There seemed no future."

She could not work or walk. Agony continued as she endured the criminal trial of driver Paul Walden (now imprisoned for life) and acrimonious estrangement from Hari's kin.

After three years of surgeries and therapy the 26-year-old feels her life has now turned around. "I'm back on track because of my new kids," she said. Acquired from breeders, puppies Kiry, Breezy, and Honey resemble and share some of the same blood lines of the dogs she lost.

"New puppies are a distraction," she said smiling. "It doesn't matter that you're hobbling on crutches, they still



Gemily West embraces pups Honey, Breezy, and Kiry (above). The Australian cattle dogs have brought healing for the Carmichael heroine who lost her boyfriend and four beloved pets to a 2012 hit and run crime. She is still recovering from her own injuries. Now working for the company founded by her older sister, Gemily snuggles with costumes she sewed (at right).



need you. You have to get up and take care of them."

With the same skill that made champions of her lost babies, Gemily trained Honey and Kiry as service companions. "Honey was made for me," explains Gemily. "She pulls me upstairs and helps my stability, she helps my post-traumatic stress. ... When I panic, she grabs my attention and makes me focus on her. I sit with her close and she calms me. My dogs fill my life with a joy I never thought I'd have again. They do my heart good; it's like getting some of my family back."

More comfort has come from fellow El Camino High School graduate, David Pierce. The restaurant worker reconnected with Gemily in the painful

months after the accident. "We were old sweethearts who'd drifted apart," Gemily explains. "He came by the house one day and started helping out. He mowed the lawns and helped look after the other animals I foster. We grew to love each other again."

The couple plans to marry when the myriad of medical, financial, and legal matters that haunt Gemily's recovery are finally behind her. In the meantime, Pierce has been adopted by the West family. He helps with sister Lilleah's costume business: Bear Cub Creations. He is also a father figure to three boisterous fur kids.

"There is no replacing what I lost," Gemily says. "But all these things have

helped me take back some of what was taken from me."

The Carmichael community shared in Gemily's loss; her "fur kids" were part of community life. The oldest dog Winry was a high-jumping athlete who regularly won canine shows. With heart-melting stoicism, the champion suffered being dressed-up in Gemily's old infant

clothes at Halloween. "She saw into my soul," recalls Gemily. "We could communicate with just our eyes. My dogs all had their individual spirits but there could never be another Winry."

Gemily often senses Winry and the lost dogs as benevolent spirits. "I couldn't face the Engle intersection [where the killings happened] for two years. At last, David and I took the new puppies to Garfield School where Hari and I'd been exercising the dogs that terrible night

"She'd been lost during a military family's move two years before," Gemily marvels. "I believe the spirits of my dogs guided her safely to where she'd get help to find her people."
— GEMILY WEST

On the playing field, a fragment of old yellow police tape blew from nowhere and wrapped itself around my feet. I felt Winry, Zury, Bindie, and Evie's spirits rushing past me; like they were saying, 'Hey mom, we're happy you're here. We're all having fun again.'"

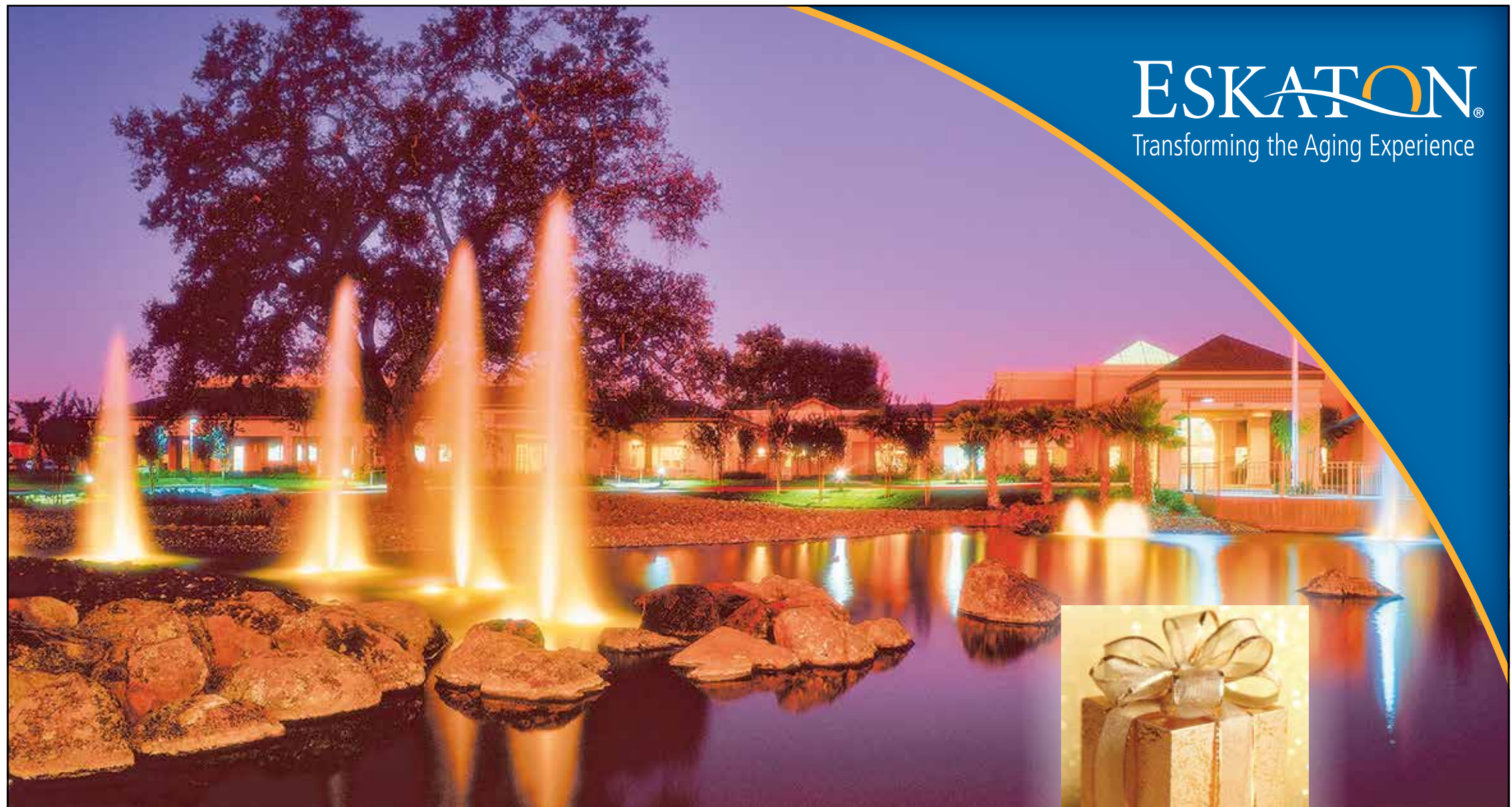
Stranger things have happened. On two separate occasions since the accident, missing Australian cattle dogs mysteriously found their way to the West's yard. Still on crutches, Gemily caught the first dog. "She was red," she said, "and for a fleeting second I thought my precious Winry had come back to me."

An implanted chip allowed the dog's owners to be traced. "She'd been lost during a military family's move two years before," Gemily marvels. "I believe the spirits of my dogs guided her safely to where she'd get help to find her people. Her name was Tasha."

"When her owners came here to get her it was like Tasha was back from the dead. I believe my dogs helped her. They always loved being part of a family." ★



Teenaged Gemily West dresses her beloved Winry for a dog show. The Australian Shepherd was one of four pets that died in the same hit-and-run crime that killed Gemily's boyfriend Harison Long-Randall.



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Five Simple Steps to Keep Pets Healthy Over the Holidays

SACRAMENTO REGION, CA (STATEPOINT)- When making holiday plans, consider your pets' health needs. Here, five veterinary experts weigh in on steps to keep pets happy and healthy amid the hubbub.



The holidays can be toxic to pets. Chocolate poisoning is one of the most common accidents during the holidays, according to veterinary critical care specialist and toxicologist Dr. Justine Lee. Other food foes include grapes, raisins, bones, unbaked yeast bread dough, alcohol, and xylitol, a common sugar substitute. Photo courtesy of annaav - Fotolia.com

Resist Those Pleading Eyes

According to veterinary nutritionist Dr. Dottie LaFlamme, high-calorie tidbits contribute to caloric overload and bad habits, while lacking necessary nutrient balance.

"Just one teaspoon of beef fat can contain almost twice the calories a small dog should consume in daily treats," LaFlamme said, adding that feeding from the table also promotes begging behavior. "If you must give pets a treat, feed it in their bowl after the meal to help with portion control."

