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Nature Area Ceremony Honors Fallen Heroes



California Vietnam Memorial dedicated to alumni culled by the unpopular war. The towering monument was one of the first memorials raised for Vietnam War casualties in the U.S. Its inscription recalls 15 La Sierra High School alumni who died in the conflict.

Though La Sierra High is now closed, the monument remains, and every Nov. 11th a bell is rung for each man named on the sculpture's resting plaque.

"We send them our love and appreciation in any way we can," said former La Sierra student Karen Pinnegar during last week's gathering.

The monument is dedicated to the following men: Robert D. Anderson, Mark W. Burchard, Robert S. Byrnes, Jerry Cowser, Kenneth R. Escott, Gary R. Field, Herbert Frenzell, Frank Thornburg, Ralph Guarienti, Larry H. Morford, Thomas C. Pigg, Randall B. Rainville, Kim Richins, Jeffry Tharaldson, and Robert A. Willis.

The Earl J. Koobs Nature Area is located near the intersection of Engle Road and Garfield Avenue in Carmichael. For more information call Linda Jones at (916) 944-2393. ★



Absent for the first time in 15 years from the annual Remembrance Day at Earl J. Koobs Nature Area was Earl "Ranger Jack" Koobs himself—the La Sierra teacher who began the annual tradition. The towering monument was one of the first memorials raised for Vietnam War dead in the USA. Its inscription recalls 15 La Sierra High School alumni who died in the conflict (above right). Last post. Korean War veteran Bill Fellers (83) renders Taps at the Carmichael ceremony (above center).

nature preserve from subdivision.

Koobs, a WWII veteran, died last February at the age of 94.

The Earl J. Koobs Nature Area is now held in an educational trust, and children from nearby schools learn about science and nature in the sprawling five acres.

In 1973, Koobs and La Sierra students created the first known

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - War veterans gathered at the Earl J. Koobs Nature Area on Nov. 11th to honor 15 fallen Vietnam heroes during an annual Remembrance Day ceremony.

Among the 200 attendees were survivors of WWII, Korean and Middle Eastern conflicts, and their families.

Absent for the first time in 15 years was Earl "Ranger Jack" Koobs—the La Sierra teacher who began the annual tradition and helped save his namesake

"Skeleton Stories": A Riveting Día de los Muertos Performance

ARC Theatre Brings This Theatrical Journey of Life and Death to Sacramento for Its Northern California Premiere

CARMICHAEL, CA (MPG) - On Día de los Muertos, when the veil between this life and the afterlife is at its thinnest, a girl travels through the underworld searching for her dead mother. This is just the start of Maya's chilling journey in Delondra Williams' "Skeleton Stories," which is making its Northern California debut at American River College Theatre Nov. 20th. Filled with symbolism both eerie and enchanting, this riveting drama runs through Dec. 6th in the intimate Stage Two theatre at the college.

As Maya embarks on her journey, she meets spirits who tell their stories of life and death, shadowing Maya's own journey from this life to the afterlife, from girl to woman, from grief to acceptance. These stories, some filled with seemingly senseless loss and violence, others with tremendous sacrifice and beauty, were inspired by Williams' exploration of Mayan and Aztec cultures. According to Mayan myth, the souls of the dead had to follow a yellow dog on a horrific and watery path and endure myriad challenges before they



Left to right: Back row left to right: Itzin Alpizar, Cody Alexander, Michael Robinson, Charles Souther, Daniela Marquez. Front center: McKenzie Lopez plays Maya in "Skeleton Stories." Photo by Brian Williams

could rest in the afterlife. This is the journey young Maya must take to reach her mother.

"Skeleton Stories," directed by Pamela Downs, explores the ancient bones that lie just underneath the skin of modern

culture, challenging our societal attitudes toward death and transformation. "Maya's journey... isn't just learning about what life is," says Williams, "it's also about learning to get her hands dirty, and seeing

disgusting things, and realizing that people can be depraved sometimes and that they can be beautiful sometimes and that there's sadness. And you have to wade through it all." That this

Continued on page 13

Syrian Refugees May Come to Sacramento for Assistance

SACRAMENTO REGION, CA (MPG) - After TheHayride.com broke the exclusive story on 10,000 Syrian refugees possibly resettling in Baton Rouge, Lafayette, and Metairie, it has now come to light that refugees are already coming into the New Orleans area. Four Sacramento area organizations are designated to assist these refugees, primarily males between the ages of 18 to 30 years old.

Catholic Charities will receive federal grants from U.S. Department of State/Bureau of Population, Refugees and Migration to assist refugees.

There are nearly 180 cities in the United States that are eligible to accept the 10,000 Syrian refugees. The full list of those cities can be found on TheHayride.com.

The four local organizations designated with assisting these refugees are Opening Doors, Inc on Howe Avenue, International Rescue Committee on Hurlley Way, Sacramento Food Bank and Family Services on Rio Linda Boulevard and World Relief on Auburn Boulevard, all in Sacramento.

"Four Sacramento area organizations are designated to assist these refugees, primarily males between the ages of 18 to 30 years old."

The 10,000 Syrian refugees are first flown to the United States, according to the French news wire Agence France-Presse. Hayride reports that the United States State Department (meaning American taxpayers), is paying the International Organization for Migration (IOM) for the airfare.

Once the refugees arrive in the United States they could be dispersed across the 180 cities, including Sacramento, where they are aided within the first 30 to 90 days in settling and finding employment in the area.

After approximately 90 days, refugees are no longer eligible for the State Department-funded support that they were receiving through migrant and refugee services. They are then able to join support programs through the Department of Health and Human Services.

The State Department does not state how much the screening process for the 10,000 Syrian refugees will cost American taxpayers. The screening process is also unclear.

The State Department spent \$1.1 billion resettling people from around the world in the country last year. That's about \$16,000 per person.

Find out more at <http://thehayride.com>.

Since its founding in December 2009, The Hayride has been Louisiana's premier conservative political commentary site. They are a group blog covering Louisiana and national politics and current affairs. Their work has been referenced by such national sites as Big Government, The American Spectator, Michelle Malkin, Hot Air, RedState and Townhall.com.

Source: TheHayride.com ★



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Holiday Music Close to Home



The River City Chorale wants to help you kick-off the holiday season by offering a selection of Christmas favorites, both sacred and secular, popular and classical. Photo courtesy Diane Salter

SACRAMENTO REGION, CA (MPG) - "I'll Be Home for Christmas" brings warm memories for most of us, it reminds us of the very best part of the holiday season: getting together with family—if only in our dreams.

The River City Chorale wants to help you kick-off the holiday season by offering a selection of Christmas favorites, both sacred and secular, popular and classical. From "It's the Most Wonderful Time of the Year" through medleys of traditional carols, to "Gloria in Excelsis Deo" by Memley, to the exquisitely beautiful "O Nata Lux" by Forbes. There will be something for everyone. Added just this year, will be a brass ensemble, and, as always, the accompaniment of

the talented members of the River City Orchestra and pianist, Kathleen Earl Midgley.

There will be three different dates and venues to choose from: Dec. 4th at 7:30 pm at the First Baptist Church of Fair Oaks; Dec. 5th at 7:30 pm at the Faith Presbyterian Church in South Sacramento; and Dec. 6th at 4:00 pm at St. Mark's Lutheran Church in Citrus Heights. As you can see, you don't have to drive downtown or pay for expensive parking to experience one of these fine performances. And parking is always free!

The River City Chorale, 60 voices strong, has been providing an eclectic selection of music to Sacramento for 38 years, featuring classical,

jazz, Broadway, folk, etc. The Chorale performs three times a year; in addition to the Christmas concert, there is the ever-popular winter Cabaret and the spring concert in May. Richard Morrissey has been the musical director of the River City Chorale for a number of years and brings a wealth of teaching and performing experience to the group.

Visit www.RiverCityChorale.org or call (916) 331-5810 to order tickets. Season ticket holders receive a 20 percent discount on what is already a very affordable rate—this means three concerts for only \$44!

Source: Diane Salter ★

Invasive Mosquitoes Detected

State Public Health Officer Warns Californians of Two Specific Species

SACRAMENTO REGION, CA (MPG) - California Department of Public Health (CDPH) Director and State Public Health Officer Dr. Karen Smith is warning Californians to protect themselves from two invasive mosquito species recently found in California. Both species can transmit infectious diseases, such as dengue fever, chikungunya, and yellow fever. This warning comes as two more counties are added to the list of counties where *Aedes aegypti* (the yellow fever mosquito) and *Aedes albopictus* (the Asian tiger mosquito) have been detected.

"It is important to know these species of mosquitoes because they are not what we're used to in California, and they can transmit diseases such as dengue fever, chikungunya, and yellow fever," Dr. Smith said. "While the risk is still low in California, infected travelers coming back to California can transmit these viruses to mosquitoes that bite them. This can lead to additional people becoming infected if they are then bitten by those mosquitoes."

In September 2015, *Aedes aegypti* was detected for the first time in San Bernardino and Riverside Counties. Since 2013, when this species was first discovered in Madera, Fresno, and San Mateo counties, it has been found in Tulare, Kern, Los Angeles, San Diego, Imperial, Orange, and Alameda counties. Also in September, *Aedes albopictus* was detected in Kern and San Diego counties and has expanded in regions of Los Angeles County.

Neither of these mosquitoes is native to California. They are known for their black-and-white stripes, biting people during the middle of the day and readily entering buildings. The more-familiar *Culex* mosquitoes bite primarily at dusk and dawn.

"There is no vaccine or treatment for chikungunya or dengue



"It is important to know these species of mosquitoes because they are not what we're used to in California, and they can transmit diseases such as dengue fever, chikungunya, and yellow fever," Dr. Karen Smith said.

fever. To prevent these diseases from becoming established in California, it is important for everyone to take steps to keep these mosquitoes from spreading" Dr. Smith said. "If you notice that you are being bitten by mosquitoes during the day, or notice black-and-white striped mosquitoes, call your local mosquito and vector control agency. Your participation in mosquito surveillance greatly aids in efforts to detect new infestations."

To prevent mosquito-borne illnesses present in California, such as West Nile virus disease, or abroad, such as chikungunya and dengue, Dr. Smith offers the following tips:

- Apply mosquito repellents containing DEET, picaridin, IR3535, and/or oil of lemon eucalyptus to your skin and clothing.
- Wear long sleeve shirts, long pants, socks and shoes when mosquitoes are most active.
- Use air conditioning, and keep mosquitoes from getting into your home by having intact window and door screens.
- Eliminate potential mosquito-breeding sources, such as water-filled containers, from around your home and where you work. Drain water that may have collected under potted plants, in bird baths and

discarded tires. Check your rain gutters to make sure they aren't holding water, and clean pet water-dishes weekly.

Aedes aegypti mosquitoes can lay eggs in containers holding as little as a teaspoon of water, and eggs, which are laid just above the water line, can survive dry conditions for months. This is why it is important to dump, drain, or eliminate unnecessary sources of standing water around your home and scrub containers to dislodge eggs.

If you travel to Mexico or other countries in Latin America, it is especially important to be aware of *Aedes* mosquitoes and the diseases that they can carry. This year, Mexico has had a dramatic increase in the number of chikungunya cases. So far, about one-third of the 120 chikungunya cases imported into California were contracted in Mexico, with 91 percent of cases coming from Latin America. Sixty-nine imported cases of dengue have been reported in California this year.

