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Carmichael Times

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Officers Honor Beloved Deputy

Danny Oliver Joins Heroes on Park Wall



Sheriff Scott Jones, his department officers, and firefighters join the family of slain deputy Danny Oliver at Patriots Park (above). The recent ceremony added a plaque bearing Oliver's name (right) to the ranks of Fair Oaks and Carmichael heroes who gave their lives for community or nation.

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Dozens of uniformed and plain-clothed sheriff's officers recently joined families who sacrificed loved ones in service to community or nation.

The officers saluted Deputy Danny P. Oliver, who was inducted to the Wall of Honor at Patriots Park. The ceremony included Oliver's plaque with those of previous honorees. Erected by Carmichael Park District, the monument salutes heroes who fell since the District was established in 1945.

Oliver perished during a criminal incident that spread from Arcade to Placer County last year. The 47-year-old father of two died as he and his partner investigated suspicious activity in an Arden Way motel parking lot. The shooter and a female companion then fled to Auburn. During their escape, they carjacked two vehicles and shot and injured a car owner. Near Interstate 80, the male suspect fired on two Placer County officers. One, Investigator Michael Davis, died from his wounds.

At the time of Oliver's death, the 15-year Sheriff's

"Deputy Oliver and his partner interacted with the community to solve problems. [Oliver] was respected and revered by the communities he patrolled and friendly to the residents he served."

- County Supervisor Susan Peters

Department veteran worked with Problem-Oriented Police in the North Area Division. Speaking at Patriots Park, Sheriff Scott Jones paraphrased Abraham Lincoln's Gettysburg address and noted it "fitting to dedicate a portion of this field for Danny Oliver and 12 other patriots who gave their lives so this nation and this community could be safe."

Oliver's parents Bill and Jeri Oliver were among relatives and friends of wall honorees at the ceremony. Joining the police contingent was Scott Brown,



Oliver's partner. Now promoted to Detective, Brown saw his brother officer die at the Arden Way motel.

"As POP deputies," said County Supervisor Susan Peters, "Deputy Oliver and his partner interacted with the community to solve problems. [Oliver] was respected and revered by the communities he patrolled and friendly to the residents he served. They were devastated by his death." While heroes honored at Patriots Park wore different uniforms and had different stories, Peters said, they shared a common bond.

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Kiwanis See's Candies Sales

CARMICHAEL, CA (MPG) - The Carmichael Kiwanis Club will be holding its annual holiday See's Candies sales event starting on Nov. 23rd and ending Dec. 23rd. The sale will take place in the H&R office (next to Starbucks) in the Bel Air shopping center complex at Fair Oaks Boulevard and Manzanita Avenue in Carmichael. The hours of operation are from 9:00 a.m. to 5:30 p.m. daily. Special pre-sale prices are available if purchases are made before Nov. 20th.

All proceeds from the sales are utilized to support the visual and performing arts programs in San Juan Unified School District. To see how these funds support the jazz programs in the district, please plan on attending the Wayne Reimers Jazz Festival held at Rio Americano High School on Jan. 21st, where jazz bands at the elementary, middle, and high schools will be participating in a non-competitive festival where they receive constructive feedback from



Kiwanis club members (left to right) President Elect Linda Martin, President Len Ohlendorf, and Co-Chair of the See's Candy fundraising committee Byron Borman, gear up for their annual holiday See's Candies sales event beginning Nov. 23rd. Photo courtesy of Linda Martin.

professional adjudicators. You will be astonished by these incredibly talented young musicians!

If you are planning to buy See's Candies for friends, neighbors,

employees, or neighbors, come by our convenient location and help support our local schools.

Source: Linda Martin

VA Hospital Accountability Bill Introduced

Inspiration for Bill Comes After Tragic Death at Mather VA

SACRAMENTO REGION, CA (MPG) - Citing the tragic death of a veteran at the Mather Veterans Affairs hospital last year, Congressman Ami Bera, M.D. introduced a bill to implement additional accountability measures at Veterans Affairs hospitals across the country.

His bill, the VA Quality Care Act, includes additional oversight measures to ensure all problems at VA facilities are reported, communicated, and fixed across the network.

"The tragic death of this veteran illustrates problems within the VA system that must be addressed,"

Bera said. "My bill increases transparency and reporting so that any issues in the delivery of care at one facility are shared with other facilities in the system. The information from my requested investigation suggests that VA facilities are not sharing best practices and other quality improvement measures effectively. This bill will ensure doctors, nurses, and staff are all operating efficiently and effectively and collaborating across health centers to deliver the best care possible to our nation's heroes."

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The Controversy of Free-Range Parenting

Commentary By Lanaya Nilsson

Watching children as they experience the joys of childhood, playing, learning, growing, is an inherent right of all parents. But one question that a growing number of parents are asking is: "Do I need to fear for my kids?"

Most people are familiar with the term "helicopter" to describe a parenting style where an adult "hovers" over their child to the point of hindering his growth process, and taking control over the child's life. Some information and studies claim "helicopter" parenting stunts kids' growth, leaving them prone to problems like depression and anxiety, as well as contributing to anger issues in young adulthood; these issues are contributed to not having had the freedom growing up necessary to develop the skills to manage the pressures of independent life.

Currently, there is an emerging movement called "Free-Range Parenting" (also referred to as "Slow" and "Simplistic" parenting), gaining momentum and proponents from all over the nation. Free-range Parenting is defined as "The concept of raising children in the spirit of encouraging them to function independently in proper accordance of their age of development with a reasonable acceptance of realistic personal risks."

The movement began eight years ago when a writer for the New York Sun, Lenore Skenazy, wrote the article "Why I let my 9 year old ride the subway alone." The piece had very strong reactions from both the public and media. Within days Skenazy was on several major news shows defending her parenting style. She followed by writing the book "Free-Range Kids: Giving Our Children the Freedom We Had without Going Nuts with Worry."

Skenazy is considered the founder of the Free-Range Parenting movement.

"I am of course not against safety," said Skenazy. "I believe in using car seats and helmets when riding bikes or scooters. In fact, at every baby shower I attend I bring the expectant mother a fire extinguisher. ...But what I am against is our culture's constant pushing of dangers that are not real into parents' minds."

"A kid can't walk down the street to school or a friend's house for fear of



Free-range Parenting is defined as "The concept of raising children in the spirit of encouraging them to function independently in proper accordance of their age of development with a reasonable acceptance of realistic personal risks."

being kidnapped or his parents being arrested for neglect—like the case of a Maryland couple who faced charges when their two children walked home alone. Plus, parents are bombarded with warnings daily in the news and online. It's not surprising that so many parents are hovering over children. We have become a fear culture."

Skenazy goes on to say that following the media frenzy around the article she wrote, she was dubbed "World's Worst Mom," also now the name of her show on Discovery Life.

"It is simply not true that I 'don't care' about my children's safety," defends Skenazy. "I just don't think our kids need a security detail, nor do I believe they are in constant danger. ... Just because I don't conger up images

of the worst thing possible happening to my kids, does not mean I am cold-hearted or even brave, but rather I try to make choices based on my reality, not my imagination."

When asked for her suggestions to help families to be more free-range she said, "When I speak at schools, which I do often, I tell educators and parents (and kids) to encourage independence by letting a child do something new like running an errand, having free play outside, or riding public transportation. And-when he accomplishes these tasks and comes home beaming, it changes the parents too; because pride is stronger than fear."

Skenazy will continue educating to replace scared parents with proud ones, and apprehensive children into

self-reliant kids. Her website is www.freerangekids.com and features information, articles, free-range parent (FRP) connections, and more.

One criticism of opponents of FRP is that free-range parenting advocates are too focused on child abductions by strangers being rare and ignore the dramatic drop in child deaths from unintentional injuries in the past 50 years. Another criticism is that FRP has taken the ideas and philosophies too far, and underestimates the risks to children in today's society.

One member (preferring to remain anonymous) of a local free-range parenting group, called Greater East Sacramento Free-Range Parents (which can be found on Facebook), talked about his experiences with the

movement:

"I don't consider FRP to be anything new," he said. "I think historically here—and throughout the world—most parents would consider 'free-range' to just be 'parenting.'...My own parents would be considered 'free-range' by today's standards. I was walking to school by third grade and a 'latchkey' kid by fourth, and most my summers were spent on my bike all day exploring; sometimes not even knowing where I was."