Avoid Holiday Hazards

The holidays can be toxic to pets. Chocolate poisoning is one of the most common accidents during the holidays, according to veterinary critical care specialist and toxicologist Dr. Justine Lee. Other food foes include grapes, raisins, bones, unbaked yeast bread dough, alcohol, and xylitol, a common sugar substitute.

Likewise, "Potpourri liquid contains detergents that can cause severe ulcers and burns in a cat's mouth, while tinsel can act as a severe linear foreign body when stuck in a cat's stomach and intestines," she said.

If you're hosting, ensure houseguests pet-proof pill bottles.

Take Preventive Measures

Owners often experience a false sense of security about parasite prevention when the weather turns cooler. However, the holidays are no time to take a break from heartworm prevention, even though heartworms are spread by infected

mosquitoes, said veterinary parasitologist Dr. Patricia Payne. Why? Because preventives work retroactively on heartworm larvae acquired earlier in the season.

"There's no way to accurately predict past or future transmission, so the American Heartworm Society recommends year-round heartworm prevention for dogs and cats," Payne said. "Make sure to put a reminder on your holiday calendar to give routine monthly preventives to pets."

Give the Gift of Activity

"When we removed hunting from pets' daily lives, we reduced their physical and mental activity," said veterinary behaviorist Dr. Jacqueline Neilson. "When pets lack mental stimulation, they can become bored and depressed, and often create their own stimulating activities, such as chewing items or barking at passersby." Beat this concern with food puzzles and toys that require pets to work, play, or "hunt."

"Consider your pet's personality when choosing holiday

gifts," says Neilson. "If your dog likes to chew things, a food toy that needs to be squeezed between the jaws may be ideal. Herding breeds may prefer a toy they can nudge."

Travel Prep

An estimated 30 million people travel with their pets annually, and holidays are prime time for hitting the road. Flying? Check your airline's pet requirements. For car travel, invest in a carrier.

"Your pet will appreciate a safe haven while traveling," said Dr. Robert Stannard, who recommends adding a favorite blanket to provide a sense of familiarity. Travel bowls, favorite toys, and medications are necessities, not luxuries. Just be careful not to overfeed.

"Like us, pets can get motion sickness," said Stannard. "Don't feed your pet right before leaving, and limit food during travel to help prevent digestive upset."

With a few precautionary measures, your four-legged family members can have a happy, healthy holiday season. ★

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Californians See Immigration More Positively than the Rest of U.S.

USC Dornsife/LA Times Poll Shows Californians See Immigrants as Creating Economic Challenges, but Believe American Society Is Strengthened by Their Presence

SACRAMENTO REGION, CA (MPG) - Californians are more likely to see immigrants as positive for American society compared to the U.S. as a whole, according to a USC Dornsife/LA Times Poll conducted by SurveyMonkey. Fifty-nine percent of California voters, compared to 49 percent of U.S. voters, reported that immigrants strengthen society, while 35 percent of California voters and 43 percent of U.S. voters said they weaken it.

In California, despite the positive feelings for immigrants, 41 percent of voters believe that immigrants make things harder

for them financially, while 10 percent say immigrants make things easier, and 39 percent saying they make no difference.

"It's not surprising that Californians are much more positive about the benefits of immigration than voters nationally, but even our state's residents recognize that immigration can present economic challenges as well," said Dan Schnur, Director of USC's Jesse M. Unruh Institute of Politics. "It's a testament to California voters that they understand that the long-term positive contributions that immigrants can provide are

worth the short-term financial challenges that may arise."

Other findings from the poll show that the majority of California voters—59 percent—report that unfairness in the economic system that favors the wealthy is a major problem in the United States. Thirty-nine percent cited over-regulation of the free market as a bigger issue in the country. However, 44 percent of California voters said that the government gets in the way of their opportunities while 39 percent said that Washington doesn't make a difference either way.

"Voters of both parties are

increasingly worried about the impact of income inequality, but they don't seem to be willing to trust their government to fix the problem without creating other problems," Schnur said. "The challenge for our presidential candidates will be to overcome these broader doubts with policy proposals for economic growth that voters can trust."

Youth and minority populations echo the sentiment of the majority of California voters that inequity within the economic system is a major issue. Seventy-four percent of 18-29 year olds agreed that it is a bigger issue than over-regulation of the market, as well as Black (70 percent), Asian (68 percent), and Hispanic (62 percent) voters in California. Fifty-four percent of White voters also agree.

Voter opinions on immigration vary widely based on partisan affiliation. Fifty-three percent of California Republicans and 64 percent of U.S. Republicans believe that immigrants mainly weaken society, while 75 percent of California Democrats and 66 percent of U.S. Democrats believe immigrants mainly strengthen society. Nationally, only 29 percent of Republicans think immigrants strengthen society.

The divergence of opinions is further evidenced when broken out by candidate support. Eighty-one percent of Hillary Clinton supporters and 80 percent of Sen. Bernie Sanders supporters in California believe that immigrants bolster society. Nationally, 66 percent of Clinton supporters and 85 percent of Sanders supporters agree with the statement.

Meanwhile, a large majority of Donald Trump and

Sen. Ted Cruz supporters in California—73 percent and 75 percent respectively—believe that immigrants mainly weaken American society. Sixty-one percent of Ben Carson supporters agree, but 53 percent of Sen. Marco Rubio supporters in California believe that immigrants actually improve society. Nationally, 82 percent of Trump supporters believe immigrants mainly weaken society, with 73 percent of Cruz supporters, 56 percent of Carson supporters, and 45 percent of Rubio supporters in agreement.

California voters are generally more hopeful about cultural diversity while national voters are divided. In the Golden State, 56 percent of voters said that they are hopeful about the changes in cultural diversity in the country over the past few years while 41 percent report that they are worried. Nationally, 50 percent of voters report feeling worried about diversity compared with 47 percent who said they are hopeful.

Few Californians, only 13 percent, said they think the federal government increases opportunities for them. Responses divide along party lines in the state with 68 percent of Republicans and 29 percent of Democrats reporting that the government gets in the way of opportunity; while 20 percent of Democrats and 8 percent of Republicans believe the government increases opportunity.

Nationally, voters are more likely to feel that the government gets in the way of opportunity, with 52 percent agreeing with the statement.

Trump and Carson lead

Republican race, Clinton dominates Democratic field.

In the Republican primary race, Donald Trump and Ben Carson continue to lead the field, with 20 percent of California voters saying they would vote for Trump and 19 percent for Carson if the election were held today. Fourteen percent of Californians say they favor Sen. Marco Rubio, followed by 11 percent for Sen. Ted Cruz, 6 percent for Carly Fiorina and 4 percent for former Florida Gov. Jeb Bush.

In the Democratic field, Hillary Clinton holds a sizable lead, with 48 percent of California voters versus 32 percent who favor Sen. Bernie Sanders.

The USC Dornsife/LA Times SurveyMonkey Poll survey was conducted Oct 29 – Nov. 3, among 2,009 registered voters in California and an additional national sample of 3,035 registered voters in the United States. Error estimates for this survey are +/- 3 percentage points for California registered voters and +/- 2.5 percentage points for registered voters in the United States.

Respondents for this non-probability survey were selected using an algorithm from among the 3 million people who take surveys on the SurveyMonkey platform each day. Data for the survey—which also included interviews with adults not registered to vote—have been weighted for gender, age, race, education, and region using the Census Bureau's American Community Survey to reflect the demographic compositions of California and the United States.

Source: University of Southern California



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A Day of Seeking Solutions

Listening Provides Answers to Your Needs

CARMICHAEL, CA (MPG) - Everyone is looking for solutions: a more fulfilling career path, a deeper sense of purpose, hope, and health are on their wish list. The First Church of Christ, Scientist, Carmichael—in collaboration with The Albert Baker Fund—has a day planned for those seeking such solutions. This cost-free event will be held on Saturday, Dec. 5th, from 10:00 a.m. to 3:00 p.m. at the La Sierra Community Center, 5325 Engle Road in Carmichael.

The day begins with a talk given by national speaker Jill Grimes, C.S., a member of the Christian Science Board of Lectureship, and is followed by an interactive career workshop moderated by Robin Glenn Jones, Career Coordinator for the Albert Baker Fund.

In her talk titled, "God is speaking—are we listening?" Grimes will discuss the practical application of spiritual law to everyday challenges, which does not fail to bring right outcomes. Grimes' ideas are based on the teachings of Jesus as recorded in the Bible, and as provided in the ground-breaking work on spiritual healing: "Science and Health with Key to the Scriptures" by Mary Baker Eddy.

