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AMERICAN RIVER Messenger

"Written by the people, for the people"

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Serving Fair Oaks, Orangevale & Sacramento County

November 18, 2016

FAIR OAKS COMMUNITY UPDATE



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ALA HAS OPEN ARMS



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THANK YOU



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direct link to our online edition!

We've Got Something to Really Crow About!



Current President, Karen Romines (second from the right) along with members Bob Vogel, "Rooty our Fair Oaks Rotary Rooster", Peter Romines and MaryCate Gustafson-Quiett at the Fair Oaks Concerts in the Park. At right: Rotary member, Warren McWilliams, as he is working to sort 100s of books for the Safe Halloween Children's Book Giveaway. Photos courtesy of Fair Oaks Rotary

By Alice Rowe

FAIR OAKS, CA (MPG) - Fair Oaks Rotarians are getting caught in the act....of doing good! Actually, they are getting caught doing 100 Acts of Good, all as part of celebrating the centennial of The Rotary Foundation of Rotary International, which was started 100 years ago with a donation of \$26.50. Through Rotary Foundation grants, lives have been changed for the better in many different ways, and humanity has been helped all over the world.

But the Rotary Club of Fair Oaks is extra special, and they stand out as a unique group of Rotarians doing good deeds. Why is that? Well, they are being supported by a fuzzy cute Fair Oaks rooster named "Rooty the

Rotary Rooster" who has decided he wants to be a part of all those acts of good. He often appears in photos when club members have been busy working to improve the lives of others!

To see a small fraction of the many ways Rotarians are involved in our community, take a look at the club's Facebook page. Most recently, they donated and sorted books to be given to children at Safe Halloween in Fair Oaks Village. A few weeks ago, several members rode their bikes "hundreds" of kilometers supporting the St. Baldrick Foundation's search for a cure for childhood cancers. In December, members will assemble and distribute about 100 Holiday Baskets for needy families at Northridge Elementary School. The club has used



Rotary Foundation grants to construct and install twelve Little Free Libraries in the Fair
Continued on page 3

Fair Oaks Water District Awarded Excellence in Financial Reporting

FAIR OAKS, CA (MPG) - Fair Oaks Water District receives Certificate of Achievement for Excellence in Financial Reporting for the fifteenth consecutive year.

The Certificate of Achievement for Excellence in Financial Reporting has been awarded to the Fair Oaks Water District by the Government Finance Officers Association of the United States and Canada (GFOA) for its comprehensive annual financial report (CAFR).

The award winning CAFR has been judged by an impartial panel to meet the high standards of the GFOA program including demonstrating a spirit of full disclosure to clearly communicate the District's financial story. The Certificate of Achievement is the highest form of recognition in the area of governmental accounting and financial reporting that GFOA awards and its attainment represents a significant accomplishment by the Fair Oaks Water District and its management.

The Fair Oaks Water District has been awarded the Certificate of Achievement for Excellence in Financial Reporting from GFOA every year that the current management team has been together. While acknowledging this achievement, FOWD Board President Dave Underwood stated that: "This is another example of the professionalism, attention to detail, and integrity that the FOWD's Executive Team and staff demonstrate on a regular basis. FOWD customers are in good hands being served water with transparency and frugality during times where such attributes are difficult to find. The Board is very proud of the Executive Team and staff that serve water to the people of FOWD."

The GFOA is a nonprofit professional association serving approximately 17,500 government finance professionals with offices in Chicago and Washington D.C.

Source: Fair Oaks Water District

Support the Sheriff's Toy Project

From Sherrie Carhart, Sacramento County Sheriff Department

SACRAMENTO COUNTY, CA (MPG) - The Sheriff's Toy Project, an innovative collaboration between peace officers, non-profit agencies, private donors and businesses, was created to better serve less fortunate children and families. The program provides a character building environment for offenders, who work with law enforcement officers to help people who are in times of need or suffering from hardship. The Toy Project provides a connection between law enforcement, people in need and those in the community capable of giving.

As we prepare for Christmas, we are seeking donations of new items in their original packaging. We provide gifts for babies to young teens up to 17 years old. Because we have a large number



Visit the Toy Project facility for an unforgettable "feel good" experience. You can take a virtual tour right on the website or for an appointment to visit in person.

of older children, we have difficulty in finding them an age appropriate donated

item. This is where you can make a difference. Any help you can provide in

the form of a donation or gift card is greatly appreciated. We are optimistic about our ability to provide for the less fortunate in the Sacramento county area. Your donation will play such an important role in our efforts to provide for those at Christmas who would otherwise be without.

In 2015 7,728 kids were served, being presented with 840 bikes, 480 computers, 29,248 toys, and there was an additional \$21,500 spent on charitable needs.

On the website are the requirements for families seeking assistance. Applications are limited and are given on a first come, first served basis. Applications started October 31st.

Referrals for recipient families come through our Sheriff's Service Centers, Sheriff's Deputies, Detectives, Probation

Continued on page 3

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Wildlife Care Needs Your Support

By Rick Reed

SACRAMENTO REGION, CA (MPG)

- The non-profit that takes in thousands of injured, orphaned and displaced creatures to heal and release them back to the wild in the Sacramento region are asking for your help.

The annual Wildlife Care Association Nuts & Berries fundraising event is growing this year into a more exciting format but depends entirely on donations from local business and individuals providing products, services and items. Previously a silent auction event at McClellan Park in December, the wildlife volunteers are changing it up by rebranding this crucial source of funding into a more exciting inclusive raffle to be held in January of 2017. One of the prizes already donated to be raffled is a trip to Alaska!

This season more than 5000 birds and small animals were brought to the WCA by citizens who cared. These heroes of nature work tirelessly thru a busy season providing 98% of the care and squeezing 88 cents of every dollar into a second chance for



These birds and animals are all around us and keep our vermin under control, help seed plants and do much more in keeping the environment balanced for our wonderful quality of life in the Sacramento region.

wildlife. These birds and animals are all around us and keep our vermin under control, help seed plants and do much more in keeping the environment balanced for our wonderful quality of life in the Sacramento region.

The care, recovery and release of wildlife is often the 'lived happily ever after' moment a parent

hopes for when their child brings an injured, orphaned or lost creature to WCA for care. Without the volunteers, professional animal care managers and people who give their support across the region this might be a memory best forgotten. Because without the Wildlife Care Association these hurt, lost and orphaned creatures will likely die.

