

**Local Songwriter** is Finalist for **National Video Award**  **Great Nosh at Beth Shalom** 

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# Carmichael Times

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Serving Carmichael and Sacramento County since 1981

October 9, 2015

### **LOCAL MAN TO COMPETE AT MMA WEST COAST CHAMPIONSHIP**



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direct link to our online edition!

# Beloved Deputy to be Honored



Slain North Area Deputy Danny P. Oliver (inset) will join Wall of Honor heroes in Patriots Park on November 7th. The ceremony also recalls other local men who fell in service to community or nation.

Story and photos by Susan Maxwell Skinner

FAIR OAKS, CA (MPG) - A new name will soon join those inscribed on the Wall of Honor at Patriots Park. November 7th remembrances will induct Sheriff's Deputy Danny P. Oliver to the ranks of treasured local heroes.

Oliver died during a 2014 criminal inc that spread from Arcade to Placer County. The 47-year-old father of two was slain as he and another officer investigated activity in an Arden Way motel parking lot. The shooter and a female companion then fled to Auburn. En route, they carjacked two vehicles, shooting and injuring one 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 his death, 15-year Sheriff's Department veteran Oliver worked with Problem-Oriented Policing in the North Area Division. "We hold Danny Oliver in a place of honor and distinction in the department and in the community," said Sacramento Sheriff Scott Jones. "He will never be forgotten."

Situated near the Carmichael and Fair Oaks border, Patriots Park is dedicated to Carmichael and Fair Oaks heroes. Their Wall of Honor bears plaques naming local legends who gave their lives in service since the Carmichael Park District began.

Anyone may attend the November 7th eremonies. Remembrances begin with a flag raising at 10 a.m. A strong representation of law enforcement agencies is expected at this year's event. Police and armed service veterans

Patriots Park is located at 6825 Palm Avenue, near Dewey and Madison Avenues.★

### **Sacramento Employment Trends Rise**

SACRAMENTO REGION, CA (MPG) -Hiring in the Sacramento region has exploded. Seventy-six percent, or just over three quarters of all companies surveyed in direct contacts by phone report, have opened doors for applicants, raising the demand a full six percentage points over this same time last year. Just twenty-four percent (24%) of top regional employers surveyed between August 17th and September 17th say they are not hiring in in the upcoming months.

When asked about motivation for hiring in October, November, and December, Pacific Staffing learned more than half—54% of Sacramento regional hiring related to workforce growth or expansion of payrolls. However, a larger number—61%—say part of their hiring is required for replacements or attrition among existing employees.

Pacific Staffing also discovered a shortage of qualified applicants and growing worry about retention in keeping those already on the payrolls. Going back to 1992 when the Employment Trends Survey began among top Sacramento regional employers, an unprecedented number of companies report difficulty in finding people with skills to do the work. When asked what challenges they face in hiring, 26% of Sacramento regional companies polled report concerns about finding qualified applicants.

### **Skills Demand**

Shortages of skills include construction trades, route and delivery drivers, RNs with obstetrics experience, sales and accounting, or finance backgrounds. Skills also in-demand include customer service, warehouse, shipping, manufacturing, product assembly, and general office experience.

#### Special Report: **Degrees in Hiring**

When asked, "If you were a student, what specific degree, major, or course of study would be most beneficial to getting a job after graduation?" Sacramento employers overwhelmingly said a business administration degree is your best choice. Many also suggested that the degree should include an important minor, such as communications, English, finance/accounting, or economics. Fifty percent of all sectors in service, manufacturing, construction, and retail contacts recommended business.

Seven percent suggested English, while another 7% cited information technology as a major. Five percent said accounting/finance or economics. Other interesting choices included medicine/health, systems analysis, and a new degree in mechatronics. The latter is a new major, blending skills relating to both mechanical engineering and electronic systems.

Sacramento regional top companies polled by industry: 42% are service, 27% are manufacturers, 17% are construction, and 14% are retail.

How does this quarter compare to last quarter or last year? Find out for yourself. For more information, employment blogs, and market surveys, go to www. pacificstaffing.com.

Source: Rick Reed Public Relations

### Danger in the Dark: Women's Safety and Self-Defense Alert



Robinson's Taekwondo offers a free clinic on personal safety and self-defense

SACRAMENTO REGION, CA (MPG) - As days get darker earlier in the changing seasons, criminals get bolder. Dark mornings and earlier nights invite trouble for those unaware of their surroundings. Criminals seek the dark and target the unaware. With the time change comes greater danger. Awareness and conflict avoidance are the first steps.

Robinson's Taekwondo offers a free clinic on personal safety and self-defense just for women. Women are especially vulnerable as they are often exposed to danger as they pick up and drop off family members in school or shopping mall parking lots.

Plan to attend this safety awareness and simple self-defense clinic. Robinson's Taekwondo instructors will help raise awareness of dangerous situations and locations, show how to escape an attacker's hold, and give everyone who attends a safety "mindset."

Dark Dangers Safety and Self Defense Free Clinic will be held in two sessions beginning on Friday, October 23rd at participating Robinson's Taekwondo locations across the Sacramento region. Registration is required to reserve your space at http://www.robinsonstkd.com. Or, call (888) 249-7853 for more information. Source: Rick Reed Public Relations



Housing rises

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### Jerry Brown Didn't do His **Homework on Suicide Bill**

Commentary from SaveCalifornia.com

A leading family-values organization in California says vulnerable people will die before their time now that Governor Jerry Brown has signed the "assisted suicide" bill, ABX2-15.

"For all practical purposes, this bill will open the door to pressure the weak and vulnerable to die prematurely," said Randy Thomasson, president of SaveCalifornia.com, which promotes moral virtues for the common good, and which lobbied against the bill. "This is no victory, but a horrific defeat for a just and civilized society. People who otherwise could have fought to live or at least extended their lives will be 'helped' to die early, and that's shameful, even criminal. This will give California an awful legacy. The governor didn't do his homework. He misstates, for example, that it's a crime to commit suicide in California, which is simply not true.

"Jerry Brown overlooked that no witness at death, no requirement to self-administer, permitting forgery of a final attestation form, and a false cause of death on the death certificate sets up weak and vulnerable Californians to be killed off. It's true that this bill sets up the perfect crime."

- No witness at death: Nowhere in ABX2-15 is a witness required when the lethal drug is administered. How would you know if the person resisted or if it was really their choice to die that day?
- No requirement to self-administer: The bill suggests but never requires self-administration of the lethal drug. Elder abuse, already a huge problem, would be exacerbated by ABX2-15, which permits a legal heira person with a financial

self-interest—to help request and even administer the lethal drug. Section 443.1(b) says "the qualified individual may choose to self-administer"; likewise, Section 443.1(i) says "may self-administer," but nowhere in the bill does it say "must" or "shall" self-administer, thus another person could administer the lethal dose. If the prescribed patient hesitates or delays. what's to stop someone from dissolving the water-soluble drug and giving it to the unsuspecting patient to drink? Predators, even within the family, would be virtually exempt from law enforcement because no witness is required and the bill protects them from virtually all civil liability and criminal prosecution. For without a witness, how would anyone know whether a crime was committed or if there was resistance or a struggle?

- Permitting forgery of a final attestation form: The final attestation form within 48 hours prior to ingesting a lethal dose cannot be verified or enforced, so how can it be known whether the now-dead individual actually filled out the final form? And where is the penalty if the form wasn't even turned in? There is no guarantee that the person truly wanted to die that day; the bill provides no supervision or consequences for this step.
- False cause of death on death certificate: This bill also promotes medical deception by prohibiting doctors from writing "suicide" or even "physician-assisted suicide" on the death certificate as the cause of death. Likewise, ABX2-15 prohibits law enforcement from saying "homicide" or "elder abuse" occurred, even if there was overwhelming evidence. It sets up the perfect crime. As

an Illusion explains on page 18 of her analysis: "With the death required to be treated as 'Natural' simply because the act was used, a perpetrator who tricked the patient into taking the lethal dose, or who administered the lethal dose to the patient while he or she was asleep, or who directly killed the patient over the patient's vehement objection, cannot be convicted of murder. The Medical Examiner, the Coroner and the Prosecutor must certify the death as 'Natural.'

"It's frightening how this bill would open the door for the state government, HMOs, and hospitals to steer people toward suicide," Thomasson said. "In Oregon, the state has sent letters that both reject medical treatment and suggest suicide. Is the California bill any different when it permits insurers to reject medical treatment in one letter and suggest suicide in a second letter?

"ABX2-15 exempts doctors who prescribe these poison pills from any and all liability. Because 'undue influence' isn't defined in the bill, blanket immunity for physicians and nurses will result in unreported coercion that ushers in early deaths, which will save hospitals and insurance companies money. Because some patients are viewed as 'cheaper dead than alive.'

"With this terrible suicide bill needlessly signed, California is now telling young people that sometimes suicide is an answer to life's problems," Thomasson concluded. "Pandora's Box is open. Concerned families should make plans now to never allow sick family members to be alone in the hospital, and to rethink whether convalescent homes and hospices are safer elsewhere, in states that don't promote suicide, such as Nevada and Arizona."







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Wednesday, October 28 at 10:00 am Physicians Plaza Building, Mercy San Juan Carmichael

### Local Man to Compete at MMA West Coast Fighting Championship

By B.T. Stephenson

SACRAMENTO REGION, CA (MPG)

- Imagine growing up in the Sacramento area and one day becoming a World Champion. Now imagine holding six of those Championship titles at the same time. That's reality for Max Griffin, known in the mixed martial arts (MMA) world as Max "Pain" Griffin. On October 10th, the kid who grew up in Carmichael and Fair Oaks and went to Bella Vista High School will defend two of those belts in a featured match as part of the West Coast Fighting Championships at McClellan Conference Center in Sacramento.

"I fought a lot as a kid growing up, but it was around 18 or 19 when I decided to be a professional fighter," said Griffin. He thinks there are several things that make a person a good fighter. "You have to be intelligent and able to adapt, you've got to have heart and probably be a little crazy, because in the ring or the octagon it's 'kill or be killed.' Some people think we're savages, but it takes a lot of discipline and it's fun."

Griffin was recently signed by Iridium, an elite sports agency known for representing exceptional fighters. He believes it will launch his career into the UFC, the leading organization for today's MMA fighters. "I want to be a UFC Champion and one of the best in the world. Hands down," said Griffin.

Being one of the best takes a huge amount of dedication to training and working out, and Griffin has some of the best in the world to work with every day here in the Sacramento area. "Doug Casebier, Dave Marinobles, Jaime Jara, Grand Master Perry...they've got me at 6% body fat and unbelievable cardio conditioning. I'm in the best shape of my life."

We asked Griffin why local



You can support Max "Pain" Griffin, the local kid who now holds several title belts, at the West Coast Fighting Championship on Saturday night, October 10th at McClellan Conference Center. Photo by Tribal Action Photography

people should come out to watch and support him. "It's like watching any sport on television. You can feel the excitement live, the momentum, and hear how the crowd gets into it," he said. "It's the best way to experience MMA." This will be the first time in two years that the Sacramentoarea Champion will have fought on his home turf.

When asked if he could fight anybody in the world right now, who would it be, without hesitation, Griffin said, "Robbie Lawlor, because he's a Champion." Lawlor is the current

UFC Welterweight Champion. For now, Griffin will have to focus on his current opponent.

You can support Max "Pain" Griffin, the local kid who now holds several title belts, at the West Coast Fighting Championship on Saturday night, October 10th at McClellan Conference Center. Doors open at 4:30 p.m. and fighting starts at 5 p.m. The evening will feature a full slate of matches. For a full list of competitors and for tickets, see http://westcoastfighting.com/WFC15.html.

### **CARMICHAEL COMMUNITY UPDATE**



By County Supervisor Susan Peters

Through the generosity of the Carmichael Times, this column serves to provide an update about matters affecting the unincorporated community of Carmichael.

### Community Coffee in Fair Oaks

Please join me at my next Community Coffee Meeting which will be held on Wednesday, October 21st, 7:30 a.m., nearby at the Fair Oaks Water District's conference room, 10326 Fair Oaks Blvd. near Winding Way. The program will consist of a photographic narrative by Carmichael-based journalist Susan Maxwell Skinner regarding the recent Hometown Heroes Parade held last month to honor the three young men who thwarted the terrorist attack on a European passenger train.

The courageous actions of Anthony Sadler, Alex Skarlatos,

and Spencer Stone, showed the entire world how one single act of bravery can stop the horrors of terrorism. Our community recognized these three local hometown heroes on September 11th with a parade down Capitol Mall followed by a special ceremony on the West Steps of the Capitol.

Our local heroes all grew up in the Sacramento area and formed a bond of life-long friendship when attending middle school in Fair Oaks (Alex and Spencer attended Carmichael's Del Campo High School; Anthony attended Rosemont High School).

#### San Juan Unified STARS

Friday, October 16th, please support the San Juan Education Foundation and recognize three outstanding graduates of the San Juan Unified School District at the STARS Hall of Fame dinner.

This event honors exceptional San Juan Unified School District graduates who embody an innovative spirit and have made their mark in their chosen profession. This year's event will be at the Arden Hills Resort Club & Spa which will include wine tasting, a formal dinner, live and silent auctions, music and entertainment. The 2015 honorees are Facebook Security Chief Officer Alex Stamos (Bella Vista High School), Teichert Chief Operating Officer Mary Rotelli (Rio Americano High School), and Tony nominated award-winning actress Kate Levering (El Camino High

The San Juan Foundation

believes inspired and innovative teaching better prepares students for success by utilizing science, technology, arts, and reading (STAR). For more information about the dinner and tickets, please visit www.sjefeveningwiththestars.squarespace.com.

#### No Campfires in the Parkway

Since May more than 50 wildfires have ignited in Sacramento County Regional Parks with a majority occurring in the American River Parkway. In response to the increasing fire danger, the Board of Supervisors approved an urgency ordinance granting additional authority to the Regional Parks Department to restrict the use of barbeques and other incendiary devices in Regional Parks except in designated picnic areas. In addition, the ordinance makes it a misdemeanor crime to ignite, maintain or use a fire in any Regional Park facility without a permit from the Director.

Fires in the American River Parkway are an immediate threat to public safety. The goal of this ordinance is to protect everyone who uses the Parkway, the neighborhoods surrounding it, and the public safety personnel who respond to the fires.

These stronger rules and enforcement measures give our Park Rangers another tool to stop fires before they start.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susanpeters@saccounty.net. ★

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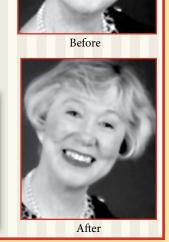
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### **Diplomas, Not Disorders**

Commentary by Alan Shusterman

According to the U.S. Department of Education nearly 55 million kids will report to elementary or secondary school this fall.

But the journey from kindergarten to commencement is inflicting collateral damage on kids; more than eight in ten students report experiencing moderate to extreme stress. Teen suicide rates are three times what they were 50 years ago.

Schools must cultivate not just their students' intellect but their physical and mental well-being. They can do so by taking a page from the medical profession and, first, "do no harm." Then they must devote more energy to teaching kids the social and emotional skills they need to become healthy, successful adults.

Students' mental health takes a hit the moment they wake up. Most secondary schools start at 8 a.m. or earlier. Yet studies have shown that's too early for adolescent brains and bodies.

According to the American Academy of Pediatrics, teens, on average, need nine hours of sleep nightly. Only 59 % of middle school students and 87 % of high school students are getting enough sleep.

Sleep-deprived kids exhibit diminished attention spans and concentration and have higher

rates of depression, suicidal ideation, and obesity.

The pediatricians propose a radical solution to this problem: start school later.

Even an extra half-hour would do a world of good. The Academy of Pediatrics study sampled 9,000 students from schools that started at 8:30 a.m. or later. It found that late starts improved students' standardized test scores and reduced car accidents involving students by as much as 70%.

Schools can also reduce harm by assigning less homework. Seriously!

A recent Stanford study found that high school students had, on average, more than three hours of homework a night.

Yet research shows that excessive amounts of homework have little or limited learning value.

This is not surprising. After all, students generally must complete their homework in distracting locations—their homes, away from the people best able to answer their questions—their teachers. And they must do so after expending all their energy to get through the long school day.

Homework has been linked to stress and academic disengagement among both young children and teens. In many households, it's the major cause of kids' stress—and stress between kids and parents.

All of this exacerbates teenage anxiety and depression, both

of which are reaching epidemic levels.

According to the National Institute of Mental Health, about 8% of teens have an anxiety disorder, and 9% succumb to a major depressive episode each year.

In sum, the American educational status quo is taking in ever-more students, but breaking their psyches in the process.

There are better, less destructive ways to educate kids.

Paramount among them is social-emotional learning. This approach blends traditional academic curricula with integrated methods for understanding and honing self-awareness, self-regulation, social awareness, relationship-building, and effective decision-making.

According to the Collaborative for Academic, Social, and Emotional Leaning, students who follow a social-emotional learning track display a greater desire and capacity to learn—and reduced levels of anxiety and stress—than those who don't. They also score better on academic achievement tests.