When asked what the biggest influence that FRP has had on his family he replied: "I don't think that FRP is about letting children run wild without rules, but rather that it is a reminder that confidence in children is built by doing for themselves, and as a parent to a preschooler I already see the strong character developing in her with independent action and learning skills, which in turn is building her self-esteem."

Kathy Shultz, the moderator of the Greater East Sacramento Free-Range Parents Facebook page, also had some input. "I became involved with FRP due to my association with the Children in Nature movement, which along with encouraging kids to get into nature, stresses giving them unstructured time to explore, too. So it probably came about in relation to that."

Shultz talked about her family's experience, saying: "My son has played outside since he was younger than what is considered 'acceptable,' and when he was older I allowed him to go to the corner store on his own. He chats up strangers in public, too!"

Regarding the future of FRP, she said, "My hope is that it is accepted. My great fear is of being reported. But my son is tall for his age, so the things I let him do may not raise as many eyebrows as if he was average or small for his age."

Parenting styles have become controversial, causing distress for many parents while trying to navigate all the data and decide what is best for their families. But parents all want the same thing: for children to feel loved, appreciated, respected, and understood so they become healthy and happy members of society.

Sources: *Psychology Today*, *NPR* ★



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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 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

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"You Always Have A Place at MADD"

CARMICHAEL, CA (MPG) - Mothers Against Drunk Driving (MADD) invites you to their special event for families who have lost someone due to a drunken driving accident. Now that the holiday season is approaching, it is important to remember those who are no longer with us and to show support to their families in these times. MADD has two events coming up in your area, one will be on Dec. 3rd in Stockton and the other will be on Dec. 5th in Sacramento. The event is titled "You Always Have a Place at MADD." These dates signify MADD's national day

of remembrance for those victims no longer with us, as well as to show that they always have a spot on the table. Families come and join MADD to remember everyone whom has been affected.

MADD is here to support these families but believes that the support of the community also plays a big role. Families speak on their experience and memories of their beloved family. MADD is a support system for these families and encourages others to make safe choices this holiday season.

The dates, time, and location

of both events are as follows: Stockton, CA Dec. 5th (4:30-6:00pm). At the Best Western Heritage Inn, 111 E March Lane, Stockton, CA 95207, and in Sacramento, CA Dec. 5th (5:30 pm-7:00pm) at the La Sierra Community Center, 5325 Engle Road, Carmichael, CA 95680.

If you want more information please feel free to contact Judy Utter by email judy.utter@madd.org or by phone (916) 481-6233 x 6635.

Source: Mothers Against Drunk Driving ★

Less 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.

Size matters: A good rule of thumb is to buy 1.5 pounds of



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

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.

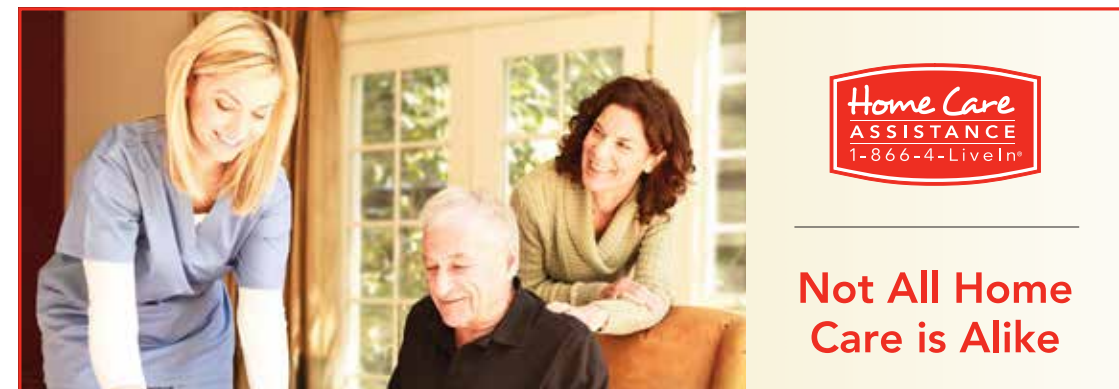
Brine: Soaking turkey in a saltwater solution for four to 24 hours before roasting keeps it tender and juicy. Try a brine kit for a simple and easy recipe.

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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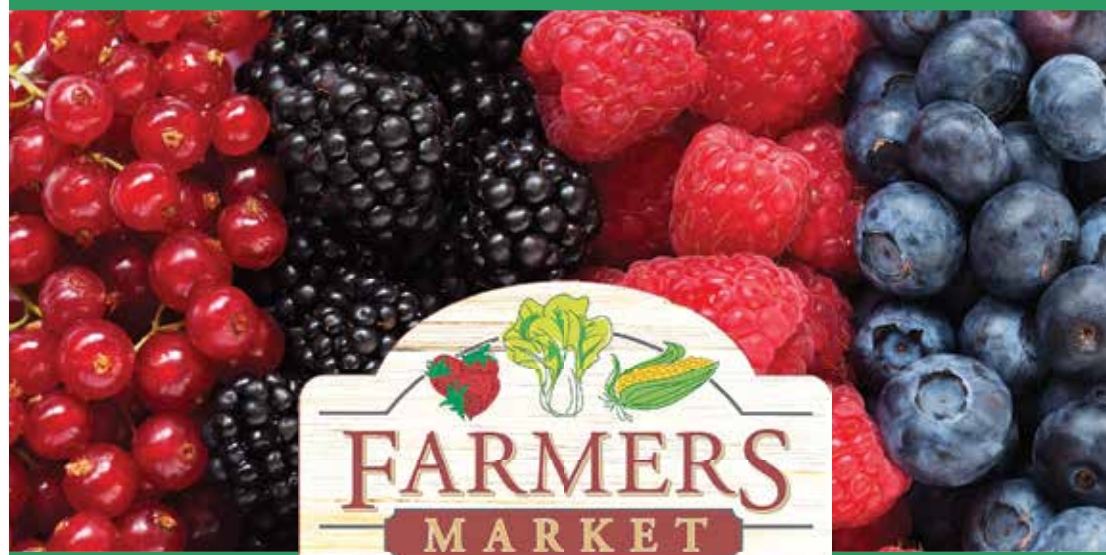
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Reports from Sacramento Metro Fire District

Two-Alarm Fire Damages Two Homes and One Outbuilding

SACRAMENTO REGION, CVA (MPG)
 - Just after 1:30 p.m. on Nov. 10th, Metro Fire crews were dispatched to the corner of Georgia Drive and Karl Drive for a house fire. Sacramento Sheriff's officers nearby had seen black smoke, reported the fire, and helped evacuate napping residents. The first arriving Metro Fire unit reported a well-involved, single story home on Georgia Drive with fire spread to the eaves of the house next door.



Fire crews were able to keep the exposure fires to the attic and roof of the second home, and minor, exterior damage to an outbuilding behind the third home. Total damage is estimated at \$160,000, with the cause of the fire under investigation. Photo courtesy of Sacramento Metro Fire

Arriving fire crews were quickly divided; engine crews were assigned to fight fire in both the house of origin and the exposure, while search and ventilation were taking place. A second alarm assignment was requested, as a home on Karl Drive became threatened. Over 60 firefighters were on scene, fighting fire from two different streets on three structures.

The home where the fire started sustained major damage. Crews were able to keep the exposure fires to the attic and roof of the second home, and minor, exterior damage to an outbuilding behind the third home. Total damage is estimated at \$160,000, with the cause of the fire under investigation. Red Cross was requested to assist the five displaced residents. One firefighter was transported to UCD for burns, while a second firefighter sustained muscular injuries. No civilians were injured in the fire.

During firefighting activities, a suspicious device was found in one of the backyards. Residents from the five closest homes, as well as fire crews, were all evacuated until the determination could be made that the device was inert. Residents were then allowed back into homes.



During firefighting activities, a suspicious device was found in one of the backyards. Residents from the five closest homes, as well as fire crews, were all evacuated until the determination could be made that the device was inert. Photo courtesy of Sacramento Metro Fire

The large column of smoke attracted curious bystanders to the neighborhood. First arriving fire engines had difficulty entering the street due to cars blocking the road, taking photos. Even a ten second delay can make a difference to someone inside a home on fire. If you stop to watch a fire, remember that lives are at stake; park your vehicle far enough away so there is no impact to responding fire apparatus.

