

The people who cast the vote decide nothing. Those who count the vote decide everything.

-Joseph Stalin

(GENERAL SECRETARY, COMMUNIST PARTY, SOVIET UNION—1922-1953)

## More Trouble for High-Speed Rail

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# AMERICAN RIVER Messenger

"Written by the people, for the people"

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November 4, 2016

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LIFE ON PURPOSE



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# Get Out and Vote

Commentary by Paul Scholl, Publisher

Are we at a crossroads, or on a path to nowhere? Are we now on the proverbial slippery slope, or have we not so accidentally sleeplessly lumbered into an eternal political quagmire?

Not even C.S. Lewis' Screwtape could have imagined or overjoyed in the idea of such a complete mess of a society constantly teetering between "I'm gonna get mine" and getting what we deserve.

Our country has lost its way. Up is down, down is up. Wrong is right, and right is wrong. Doing the right thing can get you sued or jailed, but legislators let murderers, armed robbers and rapists go free.

The government has plenty of money. You don't. How's that working for you?

Do you remember a time when the whole idea of a National Guard was to defend our nation's homeland and not some other backward nation? Who defends us? No wonder gun sales are up. No wonder they want to strip our gun rights.

If you looked at how society is acting today do you honestly think your great-grandparents would put up with it?

It may be time when we all say "No, enough is enough". No more Measure this and Measure that. No more bonds, no more propositions. Just plain "No". The governments can learn to make do with the huge amount they already



take from paychecks of the employed and the cash flow that used to be profits from small business owners.

The old adage was "People vote their pocketbooks" (that means your wallet for those under 40). People don't have wallets much anymore. They

have debit (debt) cards. Chip cards that can be swiped. Did you ever wonder why they call them debit cards? When did the word "swipe" become a good thing? And it is all in some computer in the sky.

Do we really want to stay on this path of less income,

more taxes, more corruption, and no future? If it ever really was "about the children" then we would never have gotten to this place of daily crisis making.

Get out and vote? You'd better. It may be the last chance you get. ★

## Check Before You Burn

Residential Wood Burning Restrictions Begin November 1

**SACRAMENTO REGION, CA (MPG)** - The 10th season of Check Before You Burn, the Sacramento Metropolitan Air Quality Management District's wood burning law, began November 1 and goes through February. The AQMD will restrict or prohibit burning on days when fine particle pollution is forecast to be high. This law applies to the burning of any solid fuel, including wood, pellets or manufactured firelogs by residents and businesses in Sacramento County and the cities of Folsom, Citrus Heights, Elk Grove, Galt, Isleton, Rancho Cordova and Sacramento through February. Check Before You Burn to find out if burning is allowed in your indoor or outdoor fireplace, wood stove, fire pit or chimney. Download the free Sacramento Region Air Quality app to check the daily burn status, obtain the daily air quality forecast and get current conditions at monitoring sites in the region.

Wood smoke is bad for your health. It contains invisible particles that are small enough to enter the bloodstream. It is especially harmful for children whose lungs are still developing, older adults and anyone with a pre-existing heart or lung condition. Breathing wood smoke increases the risk of asthma, heart attack, stroke and many other health problems.

Here's how to get the daily burn status: Call 1-877-NO-BURN-5 (1-877-662-8765); Visit [www.AirQuality.org](http://www.AirQuality.org) or [www.SpareTheAir.com](http://www.SpareTheAir.com); Sign up for daily Air Alert emails at [www.SpareTheAir.com](http://www.SpareTheAir.com). Input your zip code and select the "Daily Air Quality Forecast" box.

There are a few exemptions from compliance with the law: Homes where wood burning is the sole source of heat; financial hardship waiver approved and renewed each burn season by the Air Pollution Control Officer.

There is an exemption on Stage 1 - No Burn days if you use an EPA certified fireplace insert or stove, or pellet stove, and they do not emit visible smoke.

First time violations will result in a \$50 fine or the violator can choose to complete and pass a wood smoke awareness course. For more information, visit [www.AirQuality.org](http://www.AirQuality.org). ★

## Foster Youth to Shine at Philanthropy Luncheon



Local foster youth walk the runway in last year's United Way Women in Philanthropy Luncheon fashion show. Photo courtesy United Way

**SACRAMENTO REGION, CA (MPG)** - Local residents can help foster youth at United Way's 15th Annual Women in Philanthropy Luncheon from 11 a.m.-1 p.m. on Nov. 9 at Memorial Auditorium, 1515 J Street, Sacramento. The event, sponsored by AT&T, will include a fashion show, gourmet lunch, presentations by local foster youth and an announcement about the future of the group. Tickets are \$75-\$125 and can be purchased at [www.yourlocalunitedway.org](http://www.yourlocalunitedway.org).

"We have an entertaining and heartfelt program planned for this year including stories from foster youth, successes from the program, a fashion show and a big announcement about Women in Philanthropy's exciting future," said Stephanie Bray, president and CEO, United Way California Capital Region. "This is an amazing opportunity for local foster youth to sit side by side with some of the region's most

powerful women and community members who care deeply about their future."

United Way's Women in Philanthropy brings local women together to end poverty for local foster youth by helping them become financially prepared for life after foster care. This focus is part of the Square One Project, United Way's 20-year promise to significantly increase the number of local students who graduate from high school ready for success in college and beyond. Through nine decades of work and research across the region, the local United Way now believes ending poverty starts in school and is working to ensure kids meet important milestones to prepare for success in college. To learn more about United Way's Women in Philanthropy, visit [www.yourlocalunitedway.org](http://www.yourlocalunitedway.org).

Source: Kristin Thibaud Communications ★



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## Vote SUE FROST - County Supervisor



Howard Jarvis Taxpayers Association endorsed Sue Frost for Supervisor because she has a real record of fighting for taxpayers.

Sue Frost has been endorsed by Sacramento County Probation Association because she will make public safety the #1 priority.



Paid for by Sue Frost for Supervisor 2016 ID#1380596

# Easter's Book Store Holds Grand Opening



Celebrating their Grand Opening with big smiles are Denise Easter Kramer, Rosemary Easter, Sandy Easter Graham and Amber Donnelly.

**CITRUS HEIGHTS, CA (MPG)** - Easter's Catholic Books and Gifts recently held their Grand Opening of their new store in Citrus Heights. They completed their move from their previous location on Auburn Blvd.

Auxiliary Bishop Myron J. Cotta visited and blessed the store on Friday, October 21st.

A family owned book store, Easter's carries a wide variety of Catholic books, supplies, art and keepsakes. Stop by and say

"Hello" to one of the newest businesses to move to the city.

The new store is located at 6916 Sunrise Blvd., Suite I. You can contact them at 916-338-7272. ★

# Unselfishness Transforms Society

**SACRAMENTO COUNTY, CA (MPG)** - "Teaching people how to think unselfishly is the most important thing Americans can do for one another," says small businessman Gene Ullmann of Long Island, NY. When he talks about his life, you can feel the generosity of his spirit. He says one of his greatest joys in life is knowing that his 40 employees can go home to their families in the evening, pay their mortgage and live comfortably.

Lois Carlson feels the same way. In fact she is devoting her lecture circuit for the 2016 season to the topic "The Healing Power of Unselfishness." She will be giving her hour-long talk Thursday evening November 17, 2016 at 7:30 PM at First Church of Christ, Scientist at 4949 Kenneth Avenue, Carmichael, sponsored by its members which commit to using their religious teachings to strengthen society.