Our nation's schools must do more than just turn out a new crop of graduates each year. They must prepare children to lead happy, productive, healthy lives long after they've moved on.

Alan Shusterman is the Founder and Head of School for Tomorrow (www.sftedu.org). ★

## Local Songwriter is Finalist for National Video Award

SACRAMENTO REGION, CA (MPG)

- Sometimes when you are holding onto a dream, you hope you never have to wake up. Gwen Scholl has been dreaming about becoming a successful songwriter and performer, working on her craft on weekends and evenings after her regular workday. It now seems to all be coming together as she has her first music video in the top ten being considered for a national award.

Scholl has been a saxophonist, songwriter, and singer for many years but found a special niche in writing and recording songs on positive and spiritual messages. She co-produced the video with her brother Eric, a budding director from the Los Angeles area. "He pushed me way out of my comfort zone and the whole effort was an incredible learning experience in what goes into producing a video from the permits, paperwork, rehearsals, filming, editing, and all the little things you just would not anticipate. I never would have guessed the need to rent a stunt saxophone!" said Scholl.

Scholl notes that, "Music really has the power to move people. With so many messages bombarding people every day I wanted to make a positive contribution with songs on positive and inspiring themes."

The video that is up for the national award is for her song called "My Evolution," written on the theme that people have their own personal path in life that involves great ups and downs. Scholl believes these life changes expand our spiritual growth and our own personal evolution.

The video features breathtaking scenery, beautiful colors, two wonderfully talented dancers, and Scholl playing sax on the beach.

Winning the best video title would not provide a cash prize, but rather a confirmation that the



The video that is up for the national award is for her song called "My Evolution" written on the theme that people have their own personal path in life that involves great ups and downs.

message touches people's hearts. "I have been very fortunate to have been able to perform my songs at my church and would also love to bring a message of inspiration to a wider spiritual community," she said.

You can view the video and vote for Gwen Scholl. Voting runs through October 14th. The best video award is a PEOPLE'S CHOICE award and is based solely on voting by ranking the videos on a scale of 1 to 10 stars. To watch the top ten choices, go to http://www.empowerma.com and assign it the stars you think it deserves. (You will have to create a free account to view and rate the finalist videos).

The national competition is produced by emPower Music and Arts. They are a community dedicated to positive global change through music, writing, and the spoken word. The Posi Awards were introduced in 2005 to recognize excellence in songwriting for positive, emPowering Music and to celebrate the powerful music and extraordinary artists who are transforming lives and helping to create a world that works for everyone through the power of Posi-tive music. To hear more of Gwen Scholl's music or to buy her cd, go to GwenScholl.com.





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9. Biblical captain 13. \*Player's rep

15. Slow on the uptake

16. Rock bottom

\_\_\_ out a triple 18. Twig of willow tree

19. Pharmacy order

home-field advantage

23. Make bigger 24. Team homophone

transactions

37. "Kiss Me, Kiss Me, Kiss

39. Specialty

41 Edward Teller's haby

43. Capital on the Dnieper 44. Dandruff manufacturer

52. Hankering

55. Voluntary fee

Blue Javs 61. Popular flowering shrub

64. Opera house exclamation

67. Narcotics lawman 69. Of the Orient

71. \*Ty Cobb or Al Kaline 72. Sushi wrapped in nori

73. Small dog's bark

**DOWN** 

2. Petri dish gel 3. Surrender

5. \*Reason for World Series

cancellation

10. "I'm \_ 11. Away from port 12. \*All-Star 2nd baseman, '85

15. Neolithic tomb 20. "Lifestyles of the Rich and Famous" host

25. \*HOFer Frankie Frisch, "The

### CROSSWORD

6. Sheep sound

14. Opposite of nothing

21 \*Game that determines

25. Federal Communications Commission

28. Per person 30. Bank account

35. Bread quantity

Me" band The

40. 4,840 square yards

46. Ship canvas 47. Additional

48. \*H in DH 50 Kind of math

53. Like a busybody

57. \*Home of 1993 champion

65. Not lean

70. However, poetically

### 74. Mercantile establishment

1. Campaigned

4 Mack the

6. \*Opposite of strike 7. Sierra Nevada, e.g.

8. Pool problem 9. Nessie's loch

Cardinals champs

Zeppelin 24. Like Kathleen Turner's voice

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26. Spherical bacteria 27. Jeweler's unit

31. Two-wheeler 32. In a cold manner 33. Not those 34. \*Best-of-

36. Matted wool 38. Chieftain in Arabia

45. Type of flag

49. Break down 51. \*2014 World Series champs 54. Sentimental one

42. The \_\_\_\_\_, against Britain

56. Braid 57. Kind of ski lift 58. Guesstimate phrase

60. West Wing's Office 61. At the summit

62. Therefore or consequently

59. Iron horse track

63. Maple, to a botanist 66. Bingo! 68. Miner's bounty

GOT KNEE PAIN? 29. \*Last World Series win was 1908 1-800-984-0360 6 9 8 3 8 2 3 4 2 7 3 2 6 4 5 6 9 6 5 4

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For Solutions See Page 7

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Sudoku Puzzle on Page 6

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### **Crossword Puzzle on Page 6** В

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Α

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### Criminals' Free Ride About to End

By Roberta L. Barth **Government Affairs** Reporter

#### **SACRAMENTO REGION, CA (MPG)**

- In 1996, California voters approved Prop 215 that made marijuana for medicinal purposes legal, yet, that ballot measure failed to provide consumer protections or regulations to thwart criminal activity.

A three-bill package now sits on Governor Jerry Brown's desk waiting approval that will make the marijuana industry accountable. Known as the Medical Marijuana Regulation & Safety Act (MMRSA), it proposes to fix the alleged flaws in Prop 215.

One of them, AB 266, will be a landmark action because it would put the licensing power in the hands of the cities and counties, as to who can grow and/or sell marijuana. It also empowers local governments to ban marijuana businesses.

"This is a big victory for cities because it gives us local control so we can jump on problems immediately and nip it in the bud," said Tim Cromartie, Legislative Representative for the League of California Cities, which co-sponsored AB 266. "Regardless of their policies or politics about marijuana, every jurisdiction will be in the driver's seat."

If signed into law, those bills will reverse SB 420 legislation of 2004 that then Governor Grey Davis signed into law that forced all cities and counties to allow anyone to grow or sell medical marijuana. Oakland immediately approved an ordinance to tax marijuana businesses in that city.

Since 2004, parents and school officials throughout California have been expressing frustration at law enforcement and local officials for the

denigration of their communities, allowing marijuana operations, and not stopping teens and children from having access to marijuana.

California Assemblyman Ken Cooley (D-Rancho Cordova) co-authored AB 266 with Assemblymen Rob Bonta, (D-Oakland), and Reginald Jones-Sawyer (D-Los Angeles).

One of the three bills, AB 243, is especially important for rural counties because it offers remedies for the widespread destruction of forests and waterways, according to Paul A. Smith, senior legislative advocate for the Rural County Representatives of California.

AB 243 requires all licensed medical marijuana growers to comply with regulations of the Department of Food and Agriculture, the Department of Pesticide Regulation, the State Department of Public Health, the Department of Fish and Wildlife, and the State Water Resources Control Board.

"Marijuana cultivation has caused severe environmental damage in rural counties and especially the national forests and water ways," Smith said. AB 243 will make the marijuana industry accountable for environmental damage including illegal waste discharges and water diversions.

Threating to sue the state if it enacts those laws, the American Medical Marijuana Association (AMMA) issued a press release declaring the proposed laws would kill patients because a provision in one of the bills requires that a patient must have a legitimate prescription from a licensed primary physician.

"These bills are a mean-spirited attempt to thwart the will of the people and deprive them of medical cannabis," stated Steve Kubby, executive director of AMMA, in his press release. "The medical community is not up to speed with cannabis' medicinal properties. It is unacceptable and illegal infringement on our rights under Prop 215."

Disagreeing with Kubby's assertions is Chula Vista Police Chief David Bejarano, who is also current president of the state's Police Chiefs' Association.

"With these bills, law-abiding people will be allowed to flourish, while for the first time the same will not be said about illegal operators," Bejarano said.

Albeit, cities' and counties' ability to stop marijuana crimes may end this year if Congressman Ted Lieu (D-Los Angeles) succeeds in stopping federal funds allocated to local law enforcement specifically for criminal marijuana operations. He is aiming for the law to take effect in 2015.

"It is a huge waste of federal resources for the DEA to eradicate marijuana," said Congressman Lieu. "The federal government should focus its precious resources on other issues and let the states innovate in the cannabis field."

The U.S. Justice Department in Washington D.C. refuses at this time to comment on Lieu's proposed legislation, according to Patrick Rodenbush, spokesperson for the justice department.

Local officials expressed concern that Lieu's bill could create lawlessness because most of the cities and counties are cash strapped, so the stripping of the DEA funding for marijuana crimes could hinder criminal enforcement.

"Lieu's proposal does not take into account the severity of the crimes occurring in local jurisdictions that need the funding," Smith said.

### **Animal Research Remains** at Heart of Medical Progress



Commentary by Frankie L. Trull

Scientists are on the cusp of potentially the greatest advance in cardiac care since the heart transplant. Federal regulators just approved a device that allows physicians to replace faulty heart valves without opening patients' chests up. The procedure could save the lives of countless patients who are unfit for surgery.

For their new lease on life, these patients can thank a few dozen pigs, who were the first animals to undergo the procedure and prove that it could be a life-saver. They stand out as only the latest evidence that animal research is essential to medical advancement.

The procedure pioneered is called transcatheter aortic valve replacement. Doctors performing TAVR insert a tube holding a folded-up valve into the groin. They thread the tube into the heart and then open up the valve with a

Before TAVR, valve

replacements required open-heart surgery. Many seniors in need of a new valve were too frail to survive such an operation. That was especially true of patients with aortic valve stenosis—a severe narrowing of the aorta.

Now that Americans are living longer, aortic valve disease has grown more common. Nationwide, its incidence has increased by 35% over the last decade. It kills 8,000 Americans each year. TAVR offers hope that this condition might no longer be a death sentence.

This breakthrough owes its existence to animal research. When Danish physician Henning Rud Andersen conceived of the procedure in 1989, he first tried it in pigs. Not long after, French cardiologist Alain Cribier attempted a similar procedure in sheep. These tests proved it was possible to replace heart valves without surgery—an idea that, then, seemed preposterous.

TAVR isn't the first cardiac procedure that began with animal research. World-renowned surgeon, Michael DeBakey, performed thousands of cardiac operations using techniques developed in dogs—including the first successful heart bypass. Thanks to his research, doctors now perform over 500,000 of these surgeries in the United States annually.

Research involving dogs was also crucial to the development of everything from the pacemaker to artificial heart valves. Animal research is currently helping scientists understand other devastating diseases including Alzheimer's and Parkinson's.

Identifying treatments for these diseases of aging will be more urgent as Americans live longer.

Yet some activists want to end animal research models. They claim approaches like computer modeling and cell cultures can

substitute for animal research. But it's hard to believe such techniques could have convinced a skeptical medical community and regulators—that certain heart procedures were safe for humans without first studying new procedures in animals.

Consequently, those who oppose animal testing are obstructing medical innovations that can add years to the lives of older Americans. Consider former Secretary of State Henry Kissinger, who underwent TAVR last year. He said, "I am more energetic, people tell me I look better, and I feel much less tired." Without the procedure, his doctor told him he'd be in a wheelchair with only a fifty-fifty shot of living another year.

Similarly, film director Robert Altman, who received a new heart around 1995, continued to make movies until his death 11 years later. These added years of creativity were contributed to animal research.

Examples like these show the rewards that animal models provide. Activists who oppose this essential technique are seeking to deprive future patients—particularly seniors—of the many benefits animal research has to offer. And that's just heartless.

Frankie L. Trull is president of the Foundation for Biomedical Research.

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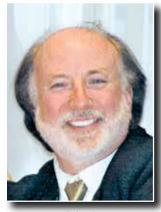
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Carmichael Times • 9 October 9, **2015** 

ARIES (March 21 to April 19) Some flashes of Aries ire might erupt as you confront an unusually bewildering situation. But you should be able to keep your temper under control as you work through it.

**TAURUS** (April 20 to May 20) That marriage 'twixt the arts and practicality that Taureans excel at once again highlights your enjoyment of much of the week. However, you need to watch any sudden urge to splurge.

**GEMINI** (May 21 to June 20) Even with all the plusses apparently outweighing the minuses, you still might want to defer an important decision to make sure you have all the facts you need.

CANCER (June 21 to July 22) One or two problems might threaten to derail otherwise smoothly running situations at work or at home. But a few well-placed words should help get things back on track quickly.

**LEO** (July 23 to August 22) This could be a good time for all you Leos and Leonas in the spotlight to open your generous Lion's hearts and share the glory with those who helped you accomplish so much along

VIRGO (August 23 to September 22) You might want to get

advice from someone who's been there and knows these situations better than you do, before investing time or money (or both) in a questionable matter.

LIBRA (September 23 to October 22) Be careful how you handle a workplace matter that seems out of place in the schedule you've prepared. Before you act, one way or another, find out who set it up and why.

SCORPIO (October 23 to November 21) Your entertainment aspect is strong this week. Besides providing a wonderful break from everyday obligations, sharing fun times brings you closer to those you care for.

**SAGITTARIUS** (November 22 to December 21) Having a weekend fun fest? Your friend or relative who's down in the emotional dumps could perk up if you find a way to include him or her in your plans.

**CAPRICORN** (December 22 to January 19) If you're in one of those "the Goat knows best" periods, you might want to ease up and try listening to what others have to say. You could learn something.

AQUARIUS (January 20 to February 18) That new challenge is getting closer, and you should be out there now showing facts and figures to po-

PISCES (February 19 to March 20) Getting a head start on holiday plans could help free up some time later to spend on other projects. Meanwhile, a colleague has some ideas that you might find worth discuss-

BORN THIS WEEK: You are always there for others, and sometimes you need to be reminded that you need to be there for yourself as well.

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- ▶ In the 1830s you could give someonea blizzard. Back then, of course, the word wasn't referring to a snowstorm; rather, that phrase meant to give someone a piece of one's mind.
- It was 20th-century Swiss playwright and novelist Max Frisch who defined technology as "the knack of so arranging the world that we need not experience it."
- ▶ Men certainly aren't lacking in the self-confidence department. A survey found that 76 percent of men believe they are "somewhat" or "very attractive."



COUCH THEATER

''Jurassic World'

PICKS OF THE WEEK

"Jurassic World" (PG-13) --Boldly defying the lessons of the past, somebody decides to build a theme park with dinosaurs surrounding poorly protected humans. Chris Pratt stars as Owen Grady, a velociraptor trainer who has a shaky alliance with a few dino-buddies. He's opposite Bryce Dallas Howard, who plays an uptight park director who doesn't take off her heels even when being chased by dinosaurs. The greedy genetic-tinkerers who run the park have crafted the biggest dino-attraction yet: the Indominus, a mutant hybrid monster made pointlessly deadly and intelligent.

The visual effects and overall scope of the action sequences go beyond what was done in the original, but even with upgraded tech and bigger teeth, this Jurassic thriller isn't as thrilling. Characters are so one-sided that even Pratt's immutable charm gets a little muted.

"Testament of Youth" (PG-13) -- Adapted from the bestselling memoir, this drama tells the story of a young woman finding herself and her whole world changed through World War I. Vera Brittain (Alicia Vikander) was an intellectual and rebellious student at Oxford, part of a growing feminist movement, and she'd fallen for her brother's friend Roland (Kit Harrington from "Game of Thrones"). When the fighting breaks out, Vera becomes a nurse, while many of her friends and loved ones become memories. The film is visually stunning, es-

pecially in the jarring contrast between the English countryside and the bleary chaos of trench warfare. Vera is a fine and fascinating character, and her transformation is handled expertly by Vikander's performance.

"Z for Zachariah" (R) -- Nestled in a Southern valley, Ann (Margot Robbie) and her farm animals are safe from the killer radioactivity that took out (almost) every other living thing on Earth. One day, a scientist named Loomis (Chiwetel Ejiofor) stumbles into her idyllic sanctuary. As the Last Man and Woman on Earth, Loomis and Ann make good-faith efforts to get along, understand each other and try to grow some romance in the post-apocalypse. Just when things seem to click, in comes Caleb (Chris Pine), a strapping miner who has more in common with Ann than Loomis ever could. The tension in the triangle, and the ideas that the characters represent, make it a slow-burning but effective post-apocalyptic drama.

"The Wolfpack" (R) -- This documentary tells the strange tale of the Angulo brothers, six young men who spent most of their childhoods stuck in a tiny Manhattan apartment, watching movies as their main source of contact with the outside world. The documentary shows interviews and old footage of how the boys became staunch cinephiles, re-enacting blockbuster movies in their apartment, with intricate homemade costumes and handwritten scripts transcribed from watching the VHS tapes over and over. The documentary explains that they were kept inside by an alcoholic father and homeschooled by their mother. It's a fascinating, if somewhat jumbled portrait of some surprisingly personable and creative brothers.