Every fire provides challenges, and this one was no different. With downed power lines, multiple homes on fire, cars blocking the road, and suspicious devices, fire crews had to be ever-vigilant, adapting and overcoming to every challenge encountered. This is what Metro Fire crews do every single day.

Source: Sacramento Metropolitan Fire District ★



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CLUES

- ACROSS
1. Internet posts
 6. "Kilroy ___ here"
 9. "Put a ___ in it!"
 13. "Raspberry ___" by Prince
 14. Matterhorn, e.g.
 15. Loosen laces
 16. Social class or position
 17. "All the Light We Cannot ___" by Anthony Doerr
 18. Like professor Sherman Klump
 19. "In 1941 Thanksgiving moved to this Thursday"
 21. "Football hosts"
 23. Green pod dweller
 24. One who makes use of something
 25. Declare
 28. Globes and balls
 30. The Curies' discovery
 35. Guinness and such
 37. Takes to court
 39. Santa Maria's companion
 40. As far as
 41. Archipelago
 43. Relating to ear
 44. Popular in cook-offs
 46. Cut with an ax
 47. Be dependent
 48. Alleviating
 50. Ginger-flavored cookie
 52. Hi-___
 53. Oration station
 55. Opposite of friend
 57. "Cause for Thanksgiving celebration"
 61. "Main attraction"
 64. "The Pilgrims crossed it"
 65. De Niro's 1976 ride
 67. Honorable mention
 69. Compilation of drawers
 70. Store posting, for short
 71. Private
 72. Actor ___ MacLachlan
 73. "You betcha!"
 74. Collection of Buddhist scriptures

- DOWN
1. British public service broadcaster
 2. Organ of photosynthesis
 3. Roughly
 4. Bob Marley's "___, Stand Up"
 5. Three-dimensional sound
 6. Done in loads
 7. Brewery order
 8. Glasses, for short
 9. Give the cold shoulder
 10. "The Simpsons" palindrome
 11. C in NYC
 12. St. Peter's symbol
 15. Done on a Christmas morning
 20. Plural of tarsus
 22. "___ the fields we go"
 24. No-good
 25. "Cranberry concoction"
 26. Top dog
 27. Abominable snowman
 29. "No Child Left Behind" President

CROSSWORD													
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7	9										

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) Your honesty continues to impress everyone who needs reassurance about a project. But be careful you don't lose patience with those who are still not ready to act.

TAURUS (April 20 to May 20) Pushing others too hard to do things your way could cause resentment and raise more doubts. Instead, take more time to explain why your methods will work.

GEMINI (May 21 to June 20) Be more considerate of those close to you before making a decision that could have a serious effect on their lives. Explain your intentions and ask for their advice.

CANCER (June 21 to July 22) You might have to defend a workplace decision you plan to make. Colleagues might back you up on this, but it's the facts that will ultimately win the day for you. Good luck.

LEO (July 23 to August 22) The Big Cat's co-workers might not be doing enough to help get that project finished. Your roars might stir things up, but gentle purrr-suasion will prove to be more effective.

VIRGO (August 23 to September 22) Someone you care for

needs help with a problem. Give it lovingly and without judging the situation. Whatever you feel you should know will be revealed later.

LIBRA (September 23 to October 22) While you're to be admired for how you handled recent workplace problems, be careful not to react the same way to a new situation until all the facts are in.

SCORPIO (October 23 to November 21) Rely on your keen instincts as well as the facts at hand when dealing with a troubling situation. Be patient. Take things one step at a time as you work through it.

SAGITTARIUS (November 22 to December 21) Your curiosity leads you to ask questions. However, the answers might not be what you hoped to hear. Don't reject them without checking them out.

CAPRICORN (December 22 to January 19) Be careful not to tackle a problem without sufficient facts. Even sure-footed Goats need to know where they'll land before leaping off a mountain path.

AQUARIUS (January 20 to February 18) Appearances can be deceiving. You need to do more investigating before investing your time, let alone your money, in something that might have some hidden flaws.

PISCES (February 19 to March

20) Your recent stand on an issue could make you the focus of more attention than you would like. But you'll regain your privacy, as well as more time with loved ones, by week's end.

BORN THIS WEEK: You're a good friend and a trusted confidante. You would be a wonderful teacher and a respected member of the clergy.

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Strange BUT TRUE

- ▶ You might be surprised to learn that it costs the U.S. government nearly 2 cents to mint a single penny.
- ▶ According to a recent analysis of data from the online music streaming service Spotify and artist popularity data from a website called The Echo Nest, Americans tend to stop listening to new music at the age of 33.
- ▶ Those who study such things say that if you were (for reasons unspecified) to eat the liver of a polar bear, you'd die. The amount of vitamin A stored in that organ constitutes a fatal dose for humans.

top ten Kids Brands

1. Oreos
2. M&M'S
3. Netflix
4. iPad
5. Hershey's
6. Doritos
7. YouTube
8. Disney
9. Lay's
10. Cheetos

Source: Smarty Pants, LLC



PICKS OF THE WEEK



Meryl Streep in "Ricki and the Flash" Sony Pictures

"American Ultra" (R) - Mike (Jesse Eisenberg) is a scrawny pothead grocery-store clerk who is unbelievably deadly when he thinks his life is in danger. See, Mike doesn't remember it, but he's the product of a secret program that trained ultra-deadly, ultra-brainwashed sleeper agents and placed them unsuspecting parts of the U.S. An ambitious functionary in the CIA (Topher Grace) decides to clean up what's left of the program by sending assassins against the unsuspecting Mike and his girlfriend, Phoebe (Kristen Stewart).

Eisenberg is the last guy you'd cast as an action star, and that's why he does so well -- he goes from shirking schlub to killer commando in an instant, and he's just as surprised as you. Stewart also plays an important role in the movie's likability, since she and Eisenberg share a facile chemistry and engaging rhythm.

"A Christmas Horror Story" (NR) - Despite the title, it's really a handful of Christmas horror stories, strung together by a framing story with a drunk William Shatner. One bit has teens poking around a creepy school basement on the anniversary of a double-homicide -- it goes how you'd expect. Then there's the family who enters the woods to (illegally) chop down their own Christmas tree, only to find that something ... strange has happened to their son. Another naughty family gets a visit from the Krampus, a nightmarish anti-Santa from Germanic folklore.

Then there's the all-out Christmas carnage story where Santa throws down against a horde of profane zombie-elves.

So there's a variety of tinsel-tongued terror, and if any of these carols aren't singing with you, it won't be long before Shatner cuts in and the next bit begins. It's not the most memorable holiday-horror flick, but it's a polished product with an assortment of terrifying treats.

"Ricki and the Flash" (PG-13) - Meryl Streep stars as a woman who left her family to chase rock 'n' roll dreams, and now has to come back down to earth to reconcile with her children and the life she could have had. Ricki (Streep) never touched stardom, but she's in a rockin' bar-band with a strapping guitarist (Rick Springfield). She returns to the Midwest when her ex-husband (Kevin Kline) summons her to support their adult daughter (Mamie Gummer, Streep's real-life daughter) in recovering from a disastrous divorce. The family melodrama is mixed in with stirring musical performances where Streep belts classic rock covers with serious energy.

"No Escape" (R) - Jack Dwyer (Owen Wilson) moves his wife (Lake Bell) and two pre-teen daughters from Texas to an unnamed Southeast Asian country so he can get to work with water resources. Too bad the locals aren't too keen on Western intervention, and a violent uprising floods the streets just as the Dwyers are moving in. All we know about the mob is that they are bloodthirsty foreigners out to kill all white Westerners, which puts a discomfiting damper on the action -- of which there is plenty. The first part of the film pounds through a gripping chase and a series of shocking set-pieces, then Pierce Brosnan enters the fray as a Westerner with the grit to help the family get out alive. It's still weird watching the film knowing that Third World peoples are used as a stand-in for howling zombies.

