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and Justice for ALL



AMERICAN RIVER Messenger

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VOLUME 12 • ISSUE 19

Serving Fair Oaks, Orangevale & Sacramento County

OCTOBER 6, 2017

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Declaration and Meaning

Andrew Carnegie Eighth-Graders Declare Independence



The class at Andrew Carnegie found a way to work together to Declare their Independence.

Story and photos by Jacqueline Fox

ORANGEVALE, CA (MPG) - History lessons are always taught through the lens of hindsight. But to get a real feel for how one important event involving the formation of a liberated United States of America took shape, this lesson shifted into real time.

James Pantalone's eighth grade U.S. history students at Andrew Carnegie Middle School have a real appreciation for the multitude of challenges and setbacks the crafters of the Declaration of Independence incurred because they've recreated the process with declarations of their own. And the issues at play are serious: No more Common Core instruction. Abolish the school rules that require us to show up on time and infringe upon our creative spirits. And, surprising as it sounds, some even suggested

that the time had come for them to declare their freedom from the myriad pressures ofwait for it: Social Media! Not an abolishment, mind you, but a separation from the undesirable parts, such as bullying and invasion of privacy.

Crafting a declaration demanding freedom from something was intended to offer students the experience of what it must have been like to work as a group, find common ground on the issues and then, finally, put them to paper and sign it into action. For Pantalone's home room class, which chose to see the abolishment of Common Core, the dreaded standardized teaching and testing requirements that, arguably, as revered by students as some educators, the process was eye-opening.

"I learned that there must have been a lot of disagreements and challenges between

the people who wrote the Constitution and the real Declaration of Independence," says Shaelyn Crichton, 12. She explained that each class was broken up into four or five groups and each group was assigned to craft certain parts of their document. Crichton's group was challenged with writing the preamble for the declaration, which she says was easier said than done.

"It was kind of hard because we had the part that leads you into the declaration," Crichton said. "It really gave me an appreciation for the hard work the original creators of the declaration put in. They must have had arguments and all kinds of challenges trying to agree on the basic principles, because our group did. We would agree on something and then we had to take it out later when we

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Oakmont of Fair Oaks Greets Caregivers

FAIR OAKS, CA (MPG) - The soon to be opened Oakmont of Fair Oaks wined and dined many of the area's professional caregivers at their networking event at the North Ridge County Club. The event was held Wednesday, September 20th.

Local and corporate staff members invited Sacramento area businesses and organizations to come out and find out much more about the exciting opening of the new facility scheduled to open soon at 8484 Madison Avenue. Oakmont is currently under construction at the corner of Madison Avenue and Kenneth. Drive by and see the construction as it fills the once vacant corner.

Oakmont is scheduled to open with much fanfare in the spring of 2018. It will be serving Fair Oaks as the newest assisted living and memory care facility. To find out more visit their website at www.Oakmontseniorliving.com.



Pictured are Christine Vincent, Marketing Director with Oakmont; Sally Michael, CALA; Chris Eickman, Vitas; Gale Davis, Right at Home; Kelley Goodman, Care Patrol; Steve Weinroth, Executive Director, Oakmont; Cathy Katz, Oakmont of Roseville; and the lovable server from North Ridge County Club, Laura Lipson. Photo by MPG staff

Reported STD's Reach an All-Time High

By Corey Egel, CDPH

SACRAMENTO, CA (MPG) - Rates of sexually transmitted diseases (STDs) continue to increase in California, according to new statistics from the California Department of Public Health (CDPH). These diseases are reportable to the state and local health departments. The data are presented in CDPH's 2016 STD Annual Report: a summary can also be found on CDPH's website.

Over a quarter million cases of STDs were reported in 2016, a 40% increase compared to five years ago including, 198,503 cases of chlamydia, 64,677 of gonorrhea, and 11,222 of early syphilis. Particularly concerning to health officials, 207 cases of congenital syphilis were reported. If not caught early, syphilis during pregnancy can result in congenital syphilis leading to stillbirth or permanent, lifelong disabilities. Syphilis can also cause permanent loss of vision, hearing and other neurologic problems in adults. If left untreated, STDs can increase the risk of HIV infection and lead to lifelong reproductive health problems.

"The number of reported STDs in California is increasing at a concerning rate," said CDPH Director and State Public Health Officer Dr. Karen Smith. "This is the third year in a row that we have seen increases in chlamydia, gonorrhea and syphilis."

These three diseases can be prevented by consistent use of condoms, and they can be cured with antibiotics, so regular testing and treatment is very important, even for people who have no symptoms.

Chlamydia and gonorrhea rates are highest among people under age 30. Rates of chlamydia are highest among young women, whereas males account for the majority of syphilis and gonorrhea cases.

Regular screening for STDs is recommended for people who are sexually active. STD services also provide opportunities for further prevention of HIV through testing and pre-exposure prophylaxis, or PrEP.

"All Californians need to know how to protect themselves and their partners," said Smith. "Getting tested regularly is one of the most important steps." A directory of where to get tested can be found at the Centers for Disease Control and Prevention webpage.

CDPH is collaborating with the California Department of Education and community groups to implement the newly enacted California Healthy Youth Act, which mandates comprehensive STD/HIV prevention education in schools. For more information, go to the CDPH Sexually Transmitted Diseases Control Branch website at www.cdph.ca.gov

Source: CDPH

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SMUD Exploring New Ways to Keep Vehicles from Hitting Power Poles

Sharp Rise in Incidents Can Jeopardize Safety and Power Reliability

SACRAMENTO REGION, CA (MPG)

- SMUD is evaluating several measures to reduce the number of incidents that involve vehicles crashing into the electric utility's infrastructure, especially power poles. The five-year pilot program aims to increase public and worker safety, and reduce the number of associated power outages.

SMUD data shows an increasing trend of these incidents annually. In 2006 for example, there were 153 "car-pole" accidents. In 2016, there were 271. Increased traffic volume, distracted and unsafe driving, as well as other factors are to blame, but the end result is the same: increased potential for public and worker safety hazards and more power outages.

The pilot program will focus on power poles and electrical equipment that's been crashed into multiple times over the years. Measures include removing and relocating power poles; redesigning them; installing higher-visibility reflective strips; and installing large, high-visibility protective barriers, known as "Raptor" technology, around the power poles.

The Raptor is big and yellow. It is easily installed at the base of the pole and is designed to absorb the impact of a vehicle crash, sparing the power pole and preventing a power outage for SMUD customers. The Raptor has been used by other utilities and SMUD wants to see if they are a possible solution to improve safety, while making power poles more visible to motorists and more resilient to being damaged if a vehicle collides with the pole.

