



ARC Theatre Opens Dazzling "Beauty and the Beast"

PAGE 3

Moonlight Meal Huge Success for Park Foundation

PAGE 13



Carmichael Times

VOLUME 37 • ISSUE 40

Serving Carmichael and Sacramento County since 1981

OCTOBER 6, 2017

TUNNELS NOT THE SOLUTION TO CALIFORNIA'S WATER PROBLEM



PAGE 2

A RESPITE CLUB FOR CAREGIVERS



PAGE 2

SACRAMENTO COUNTY GROWERS SMASH CROP OUTPUT RECORDS



PAGE 5



Scan our QR Code for a direct link to our online edition!

PRESORTED STD. US POSTAGE PAID PERMIT 350 Carmichael, CA Change Service Requested

Creatures Large and Small at NatureFest



Saw whet owl Sophia will be among animal ambassadors at Effie Yeaw Center's "NatureFest" event this weekend.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Effie Yeaw Nature Center supporters will experience a wild menagerie this Sunday, October 8. Now in its sixth year, "NatureFest" brings up-close opportunities to view –sometimes even to touch

– animals most often seen from a distance.

A baby beaver, an alligator, falcons, rattlesnakes, owls and bats will join the critter parade. Though most are rescued and unable to survive in the wild, the animals are treasured for their value as educational ambassadors.

Other NatureFest attractions include crafts, microscope views of microscopic creatures, lessons in fly-casting and demonstrations of Native American art. Visitors will also be offered guided walks through the facility's 100-acre preserve.

NatureFest begins at 10

am at the Effie Yeaw Nature Center in Ancil Hoffman Park, Carmichael. Admission is free for children under 12; \$5 for adults. Free parking is included. Refreshments are available for purchase. For more information, visit: www.sacnaturecenter.net ★

On Your Feet, Carmichael

CARMICHAEL, CA (MPG) - The beat goes on. Feet keep dancing. Despite the recent death of Sacramento bandleader John Skinner, his musicians promise to maintain the Skinner tradition for family fun. A free dance – which his band hopes will become an annual tradition – is offered for all ages.

Are 40 years of performances for the Carmichael Park District, Skinner's concerts remain a popular part of the summer concert season. Before his death, the bandleader committed to sponsor a big knees-up to unite neighborhoods. "The community that dances together advances together," reasoned Skinner, himself an avid hooper. His band is still working and available for gigs. Its October 15 line-up will include, rock, swing, ballads and line dances. Ballroom dancers, social shufflers and children are welcome.



The John Skinner Band and Carmichael Park District will sponsor a free community dance on October 15 at the La Sierra Community Center.

There will also be contests and prizes.

The first annual Carmichael Community Dance will be dedicated to John Skinner's honor at 2 pm on Sunday October 15. La

Sierra Community Center, 5325 Engle Rd., will host the event. Drinks and snacks will be available for purchase. For information, call (916) 485-5322. ★

SPCA Holding Free Animal Adoption Event

By Dawn Foster, SSPCA

SACRAMENTO, CA (MPG) - Maita Subaru will host a free adoption event for the Sacramento SPCA in partnership with the ASPCA and Subaru Loves Pets Fee-Waived Adoption Program.

In an initiative to connect at least 25 animals in need with loving new families just in time for Fall, the ASPCA and Subaru Loves Pets will sponsor the adoption fees for pets adopted from the Sacramento SPCA during this one-day event. The sponsored fee will cover the pet's spay/neuter, vaccinations, flea prevention, microchip, pet food starter kit and veterinary exam.



The free adoption event will take place at Maita Subaru located at 2912 Auburn Blvd, Sacramento, CA, 95821 from 11am - 4pm on Sunday, October 8.

"Anytime of the year is a perfect time to fall in love with a pet at the Sacramento SPCA," said CEO, Kenn Altine. "But Fall is an especially wonderful time to add a furry friend to your family – it's the perfect time to enjoy a hiking adventure, a stroll in the park or simply cozy up on the couch with your new companion."

The free adoption event will take place at Maita Subaru located at 2912 Auburn Blvd, Sacramento, CA, 95821 from 11am - 4pm on Sunday, October 8. The Sacramento Adoption Center at 6201 Florin-Perkins Road will be closed during this event and all animals available for adoption will be taken to the off-site location. To view adoptable animal photos and descriptions before the event, visit www.sspca.org/adoptable-animals.

The Sacramento SPCA has been providing homeless animals with individual comfort, shelter, and love for more than 123 years. They provide compassionate medical care to tens of thousands of animals annually and offer a variety of programs and services designed to keep people and pets together for life.

For more information check out their website at www.sspca.org or on www.facebook.com/SacSPCA/

On Saturday, October 28th, we're Purring on the Ritz at the Roaring 20's PAWTY! Join us for this tented gala featuring food and beverage tastings, live jazz entertainment, casino gaming and auctions to benefit the animals at the Sacramento SPCA. Purchase your tickets today – it's sure to be the Bee's Knees, guaranteed! ★



A Respite Club for Caregivers

By Rebecca Graulich

SACRAMENTO REGION, CA (MPG) - There's a happening club in that caters to a select clientele: people with dementia.

The Respite Club is packed with fun activities, music, dancing, games and exercise. A mid-morning snack is provided as well as a full lunch. It is open approximately 10 days per month, five hours a day and is striving to increase its hours of operation.

"Our doors open at 9:30 a.m. and we are on the move until 2:30 p.m. when we end our day," notes Activity Coordinator Terri Lyman. "We focus on mental, physical and social stimulation. It is a place where participants can fit in and be themselves, and usually they make friends quickly."



The Club gives participants a sense of belonging and caregivers needed freedom.

While club goers enjoy themselves, family caregivers take advantage of the "respite" aspect of the program: time for themselves. Caring for a loved one with dementia can be overwhelming - emotionally, physically, mentally and financially. Caregivers need time to run errands, see friends or just be alone.

Bobby, a volunteer, observed, "The Club gives participants a sense of belonging and caregivers needed freedom." He knows, as his father attends the program.

"Our goal is to bring peace of mind and support to families



The Club gives participants a sense of belonging and caregivers needed freedom.

with caregivers. This year's event also features panel discussions on home modifications to prolong living at home, and care for the caregiver, as well as a talk on caregiver resources.

Caregiver Day is Saturday, October 21, 9:00 a.m. - 3:30 p.m. at the Cordova Neighborhood Church, 10600 Coloma Road in Rancho Cordova. There is no charge to attend. Consultations are restricted to family caregivers but everyone is welcome to attend the presentations and visit the tables of the various professionals. For more information or to register for private consultations, call (916) 635-5147.

The Respite Club not only benefits the participants and their caregivers but all who come in contact with it. Glenda, the Respite Club bookkeeper, shared, "I came to the Respite Club 15 years ago when my dad was diagnosed with Alzheimer's. I am so grateful for the love, compassion and care we found here. I decided I definitely wanted to be part of such a wonderful program. What a blessing for the caregivers, care recipients, volunteers and staff."

Rebecca Graulich is the Assistant Program Coordinator at The Respite Club and the chair of the Sacramento County Adult & Aging Commission. She can be reached (916) 635-5147 or rebeccag@respiteclub.org. ★

Tunnels in the West Coast's Greatest Estuary is Not the Solution to California's Water Problem

Commentary by Ken Colley

As California's population grows and climate dynamics extend periods of drought, supplying water to Californians has become increasingly challenging. Much of California's water supply passes through the Sacramento-San Joaquin River Delta estuary, and Governor Brown's proposed solution to divert water from this critical estuary threatens its health and has been controversial - receiving criticism from activists, environmentalists and economists alike.

The "WaterFix" proposal includes the construction of two tunnels (40 feet in diameter and 35 miles long) underneath the Sacramento-San Joaquin River Delta. The Delta is the largest estuary on the west coast of North and South America and home to multiple species on the brink of extinction, including winter-run Chinook salmon, Central Valley steelhead, delta and longfin smelt, and green sturgeon. It is vital to the Pacific Coast Flyway through which innumerable species of birds migrate.

"We must find a climate resilient solution to providing Californians with a reliable supply of water. That solution shouldn't rely on the fragile Sacramento-San Joaquin River Delta estuary - a habitat critical for the survival of multiple endangered species and a cherished part of California's heritage," said Assemblyman Ken Cooley.

At least 58 groups opposing the tunnels have sued the



Assemblyman Ken Cooley (D-Rancho Cordova)

state arguing the WaterFix project violates state environmental laws. Litigating groups include those whose livelihoods depend on fishing, several Sacramento area water agencies, surrounding cities, and San Joaquin, Solano, and Yolo counties.

Environmental issues aside, the project is on shaky ground economically. The estimated \$17 billion price tag of WaterFix was calculated without taking into account interest repayment and is based on the assumption that agricultural districts (some of which are specifically exempt from paying for the tunnels) will pay for 45% of the project without any subsidies from urban ratepayers or state taxpayers.

Large cracks in these assumptions are showing themselves and efforts to pass costs on to ratepayers and taxpayers are already ongoing. According to an audit released this month by the US Department of the Interior's inspector general, \$50 million in taxpayer funds were used improperly to subsidize the San Joaquin Irrigation District

for their part in helping plan WaterFix - despite insistence from the Brown administration that no tax dollars would finance the controversial tunnels.

On September 19, officials from the Westlands Water District (who supply water to Fresno and Kings county farmers) defeated an alternate funding plan pitched by one of the state's largest farming groups. The plan would have included raising funds from water districts in more urban areas, including the greater Sacramento area. Not only is this contrary to the promise that urban ratepayers would not subsidize WaterFix, but would have put Sacramento ratepayers in a position where they would be paying to dredge their local estuary and pump the area's water supply to other parts of the state.

