

A Call to Action

Blankets for Sac Kids Readies for Holiday Giveaway

PAGE 3



VOLUME 15 • ISSUE 22

Serving Fair Oaks, Orangevale & Sacramento County

NOVEMBER 20, **2020**

CHP WELCOMES NEW OFFICERS



PAGE 4

SMUD'S SOUTH FORK PROJECT GOES OPERATIONAL



PAGE 4

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PAGE 7



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Fair Oaks Recognizes 125th Anniversary



Members of the Fair Oaks Historical Society honor the community's 125th anniversary. Seated left to right: Vice President Terrie O'Donnell and President Bob Sours. Standing left to right: Ken Steen, Lynn Steen, Janet McWilliams, Warren McWilliams, Ralph Carhart, Bob Vogel, and Pat Vogel. Photo by Shaunna Boyd

Story by Shaunna Boyd

COVID-19 pandemic has temporarily shuttered the Fair Oaks Historical Society and canceled its quarterly potluck meetings, Society President Bob Sours was still determined to recognize a significant milestone - the 125th anniversary of the Fair Oaks community.

The Society will be releasing a special anniversary newsletter detailing the history of Fair Oaks, which can trace its start to November 1895, with the arrival

trains in Sacramento. More than 100 Sacramento by a wagon trail paralleling well-off Midwesterners arrived to the American River. inspect land in a new "Sunset Colony," marketed by the Howard & Wilson Publishing Company of Chicago. The land was owned by prominent Sacramento businessmen Frederick Cox and Crawford Clarke, who were intent on growing the region.

Today, that land is occupied by Fair Oaks Village and its surrounding bluffside residences. But in 1895, it was a thickly wooded, sparsely populated

of several "Homeseekers Excursion" wildland - accessed primarily from

When their trains arrived in Sacramento on November 18, 1895, the visitors were received at the Crocker Art Gallery by Sacramento Mayor Bernard Steinman, who read a letter of welcome from California Governor James Budd. The next day the excursioners traveled by train to Folsom, viewing orchards and vineyards along the way. In Folsom, they inspected the new dam Continued on page 6

County Gifts from the Heart **Program** in **Full Swing**



children, teens, adults with disabilities and seniors are touched each holiday season by the County's Gift from the Heart Program.

By Andrea Sandoval, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - The lives of thousands of children, teens, adults with disabilities and seniors are touched each holiday season by the County's Gifts from the Heart Program. For more than 30 years, this annual holiday gift-giving program that runs from mid-November until early December provides gifts to community members being served by Child Protective Services and Senior and Adult Services of the Sacramento County Department of Child, Family and Adult Services.

Local community partners and individuals from area businesses, county staff, government agencies, religious organizations, service groups, professional groups and families participate in this annual holiday gift-giving drive. Each year, more than 90 community partners donate nearly 10,000 gifts to more than 3,000 children, youth, adults with disabilities and seniors throughout Sacramento County.

"This year, because of the pandemic we are doing things a little differently," said Volunteer & Student Intern Services Coordinator, Tonja Edelman. "It is going to be easier than ever to donate to those in need with our online shopping registry. You can purchase gifts from Amazon, Walmart and Target, based off our gift registry and then ship directly to Gifts from the Heart and picked up by social workers."

Seniors and adults with disabilities would be grateful to receive clocks with large numbers, radios, blankets, warm clothes, space heaters, sheet and comforter sets, mittens, gloves, 2020 calendars, puzzles, bathroom and kitchen towels, bathrobes, lotion, body wash, postage stamps, large print books, slippers, audiobooks, arts & craft kits, winter jackets, coffee pots, mugs, socks, knitted caps, kitchen plate sets, large print crossword puzzles, toasters or wallets.

Children served by Continued on page 6

Desmond Wins Supervisor Race

Story and photos by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - After a long, nail-biter of a vote count, former CHP Chief Rich Desmond was last week declared winner of the Sacramento District 3 Board of Supervisors race. Though several thousand ballots were still to be tallied, his lead over SMUD director Gregg Fishman had inched toward 2500 votes last Friday night. At that point Desmond received a call from his rival. "Gregg congratulated me and suggested I enroll for the California Counties' New Supervisor Orientation Course," says the winner. "I was grateful he called. It's a wonderful tradition of our democracy that winning and losing candidates pledge to

work together." The 2019/20 campaign - including counting processes – exhausted candidates, staff and families. "Everyone was worn out," says the Supervisor-Elect. "It was an unusually long



Supervisor-Elect Rich Desmond retrieves campaign signage from a street near his Carmichael Home. The 50-year-old former CHP officer last week sealed his victory in the race for the Sacramento County District 3 seat.

campaign - almost a year and a half being unsure what our futures held." Even after polls closed, the candidates endured ten more days on tenterhooks. Early election night scores had Fishman more than 2500 votes ahead. By next morning, a refreshed tally shrunk Fishman's lead to less than 1400.

To escape the tension, Desmond and his wife Lisa left the youngest of their five kids with family and took a train to Denver. From there, they flew to Cabo San Lucas, Mexico. "We just needed time to decompress and focus cally, Black Friday) victory on each other," explains seemed assured. Fishman's Desmond. "By the time we telephone concession got home to Carmichael, the

gap between Gregg and I had not just closed - I'd flipped the lead and was 467 votes ahead. At that point, I started to realize that if the trend continued, I might win."

By November 13 (ironi-Continued on page 7 2 • AMERICAN RIVER MESSENGER NOVEMBER 20, 2020

A Call to Action

Story and photos by Shaunna Boyd

SACRAMENTO REGION, CA (MPG) - The Playmakers Organization is a local non-profit that serves at-risk kids and kids with developmental differences. Playmakers founder Greg Roeszler (known as Coach Roz) started the organization in 2009 with the goal of using inclusive sports to coach character and leadership, while also providing kids with mentoring and academic support.

Coach Roz mentored Folsom local Jordan Richards – who now plays safety for the Baltimore Ravens – when he played youth football in the region. Richards joined Playmakers to give kids the same opportunities he received. And he introduced Coach Roz to Harrison Phillips – now defensive tackle with the Buffalo Bills – when Phillips was a freshman football player at Stanford in 2015. Phillips and Roz quickly formed a friendship, and Phillips became a Playmaker as well.

Together, Roz and Phillips wrote a book about their journey and their plans to take Playmakers nationwide – Beyond Coaching: Building Character and Leadership.

Coach Roz has previously written two books about the Playmakers method. His first book, Coaching Character and Leadership: A Playbook for Parents, focused on how a single parent can partner with a coach to positively affect their child's behavior and help them develop character. The second book, Coaching for a Bigger Win: A Playbook for Coaches, taught coaches how to expand their influence to be a positive presence in the lives of the kids they coach.