More information on *Aedes* mosquitoes, including prevention tips and a map showing the known detection sites, can be found on CDPH's website: www.cdph.ca.gov. ★

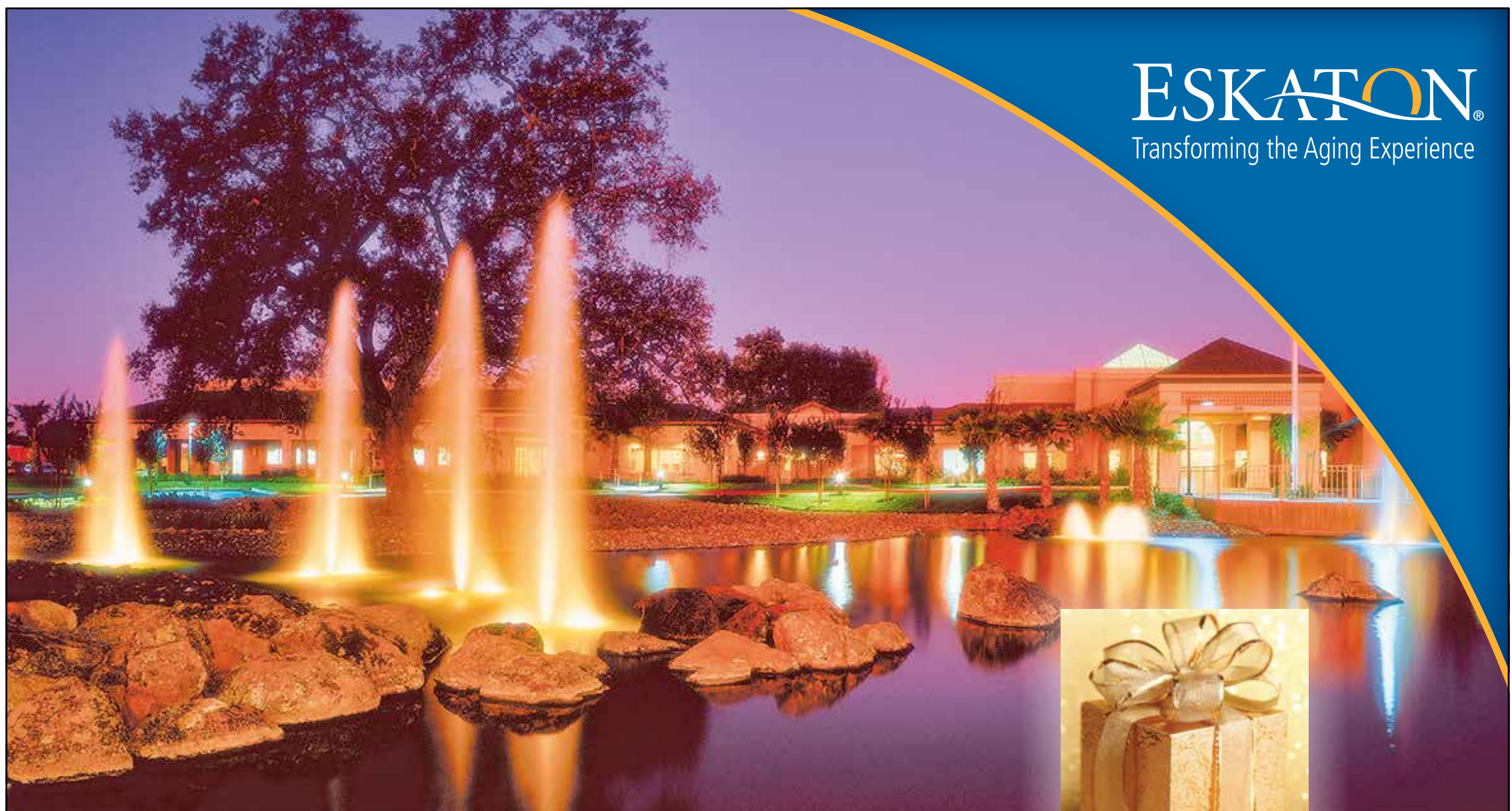


Julie Woodworker Hubbs

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Safe at Home volunteer installer Clay Johnston. Photo courtesy Barbara Withers

SACRAMENTO COUNTY, CA (MPG) - Thousands of residents in Sacramento County are seniors or adults with disabilities who are at risk due to multiple safety and health hazards in their homes. Rebuilding Together's Safe at Home program helps residents age safer at home by installing safety and accessibility features such as grab bars and shower and bath aids. These kinds of simple and often low-cost home safety modifications can reduce falls by 50 percent and also help to increase physical independence. The Safe at Home

program is now available for free to qualified low-income households located in most communities in Sacramento County, and is available for a reasonable fee for those above the income guidelines. Rebuilding Together Sacramento is a nonprofit that preserves and revitalizes homes and communities to ensure that people who are low-income, elderly, disabled, or families with children can live independently in comfort and safety. Call (916) 455-1880 to find out if you or your family member is eligible. You can also join the

effort to help create safe and healthy homes by becoming a Rebuilding Together volunteer. Skilled and unskilled volunteers can participate in our Safe at Home programs or other programs. If you are interested in being a Rebuilding Together volunteer, please contact David Grantham at (916) 455-1880 x3. For more information about Rebuilding Together, visit our website at www.rebuildingtogethersacramento.org.

Source: Barbara Withers

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Kiosks Make DMV a Breeze

Four Million Transactions Completed on Self-Service Terminals

SACRAMENTO REGION, CA (MPG)

The California Department of Motor Vehicles (DMV) announced today that four million transactions have been completed on Self-Service Terminals (SSTs) since these convenient terminals were placed in the field offices in 2010. Today, customers can find an SST in 50 DMV field offices across the state.

"Self-Service Terminals offer customers an easy way to renew their registration and immediately receive their registration card and license plate tags at the same time," said DMV Director Jean Shiomoto. "No appointment is necessary to use these terminals which makes them increasingly popular."

The blue and gold kiosks use touchscreen technology which allows customers to renew their vehicle registration or file for Planned Non-Operation Status without waiting in line. Customers must bring in the renewal notice



The blue and gold DMV kiosks use touchscreen technology which allows customers to renew their vehicle registration or file for Planned Non-Operation Status without waiting in line.

the DMV sends them in the mail or their current registration card to complete the transaction. The SST accepts payments by cash, electronic check, credit, or debit card. The SST is as easy to use as an ATM and instructions are available in English and Spanish.

The full list of the 50 DMV field

offices with SSTs is available on DMV's website: https://www.dmv.ca.gov/portal/dmv/detail/fo/fo_sst/.

The SST is just one way customers can renew their registration, they can also go online at www.dmv.ca.gov, mail it in, or by phone at (800) 777-0133.

Source: DMV

Relieve Stress This Thanksgiving

Seven Easy Steps to Your Best Turkey Yet

SACRAMENTO REGION, CA (STATEPOINT)

Selecting, preparing, and cooking the centerpiece of your family's Thanksgiving meal can pile on a lot of stress. However, there are some easy ways to simplify the process.

"There are a lot of great choices, but they can certainly be overwhelming during a busy holiday," said Theo Weening, global meat buyer for Whole Foods Market. Here are seven basic rules to ensure you have the perfect turkey for your holiday meal.

Plan ahead: Frozen turkeys can take several days to fully thaw. The safest method is by placing it on a tray in its packaging to catch drips, and put it in the refrigerator on the lowest shelf. Plan for one full day of thawing for every five pounds of turkey. If you're short on time, put your turkey in a leak-proof wrapper and submerge it completely in cold tap water. The water should be changed every 30 minutes. Plan for 30 minutes of thawing time per pound.

Research: There are many different types of turkey to choose from. Some grocers carry a variety of birds and additionally have in-house butcher experts behind the counter to help you choose what is right for your taste and budget. Here are the five types of turkey found at Whole Foods Market:

- Organic: fed organic feed (that means no GMOs, among other things) and given access to the outdoors.
- Classic: known for their trifecta of flavor, quality, and value.
- Heritage: rich, succulent, old-world breeds cherished for flavor.
- Heirloom: robust flavor with a higher percentage of dark meat.
- Kosher: certified kosher.



Frozen turkeys can take several days to fully thaw. The safest method is by placing it on a tray in its packaging to catch drips, and put it in the refrigerator on the lowest shelf. Photo courtesy of Statepoint Media

Size matters: A good rule of thumb is to buy 1.5 pounds of turkey per person, providing everyone a healthy portion while allowing for those sought after leftovers.

Read the label: The best birds are raised with the highest standards. This means no antibiotics, no animal by-products in their feed, no added solutions or injections, and no added growth hormones. To make it simple, shop at a store that only carries turkeys raised with these standards, such as Whole Foods Market. Their turkeys are also 5-Step Animal Welfare rated.

Brine: Soaking turkey in a saltwater solution for four to 24 hours before roasting keeps it tender and juicy. Try a brine kit

for a simple and easy recipe.

Time it: It takes approximately 13 minutes per pound to cook a turkey at 350 degrees, and the turkey is done once it reaches 165 degrees. Use a meat thermometer and insert it into the thickest part of the thigh (without hitting the bone) to test the temperature.

Rest: Wait 30 minutes before carving the turkey. Giving the turkey time to rest allows the juices to redistribute for better flavor.

More turkey tips are available at www.wholefoodsmarket.com/turkey. When it comes to choosing and cooking your holiday turkey, preparation is key. Do your research, know what you like, and enjoy the rest.

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Rehab Flooded with Artifacts

Rosewood Patients Learn about California Indian Life and Culture



Markesha Stancil handles a beaver fur for the first time in her life.

Story and photos by Seraphim Winslow

CARMICHAEL, CA (MPG) - Last Friday, Nov. 13th, was not an unlucky day for the patients at the Rosewood Post-Acute Rehab facility in Carmichael.

In honor of National Native American Heritage Month, Bryan Lee of the Roseville Maidu Museum and Historic Site loaded the facility's dining room tables with deer antlers, animal furs, bow and arrow replicas, bone scrapers, water-resistant baskets, and dozens of other models of authentic artifacts—currently on display at the museum. Lee treated Rosewood's patients with an excellent talk, followed by a hands-on presentation called the Life and Culture of the California Indian.

Imagine east Sacramento County without the shopping malls and the city halls; the freeways and the fairways; the city streets and places to eat. Great grassy plains spotted by stands of oak, framed by streams and rivers teeming with deer, bear,

fox, and beaver, stretching as far as the eye can see. For transportation: not cars, but canoes. For habitation: not housing tracts, but clusters of reed dwellings which the original inhabitants of this land called "Kish." This is how the Maidu, Miwok, Pomo, and other people of the First Nations in our area lived.

At one time, more than 150 Native American tribes occupied the land we now call California. The First Nations of this land enjoyed a natural lifestyle that was efficient, frugal, and dependent on what the surrounding countryside and wildlife provided them. Their primary construction tools were made from either stone or bone. Other important materials included redwood, animal hide, and obsidian. Wetted animal sinew was an excellent gluing and binding substance for arrowheads, because when wet, it gets sticky like glue. Needles, scrapers, and other tools were made from deer antler, and that same animal's jawbone was made into a saw or a knife, while its shoulder bone became a multi-purpose

tool. Chemicals in the deer's brain were even used for tanning. In short, local Native Americans used every part of the animal in their rich and fascinating culture.

The patients and staff of Rosewood who attended Lee's presentation not only heard many fascinating facts about California Indian life and culture, but they were even invited to approach the artifacts, to handle the tools, touch the baskets, and pet the many furs on display. There was even a skunk fur. "Most people tend to avoid that one," said Lee with a sly smile.

At one point in the presentation, Markesha Stancil, one of the staff members of the rehab center, asked if she could come up and pet the beaver skin. "I have never done that in my life," she said.

Having direct contact with California Indian culture like this was a great opportunity for Rosewood's patients and staff to celebrate the way of life of this country's Native Americans and First Nations. ★

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STATEPOINT CROSSWORD • MYTHICAL CREATURES

CLUES

ACROSS

- Gang
- "Back To The Future" actress
- Femme fatale
- Bader Ginsberg and Babe
- Like Mother Hubbard
- Small, olive-gray bird
- Abraham's sacrifice
- E.T. transporter
- It happens at a given place and time
- *Mythic oceanic temptress
- *Flying stallion
- Heat unit
- Doe's mate
- *Number of heads on Ravana in Hindu mythology
- Dripping faucet sound
- Worn by train station porter
- Done after you sow?
- Curved molding
- Voice of Lamb Chop
- Face-to-face exam
- Shamu and such
- Highest point
- Flax flower genus
- Republic of Ireland
- Laughing on the inside via text
- Class action
- ____ a coin
- *A Cyclops does it out of only one eye
- Like a gossipmonger
- Last letter
- *Much-hunted ungulate
- *Only half man
- Green side
- Hole puncher
- *Witch's condemnation
- Serpentine
- Civilian aviation agency
- Utopia, e.g.
- One of three Rs
- Funerary vase
- Like kale and spinach greens

DOWN

- "____ and proper"
- British river
- Night shooter
- Emotional punishment
- Protective embankment
- *Like the voice of mythic Greek Stentor
- *Pointy-eared creature
- Choose and follow
- ____ la Vida
- *God of war, son of Zeus
- Carte du jour
- Chef's vessel
- Chills on the couch
- Inuit shelter
- *A Hobbit's is slightly pointed
- Point out
- *Big-haired Scandinavian
- Like Halloween night
- Indian breads
- *Manlike man-eater
- Lentil soup
- Head of crime syndicate, pl.
- Mountain ridge
- *Dust-sprinkler
- Positive sign
- ____ of Sandwich
- Carpe in "Carpe diem"
- Poet's death lament
- And not
- Writing implement
- Mix-up
- Chopin's composition
- Breznev's domain
- Back of the neck
- Pelvic bones
- Joker, e.g.
- Reunion group
- A in A = b x h
- Sky defender
- Count on
- *The son of Hera was the god of ____

CROSSWORD

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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) This year, instead of jumping into the whole holiday prep scene, move in a little at a time. You'll appreciate the sense of control you're more likely to enjoy.

TAURUS (April 20 to May 20) The separation between the Bovine's head and heart is never as far apart as it seems. Both senses work best when they come out of logic and honesty.

GEMINI (May 21 to June 20) The best way to keep those pre-holiday pressures under control is to just say no to taking on new tasks while you're still trying to work with a heap of others.

CANCER (June 21 to July 22) News means a change might be on its way, but what does it hold? Don't just ask questions; make sure you get answers you can trust.

LEO (July 23 to August 22) Old friends and new have one thing in common: Both your longtime and newly minted pals have much wisdom to impart.

VIRGO (August 23 to September 22) With time running out, this is a good time for you to show 'em all what

those Virgo super-organizational skills can do.

LIBRA (September 23 to October 22) Librans and holidays are made for each other, especially if children and animals are going to be part of your joyous season.

SCORPIO (October 23 to November 21) Time is getting too short to allow a spat to taint the holiday season. Restart your relationship and reschedule holiday fun times.

SAGITTARIUS (November 22 to December 21) Seeking advice is laudable. You might learn far more than you thought you could. Stay with it.

CAPRICORN (December 22 to January 19) Continuing to assess changes works toward your getting your new project up and ready. Trusted colleagues remain ready to help.