All Californians deserve access to clean and reliable drinking water. Unfortunately, the proposed WaterFix project is not the right solution for all Californians. Instead, the state should consider other viable alternatives including water storage, recycling and conservation - that can work for all communities in California and wouldn't rely as heavily on the largest estuary in the state.

Assemblyman Ken Cooley represents the 8th Assembly District which includes the communities of Arden-Arcade, Carmichael, Citrus Heights, Rancho Cordova, Rancho Murieta, Rosemont, Wilton and other portions of unincorporated Sacramento County. For more information, please visit <http://asmdc.org/members/a08/> ★

Parkinson Association of Northern California's Annual Education and Information Conference

By Jan Whitney, PANC

SACRAMENTO REGION, CA (MPG) - The Parkinson Association of Northern California (PANC) is holding its Annual Education and Information Conference at the Sacramento Convention Center on Saturday, October 21st from 9:30 a.m. - 3:30 p.m.

The event will provide information, education, and inspiration to people living with Parkinson's disease (PD) along with their carepartners and family members and interested members of the community. Featuring regionally recognized expert clinicians and therapists in the field of movement disorders, the conference will highlight the future of the disease along with inspiration and tools to help attain the highest possible quality of life for people living with Parkinson's disease.

Additional Information about the event and registration options can be found by visiting the PANC website at www.panctoday.org. The cost to attend the event which includes a full-day of presentations, exhibit fair, and lunch is \$25 per registrant.

"Our annual conference is an upbeat event of community, learning and connection. We



Parkinson Association of Northern California

educate attendees about the latest in Parkinson's disease research and therapies and connect individuals who share challenges and successes with PD. We're excited to host this event for our Northern California constituents and look forward to an uplifting day," says PANC president, Nancy Kretz.

Parkinson's disease is diagnosed in more than 50,000 Americans each year. We are asking for the assistance of the media to help make this event a successful one and provide this information and event coverage to your audiences who may have PD, know someone with

PD, or possibly be diagnosed in the future.

The Parkinson Association of Northern California has been dedicated to enhancing the quality of life for people living with Parkinson's, their families, and carepartners since 1996. We facilitate over 30 regional Support Groups, host the Annual Conference, publish a quarterly newsletter (Parkinson Path), offer financial support for caregiver respite, support medical community collaboration across healthcare providers, and more. We live our motto, "Until there is a cure...hope and healing every day." ★

Senior Health & Leisure Fair

FREE
Parking

Saturday, October 14

10 am to 4 pm

Crowne Plaza Hotel Northeast 5321 Date Avenue
Off of Highway 80 at Madison Sacramento, CA 95841

▶ www.SeniorHealthFair.com ◀

FREE
ADMISSION

● FREE EXHIBITS! ● FREE ENTERTAINMENT!
● HEALTH SCREENINGS! ● SAMPLES & PRIZES!

SENIOR HEALTH & LEISURE FAIR

Information & Resources for a Safer, Healthier and Happier Life!

Learn hundreds of ways to improve your health and extend your life. Find out more about retirement, investments, and income opportunities for seniors. Make sure to stop at each informative booth. Celebrate by participating in a full line up of activities to keep you safe, healthy, and informed. Walk through the exhibit hall and learn more about:

- Nutrition & Health Foods
- Sports & Fitness
- Anti-Aging Programs
- Home & Garden
- Vacations & Travel

- Safety Matters
- Financial & Retirement Planning
- Natural Healing
- Chiropractors and Massage
- Physical & Mental Health

Great Entertainment & Music

Rockin' DJ plays old time rock n' roll, cruising songs, surfer songs.
It's the music you grew up with!

Sponsored by

Be a part of something important Local Writers Wanted

We are looking for local Freelance Writers to provide great coverage.

Jobs@mpg8.com

Call us today at 916-361-1234

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

Call to place your legal advertising **483-2299**

All Legal Ads Published by Messenger Publishing

IRS Extension Filers: Deadline is Monday, Oct. 16

By David A. Tucker II, IRS Media Relations

WASHINGTON, DC (MPG) - The Internal Revenue Service has an important reminder for taxpayers who filed for an extension and face an Oct. 16 filing deadline: The adjusted gross income (AGI) amount from their 2015 return may be needed to electronically file their 2016 tax return.

For those taxpayers who have a valid extension and are in or affected by a federally declared disaster area may be allowed more time to file. Currently, taxpayers impacted by Hurricanes Harvey, Irma and Maria as well as people in parts of Michigan and West Virginia qualify for this relief. See the disaster relief page on IRS.gov for details.

As a reminder, taxpayers should keep a copy of their tax returns and supporting documents for a minimum of three years. Prior year tax returns are even more important as the IRS makes changes to protect taxpayers and authenticate their identity.

Extension filers should plan ahead if they are using a software product for the first time.

They should have kept a copy of their 2015 tax return or if not, will need to order a tax transcript, a process that may take five to 10 calendar days. The AGI is clearly labeled on both the tax return and the transcript.

Taxpayers who prepare their own electronic tax returns are required to electronically sign and validate their return. Using an electronic filing PIN is no longer an option. To authenticate their identities, taxpayers will also need to enter either of two items: their prior-year AGI or their prior-year self-select PIN and their date of birth. If married filing jointly, both taxpayers must authenticate their identities with this information.

Generally, tax-preparation software automatically generates the prior-year AGI and/or self-select PIN for returning customers. However, taxpayers who are new to a software product must enter the prior-year AGI or prior-year self-select PIN themselves.

How to Find AGI; Plan Ahead if a Mailed Transcript Needed

The adjusted gross income is gross income minus certain

adjustments. On 2015 tax returns, the AGI is found on line 37 of Form 1040; line 21 on Form 1040A and line 4 on Form 1040EZ. Taxpayers who e-filed and did not keep a copy of their original 2015 tax return may be able to return to their prior-year software provider or tax preparer to obtain a copy.

Those who lack access to their prior-year tax returns also may go to irs.gov/transcript and use Get Transcript Online or Get Transcript by Mail. A transcript is a summary of the tax return or tax account. There are various types of transcripts, but the Tax Return Transcript works best. Look for the "Adjusted Gross Income" amount on the transcript.

Taxpayers must pass Secure Access authentication in order to access Get Transcript Online and immediately access their transcripts. Those who cannot pass Secure Access authentication should use Get Transcript by Mail or call 800-908-9946, and a transcript will be delivered to their home address within five to 10 calendar days. ★

ARC Theatre Opens Dazzling "Beauty and the Beast"

By Tracy Martin Shearer

SACRAMENTO REGION, CA (MPG) - Featuring a spectacular live orchestra, stunning costumes and settings, and a thrilling 30-member cast, American River College opens its season with Disney's magical *Beauty and the Beast*! The two-act musical comedy by Alan Menken, Howard Ashman, Tim Rice and Linda Woolverton, will open October 6, 2017, for a three-week run (closing Oct. 22).

Coming freshly off multiple national Kennedy Center awards for last year's production of *Cabaret*, ARC has pulled out all the stops for this classic Broadway hit! Award-winning costume designer Gail Russell (of Capitol Stage, B Street Theatre, and more) has provided the perfect combination of whimsy and spectacle to bring Disney's loveable and enchanting characters to vivid life. From the endearing teapot Mrs. Potts (Michelle Pollack), to the charming candelabra Lumiere (Ethan Mack) and the hilariously arrogant Gaston (Christopher Sharpe), audience members will be thrilled to see their favorite characters onstage!

Directed by Pamela Downs (with orchestra conductor Susan Hamre and choreographers Sam Williams and Sarah Souther-Williams), *Beauty and the Beast* tells the story of book-loving Belle (Elizabeth Garbe) who encounters a terrible Beast (Branden Price) with a lonely secret. If he can learn to love Belle and can gain her love in return, the curse will end and all



Featuring a spectacular live orchestra, stunning costumes and settings, and a thrilling 30-member cast, American River College opens its season with Disney's magical *Beauty and the Beast*! The two-act musical will open October 6, 2017, for a three-week run (closing Oct. 22). For more information, call (916) 484-8234 or visit ARCTheatre.org.

the inhabitants in his enchanted castle will be freed to be human again... but time is running out! A special Dinner/Theatre night is being offered on October 7 in conjunction with the Oak Café, the college's 4-star restaurant. For more on this event, as well ticket information for all performances, go to ARCTheatre.org or call the ARC Box Office at (916) 484-8234.

All performances of *Beauty and the Beast* will be at the ARC Theatre, 4700 College Oak Drive. Parking is \$2. Lot D, at the corner of College Oak and Myrtle, is adjacent to the theatre. Ticket prices are \$18 (general), \$15 (student, senior, sarta), and \$10 (children 12 and under). Children 3 and under are not admitted. Group rates are \$14 for 10 or more patrons. ★

Be a part of something important Local Writers Wanted

We are looking for local Freelance Writers to provide great coverage.

Jobs@mpg8.com

Call us today at 916-361-1234



DELIVERY DRIVERS NEEDED!

Earn \$200 per month for just a few hours delivery work per week!

CALL 773-1111



Carmichael Cafe & Deli

FROM DELI TRAYS TO HOT BUFFET



Come Try Our
Shrimp Scampi
Only \$14.99

We are looking forward to your visit

50% Off

2nd Entree
Breakfast, Lunch or Dinner

*2nd entree of lesser value. Excludes Senior Menu items, other restrictions may apply. One coupon per visit. Must present coupon. Exp 10/31/17

FREE COFFEE

with Breakfast
6-9am only

*Must present coupon. Excludes Senior Menu items, other restrictions may apply. One coupon per visit. Exp 10/31/17

FREE

Ice Cream Sundae
on your Birthday

*Must present ID. One coupon per visit. Must present coupon. Exp 10/31/17

4314 Marconi Ave (S.E. corner of Marconi & Eastern) • carmcafedeli.com
481-5000 • M-th 6am - 8pm, Fri - Sat 6am - 9pm • To-Go Orders Available

When your Best Friend needs a check up!