This new book builds on that foundation with the goal of creating a "national fraternity of Playmakers coaches all working under the umbrella of coaching character," said Roz, who sees the book as a call to action. It's written as an introduction to the coaching clinics they plan to host across the country, with coaches as "the catalyst of a systemic change." Roz writes: "We could use the most effective laboratory invented (the field of play) to make life changes in our society. We could be treating each other better, respectfully. We could be developing a better place."



(Left to right) Playmakers founder Coach Roz, Harrison Phillips of the Buffalo Bills, and Jordan Richards of the Baltimore Ravens use football to teach kids about character. Roz and Phillips recently authored a book together about the Playmakers journey — Beyond Coaching: Building Character and Leadership.



Playmakers gives kids the opportunity to have fun playing sports while also encouraging their academic and emotional development.

character-based, empathic, understanding leaders who would put our society in a better place."

1819 20 21 22 23 24

International

Beyond Coaching also "speaks more directly to helping at-risk kids and kids with developmental differences and the

need to relationally connect to those kids and their families," said Roz. He explained that 70% of such kids don't have a father in their lives, and "they are more on an island than other kids." He affirmed that reaching out and supporting kids in need is "inclusive and it's the right thing to do." If a coach can teach his young athletes about character, compassion, and the importance of service to others, "everybody wins," said Roz.

It was Phillips' idea that they write the book together to detail their journey and motivate others to join their mission. In the book, Phillips explains that he wanted to write a book "about the amazing things we are learning through the children we work with."

For Phillips, "the dream is to work with thousands and thousands of children with developmental differences and special needs, bringing them nothing but joy, new experiences, inclusion, friendship, and teaching them to pay it forward."

Roz explained that "coaches around the country have a voice and platform to communicate character and values at a level far beyond their comprehension." But in youth sports, Roz sees far too much value put on winning the game: "That's the wrong message. ... The right message is teaching fun of the game, love of the game, and respect for each other." Coaching character is a "greater and more impactful message," said Roz.

Phillips writes, "I want to be that supportive, reassuring voice to kids to help spark them to live the life they deserve! The world gets out of the way for people who know where they are going. I want to help them take the first step."

In the truest sense, the book Roz and Phillips have written is about love – love of football, love for the kids, and the love, admiration, and respect they have for each other. Playmakers is about "teaching them to love the game and love each other," said Roz, and the goal of the book is to motivate coaches to reinvent their coaching style to show kids how to become not just good athletes, but good people.

The book is available on ThePlaymakers.org and Amazon. com. You can follow The Playmakers Organization on social media on Twitter, Facebook, and Instagram. ★

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NOVEMBER 20, **2020** AMERICAN RIVER MESSENGER • 3

Sacramento Blankets for Sacramento **Kids Readies for Holiday Giveaway**



The Kindergarten Project accepts blanket kits for kids. Photo: SBSK

By Claire Gliddon, SBSK

SACRAMENTO REGION, CA (MPG) - Every September, SBSK picks the 7 lowestincome elementary schools and finds out how many kindergarteners they have, and they make double fleece blankets (about 40" x 60") for ALL of them, and a little fleece pouch with a Beanie Baby in it to go with each blanket. SBSK gives these to the kids right before Christmas break. (Even during this time of distance learning, the teachers will get these to their students.) Some of these kids live in their cars

And this is ALL they get for Christmas. It is WILDLY popular with the teachers AND the kids! Spread the word, too! We've done this for 7 years and hope to continue doing it, as long as we can get Beanie Babies. In 2020, SBSK will need 998 blankets and Beanie Babies.

SBSK-SBSK is always looking for new volunteers to make blankets all year round for children in need.

Kindergarten Project-SBSK is asking for donations of Joann's fleece blanket kits (48 x 60) all year long.

Beanie Baby Explanation SBSK is asking for donations of new or "almost new" or in places without heat. Beanie Babies all year long.

If you'd like more information about SBSK, please go to www.sacblankets4kids. com and sign in! No pressure, no timelines, no meetings...just people who enjoy blanket-making and helping a whole lot of children at the same time.

Sacramento Blankets for Sacramento Kids (SBSK) is a nonprofit organization that gets volunteers to make handmade blankets (sew, quilt, crochet, knit, no-sew fleece) for children in need from infants to 18-year-olds. They do this all year long! But they also have a "special" project they do around this time of year.

River City Food Bank Named Nonprofit of the Year by Asm. Cooley

By Patrick Larenas

SACRAMENTO REGION, CA (MPG) - The Office of Assemblyman Ken Cooley (D) awarded River City Food Bank 501(c)(3) the 2020 Nonprofit of the Year recognition on Friday, October 30. Cooley joined the Arden Arcade food distribution facility located at St. Matthew's Episcopal Church to tour and witness the services rendered to those struggling with food insecurity.

Families and individuals gathered at the open house while the Assemblyman took the early moments of the morning to reflect on the symbolism portrayed on the Capitol building's pediment which inspires legislators to honor nonprofits. The statues he referred to depicted men on horseback fending off natural threats such as a mauling grizzly bear and a charging buffalo for Athena, goddess of wisdom and warfare, surrounded by the embodiments of Education, Justice, Industry and Mining.

Organizations such as River City Food Bank said Cooley are subduing the great challenges that nature now presents humanity: "that has been the mission of the food bank," to tame the raw forces of nature on behalf of the communities served.



From left to right: Mike Wiley, River City Food Bank past president of the Board of Directors, Assemblyman Ken Cooley (D), Amanda McCarthy, River City Food Bank executive director, and Laura Knauss vice president at the morning open house event. Photo by Patrick Larenas

the food distribution facility saw a 32 percent increase this year. According to the Office of Assemblyman Ken Cooley, "As employees continue to be laid off or are forced to stay home to care for their children, and begin to deplete their financial reserves, the need for food assistance is skyrocketing."

River City Food Bank executive director Amanda McCarthy said, "the partnership here with the Episcopal Diocese has been really ideal since this area is practically a grocery store desert... and we make sure that at least 50 percent of what we provide is fresh produce." She said residents, and especially refugees, without means for transportation, greatly benefit from the food bank's presence there.

Mike Wiley board of The Covid-19 pandemic director and past president has been such a challenge as of River City Food Bank

said they are very honored to receive the California Legislature Assembly Certificate of Recognition from the 8th District Assemblyman. "This is the first time since its founding in 1968 that we have received the Nonprofit of the Year recognition," he said.

River City Food Bank's main distribution center is located in midtown at 1800 28th Street Sacramento, CA 95816 (916) 446-2627

Food distribution hours for midtown are

Tuesday-Thursday: 10:30a.m.-1:30p.m. and at Arden Arcade:

Friday-Saturday 10:30a.m.-1:30p.m.

River City Food Bank Center at St. Matthew's is located on 2300 Edison Ave. Sacramento, CA 95821

For more information visit rivercityfoodbank.

SMUD Lists Unclaimed Checks

SMUD Press Release

SACRAMENTO, CA (MPG) - SMUD has published the names of customers and vendors who have not yet cashed checks dated September 30, 2017 or earlier. The list of names will be posted on SMUD's website, SMUD.org, until December 21, 2020.