Carlson brings to her talk the experience of 40 years in the



Lecturer Lois Carlson

healing ministry of Christian Science. She is an avid, published author & poet and teaches a course on Christian Science annually in Chicago.

The premise of her presentation is that unselfishness is an indwelling quality of God's children and finds a secure foundation in God's loving care for creation. Anchored in the Bible and the teachings of Christ Jesus,

her remarks will show how honoring unselfishness as an innate quality has a direct impact on the health of the body and a general sense of well-being. The writings of Christian Science founder, Mary Baker Eddy, will also be referenced.

Carlson will challenge her audience to think beyond themselves and consider what media sources they are allowing to influence their thinking. Introduced is the value of The Christian Science Monitor, an international daily newspaper. Designed to promote the progress of civilization, the newspaper cultivates in its readers a deeper compassion and hope as they consider the news of the day. Recognized as upholding a gold standard for journalism for over a hundred years, it has won Pulitzer Prizes.

There is no admission fee for this talk and all are welcome.

Source: First Church of Christ, Scientist, Carmichael ★

# Wall of Honor Event Planned for November 5th

*Carmichael Recreation and Park District Honors Local Fallen Heroes*

**SACRAMENTO COUNTY, CA (MPG)** - Join Carmichael Recreation & Park District for the annual Wall of Honor event honoring our local fallen heroes. The event is held at Patriots Park and recognizes members of the community who have given their lives in the line of duty. The Carmichael Recreation and Park District celebrated the Grand Opening of Patriots Park on November 15, 2008.

The event is scheduled for Saturday, November 5th at 10:00 am at Patriots Park, 6825 Palm Avenue, Fair Oaks.

The 3.68 acre park offers the most modern of park design features; walking paths, a playground, picnic area, basketball court and a

butterfly garden, but the most unique feature is the Wall of Remembrance, situated in the middle of the park. Thirteen former inductees to the Wall of Remembrance will be honored at the event and additional activities include a live bagpiper and the singing of the National Anthem.

Light refreshments will be served. Guest speaker this year is Sacramento County Supervisor, Susan Peters.

Admission to the event is free. Special thanks to event sponsors including Starbucks (Manzanita & Fair Oaks). For more information, visit [carmichaelpark.com](http://carmichaelpark.com) or call 916.485.5322.

Source: CRPD ★

photo by Susan Maxwell Skinner

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**BE SURE TO GET OUT & VOTE!**

# Dr. Johnson Chosen to Head National Plastic Surgery Association

**SACRAMENTO REGION, CA (MPG)** - Sacramento plastic surgeon, Dr. Debra J. Johnson of The Plastic Surgery Center has begun her tenure as President of the American Society of Plastic Surgeons. Dr. Johnson is only the second female physician to be chosen president of ASPS, which was founded in 1931.

Among her duties, Johnson will serve as leader of the 12-member physician executive committee, which sets policy for ASPS, and will also be the chief spokesperson dealing with media and regulatory agencies. Her position will require extensive travel, representing ASPS within the United States and at various international plastic surgical meetings.

"It is an honor to serve as president of the largest organization of board-certified plastic surgeons in the world. Plastic surgery is known for its creativity and innovation: from surgery on children for birth defects, to face and hand transplants, to fine cosmetic surgery. ASPS is a trusted resource regarding patient education and surgical safety and we strive to keep our members up-to-date on the latest procedures" said Dr. Johnson.

Dr. Johnson became involved as a member of ASPS in 1991, and soon volunteered to serve on committees within the organization. Her strong volunteerism and performance were rewarded as she served as committee chair, and then member of the Board of Directors. She was elected Vice president 4 years ago, and served



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as president-elect this year. Johnson will take over the reins from David Song MD, professor and chief of plastic surgery at the University of Chicago.

Dr. Johnson joined The Plastic Surgery Center in 1989 as the first female plastic surgeon in Sacramento. She received both her M.D. degree and her plastic surgery training at Stanford

University. She took additional training at Clinica Planas in Barcelona, and the Institut Francais de la Main in Paris. [sacplasticsurgery.com](http://sacplasticsurgery.com)

ASPS has over 8000 members, represents 95% of all board-certified plastic surgeons in the United States and is committed to patient safety and education. *Source Steve LaRosa Media* ★

## CDPH Warns Consumers about Risks of Wearing Decorative Contact Lenses

**SACRAMENTO REGION, CA (MPG)** - California Department of Public Health (CDPH) Director and State Public Health Officer Dr. Karen Smith today warned consumers about the risks associated with wearing decorative contact lenses.

"Wearing any kind of contact lens, including decorative lenses, without proper consultation of an eye care professional can cause serious injury," Dr. Smith said. "The risks include infection, ulcers, decreased vision, cuts or scratches to the surface of the eye, itching or redness. If these conditions are left untreated, the injuries can progress rapidly. In severe cases, blindness and eye loss can occur."

The sale of contact lenses without a prescription is illegal. Only Board of Optometry licensed optometrists and ophthalmologists are authorized to prescribe and dispense prescription contact lenses. Medical Board of California



Decorative contact lenses are intended to temporarily change the appearance of the eye, but do not correct vision. Advertised as color, cosmetic, fashion and theatrical contact lenses, they are especially popular around Halloween.

registered opticians and optical shops are authorized to fill contact lens prescriptions

Decorative contact lenses are intended to temporarily change the appearance of the eye, but do not correct vision. Advertised as color, cosmetic, fashion and theatrical contact lenses, they are especially popular around Halloween. Decorative contact lenses are typically sold at beauty

supply and novelty stores.

Consumers who have experienced any injury or illness with decorative contact lenses should contact their health care provider. Consumers can report the illegal sale of decorative contact lenses without a prescription to CDPH's Food and Drug Branch Hotline at 1-800-495-3232 to initiate an investigation.

*Source: www.cdph.ca.gov* ★

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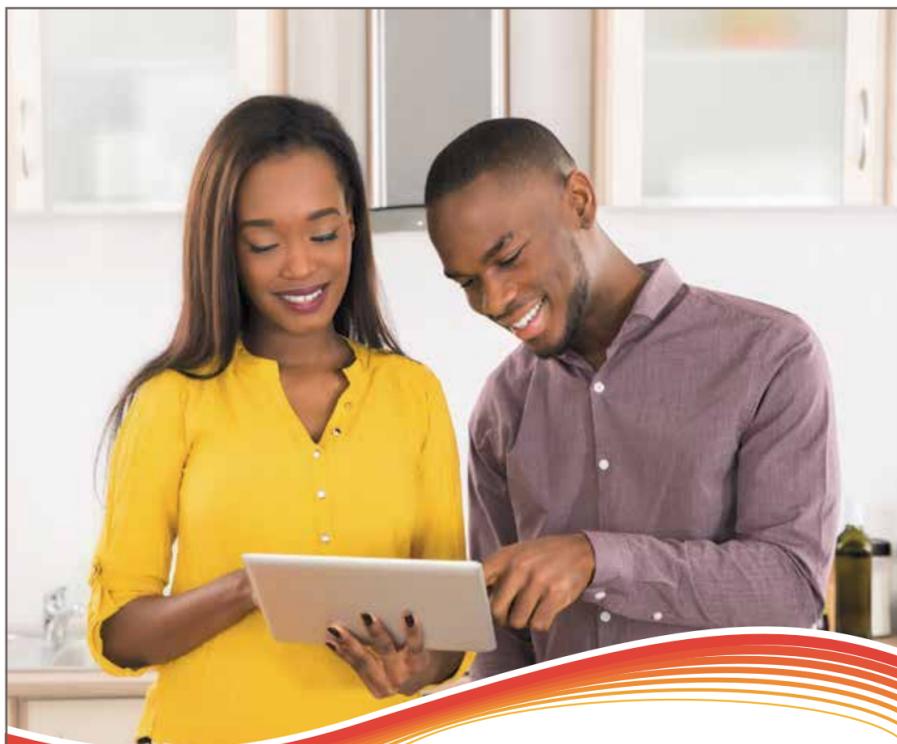
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**Best of Fair Oaks 2016**  
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## You're Invited!