The main goal of the pilot is enhancing public and worker safety. SMUD takes public safety very seriously. Power reliability is also key. While car-pole accidents comprise about five percent of all types of SMUD outages annually, they account for about a quarter of the overall average duration



SMUD has installed some measures to mitigate damage to power poles and other electrical equipment by vehicles hitting them. The measures are part of a pilot program designed to increase visibility of and provide some protection to the power poles and to motorists. The work is part of SMUD's efforts to enhance public and worker safety and the SMUD grid's reliability. This photo shows a "Raptor" power pole barrier being installed in Wilton, CA. Photo courtesy SMUD

of outages for SMUD's customers. SMUD's Board of Directors, elected by SMUD customers to set policy, has made reliability one of SMUD's core values, so it's a priority for SMUD staff to fulfill it.

In addition to compromised reliability and safety, power outages caused by car-pole accidents cause loss of revenue to SMUD and increased costs for labor and materials to repair and replace damaged electrical infrastructure. For example, a pole replacement can cost more than \$11,000 for the pole, the five-man crew to replace it and other associated expenses for each incident. Beyond SMUD's costs,

pole replacements can take eight hours or more and cost the community's businesses lost revenue from power outages and associated traffic jams due to lane closures to make the repairs.

SMUD is doing its part to increase public and worker safety and reduce the frequency and duration of outages due to these traffic accidents. SMUD also urges motorists to do their part by driving safely, obeying traffic laws and avoiding anything that may cause distractions. For more information about SMUD and its commitment to public and worker safety, visit SMUD.org. ★

The Way Ministries Spreads Gifts for Body and Spirit to Those in Need

By Elise Spleiss

SACRAMENTO REGION (CA) (MPG)

- "The Way Ministries is a ministry of Jesus, and loves on the needy by providing for and feeding the homeless, poor and needy." These words on their website barely hint at the impact of The Way's quiet presence in many locations throughout Sacramento County. Their motto, "Helping Hands, Healing Hearts, Casting Vision" describes the three types of ministries their volunteers are involved in every day of the week: Street Ministry (Homeless Outreach), Food Distribution, and Other Ministries. These programs reach out to serve not only the physical needs but also the spiritual needs of the homeless and others.

Since their congregation is on the street, founders Lonnie and Sarah Nix along with Carlo and Rhonda Sandoval and the Patrick and Char Miller work with their teams of volunteers in many capacities.

The street and homeless outreach ministry meets and serves people where they are throughout the county. If they have to "sit in the gutter and talk" with them to comfort them and meet their needs, they will.

The Rusch Park homeless outreach in Citrus Heights serves 30 to 50 hot meals at the park every Tuesday (rain or shine) at 4:00 p.m. at 7801 Auburn Blvd. Food, prayer and referrals to other resources as needed are offered. Community volunteers are always welcome to join the



The Rusch Park homeless outreach in Citrus Heights serves 30 to 50 hot meals at the park every Tuesday (rain or shine) at 4:00 p.m. at 7801 Auburn Blvd. Photo courtesy The Way

riding the rails, takes place on Wednesdays at a rail yards in Sacramento.

Food for Families, a growing family food distribution program is held at Serna Village at McLellan Park every Tuesday morning. The event provides boxes of food for over 250 families. The program began in 2012 with five to seven boxes of food a week being handed out from the back of Pastor Lonnie Nix's pickup. Today more than 250 families receive a giant box of food to prepare 8-10 meals weekly for their family.



Way Riderz, an active Christian motorcycle club, has a large presence within the ministry, helping at events and riding with other Christian and secular clubs on the weekends. Photo courtesy The Way

team for all these programs.

Deliverance Corner homeless outreach: The same ministry of food, prayer and resources serves 40 to 50 meals every Tuesday and Friday at 5:30 p.m. at Madison Avenue Baptist Church, 4148 Madison Avenue, North Highlands, at the corner of Madison Ave. and Hillsdale Blvd.

All these programs minister to participants with the goal to earn their trust and eventually have them move off street into a clean and sober living home.

A special hot dinner for the 50 children living at the Section 8 Logan Park Apartments in North Highlands takes place each Tuesday and Thursday evening.

Another unique food ministry for young people with little hope, caught in the lifestyle of

To make this happen in a timely manner, a well-rehearsed team of more than a dozen volunteers descends upon the gym at Serna Village early Tuesday morning to unload dozens of pallets holding boxes of fresh fruit, vegetables, bread, juice and canned goods delivered by a Placer Food Closet box truck. Three assembly lines then sort and prepare the boxes with food, a dessert and other staples. Families arrive at the gym during this process, mingle with their neighbors and are greeted by Pastor Nix who delivers a short message of hope and healing prior to the food distribution.

Donations, plus prayers and volunteer help are always welcome. Five dollars feeds a family of four for a week and

twenty dollars feed them for a month. Prayers, time and money are always needed.

The work week ends on Friday evening with a high energy church service starting at 6:45 at Crossroads Church, 5501 Dewey Drive in Fair Oaks. The close-knit Way family that keep these programs going, residents of the three clean and sober resident houses and others touched by other ministries gather for fellowship, song and to hear the Word.

Way Ministries is only able to fill the needs of those they serve because of their many faithful ministry partners! The number is growing, along with new programs either operated or supported by The Way!

Way Riderz, an active Christian motorcycle club, has a large presence within the ministry, helping at events and riding with other Christian and secular clubs on the weekends. They use their Harleys and other motorcycles as a tool to take advantage of opportunities to minister to those they meet on their rides.

Grace House, Oak House, Stewart House, Restoration House and Second Chance Ministry are safe, Clean and Sober places to recover from addictions and prepare to re-enter into society. Many government and private organizations work with The Way to place potential residents in these residence, including district attorneys and probation officers.

Way members work with other community food and clothing programs, work with children and seniors, in schools and at mobile home parks, and with veterans and housing programs throughout the county.