In order to file a claim on an uncashed check, claimant's name must be included on this list, or they do not have a valid claim.

To make a claim, call 916-732-7440 and supply the claimant's name, current address, telephone number and the address for the time period between October 1, 2016 and September 30, 2017. Claimants can also mail a claim to:

Sacramento Municipal Utility District **Unclaimed Monies**

6201 S Street, Mail Stop B352 Sacramento, CA 95817-1818

Each year, SMUD posts this information in an effort to find the money's rightful owner. Claims must be made by 5 p.m. on December 21, 2020 or they become the property of SMUD under California Code Section 50050-50057.

Replacement checks will be issued only to the payee or upon proof of death, to the payee's beneficiary.

About SMUD - As the nation's sixthlargest community-owned, not-for-profit, electric service provider, SMUD has been providing low-cost, reliable electricity for more than 70 years to Sacramento County and small adjoining portions of Placer and Yolo Counties. For more information, visit SMUD.org.

Recycled Water Project Awarded for Excellence

By Sharon Sargeant, Regional San

SACRAMENTO, CA. (MPG) - The Sacramento Regional County Sanitation (Regional San) was recognized this week by the National Association of Clean Water Agencies (NACWA) with a Peak Performance Award. These awards are presented to water utilities that have achieved excellence in operational performance and permit compliance. Regional San received a Gold Award, which is presented to facilities with no permit violations for the entire calendar year. This is Regional San's second consecutive year receiving a Gold award.

"Regional San is honored to receive this distinction for a second year," said Prabhakar Somavarapu, Regional San's District Engineer. "The Gold Award acknowledges our ongoing commitment to environmental stewardship and

demonstrates how we're working every day to protect public health and the environment."

Utilities recognized in the Peak Performance Awards represent the top performers in the country in terms of going above and beyond in their mission to ensure clean water for their regions.

"Our public utility members are the backbone of the communities they serve, providing safe, reliable access to clean water services day-in and day-out," said NACWA CEO Adam Krantz. "This year has seen unprecedented challenges in the wake of the pandemic, and the Peak Performance Award winners have more than risen to the occasion.'

To learn more about Regional San, visit regionalsan.com. To learn more about NACWA and the Peak Performance Awards, visit nacwa.org.

Have questions about Medicare plans? Turning 65 soon? I can help you navigate the Medicare maze.



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4 • AMERICAN RIVER MESSENGER NOVEMBER 20, **2020**

\$1 Million in Grants **Available for Area Nonprofits**

By Kim Nava, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - The County Board of Supervisors will provide \$1 million through the 2020 TOT Grant Program to support nonprofit organizations located in Sacramento County that carry out community-based programs and/ or services in the areas of economic and workforce development, arts and culture, community development, or health and human services. The County began setting aside funding for this purpose in 2017.

Grants will be allocated through a competitive process and applicants must meet eligibility and funding requirements. Applications will be accepted online beginning Nov. 6 through the County's Office of Budget and Debt Management with a deadline of Dec. 7, 2020.

Funding for the TOT Grant Program will come from County Transient Occupancy Tax (TOT) revenues. Transient Occupancy Taxes are levied on guests who occupy rooms in hotels, motels and other temporary lodging accommodations in the unincorporated area of the County.

TOT Grant Program Application Dates & Details: Deadline - December 7, 2020, 5 p.m. Grant Application Period: November 6 – December 7, 2020. All applications and documentation requested in the announcement must b submitted by 5 p.m.on December 7, 2020. Online Applications Only: All applications are only accepted electronically, apply online beginning November 6, duplicated and incomplete applications will be disqualified, applicants will receive electronic receipt notification upon submission.

Grant Program and Application Virtual Workshop: Nov. 9, 2020. The workshop includes a review of the following:

grant program and review process, application including what the Evaluation Panel looks for, timeline and submission information, and frequently asked

Grant Application Review Period: Nov. 6 – Dec. 7, 2020: County staff will review applications for completeness and compliance with minimum eligibility requirements. Applicants will be notified electronically if proposals do not meet the minimum qualifications and moved to the evaluation process. January/ February 2021: Subject Area Expert Panel Application Review: Subject area experts will review, evaluate, and rank qualifying

Grantee Award Approval: March 2021. Grant Program Hearing Notification: Applicants will receive a second electronic notification of schedule for the Board of Supervisors Hearing where recommended award selections will be made.

The Board of Supervisors will make the final determination and approval for all TOT Grant Program recipients.

Budget & Debt Management will notify applicants of funding selections within 5 business days of Board Hearing approval. All notifications will be made electronically.

Budget & Debt Management will draft and administer agreements between the County and grantees.

For more information about the grant program, visit the TOT Grant Program website.

Residential Wood Burning Restrictions Now in Place

By Tyler Bushnell, Sac Metro Air District

SACRAMENTO, CA (MPG) - Check Before You Burn starts on Sunday, November 1, and runs through February. During this time, the Sac Metro Air District will restrict or prohibit burning any solid fuel, including wood, pellets or manufactured firelogs, on days when fine particle pollution (PM2.5) is forecast to be high. The law applies to residents and businesses in Sacramento County and the cities of Citrus Heights, Elk Grove, Folsom, Galt, Isleton, Rancho Cordova and Sacramento. These residents and businesses are required to check the daily burn status before using a wood burning fireplace or other wood burning device to make sure it's legal to burn.

Wood burning causes over 50 percent of the winter air pollution in Sacramento County. Fine particle pollution poses a serious health threat, and everyone breathes unhealthy air when weather conditions trap pollution close to the ground. Wood smoke, much like the smoke from the wildfires that have been plaguing California, contains invisible particles that are small enough to enter the bloodstream. It is especially harmful for children, older adults and anyone with a pre-existing heart or lung condition. Breathing wood smoke increases the risk of asthma, heart attack, stroke and many other health problems.

How to Check Before You Burn: Download the free Sacramento Region Air Quality app. Visit www.AirQuality. org. Follow on Twitter @AQMD. Call 1-877-NO-BURN-5 (1-877-662-8765). Sign up to get a daily Air Alert email at www. SpareTheAir.com – input your Sacramento County zip code and check the "Daily Air Quality Forecast" box.

Exemptions: If wood burning is your sole source of heat, or if you have received an approved financial hardship waiver from the Sac Metro Air District, you may use your wood burning device on Stage 1 or Stage 2 No Burn days. Both the sole source exemption request form and hardship waiver are available at www.AirQuality.org or by calling 1-800-880-9025. Those with EPAcertified fireplace inserts, wood stoves or pellet stoves may use them on Stage 1 days provided the devices do not emit visible

To file an air quality complaint, visit www. AirOuality.org/Residents/Complaints or call 1-800-880-9025. First time violations will result in a \$50 fine or the option to pass a wood smoke awareness exam. Subsequent violations are higher.