Tickets will sell out fast so don't miss your chance to attend the "Best of Fair Oaks" event. This year's event will be held:

**Where:** 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](http://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**

F	A	T	A	L	C	B	S		S	A	C	K
E	C	O	L	I	L	E	E		D	O	N	E
A	A	R	O	N	O	N	E		E	P	O	D
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					A	G	A		I	S	L	E
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R	E	E	L		T	R	O	T		T	R	E
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E	M	C	E	E		A	R	C		R	E	S
R	A	S	P			T	E	A		T	R	E

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**Sudoku Puzzle on Page 5**

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

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# POPPOFF!

with Mary Jane Popp

help you discover your purpose in life.

1) **CONSIDER WHAT MATTERS MOST TO YOU.** Choose the top three you care about most in your life.

Achievement...Community...  
Creativity...Enjoyment...  
Expertise...Independence...  
Kindness...Relationships...  
Reputation...Responsibility...  
Security...Self-Control...  
Spirituality...Tradition...  
Vitality

Once you have selected them, spend time thinking about or write why each value is important to you.

2) **THINK ABOUT THE PERSON OR PEOPLE YOU'D LIKE TO EMULATE (NOT IMITATE).** Someone in your family? An historical figure? A public figure? A cartoon character? This is your purpose and you can choose whatever mix of people you like. Just remember, you are who you choose to be, so be careful who you choose.

3) **TAKE THE HEADSTONE TEST.** That's right. Draw a headstone, write your name on it, then write your date of birth. For the date of death, write TODAY. What would your epitaph be? What would you want people to say about you at your memorial service?

4) **NOW THAT YOU'VE**

**PRIMED THE PUMP, ASK YOURSELF. WHAT ARE THE GOALS IN MY LIFE THAT MATTER MOST?"** To make it easier, you might want to break these into personal, family, work (or school), and community goals that you deeply value.

5) **ASSEMBLE THESE VALUED GOALS INTO AN OVERALL LIFE PURPOSE.** This is where you want to stop and ask yourself, "Is this purpose bigger than myself?" Ask yourself this simple, timeless question "In living toward this purpose, will I treat others the way I would like to be treated?" Make sure the suit fits.

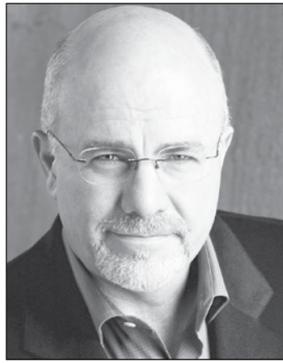
6) **WEAR THE SUIT.** Post your purpose in a place you will see it every day. Make sure you can recite your purpose to yourself or others. Consider sharing your purpose with the people who are close to you. If the purpose doesn't fit, change it until it does.

So many of us are focused on diet and exercise. **Dr. Strecher** provides us with the true secret to living with health and wellness. The good Doc is an award-winning pioneer in the field of behavioral science and Professor at the University of Michigan School of Health. You can check out his website at [www.VictorStrecher.com](http://www.VictorStrecher.com). "Life on Prupose" tells us how living for what matters most...really does **CHANGE EVERYTHING!** ★

## Life on Purpose

Is living what matters most? Can that living change everything? I know someone who truly believes that purpose is the key. **Dr. Victor Strecher** knows. When he lost his daughter to a rare heart disease at age 19, he made it his life mission to find purpose, and help others do the same. This life event challenged every aspect of his personal and professional experience, and drove him to an exhaustive search from ancient philosophy to cutting edge science to pinpoint the potential and impact of purpose in our lives. He claims that purpose can:

- Add Years to your life**
- Reduce risk of heart attack and stroke and cut risk of Alzheimers by more than half
  - Help us relax during the day and sleep better at night
  - Double the chances of staying drug and alcohol-free after treatment
  - Activate antibody and antiviral response and diminish inflammatory cells
  - Increase good cholesterol
  - Repair chromosomes
- In "Life On Purpose" **Dr. Strecher** has a six-step guide to



# Dave Says

## Young, jobless and scared

Dear Dave,  
I'm 23, and I lost a good job a few days ago due to layoffs. My wife has been a stay-at-home mom with our 10-month-old daughter, and we have very little in the way of savings. What can we do to keep our heads above water?  
- Seth

Dear Seth,  
I'm really sorry you're going through this. I've been there, so I know this is a scary time for you. There are some short- and long-term goals to think about in a situation like this, but let's look at the immediate future.

Go crazy about finding some kind of income. I don't care if it's delivering pizza during the week and working at the mall on weekends. Even if it doesn't completely replace your previous income, it will give you some cash to pay bills and stay afloat. On your off days, and before and

after work, you can line up and do interviews for a more stable, full-time job. You may even have to trade off babysitting duties with your wife so she can earn some money too.

While all this is going on, have a garage sale and sell anything you don't need or want anymore. Just about anything that can be turned into income should be turned into income. In the process, prioritize your bills and other financial responsibilities. Take care of food first, then utilities, the mortgage or rent, then transportation. You guys don't need to see the inside of a restaurant for a while unless you're working there, and if things don't get better by Christmas, any gifts you give should be handmade crafts.

This is doable if you two work hard, pull together, and focus. God bless you guys, Seth.  
—Dave

## Accounting 101

Dear Dave,  
I've just started my own small business. As the owner and only employee, how do I determine my profits?  
- Brittany  
Dear Brittany,  
Here's a basic Accounting 101

definition for you, regardless of how many employees you have or how big your business may be. What you take in, minus expenses — in other words, your revenues minus your expenses — equal profit. Believe it or not, it really is that simple.

Since you're just starting out, I'd strongly advise you to set up a separate checking account for your business. That's the only way to accurately tell exactly what's going on within the business. When you co-mingle business money with grocery money and things like that in your personal account, you'll never have an accurate picture of what's really happening with your business.  
Good luck, Brittany!  
—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](http://daveramsey.com). ★*