Donations are always welcome year-round and are the 'life blood' of the non-profit based at 5211 Patrol Road at McClellan Park. Items specifically for the Nuts & Berries WCA Raffle can be dropped off at Wildlife Care thru the end of November. This Thanksgiving please help make the New Year brighter by giving your time or financial support to WCA, and thanks to our community volunteers for their priceless contributions in saving wildlife!

Learn or donate directly online at www.wildlifecareassociation.com, or visit us on Facebook & Instagram under Wildlife Care Association. Call 965-WILD if you have found a creature in distress, lost or injured, WCA operates seven days a week, 10am-6pm. ★

Funding for Winter Sanctuary Approved

SACRAMENTO REGION, CA (MPG)

- On November 1, the Sacramento County Board of Supervisors approved an agreement for \$360,000 with Sacramento Steps Forward (SSF) for the administration of the Winter Sanctuary Program. The Winter Sanctuary Program provides nighttime shelter with local faith-based organizations, including transportation and two meals, for Sacramento County's homeless population from November 21 through April 30, 2017. "This is the fifth year of funding this program in order to provide 100 additional beds for Sacramento's homeless each night during the winter," said Chair of the Board Roberta MacGlashan. "We are pleased and grateful to the 19 congregations that have agreed to host and look forward to

other organizations filling in the remaining open nights."

As part of the agreement, SSF will provide monthly reports of the number of persons sheltered per night, including the breakdown of men, women and families served and their geographic origination. The data will be utilized to determine potential areas of focus for future funding opportunities.

Sacramento Steps Forward coordinates the shelter, transportation to and from the shelter sites, and meals with, as well as outreach and referral efforts for ongoing supportive services.

Currently, congregations have been lined up to provide services for every night except 52. Sac Steps Forward and its subcontractor, First Step Communities (FSC), are working to recruit congregations

to fill out the list, including those that can accommodate pets, and two congregations to serve as intake sites for persons who are unable to travel to the main intake site of Loaves and Fishes.

In recruiting these additional intake sites, SSF and FSC are utilizing data to determine where the highest populations of homeless exist outside of the immediate geography of Loaves and Fishes.

The County is also providing \$75,000 to Volunteers of America (VOA) for the period of November 21 through March 31, 2017 for the administration of the Winter Shelter Program for homeless families. Offered since 2011, this program has provided shelter to 876 adults and children since its inception. *Source: Sacramento County* ★

New Statewide Plan Aims to Dramatically Reduce New HIV Infections

SACRAMENTO COUNTY, CA (MPG)

- California has released a new surveillance, prevention and care plan designed to dramatically reduce new HIV infections in the state, with the goal of eventually getting that number to zero. The "Getting to Zero" plan is a blueprint for state and local health departments and community organizations working to achieve a more coordinated statewide response to HIV.

"Thanks to better treatment and prevention options, new testing technology and better access to health care, California has reached a point where we can begin to envision the possibility of zero new HIV infections," said California Department of Public Health Director State Public Health Officer Dr. Karen Smith. "In a state as large as ours, it will take an incredible

amount of coordination, innovation and work to make this vision a reality. This report lays the foundation for achieving our goals."

The "Getting to Zero" plan was developed by the California Department of Public Health (CDPH) in coordination with local health officials, other state departments, medical and non-medical providers, and HIV community organizations and planning bodies. The report set four goals to be achieved by 2021. The four goals are to reduce new HIV infections, increase access to care, reduce disparities in underserved communities and achieve a more coordinated statewide response to the HIV epidemic.

To achieve those goals, the report outlines 15 strategies and 12 key objectives that will be

monitored on an annual basis by CDPH's Office of AIDS. Some of the strategies include improving HIV testing and HIV pre-exposure prophylaxis (PrEP) utilization, enhancing availability of HIV care and increasing community collaboration and involvement.

"This comprehensive plan reinforces the state's ongoing commitment to address the HIV epidemic," said Dr. Karen Mark, Chief of the Office of AIDS at CDPH. "This commitment includes supporting people living with HIV, reducing the rate of new infections, and recognizing that not all communities have been equally impacted by this epidemic, and making those most at risk a high priority."

For more information see www.cdph.ca.gov ★

Capitol Pops Ring in the season at Rusch Park

CITRUS HEIGHTS, CA (MPG)

- The Capitol Pops Concert Band nears the end of its 19th season with a free, open to the public holiday concert at 7 p.m. Saturday, Dec. 3, 2016, at the Rusch Park Gym, 7801 Auburn Blvd., in Citrus Heights.

Under the baton of Director Kurt Pearsall, CPCB will once again play traditional holiday favorites, seasonal musical hits and carols. Voice and instrumental soloists also will be featured. This performance is family friendly and a great way to usher in the holiday season. The two-hour concert includes a 20-minute intermission.

Various prizes will be on display for the raffle ticket

drawings, and the public will have the opportunity to purchase decorative poinsettia plants after the concert concludes. Longtime CPCB supporter Easley Nursery of Auburn has donated a large poinsettia plant as a grand prize in support of the band's student scholarship fund.


Attendees also can participate in a silent auction for a wide variety of baked goods, perfect for a family gathering or a holiday party. A portion of raffle and silent auction proceeds will go to support the general expenses of the band.

The "Royal Court" of regional pageant winners will return again this year as concert assistants. The concert is sponsored

by the City of Citrus Heights and the Sunrise Recreation & Park District.

Started in 1997, the CPCB has performed a diverse portfolio of high-quality, well-prepared music heard by thousands of concert-goers throughout Northern California. Based in Citrus Heights, the self-supporting, nonprofit community band of about 65 musicians represents a wide cross-section of the Sacramento area. For more information on the Capitol Pops, visit www.capitolpops.org or its Facebook page, or call (916) 725-5214.

Source: Capitol Pops Concert Band ★




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By County Supervisor
Susan Peters

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

Helping Those in Need
this Thanksgiving

With the Thanksgiving Holiday fast approaching, many of us begin to reflect upon our blessings and realize that there are those among us who are in need.