CHP Welcomes New Officers Equipped with Real-Life Experience



Officers stand for Pledge of Allegiance. Photo credit CHF



Used Batteries in Curbside Carts Are Fire Hazards

By Laurie Slothower, Sacramento County

SACRAMENTO COUNTY, CA (MPG) -Sacramento County is asking residents not to put household batteries - rechargeable, or otherwise - in your curbside recycling or garbage cart.

Recently, a Sacramento County Department of Waste Management and Recycling Collection Equipment Operator was finishing his route in Antelope, when he realized that the funny smell he noticed in the back of his truck was actually a fire!

called 911, found a safe location to dump you go.

the load, and waited for firefighters to put out the flames.

Common household batteries - such as AA, AAA, D, button batteries, lithium-ion batteries (commonly used in electronics) are banned from landfill disposal. Do not put batteries of any kind in any of your curbside carts because of the danger they pose to spark a fire, and the danger to our environment.

Residents can drop off batteries for no charge at local area Household Hazard Waste Facilities or visit the Earth 911 or Call 2 Recycle websites for other drop off locations. Local hardware stores, grocery stores and home improvement stores may have Following department procedure, he take-back programs, too. Always call before

SMUD's South Fork Powerhouse **Hydroelectric Project Goes Operational**



The new South Fork Powerhouse on the Upper American River is now operational and produces 2.7 megawatts of renewable power. The new hydroelectric power station includes a boating flow release facility that provides more accurate and safer recreational water flows for

SMUD Press Release

SACRAMENTO REGION, CA (MPG) - SMUD's new 2.7-megawatt hydroelectric powerhouse is now operational on the American River near Camino. Electricity from the new South Fork Powerhouse will supplement generation from an existing powerhouse at Slab Creek Dam. Because the new powerhouse is considered a "small hydro" project (less than 30 megawatts), the electricity it produces will count toward the state Renewable Portfolio Standard. The project received \$1.5 million in U.S. Department of Energy grant funding.

The powerhouse project includes a boating flow release facility and is located just below Slab Creek Dam, about one-quarter mile downstream. This enhances whitewater boating flows on a 9-mile stretch downstream of the reservoir, improves raft and kayak putin areas, and provides more boat parking and space. Boating flows will be released from the new facility, rather than from spilling water over Slab Creek Dam.

The powerhouse and boating flow release facility will also enable water releases from the dam for environmental needs, including enhancing fish habitat. The enhancements are required in the current 50-year license issued by the Federal Energy Regulatory

Commission for SMUD to operate its hydroelectric power plants in the Sierra Nevada, known as the Upper American River Project. The UARP is SMUD's "Stairway of Power" - a system of hydroelectric generation facilities that provides nearly 700 megawatts of low-cost, clean, non-carbon-emitting hydro power, enough to provide about 15 to 20 percent of SMUD's energy capacity during an average year.

Construction on the powerhouse began in April 2017 with commercial operation commencing September 25, 2020.

"The new South Fork Powerhouse allows us to generate more carbon-free renewable energy," said SMUD Chief Energy Delivery Officer Frankie McDermott. "The boating flow release facility provides more accurate and safer recreational water flows for boaters while complying with the boating release requirements of the federal 50-year license."

The South Fork Powerhouse project comes online as SMUD awaits transition closing of the Chili Bar hydro facility down river on the American. SMUD purchased the facility from PG&E last year. Chili Bar is also considered renewable by the state of California and adds another 7 megawatts to SMUD's renewable portfolio.

By Jaimee Coffee, CHP

SACRAMENTO, CA (MPG) - The California Highway Patrol (CHP) congratulates its 77 new officers who were sworn in today during an unprecedented socially distant graduation ceremony at the CHP Academy. The graduating class begins their new career with more hands-on experience than any class in Academy history.

As concerns of the COVID-19 pandemic intensified, the CHP closed its live-in Academy in West Sacramento on March 20, 2020. All cadets were sent home and assigned to work in CHP Area offices located as close to their residences as practicable. Prior to leaving, the seven women and 70 men of Cadet Training Class (CTC) III-19, who started October 21, 2019, had completed 23 weeks of their 29-week training at the Academy.

During the six months spent working in CHP Area offices throughout the state, cadets had an unprecedented opportunity to observe a wide variety of activities and tasks, enhancing their classroom work. On ride-alongs with officers, they experienced a CHP officer's shift in the field and learned firsthand how to complete crash reports and assist the public. They also learned the administrative side of the job – filing reports, answering the phone, and performing general tasks that may be unfamiliar to many officers. On September

14, 2020, all members of CTC III-19 who left in March returned to the Academy for their final weeks of training with enhanced health and safety protocols.

'We are all so proud of this class," CHP Commissioner Warren Stanley said. "These cadets faced the uncertainty of the pandemic with resolve and returned to the Academy energized about their new careers, benefiting from a wealth of reallife experience that no other cadets have

At the CHP Academy, cadet training starts with nobility in policing, leadership, professionalism and ethics, and cultural diversity. Training also includes mental illness response and crisis intervention techniques. Cadet instruction covers patrol operations, crash investigation, first aid, and the arrest of suspected violators, including those who drive under the influence of alcohol or drugs. The cadets also receive training in traffic control, report writing, recovery of stolen vehicles, assisting the motoring public, issuing citations, emergency scene management, and knowledge of various codes including the Vehicle Code, Penal Code, and Health and Safety Code.

Upon graduation, the cadets are assigned to CHP Area offices throughout the state.

The mission of the CHP is to provide the highest level of Safety, Service, and



NOVEMBER 20, **2020**AMERICAN RIVER **MESSENGER • 5**

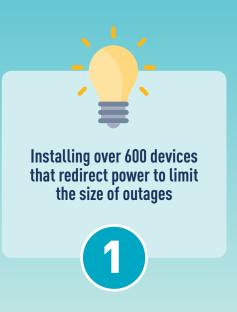
How PG&E is improving Public Safety Power Shutoffs in 2020.



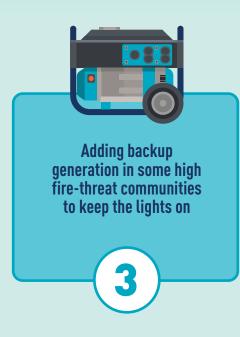
Smaller, shorter, smarter.

PUBLIC SAFETY POWER SHUTOFF (PSPS) is a statewide effort to prevent wildfires by proactively turning off power to communities when severe weather is forecast. As California battles historic wildfires, a Public Safety Power Shutoff is just one of many tools that PG&E uses to help keep customers and communities safe.

PG&E is working to make PSPS events smaller, shorter and smarter, by:











PG&E

To learn more ways to prepare for a Public Safety Power Shutoff, visit safetyactioncenter.pge.com

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6 • AMERICAN RIVER **MESSENGER** NOVEMBER 20, **2020**



By Marlys Johnsen Norris, **Christian Author**

Lately watching television I have heard that some people obviously have no one they believe really cares about them. It broke my heart to hear this. But I do know that only Jesus can satisfy everyone's soul and they can experience supernatural true love that comes from God alone. (I know this to be true because I had no sense of self-worth until Jesus came into my life the second time I accepted Him as my Savior and Lord and was born-again.) Possibly reading this some person will accept those words and move forward in their life seeking this truth.