Compassionate, Affordable and Comprehensive Veterinary Services

Services for Pets

- Full medical/surgical services
- Emergency and extended care
- Exotic medical and surgical services
- Nutritional counseling
- Wellness and vaccine discounts

- Full dental services
- Saturday hours available
- Annual VIP discount Cards
- Early morning drop offs available with prior arrangements (Drs not available until 9am)

New!
Now seeing
Exotics / Small Mammals

► www.Reagorpethospital.com ► Please find us on facebook!

REAGOR PET HOSPITAL

2513 Walnut Avenue Carmichael, California 95608

Phone:

916-971-1551

After Hours Please Call

916-783-4655



CRAIG DIEZ TEAM BRINGING YOU HOME



NEW LISTING

5244 Fair Oaks Blvd., Carmichael | \$1,295,000

This custom home is a fusion of stunning architectural design and functionality. Situated behind its own private gate, the residence is surrounded by mature trees and extensive landscaping. Enjoy a welcoming foyer; huge family room with soaring ceilings and clerestory windows, and a beautifully appointed open-concept kitchen. 5+ bedrooms, office, game/media room.



OVER \$220K PRICE REDUCED

1233 Kingsford Drive, Carmichael | \$1,065,000

From its stunning entryway to its timeless contemporary design, this 5,000 square foot residence captures the best of fine living. A generous floor plan of 6 bedrooms and 5 baths allows everyone their own space. Vast view windows throughout the home soak up the natural light and create a warm and inviting atmosphere. Additional highlights include spacious living areas, a large sunroom, 3 fireplaces, an upstairs balcony, and a pool and basketball court.



NEW LISTING

2501 11th Ave., Sacramento | \$499,900

From its charming storybook exterior to its polished interior, this timeless Curtis Park home captures the best of cuteness and functionality. Enjoy 2 bedrooms, 1 bathroom and a detached one-car garage with storage space. Other highlights include original hardwood flooring, newer dual pane windows, a cozy living room with a fireplace, a kitchen nook looking out to the tree-lined neighborhood, light-filled rooms and a private backyard. Just steps away from Curtis Park!



PRICE REDUCED

2622 Wrendale Way, Sacramento | \$479,000

This charming 5 bedroom and 3 bath abode located in a welcoming tree-lined neighborhood. A generous floor plan provides plenty of room for easy living and entertaining. Additional highlights include a large lot with a pool and RV access, an updated kitchen, large separate family and living room quarters and a walk-friendly neighborhood.



NEW LISTING

6608 Stanley Avenue, Carmichael | \$409,000

Situated on a fantastic half-acre lot in a desirable area of Carmichael, this original farm house is truly one-of-a-kind. With just the right blend of character and space, the possibilities for this 2 bedroom and 1 bath home are endless. Enjoy a private backyard and lot, spacious floorplan and a lovely neighborhood within close proximity to Ancil Hoffman park and top-rated schools.



NEW LISTING

3620 Scorpio Drive, Sacramento | \$300,000

From its welcoming entryway to its polished interior with high-end finishes throughout, this 3 bedroom and 2 bath home captures the best of fine living. Enjoy an open-concept floor plan with an inviting great room, a newer kitchen, updated bathrooms with gorgeous custom marble finishes and detailing, and newer central heat and air. The home rests on a corner lot in a cul-de-sac in a walk-friendly neighborhood.

For exceptional representation of your real estate needs, contact The Craig Diez Team today.



7144 Fair Oaks Blvd., Suite #7 Carmichael, CA 95608

craigdiezteam.com cdiez@cbnocal.com

916.425.5884



Eskaton Village Carmichael Holds 22nd Annual Craft Fair

CARMICHAEL, CA (MPG) - Eskaton Village of Carmichael will be holding their 22nd annual Craft Fair the last Saturday of October. The event is free and open to the general public.

Vendors from throughout the Sacramento area will offer seasonal decorations for your home,

plus gifts for friends, family, and especially for you.

A sizzling hot dog lunch will be available. The proceeds will go to support Eskaton Village Carmichael's Resident Council.

The event will be held at Eskaton Village Carmichael, 3939 Walnut Ave, Carmichael.

Parking is available.

Be sure to save the date, Saturday, October 28, 2017, from 10:00a.m.-2:00 p.m. (In the Auditorium). For more information call Eskaton at 916-974-2000.

Source: *Eskaton Village of Carmichael* ★

Kiwanis to Hold Community Mixer

CARMICHAEL, CA (MPG) - The Kiwanis Club of Carmichael is hosting our first mixer to help meet other members of our area who are interested in community service. We know there are lots of working adults and parents in our

area who have a wealth of skills, ideas, and passion for our community and doing good for it.

Please join us in the courtyard of the Milagro Center on Tuesday, October 10th, between 7pm and 8:30. We will have

appetizers from Mesa Mercado and a no-host bar. Meet and chat with other members of the community who care about volunteering and helping better people's lives. This is a 21+ mixer. ★

CHAMBER HALLOWEEN MIXER



October 11th
4:30 - 6:30pm
 1321 Howe Ave Suite 111
 Sacramento, CA 95825
 Please join us for some
**Ghoulish games, freaky fun
 and frightening food**
Costume Optional
 Guests who come wearing costumes get entered in a raffle
RSVP TO ALL FOR YOU HOME CARE
916-479-8554




Two ways to get cash out of your car

- ▶ Refinance and get cash to spend any way you'd like

and

- ▶ Get a cash bonus up to **\$300**



▶ No Payments for 90 Days ▶ Low, Fixed Rates
 Stop by for details.



2150 Watt Avenue, Sacramento, CA 95825



Timothy M. Smith
Music & Artistic Director

2017-2018 Concert Series *Fair Winds*

Tributes

Homage to America's human and natural treasures





Early Light **Elegy for a Young American**
Yosemite Autumn **Pastime, a Salute to Baseball**
 ... and more!

Sunday, October 15, 2017 – 2:30 pm
**** Doors open 2:00 pm ****
 Crowne Plaza Sacramento Northeast

General Admission \$15 5321 Date Ave, Sacramento 95841
 Student (11-17), Sr (65+) \$10 Tickets at the door - Free parking
 Info: (916) 489-2576 www.sacwinds.org Find us on Facebook

MONTHLY MEETING OF MILITARY RETIREES/SPOUSES:

Our next monthly meeting

October 12, 2017

at

North Highlands Park and Recreation

District, 6040 Watt Ave, North Highlands 95660.

Meeting starts at 1030 hrs and we have a speaker from the Bureau of Automotive Repair.
 ★ Come on out and enjoy a cup of coffee and meet new friends. ★

Questions can be referred to our volunteer staff at 916-640-8446,
 Monday through Thursday, 0900 to 1500 hrs.

Thank A Veteran Today



Mission Oaks Community Center

CELEBRATION!

FREE!

FRIDAY OCT 13
 1:15pm - 3:30pm

CONCERT / DANCE
 Pop/Rock + 50/60's Rock & Roll
Refreshment




Holiday Craft Faire

November 4
Saturday
9am-3pm
 Shop with 60+ Vendors
 Indoor and Outdoor spaces
 Rain or Shine
 New Vendors Welcome!




SWANSTON COMMUNITY CENTER

10th Annual

SPOOKTACULAR

Monday, October 30
3-7pm
A Frightfully FUN
FREE Family Event!
MORPD.COM 333-6464

MISSION OAKS RECREATION & PARK DISTRICT
 Office Hours: 8 am-5 pm
 Registration Hours:
 8:30 am- 4 pm Monday-Friday
MORPD.com

DISTRICT OFFICE
 (916) 488-2810 • Fax (916) 488-4349
 3344 Mission Ave., Carmichael, CA 95608
MISSION OAKS COMMUNITY CENTER
 (916) 972-0336 • Fax (916) 972-7371
 4701 Gibbons Dr., Carmichael, CA 95608
SWANSTON COMMUNITY CENTER
 (916) 333-6464 • Fax (916) 488-4349
 2350 Northrop Ave., Sacramento, CA 95825

Offer effective 9/1/2017, and subject to change. Cash bonus, one per vehicle based on refinanced amount from another lender (\$100 for refinances of \$10,000+, \$200 for refinances of \$20,000+, \$300 for refinances of \$30,000+). Cannot be used to refinance an existing First U.S. loan. Loan must remain at First U.S. for 6 months or cash bonus is added to payoff balance. Cash back offer not available for purchases. Interest accrues from date of disbursement.

**CHECK
BEFORE YOU
BURN**

IT'S THE LAW

**IN SACRAMENTO COUNTY
NOVEMBER – FEBRUARY**

Starting November 1, get the daily burn status by calling 1-877-NO-BURN-5 (1-877-662-8765), or download the **FREE Sacramento Region Air Quality app** today!

5 REASONS NOT TO BURN:

- 1 Wood burning, not cars, causes the majority of winter pollution in Sacramento County.
- 2 Older adults, children and the elderly are at greater health risk from wood smoke.
- 3 As wood burning increases during cold periods, pollution stays near the ground where it is a health risk.
- 4 Smoke from chimneys can re-enter your home or your neighbor's home even when doors and windows are closed.
- 5 Small particles (PM2.5 or fine particulate matter) pose the greatest problem because they can get deep into your lungs and some may even get into your bloodstream, which can affect both your lungs and your heart.



AirQuality.org



Sacramento County Growers Smash Crop Output Records

2016 Crop and Livestock Report Tops \$500 Million for the First Time

By Bill Bird, SCFB

SACRAMENTO REGION, CA (MPG)

Led by a dramatic increase in the price for wine grapes, Sacramento County farmers and ranchers set a record for overall agricultural output last year. The 2016 Crop and Livestock Report released by the Sacramento County Agricultural Commissioner's Office revealed that the gross value of all agricultural production in Sacramento County reached a record high of more than \$507 million. The figure represents a 7.9 percent increase over last year's numbers, despite a record fifth year of drought that hurt many agricultural operations.