# Thank A Veteran Today

## STATEPOINT CROSSWORD • FAMOUS ACTORS

- CLUES**
- ACROSS**
1. "\_\_\_ Attraction" (1987) with Michael Douglas
  6. "Tom Selleck's "Blue Bloods" network
  9. Quarterback's downfall
  13. Every restaurant's nightmare?
  14. \*Tommy \_\_\_ Jones
  15. Charitable contribution recipient
  16. \*\_\_\_ Eckhart
  17. "The loneliest number"
  18. Type of lyric poem
  19. \*Pryor or Gere
  21. \*Caine or Keaton
  23. \_\_\_ Khan
  24. Another word for island
  25. World's oldest national broadcaster
  28. Odds and \_\_\_
  30. Responsible by law
  35. Rod attachment
  37. Turkey dance
  39. \_\_\_ lightly
  40. Tangerine grapefruit hybrid
  41. Become established
  43. British children's author
  44. Like a button, but more so
  46. Stopped sleeping
  47. Naysayer's prefix
  48. Comes next
  50. Embarkation location
  52. #6 Across icon
  53. Tortoise's competitor
  55. \*\_\_\_ Day Afternoon" with Al Pacino
  57. \*Lange or Chastain
  61. The Six Million Dollar Man and the Bionic Woman
  65. Arabian chieftain
  66. "To Kill a Mockingbird" recluse
  68. Have effect
  69. Master of ceremonies
  70. Pendulum's path
  71. Pine product
- DOWN**
1. \*"Cape \_\_\_" (1991) with Robert De Niro
  2. Berry high in antioxidants
  3. Cleopatra's necklace
  4. Hula dancer's hello
  5. Number of lines in print
  6. Doofus
  7. \*Affleck or Kingsley
  8. "Chevy Chase's \_\_\_ Like Old Times"
  9. Frosh, next year
  10. Dwarf buffalo
  11. Surrender territory
  12. \_\_\_ over or capsize
  15. Bending of the truth
  20. Gives a tirade
  22. Not well
  24. Heavy hydrogen, e.g.
  25. \*Lee or Willis
  26. "Begin" and "began" partner
  27. Irishman's ancestor
  29. \*Carey or Barrymore
  31. A in A = b x h
  32. Source of sesame seeds
  33. Everyone but clergy
  34. \*Redmayne or Murphy
  36. Place in France
  38. Thor Heyerdahl's "Kon-\_\_\_"
  42. Clingy one
  45. Employ again
  49. Cul de \_\_\_
  51. \*Redford or Duvall
  54. Capital of Morocco
  56. Doomed one
  57. Audience's rejection
  58. \*Stone or Thompson
  59. Abbreviated seconds
  60. Leak through
  61. Chewed stimulant
  62. Trojan Horse, e.g.
  63. Smiley face
  64. Texting button
  67. Metal-bearing mineral

**CROSSWORD**

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65					66	67		68				
69					70			71				
72					73			74				

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

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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## How Did the Devil Get My Cell Phone Number?

Dr. James L. Snyder

I am not one easily rattled. When I am rattled, look out for anything can happen.

For the most part, I try to stay calm, cool and collected. Then there are times when I have had enough and I am not going to take it anymore.

When I am rattled about something, it is not small or insignificant. I can swat pesky little bugs all of my life and never get rattled by a bug.

Lately, some things have been developing "in my world," that has me more than a little concern. In fact, it is bordering on the territory of being rattled. Something needs to be done because if I am rattled in this area, look out!

I am not sure, if I am just now noticing it or if it has been here for a while. When I got my cell phone, I was under the impression the only people who would have my cell phone number would be those I gave it to. I am not one to give out my cell phone number to just anybody. If you have my cell phone number, you are in a high-level category of BFFs.

I believe sincerely that the devil has hacked into my cell phone, collected my cell phone number and is selling my number to the most despicable people he owns.

Lately, I have been getting political calls. People trying to interview me concerning the upcoming election. They want me to contribute to political polls being evaluated. They want my opinion and they have a whole slew of questions they are going to be asking me.

I know they do not want my opinion because all of these calls are what is called Robo calls. In other words, is not an actual person asking these questions, but rather a machine. If you think for one moment that I am going to carry on a conversation with some

machine, you do not have all your wires connected.

How they get my cell phone number, is beyond me. It probably is their close connection with the devil himself.

I have also been getting calls from some company that feels I am in some sort of pain. They call and say I requested on their website this pain solution. Now, what they want to know is it my back pain, or elbow pain, or a knee pain?

I have been so fed up with these calls that I finally said, "I do have a pain in the neck." To which, I got an excited reply as to how they could help my pain in the neck.

You know what's coming. I told them that the pain in my neck was them calling me and if they want to help this pain in the neck go away to stop calling me, for Pete's sake.

I just about had it with this. The question I wrestle with is, should I lie to these people calling me?

For instance. Somebody called me last week telling me they noticed a certain virus on my computer and if I would allow them access to my computer they could fix my computer. Talk about a pain in the neck!

This was about the 15th time this company called me offering to fix my computer. So, I thought if they are going to waste my time by calling me, maybe I should waste their time by trying to get them to fix my computer.

"Oh yes," I said as excited as I could sound, "please fix my computer for me."

Now they wanted me to turn my computer on and so forth and so on. I must confess that at the time I wasn't your my computer I was on my cell phone.

They gave me instructions and I obeyed them, or at least I told him I was obeying him.

"All right," I said, "My computer is on what I do next?" I will

confess to you if you promise not to tell anybody, but I did not have my computer on.

Then they gave me instructions that I was to go to a certain website.

"Okay," I said, "I'm there, what do I do now?"

They gave me a password I was supposed to use to get access to them so they could get access to my computer.

"Have you done it yet?"

"Yes, I punched it in and what I do next?"

"Something's wrong," the person at the other end of the phone said. "You must not have put in the right password. Let me give it to you again."

He gave it to me again, which in turn I gave it back to him, again.

This went on for about 20 minutes and the person on the other end of my cell phone was getting very frustrated and borderline anger. I, on the other end of the cell phone, could hardly control my laughter.

By the time he hung up, he was very frustrated and could not understand why it was not working.

After this person hung up on me and I quit laughing, I thought of what David said. "Give them according to their deeds, and according to the wickedness of their endeavours: give them after the work of their hands; render to them their desert" (Psalms 28:4).

Sometimes giving back what you get can bring you to a certain level of joy you did not have before.

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 jamesnyder2@att.net. His web site is www.jamesnyderministries.com. ★



By Pastor Ray Dare

Pain is a natural part of life. You can't escape it. We all experienced pain from broken relationships, missed opportunities, financial hardships, or physical problems. The rough seasons of life will always be with us and much of it is beyond our control. There are many things in life that you do not have any control over, but you can control one thing: how you respond to what happens to you. You can either become bitter or hopeful. The choice is yours.

A man in the Bible named Jeremiah faced the same choice. His world came apart after Jerusalem was attacked and destroyed by Babylon in 586 B.C. He wrote an entire book in the Bible called Lamentations to share his honest frustrations with God. BUT he didn't stay in that place of emotional anger and despair.

## Pastor Ray's Encouraging Words

### Hope Returns

In Lamentations 3:21-24, after sharing his bitter feelings, he wrote, "Yet **hope returns** when I remember this one thing: The Lord's unfailing love and mercy still continue, fresh as the morning, as sure as the sunrise. The Lord is all I have, and so in him I put my hope" (GNT).

In the midst of a terrible situation, Jeremiah changed his perspective. It's healthy and good for you to be honest with God about your feelings, but you cannot stay in that place of emotional despair. You have to eventually change your perspective. As long as your focus is on your pain, you won't get better. Notice how Jeremiah changed his perspective - "hope returns **when I remember this one thing: The Lord's unfailing love and mercy still continue.**" He remembered God's unfailing love and mercy.

When you remember how much God really does love you and how enduring His mercy really is, when you realize that no matter how big the problem or how much anger that you've spewed out towards God, that He still loves you, when you

realize that God's love and mercy is a constant, it's something you can count on, "as sure as the sunrise", then hope will return in your heart.

The longer you focus on what depresses you, the longer your depression will last. Bitterness keeps you caught in your own pain. In Lamentations 3, Jeremiah gives you a simple cure for bitterness: change how you think. Refocus on God's love and mercy which are constant.

In the midst of a depressing tirade, Jeremiah says, "Yet hope returns..." Let hope return in your life today. How can you have hope even in your darkest days? You remember, "The Lord's unfailing love and mercy still continue." That applies to you today. You can count on that! His mercies are as fresh as the morning and as sure as the sunrise. He is all you need. And no matter what, "in him I put my hope."