Saving Faith removes the yoke of unbelief as one begins their sincere walk to know the depth of love ing His words of Biblical

Life Is A Gift Of God

God has provided thru Jesus Christ. Breathing into one's life - faith in God's divine plan for their life is an adventure God has planned before the foundation of the earth for everyone. Acceptance of His wisdom recorded in the Holy Bible causes one to excel beyond all their dreams as His anointing falls on a life yielded to God's will for them. Plus, God promises to never leave or forsake one who comes to Him.

Moving past the negative emotions and words spoken about one's initial pain, God calls one into a greater life filled with His presence and blessings. With God one becomes a part of the majority as one learns and experiences the true love of God in their life. The future holds an "abundant and victorious life" for all who are obedient to enrich their life by followinstruction. Jesus said, "I am the Way, the Truth and the Life and no man can come to the Father, except through Me." (John 14:6)

The cup of blessings flows from the Kings (Heavenly Father/God) anointing and though out one's life. And they should ask often for a "fresh anointing".. Anointing breaks all the barriers and bondages and provides healing and restoration just as it did three different times for David helping him to defeat the giants in his life. The anointing will also defeat those giants in our lives. All victories are won with our Kings help. To God Be The Glory!

Marlys Johnsen Norris Award Winning Christian Author of 7 Books,

Stephen's Minister Columnist, Teacher, Speaker Marlysjn@gmail.com PO Box 114,

Orangevale, Ca 95662 ★

When Everything Goes My Way

I have had a certain dream

many times over the years. The dream is that one day in the week; I can have everything go my way. The nightmare part of that dream is that it never tells me which day everything will go my way.

One morning I told the Gracious Mistress of the Parsonage about my dream to see if she could give me any advice.

"Don't you remember," my wife said, "that day was three years ago? You already had that day when everything goes your way."

One of the first things that would be a part of that day would be every time my wife asked me a question; I would understand the question and give her an answer that satisfied her.

I am sure that would be a rather frightening day, especially for her.

As I was thinking about this, another thought came to mind. What would a day look like when I could accomplish everything on my 'To-Do-List' and have time left over for something else, like fun?

The Gracious Mistress of the Parsonage knew I was thinking along this line, and so she said most cheerfully, "What would a day look like

By Rev. James L. Snyder for you if you never thought of an Apple fritter?"

Only she would come up with something like that. As far as I am concerned, that would be a terrible day. So, that's scratched off.

Another thought grabbed my mind. What would a day look like if I could anticipate every question the Gracious Mistress of the Parsonage would throw in my direction and have the answer on my tongue?

The more I thought about this, the more I understood that if I had so many days where everything went my way, my life would become rather dull. It is the unexpected things in life that make life really exciting and challenging.

If I could plan everything out and do everything I planned, I would get so bored I would not know what to do.

Thinking about this, I thought, how in the world has the Gracious Mistress of the Parsonage managed to do this every day of her life?

What would our house look like if both of us had everything go our way every day? How could we tell each other apart?

Maybe I could handle one day when everything goes my way, but I certainly do not want every day to be just like that.

As I thought about this, I was smiling, and my wife inquired why I was smiling. I finally confessed, "I've concluded that I don't want every day to go my way. That would be so boring."

"You know," she said very seriously, "I think you've got something there."

Therefore, our house is divided into two sections.

The one section is my wife, where everything goes her way, and I am happy.

The other section is me,

where everything does not go my way, and my wife is I cannot believe that I discovered the formula for both

of us being happy under the same roof. Why did it take me so long to figure this I could not help but think

of one of my favorite passages of Scripture. "Can two walk together, except they be agreed?" (Amos 3:3).

In this, my wife and I are in full agreement.

Dr. James L. Snyder is pastor of the Family of God Fellowship, Ocala, FL 34472. He lives with the Gracious Mistress of the Parsonage in Silver Springs Shores. Call him at 352-216-3025 or e-mail jamessnyder2@att.net. The church web site is www. whatafellowship.com.

County Gifts from the Heart Program in Full Swing

Continued from page 1

Child Protective Services would be thankful to receive board games, educational toys, books, arts and crafts, funky socks, warm clothes, mp3s, electronic games, backpacks, tote bags, watches, hair products, hairdryers, flat irons, basketballs, soccer balls, footballs or fuzzy blankets.

To Participate: To take part in Gifts from the Heart 2020, visit the online stores and review the registry links. Once you select your items, please have it ship by Nov. 24, 2020. The address for delivery is in the registry. Target registry, Walmart registry, and Target registry.

You can also drop-off new unwrapped gifts/toys for any age group by Dec. 10, 2020 at one of the County lobby locations listed below.

7001-A East Parkway

3701 Branch Center Road

3331 Power Inn Road 9750 Business Park Drive, Suite 220

799 G Street

700 H Street

7000 65th Street, Suite A

Those interested in donating may also write a check to the Department of Child, Family & Adult Services/Gifts from the Heart Program and mail to P.O. Box 269057, Sacramento, CA 95826-9443. 100 percent of donations are used to purchase gifts. All gifts and monetary donations are taxdeductible. Contact the Gifts from the Heart

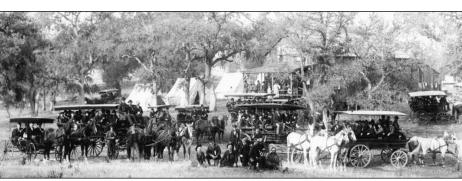
Coordinator for additional donation and contribution information.

Volunteers Needed: The success of the Gifts from the Heart program not only lies with kind sponsors but also with the wonderful volunteers who dedicate hundreds of hours helping to organize and distribute gifts. Each year, a team of more than 50 volunteers manages the pick-up, distribution and delivery of gifts from community and private sponsors. The volunteers, many of whom return year after year, spend weeks in the warehouse organizing toys and gifts to be delivered or picked up by social workers. In 2018, program and community partner volunteers donated more than 12.370 hours at an estimated \$360,000 value.

Gifts from the Heart is looking for volunteers to work at their Santa's Shop on Saturday, Dec. 12 from 10am to 12pm. Volunteers will organize toys and other gifts in categories to set up the Santa Shop. Social distancing and mask wearing over nose and mouth for all volunteers will be required, and the space will be well-ventilated. If you cannot volunteer at the warehouse you can also participate in the Gifts from the Heart program by sponsoring gifts or becoming a community partner.

To learn more about Gifts from the Heart, becoming a community partner, making a donation or volunteering, email Volunteer and Student Intern Services Coordinator, Tonja Edelman or call at 916-875-2027. ★

Fair Oaks Recognizes 125th Anniversary



Midwesterners traveled in carriages to the bluffs above the American River to view the new Fair Oaks colony, Photo provided by Fair Oaks Historical Society,

Continued from page 1

and powerhouse recently built to supply electricity to the City of Sacramento.