"So are you ready to hear your own healing language?" asks Grimes. "God's healing love is contemporary and



Speaker Jill Grimes has been a practitioner of Christian Science healing for over 25 years. She has been involved in numerous healings through the application of spiritual law, including depression, diseases, addictions, and broken bones. Photo courtesy First Church of Christ, Scientist, Carmichael

understandable. It is universal and unconditional, not denominational. It gives you peace."

Grimes has been a practitioner of Christian Science healing for over 25 years. She has been involved in numerous healings through the application of spiritual law, including depression, diseases, addictions, and broken bones. Grimes travels throughout the country sharing this spiritual approach to life. She makes her home in Tucson, Ariz. with her husband.

Immediately following the talk the interactive career workshop,

moderated by Mr. Jones, will take place for those who have registered for that second phase of the event. Who should attend? Career professionals, job seekers, students, job changers. Included in the workshop will be opportunities for sharing spiritual insights and experiences regarding career search and connections, networking with industry professionals, helping college students and graduates to make new career connections, and learning new job search skills by gaining new spiritual insight/ perspective by learning to move beyond the ground-level conversation of changing careers.

To register for the career workshop portion of the event, go to The Albert Baker Fund "Career Alliance" website: <http://www.abfcareeralliance.org/event-registration>. Lunch will be included and contributions for the cost of the lunch will be welcome.

Career Coordinator Robin Jones is charged with managing the Career Alliance program of The Albert Baker Fund. He believes that everything he has loved doing in his career has prepared him for this. He's been a successful sales and management professional, as well as a recruiter, coach, teacher, and Christian Science practitioner.

Source: First Church of Christ, Scientist, Carmichael ★

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CLUES

CROSSWORD

ACROSS
1. Boreal bursts
6. Soldier's bed
9. Microbrewery product
13. "We all will be together if the fates ____"
14. Romanian money
15. Plural of pupa
16. Stupid and silly
17. Eyeball shape
18. Bornean ape
19. "Feliz ____"
21. "...with your nose so ____, won't you guide my sleigh..."
23. Gourmet mushroom
24. Windows to the soul?
25. "Hee ____" variety show
28. Persian backgammon
30. Knowledgeable
35. Shining armor
37. Oriental ware, pl.
39. One of seven dwarfs
40. St. Louis' Gateway
41. "Mele Kalikimaka is the ____ to say"
43. Singer-songwriter Amos
44. Scout's mission
46. End of line
47. Mint product
48. Mrs. Potts of "Beauty and the Beast"
50. Falling-out
52. Lamb serving
53. Thomas the Engine's warning
55. Plays for pay
57. Part of a flower, pl.
60. "The weather is frightful but this is so delightful"
64. Natural talent
65. Nightcap rocks
67. Run ____ of the law
68. Full of curd
69. "Jolly Old Saint Nicholas, Lean your ____ this way"
70. First light, pl.
71. Algonquian people
72. Dashboard acronym
73. Wipe it clean to start fresh

DOWN
1. No this without pain?
2. Longer forearm bone
3. Member of people of eastern Europe
4. Second T in T&T
5. ABBA's home
6. Doofus
7. "____ the fields we go laughing all the way"
8. Short and plump
9. Town
10. Sashimi choice
11. "____ Buy Me Love"
12. Liquor store pony
15. Composed and self-assured
20. Like exes
22. Christian minister, abbr.
24. Most avant-garde
25. "It" in "...but the very next day you gave it away"
26. Come to terms
27. Neopagan religion
29. German industrial valley
31. Drilling group
32. Thread holder
33. Chill-inducing
34. "The fire is slowly ____, and my dear, we're still goodbying"
36. Do this until you drop?
38. Finger move
42. Charted record
45. "You better watch out! You better ____"
49. Beneficiary of holiday toy drives
51. Found on a tire
54. Basketry stick
56. Butcher's refuse
57. Its out of focus
58. Like pink steak
59. Assistant
60. 4 years to a President
61. Caucus state
62. Litter member
63. Someone ____
64. TV monitor, acr.
66. Part of graduate's ensemble

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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 8

Come back every week for Crossword and Sudoku!



ARIES (March 21 to April 19) Don't feel sheepish about looking to spend more time with that special person during the upcoming holidays. Do it because it's the right thing to do.

TAURUS (April 20 to May 20) Never mind letting misunderstandings repair themselves. Consider speaking up while the healing process can be shorter and sweeter and leave fewer scars.

GEMINI (May 21 to June 20) Romance is easily awakened in the Geminian heart, especially around the happy holiday season. So go ahead and make those plans with that special someone.

CANCER (June 21 to July 22) Moon Children can glow with their own inner light as the holiday season magic takes hold. It's a very special time for Cancers and Libras together. Enjoy.

LEO (July 23 to August 22) It's a good time for you fabulous Felines to take pleasure in your special gift for, well, taking pleasure! Look for this holiday season to give you every reason to purr.

VIRGO (August 23 to September 22) This is a good time to let others who are in your life get a little closer to you. You'll both find out what you've been missing for far too long.

LIBRA (September 23 to October 22) Open up your eyes and see some welcome surprises you've missed or overlooked for too long. What you find can lead to other favorable changes.

SCORPIO (October 23 to November 21) What you expect to be potentially troublesome might simply be especially challenging and well worth your efforts to check out. Good luck!

SAGITTARIUS (November 22 to December 21) A friendship might not seem as trustworthy as you'd like. OK. Ask your questions, get your answers and settle the matter once and for all.

CAPRICORN (December 22 to January 19) A family situation moves into a new area because of (or, maybe, thanks to) some decisions you might have felt you could not avoid making.

AQUARIUS (January 20 to February 18) You could be cutting it very close if you hope to make those holiday plan changes in time to avoid problems. Get a friend or family member to help.

PISCES (February 19 to March 20) Friends show how important you are to them. Keep these precious relationships thriving. They affect much that will happen to the fabulous Fish in the new year.

BORN THIS WEEK: Time spent at home alone nurtures your mystic self. Spending your time with others nurtures them.

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It was Russian-born composer Igor Stravinsky who made the following sage observation: "Silence will save me from being wrong (and foolish), but it will also deprive me of the possibility of being right."

If you live in New Jersey, you pay eight times as much in real estate taxes as residents of Hawaii do.

Given the popularity of both Legos and Star Wars, you probably won't be surprised to learn that the first licensed, themed Lego set was an X-Wing fighter, released in 1999.

top ten
America's Favorite Authors

1. Stephen King
2. James Patterson
3. J.K. Rowling
4. John Grisham
5. Dean Koontz
6. Nora Roberts/J.D. Robb
7. J.R.R. Tolkien
8. Samuel Clemens/Mark Twain
9. Nicholas Sparks
10. Danielle Steel

Source: The Harris Poll

Winter jasmine
A native of China, *Jasminum nudiflorum* is a vining shrub that grows 3-4 feet high and twice as wide. Its willowy stems root wherever they touch the ground, forming a thick wall of foliage. Hundreds of bright yellow flowers open all along the stems in the dead of winter. Often confused with forsythia, it actually blossoms over a much longer period.

Source: www.southernliving.com — Brenda Weaver



PICKS OF THE WEEK



"Minions" Photo Universal Pictures

"Minions" (PG) - The little yellow guys in goggles got their own feature-length movie, and it's right-on-brand for them: brightly colored slapstick and harmless nincompoopery. The hapless helpers behind the super-villain in "Despicable Me," it turns out, have been serving bad-guys since the dawn of time -- T. Rex and Dracula are on their resume. After going for a long time without a master, a few intrepid minions leave their home in Antarctica to pledge loyalty to the first female super-villain, the dastardly Scarlett Overkill (voiced by Sandra Bullock.)

Whether or not you've seen "Despicable Me," you're likely familiar with the Minions' shtick. They've been featured in various promotions and even incorporated into unrelated fields. They speak in hyper-gibberish, bump into each other and are seemingly good-natured stooges. It's hard to keep that fresh for a full run-time, but viewers under 10 certainly won't mind.

"Ant-Man" (PG-13) - While he's the tiniest hero in the Marvel Cinematic Universe, Ant-Man is disproportionately strong both in terms of super-powers and movie appeal. Scott Lang (Paul Rudd) just got out of prison for stealing, but he's exactly the right kind of thief for a special heist. Dr. Hank Pym (Michael Douglas) recruits and trains Lang to wear a super-suit that can instantly shrink him to ant-size while amplifying his strength. The mission: steal back Pym's

size-changing research before his former protege (Corey Stoll) can use the technology for evil. The smaller-scale heroics of *Ant-Man* call for a little more humor than Marvel movies are accustomed to using. For this, Rudd is a great pick, even it isn't his brightest performance. He's the "Who, me?" kind of hero who doesn't fit the typical bill, but can still adapt to the role as the story goes along.