AQUARIUS (January 20 to February 18) That new situation needs a lot of attention, but it's worth it. This is a very good time for you to involve the arts in what you do.

PISCES (February 19 to March 20) It might be a good idea to slow your hectic holiday pace so that you don't rush past what -- or who -- you're hoping to rush toward.

BORN THIS WEEK: Others pick up on your confidence in yourself, which inspires them

to believe in you and your special gifts

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It was Scottish novelist and politician John Buchan who made the following sage observation: "We can pay our debt to the past by putting the future in debt to ourselves."

The general board of the prestigious University of Cambridge has recommended that the institution hire a Professor of Lego. Yep. The lucky academic will head up the Research Centre on Play in Education, Development and Learning. On a related note, Cambridge recently received a donation of more than \$6 million from the Lego Foundation.

If you happen to have 40 billion Lego bricks lying around, you could, theoretically, build a tower to the moon.

If you plan to become a patriotic citizen of Greece, I hope you have a good memory: The Greek national anthem has a whopping 158 verses.



PICKS OF THE WEEK



Ben Mendelsohn, Ryan Reynolds in "Mississippi Grind"

"Mississippi Grind" (R) - Gerry (Ben Mendelsohn) has done a whole lot of gambling, and very little winning. Divorced, deluded and deep in debt to a tenacious loan shark (Alfre Woodard), poor Gerry pins his hopes on a younger, better player, Curtis (Ryan Reynolds). Gerry convinces Curtis to join him on a trip down the Mississippi River, from Iowa to New Orleans, placing bets and flipping cards at every stop. Gerry is clearly an addict with tragedy in his bones, but he truly believes that success and happiness is just a good streak away.

So it's a road flick, underdog, male-bonding story and addiction drama, but it doesn't feel pushed along. Mendelsohn rules his role as somebody who's been beaten down -- so much that he may not have another chance after this one -- but keeps getting up for more. He's acting against his better judgment, but you want him to win.

"Cooties" (R) - A nasty, not-so-organic chicken nugget served up for cafeteria lunch kicks off a zombie plague inside an elementary school. An unsuccessful young writer, Clint (Elijah Wood), returns to his hometown and takes up working as a substitute teacher. He's not well-equipped to teach a roomful of children, and even less prepared to fight a whole school of pre-teen zombies. Clint has a crush on fellow faculty member Lucy (Allison Pill), but she's involved with a dopey gym teacher (Rainn Wilson).

Sadly, the movie runs out of fun while there's still plenty of runtime left. The humor comes from the same shtick over and over, and the horror isn't horrifying. Comedy-horror can exist -- "Shaun of the Dead" proves it -- but this movie doesn't hit either target.

"90 Minutes in Heaven" (PG-13) - Based on a real-life memoir, pastor Don Piper (Hayden Christensen) was in a head-on collision with a semi-truck on a narrow country bridge. His injuries were so bad that he was declared dead by first responders. Through a long recovery, Piper was wracked with physical pain, as well as a unique emotional pain -- he says he saw heaven in all its glory, only to be ripped back to earth and returned to his broken body. This drama, told out-of-sequence with the events, covers the emotional and spiritual journey of Don and the struggles of his wife, Eva (Kate Bosworth).

"Some Kind of Beautiful" (R) - Richard (Pierce Brosnan) is a rakish British professor of literature who practices his romanticism on gorgeous young undergrads. A 25-year-old flame, Kate (Jessica Alba), ends up pregnant with his child, so Richard goes with her to LA -- in one of those sun-drenched beach mini-resorts that only people in rom-coms can afford -- to raise his son and try being a one-girl kind of guy. Kate falls for an age-appropriate man, leaving Richard to romance her older half-sister, Olivia (Selma Hayak). Despite her obvious objections to the cad, she is charmed by him, and the audience is somehow supposed to fall for the same trick.

TV RELEASES

"The Walking Dead Season 5 Limited Edition"

"Fear the Walking Dead: Season 1"

"Mystery Science Theater 3000: Volume XXXIV"

"2015 World Series Film"

"Zoo: Season 1"

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by HEALTHY EXCHANGES

Cranberry Cheese Nut Spread

Cranberries aren't just for sauce. One bite of this and you'll agree!

1 (8-ounce) package Philadelphia fat-free cream cheese

1 tablespoon fat-free milk

1/2 cup Splenda Granular

1 cup fresh or frozen whole cranberries, finely chopped

1/4 cup chopped walnuts

In a medium bowl, stir cream cheese with a sturdy spoon until soft. Stir in milk and Splenda. Fold in cranberries and walnuts. Cover and refrigerate until ready to use. Serves four.

TIP: Great on English muffins or bagels.

* Each serving equals: 116 calories, 4g fat, 9g protein, 11g carb., 284mg sodium, 2g fiber; Diabetic Exchanges: 1 Meat, 1 Fat, 1/2 Carb.

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The Garden Bug Clivia

In autumn, stop fertilizing your clivia plant, and place it in a cool room for about 6-8 weeks; this is essential for flower bud formation. Water very sparingly until flower buds appear. Just as winter enters its bleakest stage, you will be rewarded with a bouquet of lovely bright-colored flowers. When the flowers fade, cut the stalk at its base to prevent seeding.

— Brenda Weaver
Source: www.chicagobotanic.org, worldoffloweringplants.com

top ten MOST DANGEROUS JOBS

1. Fisherman
2. Logger
3. Airplane Pilot
4. Farmer/Rancher
5. Roofer
6. Ironworker
7. Sanitation Worker
8. Industrial machinist
9. Trucker/deliveryman
10. Construction