The men and women of The Way Ministries are committed to making an impact on the world around them for the glory of God, serving out of their love for people and for Jesus. ★

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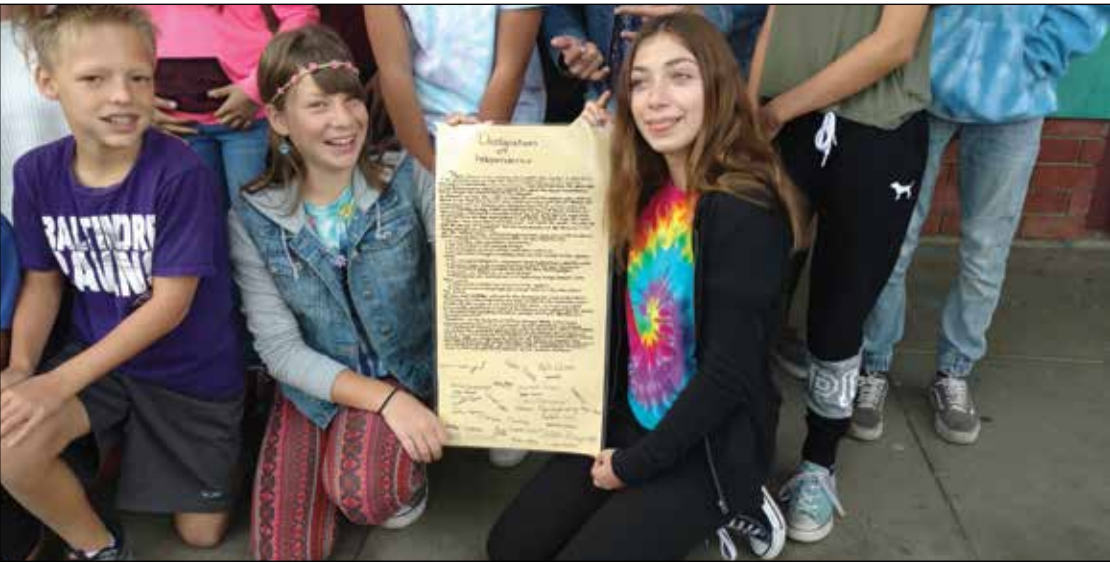
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Declaration and Meaning

Andrew Carnegie Eighth-Graders Declare Independence



They didn't give up. They worked until they all agreed on it and it was right.

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couldn't all agree on the next part."

Ethan Montgomery, 13, said his group, which was asked to craft the statements outlining the challenges against their cause, achieved some beneficial insight into the degree to which those guys Thomas Jefferson and John Adams, among others, must have gone to ensure the document was fair and honored by all involved.

"It really put it into perspective how difficult it must have been to go through multiple versions of the original document and keep working on it until you got it done," Montgomery said. "They didn't give up. They worked until they all agreed on it and it was right."

So, with countless things to declare independence from, why in the case of Pantalone's home room, was Common Core targeted?

"We decided to declare independence from Common Core because it was just pushed on us really fast and it was all so over-complicated," said Chrichton. "We all feel that the curriculum got really hard for us and all of a sudden there was all this homework and it seemed really unnecessary."

Interestingly enough, two

other periods declared independence from Common Core, as well. Two demand a separation from the pressures and negativity created by cyber bullying, hacking and invasion of their privacy online. And one class just went after the entire school system, demanding their independence from the pressures of conformity, and other typical teenage rebellion.

"Typical stuff there," says Pantalone, who added that he remained 100 percent neutral on all of the issues, giving each class the freedom to craft their document independently and void of restrictions. "I wanted them to create an authentic document," says Pantalone. "We studied the original document in class first and we talked about and how important it was. We watched a movie on the making of the declaration and then I said OK, here's your challenge. And I am really proud of them. They learned a lot in the process and I think they truly have an appreciation for what it took and the personal risks that were involved."

It is fitting that Pantalone's students would be asked to create their own "living" document as a teaching exercise. His approach to teaching history is to make it fun and keep students engaged

and coming back for more.

"I want my kids to come running to my class," says Pantalone, who has been teaching at the school for 19 years. "I want them to feel the events as if they were living them."

That's not too difficult a challenge. Pantalone's classroom looks and feels like a life-size diorama of every important cultural, social and political event shaping the country between the Civil War and World War II. Photos, memorabilia and even uniforms and kitsch from the eras studied adorn the walls, ceiling, desktops and bookshelves.

Now, there is a new addition: Five hand-inked, sepia toned, signed and laminated student declarations of "independence," taped to the top of a bookshelf, surrounded by reproductions and original WWII era keepsakes, such as metal signs encouraging enlistment in the U.S. Army, others urging civilians to buy bonds, as well as donated items, such as a glass-encased set of military stripes, a gift from a former student earned by his grandfather.

"My students bring me all kinds of things," says Pantalone. "They get into it and they bring me all kinds of things to add to the collection, which is great. That means they are inspired."★

Fair Oaks Chamber Announces Honorary Mayor Campaign Winner



Pictured: New Honorary Mayor Catrayel N. Wood with his wife JaNay Brown-Wood and daughter. Photo by Paul Scholl

By Dot Boyd,
Fair Oaks Chamber

FAIR OAKS, CA (MPG) - The secret is out!! The 39th Fair Oaks Chamber of Commerce Honorary Mayor is Catrayel N Wood!! Catrayel, founder of Urban Orchards here in Fair Oaks, raised money for the local chapter of Habitat for Humanity. The three candidates, Catrayel, Lou McNerney and Cliff Leiker are now part of Fair Oaks history, having raised over \$20,000 in the last 5 months, bringing our 39 year total to over \$380,000 raised for great local causes!! Half of the money goes to the individual causes, and half stays with Fair Oaks Chamber to help support the good works we do here. We also have a new Jr. Honorary Mayor, Noah Wright, a student at Andrew Carnegie Middle School! Congratulations to Catrayel and Noah!!

Another round of applause to our outgoing Honorary Mayor Rachel Griffith and our Jr. Honorary Mayor Josh Gumacal, now a senior at Del Campo HS!! We have our eye out for next



Past Honorary Mayors and other Dignitaries pictured from Left to Right: Outgoing Jr. HM Josh Gumacal, Joe Maloney, Dustin Buck, Warren McWilliams, Ray Young, Miss Fair Oaks Helen Burch, Bob Clouse, New Jr. Honorary Mayor Noah Wright, Karyn Barth Moore, President Doug Proctor, Rand Jacobs, Past Jr. HM Matthew Mason, New HM Catrayel Wood, Mike Maddox, Outgoing HM Rachel Griffith, Executive Director Kim Pitillo. Photo courtesy FOCC

year's candidates!! Who will step up to run for HM #40?!! Your favorite local causes and your community will thank you!!

There will be plenty of Fair Oaks Chamber events at which our new ambassadors can "rock their sashes" starting with the Mixer on Wednesday, Oct. 11th with 5 Woman-Owned Businesses at Rollingwood Athletic Club, followed by the spooky-fun HallowThanksMas Bunco Night on Friday, Oct.

13th (yes Friday the 13th!!) and the Business Expo Luncheon on Thursday, October 19th. Don't forget all the fun a village can handle with the 34th annual old-fashioned Christmas in the Village event on Saturday, Dec. 2nd from 3 pm to 7 pm! All the details are available at <http://www.fairoakschamber.com/>

See you in Fair Oaks!
Dot Boyd, Ambassador
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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**.


Contest Rules

Business must be located in Fair Oaks.

All votes must be received no later than December 31, 2017 at 5:00 pm at the office of Messenger Publishing Group.