TV RELEASES

- "Inside Amy Schumer: Season 3"
- "Doctor Who: Christmas Specials Gift Set"
- "Shaun the Sheep: Season 1"
- "Hell's Kitchen: Season 13"
- "American Experience: The Pilgrims"

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by HEALTHY EXCHANGES

Sunshine State Simmered Steaks

Here in Iowa, sunny days are becoming quite a scarce commodity. But, I promise, if you put this delicious main dish on the menu, it will make a gloomy day seem much brighter! You may doubt me when you start stirring orange marmalade into the sauce, but trust me, it all works out perfectly in the end.

- 3 tablespoons all-purpose flour
- 4 (4-ounce) lean minute or cube steaks
- 1 cup unsweetened orange juice
- 1 cup (two 2.5-ounce jars) sliced mushrooms, drained
- 2 tablespoons reduced-sodium ketchup
- 2 tablespoons orange marmalade spreadable fruit
- 1 tablespoon dried onion flakes
- 1 teaspoon dried parsley flakes

1. Place flour in a shallow dish and coat steaks on both sides in flour. Reserve any leftover flour. Evenly arrange coated steaks in a large skillet sprayed with butter-flavored cooking spray and brown for about 3 minutes on each side.

2. In a medium bowl, combine orange juice, mushrooms, ketchup, spreadable fruit, onion flakes, parsley flakes and any remaining flour. Spoon sauce mixture evenly over steaks.

3. Lower heat, cover and simmer for 15 minutes or until steaks are tender. When serving, evenly spoon sauce mixture over top of steaks. Serves 4. Freezes well.

* Each serving equals: 218 calories, 6g fat, 23g protein, 18g carb., 359mg sodium, 1g fiber; Diabetic Exchanges: 3 Meat, 1 Fruit, 1/2 Vegetable.

The Garden Bug Cranberries

Native Americans named this fruit *sassamanash*. They most likely introduced it to the English settlers who had come to what is now Massachusetts, and the settlers incorporated the berries into their meals and made them part of the first Thanksgiving feast. The settlers called them "crane berries" because the plant's flower and stem resembled the neck, head, and bill of a crane.

— Brenda Weaver

Source: wikipedia.org

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Sudoku Puzzle on Page 8
Sudoku Puzzle on Page 6
5 8 4 1 6 2 9 7 3
3 1 7 5 9 4 8 6 2
6 9 2 8 7 3 1 5 4
8 2 6 3 5 9 7 4 1
4 7 5 2 1 6 3 9 8
9 3 1 7 4 8 6 2 5
2 4 8 6 3 7 5 1 9
1 6 3 9 2 5 4 8 7
7 5 9 4 8 1 2 3 6

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• Free Cleaning (with our cartridge)
• Service Contracts (monthly or yearly)
• Lease or Rent
• High Volume Copying (save wear & tear on your machine)
• We are Local

Crossword Puzzle on Page 6
BLOGS WAS SOCK
BERET ALP UNTIE
CASTE SEE NUTTY
FOURTH COWBOYS
PEAUSER
SAY ORBS RADIUM
ALES SUES PINTA
UPTO ISLES OTIC
CHILI HEWN RELY
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Legal Advertising
P.O. Box 14
Carmichael, CA 95609

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2015-07902 Jared Lanning, 5307 El Camino #4 Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Edlin Courier Express" at 5307 El Camino #4 Carmichael, CA 95608. Filed with the Clerk of Sacramento County October 13, 2015. Publish: October 23, 30, November 6, and 13, 2015
 EDLIN 151014 11-13-15

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2015-07906 The Ale Apothecary, LLC, 61517 River Road, Bend, Oregon 97703 is doing business under the Fictitious Business Name(s) "APOTH" at 61517 River Road, Bend, Oregon 97703. Filed with the Clerk of Sacramento County October 07, 2015. Publish: October 23, 30, November 6, and 13, 2015
 APOTH 151014 11-13-15

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2015-07898 Rataal and Laura Avila, 4923 S. Land Park Drive Sacramento, CA 95822 are doing business under the Fictitious Business Name(s) "Plaza Las Palmas" at 3900 Franklin Boulevard Sacramento, CA 95820. Filed with the Clerk of Sacramento County October 13, 2015. Publish: October 23, 30, November 6, and 13, 2015
 PALMAS 151015 11-13-15

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2015-07250 USA Hands, 2100 Watt Avenue #180 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Cheap Couture \$5.00 Under Fashion, \$3.00 and Under" at 4633 Auburn Boulevard Sacramento, CA 95825. Filed with the Clerk of Sacramento County September 17, 2015. Publish: October 23, 30, November 6, and 13, 2015
 CHEAP 151015 11-13-15

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2015-08019 Garrett Saling 5606 Beauregard Way Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Garretts' Electronic Recycling" at 2335 Gold River Road Unit B Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County October 16, 2015. Publish: October 23, 30, November 6, and 13, 2015
 GARRETT 151015 11-13-15

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2015-08038 Michael Walter, 598 39th Street Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Walter Technology" at 598 39th Street Sacramento, CA 95816. Filed with the Clerk of Sacramento County October 19, 2015. Publish: October 23, 30, November 6, and 13, 2015
 WALTER 151015 11-13-15

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) "Freeport Automotive Service" at 6000 Freeport 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 Galt, CA 95632 is doing business under the Fictitious Business Name(s) "Second City Thrift" at 325 Pine Street Suite D Galt, 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, Tagg-It" 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 Nafai, 5530 Jerry Littell 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 Midiron Drive, Fair Oaks, CA 95628 are doing business under the Fictitious Business Name(s) "Rolling Blackouts Tinting" 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 Ballou 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) "El 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, 1861 Mammoth Way Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "The Re-Assemblers of Whimsy" at 1861 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 Koloshopp" 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 Appleby Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "beloved" at 6251 Appleby 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 Stoin, 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 95864 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 Pennyn Estates Drive, Pennyn, 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 Aquapher Way Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "TDK Building Co." at 331 Aquapher 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 Christensen, 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 #13 Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Demand TV" at 6011 Shadow Lane Apt #13 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 Bommann, 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

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
 FBNF2012-03003

The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Fall Creek Counseling Associates" located at 5900 Coyote Ave # D Carmichael, CA 95608. Debra Moore 4121 Boone Lane Sacramento, CA 95821. The Fictitious Business Name Statement referred to above was filed on November 20, 2012 in the County of Sacramento. Publish: October 23, 30, November 6, and 13, 2015
 FALL 151008 11-13-15

ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE CHANGE OF NAME
 #34-2015-00184882

WHEREAS, Amber Nicole Pickrahn on behalf of Aubrie Michelle Luba Yovonie, has filed a petition with this court for a decree changing the name(s) of Aubrie Michelle Luba Yovonie to Aubrie Michelle Pickrahn.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 15, 2015, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: September 30, 2015
 Raymond M. Cadei, Judge of the Superior Court
 Publish: October 23, 30, November 6, and 13, 2015
 PICKRAHN 151007 11-13-15

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE CHANGE OF NAME
 #34-2015-00185435

WHEREAS, Abdul Halim and FNU Nadya have filed a petition with this court for a decree changing the name(s) of Abdul Halim to Abdulhalim Rahimi, FNU Nadya to Nadya Rahimi, FNU Abdulhalim to Abdulhalim Rahimi, FNU Maryam to Maryam Rahimi, and FNU Hadia to Hadia Rahimi.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 06, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 14, 2015
 Raymond M. Cadei, Judge of the Superior Court
 Publish: October 23, 30, November 6, and 13, 2015
 RAHIMI 151007 11-13-15

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE CHANGE OF NAME
 #34-2015-00185427

WHEREAS, Mohammad Eissa and Bebe Malaka has filed a petition with this court for a decree changing the name(s) of FNU Faisal to Faisal Eissa, FNU Zalasht to Zalasht Eissa, and FNU Zeenat to Zeenat Eissa.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 30,

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

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 fever. To prevent these diseases



“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.

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.