"One & Two" (R) - Two teleporting teen siblings live under their tyrannical father in a walled-off bit of isolated farmland. The family lives with mostly handmade stuff, no electricity and regular prayer. After sundown, brother and sister Zac (Timothee Chalamet) and Eva (Kiernan Shipka) play out in the lake and meadow with their inexplicable ability to disappear in a puff of mist and instantly reappear elsewhere. Their father's cruelty drives Eva to teleport outside the farm, where she's plunged into the modern world. The acting, effects, music, tone and visuals are all top-notch. It's the story that can't deliver and feels unfinished.

"Partisan" (R) - On the outskirts of a maybe post-apocalyptic town, there exists strange commune led by a lone man named Gregori (Vincent Cassel). With a handful of women and a score of children, Gregori is the sole father figure, protector, teacher and, as it turns out, child-assassin trainer. Conflict comes when there's some hint of rebellion from Alexander (Jeremy Chamberlain), who is Gregori's favorite 11-year-old assassin-in-training. It leads to a dead-end, however, as the lack of context in this unexplored dystopia (somewhere Europe-y) leaves big holes in our understanding of what's going on and why Gregori is so dang crazy.

TV RELEASES

- "Hannibal: Season 3"
- "X-Files: The Collector's Set"
- "Doc Martin, Series 7"
- "Under the Dome: Season 3"
- "2015 World Series Collection"

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by **HEALTHY EXCHANGES**
Mediterranean Pizza

This is for all you feta cheese lovers. It's also for all you zucchini lovers. And it's for all you pizza lovers, too!

- 1 (11-ounce) can purchased refrigerated crusty French loaf bread
- 2 teaspoons Italian seasoning
- 1 3/4 cups (one 15-ounce can) tomato sauce
- 2 1/2 cups chopped unpeeled zucchini
- 3/4 cup crumbled feta cheese
- 3/4 cup shredded reduced-fat mozzarella cheese

1. Heat oven to 425 F. Spray a 10-by-15-inch rimmed baking sheet with olive oil-flavored cooking spray. Unroll French loaf and pat into prepared baking sheet. Bake for 5 minutes.
2. Stir Italian seasoning into tomato sauce. Evenly spread sauce mixture over partially baked crust. Arrange zucchini evenly over sauce. Sprinkle feta and mozzarella cheeses evenly over top. Continue baking for 12 to 14 minutes or until crust is golden brown.
3. Place baking sheet on a wire rack and let set for 5 minutes. Cut into 8 large pieces. Serves 8.

* Each serving equals: 173 calories, 5g fat, 9g protein, 23g carb., 758mg sodium, 2g fiber; Diabetic Exchanges: 1 Starch, 1 Meat, 1 Vegetable.

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Raley's Food For Families

Holiday Bag Campaign Seeks to Deliver 3 Million Pounds of Hearty Food to Families in Need

Continued from page 1

owned, family operated super-market chain with headquarters in West Sacramento, Calif. The company operates 124 stores in Northern California and Nevada under four banners: Raley's Supermarkets, Bel Air Markets,

Nob Hill Foods and Food Source. Raley's was founded in 1935 by Thomas P. Raley and is a major grocery chain best known for high quality products, fresh produce, fine meats, and outstanding customer service. Raley's strives to make its

customers' lives easier and better by delivering a personalized food shopping experience. For more information, visit www.raleys.com.

Source: Raley's Public Relations ★

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page 1688 of Official Records in the office of the Recorder of Sacramento County, California, Date of Sale: 12/18/2015 at 11:00 AM Place of Sale: At the main entrance to the County Courthouse 720 9th Street Sacramento CA Estimated amount of unpaid balance and other charges: \$211,267.87 Note: Because the Beneficiary reserves the right to bid less than the total debt owed, it is possible that at the time of the sale the opening bid may be less than the total debt owed. Street Address or other common designation of real property: 8157 Ramwood Way Orangevale, CA 95662 Described as follows: As more fully described in said Deed of Trust A.P.N #: 259-0100-013-0000 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may

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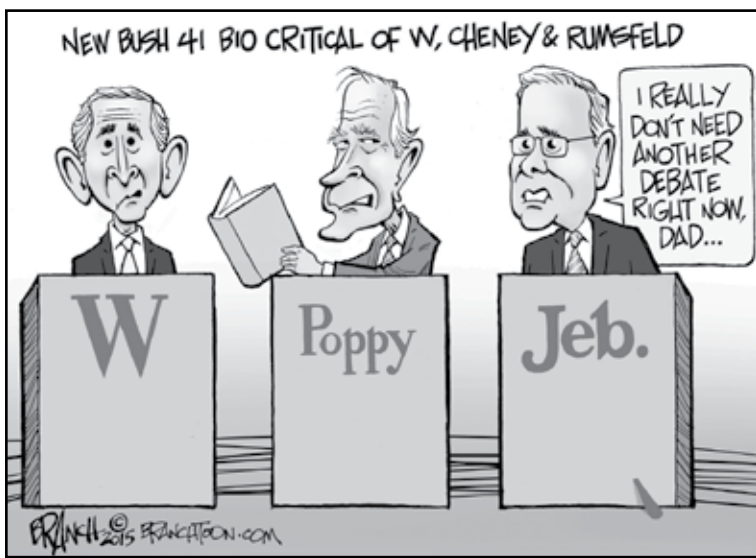
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is the widely shared and tweeted image or hashtag.

After the slaughter at the offices of the satirical French magazine Charlie Hebdo earlier this year, it was "Je suis Charlie," or "I am Charlie." It was a well-intentioned expression of solidarity, so long as you overlooked the absurd presumption of it.

You are Charlie? Oh, OK. Then draw a sketch of Muhammad and post it online. Better yet, do it over and over again, until you get constant threats and your office is firebombed, just as a warmup. No, you aren't Charlie (for that matter, Charlie isn't even Charlie anymore -- it's given up on mocking Islam for understandable safety reasons).

The "Peace for Paris" image is simple and emotive, if inapt. Paris doesn't need to give peace a chance. It doesn't need to make love, not war. It doesn't need to be more understanding or more hopeful. It needs to be better protected by all those unsentimental means that have been neglected in recent years, or overwhelmed by the growing threat of ISIS.

Paris -- and more broadly France and the West -- needs more surveillance of suspected terrorists and police raids; a more restrictive immigration policy that doesn't create large, unassimilated Muslim populations, or welcome

terrorists as refugees; and a serious, multilayered campaign to destroy ISIS and deny it the safe havens from which it recruits and trains, and plots against the West.

If someone can come up with a catchy symbol for that, I'll embrace it (although "La Marseillaise" isn't so bad: "To arms citizens/Form your battalions/March, march"). Meanwhile, spare me the #PrayforParis hashtag. Forgive me if I'm unmoved by lighting up world landmarks in red, white and blue, or your putting a tricolor filter on your Facebook profile picture. And please don't tell me, in the words of the designer Jean Jullien, that "in all this horror there's something positive that people are coming together in a sense of unity and peace."

Nothing positive comes from innocents getting shot down in cold blood for the offense of going to a concert on a Friday night. If there aren't going to be more -- and worse -- attacks in our cities, the path ahead won't be one of unity and peace. It will be the hard, thankless work of protecting civilization from its enemies.

Rich Lowry is editor of the National Review.

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Helping Pets in Need

DEAR PAW'S CORNER: As the holiday season swings into full gear, many people may be looking to do something more enriching than just shopping for gifts and getting things we don't really need. Please encourage your readers to consider donating to their local shelter or offering some of their time as volunteers to help pets during the holidays and year-round. -- Avid Volunteer in Virginia

DEAR AVID: You told them, and I thank you! The holidays can be a very hectic time for many people. But finding time to volunteer at your local shelter, or helping to host a fundraising or pet-supplies drive, can be an enriching experience and a break from shopping and planning for holiday events.

While some local shelters don't have a formal volunteer program, many do. The first step is to contact the shelter or visit its website to find out if it accept volunteers, what jobs they're expected to do, and how to apply. If you have

children who are interested in volunteering, find out the minimum age and what kids can do if they're too young to volunteer.

For example, the adoption center at Boston's MSPCA Angell center requires a six-month commitment of two hours per week from volunteers, who handle a variety of tasks from cleaning habitats to feeding the animals, walking dogs, socializing with smaller animals, or interacting with visitors. That's quite a commitment, but the volunteer program often is completely filled each year.

Single-day or weekend volunteer activities also may be available, often as group events. These are a great way to get familiar with being a shelter volunteer.