From Folsom, they traveled by carriage through the orange groves of the newly subdivided "Orange Vale," which was establishing a foothold among the blue oak woodlands. They soon arrived at the Fair Oaks townsite on the bluffs above the American River. The visitors had supper in the Fair Oaks Hotel, a temporary building recently built near the bluff edge. Their evening concluded with a bonfire under the massive blue oaks on

The next day, on November 20, 1895, the visitors scouted their preferred parcels in the soon-to-be officially subdivided Fair Oaks. On December 24, 1895, the subdivision maps were officially recorded with Sacramento County. By the following April, approximately 2,000 acres of Fair Oaks land had been purchased, and the building of homes and businesses began immediately. By the summer of 1896, more than 600 acres of Fair Oaks woodland had been cleared with the help of hundreds of Japanese and Chinese

laborers. That land was planted with citrus and fruit trees, followed not long afterward by orchards of olive trees.

Although it was almost another decade before roads, water lines, and schools were constructed, the new residents immediately created a community spirit that still exists today. Fair Oaks Historical Society newsletter editor Ralph Carhart explained the importance of remembering our past: "Fair Oaks is such a unique community in the Sacramento region, and knowing about its history reinforces just how special it is."

Although the Historical Society is currently closed to the public, some of their services are available on the patio every Saturday from 10:00 a.m. to noon. And the Society's premier fundraiser, Soup Night, will go virtual this coming February.

To learn more about Fair Oaks history, visit http://fairoakshistory.org/. The Society also plans to post the anniversary newsletter on

the website for public viewing. Source: Ralph Carhart, newsletter editor and past president of the Fair Oaks Historical Society

Sac Sailor Receives Challenge Coin aboard USS John Paul Jones



By Megan Brown, Navy Office of Community Outreach

ARABIAN GULF (MPG) - Capt. Todd Whalen, commodore of Destroyer Squadron (DESRON) 9 presents Fire Controlman 2nd Class Charles Estes, from Sacramento, Calif., a challenge coin in the pilot house of the guided-missile destroyer USS John Paul Jones (DDG 53). FC2 Estes was recognized for his hard work. John Paul Jones is part of Nimitz Carrier Strike Group and DESRON 9 and is deployed to the U.S. 5th Fleet area of operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and Pacific through the Western Indian Ocean and three critical chokepoints to the free flow of global commerce. U.S. Navy photo by Mass Communication Specialist 3rd Class Aja Bleu Jackson



NOVEMBER 20, **2020** AMERICAN RIVER MESSENGER • 7

Desmond Wins Supervisor Race



Election night buddies are Rich Desmond and District 3 Supervisors Susan Peters (top left) Sandy Smoley and Muriel Johnson.

Continued from page 1

confirmed the prognosis. "I hardly got any sleep that night," Desmond recalls. "I was too busy responding to calls from people congratulating me. A huge load had been lifted from my shoulders. At last I knew the direction my life would take for the next four years."

Victory came against tough odds. His rival's candidacy was financially assisted by the Democratic Party and had endorsement from Sacramento Mayor Darrell Steinberg. Supervisor (board chair) Phil Serna, Congressman Ami Bera and Assemblyman Ken Cooley urged voters in Fishman's favor. The Sacramento Bee, SMUD board directors, some Sacramento City Council members and many labor organizations promoted his campaign.

Though Desmond ran as an Independent, he was championed by Democrat Assemblyman Jim Cooper, Sacramento District Attorney Anne Marie Schubert and by numerous public safety agencies. His supporters raised almost \$750,000 to fund primary and runoff campaigns. "The majority of our donors gave small amounts – \$10 or \$20 or less," says Desmond. "The success of our fundraising shows I had broad support from ordinary people who cared."

Desmond's passion for the area where he grew up (he's now raising kids in his old family home) was ignited when Supervisor Susan Peters decided to step down. "I found I cared deeply about who would be our next leader," he recalls. "I decided I had the experience to address problems that were getting worse here. I felt I could make a difference."

District 3 encompasses Carmichael and largely-unincorporated areas of Arden Arcade. Fair Oaks, Foothill Farms, North Highlands

and a sliver of East Sacramento. Its supervisors have been female since Sandy Smoley's historic 1972 election. With Peters' retirement, District 4 Supervisor Sue Frost will be a lone lady on the five-person Board. "It's important to have a balance," considers Desmond. "Susan Peters would have loved to have a woman succeed her. I couldn't meet that one criterion, but she took time to get to know me. We began having regular meetings and I learned about county issues. Once I'd made the decision to run, her insight was invaluable. One thing Susan told me was not to be discouraged by criticism. She told me if I worked 1 hard with an open heart and mind, I would succeed. Susan's done much more for the District than many people realize. But she and I agree that after 16 years, it's good to pass the torch."

With less than two months still to serve, Peters last week applauded her protégé's success. "Rich worked so hard to win this race," she approved. "I know he'll approach his new position with openness and thoughtfulness. The Third District has got itself a winner."

Desmond takes his Board seat undaunted by the prospect of grueling repeat-campaigns. He claims his ambition was never political. "As a CHP Officer, as an attorney, a junior sports coach, a Parkway and community volunteer and as a parent, all I've wanted was to help and serve people," he explains. "If I do a good job on the Board and get re-elected in four years, that's terrific. But I won't be driven by the need for voter popularity that's a problem with too many politicians – I'll be driven to make decisions that are best for the community. And then voters can make their choice.'

To contact Rich Desmond, E-mail rich@ richdesmond.com

Ol' Fashioned Charms Add up at Dairy Queen

By MaryAnne Povey

ORANGEVALE, CA (MPG) - You know the saying, "If you do what you love, and love what you do, you'll never work a day in your life"? That pretty much sums up how Joe Ellering, owner and operator of Dairy Queen located at 9295 Greenback Lane, feels about running one of Orangevale's iconic hangouts featuring some of the best tasty treats around! He and his wife Cynthia make up a dream team managing the nostalgic and thriving "feel good" place in

Back in 1982, Joe was "at the right place at the right time," when explaining how he came to own the Dairy Queen, originally established as a Foster's Freeze. "I was a general contractor out of work due to the slow economy. I needed a job; they needed a manager, so I got hired."

Back then, the previous owner was on the verge of retirement and knew Joe's time was short, so he asked place, and he even loaned him the down payment.

like it, but I do. In fact, I love it and the community. too!" said Joe enthusiastically. "Orangevale is like a Midwest town - and that's what DQ's were made for."

The flip between Foster's Freeze and Dairy Queen happened back in 1988, and as business thrived, so did Joe, who ended up acquiring six Dairy Queens around town. When that proved to be too much, he set his sights focused exclusively on the Orangevale location. In 2015, he put his general



Photo by MaryAnne Povey

contractor skills to use, planning and overseeing the remodeling of the original building. He was adamant about keeping the walk-up windows and outdoor seating to preserve some of the ol' fashioned charm of the mom and pop operation.