Publisher, Paul V. Scholl

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Carmichael Times

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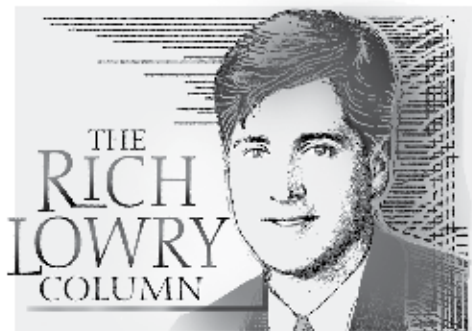
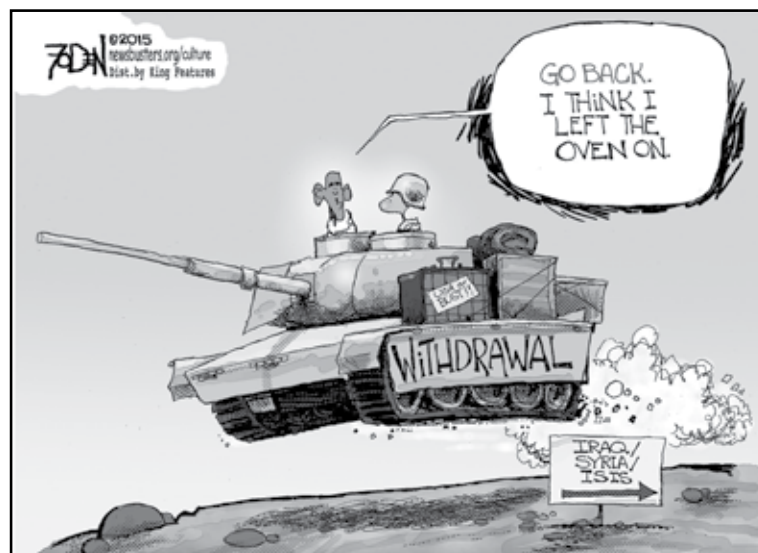
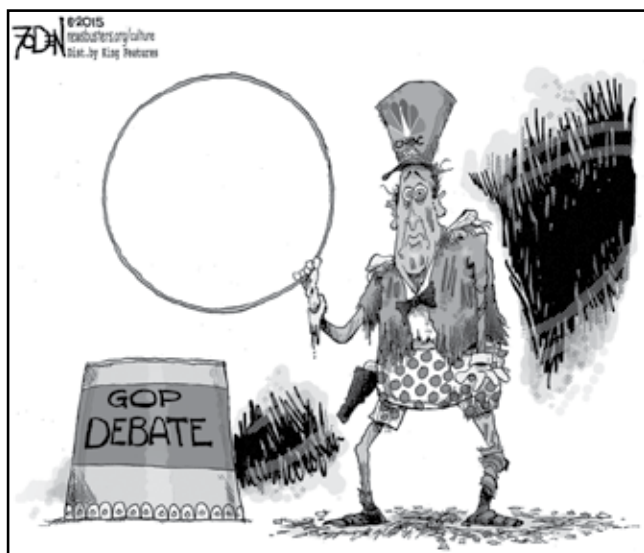
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Obamacare Is Still Failing

For the press, the debate about Obamacare is over. There may be a few proverbial Japanese soldiers wandering on isolated islands yammering on about the failure of Obamacare, but word will eventually filter down to them, too.

This assumption is so deeply embedded that it is impervious to new evidence that Obamacare is an unwieldy contraption that is sputtering badly. Yes, Obamacare has covered more people and has especially benefited those with pre-existing conditions (to be credible, Republican replacement plans have to do these things, as well), but the program is so poorly designed that, surely, even a new Democratic president will want to revisit it to try to make it more workable.

Enrollment is falling short. The Obama administration projects that it will have roughly 10 million people

on the state and federal exchanges by the end of next year, a staggering climbdown from prior expectations. The Congressional Budget Office had predicted that there would be roughly 20 million enrollees.

Premiums are rising. Not everywhere, but steeply in some states. Indiana is down 12 percent, but Minnesota is up 50 percent. Health-care expert Robert Laszewski points out that it is the insurers with the most enrollment and therefore the best information about actual enrollees who have tended to request the biggest increases -- a sign that they don't like what they're seeing in their data.

Relatedly, the economics are shaky. According to a McKinsey & Co. analysis, last year health insurers lost \$2.5 billion in the individual market that Obamacare remade. Obamacare co-ops that were supposed to enhance choice and lower costs have been failing, and almost all of them are losing money, a victim of the absurd rules (no industry executives on their boards, no raising capital in public markets, etc.) imposed on them by the law.

The problem with Obamacare in a nutshell is that on one hand, by imposing motley regulations and mandates, it increases the price of health insurance, and on the other hand, by providing subsidies, it tries to hide the cost -- but not enough.

According to an analysis of the health consultancy Avalere, the poor or near-poor have been signing up, but enrollment steeply drops off further up the income scale as the subsidies fall away. It found that three-fourths of uninsured people earning less than 150 percent of the federal poverty level got coverage through Medicaid or the exchanges, while a small fraction of the uninsured making more than 250 percent of the federal poverty level have enrolled.

For them, it's just not a good deal. A study of the Obamacare exchanges by researchers at the Wharton School concluded that "even under the most optimistic assumptions, close to half of the formerly uninsured (especially those with higher incomes) experience both higher financial burden and lower estimated welfare."

As Robert Laszewski points out, on the individual market, Obamacare is essentially a monopoly. It gives money to people to buy its product and through the individual mandate punishes those who don't. And yet it is still having trouble making the sale.

The soldiers who haven't given up yet are right -- this isn't over.

Rich Lowry is editor of the National Review.

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Should Mom Let Boy Adopt Pit Bull?

DEAR PAW'S CORNER: We're going to adopt a dog now that I'm 10 years old. I saw a pit bull puppy that I liked at the shelter, but my mom said no, because they're vicious. My friend said that's not true. What can I do to persuade her to adopt this dog? -- Braedon in Alpharetta, Ga.

DEAR BRAEDON: Before I answer, I do want to tell you that your mom has your best interests and safety in mind. And because of the many publicized incidents about pit bull attacks and aggressive behavior, her first reaction is to keep you from getting hurt.

Ultimately, she will be the one to approve the type of dog to adopt. But you can try to sway her opinion with a few myth-busting facts, courtesy of the American Pit Bull Association (americanpitbullfoundation.com/pit-bull-myths-debunked):

- Pit bulls' temperament is often better than that of other breeds. In temperament testing (atts.org/breed-statistics/statistics-page1), American pit bull ter-

riers had a passing rate of 86.8 percent, and other pit bull breeds scored above 82 percent -- well above the general dog population's average of 77 percent.

- Pit bulls originally were bred as working dogs and are typically energetic, intelligent and stubborn. Like other working breeds, they do best when socialized early with other dogs and humans, and with lots of training and attention.

- Pit bulls' jaws are not stronger than other dogs, nor do they "lock" when they bite.

You and your mom should look for certain traits in every dog you're considering. Each dog's temperament is unique; ask the shelter about current and past behavior. Meet a potential dog with as many family members as possible. And research each breed before deciding which dog to adopt.