TV RELEASES

"Tales From The Crypt Presents: Demon Knight'

"Dr. Seuss How the Grinch Stole Christmas

"WWE: Night of Champions 2015 "The Odyssey"

"Space Brothers: Collection 5" (c) 2015 King Features Synd., Inc.



#### by HEALTHY EXCHANGES **Baked Caramel-Apple** Pecan Pie

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1 purchased refrigerated unbaked 9-inch pie crust

1 (4-serving) package sugar-free vanilla cook-and-serve pudding

1 cup water

1 teaspoon apple pie spice or ground cinnamon

4 cups cored, peeled and sliced cooking apples

1/4 cup chopped pecans

1/4 cup fat-free caramel topping 1/2 cup reduced-calorie whipped topping

1. Heat oven to 375 F. Place pie crust in a 9-inch pie plate and flute edges.

2. In a medium saucepan, combine dry pudding mix, water and apple pie spice. Stir in apples. Cook over medium heat until mixture thickens and apples start to soften, stirring often. Remove from heat. Add pecans and caramel topping. Mix gently to combine. Spoon hot mixture into prepared pie crust.

3. Bake for 40 to 45 minutes. Place pie plate on a wire rack and allow to cool. Cut into 8 pieces. When serving, top each piece with 1 tablespoon whipped topping.

\* Each serving equals: 221 calories, 9g fat, 1g protein, 34g carb., 206mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Fruit, 1 1/2 Fat.

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FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-07217 Erin and John Lacey King, 528 Given Street, Folsom, CA 95630 are doing business under the Fictitious Business Name(s) "Lacey King Designs, Folsom Textile Design Company" at 528 Given Street, Folsom, CA 95630. Filed with the Clerk of Sacramento County September 16, 2015. Publish: September 25, October 2, 9 and 16, 2015 LACEYKING 150918

FICTITIOUS BUSINESS NAME STATEMENT FRNF2015-06948 Sacramento Community Tennis Association, 7909 Walerga Road #112-1292, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Junior Tennis Fund Sacramento" at 4013 Esperanza Drive. Sacramento. CA 95864. Filed with the Clerk of Sacramento County September 3, 2015. Publish: September 25, October 2, 9 and 16, 2015 150921 10-16-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-07028 Harvey Lam and Thuy Thi Ngo, 10037 Bexley Drive, Sacramento, CA 95827 are doing business under the Fictitious Business Name(s) "Leibel's Cleaners & Tailors" at 10841 Olson Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County September 8, 2015. Publish: September 25, October 2, 9 and 16, 2015

LEIBEL'S 150921 10-16-15 FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-07072 D & D Construction, LLC, 5720 Roseville Road, Suite J, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Placer Floors, Rent Ready" at 5720 Roseville Road, Suite J, Sacramento, CA 95842. Filed with the Clerk of Sacramento County September 9, 2015. Publish: September 25, October 2, 9 and 16, 2015 150921 10-16-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-07210 Gloria Ifeoma Ifeanyi, 2020 Wright Street, Apt. 40, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Gloffy Fashion and Textiles Designs" at 2020 Wright Street, Apt. 40, Sacramento, CA 95825. Filed with the Clerk of Sacramento County September 15, 2015. Publish: September 25, October 2, 9 and 16, 2015 **GLOFFY** 150921 10-16-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-07185 Lyn Gulbransen, 810 Laverstock Way, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Alta Projects Group" at 810 Laverstock Way, Sacramento, CA 95864. Filed with the Clerk of Sacramento County September 15, 2015. Publish: September 25, October 2, 9 and 16, 2015 150918

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-07131 TYB Inc., 8123 Greenback Lane. Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Styles N Tile" at 8123 Greenback Lane, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County September 11, 2015. Publish: October 2, 9, 16 and 23, 2015 10-23-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-07301 Gary W. Oros, 7320 Walnut Road, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "BenLib Services" at 7320 Walnut Road, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County September 21, 2015. Publish: October 2, 9, 16 and 23, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-07234 Anh Hoang Kuong, 5500 Sky Parkway, Sacramento, CA 95823 and Quany Nouven. 7824 Katellcu Way, Citrus Heights, CA 95621 are doing business under the Fictitious Business Name(s) "Beautique Nail & Spa" at 3430 Balmoral Drive, Unit 1, Sacramento, CA 95821. Filed with the Clerk of Sacramento County September 16, 2015. Publish: October 2, 9, 16 and 23, 2015

150925

10-23-15 150923

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-07293 Lynne D. and Bernard B. Gough, 3809 Regent Road, Sacramento, CA 95821 are doing business under the Fictitious Business Name(s) "Wit and Wisdom Publishing" at 3809 Regent Road, Sacramento, CA 95821. Filed with the Clerk of Sacramento County September 18, 2015. Publish: October 2, 9, 16 and 23, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-07545 BMS Scolcop, Inc., 5121 Leader Avenue, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Ye Old Sticky Wicket" at 5147 Madison Avenue. Sacramento, CA 95841. Filed with the Clerk of Sacramento County September 28, 2015. Publish: October 9, 16, 23 and 30, 2015

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-07524 Matthew Phillips, 6233 Virk Lane, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Nuts and Volts Flectronics" at 6233 Virk Lane. Citrus Heights, CA 95621, Filed with the Clerk of Sacramento County September 28, 2015.

Publish: October 9, 16, 23 and 30, 2015 150928

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-07187 Night Comfort, Inc., 1908 El Camino Avenue, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "La Bries Sleep Center" at 1908 El Camino Avenue, Sacramento, CA 95815, Filed with the Clerk of Sacramento County September 15, 2015. Publish: October 9, 16, 23 and 30, 2015

FICTITIOUS BUSINESS NAME STATEMENT

FBNF2015-07126 HashTagCorp, 8880 Cal Center Drive, Suite 400, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Grace and Poise" at 8880 Cal Center Drive, Suite 400. Sacramento, CA 95826, Filed with the Clerk of Sacramento County September 11, 2015. Publish: October 9, 16, 23 and 30, 2015 150928

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-07455 Sajjan Singh Bhangoo, 5416 Braninburg Court, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Heera Holdings" at 6400 Fair Oaks Boulevard, Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 24, 2015. Publish: October 9, 16, 23 and 30, 2015 150930 **HEERA** 

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-07101 Joanne Flom, 10824 Fair Oaks Boulevard #149, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Whimsical Fancy" at 10824 Fair Oaks Boulevard #149, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County September 11, 2015. Publish: October 9, 16, 23 and 30, 2015 10-30-15 WHIMSICAL 150930

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-06834 Tia King, 6029 Dry Creek Road, Rio Linda, CA 95673 is doing business under the Fictitious Business Name(s) "Elite 82 Hair Studios" at 9315 La Riviera Drive, Sacramento, CA 95826. Filed with the Clerk of Sacramento County August 31, 2015. Publish: October 9, 16, 23 and 30, 2015 ELITE 150930 10-30-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-07681 Ivanrey Aguas and Christine Joy Fombuena Bernardo, 5310 62nd Street, Sacramento, CA 95820 are doing business under the Fictitious Business Name(s) "Christine Joy Ivan Bernardo Services, CJIB Services" at 5310 62nd Street, Sacramento, CA 95820. Filed with the Clerk of Sacramento County October 2, 2015. Publish: October 9, 16, 23 and 30, 2015 10-30-15 CHRISTINE 151002

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-07651 Maita Enterprises, Inc., 2500 Auburn Boulevard, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "MAG Advertising" at 2500 Auburn Boulevard, Sacramento, CA 95821. Filed with the Clerk of Sacramento County October 1, 2015.

Publish: October 9, 16, 23 and 30, 2015 MAGAD 151005 10-30-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-07099 William Curtis Chang, 5701 66th Street, Sacramento, CA 95824 is doing business under the Fictitious Business Name(s) "William Construction" at 5509 Ballantine Street #1, Sacramento, CA 95826. Filed with the Clerk of Sacramento County September 11, 2015. Publish: October 9, 16, 23 and 30, 2015 WILLIAM 151005 10-30-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-07547 Cinematic Adventure Club, LLC, 1309 24th Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Dragons" at 1309 24th Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County September 28, 2015. Publish: October 9, 16, 23 and 30, 2015

DRAGONS 151001 10-30-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-06960 Joshua Noriega, 40 Blue Fern Court, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "3 Kingz Sportswear" at 40 Blue Fern Court, Sacramento, CA 95833. Filed with the Clerk of Sacramento County September 3, 2015. Publish: October 9, 16, 23 and 30, 2015

151001 10-30-15

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-07338 Stephanie McCann, 6742 Bertran Court, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Golden State Botanicals" at 6742 Bertran Court, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County September 22, 2015. Publish: October 9, 16, 23 and 30, 2015

151006

FICTITIOUS BUSINESS NAME STATEMENT FBNF2015-07598 Chris Cunningham, 3096 Explorer Drive, Rancho Cordova, CA 95827 is doing business under the Fictitious Business Name(s) "Chrisco Painting" at 3096 Explorer Drive, Rancho Cordova, CA 95827. Filed with the Clerk of Sacramento County September 30, 2015. Publish: October 9, 16, 23 and 30, 2015 10-30-15 CHRISCO 150930

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2013-03851

The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "MAG Advertising" located at 2500 Auburn Boulevard Sacramento, CA 95821. Maita Investments, Inc., 2500 Auburn Boulevard Sacramento, CA 95821. The Fictitious Business Name Statement referred to above was filed on May 8, 2013 in the County of Sacramento. Publish: October 9, 16, 23 and 30, 2015 151005 MAGAD

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

Sanchez Mercado has filed a petition with this court for a decree changing the name(s) of Alejandro Gutierrez to Aleiandro Gutierrez Sanchez (Seeking an order that "Gutierrez Sanchez" is a last name).

IT IS ORDERED that all persons interested in the bove entitled matter appear before this court at 9:00 a.m. on October 29, 2015, in Department 54, located at 800 Ninth Street. Third Floor, Sacramento. Dated: August 19, 2015

Publish: September 18, 25, October 2 and 9, 2015 SANCHEZ 150824

COUNTY OF SACRAMENTO #34-2015-00183766

behalf of Marston Woodruff have filed a petition with this court for a decree changing the name(s) of Marston True Woodruff, II to Julian Marston Woodruff.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 18, 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 2, 2015

Raymond M. Cadei, Judge of the Superior Court Publish: September 18, 25, October 2 and 9, 2015 150909

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00184018

a petition with this court for a decree changing the name(s) of Savita to Savita Dhaliwal, Tania to Tania Dhaliwal, Ritik to Ritik Dhaliwal. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 23, 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 9, 2015

Publish: September 18, 25, October 2 and 9, 2015 150909

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00183976

filed a petition with this court for a decree changing the name(s) of FNU Shuia to Julian Yousufi Shuja, FNU Rabia to Yousufi Rabia, Ahmad Ferdaws to Yousufi Ferdaws, FNU Fatema to Yousufi Fatema, FNU Atefa to Yousufi Atefa. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 23, 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.

Raymond M. Cadei, Judge of the Superior Court Publish: September 18, 25, October 2 and 9, 2015 YOUSUFI 150909 10-9-15

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO #34-2015-00183491

petition with this court for a decree changing the name(s) of Priscilla Pargas-Garcia to Priscilla Garcia Pargas (Seeking an order that "Garcia Pargas" is a last name). above entitled matter appear before this court at 2:00 p.m. on November 9, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: August 26, 2015

David I. Brown, Judge of the Superior Court Publish: September 18, 25, October 2 and 9, 2015 150909

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00184269

Dated: September 16, 2015 Raymond M. Cadei, Judge of the Superior Court

Publish: September 25, Öctober 2, 9 and 16, 2015 CLAY 150916 10-16-15

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00184280

with this court for a decree changing the name(s) Angelique K. Roy to Angelique K. Mason IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 1, 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 16, 2015

Raymond M. Cadei, Judge of the Superior Court Publish: September 25, October 2, 9 and 16, 2015 150916

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

WHEREAS, Heather S. Mayer, Attorney for Ramanpreet Kaur Mann has filed a petition with this court for a decree changing the name(s) Ramanpreet Kaur Mann to Rekha Kaur.

above entitled matter appear before this court at 2:00 p.m. on November 24, 2015, in Department 53. located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: September 9, 2015

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00184286

WHEREAS, Koren Ademar Vela-Vela has filed a petition with this court for a decree changing the name(s) of Koren Ademar Vela-Vela to Koren Zaragoza. IT IS ORDERED that all persons interested in the

above entitled matter appear before this court at 2:00 p.m. on December 1, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: September 16, 2015 David I. Brown, Judge of the Superior Court

Publish: September 25, October 2, 9 and 16, 2015 150916

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00184307

WHEREAS, Jose Martinez and Hailey

Rosario have filed a petition with this court for a decree changing the name(s) of Christian Jaxsiel Rosario to Christian Jaxsiel Martinez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 3, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: September 16, 2015 David I. Brown, Judge of the Superior Court

Publish: September 25, October 2, 9 and 16, 2015 MARTINEZ 150921 10-16-15

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00184588 WHEREAS, Stacie Crosby, on behalf of my

Dated: September 23, 2015 Raymond M. Cadei, Judge of the Superior Court Publish: October 2, 9, 16 and 23, 2015 CROSBY 150923

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00184647

WHEREAS, Chittraporn Smith has filed a

petition with this court for a decree changing the name(s) of Chittraporn Smith to Ketsiree Smith. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 8, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, for Change of Name should not be granted.

Publish: October 2, 9, 16 and 23, 2015 10-23-15 **ESQUIVIDO** 150928

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00184641

with this court for a decree changing the name(s) of Norberto Escobedo, Jr. to Roberto Castro Esquivido. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 8, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. David I. Brown, Judge of the Superior Court Publish: October 2, 9, 16 and 23, 2015

10-23-15 150928 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO

WHEREAS, FNU Sonila, has filed a petition IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 11, 2015, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition

COUNTY OF SACRAMENTO #34-2015-00184876

WHEREAS, Steven Reh and Sabrina Shannon Dennis, on behalf of Steven Axel-Reh Bean have filed a petition with this court for a decree changing the name(s) of Steven Axel-Reh Bean to Steven Axel-Reh Dennis.

above entitled matter appear before this court at 9:00 a.m. on December 14, 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 9, 16, 23 and 30, 2015 150930 10-30-15

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00184946

WHEREAS, FNU Nazifa and Zobyhullah Pardis have

151001 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00184886

has filed a petition with this court for a decree changing the name(s) of Henok Tseggai Tewoldeberhan to Henok Tewoldeberhan Tseggai.

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

10-30-15

SUPERIOR COURT OF CALIFORNIA COLINTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00184617

WHEREAS, Brandon A. Pibal has filed a

petition with this court for a decree changing the name(s) of Brandon Antonio Pibal Antonio Gomez DelCampo. to Brandon IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 4, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento. CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: September 23, 2015 David I. Brown, Judge of the Superior Court Publish: October 9, 16, 23 and 30, 2015 150928 10-30-15

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00184917

WHEREAS, Shafiq Nazari - Bebe Khord has filed a petition with this court for a decree changing the name(s) of FNU Seyar to Seyar Nazari. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 18, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento. CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: September 30, 2015 David I. Brown, Judge of the Superior Court Publish: October 9, 16, 23 and 30, 2015

NAZARI 150930 10-30-15 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2015-00184939

WHEREAS, Angela Rhea Rossiter has filed a petition with this court for a decree changing the name(s) of Angela Rhea Rossiter to Rhea Rossiter Koziatek. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 18, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: September 30, 2015 David I. Brown, Judge of the Superior Court Publish: October 9, 16, 23 and 30, 2015 150930

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00184873

WHEREAS, Lidia Pamfilia Bogde has filed a petition with this court for a decree changing the name(s) of Lidia Pamfilia Bogde to Lidia Pamfilia Cordos. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 14, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: September 30, 2015 David I. Brown, Judge of the Superior Court Publish: October 9, 16, 23 and 30, 2015 151001

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00184888

WHEREAS, Giau Thi Ngoc Nguyen has filed a petition with this court for a decree changing the name(s) of Giau Thi Ngoc Nguyen to Jenny Giau Le. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 16, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento. CA 95814, and snow cause, if any, why the petition for Change of Name should not be granted. Dated: September 30, 2015 David I. Brown, Judge of the Superior Court

Publish: October 9, 16, 23 and 30, 2015 151002 10-30-15 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO

#34-2015-00184865 WHEREAS, George Marcellino Borges has filed a petition with this court for a decree changing the name(s) of George Marcellino Borges to George Marcellino Hicks.