Soon the Sacramento Food Bank will begin its annual Turkey Distribution providing those in need with a fresh or frozen turkey or ham and two bags of meal items with dry and canned foods for basic Thanksgiving dishes. If you can, please consider donating to the extent possible. For more information, please visit sacramentofoodbank.org.

FAIR OAKS COMMUNITY UPDATE

Another way to show your support is to participate in the annual Run to Feed the Hungry event on Thanksgiving morning. This Sacramento tradition is not only the largest run in Sacramento but also the largest Thanksgiving Day fun run in the country with all net profits benefiting the Sacramento Food Bank & Family Services. To register, please visit runtofeedthehungry.com.

Check Before You Burn

Now through February 29, 2017, wood burning is restricted in the unincorporated area as well as in the cities of Citrus Heights, Elk Grove, Folsom, Galt, Isleton, Rancho Cordova and Sacramento in accordance with air quality regulations. The restrictions are applicable to fireplaces, wood stoves, fire pits or chimneys. Implementation of these restrictions has helped reduce pollution and allowed our area to stay in compliance with federal air quality standards.

Before you burn, please check the daily status by calling 1-877-No Burn-5 or visit sparetheair.com.

California International
Marathon

Thousands of runners are expected to be racing through

our neighborhoods on Sunday, December 4, during the annual California International Marathon. The 26-mile grueling trek begins 7 am in Folsom and concludes at the State Capitol.

This event attracts world-class competition. Several thousand out of town visitors travel to the area to participate in or watch the marathon. This influx contributes to our local economy via renting lodging, dining in restaurants, retail sales, etc.

Residents can come out and cheers the runners. Fair Oaks Boulevard is part of the route so Fair Oaks, Carmichael and Arden Arcade residents south of that roadway may find themselves “land-locked” while the race is in progress due to street closure.

These closures may cause some inconvenience so please be cognizant of that when planning your morning activities. Residents can view specific street closures on the marathon’s webpage runcim.org.

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

ALA Has Open Arms

By Sheila LaPolla

FAIR OAKS, CA (MPG) - The American Legion Auxiliary (ALA) has established a new Auxiliary Unit 383 located at the Veterans of Foreign Wars (VFW) Post 6158, 8990 Kruitof Way, Fair Oaks (off Hazel Avenue). In the spirit of service, not self, the mission of the American Legion Auxiliary is to support the American Legion and to honor the sacrifice of those who serve by enhancing the lives



of our veterans, military, and their families, both home and abroad. Orangevale resident Suzanne Winters is Auxiliary Unit 383’s president. She

welcomes with open arms those in our community and abroad who would like to be a part of the newly established ALA Unit 383 in helping to support and advocate for veterans. For information, call (916) 988-1651.

In addition, the American Legion Post 383, Fair Oaks, is welcoming new members. For eligibility requirements and information about veterans benefits, please call (916) 952-5952 or check on-line at www.AL383.org. ★



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Something to
Crow About!

Continued from page 1
Oaks area, and for remodeling the children’s and teen areas of our local library.

Every year, Fair Oaks Rotarians serve both locally and around the world on a multitude of projects, but this year they are especially busy as they do extra “acts of good”. Yes, indeed, Fair Oaks Rotarians have much to “Crow About”.

Want to know more about Fair Oaks Rotary? Join them at one of their Monday evening meetings, at 6:45 pm in the Fair Oaks Community Clubhouse. For more information, see rotaryfairoaks.org. ★



Rotary member, Nancy Regan, with Rooty, about to go on a practice bike ride to help St. Baldrick’s. Photo courtesy of Fair Oaks Rotary

Support the
Sheriff’s Toy
Project

Continued from page 1
Officers, Social Service Agencies, Schools and other local non-profit organizations. On the website are the requirements for families seeking assistance. Applications are limited and are given on a first come, first served basis. Applications started October 31st.

Donations can be dropped off at any Sheriff’s Service Center.

Visit the Toy Project facility for an unforgettable “feel good” experience. You can take a virtual tour right on the website or for an appointment to visit in person.

The Sacramento Sheriff’s Toy Project’s website is www.toyproject.org or call at 361-4571. The Sheriff’s Toy Project is a 501 c (3) organization. ★



Publisher,
Paul V. Scholl

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Be sure to place in the subject field “Attention to Publisher.” If you do not have email access, please call us at (916) 773-1111.

AMERICAN RIVER
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Serving Fair Oaks, Orangevale and Sacramento County since 2006

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We are proud members of these newspaper associations.



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: North Ridge Country Club, 7600 Madison Ave, Fair Oaks, CA 95628

When: Thursday January 19, 2017 • 5:30 to PM-7:30PM

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, 2016 at 3:00 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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Crossword Puzzle on Page 5

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

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Sudoku Puzzle on Page 5

3	8	4	9	7	5	1	6	2
6	1	5	4	8	2	7	9	3
2	9	7	3	1	6	8	4	5
4	6	9	8	5	1	2	3	7
5	3	2	6	9	7	4	8	1
8	7	1	2	4	3	6	5	9
1	2	8	5	3	4	9	7	6
9	5	6	7	2	8	3	1	4
7	4	3	1	6	9	5	2	8

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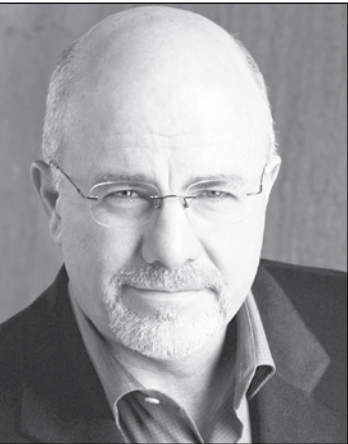
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Dave Says

You can’t just cruise

Dear Dave,
I work for a small company that just won a cruise trip for all the employees. The prize covers just the cruise tickets, and we have to pay for everything else. The problem is that my wife and I currently have more than \$50,000 in debt, not counting our home, and about \$10,000 of that is in collections. We’re trying to fix our finances and start saving money, but we just don’t feel like we should take a trip right now. How do I tell my boss?
- Ricky

Dear Ricky,
First, let me say how proud I am of you and your wife. Most people would be really irresponsible in a position like this and simply borrow more money to take the trip. The fact that you’re behaving like mature adults tells me you’re on your way to getting out of debt and solving your financial problems.
I’ve got to wonder, is there a lot of pressure from your company to go on this trip? I understand the benefits of team building and socializing with colleagues, but when you have no savings and are that deep in debt — and a chunk of that includes some in

collections — it’s no lie to say you can’t afford to go. A decent company will understand.
Just sit down with your boss or owner, and explain why you can’t make it happen right now. You don’t have to unload all the details, but let them know that you can’t do something like this in good conscience when you’re trying to get your finances under control and already owe a lot of money.
That’s one heck of a temptation you’re standing up to, Ricky. I love that you and your wife are on the same page and have made the decision to take control of your finances together!
—Dave

Travel medical insurance?