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

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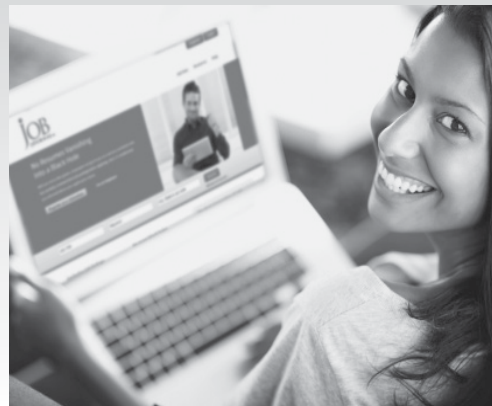
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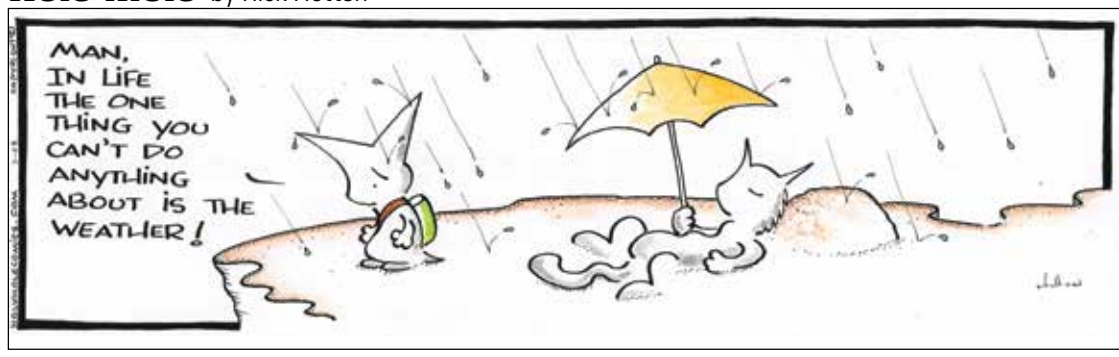
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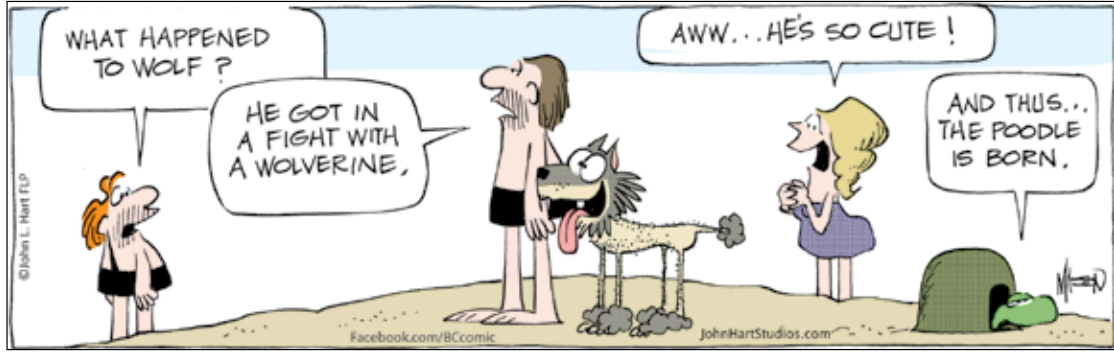
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END OF THE BENCH BY GERRY SCHOU

Bummed Out Searching for a Theme

This is a day of reckoning. We are here solely to deliver insufficient payment of our debt. We are here to honor our obligations, to try in vain to fulfill our promises of presenting some worthwhile feature for your entertainment purposes.

"We" are neither "royal," nor "majestic." "We" are simply a single person with far too little to offer. This is a day when "we" are finding it difficult to put two and two together. What, four?

At almost every turn while searching the sports landscape we find a lack of inspiration. There's too little support for fandom. It's discouraging. The talking points seem redundant. There's so much negativity and it only seems to be getting worse.

Since bad news always sells far better than good news (for some twisted reasons), the ugly stuff consistently rises to the surface, comes to the forefront and overruns the territory --- a scourge upon the land; a royal pain in the you-know-what. The majesty of sport is constantly threatened by the cloak-and-dagger.

It all can be borderline depressing. Within our wide world we wish we could pacify ourselves with the idea that "it's only a game," but the games within and beyond the actual games remind us that it's more than just a game. With so much (money) at stake, pro sports is riddled with undesirable activities employed to gain any edge.

There's an endless list of bad, sick guys like Dallas' Greg Hardy --- whom Cowboys owner Jerry Jones refers to as "a team leader" and had no qualms signing because the guy is a good player --- around the NFL appearing on police blotters, but showing up on the field on game day. And MLB is not immune...the latest entry being the Rockies' Jose Reyes and his own domestic violence arrest while on vacation in Hawaii with his wife. There is far too much of that sort of thing in the news.

There's always a steady stream of recruiting and program violations in the college ranks. And the shady characters climb to the top: (In basketball) Rick Pitino and his fine, upstanding reputation at Louisville; John Calipari (Kentucky); Jim Boeheim (Syracuse); etc., etc. (In football) Urban Meyer (Ohio State); Pete Carroll (while at USC); Penn State, North Carolina, Miami, SMU, Oklahoma, and on and on...

There's a troubling mess at the University of Missouri. Coming on the heels of the racial tensions last year in Ferguson, Mo., months of protests at the university over racial matters and a failure on the part of the administration to adequately address the incidents, and other issues have come to a head. It took a hunger strike and a supporting walkout and threatened boycott on the part of the Missouri football team (\$\$\$) to bring it to national attention. The university's president and chancellor have stepped down under the pressure. Hit them where it hurts --- in the pocketbook --- and action will result. Sad, but true.

It's hard as a fan to have to recognize the reality that the almighty dollar always rules the day.

We constantly hear about the criminals, cheaters, abusers, arrests, suspensions, corruption. It seems no sport has been left untarnished, including the Olympics, soccer, cycling, golf, Little League....

It's too much! We're mad as hell and we don't want to take it anymore! But, it's such a sad state of affairs, we fans feel powerless. Could we affect change by not attending or watching? Perhaps, but then we would be denying ourselves of what we desire...to just enjoy a good game. (It would be a good thing if we kind of liked some of the guys we're rooting for, too).

Lately, locally, even seeing a good game has come into question. The Sacramento Kings' season is all but over just eight

games in --- star DeMarcus Cousins missing several games due to injury (again), leading to a 1-7 start and a "players-only" team meeting. Not good. Even with an influx of new talent, the team is a mess. Despite a 17-16 win behind replacement QB Blaine Gabbert, Sunday over a bumbling Atlanta Falcons team that should've taken the game, the 3-6 San Francisco 49ers are mired in the midst of a long, ugly transitional period.

Just when fans were beginning to be inspired by the recent play of the Oakland Raiders (4-4), the defense collapsed at the end of an entertaining game against Pittsburgh and lost it, 38-35, to put a damper on the team's playoff aspirations. The ho-hum San Jose Sharks are a mediocre 7-7 to begin their NHL year.

Baseball ended with the Oakland A's continuing to do business as usual, making it difficult to care, and the Giants falling out of it due to a ridiculous rash of injuries.

We may be ramblin' man, but we're doin' the best we can. We understand if you've given up on us by now, because nobody loves you when you're down and out. Sorry, but right now we're seeing the sports skyline as gray and dark and cloudy.

A true sports lover, though, must seek the silver lining, and these days it is golden --- the Golden State Warriors, champions of the world! Defending last season's title, the "Dubs" are off to an 8-0 start through Tuesday --- the only remaining undefeated team in the NBA behind the unbelievable play of reigning MVP Steph Curry.

Longtime fans of the Warriors residing north of the line of demarcation, that lies somewhere around the Nut Tree in Vacaville, rarely were able to see their team on TV in the past and had to settle for the hapless Kings. Now that the Warriors are the stars of the league, national broadcasts often feed their games into our living rooms. Cheer up. ★

"Why We Bird"

A Presentation at the Sacramento Audubon Meeting

CARMICHAEL, CA (MPG) - David C. Rice, author of "Why We Bird," will be speaker at the Nov. 19th meeting of Sacramento Audubon.

The public is invited to the 7 p.m. meeting at Effie Yeaw Nature Center in Ancil Hoffman Park (for directions see www.sac-naturecenter.com).

There will be no charge for the program or parking, and no park-entry fee.

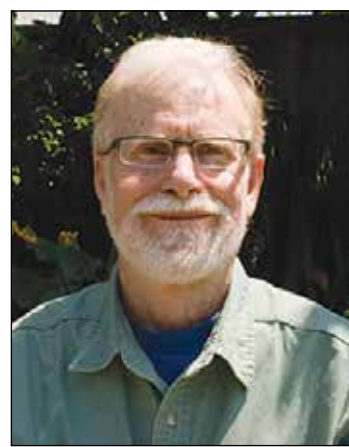
Rice will tell stories from his book on his birding trips up and down California for the last 40 years. The tales will illustrate

some of the reasons we all go birding.

A past member of the Golden Gate Audubon Society Board of Directors and co-leader of their backpack trip to Lassen Volcanic National Park for the past 34 years, Rice has made a project of finding at least 158 birds in each of California's 58 counties.

His book, published by the Golden Gate Audubon Society in December 2013, will be available at the meeting.

Source: Sacramento Audubon ★



David C. Rice, author of "Why We Bird."