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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Subscriptions should be mailed to *American River Messenger*, 7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608. Subscription rate is \$28 per year in Fair Oaks and Orangevale. The *American River Messenger* is published twice-monthly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

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Crossword Puzzle on Page 5

C	R	A	F	T		A	P	T			T	R	A	P	
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T	R	E	K			S	E	E		S	T	O	K	E	

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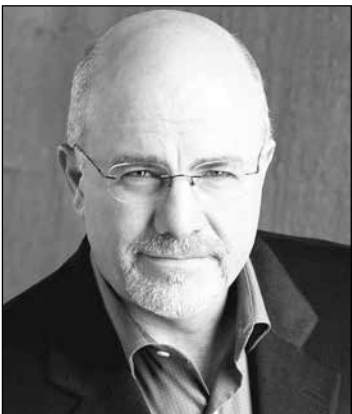
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Dave Says

Where do I put the money?

Dear Dave,
I have a savings account for my two-year old that has \$5,000 in it, and about half of that is in gold. I'm going to save for his college separately, and give this to him to help start his life after school. Is there a better place to put this other than a traditional savings account?
- Laura

Dear Laura,
First of all, you should not invest in gold. Gold is a very volatile, very dangerous investment. I don't have a dime invested in gold, and I would strongly suggest that you not invest in it, either. If you take a look at the life-long track record on gold it will scare you to death.
For the time being, you can leave it all in a traditional savings account. But if he's not going to use it for many, many years you could move it into a conservative mutual fund. In

fact, you started when he was at such young age, a nice, conservative mutual fund might be a really good idea.

When he gets a little older, he can start adding to it himself from the money he makes from odd jobs and chores and such. After 15 years or so, thanks to your foresight and his contributions, he'll probably wind up with a pretty nice chunk of cash.

Good job, mom!
—Dave

Debt snowball reasoning

Dear Dave,
Why do you recommend paying off debts from smallest to largest when doing the debt snowball?
- Michael

Dear Michael,
Lots of people think paying off the debt with highest interest rate first is the best approach. This seems to make sense mathematically, but I realized a long time ago if those people could do math they wouldn't be drowning in debt.
Debt is not a mathematical problem, it's a behavior problem. Personal finance is 80

percent behavior, and only 20 percent head knowledge. The reason the debt snowball pays off debt from smallest to largest — even though it may be mathematically incorrect — is that modifying your behavior and inspiring you to get out of debt is more important than the math. Your probability of becoming wealthy has a lot more to do with your behavior than any sort of financial sophistication or academic degree.

When you pay off a small debt you experience success, and that gives you hope. Then, you move on the next largest debt. When you pay that one off — and you've wiped out two debts — it energizes you. At that point, you really start to believe in yourself and the fact that you're on the road to becoming debt-free!
—Dave

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including *The Total Money Makeover*. The *Dave Ramsey Show* is heard by more than 13 million listeners each week on 585 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey. ★

Bullies Beware

Family Tae Kwon Do Plus Plans Anti-Bullying Workshop



"Bullying is a serious and we are going to teach kids and their parents how to do their part to make it stop," said Dominic Cirincione.

Story and photos by Jacqueline Fox

CITRUS HEIGHTS, CA (MPG) - Family Tae Kwon Do Plus is gearing up for its bi-annual Citrus Heights Hyper Bully Defense workshop, part of a world-wide movement against bullying in schools and elsewhere by participating martial arts instructors, taking place simultaneously across the nation throughout October in recognition of "Anti-Bullying Month."

Family Tae Kwon Do will host a free, two-hour, age-specific defense workshop for kids, teens and their family members, exploring the nature of bullying, ways to recognize it and how to put an end to it. The workshop will be held on Saturday, Oct. 14 from 11 a.m. to 1 p.m. More than 100 participants are expected.

The anti-bullying and educational event, held twice annually in spring and fall, will teach participants how to defend themselves against bullying, especially bullying in schools, which, according to Hyper Bully Defense, a worldwide network of martial arts professionals and schools working in tandem to spread the word that bullying is a life-threatening, serious and growing epidemic.

"Bullying is becoming an epidemic in our country, no question about it," said Family Tae Kwon Do founder, Professor Dominic Cirincione. He said Hyper Bully Defense statistics on bullying show that roughly 100,000 kids miss school every day in the country because they have been bullied



The anti-bullying and educational event, held twice annually in spring and fall, will teach participants how to defend themselves against bullying.

or are in fear of being bullied by someone once they get there. "It's real. And some cases are even leading to suicides. We have to take this very seriously."

In fact, Hyper Bully Defense has some rather startling statistics to consider. For instance, roughly 34 percent of children in America report being bullied on a regular basis. Also, every seven minutes a child is bullied by another student somewhere in the country, equating to roughly nine kids an hour. Finally, close to 85 percent of bullying incidents happen in secret with no intervention and a vast number of victims do not tell anyone out of fear of reprisal by the bully and or shame.

"Bullying is a serious and we are going to teach kids and their parents how to do their part to make it stop," said Cirincione.

The workshops will offer participants physical and mental tools for quickly assessing their surroundings, recognizing a potential bullying scenario and, perhaps most importantly, for carrying themselves with confidence in order to disarm a bully.

Representatives from the Citrus Heights Police Department also will be there to provide educational information about bullying, as well as gun violence and drugs in schools.

"Nationally the campaign will involve some 800 schools across the country and roughly 12,000 kids," said Cirincione. "Our workshop will involve reaching out to all Citrus Heights schools and roughly 3,500 students."

The event is free, open to all, and there will be pizza. If you can't make the event but want to learn more, go to Citrus Heights Hyper Bully Defense online, sign up and link to the download for a free, 32-page handbook called "The Parent's Guide to Bullying."

www.citrusheightshyperbullydefense.com ★

Citrus Heights Hyper Bully Defense Workshop

Where: Family Tae Kwon Do Plus 7831 Sunrise Blvd.
When: Saturday, Oct. 14 from 11 a.m. to 1 p.m.
(916) 725-3200
www.citrusheightshyperbullydefense.com

Family Fiddle Fun Jam and You're Invited!