Dear Dave,
I’m a senior in high school, and I have a job after classes and on weekends. I made a down payment of \$2,500 on a \$7,500 motorcycle last week, because I always wanted to have one before I got out in the real world and had bills and other responsibilities to think about. I asked my dad if that was a smart move, and he said I should ask you. So, what do you think? Should I go ahead with the purchase?
- Tad

Dear Tad,
I’m glad you’re working and learning the value of money and having a job. But I think your dad set you up on this one. I’ve got a feeling he knew what I’d say, and he wanted you to hear it from me.
I teach people how to stay out

of debt and build wealth. And there’s always one thing I remind folks of when it comes to buying anything — if you can’t afford to pay cash for the whole thing, then you can’t afford it. The only thing I back off on is when it comes to buying a house.
I love shiny things that go fast, and so do a lot of people who work here at my office. Right now, there are about six or seven motorcycles sitting in our parking lot, and they’re owned by folks who make good money. And the bikes sitting out there probably range in value from about \$1,000 to \$10,000. But you know what? Whoever rode in on the \$1,000 bike had just as much fun as the one who owns the \$10,000 bike.
A motorcycle is a toy, and you should always pay cash for toys if you want to be wealthy one day. Having lots of payments and handing your paychecks over to the bank is not the way to build wealth. I would advise talking to the guy at the bike shop to see if you can rework this deal for a ride you can actually afford!
—Dave

Dave Ramsey is America’s trusted voice on money and business. He has authored five New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover, EntreLeadership and Smart Money Smart Kids. The Dave Ramsey Show is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com. ★



Thank You

Can you believe that Thanksgiving is almost upon us? Then it happens without even our knowing. We get so caught up in our get togethers with turkey and cranberries and pumpkin pie that we forget what this holiday is all about. I know it’s about Pilgrims and Native Americans and that first encounter, but we know in our hearts it’s so much more. So before you get started on the invitations and the menu planning, I wanted to share some possibilities about Thanksgiving that you may never have thought about.
After interviewing thousands and thousands of fascinating folks from all walks of life over some four decades from renowned doctors, lawyers, politicians, and celebrities, I discovered some similarities. Yes, they were thankful for their success and adoration for the work they do, but there was more of a common theme for their thankfulness.

POPPOFF!

with Mary Jane Popp

Was it money? No! Was it recognition? No! It was thanks for their families and the opportunity to do for others. There were a few narcissistic souls, but very few. And that gave me hope that the world is not as screwed up and full of hate. It helped me to realize there is still hope in this wild and crazy world we live in.
Then I had the chance to speak with world-renowned **Vincent Genna**, triple power Psychic...an authentic and gifted Psychic with the knowledge of a licensed psychotherapist, and a charming personality that helped some 500 patients through the dying process with his hospice experience. George Noory has had him on “Coast to Coast” several times along with so many other national TV and Radio Shows. But what hooked me was his read on what to be thankful for.
Here’s how it began. He told me we all sit around the table to share what we are thankful for. Perhaps it’s the good job you have or thank God you don’t have cancer like a friend. We compare ourselves to the rest of the world. Perhaps we are just grateful that we are not that other schmuck that has to go through all the bad

stuff. But are we really in control or do we merely make the right choices that bring us the good things? Is it luck? Maybe, but perhaps it’s the choices you. Therefore, maybe you should be thankful for the ability you have to make the right choices to bring you the things to be thankful for. According to **Genna**, we don’t appreciate ourselves enough. It is the external world that is manifested by the internal self. He thinks we are too mean to ourselves. We downgrade ourselves too much. Bottom line is what happens outside starts with what you do on the inside. So be grateful for that inner fortitude that steers you in the right direction so that you have much more than you can imagine to be thankful for on this special day and be thankful every single day! If you want to know more about this insightful personality, you can go to www.VincentGenna.com.
So perhaps this Thanksgiving I will hope for that inner self to be strong to make the right choices, and this Thanksgiving I will be thankful for the choices I make to share with you on POPPOFF... written and spoken. HAPPY THANKSGIVING! ★

Thank A Veteran Today

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CLUES

ACROSS
1. French abbots
6. Bag to Coco Chanel
9. Pulpit predecessor
13. Butterfly, pre-metamorphosis
14. Plays for pay
15. It died February 3, 1959
16. Wrinkles easily
17. Slippery when cold
18. Undo
19. *Home to Piccadilly Circus
21. *Home to Charles Bridge and Kafka’s grave
23. Scot’s woolen cap
24. Chinese monetary unit
25. Choose
28. Psychedelic lamp
30. Unhealthy vapors
34. Be sick
36. *Mister from Munich
38. Bar, legally
40. Like word of mouth
41. Software extension
43. Confederate soldier’s hat
44. Comforter stuffing
46. Magazine contents
47. Perceives with an eye
48. Masculine and feminine
50. Same as eon
52. Swedish shag rug
53. Related
55. Pester
57. *Where to see The Book of Kells
60. *Home to Tiergarten
63. Yankee’s relationship to Red Sox
64. Goose egg
66. Pneumonic lung rattling, pl.
68. Each and all
69. E in BCE
70. Bay window
71. Madam, to a cowboy
72. Yankee’s foe
73. *Eventual tourist feeling?