"Wine grapes continue to rule as King in Sacramento County as they have for the past eight years and milk continues to hold onto the number two slot," said Sacramento County Agricultural Commissioner Juli Jensen during her presentation to the Sacramento County Board of Supervisors. "California is the third top producing state in pears, behind Washington and Oregon. Sacramento County is the top pear producing county in California."

The high prices for wine grapes and other commodities in Sacramento County masked troubling news that yields in several commodity areas dropped significantly last year. The numbers for field crops such as rice, wheat, silage corn, oats and irrigated pasture all suffered significant declines. Yields for other crops such as cherries and walnuts also dropped, as did cattle and calves and other livestock. The value of aquaculture also fell sharply in Sacramento County, led by a steep decline in the price for caviar.

Sacramento County Farm Bureau Executive Director Bill Bird admitted that while drought



"Wine grapes continue to rule as King in Sacramento County as they have for the past eight years and milk continues to hold onto the number two slot," said Sacramento County Agricultural Commissioner Juli Jensen during her presentation to the Sacramento County Board of Supervisors.

may be to blame for the lower output for some commodities, other factors may also be playing a role.

"Our farmers and ranchers are forced to pay the highest labor costs in this country," said Bird. "The high minimum wage coupled with very expensive workers compensation insurance, liability insurance and health care benefits costs our growers millions of dollars. These are costs that growers in other states are not forced to shoulder."

The 2016 Crop and Livestock report also revealed that nursery stock climbed back into the top five agricultural products

produced in Sacramento County, which is attributed to a recovering housing market and efforts by homeowners to replace lawns with drought tolerant landscaping.

The dollar figures in the report do not reflect the cost of the production of these agricultural commodities. The figures also do not reflect grower costs such as processing, transportation and labor.

Sacramento County farmers put food on your fork. Our agricultural operations and products are as diverse as the lands we carefully manage. We are proud to provide healthy, fresh food for your family and ours. ★

Carmichael Park FARMERS MARKET
Every SUNDAY, 9AM - 2PM

Falling Leaf
CRAFT FESTIVAL
Hosted By Living Smart Farmer's Market

**Join us on Sunday,
October 15, 2017
9 AM - 2 PM
5750 Grant Ave**

- Doggy Costume Contest
- Pumpkin Painting, Games & Prizes
- Over 100 Vendors
- Live Music
- Food Trucks & Food Stands
- Handmade Crafts, Décor, & Artisan Goods



ILoveMyFarmersMarket.com

Baha'is of Carmichael Marking the 200th Anniversary

Celebrating the Birth of Bahá'u'lláh,
Founder of the Bahá'í Faith



**BAHÁ'Í FAITH
LIGHT OF UNITY
FESTIVAL
200TH BIRTHDAY OF
BAHÁ'U'LLÁH**

Baha'is of Carmichael are preparing to mark the 200th anniversary of the birth of Bahá'u'lláh, the Founder of the Bahá'í Faith, on October 22, 2017.

Bahá'u'lláh (1817-1892) was a spiritual teacher who announced in 1863 that He was the bearer of a new revelation from God. His teachings have spread around the world, forming the basis of a process of social transformation and community building which is unique in its global scope and the diversity of participants.

The Light of Unity Festival is a celebration of the transformative impact of Bahá'u'lláh's teachings on the lives of families, neighborhoods and communities around the country and the world. Bahá'u'lláh's vision of the oneness of humanity is an antidote to the racial prejudice and materialism

that are corroding American society.

"Now more than ever we need positive models of social change that bring people together rather than divide them," said Chris Miller. "This is what we will be celebrating in the months leading up to Bahá'u'lláh's birthday celebration in October."

The Light of Unity Festival is not an event but a series of activities generated at the grassroots level all around the country, which reinforce Bahá'u'lláh's vision of the

oneness of humanity and empower participants to contribute. Activities will include drama, music, art exhibits, storytelling, service projects, prayer and devotional programs. At the national level, the Bahá'í House of Worship in Wilmette, IL will host a nine-week series of programs beginning in early September on themes applying the principle of the oneness of humanity to contemporary challenges, including environmental justice, race relations, indigenous peoples, human rights, and the harmony of science and religion.

Plans underway include a large public celebration at the **Unitarian Universalist Society 2425 Sierra Blvd., Sunday October 22, 2017** For more information email carmichaellsa@gmail.com.

5 Year FIXED RATE Home Equity Line of Credit Loan

4.25% Initial APR*

CHECK THE EL DORADO ADVANTAGE:

- ✓ FIXED RATE for 5 Years
- ✓ Local Processing & Servicing
- ✓ No Closing Costs on Qualifying Transactions
- ✓ Flexibility and Convenience
- ✓ Have Funds Available for Current and Future Needs
- ✓ Home Improvement, Debt Consolidation, College Tuition
- ✓ Interest May be Tax Deductible (Please consult your tax advisor)



EL DORADO SAVINGS BANK

Serving our local communities since 1958
www.eldoradosavingsbank.com

CARMICHAEL • 4701 Manzanita Ave. • 481-0664
Se Habla Espanol • 800-874-9779

Member FDIC



*The Initial Annual Percentage Rate (APR) is currently 4.25% for a new Home Equity Line of Credit (HELOC), and is fixed for the first 5 years of the loan which is called the draw period. After the initial 5 year period, the APR can change once based on the value of an Index and Margin. The index is the weekly average yield on U.S. Treasury Securities adjusted to a constant maturity of 10 years and the margin is 3.50%. The current APR for the repayment period is 5.75%. The maximum APR that can apply any time during your HELOC is 10%. A qualifying transaction consists of the following conditions: (1) the initial APR assumes a maximum HELOC of \$150,000, and a total maximum Loan-to-Value (LTV) of 70% including the new HELOC and any existing 1st Deed of Trust loan on your residence; (2) your residence securing the HELOC must be a single-family home that you occupy as your primary residence; (3) if the 1st Deed of Trust loan is with a lender other than El Dorado Savings Bank, that loan may not exceed \$200,000 and may not be a revolving line of credit. Additional property restrictions and requirements apply. All loans are subject to a current appraisal. Property insurance is required and flood insurance may be required. Rates, APR, terms and conditions are subject to change without notice. Other conditions apply. A \$375 early closure fee will be assessed if the line of credit is closed within three years from the date of opening. An annual fee of \$50 will be assessed on the first anniversary of the HELOC and annually thereafter during the draw period. Ask for a copy of our "Fixed Rate Home Equity Line of Credit Disclosure Notice" for additional important information. Other HELOC loans are available under different terms.



"We Meet By Accident"

- ★ Complete Collision Repair
- ★ Free Estimates
- ★ 24 Hour Towing
- ★ We Work with All Insurance Companies

up to **\$500⁰⁰**
Instant Rebate
towards your
DEDUCTIBLE

Some restrictions apply - call for details.
Limit 1 coupon per customer. Not valid with any other offer. Expires 12/31/17.



Before

After

FREE
LOANER CAR
WITH ANY REPAIR

Present this coupon and receive a free loaner car for the duration of your repairs after authorization.

Some restrictions apply - call for details.
Coupon must be presented upon authorization.
Limit 1 coupon per customer. Not valid with any other offer. Expires 12/31/17.

6801 Fair Oaks Blvd • Carmichael, CA 95608
Phone 916-339-1776 • Fax 916-339-1700

Email: info@aebodysshop.com • www.aebodysshop.com

Monday - Friday: 8:00 a.m. - 5:00 p.m.

Saturday: By appointment • Sunday: Closed

Sacramento **muffler**

NEW IN CARMICHAEL

Check us Out on Yelp



- Mufflers • Converters
- Fabrication • Custom Exhaust

6611 Fair Oaks Blvd, Carmichael

We Beat Anyone's Prices
Call Us!! 916-333-3318

Grace Baptist Church



Come and Experience God's Amazing Grace

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung.

Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible

Service Schedules

- Sunday Schools (All Ages) 9:45am
- Sunday Worship 11:00 am
- Sunday Evening 6:00pm
- Wednesday Evening 7:00pm

6724 Palm Avenue, Fair Oaks, CA 95628
(Located one block South of Madison; just East of Dewey)
Pastor Charles Carter (916) 967-3915

Call for more information

DON'T SUFFER FROM PAIN, STRESS OR FATIGUE ANY LONGER

The Rewards: By removing undetected nerve damage, eliminating the harmful effects of stress and reducing chemical toxicity, we often get results from problems no one else has helped.

Stop Suffering From:

- Stress
- Neck or back pain
- Numbness/tingling
- Fatigue
- Sleep problems
- Joint pain
- Allergies/asthma
- Headache
- Dizziness
- Digestive problems
- Irritability
- Weight problems
- Hormonal imbalance

- Medicare provider
- Auto accidents covered 100% with your med-pay or attorney lien
- Cash plans

\$49 - Consultation, Chiropractic & Orthopedic Exam, Functional Medicine Testing, Spinal x-rays (if necessary) & Report of any findings (a \$128 value).



Blakely Health and Wellness
Dr. Beth Blakely, DC.
3928 California Ave.
Carmichael, CA 95608
Female Chiropractor, Owner/Practitioner

Call us today to schedule your appointment!

916-944-1444

www.drbethblakely.com

Community Dance

Sunday, October 15
2pm - 5pm
Featuring the **John Skinner Band**

Providing Music from Swing to Rock'n Roll
Classics Contests, Prizes & FREE Family Fun
Dancing for All Ages!!
Refreshments and Snacks available to purchase

At La Sierra Community Center, John Smith Hall
Call 916.485.5322 or visit carmichaelpark.com



Publisher, Paul V. Scholl

Carmichael Times is a member of Messenger Publishing Group

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@mpg8.com.

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.