Let hope return in your life today.

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## WIDOWED PERSONS ASSOCIATION OF CALIFORNIA



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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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# Growing Old On the Streets is America's Dirty, Little Secret

Commentary by AMAC

The homeless are the invisible denizens of America's cities, says Dan Weber, president of the Association of Mature American Citizens. "But, the dirty little secret that has only come to light recently is the fact that the elderly are among the fastest growing populations living on the streets," he reports.

The Department of Housing and Urban Development told Congress last year that there were more than 300,000 homeless Americans 50 years of age or more, 20% more than there were in 2007.

A recognized expert on the issue of the growing number of older individuals who are on the streets is University of Pennsylvania Professor Dennis P. Culhane. He says that in 1990 "the peak age of adults who were homeless was 30" and that today the peak age is 55.

Weber is calling on all candidates for election and re-election in November and those in the private sector to recognize the fact that more seniors are homeless than ever before and to take to heart the needs of "these hapless lost souls. Focus on their plight and let the truth be told, loud and clear. Everyone needs to pitch in if we are to solve this problem, which only grows bigger with each passing day."

Some would blame the spike in homelessness among older Americans on the swiftly aging population. But, Weber says, it has more to do with the rising cost of health care and health insurance, the lagging economy, the impact of such diseases of old age as cancer and Alzheimer's and, perhaps the most damaging cause of all, the lack of affordable housing.

"In fact, talk to any health provider who deals with the homeless and they will tell you that there has been a dramatic shift in recent years in the illnesses from which



University of Pennsylvania Professor Dennis P. Culhane is a recognized expert on the issue of the growing number of older individuals who are on the streets. He says that in 1990 "the peak age of adults who were homeless was 30" and that today the peak age is 55.

they suffer. It used to be that the homeless suffered mainly from drug abuse and mental illness. Nowadays they are more likely to have the chronic diseases of old age," Weber notes.

Mel Martinez and Allyson Y. Schwartz are the co-chairs of the Bipartisan Policy Center Senior Health and Housing Task Force. Martinez is a former U.S. Senator from Florida and Schwartz is a former Congresswoman from Pennsylvania. They published an Opinion Article in U.S. News and World Report last month in which they concluded that "preventing and ending homelessness among older adults should become a major national priority in the United States. By setting goals to end homelessness; increasing available low-income senior housing; and by understanding that the challenge requires participation from public and private partners at all levels, we can and will find ways to ensure that all U.S. seniors have the shelter and security that they deserve."

Meanwhile, Margot Kushel, professor of medicine at

University of California, San Francisco, is an expert on the elderly who become homeless. She says that providing them with housing is the key to fixing the problem. "A lot of these people have been healthy their whole lives. But it doesn't take long for their health to plummet once they're homeless. Once someone is housed, depression often lifts, stress fades away, infections heal. It's instant." Says Weber, "everyone has his own set of priorities, but one thing we all have in common is that we are all growing older. It's one of the hardest things we will all do in this life and so we should have compassion for those who need our help."

The Association of Mature American Citizens [http://www.amac.us] is a vibrant, vital senior advocacy organization that takes its marching orders from its members. We act and speak on their behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today. Live long and make a difference by joining us today at http://amac.us/join-amac. ★

# New CFR Report Distorts Facts and Aims to Crush U.S. Energy Revolution

Commentary by David Williams

A new report from the Council on Foreign Relations is music to the ears of environmental activists. It claims to show that if the federal government ended its "preferential" tax treatment of the oil and gas industry, public revenues would jump by billions and climate change would slow considerably.

This is pure fantasy. The report's methodology is fundamentally flawed, confusing tax deductions with subsidies and completely overlooking the vital role oil and gas plays in the American economy.

Subsidies are a direct transfer of money from the U.S. Treasury to a private company. American oil and gas companies receive zero -- that's right, zero -- subsidies.

What these firms do receive, however, is the same tax treatment as all other businesses, which, in part, allows them to deduct certain operating expenses. This deduction is typically used to offset the substantial costs of drilling and preparing wells -- and that's a good thing. These deductions encourage energy companies to grow and create jobs.

And the biggest tax benefits aren't going to Big Oil. Back in 1975, federal lawmakers

partially repealed a tax code provision known as "Percentage Depletion," which allowed fossil fuel producers to deduct the depreciation of their reserves. Only small and independent operators are now allowed to make such write-offs. ExxonMobil, Shell, and other large oil companies cannot. Likewise, credits such as the Enhanced Oil Recovery Tax Credit and Well Tax Credit are almost exclusively used by small and mid-sized operations.

These facts have been lost on both the media, which regularly repeats the myth that energy companies receive special tax treatment, and the White House, which has long advocated for steep tax hikes on the energy industry.

If the CFR report informs policy and the federal government does indeed eliminate tax deductions for fossil fuel producers, the American economy would be deeply damaged. After a decade of steady growth, this sector now supports more than 9 million jobs. It would contract under a heavy new tax burden, eliminating many of these positions and putting Americans all over the country out of work.

The CFR report also claims that ending energy tax "breaks" would help fight global warming, chiefly because it would afford the United States the moral standing needed to effectively pressure other nations to end their preferential

tax policies and shrink their own fossil fuel sectors.

This claim ignores that fact that, counter intuitively, America is leading the world in emissions reductions thanks to the fossil fuel industry.

Thanks to the rapid expansion of America's natural gas sector, electricity plants have switched from coal to gas. Largely because of this migration, America's annual carbon emissions are now at a 20-year low. What's more, fossil fuel companies have poured billions into researching and developing carbon reduction technologies. Since 2000, oil and gas companies have invested more than twice as much as any other industry in such technologies.

This Council on Foreign Relations study claims that oil and gas firms receive special public subsidies. That isn't true. The sector simply benefits from the deductions afforded all other businesses. And these write-offs have helped the industry grow, create economic opportunity, and invest in clean energy technologies. The Council -- and its activist allies -- need to check their facts.

David Williams is president of the Taxpayers Protection Alliance, a nonprofit, nonpartisan organization dedicated to educating the public on the government's effects on the economy. ★

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# No On Prop 57: Hold Politicians Accountable

By Guest Contributor:  
Robert Masson

Proposition 57 is not only dangerous for the residents of California, voting it into law would reinforce a precarious trend by our state's highest elected officials to transfer their failings in the prison system to the law-abiding people of California.

The popular debate regarding Proposition 57 seemingly hinges on the topic of paroling inmates and whether those inmates are violent or non-violent. Under Prop 57 guidelines, 7,000 inmates would be immediately released, according to the Associated Press, with thousands more to follow. It would release criminals who have committed domestic violence, human trafficking and sex with minors, among other deplorable crimes. But even more egregious than Prop 57 proponents trying to categorize the above offenses as "non-violent" is the deception and political bullying that has powered this ill-conceived proposition.

The Prop 57 pushers are claiming the only opposition comes from state's district attorneys who have ulterior motives. Once again, Brown and his politicians are trying to fool the general voting public with mistruths. Proposition 57 is opposed not only by district attorneys but by peace officers' associations up and down the state. The California Police Chiefs Association opposes Prop 57 as well as several individual Sheriffs who have been strong enough to stand against the Governor, despite his not-so-discreet intimidation tactics. The Southern California Alliance of Law Enforcement (SCALE) is also opposed to Proposition 57 because of its detrimental effect on public safety.

The reasons to oppose this proposition are many.