DOWN
1. 100%
2. Get-out-of-jail money
3. *Home to Freedom Square
4. *Tour de France, e.g.
5. Warm weather shoe
6. “Wheel of Fortune” choice
7. * ____ De Triomphe
8. a.k.a. nutria
9. *Salz ____ or St. Peters ____
10. Biblical twin
11. ____ en scene
12. Expert
15. Unkind person
20. Nebraska’s largest city
22. Truck brand
24. Railyard worker
25. Symphony member
26. *Home to Notre Dame
27. Port city business
29. Sacred Hindu writings
31. Requests
32. Be at the helm
33. Languishing
35. Show the guns?
37. *Home to Trevi Fountain
39. *Home to the Leaning Tower
42. Not a soul

45. In fact
49. *Sporty tourists do it in the Alps
51. *Like a Norwegian fjord
54. Private
56. Unfriendly glance
57. Prima donna
58. Iris holder
59. Yeasty foam
60. Spill the beans
61. Pelvic parts
62. ____-do-well
63. “Losing My Religion” band
65. Boiling blood
67. Like a fox

CROSSWORD													
1	2	3	4	5		6	7	8		9	10	11	12
13						14				15			
16						17				18			
	19					20			21	22			
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	48					49		50		51		52	
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		57	58	59				60				61	62
63						64	65			66			67
68						69				70			
71						72				73			

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Crossword Puzzle Solutions on Page 4

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3								2
	1		4	8				
2	9				6			
	6		8		2			
		2	6	9	7	4		
		1			3		5	
				5			7	6
				2	8		1	
7								8

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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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A Cup of Joe Says a Lot About Us

Dr. James L. Snyder

This week I came face-to-face with a genuine dilemma. I had several meetings across town and for some reason I miscalculated and ended up with a 2-1/2 hour gap between meetings. I hate to waste time, but if I drove back to my office, I would simply have to return to my meeting later and with the cost of gas these days, one cannot be too cautious.

You know gas is getting high when it costs more to fill up the car than the car is actually worth. The most valuable thing in my car is in my gas tank.

I remedied the situation by stopping in a small coffee shop for a cup of Joe. As far as I am concerned, there is no bad time to have a cup of coffee, in spite of the price. I ordered my coffee and when the waitress brought it, I began to think about coffee. Why did God give us coffee?

Then my mind went back to my grandfather, whose greatest gift to me was a love of coffee. Nobody loved coffee more. I remember one of his favorite quotes, "You can always tell a man by the coffee he drinks."

Anathema to my grandfather was the idea of instant coffee. No man, in his opinion, would ever drink anything of the kind. "If a man would drink instant coffee," my grandfather perked, "there's no telling what else he would do. Never trust a man who drinks instant coffee."

Making coffee was an art form to my grandfather. There was a right way and a wrong way to make coffee, and he always insisted on the right way. Of course, the right way was his way.

In grandfather's kitchen was an old wood-burning cook stove. My grandmother cooked meals on this ancient apparatus for more than 50 years. On this old-fashioned stove, my grandfather brewed his famous mud broth.

He never allowed my grandmother to make the brew; it was his job, which he took seriously

Once for his birthday, we all chipped in and bought him an electric coffee pot. I had never seen my grandfather so mad. When he saw what it was, he would not even take it out of the box.

He had strong ideas about coffee and how it should be brewed and woe be to the person who contradicted his ideas.

Grandfather always kept a fire in the old wood cook stove and on the back of the stove he kept his coffee pot, a large 2-gallon pot — one of those old-fashioned percolators long since gone out of style. The coffee was always on, and no matter when you stopped in to see him, he always had "fresh" coffee brewing.

When I say, "fresh," I need to explain. Actually, the coffee was only fresh on Sunday. On Saturday night, he routinely emptied the coffee pot and prepared fresh coffee for Sunday morning.

He had an old coffee grinder and ground the coffee beans on Saturday night. He put some other things in the coffee, I have never figured out what. One thing I know he put in was a crushed eggshell. What it did to his coffee, I have no idea but grandfather was sure it was an important ingredient.

The freshly ground coffee beans were put in, the pot filled with fresh water and set on the back of the stove to slowly perk. This coffee would last the entire week. The coffee was so strong on Sunday that if it did not wake you in the morning, you were dead.

In fact, Cousin Ernie died on a Sunday afternoon, so my grandfather tells the story, and one sip of his black coffee roused him and he lived seven more years, which was unfortunate for grandfather, as he had to support him.

Before retiring each evening my grandfather took care of his

coffee. He would freshly grind a few coffee beans, sprinkle it on top of the old coffee grounds and then add a newly crushed eggshell. Then he would refill the coffee pot with water.

His coffee percolated 24/7 and by Saturday it was so strong you needed a half-cup of sugar just to drink one cup. It was thick enough to use as syrup on your pancakes, but so strong, it dissolved your pancakes before you could eat them.

My grandmother once tried washing the coffee pot. When my grandfather saw her, he became furious, "Never wash that coffee pot," he spouted, "you'll ruin its character and a coffee pot needs a lot of character to make good coffee."

When my grandfather died, I looked at his old black coffee pot and discovered two things. One, the original color was blue. And two, although it was originally a 2-gallon pot, it only could take three quarts of water. The "character," so important to my grandfather, had built up so much over the years its capacity was diminished.

In pondering my grandfather, I thought about my Heavenly Father and His gifts. The Bible puts it this way: "Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning" (James 1:17).

I really do not know why God gave us coffee, but I do know God's character is of such a nature that it never diminishes His ability to bless me each day.

Dr. James L. Snyder is pastor of the Family of God Fellowship Ocala, FL where he lives with the Gracious Mistress of the Parsonage. Call him at 1-866-552-2543 or e-mail jamesnsnyder2@att.net. His web site is www.jamesnsnyderministries.com.



By Pastor Ray Dare

What have you've been worrying about? Are you worried about the future? The fact is there are lots of reasons to be afraid in today's world. But God's promise is that even in your darkest valleys, He is at your side. "Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me" Psalm 23:4 (NLT).

One of the great fears we all face is the fear of the future. We fear for the future of our nation, our families, our friends, our jobs, our income and everything else in between. It's natural, because we're not in control, but that realization should drive us to trust God more deeply. We might not be in control of our future, but God is. He created the whole universe. He is

Pastor Ray's Encouraging Words

Don't Be Afraid

working out His plan for history. He is moving history towards a climax, a destiny. One day Jesus Christ will come back to Earth and nothing will stop that!