ORDER TO SHOW CAUSE CHANGE OF NAME

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 11, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: September 30, 2015

David I. Brown, Judge of the Superior Court

151002

Publish: October 9, 16, 23 and 30, 2015

BORGES

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2015-00184620 WHEREAS, FNU Nazifullah has filed a petition with this court for a decree changing the name(s) of FNU Nazifullah to Nazifullah Arzbigi. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 4, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento. CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: September 23, 2015 David I. Brown, Judge of the Superior Court Publish: October 9, 16, 23 and 30, 2015 NAZIFULLAH 10-30-15 151006

### PUBLIC NOTICE **BIRDCAGE**

Cellco Partnership and its controlled affiliates doing business as Verizon Wireless is proposing to install antennas on a 65-foot stealth structure/pine tree communications tower in the vicinity of 6251 Sunrise Boulevard, Citrus Heights, California 95610. Public comments regarding potential effects from this site on historic properties may be submitted within 30 days from the date of this publication to: Mary Armstrong, mary. armstrong@us.bureauveritas.com, Mesa, CA 92626, 330.310.6629. Published October 9, 2015.

1665 Scenic Ave., Ste. 200, Costa

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

### ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA #34-2015-00183254

WHEREAS, Andres Gutierrez and Ana Cecilia

CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Raymond M. Cadei, Judge of the Superior Court

SUPERIOR COURT OF CALIFORNIA ORDER TO SHOW CAUSE CHANGE OF NAME

WHEREAS, Andrew and Sonia Woodruff, on

SUPERIOR COURT OF CALIFORNIA

WHEREAS, Savita and Rajinder Dhaliwal have filed

Raymond M. Cadei, Judge of the Superior Court

WHEREAS, FNU Shuja and FNU Rabia have

Dated: September 9, 2015

ORDER TO SHOW CAUSE CHANGE OF NAME WHEREAS, Jose Garcia and Olga Pargas have filed a IT IS ORDERED that all persons interested in the

WHEREAS, Timothy G. Clay has filed a petition with this court for a decree changing the name(s) of Timothy G. Clay to Wes Blackwell IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 30, 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.

SUPERIOR COURT OF CALIFORNIA

WHEREAS, Angelique K. Roy has filed a petition

SUPERIOR COURT OF CALIFORNIA #34-2015-00184053

IT IS ORDERED that all persons interested in the

David I. Brown, Judge of the Superior Court Publish: September 25, October 2, 9 and 16, 2015

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10-16-15

KAUR

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO

daughter, Brooklynn Ali Collins has filed a petition with this court for a decree changing the name(s) of Brooklynn Ali Collins to Brooklynn Renee Crosby IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 3, 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.

10-23-15 SUPERIOR COURT OF CALIFORNIA

CA 95814, and show cause, if any, why the petition Dated: September 23, 2015 David I. Brown, Judge of the Superior Court

SUPERIOR COURT OF CALIFORNIA WHEREAS, Norberto Escobedo, Jr. has filed a petition

Dated: September 23, 2015

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00184870

with this court for a decree changing the name(s) of FNU Sonila to Sonila Hamidy. for Change of Name should not be granted. Dated: September 30, 2015 Raymond M. Cadei, Judge of the Superior Court Publish: October 9, 16, 23 and 30, 2015

150930 SUPERIOR COURT OF CALIFORNIA ORDER TO SHOW CAUSE CHANGE OF NAME

IT IS ORDERED that all persons interested in the

SUPERIOR COURT OF CALIFORNIA

filed a petition with this court for a decree changing the name(s) of FNU Nazifa to Nazifa Pardis, FNU Elham to Elham Pardis, FNU Khadija to Khadija Pardis. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 18, 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 9, 16, 23 and 30, 2015

WHEREAS, Henok Tseggai Tewoldeberhan

IT IS ORDERED that all persons interested in the

Publish: October 9, 16, 23 and 30, 2015

### **Governor Approves Increase in Compensation for Wrongly Jailed**



CARMICHAEL, CA (MPG) -

Compensation for citizens who have been wrongly accused and incarcerated of a crime will now be increased from \$100 to \$140 a day; a welcome piece of news for innocent people like Maurice Caldwell, who spent 21 years locked up for a crime he did not

"There are many people who deserve to spend the rest of their lives behind bars because of their vicious crimes," said Senator Jim Nielsen (R-Gerber). "In cases where an innocent person has been wrongly accused and incarcerated, however, we, as a society, have the responsibility and moral obligation to acknowledge that our system is not perfect and they deserve compensation to get their lives back in order."

"When exonerees get out of prison, we need places to live, clothes, therapy and a chance to go to school to learn the skills

money can make up for what we went through but this bill provides meaningful compensation that will really help," Maurice Caldwell said.

Caldwell was convicted based on the testimony of a single eyewitness, who initially couldn't identify the shooters at the crime scene. Years following his incarceration, Caldwell appealed to the Northern California Innocence Project (NCIP) at Santa Clara University School of Law, for help. Lawyers, students, and investigators began probing his case and located two witnesses who actually saw the murder and said Mr. Caldwell was not involved in any way, and located the real killer who confessed that he committed the murder. All three say that Caldwell was not involved in any way.

Armed with new evidence and the confession of the real killer. NCIP brought Mr. Caldwell's case back to the courts.

A judge ruled that Caldwell's trial attorney was ineffective for failing to adequately investigate his case.

Authored by a long time public safety advocate, Senator Jim Nielsen, Senate Bill 635 provides increased compensation for those wrongly accused and incarcerated. The current rate was set 15 years ago.

"The wrongfully incarcerated can never get back the

we missed out on. No amount of time spent in prison that separated them from their loved ones and cut off other opportunities and life experiences," said Senator Mark Leno who jointly authored SB 635. "This bill provides increased compensation to help them rebuild some of what was lost."

Delighted at the Governor's signing, Lucy Salcido Carter, NCIP policy director expressed her gratitude.

The Northern California Innocence Project is delighted that Governor Brown signed SB 635 into law. The bill acknowledges the harm exonerees have experienced through wrongful conviction and loss of freedom and brings exoneree compensation levels up to account for inflation. We thank Senator Nielsen for his attention to this vital issue and for authoring this important bill."

Mr. Caldwell applied for compensation to the California Victim Compensation and Government Claims Board in 2013. His claim is still pending.

Senator Jim Nielsen represents the Fourth Senate District, which includes all or portions of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama, and Yuba Counties. To contact Senator Nielsen, please call him at (916) 651-4004 or via email at senator.nielsen@senate.ca.gov.

Source: The office of Jim

### **IRS Reminds of October 15th Deadline**

SACRAMENTO REGION, CA (MPG)

- The Internal Revenue Service urges taxpayers whose tax-filing extension runs out on Oct. 15th to double check their returns for often overlooked tax benefits and then file their returns electronically using IRS e-file or the Free File system.

About a quarter of the 13 million taxpayers who requested an automatic six-month extension this year have yet to file. Although Oct. 15th is the last

day for most people, some still have more time, including members of the military and others serving in combat zone localities who typically have until at least 180 days after they leave the combat zone to both file returns and pay any taxes due.

"If you still need to file, don't forget that you can still file electronically through October 15th," said IRS Commissioner John Koskinen. "Many people may not realize they may be

eligible to use Free File available on www.IRS.gov/freefile. Free File is free tax software that takes the guesswork out of return preparation. Even if you're filing in the final days, filing electronically remains easy, safe and the most accurate way to file your

Carmichael Times • 11

For more details on all filing and payment options visit www. IRS.gov.

*Source: Office of the IRS* ★

### Make Leadership Personal

Annual One-Day Personal Leadership Conference Presents 10 Great Speakers

SACRAMENTO, CA (MPG) - The implement immediately. The owners, to help individuals and Center of Innovation for Leaders will once again be hosting its inspiring Personal Leadership Conference for business owners, their teams, and professionals! This interactive conference will be held on Saturday, October 17th from 9 a.m. to 5 p.m. at Sacramento's Guild Theater. Ten speakers, each with a short and to-the-point talk, will take on an essential part of personal leadership, which lies at the heart of any kind of leadership.

"We sincerely want to help the 70% of professionals who, according to a 2013 Gallup report, are unhappy in their job. It is disheartening that only 30% of the professionals feel satisfied and on-purpose in their job," says Mooniek Seebregts of the Center of Innovation for Leaders, the organizer of Sacramento's Personal Leadership Conference. "It influences businesses and organizations negatively. Learning more about leadership skills and leadership qualities is the key to feeling more engaged. It is ridiculous that leadership education is not taught, on average. until 39 years of age! On top of that, we know that many business owners feel overwhelmed and they may not take the time to learn what lies at the heart of healthy leadership. This conconference is a great team builder."

This one-day Personal Leadership Conference will be presented at the beautiful, historic Guild Theatre in Sacramento's Oak Park. The interactive conference, called "Make Leadership Personal!" will inspire Sacramento's professionals, business owners, and their teams by enhancing personal leadership skills and supplementing personal and professional development. Speakers will focus on social, emotional, intellectual, and cultural intelligence.

"We put on this inspiring event again because we are convinced that whether people are in a professional career or operate a lively business, they are in need of a regular refresher in order to deliver their best work, live their best life, and be the best colleague. We are firmly convinced that by strengthening ourselves, we strengthen our teams, our work environments, and in turn, we strengthen our community and thus Sacramento," says Mooniek Seebregts. "We focus on bringing education in leadership to individuals and teams. Taking responsibility for growth improves everything, it is a game changer for work and life."

The Center of Innovation ference will give them great for Leaders offers education ideas and easy take-aways for and new leadership awareness Leadership at Columbia themselves and their teams to for professionals and business Business School)

teams move forward immediately. The Center believes that every successful leader knows that with every outer action there needs to be a corresponding inner understanding. With this knowledge and the integration of new tools comes the right course of action. It offers programs for teams, groups, and individuals in the form of interactive workshops, one-on-one coaching, tele-classes, and group coaching. Its customized training has a track record of dramatically improving personal and professional performance.

The cost of a general admission ticket is \$98, if paid before September 17th. Event tickets can be purchased at www. ploct17.eventbrite.com or at

www.centerofinnovationforleaders.com.

Conference attendees will learn from highly sought after speakers who have been carefully curated for their diverse topics and talents. A firm schedule will be available for viewing online at ploct17.eventbrite.com.

Mooniek and her team can be reached at the center of Innovation for Leaders at (916) 812-8012 or at contact@centerofinnovationforleaders.com.

Source: Center of Innovation for Leader (Gallop; https:// hbr.org/2012/12/whv-do-wewait-so-long-to-trai/; Personal

### Hit And Run Driver Kills Pedestrian **On Sacramento Roadway**

### SACRAMENTO REGION, CA (MPG)

- On October 4th, 2015, at 8:55 p.m., an unknown vehicle was traveling E/B Elkhorn Blvd., east of 14th Street, at an unknown speed. Tobias Carlile (40) of Rio Linda, was straddling a bicycle and walking it in the bike lane on the south side of the roadway. Mr. Carlile was proceeding in an easterly direction. For an unknown reason, the vehicle traveled into the bike lane and struck Mr. cle fled the scene in the vehicle E/B Elkhorn Blvd. Mr. Carlile was pronounced dead at the collision scene. California Highway Patrol

(CHP) investigators are asking for your help in locating the driver and vehicle involved in this collision. If you have any information regarding this



Special Investigations Unit at the North Sacramento Area CHP office at (916) 348-2300, Monday through Friday 8:00 a.m. - 5:00 p.m. or contact CRIME ALERT at (916) 443-HELP, 1(800)-AA-CRIME. or send a text message tip to 274637 (Crimes) then enter SACTIP followed by the tip information. Callers can remain anonymous and may be eligible

for a reward of up to \$1,000. Any additional information

incident, please contact the about this news release should be directed to Officer Berry who will be available at the CHP North Sacramento Area business phone number: (916) 348-2317, Monday through Friday 8 a.m. to 5 p.m. For urgent matters, or to contact after hours, you can reach her on her cell phone at (916) 936-2120. Follow us on Twitter @chpnsac or like us on Facebook: CHPnorthsac.

Source: North Sacramento

### Solo Vehicle Collision Results In Fatal Injuries Of Two Young Occupants

### SACRAMENTO REGION, CA (MPG)

- On October 3rd, 2015 at approximately 9:41 a.m., Jesus Antonio Soto (18) of Sacramento was driving a 2005 Toyota Scion N/B Antelope North Road, south of Poker Lane, at a high rate of speed. As the vehicle entered a left turn in the roadway, Mr. Soto lost control of the vehicle and struck a tree. The impact of the vehicle and the tree caused fatal injuries to both Mr. Soto

and his 15-year-old male passenger. Both occupants were pronounced dead at the collision scene. The driver and the passenger were both wearing their seatbelts and both the driver's side and passenger side airbags did deploy.

At this time, it is unknown if drugs and/or alcohol were a factor in this collision.

Any additional information about this news release should be directed to Officer

Berry who will be available at the CHP North Sacramento Area business phone number: (916) 348-2317, Monday through Friday 8 a.m. to 5 p.m. For urgent matters or to contact after hours you can reach her on her cell phone at (916) 936-2120. Follow us on Twitter @chpnsac or like us on Facebook: CHPnorthsac.

Source: North Sacramento CHP

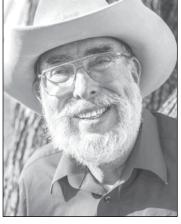


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Yes. He talks like that.

Perry O'Dontal worked his way through dental school "treading the boards," and

### When The Bard Was Your Age ... royalty and a knight of the eigh-

especially enjoyed his stint doing Shakespeare's plays. Getting one's teeth cleaned can turn out to be quite entertaining. One of the problems, however, is that we can't really ask him questions about this fascinating part of his life because he always has things in our mouths when we're with him. But Perry does seem to be able to understand more than we give him credit for.

"Little scrape right here ... Dud. That's better."

Dud closed his mouth on the mouth sucker and marveled at its abilities.

"Hast thou taken up thy pen to rail once more against human ignorance?"

"Hunhna -hi?"

"Still writing that book?" Dud was able to nod without moving his mouth.

"'Tis a tale, I'm told, about

teen wheelers."

"Rurh- ach lohg a forth." "That's what I heard. Duchess

and the truck driver, right?" "Mmmurh fur a thog key both

"Murder in the Soggy

Bottoms? Sounds, forsooth ... well ... more like a diaper changer than a bodice ripper, Dudley." Dud nodded. "Wah-nih...frem." "I understand. These things

take time. But cheer up! When the Bard was your age, he didn't even have a computer!" The entertainment is free at

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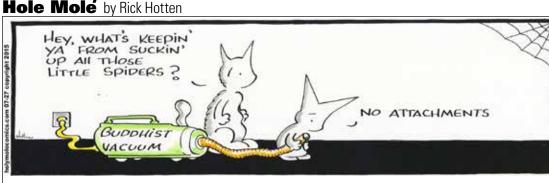
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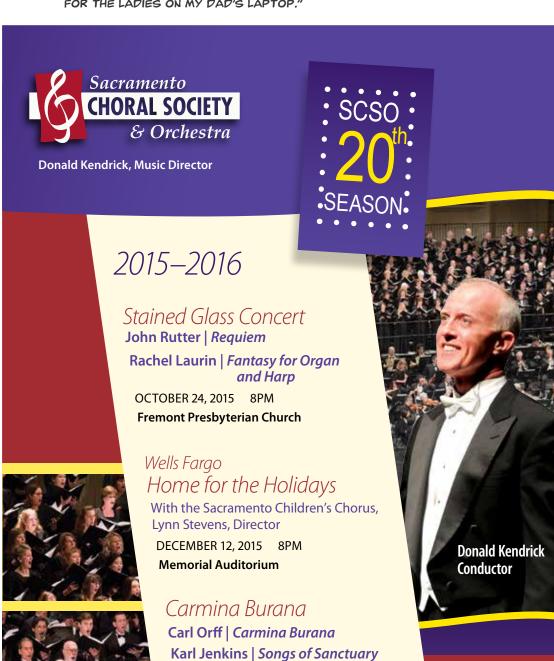
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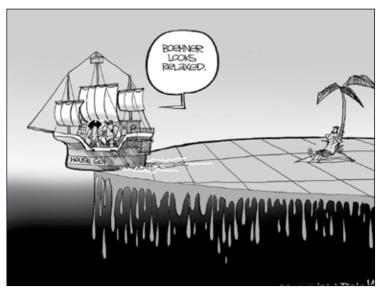
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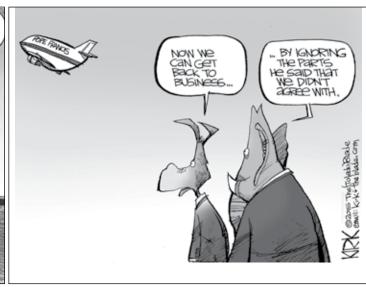
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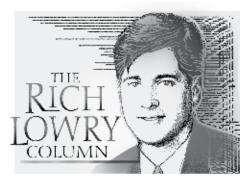
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Carmichael Times • 13 October 9, **2015** 









### Feminists Should be Terrified of Carly

Carly Fiorina is a no-nonsense former business executive who is showing she can play -- and throw elbows -- with the big boys in the Republican presidential nomination battle.

Feminists have noticed, but their admiration is tinged with dread -- and it should be. An eloquent, fearless critic of abortion, the latest outsider to climb into the Republican race is a clear and present danger to what feminists hold most dear.