Source: Bureau of Labor Statistics

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Sudoku Puzzle on Page 6

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

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Crossword Puzzle on Page 6

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Carmichael, CA 95609

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08115 Brenda Nguyen, 10218 Stockmen Way, Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Viki's Hair & Nail Salon" at 7250 Old Auburn Boulevard Citrus Heights CA 95610. Filed with the Clerk of Sacramento County October 20, 2015. Publish: October 30, November 6, 13, and 20, 2015
VIKIS 151021 11-20-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08044 Brian Chua, 5051 Karbet Way Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Freeprot Automotive Service" at 6000 Freeprot Boulevard Sacramento, CA 95822. Filed with the Clerk of Sacramento County October 19, 2015. Publish: October 30, November 6, 13, and 20, 2015
FREEPORT 151020 11-20-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08057 Jared Grandel, 999 Snow Lily Avenue Gal, CA 95632 is doing business under the Fictitious Business Name(s) "Second City Thrift" at 325 Pine Street Suite D Gal, CA 95632. Filed with the Clerk of Sacramento County October 19, 2015. Publish: October 30, November 6, 13, and 20, 2015
SECOND 151020 11-20-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-07793 Benson Enterprises Inc, 5201 Robertson Avenue Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Benson Enterprises, Incorporated" at 5201 Robertson Avenue Carmichael, CA 95608. Filed with the Clerk of Sacramento County October 07, 2015. Publish: October 30, November 6, 13, and 20, 2015
BENSON 151019 11-20-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08076 Mohamed Elsayed, 7005 Verdure Way, Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Elk Grove Auto Management and Services" at 7005 Verdure Way Elk Grove, CA 95758. Filed with the Clerk of Sacramento County October 19, 2015. Publish: October 30, November 6, 13, and 20, 2015
ELKGROVE 151020 11-20-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08154 Charles De Yoe, 9555 Dominion Wood Lane, Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Cold Water Daemon" at 9555 Dominion Wood Lane, Elk Grove, CA 95758. Filed with the Clerk of Sacramento County October 21, 2015. Publish: October 30, November 6, 13, and 20, 2015
DAEMON 151021 11-20-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08133 Laurie Williams, 4754 Llano Lane, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Moxie Reflexology" at 4754 Llano Lane, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County October 20, 2015. Publish: October 30, November 6, 13, and 20, 2015
MOXIE 151021 11-20-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08195 Chim Chimney Professional Fireplace Services, Inc, 4537 Harlin Drive, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Aardvark Dryer Vent and Rain Gutter Cleaning" at 4537 Harlin Drive, Sacramento, CA 95826. Filed with the Clerk of Sacramento County October 22, 2015. Publish: October 30, November 6, 13, and 20, 2015
AARDVARK 151022 11-20-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08060 Stanley C. Lee, 100 Gold Rock Court, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Pharmacy Consultants of Folsom" at 100 Gold Rock Court, Folsom, CA 95630. Filed with the Clerk of Sacramento County October 19, 2015. Publish: October 30, November 6, 13, and 20, 2015
PHARMACY 151020 11-20-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-07874 Susan Jean Deming, 2212 L Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "NorCal Kiosks, TaggIt" at 2775 Cottage Way Suite #33, Sacramento, CA 95825. Filed with the Clerk of Sacramento County October 9, 2015. Publish: October 30, November 6, 13, and 20, 2015
NORCAL 151021 11-20-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08147 Kellyann Gomes, 3476 Nouveau Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Kellyann's Housekeeping Services" at 3476 Nouveau Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County October 21, 2015. Publish: October 30, November 6, 13, and 20, 2015
KELLYANN 151021 11-20-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08205 Peggy Lanza, 5365 9th Avenue, Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "Power Plant Enterprises" at 5365 9th Avenue, Sacramento, CA 95820. Filed with the Clerk of Sacramento County October 23, 2015. Publish: October 30, November 6, 13, and 20, 2015
POWER 151026 11-20-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08223 Chiayu Hung, 1070 Limestone Drive, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Luck bird 58, Shop for Y" at 1070 Limestone Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County October 23, 2015. Publish: October 30, November 6, 13, and 20, 2015
LUCKBIRD58 151026 11-20-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08151 Mohamed A Regragui, 1523 Coppervale Circle, Rocklin, CA 95765 and Kevin Ntai, 5530 Jerry Little Way, Sacramento, CA 95835 are doing business under the Fictitious Business Name(s) "Cap City Motorsports" at 3430 Fulton Avenue Sacramento, CA 95821. Filed with the Clerk of Sacramento County October 21, 2015. Publish: October 30, November 6, 13, and 20, 2015
CAPCITY 151021 11-20-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08138 Toua W. Xiong, 5791 Dewey Boulevard, Sacramento, CA 95824 is doing business under the Fictitious Business Name(s) "Thai Issan Restaurant" at 7235 Franklin Boulevard Suite #2 Sacramento, CA 95823. Filed with the Clerk of Sacramento County October 21, 2015. Publish: October 30, November 6, 13, and 20, 2015
THAI 151021 11-20-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08247 Jerome Faszer, 317 20th Street, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Capitol Construction" at 317 20th Street, Sacramento, CA 95811. Filed with the Clerk of Sacramento County October 26, 2015. Publish: October 30, November 6, 13, and 20, 2015
CAPITOL 151021 11-20-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-07763 Phillip Martin Malone, 10048 Nebula Way, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Apex Pool Service" at 10048 Nebula Way, Sacramento, CA 95827. Filed with the Clerk of Sacramento County October 07, 2015. Publish: October 30, November 6, 13, and 20, 2015
APEX 151026 11-20-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08261 CLK Martial Arts Inc, 6147 Silverleaf Drive, Foresthill, CA 95631 is doing business under the Fictitious Business Name(s) "Red Line Martial Arts" at 1011 E. Bidwell Street 118 Folsom, CA 95630. Filed with the Clerk of Sacramento County October 26, 2015. Publish: October 30, November 6, 13, and 20, 2015
REDLINE 151026 11-20-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-07813 Brian Gallagher, 3229 Eastwood Road, Sacramento, CA 95821 and Pete Correa, 7407 Midron Drive, Fair Oaks, CA 95628 are doing business under the Fictitious Business Name(s) "Rolling Blackouts Trinting" at 10422 Fair Oaks Boulevard #C Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County October 8, 2015. Publish: October 30, November 6, 13, and 20, 2015
ROLLING 151026 11-20-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-07893 Richards Bailou Mahan, 148 San Antonio Way Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "The Waterboy" at 2000 Capitol Avenue Sacramento, CA 95811. Filed with the Clerk of Sacramento County October 13, 2015. Publish: November 6, 13, 20, and 27, 2015
WATERBOY 151026 11-27-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08377 Michael DeCelle, 4115 Sadek Way Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "The Flip Doctor" at 4227 Sunrise Boulevard Suite 200 Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County October 29, 2015. Publish: November 6, 13, 20, and 27, 2015
FLIP 151029 11-27-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08238 Beth Hadley, 8976 Panamint Court Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Blu Buzz Solutions" at 8976 Panamint Court Elk Grove, CA 95624. Filed with the Clerk of Sacramento County October 23, 2015. Publish: November 6, 13, 20, and 27, 2015
BLUBUZZ 151019 11-27-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08029 Alejandro Barba Aguirre, 2640 Clay Street Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Ei Zazon Del Mar" at 2386 Fruitridge Road Sacramento, CA 95822. Filed with the Clerk of Sacramento County October 16, 2015. Publish: November 6, 13, 20, and 27, 2015
ELZAZON 151027 11-27-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08391 Jessica Stiles, 5061 Rhode Island Drive Unit #4 Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Memories Matter Scanning Service, Twinkle Toes Jewelry" at 5061 Rhode Island Drive Unit #4 Sacramento, CA 95841. Filed with the Clerk of Sacramento County October 29, 2015. Publish: November 6, 13, 20, and 27, 2015
MEMORIES 151029 11-27-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08421 Carrie Jeanette Hennessey, 1851 Mammoth Way Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "The Re-Assemblers of Whimsy" at 1851 Mammoth Way Sacramento, CA 95834. Filed with the Clerk of Sacramento County October 30, 2015. Publish: November 6, 13, 20, and 27, 2015
WHIMSY 151030 11-27-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08276 Bonnie Ward, 455 Royal Crest Circle, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Needle N Pins Designs" at 455 Royal Crest Circle, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County October 26, 2015. Publish: November 6, 13, 20, and 27, 2015
NEEDLE 151026 11-27-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08277 Rudy Cervantes, 802 Woodside Lane East #13 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Le Kolroschops" at 3569 Recycle Road Suite 15 Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County October 26, 2015. Publish: November 6, 13, 20, and 27, 2015
KOLORSHOPPE 151026 11-27-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08266 Cynthia Ayala, 6251 Appley Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "beloved" at 6251 Appley Way Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County October 26, 2015. Publish: November 6, 13, 20, and 27, 2015
BELOVED 151026 11-27-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08016 Institute For Business & Technology, Inc., 2400 Walsh Avenue, Santa Clara, CA 95051 is doing business under the Fictitious Business Name(s) "National Career Education" at 11080 White Rock Road Suite 100 Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County October 16, 2015. Publish: November 6, 13, 20, and 27, 2015
NATIONAL 151027 11-27-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08218 Gabriela Stoian, 6035 Brett Drive Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Gabriela Best Care" at 6035 Brett Drive Sacramento, CA 95842. Filed with the Clerk of Sacramento County October 23, 2015. Publish: November 6, 13, 20, and 27, 2015
GABRIELA 151023 11-27-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08198 Nicholas Al Martin, 1540 Ballou Circle Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Nine Sixteen" at 702 Sutter Street Suite K Folsom, CA 95630. Filed with the Clerk of Sacramento County October 22, 2015. Publish: November 6, 13, 20, and 27, 2015
NINESIXTEEN 151028 11-27-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-07821 Juanita D. Harris, 9831 Gavirate Way Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Christian Gifts and Armor, CGAA" at 9831 Gavirate Way Elk Grove, CA 95757. Filed with the Clerk of Sacramento County September 30, 2015. Publish: November 6, 13, 20, and 27, 2015
CHRISTIAN 151028 11-27-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08349 Frank Ackerman, 4220 Crumley Way Antelope, CA 95843 and Matt Pentecost, 5513 Whitney Avenue Carmichael, CA 95608 are doing business under the Fictitious Business Name(s) "FM Gifts and Gear, FM Media" at 4220 Crumley Way Antelope, CA 95843. Filed with the Clerk of Sacramento County October 28, 2015. Publish: November 6, 13, 20, and 27, 2015
FMGIFTS 151028 11-27-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08319 Gertrude Kollar, 2414 Catalina Drive Sacramento, CA 95884 is doing business under the Fictitious Business Name(s) "Oleum Essentials" at 4840 Folsom Boulevard, Sacramento, CA 95819. Filed with the Clerk of Sacramento County October 27, 2015. Publish: November 6, 13, 20, and 27, 2015
OLEUM 151029 11-27-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08443 Sarah Aggrey Majok, 9866 Cape Verde Drive Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Sarah Aggrey Consulting Engineers" at 9866 Cape Verde Drive Elk Grove, CA 95757. Filed with the Clerk of Sacramento County October 30, 2015. Publish: November 6, 13, 20, and 27, 2015
SARAH 151030 11-27-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08456 Ted Liakos, 3216 Del Paso Boulevard Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Sacramento Electric Co" at 3216 Del Paso Boulevard Sacramento, CA 95815. Filed with the Clerk of Sacramento County November 2, 2015. Publish: November 13, 20, 27, and December 4, 2015
SAC 151106 12-04-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08527 Bubba's Greenback 1, Inc., 7700 Penryn Estates Drive, Penryn, CA 95663 is doing business under the Fictitious Business Name(s) "Bubba's Express Car Wash" at 7411 Greenback Lane Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County November 3, 2015. Publish: November 13, 20, 27, and December 4, 2015
BUBBAS 151103 12-04-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08142 Silvia Perez, 4901 Eden Court Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "HappyPuppyPetServices" at 4901 Eden Court Carmichael, CA 95608. Filed with the Clerk of Sacramento County October 21, 2015. Publish: November 13, 20, 27, and December 4, 2015
HAPPY 151021 12-04-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08465 Kelli Denise Guzzetta, 7301 Gloria Drive Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "EFJ" at 7301 Gloria Drive Sacramento, CA 95831. Filed with the Clerk of Sacramento County November 2, 2015. Publish: November 13, 20, 27, and December 4, 2015
EFJ 151102 12-04-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08457 Oleksandr Voronin, 7500 Greenback Lane #221 Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "A.V. Company" 7500 Greenback Lane #221 Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County November 2, 2015. Publish: November 13, 20, 27, and December 4, 2015
AVCOMPANY 151102 12-04-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08475 TDK Construction Group Inc., 331 Aquaher Way Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "TDK Building Co." at 331 Aquaher Way Sacramento, CA 95831. Filed with the Clerk of Sacramento County November 2, 2015. Publish: November 13, 20, 27, and December 4, 2015
TDK 151102 12-04-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08021 Zachary Clark Mahon, 6761 Fairplay Road Unit A Somerset, CA 95684 is doing business under the Fictitious Business Name(s) "The Tumbleweed INN" at 10083 Folsom Boulevard Unit A Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County October 16, 2015. Publish: November 13, 20, 27, and December 4, 2015
TUMBLEWEED 151104 12-04-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08433 Gena O'Brien, 7557 Red Bud Lane Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "BonBons" at 7557 Red Bud Lane Sacramento, CA 95828. Filed with the Clerk of Sacramento County October 30, 2015. Publish: November 13, 20, 27, and December 4, 2015
BONBONS 151103 12-04-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08472 Edward D. Childers, 9330 Rolling Glen Court Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Clean Water Strategies" at 9330 Rolling Glen Court Orangevale, CA 95662. Filed with the Clerk of Sacramento County November 2, 2015. Publish: November 13, 20, 27, and December 4, 2015
CLEAN 151103 12-04-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08078 Jason F. Knittle and Shawnda Christiansen, 4600 Marconi Avenue #12 Sacramento, CA 95821 are doing business under the Fictitious Business Name(s) "Junkie Film Productions" at 4600 Marconi Avenue #12 Sacramento, CA 95821. Filed with the Clerk of Sacramento County October 19, 2015. Publish: November 13, 20, 27, and December 4, 2015
JUNKIE 151103 12-04-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08501 Rama Choudary Velagapudi and Narayana Rao Myneni, 2501 Hurley Way #38 Sacramento, CA 95825 are doing business under the Fictitious Business Name(s) "Glory Children's Learning Center" at 2641 Cooper Way Sacramento, CA 95864. Filed with the Clerk of Sacramento County November 3, 2015. Publish: November 13, 20, 27, and December 4, 2015
GLORY 151103 12-04-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-07199 John Scott, 6849 Black Duck Way Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Accurate Property Management, Accurate Inspection Services" at 6849 Black Duck Way Sacramento, CA 95842. Filed with the Clerk of Sacramento County September 15, 2015. Publish: November 13, 20, 27, and December 4, 2015
ACCURATE 151103 12-04-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08373 Casey Cornelison, 6011 Shadow Lane Apt #313 Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Demand TV" at 6011 Shadow Lane Apt #313 Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County October 29, 2015. Publish: November 13, 20, 27, and December 4, 2015
DEMAND 151103 12-04-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08219 Susan Bormann, 7721 Elmsmere Court Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Susan Wright" at 7721 Elmsmere Court Elk Grove, CA 95758. Filed with the Clerk of Sacramento County October 23, 2015. Publish: November 13, 20, 27, and December 4, 2015
SUSAN 151103 12-04-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08310 Exact Property Solutions Inc., 2923 Ottumwa Drive Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "E.P.S. Kitchen & Bathroom Remodels" at 2923 Ottumwa Drive Sacramento, CA 95835. Filed with the Clerk of Sacramento County October 27, 2015. Publish: November 20, 27, December 4, and 11, 2015
EPS 151109 12-11-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08638 Margarita Polyakova, 2236 Rhoda Way Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Bright Dental Lab" at 2236 Rhoda Way Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 6, 2015. Publish: November 20, 27, December 4, and 11, 2015
BRIGHT 151111 12-11-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08616 Evelyn G. Klaas, 4006 Jane Court Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Soaring Eagle Enterprises" at 4006 Jane Court Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 6, 2015. Publish: November 20, 27, December 4, and 11, 2015
SOARING 151106 12-11-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08396 Sonia Munoz, 7900 Amalfi Way Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "French Letti Boutique" at 10116 Fair Oaks Boulevard Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County October 29, 2015. Publish: November 20, 27, December 4, and 11, 2015
FRENCH 151110 12-11-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08410 Vahtan Antomyan, 3181 Howe Avenue Apt 37 Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Iron Work Artistry" at 9616 Elder Creek Road Sacramento, CA 95829. Filed with the Clerk of Sacramento County October 29, 2015. Publish: November 20, 27, December 4, and 11, 2015
IRONWORK 151105 12-11-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08667 Toua Yang, 8008 Glen Ivy Court Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Kustomapp.com, Hmoob Avenue" at 8008 Glen Ivy Court Sacramento, CA 95828. Filed with the Clerk of Sacramento County November 9, 2015. Publish: November 20, 27, December 4, and 11, 2015
KUSTOM 151102 12-11-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08679 Jeffrey Michael Geringer, 8308 Gordian Way Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "All In 1 Construction" at 8308 Gordian Way Orangevale, CA 95662. Filed with the Clerk of Sacramento County November 9, 2015. Publish: November 20, 27, December 4, and 11, 2015
ALLIN1 151109 12-11-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08405 Lopus Foundation of America, Inc., 2000 L Street, NW, Suite 410, Washington, DC 20036 is doing business under the Fictitious Business Name(s) "Lopus Foundation of Sacramento" at 400 Corporate Pt 341 Culver City, CA 90230. Filed with the Clerk of Sacramento County October 29, 2015. Publish: November 20, 27, December 4, and 11, 2015
LUPUS 151111 12-11-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08648 B-Fit Fitness Inc, 6753 Pera Drive Rancho Murietta, CA 95683 is doing business under the Fictitious Business Name(s) "Shep's Fixit Service" at 6753 Pera Drive Rancho Murietta, CA 95683. Filed with the Clerk of Sacramento County November 9, 2015. Publish: November 20, 27, December 4, and 11, 2015
SHEPS 151110 12-11-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08745 Mark Bellomy, 2109 Bircher Way Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "BB2 Management" at 2109 Bircher Way Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 12, 2015. Publish: November 20, 27, December 4, and 11, 2015
BB2 151112 12-11-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08407 Val L. Ivanoff, 3831 Annadale Lane, #18 Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "At Ease Appliance Repair" at 3831 Annadale Lane, #18 Sacramento, CA 95821. Filed with the Clerk of Sacramento County October 29, 2015. Publish: November 20, 27, December 4, and 11, 2015
ATEASE 151112 12-11-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08754 Eric S. Elson, 118 Gold Creek Circle Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Double E Motors" at 118 Gold Creek Circle Folsom, CA 95630. Filed with the Clerk of Sacramento County November 12, 2015. Publish: November 20, 27, December 4, and 11, 2015
DOUBLE 151113 12-11-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08674 Rebecca Rangel, 1537 Heskett Way Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Kaliste" at 1537 Heskett Way Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 9, 2015. Publish: November 20, 27, December 4, and 11, 2015
KALISTE 151111 12-11-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08348 Natalia Hlyeb, 1636 Janick Avenue Sacramento, CA 95832 is doing business under the Fictitious Business Name(s) "Natalia's Wholesale Auto" at 2740 Fulton Avenue, Suite 201, Sacramento, CA 95821. Filed with the Clerk of Sacramento County October 28, 2015. Publish: November 20, 27, December 4, and 11, 2015
NATALIAS 151113 12-11-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08714 Laura Nidetz, 161 Orrington Circle Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Nidetz DBA Fibrenex Sacramento" at 161 Orrington Circle Sacramento, CA 95835. Filed with the Clerk of Sacramento County November 10, 2015. Publish: November 20, 27, December 4, and 11, 2015
NIDETZ 151110 12-11-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08764 Tiffani Chatman, 4400 Elkhorn Boulevard #22 Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "1 Assistant Business Services" at 4400 Elkhorn Boulevard # 22 Sacramento, CA 95842. Filed with the Clerk of Sacramento County November 12, 2015. Publish: November 20, 27, December 4, and 11, 2015
IASSISTANT 151112 12-11-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-08478 Subi Qalliu, 5829 San Juan Avenue # 30 Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "The Cutting Station" 6716 Madison Avenue Suite 9 Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 2, 2015. Publish: November