Carmichael Times

Serving Carmichael and Sacramento County since 1981

It is the intent of the Carmichael Times to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The Carmichael Times is not responsible for unsolicited manuscripts or materials. The entire contents of the Carmichael Times are copyrighted. Ownership of all advertising created and/or composed by the Times is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to Carmichael Times, 7144 Fair Oaks Blvd, Suite 5, Carmichael, CA 95608. Subscription rate is \$42 per year within Carmichael, \$52 within Sacramento County.

The Carmichael Times is published weekly. Call (916) 773-1111 for more information. (ISSN # 1948-1918).



We are proud members of these newspaper associations.



A-TEK GLASS CENTER

Your One Stop Local Glass Shop

Serving Carmichael Community for 23 Years

AUTO ■ HOME ■ BUSINESS

Free Windshield Chip Repair with Insurance Coverage

- Auto Glass
- Windshields
- Power Windows
- Truck Slider
- Sunroofs
- Single & Dual Pane Glass
- Store Front Windows
- Mirror & Screen
- Glass Shelves
- Table Tops
- Shower Door

Fast, Professional Glass Repair ■ Direct Approved Insurance Billing

Factory Direct New Vinyl and Aluminum Windows

Call 7 Days a Week - 916-481-9966

Located at the corner of Fair Oaks Blvd. & Sutter, next to La Bou

Sacramento County DA Reports



Doctor Convicted for Sexually Assaulting Patient

DATE: September 21, 2017
CASE: Logan Vincent Ford (Case #15F04758)
PROSECUTOR: Deputy District Attorney Matt Chisholm, Adult Sexual Assault Prosecution Unit
 Logan Vincent Ford was convicted by a jury of forcible rape, forcible digital penetration, and two counts of sexual exploitation of a patient.
 In March 2015, the 53-year-old victim went to the 420MD clinic to get a prescription for medical marijuana to treat pain from various health conditions. Dr. Ford committed a forcible sexual assault on the victim during the exam. The victim reported the assault later that same day and participated in an evidentiary exam at a hospital. Unknown male DNA was recovered during the exam. Testing by the District Attorney's Crime Lab determined the DNA was a match to Ford. Ford is also facing charges in Alameda County for allegedly committing a sexual battery against a different patient during an exam at a Berkeley 420MD clinic.
 Ford faces a maximum sentence of 16 years in prison in the Sacramento County case. Sentencing is set for November 17, 2017, at 9:00 a.m. in Department 23 before the Honorable Geoffrey Goodman.

Defendant Sentenced for North Highlands Party Shooting

DATE: September 18, 2017
CASE: Ira Johnson (Case #15F04234)
PROSECUTOR: Deputy District Attorney Jeff Hightower, Homicide Unit
 The Honorable Helena Gweon sentenced Ira Johnson to 74 years and 8 months to life in prison. On May 11, 2017, a jury convicted Johnson for the second-degree murder of Rogelio Gastelum, and two counts of attempted murder. The jury also found true allegations that Johnson personally discharged a firearm causing death or great bodily injury.
 On July 12, 2015, Ira Johnson and his friends attended a party in North Highlands. When asked to leave, the group started a fight. Johnson and another unidentified man pulled out guns and fired multiple shots into the crowd of partygoers, killing Rogelio Gastelum. Two other victims were shot, but survived their injuries.

Gang Member Sentenced for Del Paso Heights Shooting

DATE: September 22, 2017
CASE: Joseph Fair (Case #15F00003)
PROSECUTOR: Deputy District Attorney Shelly McGill, Gangs & Hate Crimes Unit
 The Honorable Michael Bowman sentenced Joseph Fair to 42 years to life in prison. On July 19, 2017, a jury convicted Fair of attempted murder and assault with a firearm. The jury also found true multiple allegations that Fair personally used a firearm, personally and intentionally discharged a firearm causing great bodily injury and paralysis, and that Fair committed the offenses for the benefit of, at the direction of, or in association with the criminal street gang Del Paso Heights (DPH) Bloods.
 On December 12, 2014, the victim and his brother went to a well-known DPH Bloods hangout on Marysville Boulevard in Del Paso Heights. When a DPH Blood member started a fight with the victim, the victim was thrown out of the club. Joseph Fair followed the victim outside, and then shot him in the back. The bullet caused damage to the victim's spine and aorta, resulting in permanent paralysis.

Defendant Convicted of 18 Child Sexual Assault Charges

DATE: September 27, 2017
CASE: Michael Martis (Case #16FE011239)
PROSECUTOR: Deputy District Attorney Monica Robinson, Special Assault & Child Abuse Unit
 Kurt Chilcott was convicted by a jury of nine counts of sexual assault on a child 10 years old or younger, eight counts of lewd or lascivious acts with a child under the age of 14, and one count of annoying or molesting a child with the allegation that Chilcott has a prior conviction for child sexual assault.
 Chilcott was required to register as a sex offender after being convicted in 1992 of sexually assaulting three girls in Sonoma County. The victims in that case ranged in age from 8 to 11 years old. In the current case, Chilcott sexually assaulted a family member when she was 8 to 11 years old from 2014 to 2016.
 Chilcott faces a maximum sentence of 131 years to life in prison. Sentencing is scheduled for October 27, 2017, at 9:00 a.m. in Department 20 before the Honorable Michael Bowman. ★

County's Project to End Stigma Celebrates 5th Year

Sacramento County Special Release

SACRAMENTO COUNTY, CA (MPG) - It is estimated that one in every five people will experience a mental illness during their lifetime. In Sacramento County alone, nearly 300,000 residents live with mental illness. But many do not seek support or treatment because they worry they will lose their jobs, their friends or family, or be isolated because of the stigma and discrimination associated with having a mental illness.

Sacramento County's "Mental Illness: It's not always what you think" project reaches out to diverse communities and lets family members, friends and individuals of all ages know that they are not alone. Support and resources are available in many languages and by visiting the website www.stopstigmiasacramento.org, people can learn more about mental illness and mental health stigma, as well as organizations and resources that can provide support or information.

Now in the fifth year of the project, Sacramento County is celebrating the progress it has made to inform residents that mental illness is treatable and recovery is possible when education, family, peer and community supports are available and used. Since its inception in 2012, the "Mental Illness: It's not always what you think" project has:

- **Established a Stop Stigma Sacramento Speakers Bureau which has grown to more than 145 trained speakers, living with mental illness, who have shared their personal stories with over 8,000 people at more than 180 events and inspired hope for hundreds of others living with mental illness.**

- **Provided over 200,000 program materials, including brochures, posters and tip cards available in multiple languages, to nearly 100 community organizations and during project events reaching thousands of residents throughout Sacramento County.**

- **Promoted advertising throughout the County, featuring Sacramento residents living with mental illness, including multi-lingual TV, radio, online and outdoor advertising which resulted in over 476 million impressions.**

- **Hosted 20 multicultural events throughout Sacramento County with hundreds of local residents to raise awareness about mental illness and the project and to spread messages of hope.**

- **Developed a robust online presence and social media program which has resulted in more than 165,000 visitors to the website, over 8,000 likes on Facebook and 600 Twitter followers.**

"Our project was initiated in direct response to Sacramento County Mental Health Services Act stakeholder feedback following the passage of Proposition 63," said Uma Zykofsky, Sacramento County Behavioral Health Director. "Community leaders agreed that cultural, including LGBTQ, racial, ethnic and age-appropriate messages must be included with any mental health promotion and anti-stigma program."

Lishia Rahman-Jackson, one of the project's Speakers Bureau participants, shared her story on the project's website: "I grew up in a household of substance

abusers, was homeless and experienced anxiety and fits of anger and depression. I struggled with life but somehow found a way to finally get help. Seeking therapy and treatment or just calling someone doesn't mean you're weak. I wholeheartedly support Sacramento County's 'Mental Health: It's not always what you think project.' It inspired me to tell my story so I may help others struggling with mental illness come forward and feel better about themselves too."

In celebration of its five year anniversary and in recognition of Mental Illness Awareness Week (Oct.1-7), a national observance sponsored by the National Alliance on Mental Illness (NAMI), the "Mental Illness: It's not always what you think" project is hosting the "Journey of Hope: Real Life Stories of Living with Mental Health Challenges Portrayed Through Art" exhibit at the Elk Grove Fine Arts Center from Oct. 7-21. This collaborative exhibit is designed to bring insight and understanding about mental illness to the public through art.

The art exhibit pairs local artists with writers who are willing to share their personal stories of struggle, hope and recovery with mental illness. Artists were then tasked with creating artistic portrayals of these stories. Sacramento County employees and residents are encouraged to view the exhibit to show their support for Sacramento's mental health community.

For more information about the anti-stigma project or the Journey of Hope art exhibit, please visit www.stopstigmiasacramento.org. You can also follow the project on Facebook and Twitter.

Source: Sacramento County Media ★

GENERATIONS MEMORY CARE



Come by for a Personal Tour Today

And See Why We Are Different....

- Private Suites with Oversized Bathrooms
- Resident-Centered Culture
- Gated Community and Secured Outdoor Courtyard
- Individualized Memory Enhancement Programs
- Management team has specialized in dementia and complex care needs
- Meals are home cooked made from scratch
- Family is included as care partners in the residents' journey



SAGEBROOK

SENIOR LIVING AT CARMICHAEL

7125 fair Oaks Blvd • Carmichael, CA 95608

(916) 481-7105

www.SagebrookCarmichael.com



Lic# 342700002

Make your final arrangements, then go enjoy the rest of your life.



The Privilege of Planning

A 25-minute free presentation. We'll provide you with a Catered Meal!

Make Sure Those You Care About Are Always Cared For

"The Privilege of Planning" is not a sales seminar. It is a 25-minute educational presentation that focuses on the importance of advance funeral planning and all of the options available. Information will be presented on Veterans benefits, cremation and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a FREE Emergency Planning Guide.