Send your questions or tips to ask@pawscorner.com.
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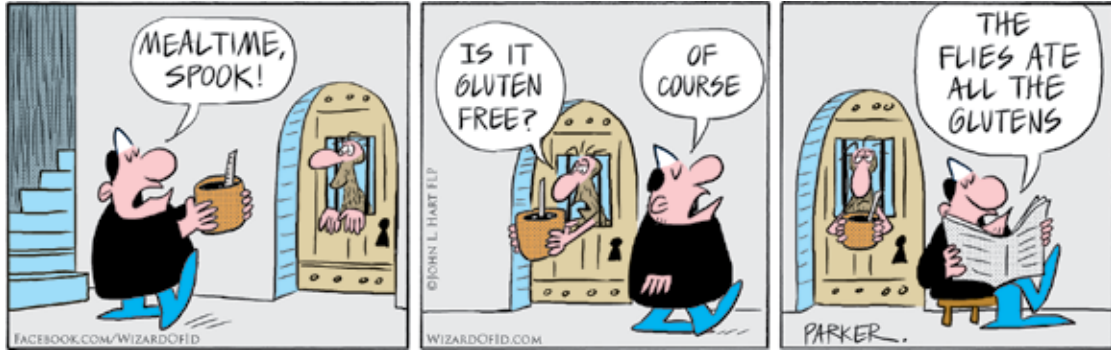
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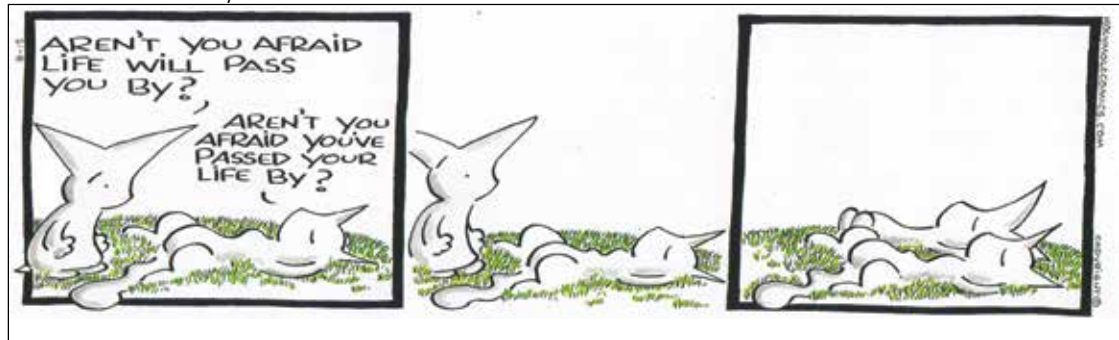
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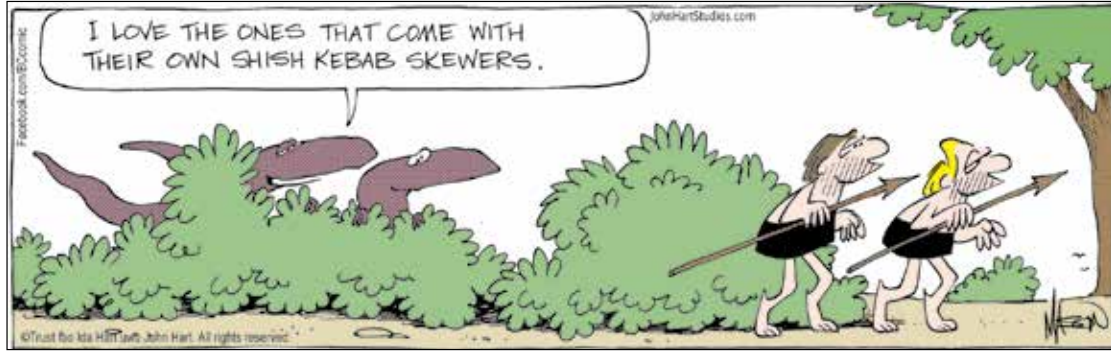
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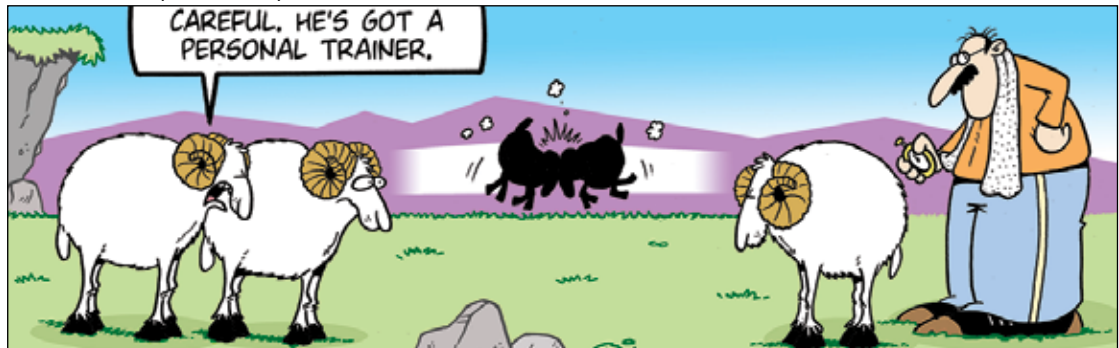
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The Moment of Decision

When Dusty Baker was in the dugout for San Francisco, one of his key strategies was managing the "inning of decision" --- the point in the baseball game that Dusty identified as the moment of truth.

And the truth is, Baker, who recently landed the managerial position of the Washington Nationals, was very good at his job with the Giants (10 years, 840-715), the Chicago Cubs (4, 322-326) and the Cincinnati Reds (6, 509-463). His record of 1,671-1,504 ranks him 17th on the list of winningest MLB managers, with a better winning percentage (.526) than eight of those listed ahead of him. Johnny B. Baker, who played high school and junior college ball in Sacramento and still lives in the area, was a member of the initial class of inductees into the Sacramento Sports Hall of Fame in 2013.

Baker was a two-time All Star during his 19-year playing career, and in 20 seasons as a manager his teams won five division titles and placed second six times, though he has a disappointing 19-26 post-season record. He was chosen NL Manager of the Year three times and was second in the voting three times. He took S. F. into the 2002 World Series against the Anaheim Angels --- any solid Giants fan should recall what happened there.

The point of all that, besides giving Dusty a nod, is that Baker knows what he is doing (though he has had a few issues with his pitching staff's along the way) and his strategies have been effective.

The moment of decision cannot only alter the outcome of a game, but also the future course for a player or team.

Take the San Francisco Forty Niners --- please. They visited their house of horrors, otherwise known as Century Link Field in Seattle, Sunday and left with a familiar result --- a fifth straight defeat at the home of the Seahawks. The moment of decision came very early in the 29-13 loss.

After the opening kickoff, the Niners began their first series with a pair of runs up the middle, directly into the teeth of an amped-up Seattle defense, that netted two

yards. That set up an obvious passing situation for recently promoted quarterback Blaine Gabbert --- the predictable result was a sack for loss, a punt, great field position for the Seahawks, and a quick touch-down for the home team jacking up the volume of the already deafening crowd. It was all downhill from there for the 3-7, last place 49ers.

The team has had a few fateful moments of decision in recent seasons that finds them in that place they are today. The Niners decided to hire Jim Harbaugh as coach, who quickly turned them into a winner. They decided to go with Colin Kaepernick at quarterback over Alex Smith --- successful for a while, until the league made adjustments to Kaepernick's style of play, and his production and that of the offense was greatly diminished. They decided to part ways with Harbaugh and things got worse. They have decided to go with Gabbert at QB over Kaepernick (who has been placed on season-ending injured reserve under conspicuous circumstances).

Gabbert played well in his first start that resulted in a win over Atlanta. Why not cut him loose immediately against Seattle to see how he would respond, to surprise the Seahawks and have them guessing from the start? Rather than the same old grind-it-out approach when the team has nothing to lose, why not open it up to see if Gabbert has any potential as the QB of the future? He played reasonably well as the game went on, but the ultimate outcome was decided early.

The team that decided to move out of The City and into new Levi's Stadium fifty miles south in Santa Clara, driving some uncomfortable wedges between it and their faithful fan base for the sake of a lot of money, must conquer some "moments" in the near future to be competitive.

After a string of poor draft classes the last few years, a strong one is a must. The team may have as many as twelve picks next time. The defense, that allowed an all-time team record 209 rushing yards to undrafted Thomas Rawls out of Central Michigan (filling in for Marshawn Lynch), needs more

help. The offense, that is last by a lot in scoring in the league, needs a ton of help.

Some top-flight "big uglies" up front on the offensive line should be a top priority to get the running game going and to protect Gabbert, if he is the guy going forward. Since it appears that Kaepernick will be leaving the scene, another QB must be added; wouldn't it be great if they don't bypass a local guy this time (never forget about Aaron Rodgers) and are able to land Jared Goff from Cal.