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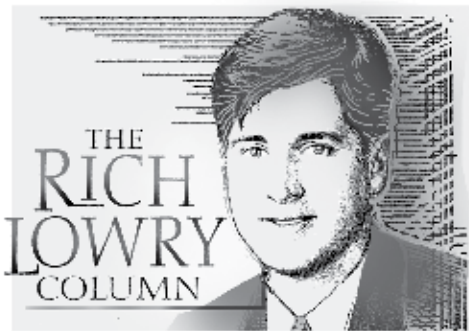
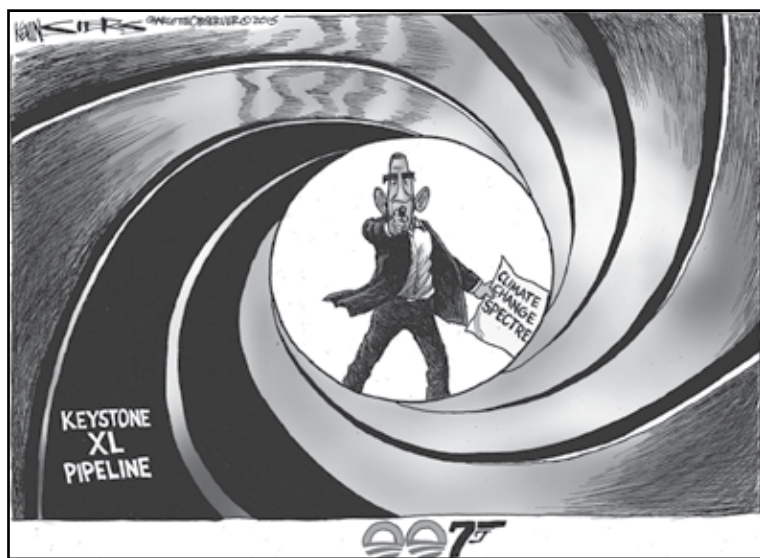
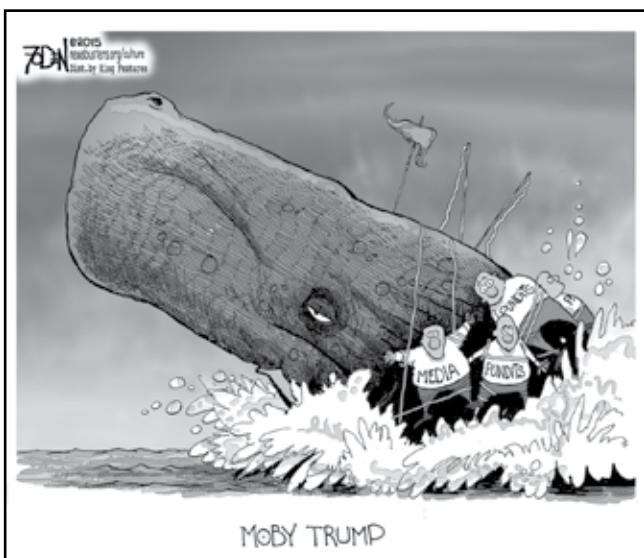
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A Stupendous Bounty

We live in an age of miracles. Throughout all of human history, material progress essentially didn't exist until around 1800. The economic trajectory was flat until the human lot began to improve in ways that would have been unimaginable in prior millennia.

This change gave us the world as we know it. In her brilliant book on the transformation, "Bourgeois Dignity," Deirdre McCloskey writes how the average person in the world subsisted on roughly \$3 a day during humanity's long economic stasis. Then, with the breakout, countries that experienced modern growth over the past couple of centuries saw their material well-being increase by at least a factor of 16 -- a transformational leap ahead for nearly everyone living in those countries.

Thanksgiving is, in part, a festival of abundance, and despite the steep

recession and grindingly mediocre recovery, we still are better situated to celebrate it than people in any other age or place.

America has always been materially blessed, relative to other parts of the world. In the Colonial period, American men and women were already taller than their British counterparts, thanks to a better standard of living. "Americans achieved modern heights by the middle of the 18th century," according to economic historian Robert Fogel, and had already "reached levels of life expectancy not attained by the general population of England or even by the British peerage until the first quarter of the 20th century."

Life was nonetheless still characterized by deprivations almost completely alien to us. Across the 20th century, the routine misery lifted and we witnessed the profusion of almost all of the things we now take for granted.

Between 1900 and 2000, indoor toilets, telephones and automobiles in the U.S. went from rare to practically universal, according to the study "Century of Difference." In 1920, about a quarter of Americans owned an automobile. Now, 57 percent of households own two or more cars.

McCloskey catalogs the other indicators of progress. In 1875, people spent roughly three-quarters of their income on the basics of food, clothing and shelter. By the mid-1990s, the figure

had shrunk to 13 percent. Meanwhile, spending on recreation doubled. (The author Gregg Easterbrook points out that in 2001, Americans spent a greater amount on recreational watercraft than the gross domestic product of South Korea.)

The bounty of consumer comforts and goods has extended to poor households. In 2010, 80 percent of poor households had air conditioning; only about third of all Americans had it in 1970. Even poor households have televisions (96 percent), and washers and dryers (68 and 65 percent, respectively). None of this is to deny that material deprivation exists, but what once were the hallmarks of middle-class life are now widely diffused.

The American public's economic discontents are justified, with the job market not yet healed, with incomes stagnant, and with income mobility too limited. But the epoch of the nearly inevitable \$3-a-day livelihood is past. Compared to most of human history, when, in the words of Deirdre McCloskey, "illiteracy, disease, superstition, periodic starvation, and lack of prospects" were the norm, we live in the sunlit uplands. For that, we should be grateful.

Rich Lowry is editor of the National Review.

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Hunting Isn't Answer to Feral Cat Problem

DEAR PAW'S CORNER: There was a furor last summer over a veterinarian who shot a feral cat with an arrow. While animal lovers' fury was understandable, what wasn't addressed is the massive population of feral cats in the United States. Cats are very effective hunters and have decimated native populations of small wildlife. What is your opinion on the suggestion to hunt feral cats rather than simply trap, neuter or spay, then release them back into the wild? -- A Feral Cat Friend in Florida

DEAR BRAEDON: I think that we shouldn't give up on TNR (trap, neuter, release) programs, though additional solutions need to be looked into. Hunting isn't one of those solutions.

In 2004, a study published in the Journal of American Veterinary Medical Association said that the population of feral cats in the U.S. was nearing the number of cats that had a home -- about 50 million feral versus 73 million domesticated. However, while about 85 percent of female cats that had owners were spayed, only 2 percent of feral

female cats were. (www.avma.org/News/Journals/Collections/Documents/javma_225_9_1354.pdf) I wrote about the problem those many years ago, advocating TNR.

Fast-forward to 2014: A TNR study conducted in Alachua County, Florida, found that increasing awareness among area residents and encouraging them to TNR feral cats helped reduce the number of cats entering the local shelter by 66 percent. (www.sciencedirect.com/science/article/pii/S1090023314001841)

So, providing local education and resources to residents helps them actively and humanely participate in the gradual reduction of feral cat colonies. Fewer cats in an area can help the local wildlife rebound. Whether or not you own pets, you can play a role in reducing the feral cat population without using a bow and arrow. Start with organizations dedicated to achieving this, such as Alley Cat Allies at saveacat.org.

Send your questions or tips to ask@pawscorner.com. (c) 2015 King Features Synd., Inc.

WIDOWED PERSONS ASSOCIATION OF CALIFORNIA

The Widowed Persons Association of California encourages men and women to come to Sunday Support each Sunday from 3:00pm - 5:00pm. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service. Participants do not need to be members and there is no charge.

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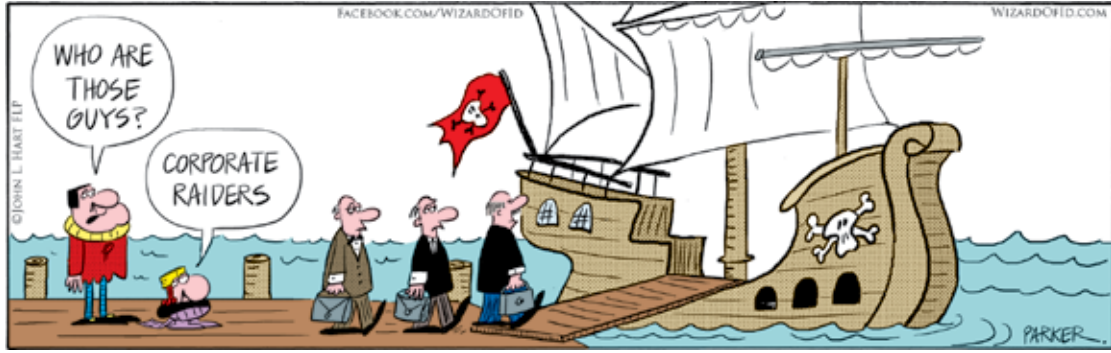
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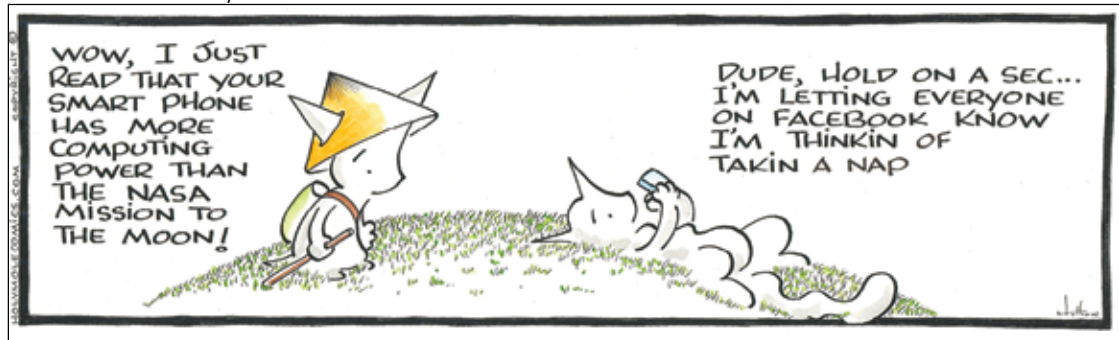
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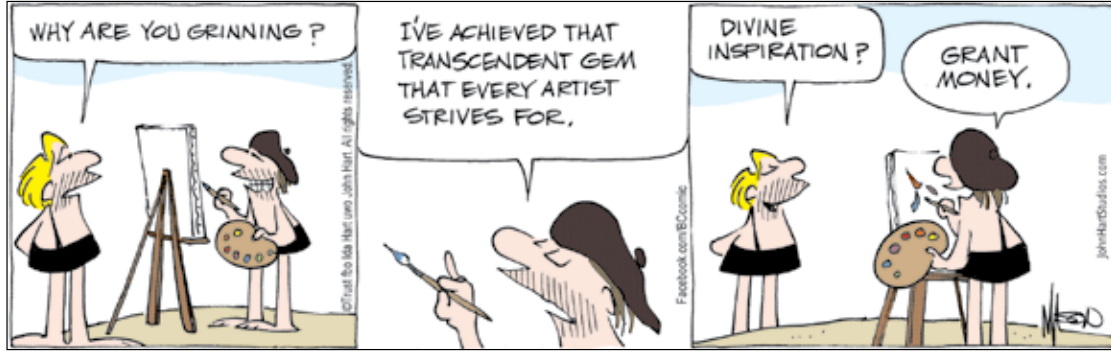
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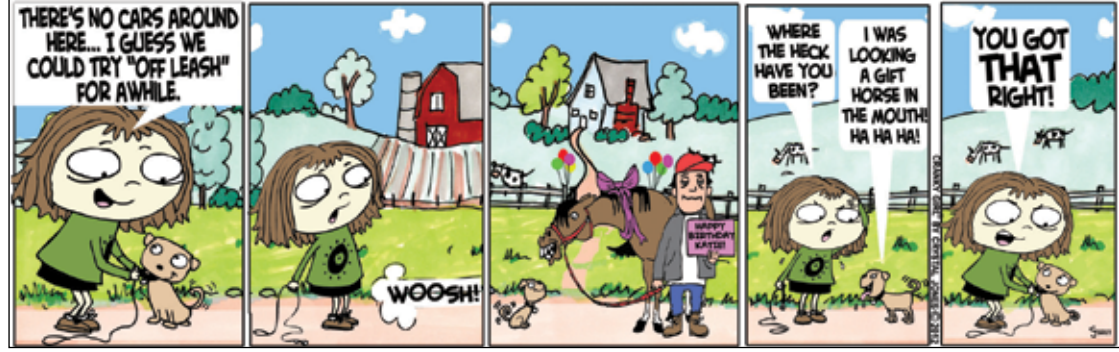
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Cranky Girl by Crystal Jones



Frank and Steinway by Wil Panganiban



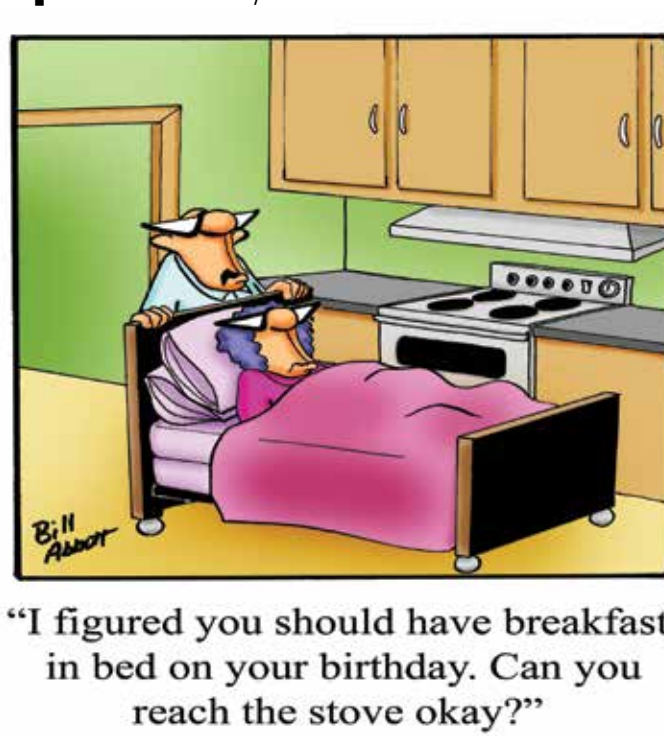
Tundra by Chad Carpenter



Funday Morning by Brad Diller



Speckticles by Bill Abbott



Tastes Like Chicken BY JOSH ALVES



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All Under the Same Umbrella

Leaving the house at 4:30 in the morning, the sky is clear, stars are out. There's the Big Dipper, Leo, Hercules, Pegasus, Orion's Belt. Planets are bright: Venus, Jupiter, Mars. Is there anybody out there? To hear our pleas?