First, this proposition got

on the ballot through the convenient bending of rules and deadlines normally required to define and submit a valid proposition. Proposition 57 was originally written to apply only to juveniles, in an attempt to have more flexibility in sentencing. In a sweeping move, Gov. Brown took a juvenile proposition and completely revamped it into legislation that would release thousands of violent adult criminals and alter the Constitution of the State of California. He vastly changed the scope and spirit without resubmitting a new proposition. Voters must understand the gravity of this deceit.

Second, the disingenuously-named Proposition 57 misleads the public by claiming to be a "public safety" act intent to only affect "non-violent" criminals. However, the proposition does not define "non-violent" and the only effect it will have on "public safety" is a negative one.

And finally we must oppose the practice of our elected officials to continuously push the ill-effects of their failures onto the hard-working people of this state. For the third time, state officials are attempting to transfer the state's obligation to fix its prison system to local jurisdictions and communities.

Brown enacted Assembly Bill 109 (AB109) and required individual counties to be responsible for inmates who should have been in state prison. Sheriff Departments were forced to overhaul their jail systems – systems designed to house people who were awaiting trial or were sentenced to less than year – into regional state prisons that hold multi-year, sentenced prisoners. This caused the release of thousands of inmates in already-full county correction facilities.

Second, voters were conned by the deceptively named Proposition

47, which touted safe neighborhoods and schools. While it has done next to nothing for any school, it has certainly made neighborhoods less safe. It is essentially impossible to punish criminals who commit the types of offenses that plague California residents such as identity theft, burglary and vehicle theft, leaving thieves free to repeatedly victimize our neighborhoods. Under Prop 47, the state did not shift its responsibility to house criminals, it downright abandoned it.

And now, with the Governor and his politicians pushing Prop 57, the good people of this state are at jeopardy of once again taking the brunt of the state's prison failures. The problem with our state prison system is a complex one. It cannot be fixed by an elusive ballot measure that attempts to disguise "solutions" as something more than what it is: the simple turning of the key for thousands, upon thousands of criminals.

SCALE represents more than 35,000 law enforcement professionals in Southern California. We are the men and women who answer the daily calls for service. We are the men and women who leave our families each day in order to protect yours. And we share in your frustrations that there is very little we can do to protect you from repeat offenders who have gotten a free pass from AB109 and Prop 47.

We, like you, are tired of elected officials forcing the burden of their ill-conceived legislation onto law-abiding Californians. We urge you to VOTE NO on Proposition 57.

Robert Masson is a Master Investigator with the Riverside County Sheriff's Department. He serves as the President for the Southern California Alliance of Law Enforcement, which represents more than 35,000 peace officers in the region. ★

# More Trouble for High-Speed Rail



The California High-Speed Rail Authority announced a new plan to cut the capacity of individual trains by roughly 50 percent, and that the maximum operating speed of the train would also be reduced. The rail authority still doesn't have a real plan to deal crossing the Tehachapi Mountains.

By George Runner,  
Board of Equalization

The California High-Speed Rail Authority recently announced a new plan to cut the capacity of individual trains by roughly 50 percent, thereby

reducing the passenger-carrying capacity of the proposed Los Angeles to San Francisco route.

This follows news that the maximum operating speed of the train would also be reduced. Keeping in mind that the rail authority still doesn't have a real

plan to deal with the Tehachapi Mountains, it is clear that Californians have seen promise after promise broken when it comes to this project and deserve an opportunity to vote on this issue again. ★

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**What do businesses say about BERC help?**

"I own a small auto repair business and can't afford to pay anyone to help me with Environmental Issues. BERC has helped me since 2009 and I greatly appreciate it!"-Automotive Owner.

"We consider BERC a critical member of our team. **BERC demystifies the industrial permitting process in a confidential, business supportive manner.** The **BERC staff are experts** on the overwhelming industrial permitting process, making permitting a business a simple process"-Senior Vice President, Corporate Community

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# Sacramento County DA Reports



## Defendant Convicted for Murder, Series of Attacks Man Convicted for Kidnapping Teens & Sexual Assault Mother & Daughter Sentenced for Death of Disabled Victim

**DATE:** September 28, 2016  
**CASE:** Christopher Franklin (Case #15F06717)  
**PROSECUTOR:** Deputy District Attorney William Satchell, Homicide Unit

Christopher Franklin was convicted by a jury of first-degree murder, attempted murder, assault with force likely to cause great bodily injury, and illegal possession of a concealed firearm. The jury also found that Franklin discharged a firearm causing death and great bodily injury.

On July 10, 2015, Dennis Clark was homeless and sleeping under a bridge. When Mr. Clark awoke, he found Franklin standing over him. Without warning or provocation, Franklin began shooting at Mr. Clark, striking him four times. Multiple .40 caliber casing were recovered at the scene.

On October 11, 2015, Anna Bernaix was sleeping near a homeless encampment when she was found shot to death. Several .40 caliber casings were also found at the scene.

On October 13, 2015, Douglas Bean was working as a surveyor near remote railroad tracks. Franklin approached Mr. Bean from behind and placed him in a strangle-hold. Other workers witnessed what was happening and stopped Franklin just as Mr. Bean was losing consciousness. The Sacramento County Sheriff's Department responded and apprehended Franklin. Deputies searched Franklin and found a concealed .40 caliber handgun. Testing by the District Attorney's Crime Lab determined the handgun Franklin was carrying was used to shoot both Mr. Clark and Ms. Bernaix.

Franklin faces a maximum potential sentence of 75 years to life plus 21 years in prison. Sentencing is scheduled for October 25, 2016, at 9:00 a.m. in Department 24 before the Honorable Shelleyanne Chang.

**DATE:** October 7, 2016  
**CASE:** Kevin Hickman (Case #15F03015)  
**PROSECUTOR:** Deputy District Attorney Matt Chisholm, Adult Sexual Assault Prosecution Unit

Kevin Hickman was convicted by a jury of three counts of forcible rape with kidnapping allegations, one count of forcible oral copulation with kidnapping allegations, kidnapping for purposes of rape, kidnapping of a child under the age of 14, and criminal threats.

Hickman met the victims' mother through a dating website. A few days later on May 16, 2015, Hickman offered to take her 16-year-old daughter and 13-year-old daughter to a party at a roller skating rink. The mother agreed, but Hickman didn't take the girls to a party. Instead, Hickman took the young girls to a house off of Marconi Avenue. By this time, the girls' cell phones had died and they had no way to call for help. Hickman took the 16-year-old victim to a shed in the backyard and raped her at knife point three times throughout the night. Meanwhile, the girls' mother called 911. The Sacramento Police Department was able to trace Hickman's cell phone to the house. The 13-year-old daughter was not harmed, physically or sexually.

Hickman faces a sentence of approximately 85 years to life in prison. Sentencing is set for November 18, 2016, at 10:00 a.m. in Department 14 before the Honorable Donald Currier.

**DATE:** August 26, 2016  
**CASE:** Sheila Johnson & Ravetra Jones  
**PROSECUTOR:** Deputy District Attorney Kari Reeve, Homicide Unit

The Honorable Michael Kenny sentenced Sheila Johnson to 15 years to life in prison. Johnson's daughter, Ravetra Jones, was sentenced to 4 years, 8 months in prison. On June 29, 2016, Johnson pled no contest to second-degree murder and Jones pled no contest to involuntary manslaughter and fraud.

Thirty-seven-year-old Monique Johnson was developmentally disabled, non-verbal, and unable to walk. Monique lived with her mother, Sheila Johnson. Initially, Johnson was paid by In-Home Supportive Services (IHSS) as Monique's full-time caregiver. Then Jones, who is Monique's sister, was paid by IHSS as Monique's caregiver.

