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MARE ISLAND
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HOROSCOPE

Make a point to help others this year. Your contributions will raise your profile and lead to greater opportunities. Find a purpose that makes you feel good about yourself if you want to find your niche. Love and romance are highlighted.

AQUARIUS (Jan. 20-Feb. 19) — Don't make waves, start fights or disrupt a situation that can have an impact on your future. Look for alternatives instead of walking away from a problem.

PISCES (Feb. 20-March 20) — Not everyone will like your plans. Your presentations must be persuasive if you want to gain the approval you need to forge ahead.

ARIES (March 21-April 19) — Be ready to leap into action if something unexpected develops. It's your ability to act quickly that will guide you to success. Talking will lead to conflict.

TAURUS (April 20-May 20) — Talk with people who see things your way. Your ability to relay a workable solution will put you in a key position. A little muscle behind your plan is all that's required.

GEMINI (May 21-June 20) — Deal with any controversy you face or problems that are affecting your home and relationships. If you fail to take action, someone else will put you in a precarious position.

CANCER (June 21-July 22) — Speak up and be willing to stand behind your ideas. Having a well-thought-out plan and the wherewithal to make it a reality will boost your confidence and your popularity.

LEO (July 23-Aug. 22) — Strive for personal perfection. You can make improvements that will be admired by others and that can contribute to a better lifestyle. Make every move count, and avoid senseless disagreements and disappointments.

VIRGO (Aug. 23-Sept. 22) — Look at the possibilities, and think about one of your bigger ideas until you have flushed out all the flaws. Be creative, but don't lose sight of reality. Balance will be required.

LIBRA (Sept. 23-Oct. 23) — You need time to reflect and work quietly behind the scenes until you are fully ready to take on the task of getting others to support your plans.

SCORPIO (Oct. 24-Nov. 22) — Your contributions will not go unnoticed. Your ability to see what's required to make something work will help you bring about positive change both at home and at work.

SAGITTARIUS (Nov. 23-Dec. 21) — Emotional matters will escalate if you try to hide from problems. You are best off facing whatever dilemma comes your way head-on, so that you can move forward with a clean slate.

CAPRICORN (Dec. 22-Jan. 19) — Step into the spotlight and share your ideas. You will face opposition, but once you weed out who isn't on board, you can regroup and aim for success.

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WINNING BRIDGE

The problems over double and shift

Hannah More, an English writer and philanthropist who died in 1833, said, "Goals help you overcome short-term problems."

In bridge, solving a bidding problem will give you a goal, the number of tricks needed to make or break the contract.

In this deal, South is in four spades. West leads the club ace, and East correctly drops the queen to show the queen and jack. (It could not be a singleton queen here.) When West continues with a low club, East wins with his 10 and shifts to the heart nine. How should South try to attain his goal of 10 tricks?

North 01-21-16
♠ A J 8 5 4
♥ 7 2
♦ K J 10 8
♣ 6 3

West
♠ 3
♥ K J 10 4
♦ 6 5 3 2
♣ A K 9 7

East
♠ 7
♥ 9 8 6 5 3
♦ Q 7
♣ Q J 10 4 2

South
♠ K Q 10 9 6 2
♥ A Q
♦ A 9 4
♣ 8 5

Dealer: South
Vulnerable: East-West

South	West	North	East
1♠	Dbl.	??	

Opening lead: ♣ A

This deal features a secondary problem. If you were North, what would you respond after partner opens one spade, and West makes a takeout double?

Over West's double, North might jump to four spades. This is a slight underbid, but it could keep the opponents out of the auction, and a slam is unlikely given West's double. North's alternative is to respond two no-trump, which shows at least game-invitational values with four or more trumps. Here, South would rebid four spades.

At first glance, declarer needs to take a winning heart finesse or to find the diamond queen. But actually the contract is guaranteed. South should win the third trick with the heart ace, draw trumps, and exit with a heart. Whichever defender takes the trick (here, West) must either lead a diamond, finding the queen for declarer; or concede a ruff-and-sluff, allowing South to ruff on the board and discard a diamond from his hand. Problem solved and goal achieved.

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DR. K

Health benefits of organic foods are unproven

DEAR DOCTOR K: Many of my friends buy only organic foods. But are they really healthier than non-organic?

DEAR READER: Organic crops are grown without most synthetic fertilizers and pesticides. Organic animal products are free of antibiotics and hormones. Many people believe these foods are better for them. But we really don't know that they are.