It's dark, but for a lone street-light and a few porch lights. The neighborhood is peaceful and quiet, just beginning to awaken. The usual suspects are starting to stir and prepare to start their cars to head off to work to the tunes of a rooster's crow and the dogs' first barks.

Just like yesterday. Just like tomorrow. Other than the gradual changes of the seasons, things don't change all that much.

But, for today, there is a different feel, a somber sense engulfing it all, a heavy heart carrying the weight.

Another vile crime against humanity has punctured the soul of the love for life. For the love of humanity, will it ever stop? Given our history, it is difficult to imagine that happening. Perseverance is a must.

The setting for first hearing the news of the abominable terrorist attacks in Paris could not have been a more stark contrast --- sitting with close family, sharing ice cream and fun, downtown after a four-year-old's first-ever, cute-as-could-be dance performance. From the purest of joys to, as we would learn more later, a most horrible atrocity committed against the innocent --- people like us.

People like us, we don't know the answers. We don't understand the reasons why. Again given our history, we've never been able to figure it out. We seem destined to have things similar to these repeat themselves for as long as we inhabit our planet. We wonder, given the capabilities of modern man, how long will that be?

Starting the truck to hit the

roads and begin the daily routines is not the time to dwell on those sorrowful questions. In a smaller world, time marches on...

Away we go, starting the day to the sounds of sports talk radio, but with awareness to the latest news, switching back and forth for the awful updates until we can't live with it anymore. People like us feel a pain and are sympathetic to the hurt and losses suffered by the victims of this latest senseless violence. They are people like us who like dining out, rock concerts and sporting events, but while appreciating those things they were damaged irreparably.

It seems there is little that we little people can do to help. There may be some way we can reach out. For the moment, in our world, we keep going, keep living from day to day.

We sports fans reenter that world to hear about the escapades of our favorites and their adversaries. Will coach Tomson survive this rocky season for the 49ers and return next season? Gabbert, Kaepernick or somebody else at quarterback? Is Brady a cheater? Will the Patriots go undefeated? Is Peyton Manning done? Will the Warriors ever lose? Is MVP Steph Curry the best player in basketball today and the best pure shooter of all time? Is LeBron a good guy? Is DeMarcus Cousins a good guy and it is only that smirk on his face that bothers us so?

Why can't we get up-to-date box scores in the newspaper anymore? Will the Giants sign Grienerke? About time Brandon Crawford won a Gold Glove. Is Tim Lincecum finished? Matt Cain? How many Oakland A's will we recognize in next season's starting lineup? Are the Raiders going to L.A., again, just when they are getting good?

What happened to the Packers all of a sudden? And the

Seahawks? Too bad Stanford lost its chance for a national title. Cal is still Cal, plenty of offense and not much defense, but can the Bears win this Big Game? Either way, Cal hoops should be interesting, but are they really 14th in the country? That meeting with St. Mary's could be something.

All these things we have interest in have lost their edge today. Their importance has again been put into a more proper perspective.

Will the Super Bowl be a good thing for the Bay Area? Now there is a question. Will it be another target for evil? It likely did not occur to the 79,000 spectators at Stade de France last Friday for a soccer "friendly" between France and Germany that they would be targeted, but three unsuccessful suicide bombers outside the gates had them in their sights.

These abhorrent assaults on peace alter the way we will all continue to go about our daily lives; they will alter the way we will enjoy the sporting experience, among many other things. But every time some event so awful as this does its damage, the recourse for the rest of us is to sustain our resolve to do and be better in our daily lives.

If only Hercules could mount Leo, the Lion, and Orion sit upon Pegasus, the winged stallion, and both drink up the power from the Dipper to lead chariots from the sky to our rescue. Boarding the chariots to help save the day would be Mars, to lead the way in the war against all evil, Jupiter, to protect us and shed his grand light upon all our minds and lives, and Venus, to spread love throughout.

(There are a number of ways to make contributions to the French cause online, including donating to the Red Cross). ★

"Skeleton Stories": A Riveting Día de los Muertos Performance

Continued from page 1

journey includes visions both macabre and whimsical makes "Skeleton Stories" all the more powerful and a fascinating celebration of love, death, and the next world. (Rated R for adult language and situations)

All performances of "Skeleton Stories" will be at the American River College's Stage Two Theatre, 4700 College Oak Drive, Sacramento. Sat/Sun parking is free in Lot "D" at the corner of College Oak and Myrtle, adjacent to the theatre. Thurs/Fri parking is \$2. Ticket

prices are \$12/general, and \$10/student/senior/SARTA. For tickets and information, go to ARCtheatre.org or call the ARC Box Office at (916) 484-8234. "Skeleton Stories" performance days and times are as follows:

Fri/Sat, Nov. 20, 21, 27, 28, Dec. 4, 5 at 8:00 p.m. Sundays, Nov. 22, 29, Dec. 6 at 2:00 p.m. and Thurs, Dec. 3 at 6:30 p.m.

Photos and interviews available upon request by emailing Tracy Shearer at: shearet@arc.losrios.edu or calling (916) 224-7947.

Source: ARC



Itzin Alpizar plays Santa Muerte in "Skeleton Stories." Photo by Brian Williams

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Television Listings for the week of November 20-November 25

FRIDAY EVENING

NOVEMBER 20, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
BROADCAST	ABC Last Man	Dr. Ken	Shark Tank (N) HD	(:01) 20/20 (N) HD	Local	Jimmy Kimmel Live	Nightline			
	CBS The Amazing Race (N)	Hawaii Five-0 (N) HD	Blue Bloods (N) HD	Local	(:35) Late Show (N) HD	Late Late				
	NBC Undateable Truth Told	Grimm (TV14) (N) HD	Dateline NBC (N) HD	Local	Tonight Show (N) HD	Late Night				
	FOX MasterChef Junior (N)	World's Funniest (N) HD	Local Programs			Local Programs				
	ION Criminal Minds HD	Criminal Minds HD	Criminal Minds HD	Saving Hope (TV14) HD	Saving Hope (TV14) HD	Saving Hope (TV14) HD				
CABLE	A&E Shining a Light: Concert (TVPG) (N) HD	Shining a Light: (N) HD	Nightwatch (TV14) HD	(:01) Shining a Light HD						
	AMC 300 (07) Conan the Barbarian (11, R) ★★ Jason Momoa. HD	Momoa. HD	Into the Badlands (N) HD	The Walking Dead (N) HD						
	ANIMAL Tanked: Unfiltered (N)	Restoration Wild (N) HD	Tanked (TVPG) (N) HD	Restoration Wild HD	Tanked (TVPG) (N) HD					
	BET Martin Martin	Martin Martin	Martin Martin	Daily Show Daily Show	Daily Show Daily Show	Wendy Williams (N) HD				
	BRAVO (6:30) Stepmom (98)	Stepmom (98, PG-13) ★★½ Julia Roberts, Susan Sarandon.	Vanderpump Rules	Vanderpump Rules	Vanderpump Rules					
	CARTOON Adventure Adventure	King of Hill Cleveland	Family Guy Family Guy	Black (N)	Bedtime	Heart, She Squid (N) HD				
	CMT Spanglish (04, PG-13) ★★½ Adam Sandler, Téa Leoni. HD		Cops HD	Cops HD	Cops HD	Cops HD				
	CNN Anthony: "Istanbul"	Anthony: "Jerusalem"	Anthony: "Beirut"	Anthony: "Russia"	Anthony: "Okinawa"					
	COMEDY Broad City Broad City	Futurama Futurama	Moonbeam South Park	Archer HD	TripTank TripTank					
	DISCOVERY Gold Rush: The Dirt (N)	(:01) Gold Rush (N) HD	Pacific Warriors (N) HD	Gold Rush (TVPG) HD	Pacific Warriors HD					
	DISNEY BUNK'D Girl Meets	Girl Meets Girl Meets	Star Wars Star Wars	BUNK'D Girl Meets	Liv HD	Undercover				
	E! Botched (TV14) HD	Botched (TV14) HD	The Soup The Soup	E! News (N) HD						
	ESPN (7:30) NBA Basketball: Chicago vs Golden State	SportsCenter HD	SportsCenter HD	SportsCenter HD	NBA (Replay) HD					
	ESPN2 (6:30) College Football (Live)	Sports HD	NBA HD	College Football (Replay) HD	SportsCenter HD					
	FAMILY The Hunger Games (12, PG-13) Jennifer Lawrence, Stanley Tucci. HD		The 700 Club (N)	Hocus Pocus (93) HD						
	FOOD Guy's Big Bite (N) HD	Diners HD	Diners HD	Diners HD	Diners HD	Diners HD				
	FX Despicable Me 2 (13, PG) ★★½ Steve Carell.	Despicable Me 2 (13, PG) ★★½ Steve Carell.	Despicable Me 2 (13, PG) ★★½ Steve Carell.	Despicable Me 2 (13, PG) ★★½ Steve Carell.	Despicable Me 2 (13, PG) ★★½ Steve Carell.	Despicable Me 2 (13, PG) ★★½ Steve Carell.				
	HGTV Love It or List It HD	Love It or List It HD	Hunters Hunters	Hunters Hunters	Love It or List It HD					
	HISTORY Shining a Light: Concert (TVPG) (N) HD	Shining a Light: Concert (TVPG) (N) HD	American Pickers HD	American Pickers HD	(:01) Shining a Light HD					
	LIFETIME Shining a Light: Concert (TVPG) (N) HD	Shining a Light: Concert (TVPG) (N) HD	With This Ring (15) Regina Hall, Jill Scott. HD	(:02) Shining a Light HD						
	MTV Challenge (TV14) HD	Ridiculous Ridiculous	Ridiculous Ridiculous	Ridiculous Ridiculous	South Park South Park					
	NICK Sanjay (N) Pig Goat	Full House Full House	Full House Full House	Friends Friends	Friends Friends					
	SPIKE Cops (N) Cops	Bellator MMA Live (TV14) (N) HD	Cops (N) Cops	Cops (N) Cops	Cops (N) Cops	Jail HD				
	SYFY (7:30) Orphan (09, R) ★★½ Vera Farmiga.	Z Nation (TV14) (N)	Haven (TV14) (N)	Z Nation: "Corporate"	Cougar					
	TBS Broke Girls Broke Girls	Broke Girls Broke Girls	The House Bunny (08, PG-13) Anna Farris. HD	Cougar						
	TCM (7:15) The Quiet Man (52, NR) HD	At Sword's Point (52, NR) ★★	Sinbad the Sailor (47, NR) ★★½							
	TLC Say Yes Say Yes	Say Yes Say Yes	Sister (N) Late Night	Say Yes Say Yes	Say Yes Say Yes	Say Yes Say Yes				
	TNT The Lord of the Rings: The Fellowship of the Ring (01, PG-13) ★★½ Elijah Wood, Ian McKellen. HD		Cowboys & Aliens (11)							
	TRAVEL Mysteries (TVPG) HD	Mysteries (N) HD	Mysteries (TVPG) HD	Mysteries (TVPG) HD	Mysteries (TVPG) HD					
	TV LAND The Breakfast Club (85, R) Emilio Estevez, Paul Gleason. HD	Queens	Queens	Queens	Christine					
	USA Law & Order: SVU HD	Law & Order: SVU HD	Satisfaction (TV14) (N)	(:01) The Royals HD	Law & Order: SVU HD					
	VH1 How I Met How I Met	★½ Adam Sandler.	Big Daddy (99, PG-13) ★★½ Adam Sandler.	Hope HD	Hope HD					
	WGN How I Met How I Met	How I Met	How I Met	Rules HD	Rules HD	Hope HD				
PREM	HBOW Ride Along (14) Latin Explosion: A New (15) HD	Real Time Maher (N)	Real Time Maher HD	24/7 HD	24/7 HD					
	MAXW A Million Ways to Die in the West (14, R) HD	The Knick (N) HD	The Knick (TVMA) HD	The Knick (TVMA) HD	The Knick (TVMA) HD					
	SHOWW The Affair (TVMA) HD	Last Vegas (13, PG-13) HD	(:45) The To Do List (13, R) ★★½ Aubrey Plaza. HD	Homeland						