Just as God is working in history to move events toward that day, He will work in your life for a purpose too, if you'll let Him. "And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them" Romans 8:28 (NLT). God's Word doesn't say that everything is good. And it doesn't say that God causes everything. He doesn't cause war. He doesn't cause corruption. He doesn't cause evil. People do that. But the Bible does say that God causes everything to work together for good. He can take the dumb, evil, and bad decisions of people, even in my life and your life, and use them for good if you'll trust Him.

This is why when I read the headlines each day, I don't worry. Sure, there are a lot of problems in our nation today and in the world. There is are a lot of corruption, but God is still in

control. God is still moving history to a climax. One day God will work everything out for His purpose.

Because God is in control, you can trust him with everything, including the bad, and the ugliness in this world. When you're worried sick, you say "God is in control". When you're defeated, discouraged, feel like a total failure, say, "God is in control!" When you're sick and flat on your back, you say, "God is in control!" When you're standing by the casket and wondering, "Why now?" you say "God is in control!" When national headlines read all about corruption and chaos you say, "But God is in control!"

When you face a problem that you cannot handle on your own, you give Him control. The safest place you can be personally is in God's control. Have you given Him control of your life yet? If not, do it now

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In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Ave., Ste D-18

The Widowed Persons Association of California encourages men and women to come to Sunday Support each Sunday from 3:00pm - 5:00pm. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service. Participants do not need to be members and there is no charge.

Sunday Support - Any and all widows or widowers are invited.
Every Sunday from 3:00pm - 5:00pm

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Todd Harms Sworn in as New Fire Chief

SACRAMENTO COUNTY, CA (MPG) - The Sacramento Metropolitan Fire District Board of Directors will conduct a swearing-in ceremony at its regular meeting tonight for new Fire Chief Todd Harms. Following a national search, Harms was selected by the Board of Directors in August as the District's sixth Fire Chief. He replaces Mark Wells, who, after 29 years of service in public safety and two years as Fire Chief, is retiring.

"I am truly honored to have this opportunity to lead Metro Fire," said Harms. "I look forward to continually finding way to improve our service delivery, showing the communities we serve that Metro Fire is here every day of the year to solve their problems."

Harms has 35 years of public safety service and most recently spent nine years as an Executive Staff member for the Phoenix Fire Department. He served as Assistant Chief of Operations, Assistant Chief of Personnel and the Training Division, with oversight of the Training Academy, Command Training Center, Special Operations, Emergency Medical Services, Technical Services, dispatch and the Regional 9-1-1 services.



Harms has 35 years of public safety service and most recently spent nine years as an Executive Staff member for the Phoenix Fire Department.

Harms began his fire service career in 1981 as a Firefighter Paramedic in Peotone, Illinois. In 1987, he became a member of the Phoenix Fire Department. While there, he progressed through the ranks as a Firefighter, Paramedic, Engineer, Captain, Battalion Chief, Deputy Chief of Special Operations and Shift Commander. He also has been an Urban Search and Rescue team member, with deployments to Hurricanes Katrina and Rita. Harms holds a Bachelor's degree in Fire Service Management

and is a past adjunct instructor at Phoenix College in the Fire Science Program.

"My career in the fire service was more rewarding than I ever expected," said retiring Fire Chief Mark Wells. "I have been honored to serve this community for the last 29 years with the men and women of Metro Fire."

Chief Wells started his fire service career with the Citrus Heights Fire District in 1987, and progressed through the ranks of Firefighter, Captain, Battalion Chief, Assistant Chief, Deputy Chief of Administration, becoming Fire Chief in 2014.

Key accomplishments during Wells' tenure as Fire Chief include the successful negotiation of a new labor contract, the reopening of three closed fire companies, the implementation of a Joint Arson/Bomb Task Force with Sacramento County Sheriff, the development of a Residential Care Facility Inspection program, equipping all Metro Fire medic units with video laryngoscopes, power gurney systems and automatic chest compression devices, and the donation of two surplus medic units and one fire engine to local community colleges. ★

Molly's Revenge Returns



Come enjoy the Winterdance Celtic Christmas Celebration Photo Courtesy of Molly's Revenge

SACRAMENTO REGION, CA (MPG) - Molly's Revenge and special guest vocalist Christa Burch with the Rosemary Turco Irish Dancers will present an evening of music, song and dance associated with the festive season. The performance will include Christmas songs, both old and new, all played with a Celtic twist, and something new for our regulars.

Molly's Revenge, whose lineup includes bagpipes, fiddle, whistle, guitar, mandola, and bodhran, have toured extensively in the USA as well as Australia, China and Scotland.

The band is known for its unique and infectious on-stage enthusiasm. Their arrangements of traditional jigs and reels bring these dance tunes up to date with a driving, hard-edged accent that

always leaves audiences shouting for more.

The California-based group has toured since 2000 as a four and five-piece acoustic band, releasing eleven CDs along the way. In 2014, Molly's Revenge and Christa Burch recorded a collection of Celtic Christmas and winter-themed music at a remote windswept retreat in the redwoods of the Mendocino coast. This beautiful holiday album will be available at the shows.

Guest vocalist Christa Burch possesses a singular voice: warm, supple, expressive, intimate, and instantly recognizable. Part of a vibrant new generation of American folk singers, Christa deftly marries intuitive musicianship and storytelling

through song. To balance the gentle beauty of Christa's songs, the Turco Irish dancers will bring a percussive, joyful, and colorful exuberance to the stage.

As always, this 11th Annual Celtic Christmas Celebration will capture the traditional spirit of the season and warm the hearts of all who attend.

Molly's Revenge 11th Annual Winterdance Celtic Christmas Celebration
Fri. Dec. 2 at 7:30 PM
St Michael's Episcopal Church
2140 Mission Avenue,
Carmichael, CA 95608
Tickets \$20 adv/\$25 door and \$10 kids
mollysrevenge.com or brownpapertickets.com
Molly's Revenge
theband@mollysrevenge.com

It's Pothole Sweeps Week

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Department of Transportation (SACDOT) started "Fall 2016 - Pothole Sweeps Week," on Monday, November 14. This is an intensified effort to identify and repair potholes, and is part of continuous efforts to improve preventative maintenance activities for unincorporated area roadways. Pothole sweeps weeks are performed twice each year: in early winter to ready road surfaces for the storm season; and in late spring to repair potholes caused by inclement weather.