The U.S. Department of Agriculture (USDA) regulates the organic industry with strict standards. The soil where crops are grown must be inspected and shown to be free of most manmade pesticides and fertilizers. The crops cannot be genetically modified. Animals raised on organic farms receive no antibiotics or growth hormones. They are given feed that has been grown organically. And they are able to roam around outside. Processed organic foods cannot contain synthetic additives. Only foods that are 95 percent organic are certified with a "USDA Organic" seal.

There have been several studies comparing the nutritional content of organic and non-organic foods. They have found that foods grown either way are quite similar in terms of vitamins, minerals and carbohydrates.

According to the USDA, organic foods have fewer pesticide residues than conventionally grown foods. But the amounts of pesticide residues in non-organic food fall within the level for safe consumption.

Similarly, we don't have enough information yet for a verdict on animal products. Does the lack of hormones and antibiotics in organic animal products make them healthier? We don't know.

I spoke with registered dietitian Kathy McManus, director of the Department of Nutrition at Harvard-affiliated Brigham and Women's Hospital. She noted that organic foods usually have a higher price tag than conventional foods.

If you do want to go organic, McManus suggests starting with produce. Try buying organic versions of foods on the "Dirty Dozen" list. This annual list reveals which conventionally grown foods are most likely to contain pesticide residues. This year's list includes apples, celery, cherry tomatoes, cucumbers, grapes, nectarines, peaches, potatoes, snap peas, spinach, strawberries and sweet bell peppers. All of these fruits and vegetables should be washed before you consume them, even if they are organically grown.

See **DR. K**, *Page C5*

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ACROSS

1 Candle lovers
6 Improvise (2 wds.)
11 Facade
12 Where zebras graze
13 Thin-shelled nuts
14 Drove a semi
15 Prow opposite
16 Lysol target
17 Environs
19 Dateless
23 Oils or watercolors
26 Luke's mentor
28 Chilly comment
29 Fly
31 Coffee shop lure
33 Tie-dye cousin
34 Slacks
35 Be prone
36 Shaman's quest
39 Cousteau's domain
40 If not
42 Longest arm bone
44 Twilight
46 Destined
51 Thrill
54 Heavenly
55 Siblings' daughters
56 Satirical, maybe
57 Counts calories
58 Asked for milk

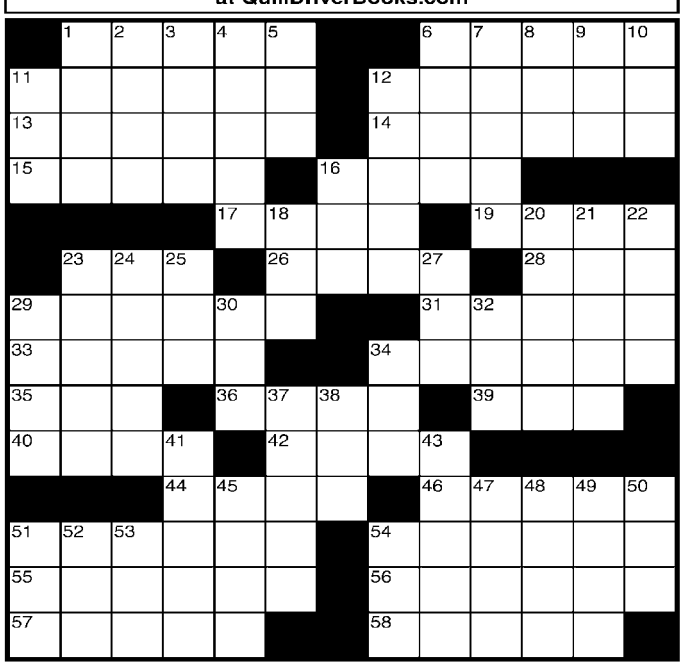
DOWN

1 Shake hands
2 Not twice
3 Shred
4 Auburn tint
5 Grads-to-be
6 Nowhere near
7 Oil barrels
8 Small, in Dogpatch
9 Bartender's rocks
10 Wretched
11 Biden and LBJ
12 Winning
16 Earth, in combos
18 Reuben bread
20 Carnivore's delight (hyph.)
21 Protective covering
22 Pate de foie —
23 Take advantage
24 Ceremonies
25 — chi ch'uan
27 Murmur of content
29 Ready and willing partner
30 Boxing stat
32 Tire support
34 Cooper's channel
37 Reflects on
38 Large deer
41 Mandate
43 Like a house —
45 Sporty trucks
47 Proclaim
48 Antler prong
49 Novelist — Bagnold
50 Solstice mo.
51 Conclusion
52 Noon, to Caesar
53 High note
54 Shadowy

Answer to Previous Puzzle

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

Want more puzzles?
Check out the "Just Right Crossword Puzzles" books at QuillDriverBooks.com



1-21

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TODAY IN HISTORY

ASSOCIATED PRESS

Today is Thursday, Jan. 21, the 21st day of 2016. There are 345 days left in the year.