SATURDAY EVENING

NOVEMBER 21, 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	Local Programs								Local Programs
	CBS Code Black (TV14) HD	48 Hours (TV14) (N) HD	48 Hours (TV14) (N) HD	Local Programs						Local Programs
	NBC Free Birds (13, PG) ★★½ Owen Wilson. HD	Saturday Night Live HD	Saturday Night Live (TV14) (N) HD	Local	Lucas Bros	Local Programs				Local Programs
	FOX Local Programs									Local Programs
	ION Law & Order: SVU HD	Law & Order: SVU HD	Law & Order: SVU HD	Law & Order: SVU HD	Law & Order: SVU HD	Law & Order: SVU HD				Local Programs
CABLE	A&E Storage Storage	Storage Storage	Storage Storage	Storage Storage	Storage Storage	Storage Storage				Storage
	AMC Remember the Titans (00, PG) HD	Independence Day (96, PG-13) ★★½ Will Smith, Frank Whelker. HD	Badlands							Badlands
	ANIMAL Dr. Dee: Alaska Vet (N)	(:01) To Be Announced	Pit Bulls and Parolees	(:05) To Be Announced	Pit Bulls and Parolees					Pit Bulls and Parolees
	BET A Thousand Words (12, PG-13) ★★½ Eddie Murphy.	Life (99, R) ★★½ Eddie Murphy, Martin Lawrence.								
	BRAVO Maid in Manhattan (02)	Enough (02, PG-13) ★★½ Jennifer Lopez.	Enough (02, PG-13) ★★½ Jennifer Lopez.	Enough (02, PG-13) ★★½ Jennifer Lopez.	Enough (02, PG-13) ★★½ Jennifer Lopez.					
	CARTOON Gumball Regular	Bob's HD	Bob's HD	Dad HD	Dad HD	Family Guy Family Guy	DBZ Kai	Akame Ga		
	CMT (7:00) RV (06, PG) HD	Billy Madison (95, PG-13) ★★½ Adam Sandler. HD	Ron White's Comedy Salute HD	Cowboy						
	CNN The Hunt (N)	The Hunt (N)	The Hunt (N)	The Hunt (N)	The Hunt (N)					
	COMEDY Harold Kumar (08) HD	The Campaign (12, R) ★★½ Will Ferrell. HD	The Change-Up (11, R) ★★½ Ryan Reynolds. HD							
	DISCOVERY Alaskan Bush People	Wild Border (TVPG) (N)	(:01) North America (N)	Wild Border (TVPG)	North America (TVPG)					
	DISNEY Lab Rats Gamer's	BUNK'D Girl Meets	Austin HD	Undercover	Undercover	Jessie HD	Jessie HD			
	E! Sex and the City (08)	Sex and the City (08, R) ★★½ Sarah Jessica Parker, Kim Cattrall. HD	The Royals HD							
	ESPN (7:30) College Football: California vs Stanford (Live)	SportsCenter HD	College Ftbl HD (Replay)							
	ESPN2 (7:45) College Football: Colorado vs Washington State (Live)	(:45) College Football Final HD								
	FAMILY Games Twilight (08, PG-13) ★★ Kristen Stewart, Robert Pattinson. HD	Sleepy Hollow (99, R) Johnny Depp.								
	FOOD All-Star Thanksgiving	Chopped (TV G) HD	Chopped (TV G) HD	Chopped (TV G) HD	Chopped (TV G) HD					
	FX Fast & Furious 6 (13, PG-13) ★★½ Vin Diesel, Paul Walker.	Fargo: "Rhinoscops"	Sex&Drugs Sex&Drugs							
	HGTV Fixer Upper: "Island"	Fixer Upper (TV G) HD	Tiny House Tiny House	Tiny Lux Tiny Lux	Fixer Upper (TV G) HD					
	HISTORY Ax Men (TV14) HD	Ax Men: "The Log and"	Ax Men: "Swamp Man"	(:03) Ax Men (TV14) HD	(:01) Ax Men (TV14) HD					
	LIFETIME Jim Henson's Turkey Hollow (15) HD	(:02) The Muppet Christmas Carol (92, G) ★★½ Harold & Kumar (11)								
	MTV Catfish: The TV Show	Follow HD	Follow HD	How High (01, R) ★★½ Method Man, Redman. HD	Harold & Kumar (11)					
	NICK Henry (N) Shakers	100 Things Thunderman	Full House Full House	Friends Friends	Friends Friends					
	SPIKE Cops (N) Cops	Jail	Cops HD	Cops HD	Cops HD	Cops HD				
	SYFY Men in Black II (02) HD	Zombieland (09, R) ★★½ Woody Harrelson.	Drive Angry (11, R) ★★ Nicolas Cage.							
	TBS Big Bang Billy On	Big Bang Big Bang	Happy Gilmore (96, PG-13) ★★½ Adam Sandler.							
	TCM (7:00) Point Blank (67)	Experiment in Terror (62, NR) ★★½ Glenn Ford.	(:15) Class of 1984 (82, R) ★★½ Perry King.							
	TLC 48 Hours: Hard (N) HD	48 Hours: Hard (N) HD	48 Hours: Hard (N) HD	48 Hours: Hard (N) HD	48 Hours: Hard (N) HD					
	TNT Wrath of the Titans (12, PG-13) ★★½	(:15) Wrath of the Titans								
	TRAVEL Ghost Adventures HD	Ghost Adventures HD	The Dead Files HD	Ghost Adventures HD	Ghost Adventures HD					
	TV LAND Instant (N) Instant	Raymond Raymond	Raymond Raymond	Queens Queens	Queens Queens					
	USA NCIS: "Grounded" HD	NCIS (TVPG) HD	NCIS: "Shell Shock 2"	Modern Modern	Satisfaction (TV14)					
	VH1 Hairspray (07, PG) HD	Miss Congeniality (00, PG-13) ★★½ Sandra Bullock. HD	Miss Congeniality 2 (05, PG-13) ★★							
	WGN Mystic River (07, R) ★★½ Sean Penn, Tim Robbins.	Rules HD	Rules HD	Hope HD	Hope HD					
PREM	HBOW Fifty Shades of Grey (15, R) Jamie Dornan. HD	(:10) The Leftovers HD	Getting On Fifty Shades of Grey (15, R) ★½ HD							
	MAXW (7:10) Non-Stop (14) HD	The Knick (TVMA) HD	A Million Ways to Die in the West (14, R) HD	The Knick (TVMA) HD						
	SHOWW St. Vincent (14) HD	What If (14, PG-13) ★★ HD	Pulp Fiction (94, R) John Travolta, Samuel L. Jackson. HD							

SUNDAY EVENING

NOVEMBER 22, 2015



	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
BROADCAST	ABC 2015 American Music Awards (TV14) HD						Local Programs			
	CBS Madam Secretary (N)	The Good Wife (N) HD	CSI: Cyber (N) HD	Local Programs			Local Programs			
	NBC Football Local Programs		Dateline NBC HD	Local Programs			Dateline NBC HD			
	FOX Simpsons Brooklyn	Family Guy Last Man	Local Programs				Local Programs			
	ION Hitman Man on Fire (04, R) ★★½ Denzel Washington.	Man on Fire (04, R) ★★½ Denzel Washington.								
CABLE	A&E Criminal Minds HD	Criminal Minds HD	(:01) Criminal Minds HD	(:02) Criminal Minds HD	(:01) Criminal Minds HD					
	AMC The Walking Dead HD	The Walking Dead (N)	Into the Badlands (N)	Talking Dead (N) HD	The Walking Dead HD					
	ANIMAL North Woods Law (N)	North Woods Law (N)	Rugged Justice (N) HD	North Woods Law HD	North Woods Law HD					
	BET Payne HD	Payne HD	Being Mary Jane HD	Popoff Danny						
	BRAVO Real Housewives (N)	Real Housewives (N)	Housewives (TV14)	Watch What Housewives (TV14)	Housewives					
	CARTOON Gumball Adventure	Bob's HD	Bob's HD	Dad HD	Family Guy Rick Morty	Tyson (N) (:45) Pretty				
	CMT Pickler HD	Pickler HD	Pickler HD	Ron White: A Little Unprofessional (12, NR) HD	Cops HD	Cops HD				
	CNN The Hunting Ground (15, NR)	Kevin Hart (TVMA) HD	Trevor Noah: Lost (N)	Trevor Noah: Lost HD	CNN Newsroom (N) HD	CNN Newsroom (N) HD				
	COMEDY The Campaign (12) HD	Kevin Hart (TVMA) HD	Trevor Noah: Lost (N)	Trevor Noah: Lost HD	Aziz Ansari (TVMA) HD					
	DISCOVERY Alaska: Last (N) HD	Alaska: Last (N) HD	Alaskan Bush People	Men, Women, Wild HD	Alaska: Last (TVPG) HD					
	DISNEY Liv (N) Austin (N)	Undercover BUNK'D	Girl Meets Girl Meets	Girl Meets Girl Meets	Austin HD	Jessie HD				
	E! Kardashians (TV14) HD	Kardashians (N) HD	The Royals (N) HD	The Royals HD						
	ESPN SportsCenter HD	SportsCenter HD	SportsCenter HD	SportsCenter HD	Coll. Ftbl					
	ESPN2 Basketball NHRA Lucas Oil	ESPN FC HD	College Football (Replay) HD	SportsCenter HD						
	FAMILY Toy Story (95, G) Tom Hanks, Tim Allen. HD	Toy Story 2 (99, G) Tim Allen, Tom Hanks. HD	Osteon	Turning						
	FOOD Guy's Grocery Games	Holiday Baking (N)	Cutthroat Kitchen (N)	Cutthroat Kitchen HD	Holiday Baking (TV G)					
	FX Fast & Furious 6 (13)	2 Guns (13, R) ★★½ Denzel Washington, Mark Wahlberg.	2 Guns (13, R) Denzel Washington.							
	HGTV Life (N) Life (N)	Life (N) Life (N)	Hunters Hunters	Hunters Hunters	Life (N) Life (N)					
	HISTORY Pawn Stars Pawn Stars	Ax Men (TV14) (N) HD	To Be Announced	Pawn Stars Pawn Stars	Pawn Stars Pawn Stars					
	LIFETIME Muppet (92, G) ★★½	Crazy for Christmas (05, NR) ★★½ Andrea Roth.	(:02) The Muppet Christmas Carol (92, G) ★★½							
	MTV How High (01, R) HD	A Very Harold & Kumar 3D Christmas (11) ★★½	South Park South Park	South Park South Park	South Park South Park					
	NICK Cloudy with Chance HD	Legally Blonde (01, PG-13) Reese Witherspoon.	Friends Friends	Friends Friends	Friends Friends					
	SPIKE Bar Rescue (TVPG) HD	Bar Rescue (TVPG) HD	Bar Rescue (N) HD	Bar Rescue (TVPG) HD						
	SYFY (7:00) Zombieland (09)	Blade: Trinity (04, R) ★★½ Wesley Snipes, Jessica Biel.	1408 (07, PG-13) ★★½ John Cusack.							
	TBS The Wizard of Oz (39, NR)	Judy Garland. HD	The Wizard of Oz (39, NR) Judy Garland, Frank Morgan. HD	Holidays						
	TCM (7:15) Duel in the Sun (46, NR) HD	(:45) Laila (29, NR)	Spirits ★★							
	TLC Sister Wives: "Tell All" (TVPG) (N) HD	90 Day Fiance (N) HD	(:05) Sister Wives: "Tell All" (TVPG							

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ATHLON SPORTS TOP 25

1. **Clemson** (10-0, vs. Wake Forest)
2. **Alabama** (9-1, vs. Charleston So.)
3. **Ohio State** (10-0, vs. Michigan State)
4. **Oklahoma** (9-1, vs. TCU)
5. **Oklahoma State** (10-0, vs. Baylor)
6. **Notre Dame** (9-1, at Boston College)
7. **Iowa** (10-0, vs. Purdue)
8. **Florida** (9-1, vs. Florida Atlantic)
9. **Baylor** (8-1, at Oklahoma State)
10. **Michigan State** (9-1, at Ohio State)
11. **North Carolina** (9-1, at Virginia Tech)
12. **Stanford** (8-2, vs. California)
13. **TCU** (9-1, at Oklahoma)
14. **Utah** (8-2, vs. UCLA)
15. **Michigan** (8-2, at Penn State)
16. **Florida State** (8-2, vs. Chattanooga)
17. **Houston** (10-0, vs. Navy)
18. **LSU** (7-2, at Ole Miss)
19. **Navy** (8-1, at Houston)
20. **USC** (7-3, at Oregon)
21. **Wisconsin** (8-2, vs. Northwestern)
22. **Washington State** (7-3, vs. Colorado)
23. **Oregon** (7-3, vs. USC)
24. **Northwestern** (8-2, at Wisconsin)
25. **Ole Miss** (7-3, vs. LSU)

NUMBERS TO WATCH

31 New Mexico, a 31-point underdog, shocked Boise State 31-24 in Boise on Saturday. The previous week, the Lobos upset Utah State as a 20.5-point underdog. UNM is 6-4 overall under fourth-year coach Bob Davie.

2.5 North Carolina is outgaining its ACC opponents by an average of 2.5 yards per offensive play. The Tar Heels, 6-0 in the league, are averaging 7.8 yards per snap and allowing 5.3 yards per snap.

3 Auburn and Missouri, who met in the SEC Championship Game two years ago, have a combined three SEC wins so far this season.

30 Indiana is averaging 30 points vs. Big Ten opponents, yet the Hoosiers are 0-6 in the league. Four of the six defeats have come by eight points or fewer, including last week's 48-41 double-overtime loss to Michigan.