On February 12, 2014, Monique died from severe neglect, dehydration, and starvation. She weighed 36 pounds at the time of her death. Various agencies attempted to intervene prior to Monique's death about concerns over her care. Sheila Johnson was offered free services and assistance to help with Monique's care, many of which she refused. Ravetra Jones allowed Monique's health condition to deteriorate to the point of death, while simultaneously receiving payment for services. ★

# Rancho Cordova Honors the U.S. Naval Construction Force

**SACRAMENTO REGION, CA (MPG)** - Rancho Cordova's 11th Annual Veterans Day Ceremony will be held on Friday, November 11 to remember our veterans and honor the missions of the U.S. Naval Construction Forces (Seabees).

Did you serve in the U.S. Naval Construction Forces? You are cordially invited to Rancho Cordova's Veterans Day Ceremony to be recognized for your service.

The ceremony will be held in the Veterans Memorial Plaza at the Sacramento VA Medical Center, 10535 Hospital Way at Mather. Pre-program entertainment will begin at 9:30 a.m. followed by the commemoration program at 10 a.m. Music entertainment will be provided by the Rancho Cordova River City Concert Band, featuring the "Song of the Seabees."

The Seabees' motto of "We

Build - We Fight" recognizes the work of the members of the U.S. Naval Construction Forces. The Seabees have a history of building bases, bulldozing and paving thousands of miles of roadway and airstrips, and accomplishing myriad other construction projects in a wide variety of military theaters dating back to World War II. The word "Seabee" comes from the initials "CB," which comes from the term "Construction Battalion."

The Seabees first became active on March 5, 1942 during World War II when U.S. involvement was expected on both the Pacific and Atlantic Oceans. More than 100,000 Seabees were trained during World War II and have continued to serve since. The Seabees now include 7,000 active personnel and 6,927 reserve personnel.

Ceremony speakers will include Congressman Ami Bera; Senator Jim Nielsen;

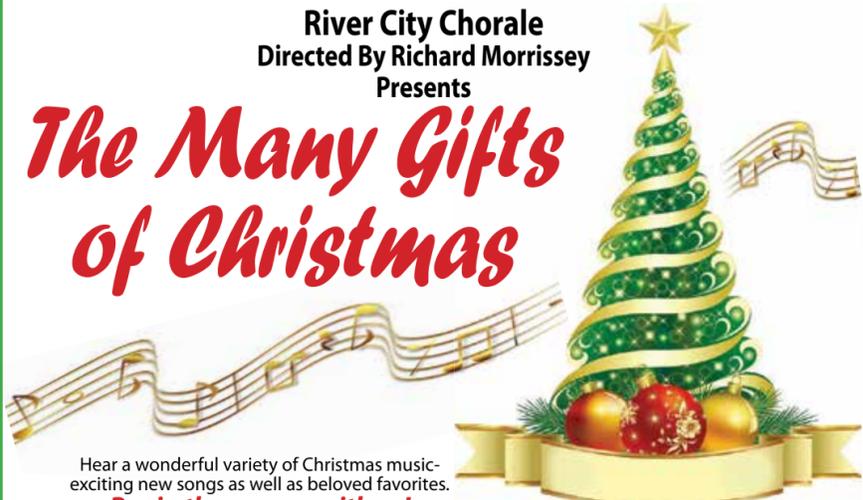
Assemblyman Ken Cooley; Kathryn K. Bucher, Associate Director of Patient Care Services/Nurse Executive at VA Northern California Healthcare System; Rancho Cordova Mayor David Sander; and Rancho Cordova Council Member Robert J. McGarvey, who spearheaded the first Veterans Day and Memorial Day events in Rancho Cordova. The Vultures Row Aviation Team will provide a flyover towards the end of the ceremony.

The ceremony is sponsored by the City of Rancho Cordova, the Department of Veterans Affairs Northern California Health Care System, AlphaGraphics Rancho Cordova, and Republic Services.

Rancho Cordova City Hall will be closed on Friday, November 11 in observance of Veterans Day. For more information about the event, please call (916) 851-8700. ★

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**Advance tickets \$15.00 At the door \$20.00**  
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# Holiday Craft Fair

Hosted by the  
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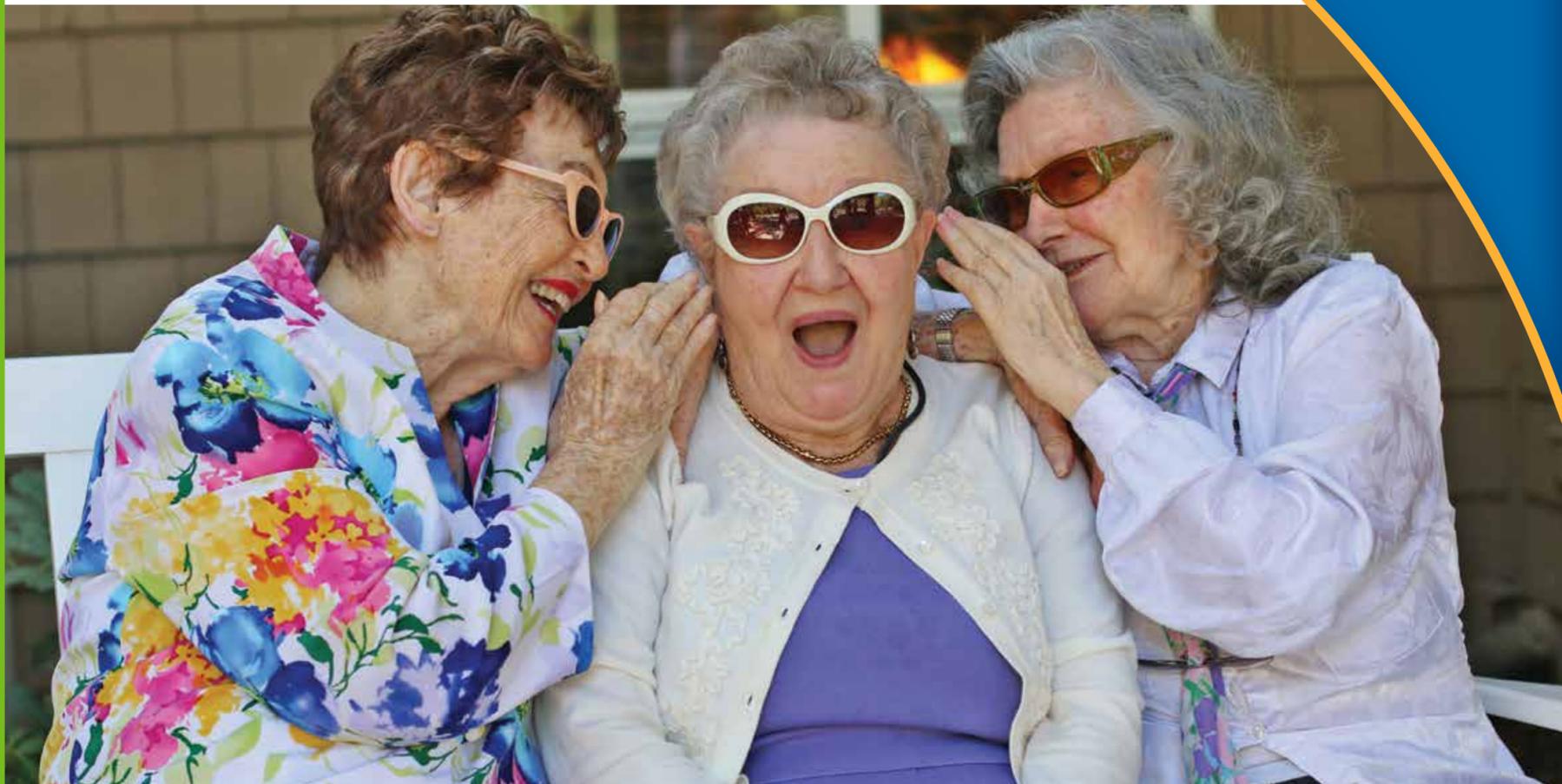
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Rancho Cordova, CA  
916-635-5008