Even if she had said nothing else at the CNN debate, Fiorina would have stood out for her gut-punch of a statement about the horror of the guerrilla Planned Parenthood videos capturing the ghoulish organ harvesting that is an important side business of the organization (the main business, of course, is aborting babies).

The novelist Jennifer Weiner told The New York Times for a story about the conflicted feelings of feminists, "It's so weird -- she looks like one of us, but she's not." The managing editor of the feminist website Jezebel tweeted the night of the debate, "I'm in love with and terrified of her."

Yes, be afraid, very afraid. Fiorina already may be the most effective, high-profile woman that the pro-life movement has. At the debate, she captured the enormity of the Planned Parenthood scandal, for which there are almost no words, speaking of it in the harshly indignant terms that it

No sooner had she made her statement than the media factcheckers got to work. Fiorina had described a video of a living fetus and a technician working to harvest its brain. This was wrong. The video was stock footage of a briefly living victim of an abortion that played while a former technician described -- in a different case -- her horrifying experience cutting an aborted baby's face open to preserve its brain for sale.

Fiorina should have been more precise, but her electric condemnation of Planned Parenthood has inevitably gotten the attention of the pro-abortion sisterhood. In Iowa, protesters chanted and threw condoms at her, even though Fiorina had said nothing about birth control.

At the same event, a woman accosted Fiorina to ask, "How can you as a woman not support our health care?" Fiorina probably left the woman determined never to try that again. "Oh, I support your health care," she shot back. "I don't support butchering babies."

Fiorina is so formidable because she has a tough-as-nails public persona, together with an ear for the music of public speech. At their best, her riffs are pungent, memorable and persuasive. "Liberals and progressives will spend inordinate amounts of time and money protecting fish, frogs and flies," she said after a visit to a pro-life pregnancy center. "They do not think a 17-week-old, a 20-week-old, a 24-week-old is worth saving."

Hillary Clinton's fans can be forgiven for wishing their candidate had some of Fiorina's flare as a communicator. A writer at Cosmopolitan lamented, "Carly Fiorina Is the Candidate I Wanted Hillary Clinton to Be." She and others ought to get used to feeling envious and chagrined. Even if she flames out as a candidate, in Carly Fiorina conservatives and pro-lifers have discovered a formidable champion.

Rich Lowry is editor of the National Review.

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DEAR PAW'S CORNER: My cat "Chester" has always been a big shedder with his long hair. I've pretty much kept up with it by brushing his coat every evening. But lately I've noticed a lot more hair deposited on the furniture and carpet, and when I comb him I have to clean out the brush several times. What could be causing this increased shedding? --Cherie K. in Dubuque, Iowa

DEAR CHERIE: To start, make an appointment with Chester's vet for a complete physical exam. Excess shedding doesn't always have a concrete explanation, but it can signal a change in his health, especially if it wasn't a problem before.

Excess shedding can have a cause as benign as changes in the season -- shedding in spring and fall, for example. Or it could be triggered by allergies to dust, pollen and molds, which can irritate his skin and make him scratch more. Skin diseases such as ring-

### Cat's Shedding a Hairy Issue

worm can be another cause -- it's something the vet will certainly check for, along with flea infestation or other irritants.

Excess shedding also can signal much more serious conditions, such as diabetes or hyperthyroidism, something that a vet can diagnose. Ahead of the appointment, watch Chester's behavior: Is he drinking excessively? Does he seem agitated? Is he eating as much as he used to? Write down anything that seems unusual and shared it with the

If Chester has developed a health condition, the vet can prescribe the right medications and advise you on the best diet to feed him. If allergies or some unknown irritant is at work, the exam will rule out other possible causes so you can focus on finding a shedding solution.

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

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Bye, Bye, So Long, Farewell

The Autumn wind is a Raider Pillaging just for fun He'll knock you 'round and

And laugh when he's conquered and won.

The final stanza of "The Autumn Wind," a poem written by the late NFL films producer Steve Sabol and made popular as the Battle Hymn of Raider Nation by the profound voice of John Facenda through the years, may be making a comeback this fall if the Oakland Raiders continue to compete as they have thus far this season.

Finally, the Raiders are showing some life, and trying to say farewell to their losing ways and make a legitimate run at surpassing the 4-win barrier this season, something they haven't done the last three years.

The team didn't let a lopsided opening home defeat, 33-13, at the paws of the Cincinnati Bengals, keep them down. Behind the leadership of secondyear quarterback Derek Carr, the Raiders rallied to defeat the visiting Baltimore Ravens, 37-33. and the Cleveland Browns on the road, 27-20.

Their revived more-aggressive style of offense, with top draft choice Amari Cooper (U. of Alabama) contributing greatly with 24 catches for 339 yards and two touchdowns through four games, had them on the verge of a third straight victory. But new head coach Jack Del Rio's squad backed off just a bit to settle for a field goal and a late lead, 20-19, with 2:05 to go. But that allowed the Bears to push downfield just enough to convert a 49-yard field goal for the win. Next time, maybe take a couple of shots at a decisive touchdown and force the opponent to match

The Raiders host Denver (4-0) in their next game, offering them a direct shot at gaining

ground on the division leader. Oakland's bye week follows, but viewing the schedule going forward it appears there will be some opportunities, as well as they are playing, for the Raiders to tell goodbye to their 12-year stretch of non-winning seasons. The best they have done during that era was 8-8 (twice), and have gone 56-136 through that dismal period. We haven't heard much of "The Autumn Wind" for a while, since the early 2000s when the Raiders were a playoff factor three straight years, culminating in a 48-21 loss to Tampa Bay in Super Bowl XXXVIII.

As the autumn winds pick up and the leaves continue to fall, across the Bay Bridge there seems to be another fall going on --- a fall from grace for 49ers quarterback Colin Kaepernick. Some people have been singing opening farewells to Kap, whose play has been in decline, particularly evident in three straight losses. Behind an unproductive makeshift offensive line, Kap has been operating at a distinct disadvantage and hasn't handled

Usually, he's running for his life on most plays, frantically looking to make anything happen. His ability to have vision downfield has been greatly hindered, and when he has had openings he has been inaccurate on many occasions. A la Matt Cain, Kap is having trouble locating the fastball.

You have to wonder if he is beginning to go the way of Steve Sax or Chuck Knoblauch, second basemen that experienced a tough stretch when they developed an inability to field a ball and throw it accurately to first base. Kap is having trouble connecting on some of the simplest throws --- like former New York Mets catcher Mackey Sasser, who couldn't toss the ball back to the pitcher consistently. Or is Kap more like the Pittsburgh

Pirates pitcher in the 70's, Steve Blass, who experienced significant success (103-76, 3.63 ERA, All Star) before suddenly losing command --- 91 walks and 12 hit-batsmen in his final 94 innings?

Looking ahead at the 49ers' schedule, perhaps they will be the ones to finish with four wins this season. If so, the conquering Raiders might get a good laugh out of that. If that were to happen, that team-friendly contract of Kap's --- described by Yahoo Sports as "a contractual trap door under Kaepernick"--might come in handy if the team brass determines he is no longer their guy.

The San Jose Sharks, ready to begin their NHL season this weekend, should decide that Raffi Torres is no longer one of their guys. Torres, an undeniable head-hunter, has been suspended for half the season after another blatant blow to the head of Jakob Silfverberg in a preseason game. Torres was out all of last season with an injury. He has had four suspensions, three fines and two warnings by the league over dangerous hits. Just tell the guy, bye, bye.

It was a weekend to say "So long" in the final series for the Giants at AT&T Park this season. Moving farewell ceremonies were held before games for two retirees: Tim Hudson, who was the winningest active pitcher with 222 wins when he decided to hang 'em up, and Jeremy Affeldt, the Giants' reliever who did not allow a run in his final 22 postseason appearances --a mark that is second only to Yankees star Mariano Rivera --- and was a key component of the Core Four of the Giants bullpen that won three World Series titles. Affeldt was the winning pitcher in Game 7 in 2014. ★



**Dare to Live Without Limits** Symptom vs. Problem

by Bryan Golden

Problems are a cause while symptoms are the result. When dealing with challenges, you have to be able to differentiate between symptoms and problems. In order to make changes in your life you have to address problems. Treating only symptoms leaves problems untouched.

For example, water dripping from your ceiling is a symptom. Putting a bucket under the leak does nothing to correct the problem. The cause may be a leaking pipe, a hole in the roof, a defective drain, or an overflowing sink. Until the source of the water is identified and repaired, the leak will persist. If the leak is not fixed, additional damage will occur, creating new problems.

How people deal with stress, being upset, or any of a variety of emotional issues, is another good example of handling symptoms without correcting the problem. A common source of "relief" for emotional issues is drinking or substance abuse. Even if this approach provides a temporary reprieve from one's feelings, the problems are still there once the effects wear off.

When one becomes addicted to or dependent on substances to deal with their symptoms, they now have additional problems to deal with. Instead of attempting to drown sorrows, a more effective strategy is to identify and rectify the source of emotional discontent.

How some people deal with finances is another pertinent illustration of the folly of addressing symptoms rather than correcting problems. Using credit cards to buy items one can't afford can pile up debt without the means to pay it off. When you can't afford to buy something, the problems is a lack of money.

When people use credit to live beyond their means, they create the new problem of a debt load that grows faster than they can pay it off. Rather than spending more than they can afford, these people would be better served by spending less or increasing their income.

So, a symptom is what happens and a problem is why. As the previous examples show, people distracted by focusing on symptoms wind up ignoring the causes. Not only does this strategy enable problems to persist, ignoring problems can make them worse. Furthermore, strategies for dealing with just the symptoms spawn new problems.

However, it is important to pay attention to symptoms as soon as they occur. If you ignore symptoms, there's no chance of finding and correcting problems. Symptoms are the signals that indicate something is wrong.

In order to effectively deal with problems, you have to understand what is happening and then identify why. Here are four questions you can use as a guide to help you.

1. What happened? You have to maintain an awareness as to what occurred. This question seeks to identify symptoms. Answers might be, I got upset, I gained weight, I overslept, I don't have enough money, I have a headache, etc.

- 2. Why did it happen? The answer to this question identifies the problem. You must be honest, objective, and willing to take responsibility when appropriate. It's impossible to take corrective action until you have an accurate
- 3. What did you learn? Problems provide you with an exceptional opportunity to learn. You can learn more when you encounter problems than when everything goes OK.
- 4. What can you do to prevent the same problem from recurring? The answer form the previous question is used to map out your future strategy. Doing the same thing repeatedly and expecting a different result is one definition of insanity.

Here's your strategy in a nutshell. Be constantly vigilant for symptoms. Identify the root cause for each symptom. Devise a strategy to correct each problem. Take the appropriate action.

Learn from your experience. This approach is an effective way to deal with problems as they NOW AVAILABLE: "Dare

to Live Without Limits," the book. Visit www.BryanGolden. com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist. com or write him c/o this paper. © 2011 Bryan Golden.

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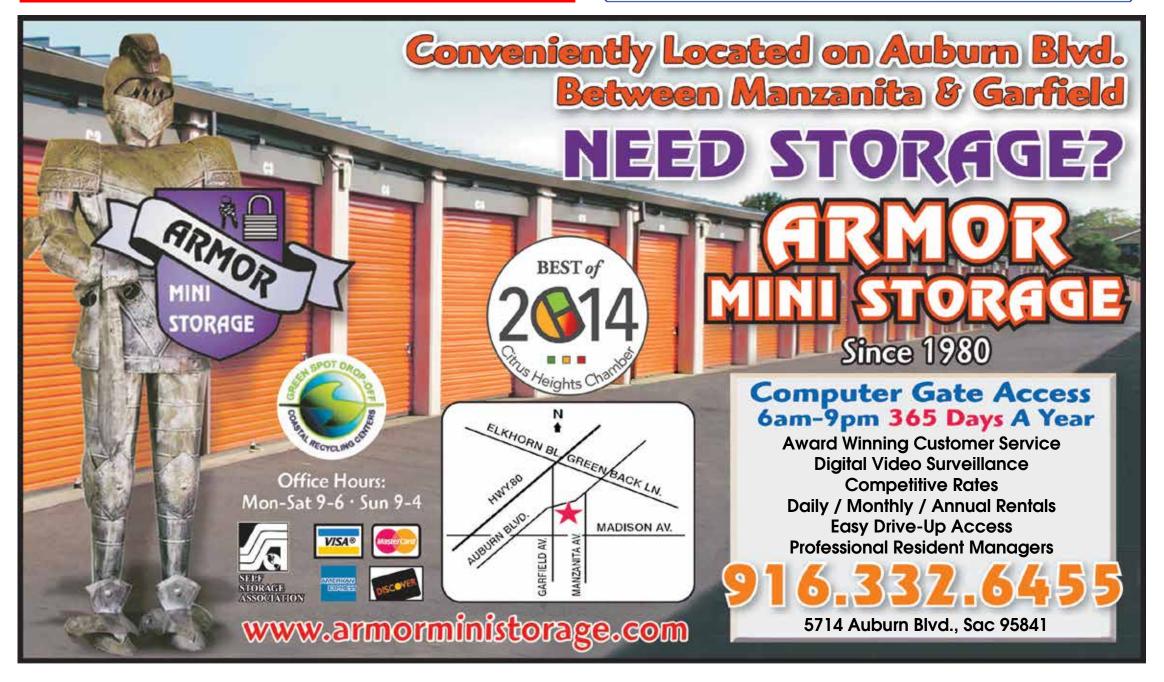
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Recent cases of interest



**PROSECUTOR:** Deputy District Attorney Allison Dunham, Adult Sexual Assault Prosecution Unit

Thirty-three-year-old Will Smith, Jr. was convicted by jury of multiple counts of forcible rape, forcible oral copulation, and assault with intent to commit rape as well as kidnapping and robbery in attacks against three separate women in two counties.

On May 30, 2012, a woman was strangled and sexually assaulted near Watt and El Camino Avenue by an unknown assailant. The victim submitted to a sexual assault examination. The sexual assault kit was analyzed by the District Attorney's Laboratory of Forensic Services, and a DNA profile was identified and submitted to the state DNA Data Bank. On October 16, 2012, the District Attorney's forensics lab was notified that the DNA profile matched Smith. Smith was arrested, charged, and arraigned.

During Smith's pending case, the District Attorney's Office was notified that Smith's DNA profile matched the DNA profile from a January 2012 sexual assault and robbery of woman in Oakland. He was also a suspect in a July 2013 sexual assault in Oakland. The Alameda County District Attorney authorized the Sacramento County District Attorney's Office to prosecute the allegations arising out of Oakland.

Deputy District Attorney Allison Dunham states, "This case demonstrates the value of DNA and the DNA Databank. Two cold case sexual assaults were solved and the offender has been brought to justice."

Smith faces a maximum potential sentence of 57 years in prison. Sentencing is set for October 23, 2015 at 1:30 p.m. in Department 40 before the Honorable Richard Sueyoshi.

**CASE:** Wade Stevenson

**PROSECUTOR:** Deputy District Attorney Jennifer Kennedy, Major Narcotics Unit

Forty-seven-year-old Wade Stevenson was sentenced by the Honorable Michael Sweet to 8 years in prison. On August 20, 2015, a jury convicted Stevenson of manufacturing concentrated cannabis and recklessly burning an inhabited structure.

On January 22, 2014, firefighters responded to reports of a loud explosion and fire at an apartment on Mills Tower Road in Rancho Cordova. Law enforcement located an illegal butane honey oil extraction lab in the bathroom of a ground floor apartment. The blast blew out a neighboring apartment's wall and window. With the structural damage, the apartment complex's electrical, gas and water supply was turned off, leaving 146 tenants displaced from their homes.

**CASE:** Dinette Patterson PROSECUTOR: Deputy District Attorney Caroline Park, Homicide Unit

Forty-year-old Dinette Patterson was convicted by jury of first-degree murder. The jury also found true a use of a deadly weapon allegation.

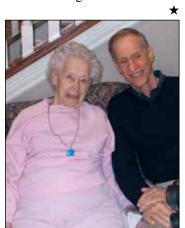
On March 7, 2014, a group of longtime friends were playing video games and smoking marijuana at an apartment complex on Florin Road. After several hours, some of the friends left the apartment. Without an apparent reason, Patterson then stabbed the victim, Charles Jordan, ultimately killing him. Patterson fled to San Diego where he was captured at his brother's residence.

Patterson faces a maximum potential sentence of 26 years to life in prison. Sentencing is set for November 2, 2015 at 4:00 p.m. in Department 33 before the Honorable Michael Savage. ★

### **National Centenarian's Day**

CARMICHAEL, CA (MPG) National Centenarian's Day was September 22nd and Aegis of Carmichael has three residents who belong to the Centenarian club, one who will be 101 on October 21st! Centenarians have witnessed so much history and have wonderful stories to tell. Happy Centenarian's Day to Aegis residents Evelyn Stuart, Irene Stoxen, and Esther Smile!

Source: Aegis of Carmichael





(right, top photo) with daughter Roma Heerhartz. Evelyn Stuart and her son Gary Stuart (at left) Esther Smile (at right). Photos

### **State Officials Honor Latino American Veterans**

SACRAMENTO REGION, CA (MPG)

- State officials gathered on September 15th at El Soldado ("The Soldier") Memorial in the State Capitol Park to honor the sacrifices and contributions of Latino American Veterans.