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Television Listings for the week of November 13-November 18

FRIDAY EVENING

NOVEMBER 13, 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 Standing (N) HD	CBS The Amazing Race (N) HD	NBC Undateable (N) HD	FOX MasterChef Junior (N) HD	ION Criminal Minds (N) HD	A&E The First 48 (TV14) HD	AMC Kill Bill: Vol. 1 (03, R) Uma Thurman, David Carradine. HD	ANIMAL Tanked: Unfiltered (N)	BET Martin (N)	BRAVO Vanderpump Rules (TV14)	CARTOON Gumball Regular (N)	CMT Reba (N) HD	CNN This Is Life (N)	COMEDY (56) Half Baked (98, R) Dave Chappelle. HD	DISCOVERY Gold Rush: Pay Dirt (N) HD	DISNEY BUNK'D: Girl Meets (N) HD	ESPN (7:00) College Bball (N) HD	ESPN2 (6:00) College Football (N) HD	FAMILY (15) The Family Stone (05, PG-13) ★★½ Claire Danes, Diane Keaton. HD	FOOD Diners (N) HD	HGTV Mr. & Mrs. Smith (05, PG-13) ★★ Brad Pitt, Angelina Jolie. HD	HISTORY Tiny House (N) HD	LIFETIME Bigfoot Captured (TV14)	MTV Step It Up (N) HD	NICK (7:45) Dance Flick (09, PG-13) ★ Shoshana Bush. HD	NICK Sanjay (N) Pig Goat (N) Full House (N) Full House (N) Full House (N)	SPiKE Cops (N) HD	SYFY (7:30) The Conjuring (13, R) ★★½ Vera Farmiga. HD	TBS We're the Millers (13, R) ★★ Jennifer Aniston. HD	TCM Libeled Lady (36, NR) ★★ Jean Harlow. HD	TLC Say Yes to the Dress (N) HD	TNT Sherlock Holmes (09, PG-13) ★★½ Robert Downey Jr. HD	TRAVEL Mysteries (TVPG) HD	TV LAND Burlesque (10, PG-13) ★½ Cher, Christina Aguilera. HD	USA Law & Order: SVU (N) HD	VH1 (6:30) Top Gun (86) ★★ HD	WGN How I Met (N) HD	PREM	NBOW The Leftovers (N) HD	MAXW (20) Tammy (14, R) ★★ Melissa McCarthy. HD	SHOWW The Affair (TVMA) HD

SATURDAY EVENING

NOVEMBER 14, 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	CBS Local Programs	NBC Local Programs	FOX Local Programs	ION Law & Order: SVU (N) HD	A&E Storage (N) HD	AMC Kill Bill: Vol. 2 (04, R) ★★½ Uma Thurman, David Carradine. HD	ANIMAL Dr. Dee: Alaska Vet (N)	BET Wright ★★ (21) November Rule (15, NR) Mo'Nique. HD	BRAVO The School of Rock (03, PG-13) ★★ Jack Black. HD	CARTOON Regular (N) HD	CMT Burlesque (10) Cher. HD	CNN To Be Announced	COMEDY (7:40) Step Brothers (08, R) ★★ Will Farrell. HD	DISCOVERY Dual Survival (N) HD	DISNEY Lab Rats (N) HD	ESPN (7:30) College Football: Washington State vs UCLA (Live) HD	ESPN2 SportsCenter (N) HD	FAMILY National (07, PG) HD	FOOD Unwrapped (N) HD	HGTV Iron Man 3 (13, PG-13) ★★½ Robert Downey Jr., Gwyneth Paltrow. HD	HGTV Buying and Selling (N) HD	HISTORY Cars (N) HD	LIFETIME The Preacher's Sin (15, NR) HD	MTV Chainsaw 3D (13) ★★ HD	NICK Henry (N) Shakers (N) HD	SPiKE Cops (N) HD	SYFY King Kong (05, PG-13) ★★ Naomi Watts, Jack Black. HD	TBS Big Bang (N) HD	TCM (7:30) Enchanted (45) HD	TLC 48 Hours: Hard (N) HD	TNT The Blind Side (09, PG-13) HD	TRAVEL Ghost Adventures (N) HD	TV LAND Instant (N) HD	USA Fast Five (N) HD	VH1 Couples Therapy (N) HD	WGN Full Metal Jacket (87, R) Matthew Modine, Adam Baldwin. HD	PREM	NBOW Run All Night (15) HD	MAXW The Unwitted (09) HD	SHOWW The Affair (TVMA) HD

SUNDAY EVENING

NOVEMBER 15, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30																														
BROADCAST	ABC Once Upon a Time: "Birth, Bear" (TVPG) (N) HD	CBS Madam Secretary (N) HD	NBC Football Local Programs	FOX Simpsons (N) HD	ION (7:00) Me, Myself & Irene (00, R) ★★ HD	A&E The Walking Dead (N) HD	AMC The Walking Dead (N) HD	ANIMAL North Woods Law (N) HD	BET Payne (N) HD	BRAVO The Real Housewives of Atlanta (N) HD	CARTOON Adventure (N) HD	CMT The Help (N) HD	CNN Anthony: "Istanbul" (N) HD	COMEDY Step Brothers (08) HD	DISCOVERY Alaska: Last (N) HD	DISNEY Planes (13, PG) Dane Cook. HD	ESPN SportsCenter (N) HD	ESPN2 (6:00) NHRA (Taped) HD	FAMILY The Hunger Games (N) HD	FOOD Guy's Grocery Games (N) HD	HGTV Fast & Furious 6 (13, PG-13) ★★½ Vin Diesel, Paul Walker. HD	HISTORY Life (N) HD	LIFETIME American Pickers (N) HD	MTV Bruce Almighty (03, PG-13) ★★ Jim Carrey. HD	NICK Splitting Adam (15) HD	SPiKE Bar Rescue (TVPG) HD	SYFY Indiana Jones and the Kingdom of the Crystal Skull (08, PG-13) ★★½ HD	TBS We're the Millers (13, R) ★★ Jennifer Aniston. HD	TCM Something Wild (61) HD	TLC Sister Wives (N) HD	TNT The Librarians (N) HD	TRAVEL No Reservations (N) HD	TV LAND Reba (N) HD	USA NCIS: "Legend, Part 2" (N) HD	VH1 Love & Hip Hop (TV14) HD	WGN Bridget Jones: The Edge of Reason (04, R) HD	PREM	NBOW Run All Night (15) HD	MAXW (7:45) Blackhat (15, R) ★★½ Chris Hemsworth. HD	SHOWW The Affair (TVMA) HD

MONDAY EVENING

NOVEMBER 16, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30																														
BROADCAST	ABC Dancing with the Stars (TVPG) (N) HD	CBS SuperGirl (N) HD	NBC The Voice (N) HD	FOX Gotham (TV14) (N) HD	ION Criminal Minds (N) HD	A&E The Haunting Of... (N) HD	AMC The Italian Job (03, PG-13) ★★ Mark Wahlberg. HD	ANIMAL Yukon Men (TVPG) HD	BET Best Man (N) HD	BRAVO Housewives (TV14) HD	CARTOON Adventure (N) HD	CMT Last Man Standing (N) HD	CNN Anderson Cooper 360 (N) HD	COMEDY South Park (N) HD	DISCOVERY Street Outlaws: Full (N) HD	DISNEY BUNK'D (N) HD	ESPN (20) SportsCenter (N) HD	ESPN2 Basketball (N) HD	FAMILY Follow (N) HD	FOOD The Pioneer Woman (N) HD	HGTV 2 Guns (13, R) ★★ Denzel Washington. HD	HISTORY Love It or List It (N) HD	LIFETIME Holiday Switch (07, NR) ★★ Nicole Eggert. HD	MTV Catfish: The TV Show (N) HD	NICK iCarly (N) HD	SPiKE Law Abiding Citizen (09, R) ★★ Jamie Foxx. HD	SYFY Angels & Demons (09, PG-13) ★★ Tom Hanks, Ewan McGregor. HD	TBS Family Guy (N) HD	TCM Kiss of Death (47) ★★½ HD	TLC To Be Announced	TNT Major Crimes (N) HD	TRAVEL Bizarre Foods America (N) HD	TV LAND Christine (N) HD	USA WWE Monday Night Raw (Live) HD	VH1 Love & Hip Hop (N) HD	WGN Manhattan (TV14) HD	PREM	NBOW (7:10) Taken 3 (15) HD	MAXW The Knick: "Whiplash" (N) HD	SHOWW Homeland: "Oriole" (N) HD