CHOOSE ONE OF THESE SEMINARS

**Wed., Sept. 13
Thurs., Nov. 9**

11:30 am to 12:30 pm

East Lawn Elk Grove Memorial Park & Mortuary
 9189 E. Stockton Blvd., Elk Grove, CA 95624
 To RSVP or More Info: **916.732.2031**

**Wed., Sept. 20 (Dinner @ 6:30 pm)
(Spanish & English)**

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

Wed., October 11

11:30 am to 12:30 pm

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

Thurs., October 12

11:30 am to 12:30 pm

East Lawn Memorial Park & Crematory
 4300 Folsom Blvd., Sacramento, CA 95819
 To RSVP or More Info: **916.732.2000**

RSVP to the location of your choice

Reservations Required

If you prefer to RSVP via email, log onto our website and go to the seminar registration page.

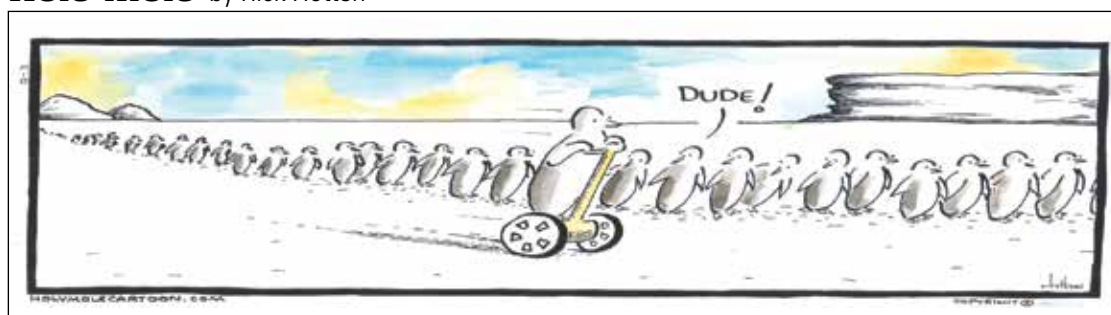
Please RSVP to the location of your choice. Seating is limited to 30 attendees per seminar.

www.EastLawn.com

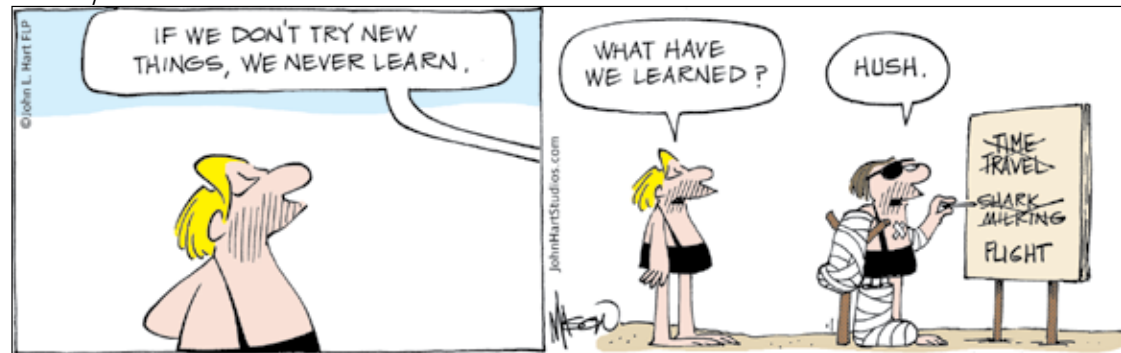
Wizard of Id by Parker, Mastroianni & Hart



Hole Molé by Rick Hotten



BC by Mastroianni & Hart



Cranky Girl by Crystal Jones



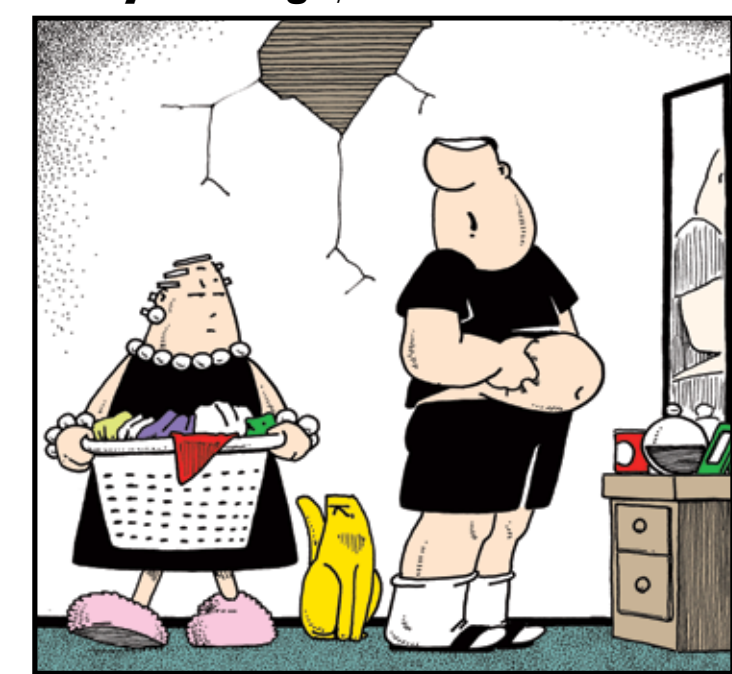
Frank and Steinway by Wil Panganiban



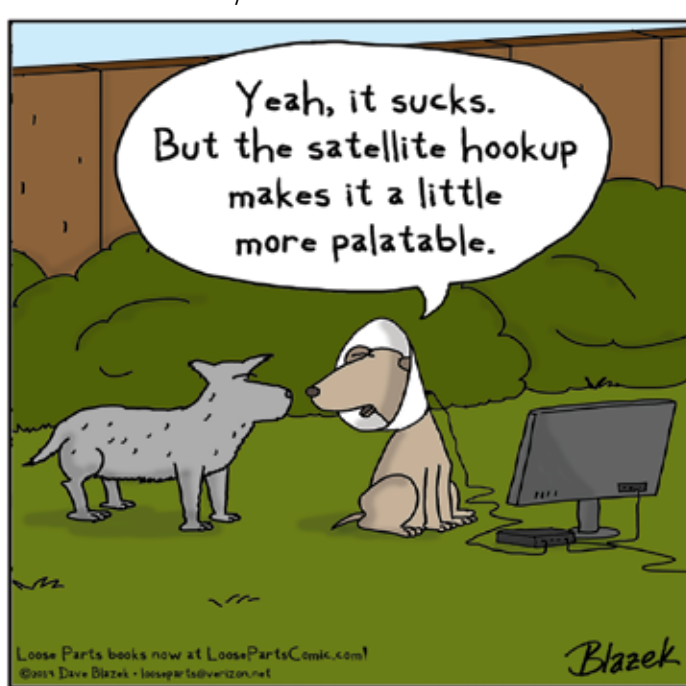
Tundra by Chad Carpenter



Friday Morning by Brad Diller



Loose Parts by Dave Blazek



Tastes Like Chicken BY JOSH ALVES



Union Gospel Mission Sacramento

JESUS SAVES

WE ACCEPT DONATIONS!
7 Days a week
8am - 8pm

(916) 447-3268

400 Bannon Street • Sacramento, CA 95811

Listen to "Voices from the Streets" on KFIA 710 AM, Sun at 2 pm, Mon at 3 pm
For Mission Updates, go to UGMSAC.COM and Facebook.com/ugmsac

Golden Pond

SENIOR LIVING

Your Neighborhood Extended Family

- All Day - Every Day Activities
- Flexible Dining
- Compassionate Staff
- Personal Move Manager
- We're Pet Friendly
- Free VA Benefits Assistance

Now Providing Independent Living, Assisted Living and Memory Care

AFFORDABLE ♦ QUALITY ♦ FAMILY

Call Today 916.369.8967

FREE LUNCH
Bring in this coupon and Have Lunch on Us!
Call ahead for Reservations

Golden Pond
SENIOR LIVING

RCFE #34700985

Sacramento Fine Arts Center
galleries • classes • gift shop

2nd Saturday Reception
October 14, 5:30-8:30 pm
Music by Evening Star Band

Bold Expressions
62nd Annual International Open Juried Art Exhibition
by Northern California Arts, Inc.
October 3-29
Reception and awards presentation
Saturday, October 29, 1-3 pm

Also in Gallery 3/Studio Art by the NCA, Inc. Board of Directors

Open Tuesday 11am-7pm. Wed-Fri 11am-3pm,
Now Open Sat-Sun 11am-5pm
5330-B Gibbons Dr. Carmichael, CA 95608
916-971-3713 • www.sacfinearts.org

"SINK ANOMALIES" BY ELIZABETH ZUNINO, BEST OF SHOW

"THANK YOU FOR THE COMPLIMENT" BY DONALD BRUCE WRIGHT

sacramento fine arts center
come. create.

THE ENTREPRENEUR'S SOURCE

"Your success is our only business"

Behaviors You Never See in Successful People



Louis McNerney

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

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

Quick-fix mentality. Steve Jobs said, "Half of what separates the successful entrepreneurs from the non-successful ones is pure perseverance". If you're not passionate about what you do, you won't stick with it. Many people want instant gratification these days. That's not going to cut it. **Acting out.** Whatever feelings you have trouble dealing with jealousy, shame, inferiority, entitlement – transferring them to people you work with and acting out in anger will make you and everyone around you miserable. **Selfishness.** If you act like the world revolves around you, you'd better have the talent to back it up. Being overly self-centered will diminish your effectiveness. Business isn't about you; it's about business. It's about your customers' experience with your products. Remember who serves whom in the relationship.

Living in the past or future. Granted, we can learn from the past, but dwelling on it is self-destructive. Likewise, you can plan for and dream about the future, but if your actions aren't focused on the present, you'll never achieve your plans or your dreams. **Lighthearted indifference.** You hear phrases like "whatever works," "it's all good," and "no worries" a lot lately but you'll rarely hear them from highly accomplished people. They may be a lot of things but apathetic is not one of them.