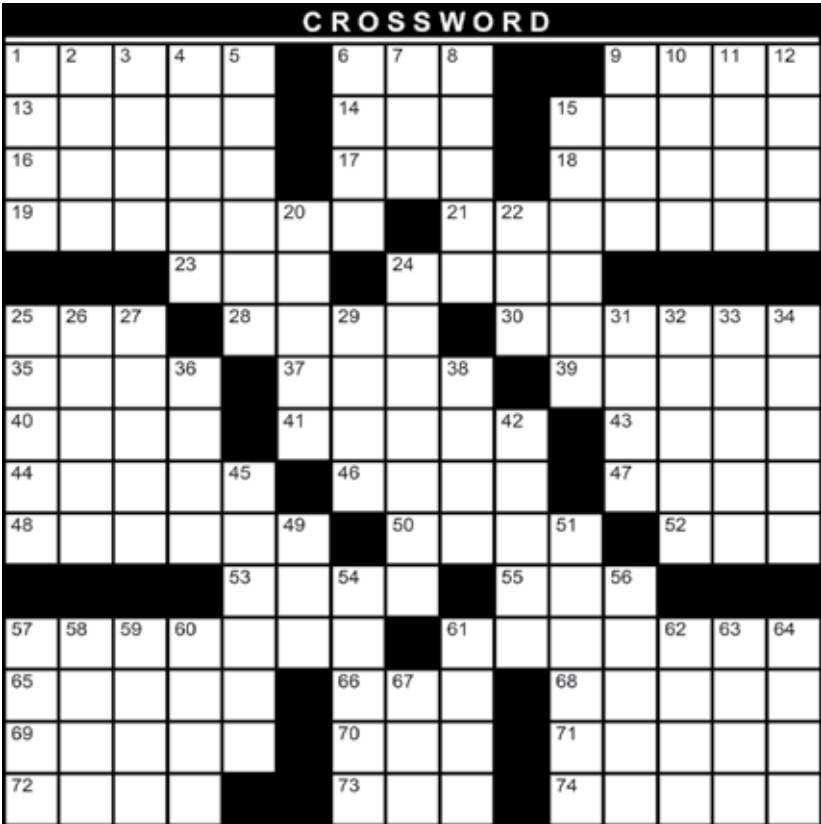
ORANGEVALE, CA (MPG) - The public is invited to attend the Family Fiddle Fun Jam and performances on Sunday October 8, 2017 from 1:00 to 4:30 p.m. at the Grange Hall in Orangevale located at 5807 Walnut Avenue near Madison Avenue.

Free admission, refreshments and parking.
This is a family friendly monthly gathering of fiddle, country and folk music fans who enjoy early American roots music. The fiddle Kids go on stage at 2:00 p.m. which is

always one of the highlights of the day. There is also jamming all afternoon under the oak trees in front of the Grange Hall.
For more information call (530) 676-0836 or e-mail rlstanford@att.net ★

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- CLUES**
- ACROSS**
1. Skilled practice
 6. Suitable
 9. Golf hazard
 13. Saint ____ of the Caribbean
 14. Placeholder surname
 15. Strapping
 16. Whatsoever
 17. Ever, to a poet
 18. Tree common to Pacific Northwest
 19. "O Captain! my Captain! our fearful trip is done..."
 21. "Come live with me and be my love..."
 23. Center of activity
 24. Romanov ruler
 25. It's wheels go round and round
 28. Place for a hero
 30. Between hexad and octad
 35. Like a hand-me-down
 37. Be inclined
 39. Muralist Rivera
 40. Hold sway
 41. Strongboxes
 43. F.B.I. operative
 44. One who names
 46. Justice's garb
 47. "Wheel of Fortune" choice
 48. Swell or very good
 50. Antonym of "is"
 52. Next to nothing
 53. Metal leaf
 55. Ship pronoun
 57. "Twas brillig, and the slithy toves..."
 61. Study of rocks
 65. Bye, to François Hollande
 66. Electric swimmer
 68. ____-Goldwyn-Mayer
 69. *Pablo Neruda had two: a pen and a given
 70. Tiny guitar
 71. SAG member
 72. "Star ____"
 73. Observe
- DOWN**
1. Eagle's talons
 2. ____ Bader Ginsburg
 3. Berry high in antioxidants
 4. Foul matter
 5. Ancient rabbinic writings
 6. Port in Yemen
 7. "Once upon a midnight dreary, while I pondered, weak and weary..."
 8. 4 in a school year
 9. *Dickinson: "Tell all the truth but ____ it slant"
 10. Make over
 11. Not many
 12. Cremation pile
 15. Like prison cell windows
 20. Aids and ____
 22. Expression of pleasure
 24. Kitchen cover
 25. "O my Luve is like a red, red rose..."
 26. Nothing out of the ordinary
 27. Alabama civil rights site
 29. "The Owl and the Pussy-cat went to sea in a beautiful pea-green boat..."
 31. Never, or when these fly
 32. Dancer's beat
 33. "Encore!"
 34. "Death, be not proud, though some have called thee mighty and dreadful..."
 36. Adele's "Rolling in the ____"
 38. Young socialites, for short
 42. Common thing
 45. Brownish red
 49. Campaign pro
 51. "Do not go gentle into that good night..."
 54. Intestinal obstruction
 56. Choose a president
 57. Not in optimist's vocabulary?
 58. Month of Purim
 59. Ice on a window
 60. Smell badly
 61. High school musical club
 62. "The Simpsons" palindrome
 63. Get the picture
 64. Of long ago
 67. ____ out a living



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Crossword Puzzle Solutions on Page 4

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Solutions on Page 4

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By Marlys Johnsen Norris,
Christian Author

During our lifetime there is only one journey that is meaningful and counts in the heart of our Creator/God. It is when we make a decision to accept and follow God's teachings about how to live our lives and fill that empty void He created in each one of us for His Holy Spirit to reside. When this happens we discover what it means to be walking in the God's perfect will for our lives and the journey God has designed specifically for us.

When we are a child many learn that God loves us in Sunday School or Child Evangelism classes and we accepted Jesus as our Savior. However, possibly do not understand that Jesus must also become "Lord" of our lives.

A Journey of a Lifetime

Our Lord is to be honored in every aspect of our life's journey, with reading His Holy Word, Obedience to its teaching, Service, Worship, Prayer and Fellowship in His house of Worship. Children most always do not understand the depth or importance of this decision until much later in life. Therefore, most certainly the journey may have begun -- but many unfortunately take *detours into the avenue of sin* and the divine journey is delayed.

Once a person has sincerely accepted Jesus as Savior they do belong to God forever!

Yes God knows everything about us and His Holy Spirit keeps pricking one's conscience in numerous ways. One may remember God but dismiss the idea as conviction sets in. God is forced to teach us through the circumstances and trials of life that are caused by the lifestyle we have chosen or fallen into. Time and again we come under conviction, but we don't understand why! We continue until something happens that helps point in a different direction. We do not realize but God has been there all the time. In His loving and gentle way He has opened a door that will lead to knowledge about His personal love for them. And it is here the

greatest journey of a lifetime begins.

This is when one seeks to really want to know the God of Creation. The Creator of all life and the universe, who has authored an eternal Book of Love for us, the Holy Bible. We secretly reach out to those who know and honor Him with their lives, we may even visit a church. We listen as God births a *hunger in our heart* and our life now is on the path He designed before we were even born.