Residents are encouraged to contact Sacramento County concerning potholes on neighborhood streets. To report a pothole residents can call 311 (or 875-4311) or report online at www.311.sac-county.net. This County-wide effort will begin in the Arden Arcade community -- which is the center of our service area -- and will continue through the remainder of the unincorporated area.

There are over 5,200 lane miles of paved roadways in the County's unincorporated area and it's

inevitable that somewhere in this large infrastructure of streets there will be potholes. SACDOT's policy is to: "Repair all potholes as soon as possible." The Pothole Sweeps Week program enhances ongoing pavement maintenance activities, which include SACDOT crews who are sent into the field Monday through Friday each week to specifically repair potholes.

Some facts about potholes in Sacramento County:

- POTHLES REPORTED TO CUSTOMER SERVICE ANNUALLY = 970.
- POTHLES REPAIRED ANNUALLY = 41,000.
- POTHLES REPAIRED PER MONTH = 3,400.
- ANNUAL COST FOR POTHOLE REPAIR = \$2.8 MILLION.
- SQUARE FEET OF POTHLES REPAIRED ANNUALLY = 94,000.
- REPAIR COST PER SQUARE FOOT = \$30.
- REPAIR COST PER POTHOLE = \$68.
- REPORTED POTHLES ARE TYPICALLY REPAIRED WITHIN 72 HOURS.

Source: Sacramento County

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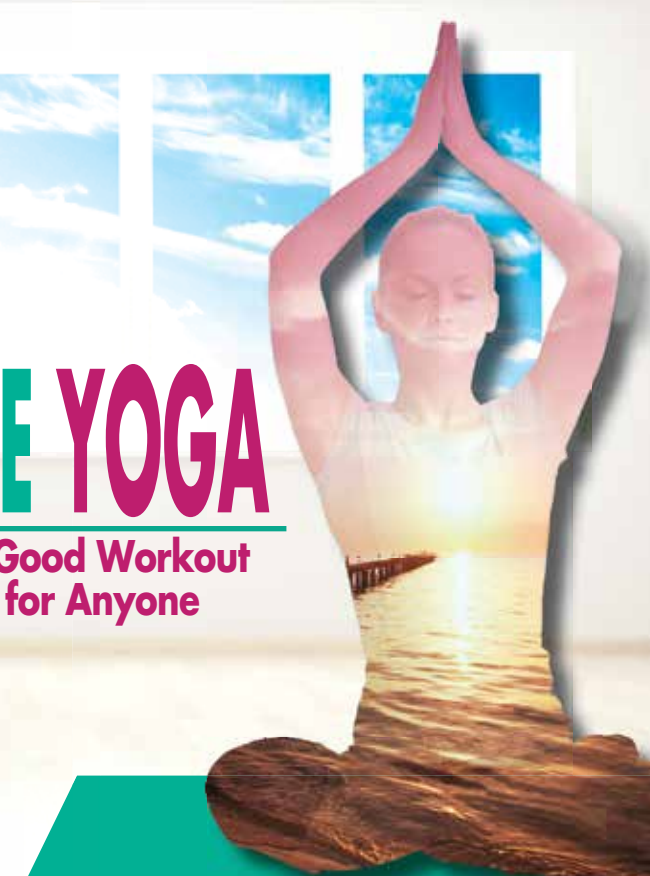
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The editors of this *2016 Consumer Business Review* urge our readers to remember by law, insurance companies must permit you to choose the body shop you like best. We recommend you choose only the very best...choose *Capital City Xpress, Inc.*!

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Tail pipes, exhaust systems, and headers are all featured here, and custom pipe bending is a specialty. *Blake's Muffler Shack & Custom Exhaust* will recommend a dual exhaust system allowing your car to run smoother and more economically.

In compiling a profile of leading business firms throughout the area, the editors of this *Consumer Business Review* feel it wouldn't be complete without mention of *Blake's Muffler Shack & Custom Exhaust*!



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The editors of this *2016 Consumer Business Review* suggest to the machinists and welders in this area if you haven't done business with *Barnes Welding Supply* yet, that you do so soon. We know you'll be pleased with their service and products!

Sacramento County DA Reports



Defendant Convicted for Murder of Transitional Housing Resident Defendant Convicted of Multiple Child Molestation Charges, Jail Inmate Sentenced for Murdering Cellmate

DATE: October 14, 2016
CASE: Robert Taylor (Case #14F01407)
PROSECUTOR: Deputy District Attorney Casey Newton, Homicide Unit

Robert Taylor was convicted by a jury for the second-degree murder of Eric Pogue. The jury also found true the allegation that Taylor used a deadly weapon.

Eric Pogue was a resident at 4341 Fell Street in a transitional housing and independent living program. Robert Taylor was employed there as a live-in house manager. On February 9, 2014, Mr. Pogue returned to the Fell St. residence after the house curfew deadline. The house was locked and Mr. Pogue began yelling to be let inside. Mr. Pogue then walked into the backyard and broke one of the rear door windows in an attempt to gain entry. Taylor armed himself with a bat, confronted Mr. Pogue at the rear residence door, and hit him twice in the head with the bat. Taylor also struck Mr. Pogue on his side, which caused Mr. Pogue's lung to partially collapse. Mr. Pogue was taken to UCD Medical Center, where he died.

Taylor originally told the Sacramento Police Department he thought Mr. Pogue was a burglar and did not know it was Mr. Pogue when he hit him with the bat. Later, Taylor acknowledged knowing it was Mr. Pogue before going outside to confront him and that he was upset about Mr. Pogue breaking the house windows.

Taylor faces a maximum potential sentence of 16 years to life in prison. Sentencing is set for November 18, 2016, at 11:00 a.m. in Department 19 before the Honorable Patrick Marlette.

DATE: October 18, 2016
CASE: Steven Ramos (Case # 13F05434)
PROSECUTOR: Deputy District Attorney Jeff Harry

Steven Ramos was convicted by a jury of 22 counts of child molestation charges, forcible rape, and attempted forcible rape.

In the mid-90s, Ramos began molesting two girls when they were 5 and 6 years old. In 1997, the victims disclosed the sexual abuse to El Dorado County law enforcement and charges were filed against Ramos. Due to outside pressure, both victims recanted their disclosures to law enforcement nearly a year after initially disclosing. Charges were then dropped against Ramos.