"We are so grateful to the veterans who continue to serve," said Senator Jim Nielsen (R-Gerber), who leads the Senate Committee on Veterans Affairs. "In celebrating Hispanic Heritage Month, it is appropriate to thank and express our gratitude to generations of Latino men and women for their love of country and selfless service."

To kick off National Hispanic Heritage Month, CalVet held a ceremony to honor the 296,000 Latino American Veterans who honorably defended our country in war and those who serve during times of peace.

Latinos represent the highest number of Medal of Honor recipients per capita of any ethnic group. During World War II, about half a million Latinos served with distinction.

A symbol of the military contributions of Latinos from all branches of the military, El Soldado is the only such monument located on a state capitol grounds in the nation. The existing statue is the centerpiece of a planned expansion, which will recognize Latino military veterans from all wars, including Medal of Honor awardees. The expansion is funded by private donations.

The statue was commissioned in 1948 by the wives and mothers of Mexican-American veterans, and eventually donated to the State of California, with the expectation that it would

become an official and permanent state memorial. In 1975, El Soldado was moved to its present location across the street from the Main (West) entrance to the State Capitol.

"These heroes volunteer to risk their lives to protect ours; I cannot think of a higher calling than that. With gratitude in our hearts, we thank our veterans and their families for their service," Senator Nielsen added.

Senator Jim Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama, and Yuba. To contact Senator Nielsen, call (916) 651-4004 or via email at senator.nielsen@ senate.ca.gov.

Source: Office of Senator Jim Nielsen







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# SACRAMENTO

Real Food Real Art Real Music Blue Line Arts, on the Rooftop October 1, 2015 6:00 pm - 9:00 pm

(916) 783-4117 A Non-Profit Organization,

405 Vernon St. Ste. 100. Roseville, CA 95678

**Mather Airport Capital Air Show** October 2 - October 4, 2015 All Day

10425 Norden Ave, Mather, CA 95655 (916) 875-7077

On Stage At The State Farm to Film Festival October 2 - October 3, 2015 7:30 pm - 10:00 pm

985 Lincoln Way, Auburn, CA 95603 (530) 885-0156

**Get Bit at Callson Manor Scar Park Placer County Fairgrounds** 

October 2 - October 31 2015 7:30 pm - 10:00 am

Placer County Fairgrounds Jones Hall 800 All American City Blvd. - Roseville

Contact: Dorothy Drake (775) 348-7713

**Eggplant Festival** October 3, 2015 9:00 am - 5:00 pm

Loomis Train Depot: 5775 Horseshoe Bar Road, Loomis (916) 652-7252

Sacramento Aloha Festival California Expo Center

October 3, 2015 9:00 am - 6:00 pm

October 9, 2015 9:00 am - 4:00 pm

California Expo Center -1600 Exposition Blvd - Sacramento E-mail: sacalohafest@gmail.com or call: 916-420-7290

1st Annual Citrus Heights Chamber and **Rotary Golf Tourament** 

8791 Morgan Creek Ln, Roseville, CA 95747 (916) 786-4653

Neighborhood Walk with the Mayor **Riverview STEM Academy** October 10, 2015 9:00 am

10700 Ambassador Dr, Rancho Cordova, CA 95670 (916) 294-2435

**Call For Artists The Fall Show** Rancho Cordova City Hall October 15, 2015 5:30 pm - 7:30 pm

Rancho Cordova, CA 95670 (916) 851-8800

2729 Prospect Park Dr

**Capital POPS Concert Citrus Heights Community Center** 

6300 Fountain Square Dr, Citrus Heights, CA 95621 (916) 727-5400

October 16-October 18, 2015 - All Day

50 Natoma St, Folsom, CA 95630 (916) 985 -5555

Folsom city Lions Parks, October 17-October 18, 2015 - All Day

**Folsom Renaissance Faires** 

Rancho Cordova Sports Hall Of Fame Rancho Cordova City Hall October 17, 2015 - 6 pm

2729 Prospect Park Dr, Rancho Cordova, CA 956705

(916) 851-8700

### Television Listings for the week of October 9-October 14

### FRIDAY EVENING

### **OCTOBER 9, 2015 SATURDAY EVENING**

### **OCTOBER 10, 2015**

	KIDAY									<u>ek 9,</u>	
		8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
=	ABC		Dr. Ken	Shark Tank	` '	(:01) <b>20/20</b> (		Local	Jimmy Kimn	nel Live <b>hd</b>	Nightline
Š	CBS	The Amazing	Race (N)	Hawaii Five-		Blue Bloods	(N) HD	Local	(:35) <b>Late S</b> h	IOW (N) HD	Late Late
	NBC	Undateable (		Dateline NBO	,			Local	Tonight Sho		Late Night
?	FOX	Minority Rep		Scream Que		Local Progra				Local Progra	
	ION	Criminal Mir	Ids HD	Criminal Min	ıds hd	Criminal Mir	ıds hd	The Listener	(TV14)	The Listener	(TV14)
4	A&E	My Haunted	House HD	My Haunted	House HD	The Enfield I	launting	The Enfield I	launting	My Haunted	House HD
CABLE	AMC	The Walking	Dead HD	The Walking	Dead HD	The Walking	Dead HD	The Walking	Dead HD	The Walking	Dead HD
3	ANIMAL	Tanked: Unfi	Itered (N)	(:01) Tanked	(TVPG) HD	Tanked (TVPG	) (N) <b>HD</b>	(:05) Tanked	(TVPG) HD	Tanked: "Bill	Engvall"
	BET	Martin	Martin		Martin		Martin	Martin	Martin	Wendy Willia	ıms (N) hd
	BRAVO	Bravo First		Men in Black					II ('02, PG-13		
	CARTOON	King of Hill	Bob's <b>HD</b>	Cleveland	Cleveland	Family Guy	Family Guy	Black (N)	Eric Andre	Heart, She	Squid HD
	CMT	Reba но	Reba но	Reba но	Reba но	<b>Road House</b>	('89, R) ★★¹	<sup>2</sup> Patrick Sway	e, Ben Gazzara	. HD	•
	CNN	This is Life	•	CNN Special	Report	CNN Special	Report	<b>CNN Special</b>	Report	<b>CNN Special</b>	Report
	COMEDY	Bad Grandpa	a .5 ('14)	Futurama	Futurama	South Park	South Park	Archer HD	Archer HD	TripTank	<b>Pineapple</b>
	DISCOVERY	Bering Sea (	Gold (N) HD	Bering Sea (	Gold (N) HD	Gold Rush (N	) HD	Bering Sea (	Gold HD	Gold Rush: "	5 Million"
	DISNEY	Invisible Sister ('15, NR) но		HD.	Girl Meets			Undercover Jessie HD		Girl Meets	Girl Meets
	E!	<b>Botched</b> (TV1	4) <b>HD</b>	<b>Botched</b> (TV1	4) HD	The Soup	We Have	E! News (N)	HD	Kardashians	(TV14) <b>HD</b>
	ESPN	SportsCente	r HD	SportsCente	r HD	SportsCente	r HD	SportsCente	r HD	College Ftbl	
	ESPN2			Baseball Tonight HD		2015 WSOP (Replay)		2015 WSOP (Replay)		SportsCente	er HD
	FAMILY			Beastly ('11, PG-13) ★★½		Alex Pettyfer. <b>HD</b>		The 700 Club		Lizzie McGui	re ('03) 🛨
	FOOD		Diners HD				BBQ Blitz	Diners <b>HD</b>	Diners HD		Diners HD
	FX	Ice Age: Con	tinental Drif	t ('12, PG) ★★				tinental Drift	('12, PG) **	★ Ray Roman	0.
	HGTV	Tiny House	Tiny House	Tiny House Tiny House		Hunters Hunters			Hunters	Tiny House	
	HISTORY	Ancient Alier								(:01) Ancient Aliens H	
	LIFETIME	Step It Up (1		Step It Up (N		Jacksons: N		(:02) Jackso		Step It Up (	
	MTV	Ridiculous					Ridiculous	Ridiculous		South Park	
	NICK	Sanjay (N)	Pig Goat	Full House	Full House	Full House		Friends	Friends		Friends
	SPIKE		Cops HD		Cops HD		Cops HD	Glory Kickbo	xing: "Glory 2	4: Denver" (N)	HD
	SYFY	(7:30) <b>Insidic</b>	ous ('11, PG-13	3) ★★★ Patrio	k Wilson.	Z Nation (TV1	4) (N)	Continuum (	TV14) (N)	Z Nation: "Zo	mbaby!"
	TBS	(5:30) MLB B		Postseason	Family Guy	Family Guy		The House B			
	TCM			r ('62) ★★½ l	Paul Lukather.			Die ('62) ★½			
	TLC		Say Yes					Swipe HD	Swipe HD	Sex HD	#WhatShe
	TNT	Olympus Has	s Fallen (*13,	R) Gerard Butle	r. HD	Swordfish (	01, R) ★★★	John Travolta.	HD .	Hawaii Five-	О но
	TRAVEL	Mysteries (T		Mysteries (N		Mysteries (T		Mysteries (1		Mysteries (1	
	TV LAND	My Cousin V	innv ('92, R)	★★★ Joe Pes	ci. Marisa Tom	ei, HD	Queens		Queens		Christine
	USA	NCIS: "Moonli		NCIS: "Obsess		NCIS: "Border		Modern	Modern	Modern	Modern
	VH1	New Jack City ('91) HD 42 ('13, PG-13) ★★★½ Ci			hadwick Boseman, Harrison Ford.				Major Leagu		
	WGN	How I Met								Норе но Норе но	
_	HBOW	Five Armies		The Leftover		Real Time M		Real Time M		Exodus: God	
	MAXW			Jane, Bruce Will		Strike Back		Strike Back			Eve's ('14)
		ILICALLY VIOLE ( )	o. io inomas i	June, Di Dec Will							

		8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
12	ABC		Local Progra		•			Local Progra			
18	CBS	Scorpion: "Ta	alismans"	Criminal Min	ıds HD	48 Hours (TV	/14) (N) <b>HD</b>	Local Progra	ıms		
	NBC	Local Progra	ams			Dateline NBO		Local	Saturday Nig	ght Live (TV14) (N) HD	
BROADCAST	FOX	Local Progra				Local Progra				Local Programs	
	ION	Law & Orde	r: SVU HD	Law & Order	r: SVU HD	Law & Orde	r: SVU HD	Law & Ordei	r: SVU HD	Law & Orde	r: SVU HD
щ	A&E	The Shawsha	ank Redempt	<b>ion</b> ('94, R) Ti	m Robbins, Mor	gan Freeman. <b>ı</b>	HD	The Enfield H		Redemption	('94, R) <b>hd</b>
CABLE	AMC	Dead HD	The Walking	Dead HD	The Walking	Dead HD	The Walking	Dead HD	The Walking	Dead HD	Dead HD
3	ANIMAL	Dr. Jeff: Roo	cky HD	Pit Bulls and	Parolees	Pit Bulls and	Parolees	Pit Bulls and		Pit Bulls and	Parolees
	BET	(:11) Black K	night ('01, PG-	13) ★★ Marti	n Lawrence. <b>H</b> i	)	(:22) Nationa	l Security ('C	13, PG-13) ★★	12 Martin Lawr	ence.
	BRAVO	Big Momma'	's House ('00,	PG-13) ★½		Big Momma'	's House ('00,	PG-13) ★½		Big Momma	's 2 ('06)
	CARTOON		King of Hill			Cleveland		Dad HD		DBZ Kai	Akame Ga
	CMT	Friday Night	Lights ('04)	We Are Mars	<b>shall</b> ('06, PG)	★★★ Matthe	ew McConaughe	y, Matthew Fox.	HD	Cops но	Сорѕ но
	CNN					CNN Special		CNN Special	Report	Death Row S	Stories
	COMEDY	Grandma's I	Boy ('06, R) ★	*★★ Allen Cov	ert. <b>HD</b>	Nick Swards	on HD	Crying Drivii	ng (N) hd	Half Hour	Half Hour
	DISCOVERY	Dual Surviva		Dual Surviva		Dual Surviva		Dual Surviva		Dual Surviva	
	DISNEY				Undercover				BUNK'D	Undercover	Undercover
	E!	(6:30) Safe H	laven (†13)	Safe Haven (	('13, PG-13) ★	★½ Josh Duha	amel, Julianne H	lough.	He's Just No	t That Into \	ou ('09) HD
	ESPN	(7:00) Colleg	<b>e Football:</b> Ga	lifornia vs Utah			SportsCenter HD		SportsCenter HD		HD
	ESPN2	(7:15) <b>Colleg</b> (	7:15) College Football: Wyomi				Football Fina			SportsCente	er HD
	FAMILY	<b>17 Again</b> ('09, PG-13) Zac Efro		ron. <b>HD</b>	n. <b>HD</b> Pitch Perfec		t (†12, PG-13) Anna Kendrick,				Streets ('08)
	FOOD	Unwrapped	Unwrapped	Diners <b>HD</b>	Diners HD	Diners <b>HD</b>	Diners <b>HD</b>	Diners HD			Diners HD
	FX	(6:00) Iron M	Man ('08) но	Iron Man 2 (	'10, PG-13) ★	★★ Robert Do			The Strain (1	VMA) HD	Bastard
	HGTV	Buying and S	Selling <b>н</b>	Buying and S	Selling HD	House Hunte	ers (N) <b>HD</b>	Hunters	Hunters	Buying and	Selling <b>н</b>
	HISTORY	American Pi	ckers <b>HD</b>	American Pi		American Pi		American Pi	ckers <b>HD</b>	American Pi	ckers <b>нo</b>
	LIFETIME		rized Melros		/ ('15) <b>hd</b>	(:02) Beyond	the (N) HD	Beyond the (TVPG) HD		Melrose Place ('15) HD	
	MTV	The Craft ('9	96, R) ★★½ F			Warm Bodie	<b>s</b> ('13, PG-13)	★★★ Nicholas		South Park	South Park
	NICK		Shakers	100 Things	Thunderman	Full House	Full House				Friends
	SPIKE	Cops (N)	Cops HD	Transforme	rs: Revenge o	of the Fallen (		★½ Shia LaBe			G.I. Joe
	SYFY		('13) ★★★					<b>Drive Angry</b>			
	TBS	(5:30) MLB B		Postseason		Big Bang	Broke Girls	Broke Girls			Rush 3 HD
	TCM		Zazie dans le			Robert Osbo		(:15) <b>Hard Ti</b>			
	TLC	Dateline on `		Dateline on <sup>*</sup>		Dateline on		Dateline on 1		Dateline on	TLC HD
	TNT		('09, R) Clint E					('10, R) ★★★			
	TRAVEL	Ghost Adven		Ghost Adven		Ghost Adven		Ghost Adven		Ghost Adver	itures <b>HD</b>
	TV LAND		Instant (N)		Raymond	Raymond	Raymond				Queens
	USA	NCIS: "Berlin"		NCIS: "Double		NCIS (TV14) H	ID	NCIS: "Agent	Afloat"	The Back-U	p <b>Pl</b> an ('10)
	VH1	(7:00) The M	<b>atrix</b> ('99, R)	★★★★ Kean			('99, R) ★★★	★ Keanu Reeve			
	WGN	<b>Austin Powe</b>	rs in Goldme	<b>mber</b> ('02, PG	-13) нр	Parks HD	Parks HD	Rules HD	Rules HD	Норе но	Норе но
Σ	HBOW	<b>Focus</b> ('15. R	) ★★★ Will S	mith. <b>HD</b>	(:45) <b>The Le</b> f	tovers HD	Greenlight	Faceoff	(:35) Focus (	'15, R) Will Sm	ith. <b>HD</b>
	MAXW		gent ('14) <b>но</b>		(TVMA) HD	Vice ('15, R)	Thomas Jane. 1	ID	Strike Back	(TVMA) HD	Weekend
<b>P</b>	CHUMM		7/MA) up							t'e Dnov ('15	

Homeland: "Anxiety

Prophet's Prey ('15, NR) HD

#### SUNDAY EVENING

ABC

USA

WGN

MAXW

SHOWW

HBOW

8:00 8:30 9:00 9:30

Madam Secretary (N) The Good Wife (N) HD Local Programs

#### **OCTOBER 11, 2015**

10:00	10:30	11:00	11:30	12:00	12:30		
<b>Quantico</b> : "Go	over" (N)	Local Progra	ms				
CSI: Cyber (1	l) HD	Local Programs					
Dateline: Rea	al HD	Local Progra	ms	Dateline NBC	HD		
ncal Progra	ms	•		Local Progra	ıms		