Whenever sophomore Christian McCaffrey elects to enter the draft --- get that guy! The nation's leader in all-purpose yards, McCaffrey rolled up a Stanford school-record 389 total yards in Saturday's 35-22 Big Game victory over Cal, the Cardinal's sixth straight in the series. He ran 29 times for 192, caught a 49-yard TD pass and returned a kickoff 98 yards for a score. Goff did his best to keep the Bears in the game, completing 37 of 54 pass attempts for 386 yards, two scores, no interceptions. Three Cal receivers had seven receptions each, led by Bryce Treggs' 102 yards.

Cal has a strong history of advancing offensive skill-position players into the NFL. Currently on rosters are receivers Keenan Allen (Chargers), DeSean Jackson (Wash.), Marvin Jones (Bengals); running backs Shane Vereen (Giants), Justin Forsett (Ravens), Lynch (Seahawks), C.J. Anderson (Broncos); tight end Richard Rodgers (Packers) catching some passes from Aaron, just to name a few. Stanford checks in with QB Andrew Luck and TE Coby Fleener (Colts), TE Zach Ertz (Eagles), WR Doug Baldwin (Sea.) and Ty Montgomery (G.B.)

Former offensive stars out of Cal include greats such as Tony Gonzalez, Chuck Muncie, Wesley Walker, Craig Morton; Stanford: John Elway, Jim Plunkett, Gene Washington, James Lofton, Tony Hill, Ed McCaffrey (Christian's dad).

In the moment, it might be a good decision for the 49ers not to look any farther than their own backyard. ★

Sacramento County DA Reports



Recent cases of interest

CASE: Adams Lugo
PROSECUTOR: Deputy District Attorney Kelly Jobe, Special Investigations Unit

Thirty-one-year-old Natasha Adams Lugo pled no contest to four felony counts of identity theft and admitted to a prior attempted robbery strike conviction. The Honorable Michael Bowman sentenced Lugo consecutive to a Placer County identify theft case for an aggregate term of 14 years, 8 months in state prison.

Lugo was an employee of the Job Journal, LLC. After she was fired in February 2014, she used Job Journal's bank checking and routing numbers to pay more than \$40,000 of her own debt. She also used Job Journal's bank account information to fraudulently fund \$17,200 worth of payments into her own child support account.

After Lugo was fired from another job at Balanced Body in June 2014, she fraudulently used the personal identifying information of Balanced Body and some of its customers to steal more than \$11,000.

CASE: Gary Dale Baker
PROSECUTOR: Deputy District Attorney Amy Holliday, Adult Sexual Assault Prosecution Unit

On November 10, 2015, the Honorable Ernest Sawtelle sentenced Gary Dale Baker to 62 years to life in prison. On July 20, 2015, a jury convicted Baker of nine charges including rape, forcible oral copulation, felony sexual battery, and first-degree burglary. The jury also found true allegations of committing a rape during the course of a first-degree burglary and the victim was over the age of 65 at the time the crimes were committed.

On November 24, 2010, Baker sexually assaulted the 75-year-old victim in her residence at a south Sacramento senior living apartment complex. Although DNA evidence was located, there were no matches to a possible suspect. On September 20, 2012, the same

suspect returned and again sexually assaulted the victim, who was then 77 years old. DNA evidence was obtained, but there were again no matches to a possible suspect. On December 11, 2012, the suspect returned to the victim's residence a third time and attempted to sexually assault her. He fled before completing the acts. A Sacramento police detective suggested the victim's family install a motion activated camera in an attempt to obtain an image of the suspect. On December 18, 2012, the suspect returned and attempted to gain entry.

Detectives reviewed the footage and immediately recognized the person to be then Sacramento Police Officer Gary Baker. Baker was arrested and terminated from the Sacramento Police Department on December 20, 2012. The District Attorney's Laboratory of Forensic Services confirmed that Baker matched DNA evidence taken from the victim and the crime scene in 2010 and 2012.

CASE: Marvin Todd
PROSECUTOR: Deputy District Attorney Dinah Mielke, Misdemeanors Unit

The Honorable Cheryl Meegan sentenced 72-year-old Marvin Todd to 9 months county jail. He was also placed on 3 years formal probation and will be required to register as a sex offender for the rest of his life. Restitution and a no contact order were made for the victims.

On October 5, 2015, a jury convicted Todd of sexual battery, sexual exploitation, and battery in separate assaults against two patients.

On February 17, 2014, Todd touched the breast of a female patient without her consent during a psychotherapy session. On March 13, 2014, Todd walked a second female patient into the lobby after an evening counseling session and forcibly kissed her. The victim attempted to push him away, but was unsuccessful. When Todd forcibly kissed her again, the victim was able to push him off and break his hold. ★

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Television Listings for the week of November 27-December 2

FRIDAY EVENING

NOVEMBER 27, 2015

| | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 | 11:30 | 12:00 | 12:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|---------------------------|--------------------------|-------------------------------------|---------------------------|------------------------|--------------------------|------------------|------------------------|--|---|------------------------------|-----------------------------|-----------------|-----------------------------------|-----------------------------------|-------------------------------|--------------------------|--|--|-------------------------------|---------------------------|--------------------------------|---------------------|----------------------------------|------------------------------|----------------------------|-------------------|---|---|---|---------------------------|---|----------------------------|---|-------------------------------------|--|-------------------------|-------------|---------------------------|---|----------------------------|
| BROADCAST | ABC Santa Claus (TV G) HD | CBS The Amazing Race (N) | NBC The National Dog Show (TVPG) HD | FOX MasterChef Junior (N) | ION Criminal Minds (N) | A&E Unforgettable (N) HD | AMC Home (90) HD | ANIMAL To Be Announced | BET (7:00) Madea's Family Reunion (06) | BRAVO (5:2) I Now Pronounce You Chuck and Larry (07, PG-13) ★★½ | CARTOON Regular Show (15) HD | CMT Pretty Woman (90, R) ★★ | CNN The Sixties | COMEDY I Am Chris Farley (15, NR) | DISCOVERY Gold Rush: Pay Dirt (N) | DISNEY BUNK'D (08, PG-13) ★★½ | ESPN (7:30) SportsCenter | ESPN2 Basketball College Basketball: "Wooden Legacy" (Live) HD | FAMILY The Hunger Games (12, PG-13) Jennifer Lawrence, Stanley Tucci, HD | FOOD Diners, Drive-Ins (N) HD | FX Avatar (09, PG-13) ★★½ | HGTV Love It or List It (N) HD | HISTORY Cars (N) HD | LIFETIME Dear Santa (11, NR) ★★½ | MTV (7:45) Teen Mom 2 (N) HD | NICK Santa (14) Thunderman | SPIKE Cops (N) HD | SYFY Skyfall (12, PG-13) Daniel Craig, Judi Dench, HD | TBS Four Christmases (08, PG-13) Vince Vaughn, HD | TCM Land (75) (C45) Lost Horizon (37, NR) ★★½ | TLC What Not to (TVPG) HD | TNT The Dark Knight Rises (12, PG-13) ★★½ | TRAVEL Mysteries (TVPG) HD | TV LAND Bride (87) My Cousin Vinny (92, R) ★★ | USA (7:00) Fast Five (11, PG-13) ★★ | VH1 (7:15) Back to the Future Part III (90, PG) ★★ | WGN How I Met How I Met | PREM | NBOW Exodus: Gods (14) HD | MAXW The Other Woman (14, PG-13) Cameron Diaz, HD | SHOWW The Affair (TVMA) HD |