One by one sins are dealt with even though we begin to understand the very day we accepted Jesus as our Savior as a child, they were washed in His shed blood while He died on the cross for our sins, past, present and future. We have so little time and so much to learn and now, He is Lord of our lives! The journey is one great adventure.

It will not ever end -- until that day we celebrate being with Him in Heaven. Praise His Holy Name. . .

Marlys Johnsen Norris
Christian Author of 6 books
Plus *Walking with a Wise Entrepreneur*
Marlysjn@gmail.com ★



By Pastor Ray Dare

Once you become a believer, God uses everything that happens in your life (God doesn't cause everything) but God will use everything that happens to you to mature you. "*For those who love God everything that happens fits into a pattern for good.* For God...chose us to bear the family likeness of his Son...." Rom.8:28-29 (Ph). One of the most common ways God matures you, is through problems.

How do you know if you are maturing spiritually? You learn to trust God through a problem. You trust God in spite of the circumstances. You don't demand explanations; because there are some things that we will never understand on this side of eternity. In the Bible, there's a book called Job. It's all about one thing; will a person continue to trust God if he

Pastor Ray's Encouraging Words

Why Is This Happening To Me?

loses everything...If everything goes wrong in his life? Job's answer was a resounding, "Yes!" But let's make this personal -- would you? Would you continue to trust God if everything went wrong in your life? The fact is, you will go through some storms in life. Eventually you're going to lose your health, a loved one; maybe a job or marriage. But will you continue to trust God in spite of the circumstances?

That's what spiritual maturity and faith really is, facing the facts without getting discouraged by them. Faith is not the absence of problems, always getting healed or getting everything you pray for. Faith is trusting when you don't. This is the ultimate test of faith; the point of surrender -- you give up control and you learn to trust. It's realizing that God doesn't always deliver you from problems, but He always has a greater plan beyond them.

God has a purpose behind every problem. "*For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.*" 2 Cor. 4:17 If you're just focused on the here and now,

like this is all there is to life -- then when your health fails, when tough times come, you will get discouraged. Learn to live with an eternal perspective. This isn't all there is! Earth's troubles are temporary in light of eternity! Things get better!

Life is a school and problems are the curriculum. Every time one problem gets solved, another one takes its place. Not all of them are big, but all are significant in God's maturing process. If you're facing a difficulty right now, I'm sorry. I'm sorry you're going through a difficult time. But don't let the problem get you down. God still loves you. God is still for you; He is still on your side. He still has a plan for you.

When you're in a difficulty, don't ask, "Why?" ask "What?" Not "Why God?" But "What God?" What do you want me to learn from this?" Then trust God and never give up -- but allow God to develop you through the difficulty.

Pastor Ray
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EUROPEAN GROCERY

Sliced Tricolor 1500 gr \$5.99/ea	Papillote de Eggplant Bruschetta 530 gr \$2.49/ea	Macaronian Tahini 450 gr \$2.99/ea	Gourmet Cornichons 450 gr \$3.99/ea	Sunflower Oil 1 Liter \$1.49/ea
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Behaviors You Never See in Successful People



Louis McNerney

When you spend decades working with executives and business leaders, you really can't help but observe what works and doesn't work over the long haul. One thing I've noticed, it's not intrinsic characteristics

truth: It takes hard work over the long haul. Always stay focused and disciplined. Most people are slackers. That's why most people don't achieve great things. Simple as that.

Quick-fix mentality. Steve Jobs said, "Half of what separates the successful entrepreneurs from the non-successful ones is pure perseverance". If you're not passionate about what you do, you won't stick with it. Many people want instant gratification these days. That's not going to cut it.

Acting out. Whatever feelings you have trouble dealing with jealousy, shame, inferiority, entitlement – transferring them to people you work with and acting out in anger will make you and everyone around you miserable.

Selfishness. If you act like the world revolves around you, you'd better have the talent to back it up. Being overly self-centered will diminish your effectiveness. Business isn't about you; it's about business. It's about your customers' experience with your products. Remember who serves whom in the relationship.

Living in the past or future. Granted, we can learn from the past, but dwelling on it is self-destructive. Likewise, you can plan for and dream about the future, but if your actions aren't focused on the present, you'll never achieve your plans or your dreams.

Lighthearted indifference. You hear phrases like "whatever works," "it's all good," and "no worries" a lot lately but you'll rarely hear them from highly accomplished people. They may be a lot of things but apathetic is not one of them.

Oversensitivity. If you're so thin-skinned that any criticism makes you crazy and every little thing offends you, you're going to have a rough go of it in the real business world. There's a good reason why business leaders usually have a good sense of humor and humility. It's sort of a requirement. Don't take yourself so seriously.

or personal habits that determine whether you're successful or not. It's your behavior. Yes behavior! How you react under long-term stress? Whether you meet your commitments or not. How you interact with others? Your attitude toward customers. How hard you're willing to work to do the job right? Whether you're focused and disciplined or scattered and distracted.

Want to Be Successful? Quit Being So Positive. If you want to make it big over the long-term, you might want to take a good, hard look in the mirror and see if any of these career-limiting behaviors describe you.

Naivety. We all start out wide-eyed and gullible, but the sooner you convert that to savvy and skeptical, the better your chances of coming out on top. It's simple: suckers and fools don't win. Learn to question everything you read and hear and always consider the source.

Panic. High-pressure situations are common in the business world. Things almost never go according to plan. It comes with the territory. If you can't override your adrenaline response and remain calm in a crisis, you're in trouble.

Fanaticism. Passion is a big success driver. When you cross that line and become over-the-top fanatical it works against you. You have a skewed perception of reality, flawed reasoning, and bad decision-making. **Laziness.** Those who are driven to achieve great things also know one fundamental

For More Information contact Louis McNerney, Contact Lou at (916) 335-1126 or Visit his Website www.theEsource.com/LMcnerney

Sacramento County DA Reports



Former Teacher Convicted for Sexual Acts with Student

DATE: September 12, 2017

CASE: John Young (Case #17FE007685)

PROSECUTOR: Deputy District Attorney Kevin Jones, Adult Sexual Assault Prosecution Unit John Young pled no contest to committing a sexual act with a person under 18 years of age.

John Young was a teacher at Sheldon High School where the 17-year-old victim attended school. Young began an inappropriate relationship with the victim, culminating in a sexual act between the two of them. The relationship was discovered when a victim's family member found text messages between the two, which referenced the inappropriate relationship and sexual conduct.

Young faces a maximum sentence of 3 years in prison. Sentencing is set for October 16, 2017, at 8:30 a.m. in Department 8 before the Honorable Lawrence Brown.