HEISMAN RACE

1. Derrick Henry, RB, Alabama Henry topped the 200-yard mark for the third time in the last four games, rushing for 204 yards and two TDs on 22 carries in the Crimson Tide's 31-6 win at Mississippi State. The junior tailback is averaging 166.1 yards in Alabama's seven SEC games.

2. Baker Mayfield, QB, Oklahoma Mayfield was brilliant in the Sooners' huge win at Baylor, throwing for 270 yards and three touchdowns and rushing for 76 yards and a score. For the season, he is completing 70.2 percent of his passes and is averaging 10.0 yards per attempt.



3. Ezekiel Elliott, RB, Ohio State The star of the Buckeyes' run to the 2014 national title, Elliott has rushed for over 100 yards in all 10 games this season. On Saturday, he rushed for 181 yards and two touchdowns on 27 carries in the Buckeyes' 28-3 win at Illinois.

4. Deshaun Watson, QB, Clemson Watson threw for 360 yards and two TDs and rushed for 105 yards and one TD in the Tigers' 37-27 win at Syracuse. Watson has run for more than 100 yards in each of his last two games.

5. Christian McCaffrey, RB, Stanford The Cardinal dropped out of the national title hunt with a loss at home to Oregon, but McCaffrey once again posted impressive numbers. The sophomore rushed for 147 yards on 33 attempts and also caught five passes for 42 yards.

Photos: Ric Fogel



Urban Meyer and the Ohio State Buckeyes are closing in on yet another Big Ten title. They play Michigan State and Michigan in the final two weeks of the regular season.

Battle in the Big Ten

Spartan visits Michigan State in crucial East Division showdown

MICHIGAN STATE AT OHIO STATE

Ohio State, winner of an amazing 30-straight Big Ten games, closes the season with games against the two best opponents on its 2015 schedule (Michigan State and Michigan). The Buckeyes stamped themselves as a legitimate national title contender last year with a surprisingly dominant 49-37 win in East Lansing in November. This year, they are almost a two-touchdown favorite to make it two straight vs. the Spartans. Michigan State could be without senior quarterback Connor Cook, who was forced to leave the Spartans' win over Maryland twice due to an injury to his throwing shoulder. Junior Tyler O'Connor, who has attempted 41 passes in three seasons, will get the start if Cook is not available. Regardless of who starts for MSU, the Spartans will need to play well on defense to win this game. The usually stout Spartan defense has been rather mediocre this season, ranking ninth in the league in total defense (364.0 ypg) and tied for seventh in scoring defense (22.3 ppg). *Ohio State 34-23*

BAYLOR AT OKLAHOMA STATE

We knew there would be some huge showdowns in the Big 12 in November. Few of us were expecting Oklahoma State to be a prominent player in any of them, however. But here are the Cowboys, 10-0 overall after a 35-31 win at Iowa State on Saturday. That victory, like a lot of Oklahoma State's this season, wasn't overly impressive, but Mike Gundy's club remains in the College Football Playoff hunt for the simple fact that it has yet to lose a game. Baylor lost for the first time on Saturday night, falling at home to Oklahoma. The Bears did manage 34 points but were held to a season-low 416 total yards, and true freshman quarterback Jarrett Stidham threw two interceptions. That loss might not have eliminated Baylor from the Playoff, but the Bears will need to win their final three games (at Oklahoma State, at TCU, vs. Texas) in impressive fashion and hope for some help. *Baylor 41-35*

UCLA AT UTAH

UCLA, despite being one game behind both USC and Utah, controls its own destiny in the Pac-12 South because the Bruins still play the other two teams. Utah, which lost to USC last month, needs to win on Saturday and hope UCLA defeats the Trojans in the final weekend of the regular season. Neither of these two programs, however, has had the look of a championship team of late. Utah is 2-2 in its last four games, with losses at USC and Arizona sandwiched around wins over Washington and Oregon State. UCLA lost at home to Washington State last weekend and is only 3-3 in its last six. UCLA is the more talented team, but the Bruins have been far too inconsistent this season. *Utah 27-20*

USC AT OREGON

Oregon has quietly played outstanding football since quarterback Vernon Adams Jr. returned to the lineup. The Ducks have won four straight, highlighted by Saturday night's thriller at Stanford. In those four games, they have averaged 5.8 yards per play (vs. Washington), 7.2 (Arizona State), 8.5 (California) and 9.1 (Stanford). That indicates that this team is capable of dominating on offense even without Marcus Mariota running the show. USC, too, has won four straight, the last three by one score or less. At 5-2 in the league and with a win over Utah on their résumé, the Trojans control their own destiny in the Pac-12 South. Winning their final two games, though, will be a tall order: Oregon is playing as well as any team in the Pac-12, and UCLA features one of the most talented rosters in the league. *Oregon 38-27*

MICHIGAN AT PENN STATE

Michigan fans are frothing at the mouth in anticipation of Ohio State's visit to Ann Arbor in two weeks, but that game won't be nearly as important if the Wolverines lose this Saturday at Penn State. The first season of the Jim Harbaugh era has been a huge success, but this team hasn't been as effective defensively in recent weeks. The Wolverines gave up 461 yards (and 6.8 yards per play) in a surprisingly close 29-26 win at Minnesota on Oct. 31 and allowed 527 yards and 41 points at Indiana last week. Penn State has had more than its share of offensive struggles in the James Franklin era, though the numbers indicate the '15 Nittany Lions have

been far more efficient and consistent this season. They only have averaged more than 6.0 yards per play once this year (vs. Rutgers in Week 3), but they haven't averaged less than 5.0 in any of their six Big Ten games — something they did six times in 2014. *Penn State 23-17*

TCU AT OKLAHOMA

You could make a strong case that Oklahoma has the worst loss (vs. Texas) and best win (at Baylor) of any strong College Football Playoff contender. The committee seemingly will put more stock in the quality win, which has put the Sooners in position to earn a berth with victories over TCU this weekend and at Oklahoma State on Nov. 28. The date with TCU appeared to be far more formidable earlier in the season. The Horned Frogs lost two weeks ago by 20 points at Oklahoma State and survived a scare on Saturday, only beating hapless Kansas by six. And to make things worse, quarterback Trevone Boykin and wide receiver Josh Doctson — two of the best players at their positions in the nation — are dealing with injuries. This one could get out of hand if Boykin is not available. *Oklahoma 41-20*



Mitch Light
Athlon Sports
Executive Editor
@AthlonMitch

PRIME TIME PLAYERS

Michigan quarterback **Jake Rudock** completed 33-of-46 passes for a career-high 440 yards and six touchdowns to lead the Wolverines to a 48-41 win at Indiana. ... **Marlon Mack** rushed for 230 yards and two scores as surging South Florida rolled past Temple 44-23. The Bulls have won five of six games since opening the season with a 1-3 record. ... **Jalen Robinette** averaged an incredible 30.0 yards on

his seven receptions en route to an Air Force-record 210 receiving yards in the Falcons' 35-28 win over Utah State. ... **Jared Goff** threw for 453 yards and six TDs to help California snap a four-game losing streak with a 54-24 win over Oregon State. ... **LeShun Daniels** became the third Iowa running back this season to top 100 yards and three touchdowns in a game, joining **Jordan Canzeri** and **Akrum Wadley**. Daniels rushed for 195

yards on 26 carries in the Hawkeyes' 40-35 win over Minnesota. ... With standout quarterback **Greg Ward Jr.** sidelined with an injury, **Kyle Postma** came off the bench and rallied Houston from a 20-0 deficit to beat Memphis 35-34 in a key AAC West showdown. Postma threw for 236 yards and one TD and added 49 yards and one score on the ground to help the Cougars remain undefeated. ... Texas Tech's **DeAndre**

Washington rushed for 248 yards and three scores as the Red Raiders topped Kansas State 59-44. ... **Aaron Green** rushed for 177 yards on 30 carries to help TCU — which played most of the game without star quarterback **Trevone Boykin** — survive a major scare against Kansas. The Frogs won 23-17 to improve to 9-1. ... Appalachian State tailback **Jalin Moore** ran for 244 yards in a 47-20 win over Idaho.

STOCK REPORT

▲ Southern Miss' long nightmare is over. The Golden Eagles pounded Rice 65-10 on Saturday to improve to 7-3 and secure a winning record for the first time since 2011. This once-proud program — which averaged 7.9 wins from 1996-2011 — fell off the national radar by winning a combined four games from 2012-14.

▼ The Pac-12's hopes of sending a team to the College Football Playoff took a major hit over the weekend when Stanford and Utah — the league's only two legitimate contenders — both lost for the second time this season. Stanford dropped a 38-36 decision at home to Oregon, and Utah lost in double overtime at Arizona.

▲ Arkansas is surging down the stretch for the second straight season. The Hogs, who were 2-4 after a 13-point loss to Alabama, have won four straight games, highlighted by consecutive road wins at Ole Miss and LSU. On Saturday, Arkansas outgained LSU on the ground 299-to-59 in its 31-14 win in Baton Rouge.

▼ UCLA's struggles at home continue. The Bruins dropped to 2-2 in Pac-12 games at the Rose Bowl this season with a 31-27 loss to Washington State on Saturday. Jim Mora's team is now just 4-6 in its last 10 league home games dating back to the end of the 2013 season.

So-Called "Nonviolent Second-Strikers" Get Early Prison Release

District Attorney's Office
Special Release

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County District Attorney's Office will begin posting on its website information about "nonviolent second-strike offenders" who have been granted early release from prison.

After a federal court ordered California to reduce prison overcrowding, a number of measures were put into place that result in early prison releases, including early parole consideration for individuals characterized as "nonviolent second-strikers." In order to qualify, inmates must not currently be serving a sentence for a crime that is legally categorized as a "violent felony" and must not be required to register as sex offenders.

Starting January 1st, 2015, the Department of Corrections and Rehabilitation (CDCR) began a new early parole determination process, evaluating "nonviolent second-strikers" for parole once they have served only 50 percent of their sentence or are within 12 months of having served 50 percent of their actual sentence. Upon receipt of inmate names from CDCR with a recommendation for release, the Board of Prison Hearings conducts an administrative review to determine if the inmate should be released from prison or retained for the term otherwise prescribed by law. The Board determines whether an offender would pose an unreasonable risk to public safety based on criminal history, behavior in prison, rehabilitation efforts, and written statements.

The Sacramento District Attorney's Office takes an active role in evaluating these cases and writes letters to the Board with an overview of the inmate's criminal history, an opinion regarding the public safety risk posed by the

inmate, and the appropriateness of an offender's early release.

As of November 13th, 2015, 72 inmates sentenced from Sacramento County have been granted early prison releases. Many of these offenders have violent and lengthy criminal histories. Examples of these early releases include:

Victor "Chunky" Montez - A known gang member with a violent criminal history including voluntary manslaughter, assault with a deadly weapon, and resisting arrest as well as drug transportation/possession and ammunition possession convictions. He was also found to be in possession of a large cache of firearms. Montez has been in and out of prison since the 1980s, violating parole seven times.

Deshawn Fisher - Prior convictions include voluntary manslaughter. In the prior offense, Fisher and his co-defendant tried to rob a group of men at gunpoint as they played cards in front of a house. Two men were shot, one died. In prison, Fisher committed battery on inmates, participated in riots, engaged in mutual combat, and threatened an officer's life among other violent behavior. He violated parole twice by being in possession of firearms, ammunition, and drugs.

James Allen West - Committing offense is assault with a deadly weapon by means of force likely to cause great bodily injury. West beat the victim unconscious, punching and kicking him in the head wearing steel-toed boots. Past convictions include violent assaults and battery with serious bodily injury. One victim was a 75-year-old woman. West beat the other victims until they were unconscious.

Willie C. Harris - Multiple felony convictions, including a 1985 first-degree burglary strike offense. Since 1999, Harris has

had seven DUI and driving with a suspended license convictions and a reckless DUI conviction. His committing offense was felony DUI where his blood alcohol level was .17, more than twice the legal limit. At the time of that offense, he was on parole for a 2008 DUI conviction where he had a .19 blood alcohol level.

Vanessa Santos - Prior convictions include two assaults with a deadly weapon. Santos stabbed one victim in the arm with a knife. Nine days later, she stabbed another victim in the leg with a knife and kicked the victim repeatedly when she was on the ground, causing great bodily injury. Santos was most recently convicted for driving recklessly through a residential area with willful disregard in an attempt to evade officers.

Kevin James Rodriguez - Since 2001, Rodriguez has been convicted of felony domestic violence, felony assault with a deadly weapon and stalking charges, and false imprisonment. He stalked, harassed, and abused his girlfriend. He chased her down with his car, almost causing her to crash, and held her and her daughter hostage in their own home, terrorizing them. In 2013, he was a parolee-at-large and led police on a high speed chase with wanton disregard for the safety of the public or officers.

"It's important for the public to be aware of these so-called nonviolent offenders being released early from prison into our neighborhoods, as many of them pose a danger to our community," said District Attorney Anne Marie Schubert. "Our office will continue to provide information that affects public safety and the interest of justice." The Early Prison Releases webpage can be found at www.sacda.org/early-prison-releases.

Source: Sacramento County District Attorney's Office ★

SPOTLIGHT ON BUSINESS

Senior Computer School (50 +)

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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 1/2 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 1/2 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.



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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

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