Today's Highlight in History:

On Jan. 21, 1976, British Airways and Air France inaugurated scheduled passenger service on the supersonic Concorde jet.

On this date:

In 1793, during the French Revolution, King Louis XVI, condemned for treason, was executed on the guillotine.

In 1861, Jefferson Davis of Mississippi and four other Southerners whose states had seceded from the Union resigned from the U.S. Senate.

In 1908, New York City's Board of Aldermen passed an ordinance prohibiting women from smoking in public establishments (the measure was vetoed by Mayor George B. McClellan Jr., but not before one woman, Katie Mulcahey, was jailed overnight for refusing to pay a fine).

In 1915, the first Kiwanis Club, dedicated to community service, was founded in Detroit.

In 1924, Russian revolutionary Vladimir Lenin died at age 53.

In 1937, Count Basie and his band recorded "One O'Clock Jump" for Decca Records (on this date in 1942, they re-recorded the song for Okeh Records).

In 1954, the first atomic submarine, the USS Nautilus, was launched at Groton (GRAH'-tuhn), Connecticut (however, the Nautilus did not make its first nuclear-powered run

See **HISTORY**, *Page C5*

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STAR WARS: EPISODE VII - THE FORCE AWAKENS (3D)(PG-13) 3:40PM 10:25PM
13 HOURS:THE SECRET SOLDIERS OF BENGHAZI (DIGITAL) (R) 12:10PM 3:45PM 7:10PM 10:35PM
5TH WAVE, THE (DIGITAL) (PG-13) 7:00PM 9:55PM
ALVIN AND THE CHIPMUNKS: THE ROAD CHIP (DIGITAL) (PG) 11:30AM 2:05PM 4:30PM
BIG SHORT, THE (DIGITAL) (R) 1:05PM 4:15PM 7:20PM 10:25PM
DADDY'S HOME (DIGITAL) (PG-13) 11:45AM 2:20PM 4:55PM 7:35PM 10:10PM
DIRTY GRANDPA (DIGITAL) (R) 7:00PM 9:45PM
FOREST, THE (DIGITAL) (PG-13) 11:55AM 2:25PM 5:00PM 7:25PM 9:55PM
HATEFUL EIGHT, THE (DIGITAL) (R) 11:00AM 2:45PM 6:30PM 10:15PM
NORM OF THE NORTH (DIGITAL) (PG) 11:45AM 2:15PM 4:45PM 7:15PM 9:40PM
REVENANT, THE (DIGITAL) (R) 11:10AM 2:45PM 6:20PM 9:55PM
RIDE ALONG 2 (DIGITAL) (PG-13) 12:05PM 2:40PM 5:15PM 7:50PM 10:30PM
SISTERS (DIGITAL) (R) 1:15PM 4:05PM
STAR WARS: EPISODE VII - THE FORCE AWAKENS (3D) (PG-13) 10:45AM 5:15PM
STAR WARS: EPISODE VII - THE FORCE AWAKENS (DIGITAL) (PG-13) 1:55PM 8:35PM
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PUBLIC MEETING
MARE ISLAND NAVAL SHIPYARD
RESTORATION ADVISORY BOARD (RAB)
JANUARY 2016 MEETING
NAVFAC
The Department of Navy (DON) invites interested members of the public to attend updates and presentations with members of the Restoration Advisory Board (RAB) made up of representatives from the local community, Navy, Federal and State regulatory agencies. The DON encourages the public to keep informed about the environmental cleanup at Former Mare Island Naval Shipyard (MINS), Vallejo, California.
January 2016 Featured Topics
Investigation Area F1 Feasibility Study Installation Restoration Site 15 Proposed Pilot Test Work Plan Implementation Investigation Area C1
Date : Thursday, January 28, 2016
Time: 7:00 p.m. to 9:00 p.m.
Location: Mare Island Conference Center
375 G St., Vallejo, CA
Ask questions and voice your concerns. You Can Make a Difference!
FOR MORE INFORMATION CONTACT:
Janet Lear, (619) 524-1924 or Myrna Hayes, (707) 249-9633
Navy BRAC Web Page: http://www.bracpmo.navy.mil
Mare Island Environmental Web Page: http://www.mareisland.org

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