Joe admits there's a big difference between being him if he wanted to buy the a general contractor and managing a business with employees and all that goes "I wasn't sure if I'd along with it. Between the two of them, they split the tasks. Cynthia, a retired court reporter, handles all the hiring and has the "instinct" to pick the right employees. Joe boasts of her great relationship with the staff which he strives to "motivate and develop." They also have a great relationship with the community, generously donating to the local schools, and community groups and is the gathering place for car enthusiasts and the popular Thursday Farmers Market, held May - September.

When asked about the secret to his success, Joe remembers the advice from his dad: "Your word and handshake mean everything! People need to know they can trust you, not to mention, pay your bills on time!"

"We have great kids working here and for many, it's their first job," he said. "Responsibility and accountability is something I hope they learn working for us."

Dairy Queen is not just a great place to work, but a great place to hang out. So many traditions are made there - whether to celebrate a team victory, a great report card or just to get a taste of some good ol' fashioned soft serve, Dairy Queen is "the" happy place for many. With so many great options to choose from, I had to ask what his favorite item is on the menu. Without hesitation he replied, "Pumpkin Cookie Butter Milkshake!" Stop by and give it a try!





Publisher, Paul V. Scholl

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Thank You

As we enjoy our turkey, yams, cranberries and pie, we need to reflect how that first Thanksgiving began. When checking history, I found some interesting facts. No somber black clothes and clunky shoes, and their feast was more like surf and turf with venison, turkey, mussels and scallops from the nearby ocean. Oh, and it was wild turkey, pumpkins yes, but not pumpkin pie along with cornmeal breads and puddings, all shared by the pilgrims and the Native Americans. Well, the good times lasted about a generation, quickly followed by fighting and bloodshed as relations deteriorated when the colonists took land from the indigenous people.

But as we go into a new era with our new President, I'm sure there are many things for which to be grateful, so I called some long-time friends to check out what they are grateful for.

MICHAEL MARKS. We all know him as "Your Produce Man" from the Channel 13 News and Good Day Sacramento. "I am grateful for the life I get to live and the opportunity God has given me to be a blessing to others." Michael joins me every Wednesday with great fruit and veggie buys for the week in the noon news. Then came CARY NOSLER. We have enjoyed him for years as "Captain Carrot." "I am so happy for the fact that our family can get together, with precautions of course, and we have not been affected by the covid 19. But I feel for those who have not been as fortunate." Cary always has health tips for me on

Wednesdays in the noon news. Had to check in with MATIAS BOMBAL of "Matias Bombal's Hollywood. He told me he is thankful for something his mother told him many years ago. "Look up at the beautiful blue sky and remember there is always hope. No matter how oppressive things become, you can see a patch of blue and there is still hope." Matias always has movie reviews...even during these strange times...on POPPOFF every Friday evening at 6 & 10 PM. Oh, and all of them are on FM-104.5 & AM-950 KAHI with me. But I would be remiss if I didn't check in with the love of my life RICK SPRUNGER. We are coming up on our 50th wedding anniversary, so I wondered what Rick had to be thankful for. "I am thankful for the love and support from my wife, and the love and lovalty from our four-legged kids Trekker and Ice... no matter the situation. And I'm grateful every day that I feel healthier than the day before."

So mine is next. "After nearly 50 years together. I can still say that Rick the love of my life and my best friend, and I cherish his love and support. Without that love and support, I could not still be doing what I love best...sharing my radio show and writing this column to you, my special friends. And love those doggie kisses from Trekker and Ice." My hope for the next Thanksgiving? We can say goodbye to this cruel pandemic!

> HAPPY THANKSGIVING AND MANY BLESSINGS!!!



Borrowing a line from Alex Trebek, host of the television game show Jeopardy!, the Kiwanis Club of Orangevale -Fair Oaks is getting into the trivia business. (Note: since this writing, Alex Trebek passed away at age 80). Specifically, we are going to host a oncea-month fund-raiser at Scotty's Hideaway, 9353 Greenback Lane #8 in Orangevale (Kiwanis member), on the first Thursday of every month at 7:00 pm.

For example, try to okay if you guess incorrectly, because in the end you know you have contributed to a community organization that will take your donation and spend it in our service area - Orangevale those with the top scores

The Kiwanis Corner

By Sal Arrigo, Jr.

"The Answer is..."

and Fair Oaks. Let's test after the three rounds. your trivia knowledge here: the Kiwanis Club of answers: name one of Orangevale - Fair Oaks the presidents on Mount will use donations from Trivia Night to support the following:

- a) school children,
- b) the Orangevale -
- Fair Oaks Food Bank. c) local park district
- community events, d) all of the above.
- Of course, the answer is "d."

In the future, we plan to use these donations to help with some tree planting

name one of the four Night happen? It begins presidents on Mount on Thursday, December Rushmore or take a stab at 3, 2020 at 7:00 pm. Elvis Presley's birthplace Donation cost is \$10.00

(answers at the end). It's per player with up to six (6) players per team. There will be three (3) rounds of 10 questions each that will involve categories such as music, entertainment/ sports, geography, etc.

We will provide prizes for

to provide much needed shade to areas where families gather, or in a place where a person can sit and relax in their favorite local park. When will this Trivia

Hope to see you at Trivia Night!

Sample questions and

a) William McKinley,

b) Andrew Jackson,

c) Thomas Jefferson,

d) Franklin D. Roosevelt

Elvis was born in what

Rushmore -

Answer: "c"

a) Memphis, TN,

c) Huntington, WV,

d) Dodge City, KS

b) Tupelo, MS,

Answer: "b"

city:

Reminder: our 2nd Annual Pajama Drive is running until December 5, 2020 We are collecting new pajamas of all sizes to help support kids in need. Drop boxes are available at Scotty's Hideaway (bring them on Trivia Night) and at Bad Fish Coffee located at 9346 Greenback Lane #3. Please consider donating to this worthy cause.