SATURDAY EVENING

NOVEMBER 28, 2015

| | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 | 11:30 | 12:00 | 12:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|----------------|----------------|----------------------|--------------------------|--------------------------|-------------|------------------|---------------------------------|--------------------------------------|---------------------------------|-------------------------|---------------------------------------|-------------------|-----------------------------------|----------------------------------|---------------------------------------|--------------------------|--|--------------------------------|----------------------------|-------------------------|--------------------------|---|------------------------------|------------------------|----------------------------------|-------------------------------|------------------------|---|---------------------------|--|--------------------------------|-------------------------|-------------------------|---------------------------|-------------------------|-------------|---|------------------------------|--------------------------|
| BROADCAST | ABC Coll. Ftbl | CBS Frosty (N) | NBC Dateline NBC (N) | FOX Law & Order: SVU (N) | ION Law & Order: SVU (N) | A&E Storage | AMC Home (90) HD | ANIMAL Pit Bulls & Parolees (N) | BET Madea's Big Happy Family (11) HD | BRAVO Burlesque (10, PG-13) ★★½ | CARTOON Gumball Regular | CMT Where the Heart Is (00, PG-13) HD | CNN The Seventies | COMEDY I Love You, Man (09, R) ★★ | DISCOVERY Fast N' Loud (TV14) HD | DISNEY Jingle All the Way (96, PG) ★★ | ESPN (7:30) SportsCenter | ESPN2 (7:45) College Football: Nevada vs San Diego State (Live) HD | FAMILY The Incredibles (04) HD | FOOD Gingerbread (TV G) HD | HGTV Gingerbread (N) HD | HISTORY American Pickers | LIFETIME A Gift Wrapped Christmas (15, NR) HD | MTV (7:00) 8 Mile (02, R) ★★ | NICK Henry (N) Shakers | SPIKE (7:30) Rocky V (90, PG) ★★ | SYFY Bourne Ultimatum (07) HD | TBS Broke Girls (N) HD | TCM (7:30) The Stalking Moon (69, G) ★★ | TLC 48 Hours: Hard (N) HD | TNT Olympus Has Fallen (13, R) Gerard Butler, HD | TRAVEL Ghost Adventures (N) HD | TV LAND Raymond Raymond | USA NCIS: "SWAK" (N) HD | VH1 Dirty Dancin' (87) ★★ | WGN How I Met How I Met | PREM | NBOW Kingsman: The Secret Service (15, R) ★★½ | MAXW Taking Lives (04, R) HD | SHOWW Homeland (TVMA) HD |

SUNDAY EVENING

NOVEMBER 29, 2015

| | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 | 11:30 | 12:00 | 12:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| BROADCAST | ABC Once Upon a Time (N) HD | CBS Madam Secretary (N) | NBC Football | FOX Simpsons | ION Christmas List (14) | A&E The First 48 (TV14) HD | AMC The Walking Dead (N) | ANIMAL North Woods Law (N) | BET 2015 Soul Train Awards (TVPG) (N) HD | BRAVO Real Housewives (N) | CARTOON Gumball Adventure | CMT Billy Madison (95, PG-13) ★★½ | CNN Anthony: "Ethiopia" | COMEDY Kevin Hart (11, R) HD | DISCOVERY Alaska: Last (N) HD | DISNEY Descendant (C40) Tangled (10, PG) ★★½ | ESPN SportsCenter | ESPN2 (7:00) College Bball | FAMILY Wreck-It Ralph (12, PG) ★★½ | FOOD Guy's Grocery Games | FX Man of Steel (13, PG-13) ★½ | HGTV Life (N) HD | HISTORY Pawn Stars | LIFETIME Gift Wrapped (15) HD | MTV Ridiculous | NICK Journey 2: The Mysterious Island (12, PG) ★★½ | SPIKE (7:30) Transformers: Revenge of the Fallen (09, PG-13) | SYFY Live Free Die Hard (07) King Kong (05, PG-13) ★★ | TBS Four Christmases (08, PG-13) Vince Vaughn, HD | TCM The Last Hunt (56) HD | TLC 90 Day Fiance (N) HD | TNT The Librarians (N) HD | TRAVEL Mysteries at the Castle | TV LAND Raymond Raymond | USA NCIS: "Frame Up" (N) HD | VH1 Purple Rain (84, R) HD | WGN Full Metal Jacket (87, R) HD | PREM | NBOW Secret Service (15) HD | MAXW A Million Ways to Die in the West (14, R) ★★½ | SHOWW The Affair (TVMA) HD |

MONDAY EVENING

NOVEMBER 30, 2015

| | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 | 11:30 | 12:00 | 12:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| BROADCAST | ABC 50th Christmas (N) HD | CBS Supergirl (TV14) (N) HD | NBC The Voice: Live Top 10 Performances (N) HD | FOX Gotham (TV14) (N) HD | ION Law & Order: "Chattell" | A&E The First 48 (TV14) HD | AMC Home Alone (90, PG) ★★ | ANIMAL Yukon Men (TVPG) HD | BET Bounce ★½ | BRAVO Housewives (TV14) | CARTOON King of Hill | CMT Last Man Standing | CNN Anderson Cooper 360 | COMEDY South Park | DISCOVERY Street Outlaws: Full (N) | DISNEY Best Friends (TV G) HD | ESPN (7:20) SportsCenter | ESPN2 Ball Up | FAMILY Christmas Carol (09) | FOOD Guy's Grocery Games | FX Taken 2 (12, PG-13) ★★½ | HGTV Love It or List It (N) HD | HISTORY Who Built America | LIFETIME The Christmas Gift (15, NR) HD | MTV How High (01, R) ★★½ | NICK iCarly (N) HD | SPIKE Armageddon (98, PG-13) ★★ | SYFY King Kong (05) ★★ | TBS Family Guy | TCM Aparajito (56, NR) Kanu Bannerjee, HD | TLC Hoarding: Buried Alive | TNT Major Crimes (N) HD | TRAVEL Bizarre Foods America | TV LAND Facts Life | USA WWC Monday Night Raw (Live) HD | VH1 Love & Hip Hop (N) HD | WGN How I Met How I Met | PREM | NBOW Neighbors (14, R) Seth Rogen, HD | MAXW The Knick (TVMA) HD | SHOWW Homeland (TVMA) HD |

TUESDAY EVENING

DECEMBER 1, 2015

| | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 | 11:30 | 12:00 | 12:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| BROADCAST | ABC Muppets | CBS Fresh Off | NBC S.H.I.E.L.D. (N) HD | FOX Limitless (TV14) HD | ION Shark Tank (TVPG) HD | A&E Married at First Sight | AMC Christmas with the Kranks (04, PG) ★★ | ANIMAL River Monsters (N) HD | BET (7:30) 2015 Soul Train Awards (TVPG) (N) HD | BRAVO Below Deck (TV14) | CARTOON King of Hill | CMT Last Man Standing | CNN Anderson Cooper 360 | COMEDY Tosh.0 (N) HD | DISCOVERY Moonshiners (TV14) (N) HD | ESPN Basketball | ESPN2 Sports (N) HD | FAMILY The Polar Express (04) | FOOD Chopped Junior (03, R) ★★ | FX Jack Reacher (12, PG-13) ★★ | HGTV Fixer Upper (TV G) HD | HISTORY To Be Announced | LIFETIME 12 Men Of Christmas (09, NR) ★★ | MTV 13 Going on 30 (04, PG-13) ★★½ | NICK iCarly (N) HD | SPIKE Cops (N) HD | SYFY (7:30) Zombieland (09) | TBS Big Bang | TCM Ma & Pa Kettle on Farm (51) ★★½ | TLC Li Medium | TNT Castle (TVPG) HD | TRAVEL Bizarre Foods | TV LAND Facts Life | USA Modern | VH1 Love & Hip Hop (TV14) | WGN (12) Salem (TVMA) HD | PREM | NBOW The Leftovers (N) HD | MAXW Contact | SHOWW 60 Minutes Sports HD |

WEDNESDAY EVENING

DECEMBER 2, 2015

| | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 | 11:30 | 12:00 | 12:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| BROADCAST | ABC The Middle | CBS Survivor Cambodia (N) | NBC Rockefeller (TVPG) HD | FOX Rosewood (N) HD | ION Law & Order: "All New" | A&E Duck (N) HD | AMC Jingle All the Way (96, PG) ★★ | ANIMAL River Monsters (N) HD | BET Good Deeds (12) ★★ | BRAVO Los Angeles (TV14) | CARTOON King of Hill | CMT CMT Artists of the Year 2015 | CNN Anderson Cooper 360 | COMEDY South Park | DISCOVERY Alaskan Bush People | ESPN (1:15) SportsCenter | ESPN2 (1:15) Basketball Live | FAMILY Grinch (N) HD | FOOD Cutthroat Kitchen (N) HD | FX The Twilight Saga: Breaking Dawn: Part 2 (12) | HGTV On the Ranch | HISTORY To Be Announced | LIFETIME A Gift Wrapped Christmas (15, NR) HD | MTV Big Daddy (99, PG-13) ★★½ | NICK Nicky, Ricky (TV G) HD | SPIKE (7:30) The Fast and the Furious (01, PG-13) | SYFY Underworld (03, R) HD | TBS Big Bang | TCM Guys (55) (C45) Pal Joey (57, NR) ★★ | TLC My 600-lb Life (N) HD | TNT Limitless (11, PG-13) ★★ | TRAVEL Expedition Unknown | TV LAND Facts Life | USA Law & Order: SVU (N) HD | VH1 Couples Therapy (N) HD | WGN Manhattan (TV14) HD | PREM | NBOW Everything | MAXW Face/Off (97, R) ★★ | SHOWW Spymasters - CIA in the Crosshairs (TVMA) |



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NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF TRESA GAVIN FRITZ (descendant) ESTATE NO. 34-2015-00184183

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Tresa Gavin Fritz (deceased): A petition has been filed by Larry Fritz and Robert Fritz in the Superior Court of California, County of Sacramento, requesting that Larry Fritz and Robert Fritz be appointed as executor to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. Bond is not required. A hearing on the petition will be held in this court as follows: January 12, 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: Larry and Robert Fritz 6427 Wittenham Way Orangevale, CA 95662 916-802-7241

FRITZ 151119 12-11-15

SUMMONS

SUMMONS (Family Law)

NOTICE TO RESPONDENT: Ifeanyi Igwegbe
Petitioner's Name is: Georgina Igwegbe
CASE NUMBER: 15FL03985

You have 30 CALENDAR DAYS after this Summons and Petition are served on you to file a Response (form FL-120) at the court and have a copy served on the petitioner. A letter, phone call, or court appearance will not protect you.