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

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

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

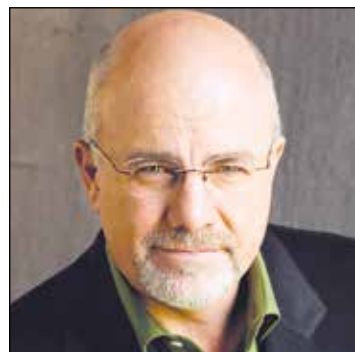
Naivety. We all start out wide-eyed and gullible, but the sooner you convert that to savvy and skeptical, the better your chances of coming out on top. It's simple: suckers and fools don't win. Learn to question everything you read and hear and always consider the source.

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

Fanaticism. Passion is a big success driver. When you cross that line and become over-the-top fanatical it works against you. You have a skewed perception of reality, flawed reasoning, and bad decision-making.

Laziness. Those who are driven to achieve great things also know one fundamental

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



Dave Says

Where do I put the money?

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

- Laura

Dear Laura,
First of all, you should not invest in gold. Gold is a very volatile, very dangerous investment. I don't have a dime invested in gold, and I would strongly suggest that you not invest in it, either. If you take a look at the life-long track record on gold it will scare you to death.

For the time being, you can leave it all in a traditional savings account. But if he's not going to use it for many, many years you could move it into a conservative mutual fund. In fact, you started when he was at such young age, a nice,

conservative mutual fund might be a really good idea.

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

Good job, mom!

—Dave

Debt snowball reasoning

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

- Michael

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

Debt is not a mathematical problem, it's a behavior problem. Personal finance is 80 percent behavior, and only 20 percent head knowledge. The

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

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

—Dave

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

WIDOWED PERSONS ASSOCIATION OF CALIFORNIA



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.

OFFICE HOURS 10:00am - 3:00pm
Monday - Friday (916) 972-9722

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

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

KP International MARKET
FOOD COURT NOW OPEN
Come Enjoy the Flavors of the World!
10971 Olson Drive · Rancho Cordova, CA 95670 · 916.853.8000

WEEKLY MEAT SPECIALS

<p>Chicken Leg Quarters Pierna y Muslo de Pollo 40 lb Box.....\$22.50/ea</p>	<p>Beef New York Strip Steak-Boneless Filete de Res Estilo Nueva York sin Hueso</p>
<p>Beef London Broil & Top Round Roast-Bnls Pulpa Para Hornear Roast sin Hueso</p>	<p>Pulpa (Top Round Thin Cut) & Top Round Stk-Bnls Pulpa Para Hornear Steak sin Hueso</p>
<p>Pork Loin Chops-Bone In Chuletas de Cerdo con Hueso</p>	<p>Pork Neck Bones Huesos del Cuello</p>

Advertisement items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Some NO HANDICAPS. PRICES EFFECTIVE OCTOBER 4 - OCTOBER 20, 2017. *SPECIAL ITEMS ADVISORY: The following items have been recalled due to Proposition 65 guidelines: Mighty Diagonal Cutlery (PFG Nam Yang), Plastic Pail (PFG Durr Co.) and Happy Animal Tumbler (PFG Adams Glass). Please return these items to the store to receive a full refund.

HAPPY HOURS KARAOKE SPECIAL Come before 6pm (Valid Time)

<p>\$1 FOR 6 PEOPLE \$60.00 3 Hours Karaoke + Pizza + Pitcher Soda + 2 Main Dishes (Small Room) (12 inch) (Up to 3 pitchers) (10 Dishes to Choose From)</p>	<p>\$3 FOR 28 PEOPLE \$280.00 3 Hours Karaoke + 4 Pizzas + Pitcher Soda + Fruit + 7 Main Dishes (Party Room) (14 inch) (Up to 14 pitchers) (10 Dishes to Choose From)</p>
<p>\$2 FOR 8 PEOPLE \$80.00 3 Hours Karaoke + Pizza + Pitcher Soda + 3 Main Dishes (Medium Room) (14 inch) (Up to 4 pitchers) (10 Dishes to Choose From)</p>	<p>10 DISHES TO CHOOSE FROM Hamburger, Cheese Burger, Club Sandwich, Chicken Nuggets, Spiced Eggplant, Fried Dumpling, Nori-on Meatball, Chicken Wings, Pork Lumpia, French Fries</p>
<p>\$9 FOR 14 PEOPLE \$140.00 3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 5 Main Dishes (Family Room) (14 inch) (Up to 7 pitchers) (10 Dishes to Choose From)</p>	<p>\$6 FOR 18 PEOPLE \$180.00 3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 7 Main Dishes (Large Room) (14 inch) (Up to 9 pitchers) (10 Dishes to Choose From)</p>

DRAFT BEER \$2.00
Mon - Thu 4:00PM - 9PM
Fri - Sat 2:00PM - 9PM

OPEN 7 DAYS A WEEK:
Mon-Thu 8PM-2AM / Fri-Sat 2PM-2AM / Sun 2PM-12AM
10947 OLSON DRIVE, RANCHO CORDOVA, CA 95670
916-853-2006 • WWW.KP-KARAOKE.COM

FRESH PRODUCE SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM

Green Cabbage 2lbs/\$1	Cilantro 2/\$1	Green Bell Peppers 79¢/lb	Spinach 89¢/lb	Cauliflower 1.99	Gala Apples 79¢/lb
Russet Potatoes 10 lb Bag 1.99	Mexican Squash 89¢/lb	Garlic 5 pk 2/\$3	Pineapples 2.59	Banana Plantain 69¢/lb	Yellow Onions 3 lb Bag 99¢

AMERICAN/HISPANIC GROCERY

1-2-3 Vegetable Oil 1 Gallon \$5.99	Mozzarella Tortano de Baci Pasta Sauce 25 oz \$4.99	Diamond Almonds 6 oz \$4.99	Evaporated Buttermilk Powder Mix 7 lb Bag \$6.99	Don Suen Seasoning 14 oz \$2.99
-------------------------------------	-----------------------------------------------------	-----------------------------	--------------------------------------------------	---------------------------------

ASIAN GROCERY

Fortune Cookies 25 oz \$2.99	Julie 10.52 fl oz 3/\$2	Assorted Fruit Cakes 17 oz 2/\$5	Golden Rice Vermicelli 35.2 oz 2/\$4	Thai Red Milk Baking Rice 8 lb Bag 2/\$5
------------------------------	-------------------------	----------------------------------	--------------------------------------	------------------------------------------

EUROPEAN GROCERY

Sliced Tricolor Japaghen 1590 gr \$5.99	Pignolle de Eggplant Bruschetta 530 gr \$2.49	Marinated Tahini 450 gr \$2.99	Coronita 45.6 oz \$3.99	Sunflower Oil Sliced 1 Liter \$1.49
-----------------------------------------	-----------------------------------------------	--------------------------------	-------------------------	-------------------------------------

KOREAN/JAPANESE GROCERY

CS Rice 2 Kinds 15 lb Bag 6.99	Beckard Vinegar 2 Kinds 900 ml 1.99	New Tangle Soy Sauce 60.87 fl oz 2.99	Hot Pepper Paste 5 lb 5.99	Mexico Coffee Mix 2 Kinds 100 gr 1.99	Original Style Noodle Pouch 4 lb 2.99
--------------------------------	-------------------------------------	---------------------------------------	----------------------------	---------------------------------------	---------------------------------------

FROZEN DEPARTMENT

Soy Bean Cakes - Frozen \$7.99/lb	Drumstick Premiums 3 lb \$7.99
-----------------------------------	--------------------------------

EUROPEAN DELI

Soda Liberty Premium Choice \$5.49/lb	Alex's New Bologna German Casing \$3.99/lb
---------------------------------------	--------------------------------------------

Conveniently Located on Auburn Blvd. Between Manzanita & Garfield

NEED STORAGE? ARMOR MINI STORAGE

Since 1980

BEST of 2015
Citrus Heights Chamber

Office Hours:
Mon-Sat 9-6 • Sun 9-4

Computer Gate Access
6am-9pm 365 Days A Year

Award Winning Customer Service
Digital Video Camera System
Competitive Rates
Daily / Monthly / Annual Rentals
Easy Drive-Up Access
Professional Resident Managers

916.332.6455
5714 Auburn Blvd., Sacto. 95841

www.armorministorage.com

Moonlight Meal Huge Success for Park Foundation

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Carmichael Park Foundation's recent outdoor gala treated more than 300 guests to a swanky moon-lit picnic. Flowering arbors, towering oaks, a nearly full moon - and the occasional organic compost bin -- were backdrops for the gourmet affair.

With Sutter Community Garden as assembly point, appetizer-grazing began among zinnia beds leased garden plots. Guests then followed a meandering path to Jensen Botanical Gardens. Both locations are administered by Carmichael Recreation and Park District).

Jazz musicians performed along the twilight route to tables and main courses. Top to the bill was famous Carmichael native Joe Gilman, whose quartet jazzed up the dinner hour. Milagro Center restaurants River City Brewery, Fish Face, The Patriot and Mesa Mercado provided cocktail nibbles; Hawks



Carmichael Park Foundation directors and volunteers celebrated the hands-on success of their first Dinner in the Park fundraiser. Party-goers included: Duane Fattel (back left), Gary Hursh, Mike Koerner, Tony Asaro, Ken Hall, Peter Tateishi, Joyce Carroll and Donna Miller.

Restaurant (Granite Bay) designed a farm-to-fork dinner that included buttermilk fried chicken and tri-tip beef. Designer cupcakes from Milagro's Jaynee Cakes completed the feast.

Sponsors included Comstock's

Magazine and Mercy San Juan Medical Center. Predicted to become an annual affair, the sold-out event supported youth programs and improvements for Carmichael Recreation and Park District facilities.