-	1100					Datomior no				Datoniio IID	,
		Simpsons	Brooklyn	Family Guy	Last Man	Local Progra	ams	•		Local Progra	
	ION		nily Reunion (				Madea's Fan				
Ξ.	A&E	Storage	Storage	Storage	Storage	Storage War	s: Miami	Storage	Storage	Storage	Storage
CABLI	AMC	The Walking	Dead HD	The Walking	Dead: "First T	ime" (N)	Talking Dead	(N) HD	The Walking	Dead: "First T	ime" <b>hd</b>
O	ANIMAL	Rugged Just	ice (N) HD	North Woods	s Law (N)	(:02) To Be A	nnounced	Rugged Just		North Woods	
			(:41) <b>Belly</b> ('9	98, R) ★★ DM	IX, Nas.			(:56) <b>Scanda</b>	(TV14) <b>hd</b>	BET Inspirat	ion (TV G)
	BRAVO	Teresa Chec	<b>ks In</b> : "Tre of	Life" (N)	Manzo'd	Married to I	Medicine (N)	Watch What	Teresa Chec	<b>ks</b> (TV14)	Manzo'd
	CARTOON	King of Hill	Cleveland	Cleveland	Dad HD	Dad HD	<b>Family Guy</b>	Family Guy	Rick Morty	Pretty (N)	Tyson
		We Are Mars		Gremlins 2:	The New Bat	<b>ch</b> ('90, PG-13)	) ★★ Zach Gal				Cops HD
	CNN			<b>Anthony</b> : "Ok	inawa"	Mike Rowe		CNN Newsro	om (N) HD	CNN Newsro	om (N) HD
			-Old Virgin (				-Year-Old Vir				<b>Date</b> ('14)
		Alaska: Last	(N) HD	Alaska: Last	(N) HD	Naked and A		Alaska: Last	(,	Naked and A	
	DISNEY	Monsters Ur	niversity (†13,			Girl Meets V				I Didn't но	
		Kardashians	` '	Dash Dolls (†	N) HD	House of DV	F (N)	Kardashians		Dash Dolls (1	
			r HD					<b>SportsCente</b>	r HD		Coll. Ftbl
		(7:30) <b>2015 W</b>								SportsCente	
			<b>Perfect</b> ('12, F								Turning
											ars (TV G)
								Iron Man 3 (			
			Life (N) HD							Island Life	
		lce Road Tru		Ice Road Tru			Pawn Stars				
			rized Melros			Beyond the	· ,	The Unautho			
			Next ('02, R)				03, R) ★★★			South Park	
		SpongeBob	-1 - 0 -	Full House			Full House				Friends
		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue	
					ı <b>g</b> ('13, R) ★★	★½ Vera Fari	niga, Patrick W	lson.	The Fog ('05,	PG-13) Tom W	/elling.
		Big Bang		Big Bang			Big Bang				
							('20) ★★★				Mamma Rom
		Sister Wives		Sister Wives		90 Day Fiand		Swipe HD		(:02) <b>Sister \</b>	
			<b>Eli</b> ('10, R) Der				('10, PG-13) Jet			<b>Shaft</b> ('00, R)	
			Big Time R			Terrifying 5		Terrifying 6		Terrifying 4	
	TV LAND	Reba HD	Reba но	Raymond	Kaymond	Raymond		Queens		Queens	Queens

Basketball Wives LA

The Affair (N) HD

Law & Order: SVU hd Law & Order: SVU hd Law & Order: SVU hd Modern

How I Met How I Met Parks HD Parks HD

Basketball Wives LA

The Knick (TVMA) HD

Homeland (N) HD

#### **MONDAY EVENING**

The Affair (TVMA) HD

SHOWW

### (:35) Prophet's Prey ('15, NR) HD **OCTOBER 12, 2015**

		8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	
⊨	ABC		the Stars (T			Castle: "What		Local	Jimmy Kimn		Nightline	
	CBS			Scorpion: "Ro	ohots" (N)	NCIS: Los An			Late Show (		Late Late	
	NBC		he Battles Prer				0 ,,		(:35) Tonight		Late Night	
<u> </u>	FOX	Gotham (TV14		Minority Rep		Local Progra		Local	(100) 101118111	Local Programs		
₩.	ION	Criminal Mir		Criminal Min		Criminal Min		Criminal Min	ds HD	Criminal Mir		
ш	A&E	The First 48	(TVPG) HD	The First 48:	"Killer" <b>HD</b>	The First 48	(TV14) <b>HD</b>	The First 48	(TV14) <b>HD</b>	The First 48 (TVPG) HD		
	AMC		e Day ('96, Po				(,			G-13) Will Smith		
3	ANIMAL	Treehouse N		Treehouse M		Treehouse M	lasters HD	Treehouse N		Treehouse N		
	BET	Hustle & Flo	w ('05, R) ★>	★★ Terrence H		(:59) Fresh C		NR) Pharrell Wi	lliams.	Wendy Willia	ms (N) HD	
·	BRAVO	Orange Cour		Real Housew		Ladies of Lo		Watch What			Teresa	
ĺ	CARTOON	King of Hill	Bob's HD			Rick Morty		Family Guy	Family Guy	Robot	Squid HD	
ĺ	CMT	Reba но	Reba но			Doc Hollywo	od ('91, PG-13				Skull HD	
Ì	CNN	Anderson Co	oper 360°			CNN Newsro	om (N) HD	CNN Newsro	om (N) HD	CNN Newsro	om (N) HD	
	COMEDY	Exposed: "Wa	aited For"	Wrecklamat	Reclaimers	Real Value	Shed Men	Pakistan	Starter	midnight	South Park	
	DISCOVERY	Fast N' Loud		Fast N' Loud	(N) HD	<b>Rusted Deve</b>	lopment	Fast N' Loud	(TV14) <b>HD</b>	Rusted Deve	lopment	
	Invisible Sister ('15, NR) н			D	Girl Meets	Best HD	Jessie HD	Girl Meets	Austin HD	Good Luck	Good Luck	
	E!				(TV14) <b>HD</b>	Kardashians (TV14) HD		E! News (N) HD		House of DV	<b>F</b> (TV14)	
	ESPN	(:20) <b>Sports</b> (	Center <b>HD</b>	•	NFL Primetime HD		ne HD	SportsCente	r HD	NFL Primetime HD		
Ì	ESPN2	2015 WSOP (								SportsCente	er HD	
	FAMILY	Switched at	witched at Birth (N) HD Th						The 700 Club (N)		าร ('10) ★★	
	FOOD		Guy's Grocery Games Ha				tchen		Diners <b>HD</b>	Halloween (1	TVPG)	
	FX		in Phillips ('13					ng for Dutch" (TVMA) <b>HD</b>			Fargo HD	
	HGTV	Love It or Li		Love It or Lis			Hunters Love It or			Love It or Li		
	HISTORY	Inside Alcatr	az (N) hd	Alcatraz: Sea	arch For The	Truth (TV14) (	(N) HD	(:03) <b>True M</b>		(:01) Inside Alcatraz HD		
	LIFETIME	Hitch ('05, Po	3-13) ★★★ W	/ill Smith, Eva M	endes. <b>HD</b>			(:02) Jacksons: Next HD		Hitch ('05, PG-13) <b>HD</b>		
	MTV						Todrick (N)		Middle но		Ridiculous	
	NICK								Friends	Friends	Friends	
	SPIKE						Сорѕ но		Сорѕ но	Jail HD	Jail hd	
	SYFY	The Conjurin		<b>Orphan</b> ('09,						saw Massacr		
	TBS	(5:30) MLB B		Postseason				Conan (TV14)		Cougar	Conan HD	
	TCM	The Bishop's		Spitfire ('42,			avid Niven.			NR) ★★★½		
	TLC	Growing Up		My 40 Year (				Body Bizarre		My 40 Year		
	TNT	Castle (TVPG)		Castle (TVPG)		Major Crime		Major Crime		Law & Orde		
	TRAVEL	Bizarre Food		Bizarre Food		Booze Trave		Bizarre Food		Bizarre Food		
	TV LAND				Raymond	Raymond	Raymond	6	Queens	Queens	Queens	
	USA	WWE Monday Night Raw (Live) HD						Modern	(:06) Faster	( ' ' /		
	VH1	Love & Hip I				She's Got Ga		Love & Hip I		Black Ink Cr		
	WGN	How I Met					Parks HD		Rules HD	Норе но	Норе но	
Σ	HBOW							<b>iper</b> ('15, R) E			First Look	
PREM	MAXW		ng the Tombs			The Knick (T\			The Knick (T		Strike HD	
			The Affair (T)	/MA) <b>HD</b>	Homeland (T	VMA) <b>HD</b>	The Affair (T	/MA) HD	Sin City: Da	те ('14) но		

### THECRAY EVENING

Basketball Wives LA

The Knick (TVMA) HD

The Affair (TVMA) HD

(7:10) Focus ('15, R) HD The Leftovers (N) HD

Home Videos но

Modern

Modern

Couples Therapy но

Manhattan: "Tangier'

Homeland (TVMA) HD

Greenlight | Doll & Em | Oliver (N) | The Leftovers HD

Edge of Tomorrow (\*14, PG-13) Tom Cruise. HD

ГОВЕ	:R 13,	2015	V

Couples Therapy но

Manhattan (TV14) но

Sex Games 01 ('06) HD

The Affair (TVMA) HD

Modern

Greenlight

### WEDNESDAY EVENING

### **OCTOBER 14. 2015**

T	UESDA	Y EVI	ENING			OCTOBER 13,					2015
		8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
12	ABC	Muppets		S.H.I.E.L.D.		Beyond the		Local	Jimmy Kimn		Nightline
IS.	CBS	NCIS (TV14) (	N) HD	NCIS: New O	rleans (N)	Limitless: "P	age 44" (N)	Local	Late Show (1	TV14) <b>hd</b>	Late Late
	NBC	Best Time E		The Voice (N)		Chicago Fire	(N) HD	Local	(:35) Tonight	t Show <b>hd</b>	Late Night
BROADCAST	FOX	Grand (N)	Grinder	Scream Que	ens (N) <b>hd</b>	Local Progra	ams	•		Local Progra	ams
	ION	Criminal Mir	nds HD	Criminal Mir	ı <b>ds</b> : "Fate"	Criminal Mir	nds HD	Saving Hope	: "Pilot"	Saving Hope	(TV14) <b>hd</b>
щ	A&E		Storage	Storage		Storage	Storage	Storage	Storage	Storage	Storage
CABLE	AMC	The Dark Kn	ight ('08, PG-1			lichael Caine. <b>H</b>	D		Batman Beg	ins ('05, PG-13	3) ★★★½
5	ANIMAL	To Be Annou		(:01) <b>To Be A</b>	nnounced	(:02) To Be A	Announced	(:03) To Be A	nnounced	(:04) To Be A	Innounced
	BET	BET Hip Hop	Awards 2015	(TV14) (N)		#TheWestBi	rooks (N)	Martin		Wendy Willia	ms (N) HD
	BRAVO	Housewives	(TV14)	Below Deck	(TV14) (N)	The People's	s Couch	Watch What	Below Deck	(TV14)	Housewives
	CARTOON	King of Hill	Bob's HD	Bob's но	Cleveland	Dad HD	Dad HD	Family Guy	Family Guy	Robot	Squid HD
	CMT	Reba но	Reba но	Reba но	Reba но	RV ('06, PG)	★★½ Robin W	illiams, Jeff Dai			Skull HD
	CNN	To Be Annou		To Be Annou	Be Announced To Be Announ		ınced			CNN Newsro	om (N) HD
	COMEDY				Tosh.O но		Drunk (N)	Daily Show		midnight	Tosh.O HD
	DISCOVERY	Yukon Men (	TVPG) <b>hd</b>	Yukon Men (		Gold Rush: A	Alaska HD	Gold Rush: A	laska н <b>d</b>	Gold Rush: A	llaska HD
	DISNEY					Best HD	Jessie HD	Girl Meets	Austin но	Good Luck	Good Luck
	E!			Botched: "Dr. Nassif" (TV14)				E! News (N) HD		<b>Botched</b> : "Dr	
	ESPN									SportsCente	
	ESPN2	Fantasy First Take		Baseball	<b>30 for 30</b> : "T	rojan War" <b>HD</b>		30 for 30 NFL Live HD			Coll. Ftbl
	FAMILY	Monica the I			PG-13) ★★½			The 700 Club		Hop ('11, PG)	
	FOOD	Chopped (TV		Chopped: "Big Hitters"						Chopped: "B	
	FX	(7:00) Man o	<b>f Steel</b> ('13, Pi			Executioner	(TVMA) (N)	Executioner		American Ho	
	HGTV	Fixer Upper		Fixer Upper			Hunters	Fixer Upper		Fixer Upper	
	HISTORY	Cars HD		Cars HD		Cars HD	Cars HD	Cars HD	Cars HD	Cars HD	Cars HD
	LIFETIME	Celebrity Wi		Celebrity Wi		(:02) Jackso		(:02) Jackso		Celebrity Wi	
	MTV	Catfish: The		Finding Cart		Finding Cart				('10, R) Jay Ba	
	NICK	Thunderman		Full House		Full House		Friends	Friends	Friends	Friends
	SPIKE	Ink Master (		Ink Master (		Ink Master			Ink Master (		
	SYFY		R) <b>★★★ HD</b>			Face Off: "Be		Face Off (TVF		Scarecrow (	
	TBS		Postseason				Dad HD	Conan (TV14)			Conan HD
	TCM		A Dry White					('84, PG-13) ★			Cookie ★★
	TLG			Cake Boss		Our Little Fa		Cake Boss		Our Little Fa	
	TNT		13) ★★★½ B			Public Mora		Public Mora		CSI: NY: "End	
	TRAVEL	Bizarre Food	- ( /	Hotel Impos		Booze Trave	- ( )	Uncommon (		Hotel Impos	
	TV LAND						Raymond	Queens	Queens	Queens	Queens
	USA	Law & Orde		Law & Orde		Law & Orde				Modern	Modern
	VH1	Basketball V		Love & Hip I		Love & Hip				★★★½ Ice Cu	
	WGN	Blue Bloods	<u> </u>	Manhattan (			Parks HD	Rules <b>HD</b>		Норе но	Норе но
Σ	HBOW	The Leftover						E San Francisco 2.0 HD The Judge ('14, R) HD			
PREM	MAXW	(:10) <b>Smokin</b>	' <b>Aces</b> ('07, R)	★★★ Ben A		The Knick (T			The Knick (T		Carnal HD
	SHOWW	Rome on Sh	owtime (N)	Inside the N	FL (N) HD	Notre Dame	Notre Dame	Inside the N	FL HD	Rome on Sh	owtime но

	EDNE	JUAI						00	IODL	,	2013
		8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
11	ABC	The Middle	Goldbergs	Modern	black-ish	Nashville (TV	'PG) (N) HD	Local	Jimmy Kimn	nel Live HD	Nightline
SY	CBS	Survivor Ca	mbodia (N)	Criminal Mi	nds (N) HD	Code Black	(N) HD	Local	Late Show (T		Late Late
١ĕ	NBC	The Mysteri	es of Laura	Law & Orde	r: SVU (N)	Chicago P.D	Chicago P.D. (N) HD		(:35) Tonight	Show HD	Late Night
BROADCAST	FOX	Rosewood ()	l) HD	Empire (TV14	l) (N) <b>HD</b>	Local Programs				Local Programs	
Ľ	ION	Law & Orde	r (TV14) <b>hd</b>	Law & Orde	r (TV14) <b>HD</b>	Law & Orde	r (TV14) <b>hd</b>	Law & Order	(TV14) <b>HD</b>	Law & Orde	r (TV14) <b>hd</b>
щ	A&E	Duck HD	Duck HD	Duck HD	Duck HD	Duck HD	Duck HD	Duck HD	Duck HD	Duck HD	Duck HD
CABLI	AMC	I, Robot ('04	, PG-13) ★★>	Will Smith, B	ridget Moynahar	1. <b>HD</b>	Fantastic Fo	ur ('05, PG-13)	loan Gruffudd	, Jessica Alba.	HD
٦	ANIMAL	To Be Annou	ınced	(:01) <b>To Be</b> A	Innounced	(:02) To Be A	Announced	(:03) To Be A	nnounced	(:04) To Be A	Announced
	BET	(7:28) Just V	<b>Vright</b> ('10, P0			#TheWestBr	rooks	roomielover	riends <b>н</b>	Wendy Willia	ıms (N) hd
	<b>BRAVO</b>	Los Angeles		Los Angeles		Los Angeles	(TV14) (N)	Watch What			Below Deck
	CARTOON	King of Hill	Bob's <b>hd</b>	Bob's но	Cleveland	Dad HD		Family Guy (		Robot	Squid HD
	CMT	Reba но	Reba но	Reba но	Reba но	We Are Mar	shall ('06, PG)				
	CNN	Anderson Co		Anderson C		Anderson Co		CNN Tonight		CNN Tonight	
	COMEDY	South Park			South Park			Daily Show			South Park
	DISCOVERY	Dual Surviva	,	Dual Surviva	. ,	Surviving th	( )	Dual Surviva		Surviving Cu	
	DISNEY	Nightmare		Mickey	Austin HD	Best HD				So Raven	So Raven
	E!	Dash Dolls (		Dash Dolls (		Dash Dolls (		E! News (N) H		WAGS (TV14)	
	ESPN	SportsCente		SportsCent		SportsCente		<b>SportsCente</b>		SportsCente	
	ESPN2	Ball Up	Fantasy	Baseball	Е:60 нр		One Nacion			Ball Up Milli	
	FAMILY	Hungry (N)							The 700 Club (N)		s ('11) <b>hd</b>
	FOOD	Worst Cooks		Worst Cook						Worst Cooks (TV G) HD	
	FX		<b>m</b> ('13, R) Mat							Executioner (TVMA)	
	HGTV	Property Br		Property Br		Hunters Hunters		Property Brothers HD		Property Brothers H	
	HISTORY	American Pi		American Pi		American Pickers но		American Pickers HD		American Pickers но	
	LIFETIME	Little Wome		Little Wome		Little Wome		Little Women: LA HD		Little Women: LA HD	
	MTV	Teen Mom 2		Teen Mom 2		Are You the				Teen Mom 2	
	NICK	Bella	Shakers	Full House	Full House	Full House	Full House			Friends	Friends
	SPIKE		<b>r Four</b> ('11, Po				ious ('03, PG-				Never ('08)
	SYFY	Ghost Hunte		Ghost Hunte		Paranormal		(:01) <b>Ghost H</b>		Paranormal	
	TBS		Funny or	Big Bang	Big Bang		Big Bang	Conan (TV14)	HD		Conan HD
	TCM				Orange ('72,				Time After T		
	TLC	My Big Fat (			Big Fat (N)	Suddenly Ro	yal (N) HD	Big Fat HD		Suddenly Ro	
	TNT				organ Freeman.			R) ★★★ Jan			
	TRAVEL	Expedition L		Expedition U		Expedition U		Bizarre Food		Expedition L	
	TV LAND			Raymond	Raymond					Queens	Queens
	USA	NCIS: "Bulletp		NCIS: "Dress		NCIS (TVPG) I			Modern	NCIS: Los A	igeles HD
	VH1	Couples The		Couples The		Couples The		Couples The		Two Weeks	
	WGN	Manhattan (		How I Met						Норе но	Норе но
	HBOW		1, R) Michael Ke		Faceoff	The Leftover			Real Time M		Oliver HD
	MAXW	Annabelle ('		Strike Back			The Knick (T		Strike Back		Sexually ½
	SHOWW	Snowpierce	Notre Dame	Homeland (1	VMA) HD	The Affair (T	VMA) HD	Inside the NI	LHD	Notre Dame	Kamau Bell
_											



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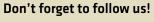


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Senior tailback Devontae Booker has rushed for 443 yards and four touchdowns in the Utes' four games.