Mon-Fri 9-8,  
SAT 9-7, SUN 10-7  
Effective 11/2/16 - 11/8/16

**PET CLUB is Excited to Offer: Blue Buffalo, California Natural, Chicken Soup, Earth Born, Evo, Innova, Diamond Naturals, Taste of the Wild, & Royal Canin Pet Foods**



**COUPON**  
**PIG'S EAR**  
**29¢**  
with any purchase of pet, fish food or supply.  
Large Size. \$1.49 value.  
Limit 1 PLU323 ARM  
Limit 1 Coupon per family  
Effective 11/2/16 - 11/8/16

**COUPON**  
**ANGEL SOFT TOILET TISSUE**  
**69¢**  
4 Roll Pkg.  
With any Purchase of Pet, Fish Food or Supply  
Limit 1 Pkg PLU 325  
Limit 1 Coupon per Family  
ARM  
Effective 11/2/16 - 11/8/16

**TASTE OF THE WILD**  
**GRAIN FREE DRY DOG FOOD**  
•Wetlands •Sierra Mountains •Pacific Salmon •High Prairie •Southwest Canyon  
30 Lb Bag **\$39.99**  
Effective 11/2/16 - 11/8/16

**NUTRO MAX**  
**ADULT RECIPE DRY DOG FOOD**  
•Regular Max •Large Breed Adult •Beef •Senior •Lamb Meal & Rice  
NEW SIZE  
25 Lb Bag **\$22.99**  
Limit 2 Bags Per Family  
Effective 11/2/16 - 11/8/16

**BLUE BUFFALO WILDERNESS DRY DOG FOOD**  
•Chicken •Duck •Salmon 24 Lb Bag •Large Breed Adult •Healthy Weight  
100% GrainFree **\$49.99**  
Effective 11/2/16 - 11/8/16

**FRISKIES DRY CAT FOOD**  
16 Lb Bag  
•Surfing & Turfing •Seafood •Indoor  
Limit 2 Bags Per Family **\$9.99**  
Effective 11/2/16 - 11/8/16

**9 LIVES CANNED CAT FOOD**  
5.5 Oz All Varieties  
Limit 1 Case Per Family **35¢**  
Effective 11/2/16 - 11/8/16

**FANCY FEAST GOURMET CANNED CAT FOOD**  
All Varieties except Elegant Medley  
3 Oz **50¢**  
Effective 11/2/16 - 11/8/16

**JONNY CAT PREMIUM CAT LITTER**  
20 Lb Bag  
•Regular •Multiple Cat Formula  
Limit 2 Bags per Family **\$3.29**  
Effective 11/2/16 - 11/8/16

**FRESH STEP SCOOPABLE CAT LITTER**  
42 Lb Bag  
Limit 2 Bags per Family **\$12.99**  
Effective 11/2/16 - 11/8/16

**NUTRO CANNED CAT FOOD SALE**  
Limit 1 Case • Selected Varieties 3 oz **55¢** Natural **75¢**

**TIDY CAT LIGHT WEIGHT CLUMPING CAT LITTER**  
•All the Strength •Half the Weight  
8.5 Lb Jug Limit 2 Jugs **\$8.99**

**BLUE BUFFALO CANNED DOG & CAT FOOD** **20% OFF**  
•Homestyle •Blue's Stew •Wilderness 12.5 oz •Spa Select •Wilderness 3 & 5.5 oz Selected Varieties **LOW PRICES**

**GRAVY TRAIN DRY DOG FOOD**  
35 Lb Bag Limit 2 Bags **\$13.99**

**FELINE PINE HEALTHY CAT LITTER**  
20 Lb Bag Limit 2 Bags **\$7.99**

**CAREFRESH PET BEDDING**  
60 Liter (Ultra Not Included) **\$12.99**

**FUSSIE CAT PREMIUM DRY CAT FOOD**  
Market Fresh Recipe  
•Chicken & Turkey •Salmon •Chicken & Salmon 4 Lb **\$3 OFF** 10 Lb **\$6 OFF** **OUR DISCOUNT PRICE**

**EARTHBORN HOLISTIC CANNED CAT FOOD**  
•Grain Free Selected Varieties  
Limit 1 case 3 Oz. **79¢** 5.5 Oz. **\$1.29**

**CHICKEN SOUP FOR THE SOUL DRY DOG FOOD**  
•Adult •Large Breed •Mature •Weight Care  
30 Lb Bag Limit 2 Bags **\$7 OFF** **OUR ORIGINAL LOW PRICES**

**NEW MERRICK'S WHOLE EARTH FARMS DRY DOG FOOD**  
•Adult •Grain Free Chicken & Turkey 25 Lbs Limit 2 Bags Per Fam •Grain Free Beef & Lamb •Grain Free Salmon & Whitefish **ON SALE**

**SCIENCE DIET DRY DOG FOOD**  
•Advanced Fitness (Adult & Small Bite) •Lrg Breed Adult 38.5 lbs •Light •Active Longevity 33 Lb Limit 2 Bags **\$39.99**

**NUTRO NATURAL CHOICE WILD FRONTIER DRY DOG FOOD**  
•Real Chicken •Real Lamb •Real Salmon •Venison Meat •Grain Free •High Protein •Adult 24 Lb Bag Limit 2 Bags **PALLET DEAL ON SALE**

**CAT FURNITURE 20% OFF**  
•CRS •Alpine Cat Trees LOTS OF SELECTIONS ASSORTED STYLES **OUR SUPER LOW PRICES**  
(C & D Products not Included)

**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**

**CRAZY PET PET BOTANICS**  
Train Me Treats - 3.5-16 Oz  
Training Rewards - 20 Oz  
Grain Free Salmon & Omega Treats **20% OFF** **OUR SUPER LOW PRICES**

**FELINE GREENIES CAT TREATS**  
(also Smart Bites) All Varieties **\$1.79**

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

**PET SAFE BUSY BUDDY**  
Toys & Treats All Varieties **20% OFF** **OUR SUPER LOW PRICES**

**VAN NESS CAT PAN LINERS**  
•Regular •Drawstring All Sizes **20% OFF** **OUR SUPER LOW PRICES**

**KENT MARINE WATER SUPPLEMENTS** **20% OFF** **OUR SUPER LOW PRICES**

**INSTANT OCEAN SEA SALT**  
50 Gal. Salt Mix **\$14.99**

**BONUS COUPON**  
**FRISKIES BUFFET CANNED CAT FOOD**  
5.5 Oz All Varieties  
Limit 12 Cans With Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon Effective 11/2/16 - 11/8/16 **41¢** ARM PLU 367

**BONUS COUPON**  
**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 11/2/16 - 11/8/16 **\$1.19** ARM PLU 569

**BONUS COUPON**  
**JONNY CAT CAT LINERS**  
Jumbo Drawstring - 5 Ct  
Limit 1 Box with Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon Effective 11/2/16 - 11/8/16 **\$1.89** ARM PLU 449