Rio Americano Debuts Center for the Arts

SACRAMENTO, CA (MPG) - A crowd of more than 200 gathered recently at the front doors of Rio Americano High School's sparkling new Center for the Arts last week as district leaders cut the ribbon on the Measure N signature project. Attendees were then invited into the new facility where the Rio Americano AM Jazz Ensemble wowed the audience with its first-ever performance inside the theater.

After a student rendition of the Star Spangled Banner, Principal Brian Ginter addressed the crowd, then handed the microphone over to San Juan Unified School District Board President Dr. Michael McKibbin.

McKibbin made note of how the Center for the Arts, along

with new landscaping and painting, has changed the look and feel of Rio Americano's campus.

"How's that for curb appeal?" McKibbin asked to applause from the crowd. McKibbin also thanked the community for supporting San Juan Unified bond measures so that signature projects like the Center for the Arts could be built.

Band director Josh Murray, parent Joanne Swedlow and student Sierra Contreras also spoke at the ceremony. Each expressed satisfaction at the end of a long process for Rio Americano to finally have a state-of-the-art theater for its award-winning band program.

"From the first note in our new Center for the Arts, it was

clear we're entering a new era of music at Rio Americano," Murray said after the event. "With a beautiful environment and top-notch acoustics, our long-awaited facility will allow our students even more opportunities to showcase and fully develop their talents and passions."

The ceremony at Rio Americano marks the end of Phase 1 of San Juan Unified's Measure N high school signature project program. In 2013, the Board of Education called for point-of-difference projects to be built at all nine district high schools.

Source: San Juan Unified School District

Eskaton Village Carmichael



Complimentary professional unpacking service with memberships closing by 12-31-17.*

Discover the magic of the Eskaton Village Carmichael lifestyle

If you want luxury, comfort and service in a gated, country club-style retirement community offering exceptional value ... If you want the freedom of an independent lifestyle in a spacious apartment or cottage, plus the convenience of additional levels of care at your community should your health needs change ... Come to Eskaton Village Carmichael, the Greater Sacramento Area's only continuing care retirement community. Take in our beautiful 37-acre campus and imagine your life with so many exciting opportunities right outside your door. **Come to a Fall Home Tour to learn more. Call for dates. Lunch is on us. Reserve your spot today.**

Your community. Your life. **Your choice.**

* Some restrictions may apply. Call for details.

Monthly fees from \$3673



eskaton.org/evc

Eskaton Village Carmichael Continuing Care Community (CCRC): Independent Living with Services, Assisted Living, Memory Care and Skilled Nursing
916-967-1017

License # 340313383 | COA # 202



The Exciting New World of Snap On Dentures!



There are millions of people in the US who struggle daily with dentures. A majority suffer from discomfort as a result of loose or ill-fitting dentures. Many prosthetic wearers simply withdraw from any type of social engagement as a result of having to wear their dentures.

Now there is a solution to these issues: Implants with "Snap On" Dentures!

Whether you are new to dentures or have worn them for years, a snap on denture is a great solution to uncomfortable chewing and slippery painful dentures. There are several types of snap on dentures available, including snap on partials. If you already wear a conventional denture or partial denture, we can sometimes use your denture to accommodate the snaps to fit on your new dental implants.

If you are interested in learning more about improving your quality of life with an implant retained snap on denture or partial, please contact us for a **FREE CONSULTATION** today!

Carmichael Dental Group

www.YourCarmichaelDentist.com

916-944-1197

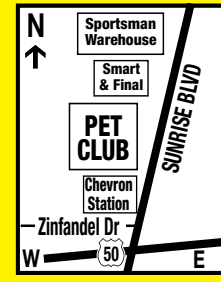
\$1,200.00 off
2 Implants with attachments to a Denture
Offer Expires 10/31/17

8329 Fair Oaks Blvd., Ste A Carmichael, CA, 95608

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

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

PET CLUB FOOD AND SUPPLIES
EVERYDAY LOW PRICES
Super Discount Prices • Hot Specials & Coupons
*Short term promotions from vendors. (No Membership Fees)



2344 Sunrise Blvd.
Rancho Cordova, CA
916-635-5008
Mon-Fri 9-8, SAT 9-7, SUN 10-7
Effective 10/4/17 - 10/10/17



\$2.50 OFF
ANY PURCHASE OF \$7.00 OR MORE OF PET OR FISH SUPPLIES (Excluding Pet Food or Litter) Cannot be used in conjunction with similar dollar or percentage off coupons & advertised sale items.
Limit 1 PLU 331 CT
Limit: 1 Coupon Per Family
Effective 10/4/17 - 10/10/17

FREE PURE NESS PET BOWL
Sm. Size #00201 or #000A1 with any purchase of pet, fish food or supply. Limit 1.
99¢ Value PLU 338 CT
Limit: 1 Coupon Per Family
Effective 10/4/17 - 10/10/17

TASTE OF THE WILD GRAIN FREE DRY DOG FOOD
•Wetlands •Sierra Mountains •Pacific Salmon •High Prairie •Southwest Canyon
30 Lb Bag **\$39.99**
Effective 10/4/17 - 10/10/17

NUTRO MAX ADULT RECIPE DRY DOG FOOD
•Regular Max •Large Breed Adult •Beef •Senior •Lamb Meal & Rice •Mini Chunk
NEW SIZE
25 Lb Bag **\$21.99**
Limit 2 Bags Per Family
Effective 10/4/17 - 10/10/17

BLUE BUFFALO WILDERNESS DRY DOG FOOD
•Chicken (\$10 Off Reg Price) •Duck •Salmon •Large Breed Adult •Healthy Weight
24 Lb Bag **NEW AS MARKED LOW \$8 OFF**
100% Grain Free
Limit 2 Bags
Our Regular Low Prices!
Effective 10/4/17 - 10/10/17

FRISKIES DRY CAT FOOD
16 Lb Bag
•Surfing & Turfing •Seafood •Indoor
Limit 2 Bags **\$9.99**
Effective 10/4/17 - 10/10/17

9 LIVES CANNED CAT FOOD
5.5 Oz All Varieties
Limit 1 Case Per Family **35¢**
Effective 10/4/17 - 10/10/17

FANCY FEAST GOURMET CANNED CAT FOOD
All Varieties except Elegant Medley
3 Oz
Limit 2 Cases per Family **20/\$11.00**
Effective 10/4/17 - 10/10/17

JONNY CAT PREMIUM CAT LITTER
20 Lb Bag
•Regular •Multiple Cat Formula
Limit 2 Bags **\$3.29**
Effective 10/4/17 - 10/10/17

FRESH STEP SCOOPABLE CAT LITTER
42 Lb Bag
Limit 2 Bags per Family **\$12.99**
Effective 10/4/17 - 10/10/17

PRO-PLAN DRY DOG FOODS
30-35 Lb Bag Limit 2 Bags Per Family **\$3 OFF**
•Chicken & Rice •Lamb & Rice •Beef & Rice •Sensitive Skin & Stomach •Lite •Bright Minds
OUR SUPER DISCOUNT PRICE

FUSSIE CAT PREMIUM DRY CAT FOOD
Market Fresh Recipe
•Chicken & Turkey •Salmon •Salmon & Chicken
2 Lb, 4 Lb, 10 Lb bag
As Marked **20% OFF**
OUR REGULAR LOW PRICES

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

NUTRO CANNED DOG FOOD
Limit 1 Selected Varieties Case 12.5 Oz Max **99¢** Natural Choice **\$1.35**

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

MEOW MIX CAT FOOD
Market Select 2.75 Oz Cup Limit 1 Case **49¢**

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

NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD
(Ultra Small Breed \$27.99)
Limit 2 Bags 15 lb. bag •Sm. Brd Adult •Senior •Chicken **\$21.99** Lamb & Rice •Adult •Small Bites **\$22.99**

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

PRECIOUS CAT CLUMPING CAT LITTER
20 Lb Box Limit 2 Boxes Cat Attract **11.99** Touch of Outdoors **\$7.49**

SCIENCE DIET DRY DOG FOOD
28.5 lb-33 lb Bag
•Lite •Active Maturity •Perfect Weight •Healthy Mobility •Sensitive Stomach •Oral Care
Limit 2 Bags **\$4 OFF**
OUR DISCOUNT PRICES

MERRICK'S WHOLE EARTH FARMS DRY DOG FOOD
25 lb Bag
•Adult •Grain Free Chicken & Turkey •Grain Free Beef & Lamb •Grain Free Salmon & White Fish Limit 2 Bags per Family **ON SALE**

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

MARINELAND POWER FILTER SALE
MODEL TANK SIZE PET CLUB SALE
PENGUIN 100B20 Gal. **\$17.99**
PENGUIN 150B30 Gal. **\$24.99**
PENGUIN 200B50 Gal. **\$29.99**
PENGUIN 350B75 Gal. **\$39.99**

CADET RAWHIDE SALE
28 oz. **\$14.99**
•Chicken Breast •Duck Breast •Sweet Potato & Chicken •Sweet Potato & Duck

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

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

PRESTIGE CABLE TIE OUT AERIAL RUN & STAKE TIE OUT
All Sizes **20% OFF**
OUR SUPER LOW PRICES

8 in 1 PERFECT COAT SHAMPOO 20% OFF
All Sizes All Varieties **OUR SUPER LOW PRICES**

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

KORDON CORAL SEA 50 GAL SALT MIX WITH AMQUEL
\$11.99

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

WHISKAS TEMPTATIONS CAT TREATS
•All Varieties Except Natural - 3 Oz
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon Effective 10/4/17 - 10/10/17 **\$1.19** PLU 569

JONNY CAT CAT LINERS
Jumbo Drawstring - 5 Ct
Limit 1 Box with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon Effective 10/4/17 - 10/10/17 **\$1.89** PLU 449