Defendant Convicted for Murder at Carmichael Party

DATE: September 13, 2017

CASE: Kenyatta Brown & Keyon Brown (Case #15F05786)

PROSECUTOR: Deputy District Attorney Casey Newton, Homicide Unit

Kenyatta Brown was convicted by a jury for the second-degree murder of 18-year-old Joslynn Sovenski. The jury also found true the allegation that Kenyatta Brown personally discharged a firearm causing death. Keyon Brown was convicted by a separate jury of accessory after the fact. Both defendants were also convicted of possession of an assault weapon.

On the night of September 18, 2015, brothers Kenyatta and Keyon Brown and the victim were at a party in Carmichael. Keyon Brown brought several guns to the apartment. The victim and her friend took videos of themselves handling and waiving the guns around while in the company of Kenyatta Brown and Keyon Brown. At 2:45 a.m., the Sacramento County Sheriff's Department received a 911 call reporting someone had been shot. Responding deputies found the victim on the apartment floor with a single gunshot to the chest. The victim died at the scene.

Initially, Keyon Brown repeatedly claimed that an unknown male shot the victim and fled the scene. He later admitted there was no unknown male shooter and that Kenyatta had been at the party, but left before deputies arrived. He also admitted to hiding one of the guns under a mattress. Based on Keyon Brown's new statement, several witness statements and videos from that night, Kenyatta was identified as the shooter.

Kenyatta Brown faces a maximum sentence of 41 years to life in prison. Keyon Brown faces a maximum sentence of 4 years county jail prison. Sentencing is set for October 6, 2017, at 9:00 a.m. in Department 26 before the Honorable Curtis Fiorini.

Habitual Sex Offender Sentenced for Child Sexual Assault

DATE: September 25, 2017

CASE: Lionel Phillip Jacques (Case #16FE001361)(Case #16FE009607)

PROSECUTOR: Deputy District Attorney Bruce Chang, Special Assault & Child Abuse Unit

The Honorable Emily Vasquez sentenced Lionel Phillip Jacques to 240 years to life in prison. On August 25, 2017, Jacques pled no contest to three counts of committing lewd and lascivious acts on a child under 14 years of age. Jacques also admitted to five prior lewd acts upon a child strike convictions and to a habitual sex offender allegation.

In 1986, Jacques was convicted of five child sexual assault charges in San Diego County. In that case, Jacques was a youth minister and victimized a member of his congregation for several years. Starting in 1996, Jacques sexually assaulted male relatives in multiple counties, including Sacramento County. Those assaults were discovered when Jacques dropped a memory (SD) card at his place of employment. When security workers examined the SD card to determine ownership, they found multiple images of child pornography and turned the card over to law enforcement. Detectives with the Sacramento County Sheriff's Department Internet Crimes Against Children Unit searched Jacques' digital devices and found images of Jacques sexually assaulting a victim.

Former Coach Pleads Guilty to Having Sex with Minors

DATE: September 25, 2017

CASE: Michael Martis (Case #16FE011239)

PROSECUTOR: Deputy District Attorney Maria Wilson, Adult Sexual Assault Prosecution Unit

Michael Martis pled guilty to unlawful sexual intercourse involving two minors.

One of the minors, age 15, played on a softball team Martis coached between 2006 and 2007. The other minor, age 16, was also a player on a separate team he coached in 2013. That relationship began with flirtatious text messages and developed into a sexual relationship.

Martis faces four years in prison and will be required to register as a sex offender. Sentencing is set for November 20, 2017, at 1:30 p.m. in Department 20 before the Honorable Michael Bowman. ★



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Madoff's Among Us

We've all heard horrible stories of folks who got taken by Bernie Madoff's fraud and scams, including friends and family. Just because Madoff is behind bars doesn't mean other scams aren't going on. If intelligent savvy people can get taken, what about you and me? **Bill Francavilla** knows about these scuzzy types. He's had some thirty years in the world of finances and he told me on my POPPOFF Show that there are scams going on as we spoke. These bad guys push greed and fear buttons to make the scam look good. **Bill** is author of **"The Madoffs Among Us"** and he hopes that he can help us make better financial decisions to protect our future. Would you believe each year over \$100 billion dollars is stolen from unsuspecting people? Studies have suggested that because there is a source of much embarrassment

POPPOFF!

with **Mary Jane Popp**

for people who got taken, it is grossly under estimated and unreported. Some suggest that only about 20% is reported. So let's get to some suggestions on how not to be taken by financial advisors.

There are five questions you should ask your present or prospective advisor.

- 1) "Tell me about your experience in the financial services business." That means, how long and with how many firms.
- 2) "Do you have any industry credentials? CFP? ChFC? Etc?"
- 3) "Tell me about your approach to financial planning." Does this person buy and sell securities. Does this person have a comprehensive, holistic approach? How often will we speak? Do you have an investment policy statement? Will you put together a financial plan?
- 4) "Will I be working with you personally or with another member of your team?"
- 5) "How much do you charge for your services?" Not just how much but "how?" There are many platforms, fee based, fee only, and commission.

According to **Francavilla**, if Americans took three small steps to protect themselves, they could

greatly minimize the possibility of being scammed.

- 1) Look in the mirror and tell yourself, "I can be scammed!" No one is impervious to being scammed or defrauded.
- 2) Resist the temptation to buy with emotion. Financial decisions have hard lines to them but when you buy out of greed or fear you are asking to be disappointed.
- 3) Remember in school when our teachers told us that "Knowledge is Power?" It was then and it is now. **Bill** knows that not everyone understands finance or even cares to understand financial planning, but he strongly encourages people to have at least a cursory understanding and appreciation for some of the language of financial services and some of the concepts. One need not be expert, but certainly conversant.

Naturally, there are many knowledgeable and honest advisors. But take the advice of someone in the know before you find yourself taken to the cleaners by the unscrupulous. Check out **Bill Francavilla's** website at www.BillFrancavilla.com and his book goes into great detail on avoiding the risks. Just remember **"The Madoffs Among Us"** and BEWARE! ★

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Andrews & Greilich Mortuary
3939 Fruitridge Road, Sacramento, CA 95820
To RSVP or More Info: **916.732.2026**

Wed., October 11

11:30 am to 12:30 pm

East Lawn Sierra Hills Memorial Park
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5757 Greenback Lane, Sacramento, CA 95841
To RSVP or More Info: **916.732.2020**

Thurs., October 12

11:30 am to 12:30 pm

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By County Supervisor Sue Frost

Through the generosity of the American River Messenger, this column serves to provide an update about matters affecting the unincorporated community of Orangevale.

On Wednesday, September 6th, the Board of Supervisors adopted our final budget for the 2017-2018 fiscal year. This was the first Sacramento County budget that I have participated in, so I wanted to share with you my thoughts. In short, I am pleased that we were able to fund so many vital programs and departments, but remain fearful that we lack the long-term vision for how to make us more fiscally responsible.