The Kiwanis Club of Orangevale - Fair Oaks is a tax exempt, nonprofit organization. Our tax *I.D.* # *is* 85-0549857. ★







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CLUES

- 1. Glamour's partner
- 6. Prime time monitor, acr 9. Prelude to a duel 13. Video killed this type of
- 14. Orinoco or Grande
- 15. Temple Square perform ers, e.g.
- 16. Set straight 17. *Thanksgiving is on
- the fourth Thursday in this
- country 18. Filthy dough 19. *Opposite of
- Thanksgiving, traditionally 21. *The day's offering
- 23. Declare 24. Unacceptable in a juror
- 25. Fire fuel
- 28. Thé alternative 30. Jumped or leapt
- 35. Chipping choice 37 Plural of #25 Across
- 39. Coupon clipper, e.g. 40. A woodwind
- 41. Vernacular 43. The brightest star
- 44. One born to Japanese immigrants
- 46. a.k.a. leaf cabbage
- 47. Capital on the Dniepe 48. Rear of a ship, pl.
- 50. Boisterous play 52. Not sweet, as in wine
- 53. Has divine power 55. None intended, often
- 57. *Macy's offering
- 60. *34th Street offering 64. Relating to pond scum 65. Highest card in "War"
- 67. Blood of the gods, Greek mythology
- 68. Like unbagged tea 69. Female 70. Thousands, for short
- 71. Microsoft browser 72. *What we do on
- Thanksgiving welcome

DOWN

- 1. Steffi of tennis 2. Tibetan teacher
- 3. Beware of these, in spring 4. Window treatments
- 5. Bay Area serial killer never captured 6. French Bulldog plus Pug 7. Alliance of former Soviet repub-
- lics, acr. 8. Raccoon's South American
- cousin 9. Give the cold shoulder
- 10. Locket content, traditionally 11. Snob puts these on
- 12. Prior to 15. Necklace fasteners
- 20. Spiral-horned African antelope 24. Mendicity
- 25. *Thanksgiving Day football hosts 26. Galactic path
- 27. One in a gaggle 29. *Utensil absent at Pilgrim's table
- 31. Colonel or captain
- 32. Steer clear
- 33. "When pigs fly!"
- 34. *Condiment of the day _-do-well
- 38. Without help 42. Allegro and lento
- 45. Get some air

Crossword Puzzle Solutions on Page 8 16 73 GET THE GRILLER'S BUNDLE INTRODUCTORY PRICE: \$7999 OMAHA STEAKS 4 (5 oz.) Butcher's Cut Filet Mignor 4 (4 oz.) Boneless Pork Chops 4 (4 oz.) Omaha Steaks Burgers 4 (3 oz.) Gourmet Jumbo Franks 4 (2.8 oz.) Potatoes au Gratin



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49. Seed alternative

- 51. Jonathan Franzen's 2015 novel 54. Rental agreement 56. Chip snack
- 57. Weary walk 58. Bug-eyed 59. Tear down
- 60. Track competition 61. Cabbage in France
- 62. Displeasure on one's face 63. Gaelic tonque 64. Draft choice 66. Repeated Cuban dance step
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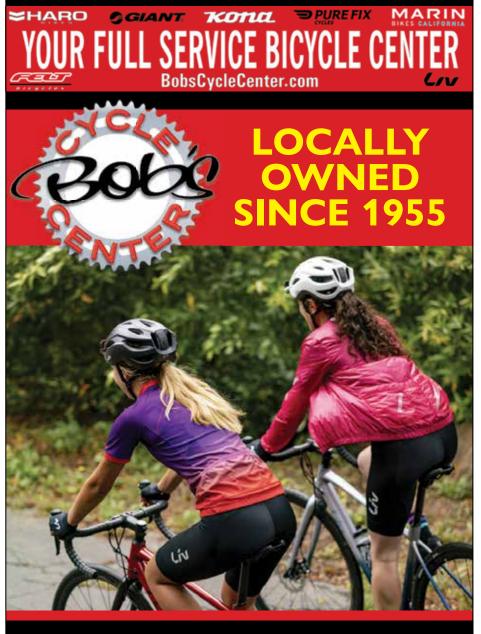
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You're Invited!

Tickets will sell out fast so don't miss your chance to attend the "Best of Fair Oaks" event.

This year's event will be held:

Where: To be set pending COVID restrictions

When: Thursday January 21, 2020

Cost: Contact the Fair Oaks Chamber of Commerce for details.

To purchase tickets for this event please call **916-967-2903** or go to FairOaksChamber.com

VOTE NOW! Contest Rules

Business must be located in Fair Oaks or be a Chamber of Commerce Member. All votes must be must be cast online at BestofFairOaks.com

Only one vote per category per person. All voting entries must have complete information or the votes will not be counted.

> Best of Fair Oaks winners will be presented at this year's "Best of Fair Oaks" event.



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> NATURAL BALANCE DRY DOG FOOD

•Ultra Grain Free 24 Lb. •Potato & Duck 26 Lb.

•Fat Dog 28 Lb. •Vegetarian 28 Lb.

•Chicken & Brown Rice 28 Lb.

Effective 11/18/20 - 11/24/20

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\$5 OFF

Our Super Low Prices



FREE PEDIGREE **DOG FOOD** 22 Oz Tin All Varieties

With Any Purchase of Pet, Fish Food, or Supply PLU 321 Limit: 1 Coupon Per Family CHM Effective 11/18/20 - 11/24/20

ANY PURCHASE OF

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Cannot be used in conjunction with advertised sale items or similar percentage or dollar off coupons. Limit 1. PLU 324 Limit: 1 Coupon Per Family CHA Effective 11/18/20 - 11/24/20

Look for Advertised Sale Items Everyweek at www.petclubstores.com

BLUE BUFFALO DRY DOG FOOD Chicken (Reg. \$11.00 Off) 30 Lb Bag Chicken (Large Breed) Fish & Oatmeal

(Reg & Lrg Breed) • Puppy (Reg & Large Breed) As Marked **As Marked** •Senior (Reg & Lrg Breed) •Lamb & Rice \$**8** OFF

• Healthy Weight Our Regular Low Prices! Effective 11/18/20 - 11/24/20 FRISKIES BUFFET

5.5 Oz All Varieties Limit 2

Per Family

Everyday Effective 11/18/20 - 11/24/20

PREMIUM CANNED CAT FOOD CANNED CAT FOOD

Black Label Gold Label 2.8 Oz.

Limit 2 Bags

Limit 2 ON SALE Per Family As Marked

Effective 11/18/20 - 11/24/20

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Chicken/Sweet Potato • Duck/Sweet
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25 Lb Bag \$100 OFF OUR REGULAR LOW PR Effective 11/18/20 - 11/24/20

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SCOOPABLE CAT LITTER 20 Lb Jug Regular •Unscented

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Limit 2 Bags

Effective 11/18/20 - 11/24/20

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WILD BIRD SEED 20 Lb Bag (Kaytee, 20 Lbs - \$8.99)

(Audubon Friends, 20 Lbs - \$6.99)

Per Family

Effective 11/18/20 - 11/24/20

NUTRO PERFECT PORTIONS
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*With each purchase

3 FREE Core & Wellness Cat Cans 5.5 Oz Cat Cans 5.5 Oz With each purchase

BONUS COUPON

13.2 Oz All Varieties Limit 2 cases 30 Lb Bag

MERRICK'S **GOURMET CANNED DOG FOOD** DRY DOG FOOD
Large Breed
Large Breed
Weight Control

On Sale

FRESH STEP
CAT LITTER

21 Lb Bag (14 Lb Bag - \$4.49)
Limit 2 Bags \$**6**49 **MEOW MIX**

Market Select 2.75 Oz Cup Limit 1 Case

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ALL VARIETIES

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