### **ALL EYES ON UTAH**

Cal visits Salt Lake City for key showdown between Pac-12 upstarts

Mitch Light

Athlon Sports

**Executive Editor** 

@AthlonMitch

#### **CALIFORNIA AT UTAH**

These two teams were barely on anyone's radar before the season started. Now, California and Utah meet in the premier game in the nation in Week 6. Cal's rise to a fringe-top 25 team isn't that big of a surprise; we knew the Bears — who boast arguably the top quarterback in the nation in junior Jared Goff — had the potential to take a step forward if the defense made any progress. Utah's ascension to the Associated Press top

five (and No. 1 in Athlon Sports' poll), however, is quite shocking. You can argue that Utah might not be one of the five best teams in the country, but it's tough to argue with the Utes' résumé: No team has two better wins than at home vs. Michigan and at Oregon (by 42 points). Still, there are reasons to doubt Utah as a legitimate CFB Playoff contender; the Utes were outgained on a per-play basis in wins over Utah State and Fresno State. True, they still won both games — and quarterback Travis Wilson didn't play against Fresno State — but you would like to see a more impressive effort on a consistent basis. Utah 34-30

### **NORTHWESTERN AT MICHIGAN**

Michigan and its new coach Jim Harbaugh are stealing the national headlines, but Northwestern could stake the claim as the most improved team in the Big Ten. The Wildcats,

who went 4–12 in the league in the last two seasons, are 5–0 overall on the strength of one of the nation's top defenses. Northwestern has allowed a total of three touchdowns in five games and limited Stanford, which has averaged 42.3 points in the last four games, to six points in Week 1. Michigan is also playing some impressive defense. Since losing at Utah 24-17 in Week 1, the Wolverines have allowed a total of 14 points in four games, including shutouts of both BYU and Maryland. Don't expect much offense in this one. *Michigan 17–14* 

### **OKLAHOMA STATE AT WEST VIRGINIA**

Oklahoma State remained unbeaten with a 36–34 win over Kansas State that was aided by a bizarre officiating mistake in which the Cowboys were erroneously awarded a first down late in the first half. Sophomore Mason Rudolph was superb in the win, throwing for 437 yards and three touchdowns. The Pokes' running game, however, continues to be a concern; they are last in the league with 138.2 yards per game and have averaged only 2.1 yards per carry in their two league games. West Virginia put up a decent fight in Norman but lost for the first time this season,

eventually losing by 20 points to Oklahoma. Quarterback Skyler Howard, who was so solid in the Mountaineers' three home wins, completed only 17-of-32 passes and was intercepted three times. WVU needs Howard to play well against Big 12 competition. West Virginia 30–21

### **FLORIDA AT MISSOURI**

The two-time SEC East champs host the surging Florida Gators in a matchup that will feature two of the top defenses in the league. Mis-

souri has allowed 20 points or fewer in all give games this season, but the Tigers don't appear to have the necessary firepower on offense to challenge for the division title. True freshman quarterback Drew Lock, who threw for 136 yards and two TDs in Saturday's win vs. South Carolina, will get the start once again. Florida is coming off one of the most impressive performances by any team this season, a 38–10 win over previously unbeaten Ole Miss. Jim McElwain is emerging as the favorite for SEC Coach of the Year honors. Florida 24–14



Arkansas finally looked like the team we expected to see this season on Saturday night in a 24–20 win at Tennessee. The Hogs rushed for 275 yards on 50 attempts while the defense held UT to only two field goals after the first quar-

ter. The challenge this week, however, is immense. Alabama, fresh off a dominating win at Georgia, returns home with everything seemingly in place to make a run at the SEC West title. If Jake Coker continues to play well at quarterback, as he did in Athens, this is a team without a discernible weakness. *Alabama 30–17* 

### **GEORGIA TECH AT CLEMSON**

Georgia Tech opened the season with dominating wins against two overmatched opponents (Alcorn State and Tulane) but has since dropped three straight games, at Notre Dame, at Duke and vs. North Carolina. But this is still a dangerous team that is capable of getting on a roll at any point this season. The Jackets have scored 28 points or more in four straight games against Clemson and beat the Tigers 28-6 last year in Atlanta. Dabo Swinney's task at Clemson this week will be to get his team prepared to play the struggling Yellow Jackets after last Saturday night's emotional win over Notre Dame. Clemson is the better team, but Paul Johnson has made a career of beating teams with superior talent. Georgia Tech 28–24

### **PRIME TIME PLAYERS**

**Ezekiel Elliott**, who closed the 2014 season on a tear, appears to be back on track after rushing for 274 yards and three TDs in the Buckeyes' tougherthan-expected 34-27 win at Indiana. ... Florida quarterback **Will Grier** was near-perfect in the Gators' 38-10 win over Ole Miss, completing 24-of-29 passes for 271 yards. His four TD passes were the most for a Florida QB since Jeff Driskel tossed four against South

Carolina in 2012. ... Mason Rudolph threw for 437 yards – the most by an FBS quarterback in Week 5 - and three TDs to help Oklahoma State post a 36-34 win at Kansas State. ... Baylor is known more for its passing prowess, but the Bears also boast a potent ground attack. Shock Linwood, the Big 12's leading rusher, ran for 221 yards and three scores in the Bears' 63-35 win over Texas Tech. Linwood

is averaging 9.4 yards per carry. ... **KaVontae Turpin**, a 5'9" true freshman, caught four touchdown passes in TCU's 50-7 win over Texas in Fort Worth... Arkansas State senior Michael Gordon rushed for a career-high 221 yards and scored three TDs to lead the Red Wolves to a 49-35 win over Idaho. ... In a 38–31 comeback win over Georgia Tech, North Carolina QB Marquise Williams completed 13-of-24 passes for

134 yards and rushed for 148 yards and two TDs on 15 carries. He also added a for a loss and a forced fumble in the ... Houston QB Greg Ward accounted TDs in the Cougars' 38-24 win at Tulsa.

### 37-yard touchdown catch. ... Linebacker Eric Striker led an overwhelming effort by the Oklahoma defense with a teamhigh 13 tackles, two sacks, three tackles Sooners' 44-24 win over West Virginia. for 455 total yards and rushed for three

### 4. Derrick Henry, RB, Alabama Henry per carry in 2015.

5. Myles Garrett, DE, Texas A&M Garrett led

### **ATHLON SPORTS TOP 25**

- **1. Utah** (4–0, vs. California)
- **2. TCU** (5-0, at Kansas State)
- **3. Baylor** (4-0, at Kansas)
- **4. Texas A&M** (5-0, Bye)
- **5. Ohio State** (5-0, vs. Maryland)
- **6. Clemson** (4-0, vs. Georgia Tech) 7. Oklahoma (4-0, vs. Texas\*)
- **8. Florida** (5-0, at Missouri)
- 9. LSU (4-0, at South Carolina)
- **10. Michigan State** (5-0, at Rutgers) **11. Ole Miss** (4-1, vs. New Mexico State)
- 12. Alabama (4-1, vs. Arkansas)
- **13. Northwestern** (5-0, at Michigan)
- **14. Stanford** (4–1, Bye)
- **15. Florida State** (4-0, vs. Miami)
- **16. Notre Dame** (4-1, vs. Navy)
- **17. UCLA** (4-1, Bye) **18. Georgia** (4-1, at Tennessee)
- **19. USC** (3-1, vs. Washington)
- **20. Michigan** (4-1, vs. Northwestern)
- **21. Iowa** (5-0, vs. Illinois)
- **22.** California (5-0, at Utah) 23. Oklahoma State (5-0, at West Virginia)
- **24. West Virginia** (3-1, vs. Oklahoma St.)
- **25. Boise State** (4-1, at Colorado State)
- \*Dallas, Texas

#### NUMBERS TO WATCH

Boston College is the only team in the nation that has not allowed a play from scrimmage of at least 30 yards. Aided in part by a weak nonconference schedule that featured two games against FCS opponents, the Eagles rank third in the nation in scoring defense (8.0 ppg) and first in total defense (140.0 ypg)

The California defense leads the nation with 18 takeaways through five 18 games. Last season, the Golden Bears ranked 94th in the country in takeaways with 17 in 12 games.

Virginia Tech managed only 100

yards of offense in Saturday's 17-13 loss at home to Pittsburgh. It was the Hokies' worst offensive output since a 60-yard effort in Frank Beamer's first game at the school, a 22-10 loss to Clemson in 1987.

Clemson, which defeated Notre Dame on Saturday night, is now 7–3 against top-10 teams under Dabo Swinney. Notre Dame entered the game ranked No. 6 in the Associated Press poll.

### **HEISMAN RACE**

- 1. Leonard Fournette, RB, LSU As expected, Fournette feasted on the overmatched Eastern Michigan defense, rushing for 233 yards and three TDs in the Tigers' 44-22 win. Fournette, who leads the nation in rushing is the first SEC player ever to top the 200yard mark in three straight games.
- 2. Trevone Boykin, QB, TCU Boykin toyed with the Texas defense, throwing for 332 yard and five touchdowns in the Horned Frogs' 50–7 win over the Longhorns. Boykin has thrown for 1,802 yards in five games and has 19 TDs and three interceptions.
- 3. Nick Chubb, RB, Georgia The Bulldogs suffered their first loss of the season – and it wasn't close (38-10 to Alabama) - but Chubb still managed to rush for 146 yards on 20 carries (though 83 came on one play with the game already well out of reach).



### rushed for 148 yards on 26 carries in adverse weather conditions in Alabama's 38-10 win over Georgia. The junior is averaging 6.1 yards

#### the Texas A&M defense with seven tackles (two for a loss) and one sack as the Aggies remained unbeaten with a 30-17 win over Mississippi State.

Photos: Booker: Craig Mitchelldyer; Henry: Harrison McClary/Athlon Sports

### STOCK REPORT

Alabama was perhaps the most impressive team in Week 5, rolling past Georgia in Athens, 38-10, with surprising ease. Freshman wide receiver Calvin Ridley (five catches, 120 yards) and junior tailback Derrick Henry (26 carries, 148 yards) led the way for the Tide, who dominated every facet of the game.

Nebraska's difficult 2015 season took another painful turn on Saturday. The Huskers, who lost to BYU on a Hail Mary in Week 1 and in overtime at Miami in Week 3, dropped a 14-13 decision to Illinois on Saturday after leading 14-0 heading into the fourth quarter. The Illini scored the game-winning TD with 10 seconds remaining.

Left for dead after losing at Northwestern in Week 1, Stanford has emerged as a legitimate threat to win the Pac-12 after open-

ing league play with wins over USC, Oregon State and Arizona by a combined score of 138-72. The Cardinal are averaging 46.0 points and 510.7 yards vs. Pac-12 opponents.

is not high after the Hurricanes lost at Cincinnati on Thursday night. Now in his fifth season at the school, Golden - who is 16–16 in ACC games – is showing no signs that his program is on an upward trajectory.

It's safe to say that Al

Golden's approval rating

with the Miami fan base

### **Community Roundup**



### **Great Nosh at Beth Shalom**

Congregation Beth Shalom opened temple doors to host a 38th annual Jewish Food Fayre. Breakfast, lunch and takeaway dinners were served in the Carmichael synagogue. While many mouthwatering treats were prepared locally, others were shipped from famous Jewish delis in Los Angeles, Berkeley, and Oakland. Photo and story by Susan Maxwell Skinner

When Olly Met Jelly



Celebrity watchers in Carmichael Park recently spotted an utterly smitten otter with bulbous bean Jelly Belly. The sweethearts were part of a "March of the Mascots" . event staged during community Founders Day celebrations. The otter is a booster for Sacramento County and Jelly Belly represents the famous Fairfield candy company. Ten other larger-than-life icons paraded for the delight of children. Photo and

### Hit the Road Raptor



Effie Yeaw Nature Center's ambassador Echo the owl joined celebrations at the Carmichael facility. The center's educational mission will be aided by a new van to transport nature programs (and resident raptors) to schools. Benefactors Dave and Maxine Clark admired the vehicle with American River Natural History Association president Liz Williamson (right) and raptor handler Jackie DeWeese. Photo and story by Susan M

### **Mission** Accomplished

Mission Oaks Recreation and Park District staff give retiring Director Debby Walker (front center) an rousing send-off. Walker recently completed 40 years with the district. Celebrations also featured a rock concert to mark the district's 40th year in business. Walker and friends admired a Carmichael Times front page that featured the Mission Oaks staffers. Photo and story by Susan Maxwell Skinner

### 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 ½ hour sessions, which meet either in the morning or afternoon on MWF or TTH.

The cost for these core courses is \$30 total for all 6 sessions. The cost includes lessons/manuals. Additional one or two 2½ hour session workshops are offered for \$5 per workshop.

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

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

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

#### **Courses Offered:**

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

### Also Workshops: (1 or 2 2½ hr Sessions)

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

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

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

### **COME SHOP WITH US!**



CARMICHAEL PARK FARMERS MARKET **Every Sunday** 

9:00 a.m. – 2:00 p.m.

5750 Grant Avenue Carmichael, CA 95608

Live Music & Entertainment • Chef Demos Specialty Gourmet Foods • Artisans/Crafters EBT/WIC & SNAP Accepted

**Open Year-Round Rain or Shine!** 



### Other Markets Near You:

**Fair Oaks Sunset Every Wednesday** 3:00 p.m. - 7:00 p.m. 8101 Sunset Ave. Fair Oaks, CA 95628

**Sunrise Mall** 

**Every Saturday** 8:00 a.m. - 1:00 p.m. 6196 Sunrise Mall (parking lot) Citrus Heights, CA 95610

**Land Park Every Sunday** 

9 a.m. - 1 p.m. Sac City College 4001 21st Street Sacramento, CA 95822

Bring this Ad with you to any market location and receive FIVE raffle tickets

to enter to win our Monthly Farmers Market

Gift Basket!

ILoveMyFarmersMarket.com

### 20 Minute Educational Presentation and a Free Luncheon



### Sierra Hills Memorial Park & **East Lawn Mortuary**

### **Reservations Required**

Please RSVP for the day of your choice. Seating is limited to 30 attendees per seminar.





educational presentation that focuses on the importance of advance funeral planning and

This is not a sales seminar. It is a 20-minute benefits, cremation, and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a all of the options available, including Veteran's FREE Emergency Planning Guide.

> Friday, October 30 11:30 a.m. to 12:30 p.m.

Sierra Hills Memorial Park & East Lawn Mortuary 5757 Greenback Lane, Sacramento, CA 95841 Tel: (916) 732-2020 Lic#FD-1242 | RSVP: Jessica at jessicae@eastlawn.com