Ramos began abusing both victims again and continued to do so until the victims were 16 years old. In 2012, when the victims were then in their early 20s, they reported to law enforcement the years of continued sexual abuse at the hands of Ramos. Their motivation to report was to prevent Ramos from sexually assaulting other potential victims.

Ramos faces a maximum potential sentence of 55 years, 4 months in prison. Sentencing is set for November 18, 2016, at 10:30 a.m. in Department 20 before the Honorable Michael Sweet.

DATE: October 21, 2016
CASE: Khot Panyanouvong (Case #15F00271)
PROSECUTOR: Deputy District Attorney Caroline Park, Homicide Unit

The Honorable Robert Twiss sentenced Khot Panyanouvong to 55 years to life in prison. On September 20, 2016, a jury convicted Panyanouvong of the first-degree murder of Choi Ian Saetern.

On January 15, 2015, Panyanouvong was arrested for a parole violation and resisting arrest. Panyanouvong was in custody at the Sacramento County Main Jail and shared a cell with 68-year-old Choi Ian Saetern. On January 16, 2015, Panyanouvong beat his cellmate, Saetern, to death while the two were in their cell.

Panyanouvong has a prior 2005 strike conviction for first-degree burglary. ★



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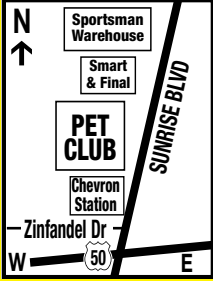
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Natural 12.5 Oz Can, Limit 2 Cases Full Case
(Reg.Price - Reg. \$2.39 Stew \$2.49 Core \$2.49) **OUR REGULAR LOW PRICES**

WILDERNESS DRY CAT FOOD **AS MARKED OFF \$5 (in store coupon) OUR REGULAR LOW PRICES!**
•Chicken •Salmon •Duck •Indoor
•Weight Control 100% Grain Free
11-12 Lb Bag Limit 2 Bags

New Formula MERRICK'S
CLASSIC NATURAL DRY DOG FOOD **ON SALE**
•Chicken/Green Peas/Ancient Grains 25 Lbs Limit 2 Bags
•Beef/Barley/Carrots •Lamb/Green Peas/Ancient Grains

WORLD'S BEST
CAT LITTER

14 Lbs **\$11.99** Original **\$12.99** Extra Strength
Limit 2 Bags

18 Lb Bag **\$5.99**
Limit 2 Bags Per Family

10 lb Bag **\$1.69**
Limit 2 Bags Per Family

JONNY CAT
PREMIUM CAT LITTER **\$1.69**

CAT'S PRIDE
FRESH & LIGHT PREMIUM CLUMPING CAT LITTER **\$5.99**
15 Lb Jug Limit 2 Jugs

All Varieties **PEDIGREE**
CANNED DOG FOOD **69¢**
•Choice Cuts in Gravy •Chunky Ground Dinner
•Chopped Ground Dinner 13 Oz Limit 2 Cases (12ct)

•Lamb Meal & Rice •Large Breed Adult
•Mini Chunk •Weight Control
26-30 Lb Bag Limit 2 Bags Per Family **\$25.99**

•Original Choice 16 Lb Bag
Limit 2 Bags Per Family **\$10.99**

MEOW MIX
DRY CAT FOOD **\$10.99**

SCIENCE DIET
IDEAL BALANCE DRY DOG FOOD **\$35.99**
•Adult •Mature Adult 30 Lb Bag
(Lrg Breed Adult \$39.99) Limit 2 Bags

HAMILTON PET LEASHES
•Collars •Harnesses All Varieties
•Leads •Nylon **20% OFF**
•Leashes •Leather **OUR SUPER LOW PRICES**

DOGSWELL
DOG & CAT TREATS **20% OFF**
•Chicken Breast Jerky •Bars
•Grillers •Veggie Chew
All Varieties (AS Marked) **OUR SUPER LOW PRICES**

FURMINATOR
PROFESSIONAL
•Deshedding Tool •Shampoo
•Asst Products All Varieties **20% OFF**
OUR SUPER LOW PRICES

GREENIES PILL POCKETS
Cat (Tablet & Capsules) 1.6 oz **\$4.99**
Dog (Tablets) 3.2 oz. **\$5.49**
All Natural Asst. Flavors Dog (Capsules) 7.9 oz. **\$6.99**

SWEET HARVEST BIRD PRODUCTS
•Canary •Finch •Parakeet
•Macaw •Parrot sun/no sun
•Cockatiel sun/no sun
•Conure & Lovebird
2 Lb - 4 Lb Pkg **AS MARKED 15% OFF**
OUR SUPER LOW PRICES

MARINELAND POWER FILTER SALE
MODEL TANK SIZE PET CLUB SALE
PENGUIN 100B 20 Gal. **\$19.99**
PENGUIN 150B 30 Gal. **\$27.99**
PENGUIN 200B 50 Gal. **\$33.99**
PENGUIN 350B 75 Gal. **\$45.99**

TETRA BOXED 10 GALLON TANK
With Economy Kit **\$36.99**
Just add Heater For Tropical Fish Limit 1 Per Family

KORDON WATER CONDITIONERS
Amquel 16 Oz. **\$5.99**
Amquel Plus 16 Oz. **\$5.99**
Novaqua Plus 16 Oz. **\$5.99**

O.S.I. PREMIUM FISH FOOD
ALL VARIETIES **20% OFF**
•Freshwater •Goldfish
•Marine •Spirulina **OUR SUPER LOW PRICES**

BONUS COUPON
FANCY FEAST
ELEGANT MEDLEY CANNED CAT FOOD
Selected Varieties - 3 Oz
Limit 6 Cans with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 11/16/16 - 11/22/16 **59¢**
ARM PLU 568

BONUS COUPON
PURINA
WHISKER LICKINS CAT TREATS **69¢**
•Soft & Delicious - 2.5 Oz
•Crunchy & Yummy - 1.7 Oz
Limit 2 Pouches with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon. Effective 11/16/16 - 11/22/16
ARM PLU 446

BONUS COUPON
ARM & HAMMER
CAT LITTER DEODORIZER **\$1.49**
20 Oz Box
Limit 2 Boxes with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 11/16/16 - 11/22/16
ARM PLU 422