I believe we can improve our fiscal health by using a three-tiered approach.

First, we need to focus on the most critical things that we provide and have the bravery to reject new programs and services that are of less vital importance. Earlier this year when I issued a survey

Orangevale Community Update

Becoming Fiscally Responsible

of Orangevale it came back to show that the number one most important issue was public safety, closely followed by transportation (the number three issue, which was a distant third, was homelessness). So let's put a heavy emphasis on funding our cops and our roads.

Second, we need to slow the growth of county government employees. Not only do county employees cost us money in terms of salary and benefits, but every employee we hire raises our unfunded pension liability, which is currently at a staggering \$1.2 billion. When the great recession hit, our reserves weren't high enough and we had to make massive cuts to the number of employees we have and significantly cut the level of service we provide. But now that we are climbing out of the recession, departments are trying to get back to their pre-recession levels of employees. It seems obvious to me that our pre-recession levels were too high, and that we should make do with what we have. We currently have over 11,000 full-time employees – I believe we can provide excellent service to Sacramento County without the need to greatly increase this number.

Last, we need to make a far greater investment into our reserves than we currently do. We have the lowest reserves out of any large county in California – so low

that the second worst county is in six times better shape than us. If we had to rely solely on reserves, we would only have enough money to last us eight days. Unfortunately, our current policy of investing 10% of our general fund increases will solve our problem in about 80 years. I propose we increase our investment to 40% each year, which will fix things in about 20 years.

Focusing mainly on critical programs, slowing the growth, and investing in reserves are incredibly difficult things to do. It is easy to agree to these in principle, but when it comes to actually making tough decisions, most elected officials cave to the pressure of wanting to make everyone happy. But in my opinion, making tough fiscal decisions like these is something regular citizens of Orangevale have to do on a daily basis – and so too should your elected representatives.

Thank you for reading – and as always, if you want to contact me, call me at 916-874-5491 or e-mail me at SupervisorFrost@saccounty.net.

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murieta, North Highlands, Carmichael, Foothill Farms, and Fair Oaks. ★

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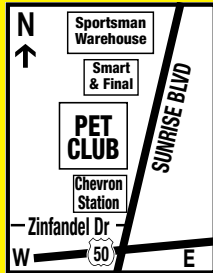
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OUR SUPER DISCOUNT PRICE

FUSSIE CAT PREMIUM DRY CAT FOOD

Market Fresh Recipe •Chicken & Turkey •Salmon •Salmon & Chicken 2 Lb, 4 Lb, 10 Lb bag

As Marked **20% OFF** OUR REGULAR LOW PRICES

NUTRO CANNED DOG FOOD

Limit 1 Case 12.5 Oz Can Max **\$9⁹⁹** Natural Choice **\$1³⁵**

EARTHBORN HOLISTIC CANNED CAT FOOD

•Grain Free •Selected Varieties Limit 1 case 3 Oz. **79¢** 5.5 Oz. **\$1²⁹**

CAREFRESH PET BEDDING

60 Liter (Ultra Not Included) **\$12⁹⁹**

NUTRO WHOLESALE ESSENTIALS DRY DOG FOOD

(Ultra Small Breed \$27.99) •Sml Brd Adult •Senior •Chicken •Lamb & Rice •Adult •Small Bites

Limit 2 Bags 15 lb. bag **\$21⁹⁹** **\$22⁹⁹**

MEOW MIX CAT FOOD

Market Select 2.75 Oz Cup Limit 1 Case **49¢**

FELINE PINE HEALTHY CAT LITTER

20 Lb Bag Limit 2 Bags **\$7⁹⁹**

SCIENCE DIET DRY DOG FOOD

28.5 lb-33 lb Bag •Lite •Active Maturity •Perfect Weight •Healthy Mobility •Sensitive Stomach •Oral Care

Limit 2 Bags **\$4⁰⁰ OFF** OUR DISCOUNT PRICES

CHICKEN SOUP FOR THE SOUL DRY DOG FOOD

•Adult •Large Breed •Mature •Weight Care 30 Lb Bag Limit 2 Bags **\$7⁰⁰ OFF** OUR ORIGINAL LOW PRICES

PRECIOUS CAT CLUMPING CAT LITTER

20 Lb Box Limit 2 Boxes Cat Attract **11⁹⁹** Touch of Outdoors **\$7⁴⁹**

MERRICK'S WHOLE EARTH FARMS DRY DOG FOOD

•Adult •Grain Free Chicken & Turkey •Grain Free Beef & Lamb •Grain Free Salmon & White Fish Limit 2 Bags per Family **ON SALE**

CAT FURNITURE 20% OFF

•CRS •Alpine Cat Trees LOTS OF SELECTIONS ASSORTED STYLES OUR SUPER LOW PRICES (C & D Products not Included)

CADET RAWHIDE SALE

28 Oz. •Chicken Breast •Duck Breast •Sweet Potato & Chicken •Sweet Potato & Duck **\$14⁹⁹**

RELANCE BIRD CAGES

All Varieties Stock On Hand **20% OFF** OUR SUPER LOW PRICES

PRESTIGE CABLE TIE OUT AERIAL RUN & STAKE TIE OUT

All Sizes **20% OFF** OUR SUPER LOW PRICES

8 in 1 PERFECT COAT SHAMPOO

All Sizes All Varieties **20% OFF** OUR SUPER LOW PRICES

MARINELAND POWER FILTER SALE

MODEL TANK SIZE PET CLUB SALE

PENGUIN 100B	20 Gal.	\$17.99
PENGUIN 150B	30 Gal.	\$24.99
PENGUIN 200B	50 Gal.	\$29.99
PENGUIN 350B	75 Gal.	\$39.99

TETRA BOXED 10 GALLON TANK

With Economy Kit Just add Heater For Tropical Fish **\$36.99** Limit 1 Per Family

REPTILE SUPPLY SALE

Zoo Med Reptibark 8 Qts. **\$5.49**
Tetra Reptomin 3.7 Oz. **\$3.79**
Tetra Reptomin 10.59 Oz. **\$8.49**

KORDON CORAL SEA

50 GAL SALT MIX WITH AMQUEL **\$11.99**

FRISKIES BUFFET CANNED CAT FOOD

5.5 Oz All Varieties Limit 1 Case With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 10/4/17 - 10/10/17 **45¢** ARM PLU 367

WHISKAS TEMPTATIONS CAT TREATS

•All Varieties Except Natural - 3 Oz Limit 2 Pkgs with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 10/4/17 - 10/10/17 **\$1¹⁹** ARM PLU 569

JONNY CAT CAT LINERS

Jumbo Drawstring - 5 Ct Limit 1 Box with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 10/4/17 - 10/10/17 **\$1⁸⁹** ARM PLU 449