If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. For legal advice, contact a lawyer immediately. Get help finding a lawyer at the California Courts Online Self-Help Center (www.courts.ca.gov/selfhelp), at the California Legal Services website (www.lawhelpca.gov), or by contacting your local county bar association. NOTICE-RESTRaining ORDERS ARE ON PAGE 2: These restraining orders are effective against both spouses or domestic partners until the petition is dismissed, a judgment is entered, or the court makes further orders. They are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them.

FEE WAIVER: If you cannot pay the filing fee, ask the clerk for a fee waiver form. The court may order you to pay back all or part of the fees and costs that the court waived for you or the other party. The name and address of the court are:

William R. Ridgeway Family Relations Courthouse
3341 Power Inn Road
Sacramento, CA 95826

The name, address, and telephone number of petitioner's attorney, or the petitioner without an attorney are:

Georgina Igwegbe
2475 Serenata Way Sacramento, CA 95835
Clerk, by: D. Gee, Deputy
Date: July 31, 2015

Published: November 20, 27, December 4, and 11, 2015.
IGWEGBE 151111 12-11-15

SUMMONS (Family Law)
NOTICE TO RESPONDENT (Name):
Ramon E Corral

Petitioner's Name is: Angelina Corral
CASE NUMBER: 15FL04096

You have 30 CALENDAR DAYS after this Summons and Petition are served on you to file a Response (form FL-120) at the court and have a copy served on the petitioner. A letter, phone call, or court appearance will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. For legal advice, contact a lawyer immediately. Get help finding a lawyer at the California Courts Online Self-Help Center (www.courts.ca.gov/selfhelp), at the California Legal Services website (www.lawhelpca.gov), or by contacting your local county bar association. NOTICE-RESTRaining ORDERS ARE ON PAGE 2: These restraining orders are effective against both spouses or domestic partners until the petition is dismissed, a judgment is entered, or the court makes further orders. They are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them.

FEE WAIVER: If you cannot pay the filing fee, ask the clerk for a fee waiver form. The court may order you to pay back all or part of the fees and costs that the court waived for you or the other party. The name and address of the court are:

William R. Ridgeway Family Relations Courthouse
3341 Power Inn Road
Sacramento, CA 95826

The name, address, and telephone number of petitioner's attorney, or the petitioner without an attorney are:

Angelina Corral
6504 18th Avenue
Sacramento, CA 95820

Clerk, by: D. Gee, Deputy
Date: August 6, 2015

Published: November 27, December 4, 11, and 18, 2015.
CORRAL 151119 12-18-15

LEGAL NOTICE

PLEASE TAKE NOTICE that on December 8, 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 Alkinson Academy's charter petition 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.

ATKINS 151117 12-4-15

Molly's Revenge

A 10th Annual Winterdance Celtic Christmas Celebration



Molly's Revenge, whose lineup includes bagpipes, fiddle, whistle, guitar, mandola, and bodhran have toured extensively in the U.S. as well as Australia, China, and Scotland. The band is known for its unique and infectious on-stage enthusiasm. Photo courtesy of Mark Wiederanders

CARMICHAEL, CA (MPG) - On Friday, Dec 4th, Molly's Revenge and special guest vocalist Christa Burch with the Rosemary Turco Irish Dancers will present a festive evening of music, song, and dance. The performance will include Christmas songs played with a Celtic twist, as well as new numbers for yearly attendees of the performance.

Molly's Revenge, whose lineup includes bagpipes, fiddle, whistle, guitar, mandola, and bodhran have toured extensively in the U.S. as well as Australia, China, and Scotland. The band is known for its unique and infectious on-stage enthusiasm. Their arrangements of traditional jigs and reels bring these dance tunes up-to-date with a driving, hard-edged accent that always leaves audiences shouting for more.

The California-based group has toured since 2000 as a four- and five-piece acoustic band, releasing eleven CDs along the way. Just last year, Molly's Revenge and Christa Burch recorded a collection of Celtic Christmas and winter-themed music at a remote windswept retreat in the redwoods of the Mendocino coast. This beautiful holiday album will be available at the shows.

Guest vocalist Christa Burch possesses a singular voice: warm, supple, expressive, intimate, and instantly recognizable. Part of a vibrant new generation of American folk singers, Christa deftly marries intuitive musicianship and storytelling through song. To balance the gentle beauty of Christa's songs, the Turco Irish dancers will bring a percussive, joyful, and colorful exuberance to the

stage. As always, this 10th Annual Celtic Christmas Celebration will capture the traditional spirit of the season and warm the hearts of all who attend.

Don't miss this festive performance on Friday, Dec. 4th, at 7:30 p.m. The performance will take place at the beautiful St Michael's Episcopal Church, 2140 Mission Avenue, Carmichael, CA 95608. Tickets are \$20 in advance, \$24 at the door, and \$10 for kids. For more information or to purchase tickets online visit: www.brownpapertickets.com/event/2461403. Email wiederan@sbc-global.net regarding any other performance questions.

Source: Mark Wiederanders ★



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Holiday Vendor Fair

Saturday, December 5 | 10:00 am to 2:00 pm

A variety of vendors, raffles and prizes. Proceeds benefit Alzheimer's research and awareness.

RSVP at 916.993.5307

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Holiday Variety Show

Tuesday, December 15 | 6:30 pm

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SPOTLIGHT ON BUSINESS

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Are you a Senior Citizen (50+)? Do you have a Microsoft Windows computer and want to learn how to use it? Senior Computer School offers computer classes exclusively for Seniors. Core courses include Computer Fundamentals, Word Processing, Internet, and Excel. Each of these classes is six 2 ½ hour sessions, which meet either in the morning or afternoon on MWF or TTH.

The cost for these core courses is \$30 total for all 6 sessions. The cost includes lessons/manuals. Additional one or two 2 ½ hour session workshops are offered for \$5 per workshop.

Workshop titles include: Digital Cameras, Computer Maintenance, E Bay, Greeting Cards, Downloading, Windows 7, Storage and Backup Files, Flash Drives, etc, and Database.

Senior Computer School is a non-profit organization staffed by volunteer instructors, assistants, and office staff. We train 40-60 students every month with 8 to 16 students in each class. Step by step instructions are conducted with clearly written lessons. There is no need to take notes as the lessons are provided for you to keep after each session. Assistants provide individual help, as needed during each session.

The Senior Computer School learning center is located at the back of the Rio Americano High School campus, 4540 American River Drive, Sacramento, CA 95864. Free parking is available near the levee road, inside the chain linked fenced area. Look for the Senior banner on the Learning Center.



Courses Offered:

(6 2 ½ hr Sessions) Computer Fundamentals I, Word Processing, Internet, Excel, Graphics

Also Workshops: (1 or 2 2½ hr Sessions)

Digital Camera, Computer Maintenance, Greeting Cards, Downloading, Organize and Edit Digital Camera Photographs, I Pads etc.

Workshops \$5 for each session. Everyone is welcome.

For more information on how to become a Senior Computer School volunteer or to enroll for classes, contact the Sacramento Computer School Learning center at (916) 485-9572 or email to student2917@hotmail.com

WINTERDANCE
10th Annual Celtic Christmas Celebration

Molly's Revenge



with Irish Dancers

and vocalist
Christa Burch

Fri. Dec. 4 at 7:30 PM
St Michael's Episcopal Church

2140 Mission Avenue, Carmichael, CA 95608

Tickets \$20 adv/\$24 door and \$10 kids

brownpapertickets.com

mollysrevenge.com

Wells Fargo
Home for the Holidays

Saturday, Dec 12 at 8:00 PM

Sacramento Memorial Auditorium
1515 J Street, Sacramento



Special Guest Artist Chester Pidduck, Tenor

Guest Chorus Sacramento Children's Chorus
Lynn Stevens, Conductor

Guest Bell Choir Christ Community Church
Sharon Sower, Director

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