TUESDAY EVENING

NOVEMBER 17, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30																															
BROADCAST	ABC Muppets (N) HD	CBS NCIS (TV14) (N) HD	NBC The Voice (N) HD	FOX Grand (N) HD	ION Criminal Minds (N) HD	A&E Storage (N) HD	AMC Erin Brockovich (00) HD	ANIMAL To Be Announced	BET (7:00) Good Deeds (12, PG-13) ★★ Tyler Perry. HD	BRAVO Below Deck (TV14) HD	CARTOON Last Man Standing (N) HD	CMT Anderson Cooper 360 (N) HD	COMEDY Tosh.0 (N) HD	DISCOVERY Moonshiners (TV14) (N) HD	DISNEY WALL-E (08, G) ★★ Ben Burtt. HD	E! Botched (TV14) HD	ESPN SportsCenter (N) HD	ESPN2 (6:00) NBA (N) HD	FAMILY Forrest Gump (94, PG-13) ★★ Tom Hanks, Sally Field. HD	FOOD Chopped Junior (N) HD	FX (7:00) Marvel's The Avengers (12, PG-13) ★★½ HD	HGTV Fixer Upper (TV 6) HD	HISTORY Oak Island (N) HD	LIFETIME 12 Men Of Christmas (09, NR) ★★ HD	MTV Ridiculous (N) HD	NICK iCarly (N) HD	SPiKE Cops (N) HD	SYFY The Cabin in the Woods (12, R) ★★ HD	TBS Big Bang (N) HD	TCM (15) Strange Interlude (32, NR) Norma Shearer. HD	TLC Cake Boss (N) HD	TNT Castle: "Under Fire" (N) HD	TRAVEL Bizarre Foods (N) HD	TV LAND Christine (N) HD	USA Modern (N) HD	VH1 Couples Therapy (N) HD	WGN Salem: "From Within" (N) HD	PREM	NBOW The Leftovers (N) HD	MAXW Final 3 (N) (25) Into the Storm (14, PG-13) HD	SHOWW Homeland: "Oriole" (N) HD

WEDNESDAY EVENING

NOVEMBER 18, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30																																
BROADCAST	ABC The Middle: Goldbergers (N) HD	CBS Survivor Cambodia (N) HD	NBC The Mysteries of Laura (N) HD	FOX Rosewood (N) HD	ION Law & Order: SVU (N) HD	A&E Duck (N) HD	AMC Independence Day (96, PG-13) ★★ Will Smith, Frank Walker. HD	ANIMAL To Be Announced	BET Not Easily (N) HD	BRAVO Los Angeles (TV14) (N) HD	CARTOON Adventure (N) HD	CMT Last Man Standing (N) HD	CNN Anderson Cooper 360 (N) HD	COMEDY South Park (N) HD	DISCOVERY Alaskan Bush People (N) HD	DISNEY (05) Teen Beach 2 (15, NR) Ross Lynch. HD	E! Botched (TV14) HD	ESPN (7:30) NBA Basketball: Chicago vs Phoenix (Live) HD	ESPN2 SportsCenter (N) HD	FAMILY Forrest Gump (94, PG-13) ★★ Tom Hanks, Sally Field. HD	FOOD Mystery (N) HD	FX (7:30) Thor (11, PG-13) ★★ Chris Hemsworth. HD	HGTV Property Brothers (N) HD	HISTORY American Pickers (N) HD	LIFETIME 27 Dresses (08) ★★½ HD	MTV Are You the One? (N) HD	NICK Bella and Shakers (N) HD	SPiKE I Am Legend (07) HD	SYFY Ghost Hunters (N) HD	TBS Big Bang (N) HD	TCM In Cold Blood (67, R) Robert Blake. HD	TLC My Big Fat (TVPG) (N) HD	TNT The Hobbit: An Unexpected Journey (12, PG-13) HD	TRAVEL Expedition Unknown (N) HD	TV LAND Christine (N) HD	USA NCIS: "Choke Hold" (N) HD	VH1 Couples Therapy (N) HD	WGN Manhattan: "33" (N) HD	PREM	NBOW The Leisure Class (15, NR) HD	MAXW Oujia (14, PG-13) ★★ HD	SHOWW Play It Forward (15) HD

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Officers Honor Beloved Deputy

Danny Oliver Joins Heroes on Park Wall

Continued from page 1

"They believed in serving us. They fought for our country, protected us from crime, responded to fires and ensured we were safe on roads and highways. As a community, we will be forever grateful to each for their dedication."

The Patriots Park monument honors the following heroes:

- Deputy Danny P. Oliver**
- CHP Officer Ronald E. Davis**
- Army Specialist James E. Schlottman**
- Army Lieutenant Robert S. Byrnes**
- Airforce Captain Olin E. Gilbert Jr.**
- Army Sergeant Larry H. Morford**
- Firefighter Dean W. Rhoades**
- US Navy pilot Lieutenant J. G. David A. Warne**

- Marine and firefighter Sergeant Brian E. Dunlap**
 - Deputies Kevin P. Blount and Joseph M. Kievernagel**
 - Army Sergeant Ronald L. Coffelt**
 - Army Specialist Raymond N. Spencer Jr.**
- Anyone may visit the Wall of Honor. Patriots Park is located at 6825 Palm Avenue, Fair Oaks. ★

VA Hospital Accountability Bill Introduced

Continued from page 1

Last October, a Sacramento County Vietnam veteran died after a do-not-resuscitate bracelet was incorrectly placed on his wrist. Bera requested an investigation with the Office of the Inspector General; their report found that

Mather was responsible for a "delay in life-saving intervention." "Our service members have sacrificed for our country and it is our responsibility to ensure they receive top quality care," Bera said. "Based on the findings in the Inspector General report, there are institutional problems that

are seriously affecting the quality and delivery of care. Reporting requirements in my bill will help correct and improve care. We must do all we can to ensure this does not happen to any other veterans." *Source: Office of Congressman Ami Bera* ★



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SPOTLIGHT ON BUSINESS

Senior Computer School (50 +)

Non Profit, All Volunteer Organization teaches to use the computer in a relaxed, even-paced atmosphere.




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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(6 2 1/2 hr Sessions) Computer Fundamentals I, Word Processing, Internet, Excel, Graphics

Also Workshops: (1 or 2 2 1/2 hr Sessions)
Digital Camera, Computer Maintenance, Greeting Cards, Downloading, Organize and Edit Digital Camera Photographs, I Pads etc.

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

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

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GRAND RE-OPENING

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Black and White Ball

Christian Singles Network Sponsors Dance for Singles and Couples

CARMICHAEL, CA (MPG) - A Black and White Ball for singles (and couples) will be held Saturday, Nov. 14th at Carmichael Presbyterian Church, 5645 Marconi Ave. Carmichael, sponsored by Christian Singles Network (CSN). Doors open at 6:45 p.m. The event is open to the public and is a non-alcohol event. This is the biggest dance of the year.

Richard Kowaleski will teach the Fox Trot at 7 p.m. and DJ Dale from Allstar Entertainment plays all types of dance music from 8 p.m. to 11:30 p.m. All ages are welcome. Dress is semi-formal, formal, or party attire. Jacket and tie are suggested for men. All ages are

welcome.

A mix of rock and roll, ballroom, Latin, and country music is played at all dances. The ticket price of \$15 presale or \$20 at the door includes hors d'oeuvres and desserts, non-alcohol beverages, a dance lesson and the DJ dance until 11:30 p.m. Volunteers attend for free. Presale discounted dance tickets are available online at www.christiansinglesnet.com.

CSN is not affiliated with any one church and has sponsored retreats, cruises, seminars, concerts, weekly dinners, and monthly dances for the past 23 years. Membership is not necessary to attend, although members get a \$5 discount

at the door. All ages and all denominations are welcome. CSN dances draw singles and couples from the Sacramento area, the foothills, and beyond—to even Reno and the Bay Area.

To receive more information about activities, directions, or to volunteer call the office at (530) 878-8606. The website, www.christiansinglesnet.com, includes directions to the dance as well as information about upcoming event. The next dance after this is Saturday, Dec. 5th, the Christmas Dance, and will be held at Roseville Veterans Hall, 110 Park Drive, Roseville, next to Royer Park.

Source: CSN ★

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“Ars Gratia Artis”

November 24 - 29th 2015

“Closed Thanksgiving Day”



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