



Veteran's Community Center Grand Re-Opening

Page 3

Molly's Revenge Returns

Page 7



Citrus Heights Messenger

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SUE FROST ANNOUNCES TRANSITION TEAM



Page 10

NOVEMBER STUDENT OF THE MONTH



Page 10

THANK YOU



Page 5



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Lawrence Sworn in as New Police Chief



Top photo: New Citrus Heights Police Chief Ron Lawrence (left) with wife Jennifer, and former police chief Christopher Boyd, now Citrus Heights city manager with wife, Marci. At right: Police chiefs from two dozen jurisdictions throughout California attended the swearing-in. Left to right: Rocklin police chief, Chad Butler, Galt police chief Tod Sokman, New Citrus Heights police chief, Ron Lawrence. Photos by Janet Shaefer

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Ron Lawrence was sworn in as the second Citrus Heights police chief during the city council meeting on November 10, 2016. He was formerly the police chief of Rocklin, California.

The ceremony began with the presentation of colors by the Citrus Heights Police Honor Guard. Lawrence, with his wife, Jennifer at his side was sworn in by former Citrus Heights police chief, Christopher Boyd. Boyd, who was accompanied by his wife, Marci is the new Citrus Heights city manager.

Following the swearing-in the honor guard performed a special rifle salute welcoming Lawrence to his new job.

Lawrence then recognized Chad Butler, his replacement as Rocklin's new chief of

police, and admitted that it was hard at first to see someone else wearing 'his' uniform. Boyd then admitted it was also hard to see Lawrence in his old uniform, albeit not exactly the same size.

"Being police chief is a lifestyle" Lawrence said. He then presented his wife with a beautiful bouquet of yellow roses. He was accompanied to the event by his mother, two brothers and two children.

Surveying the room filled with friends, colleagues and the public, Lawrence joked that he didn't know he had so many friends. He had worked with many in attendance. Police Chiefs and other representatives from more than a dozen California police jurisdictions



were present including from the cities of Rocklin, Roseville, and Marysville to Walnut Creek, Emeryville, Gridley-Biggs and the California Highway Patrol. Over two dozen of Citrus Heights own finest were in attendance.

Lawrence commented this is "one of the most fantastic police departments I've ever seen" and a model in the state". FBI records shows crime down almost 30% since its inception in June of 2006. His goal is to continue this trend.

According to a press release from PIO

Continued on page 3

City Seeks Input for Research Process

CITRUS HEIGHTS, CA (MPG) - The City of Citrus Heights has partnered with North Star Destination Strategies to determine how best to communicate what makes the city special to visitors, residents and businesses in the year 2017 and beyond. According to North Star CEO Don McEachern, at the heart of Citrus Heights' distinction will be its competitive differentiator – in other words, what makes the community special so it can stand out in the marketplace. And one of the best places to find that figurative nugget of marketing gold is in the hearts and minds of the people who call Citrus Heights home.

North Star has developed a customized Community-wide Online Survey. The questionnaire has been carefully crafted to determine Citrus Heights' strengths, weaknesses, challenges and opportunities. All who live and work in Citrus Heights are invited and encouraged to participate in this important community-wide initiative. The survey can be found on the City's homepage at www.citrusheights.net under "City Links".

Surveys can be completed online and submitted electronically. Printed surveys are also available at: Citrus Heights City Hall, 6360 Fountain Square Drive; Citrus Heights Community Center/Senior Center, 6300 Fountain Square Drive; Citrus Heights Police Department, 6315 Fountain Square Drive; and Sunrise Recreation and Park District, 7801 Auburn Boulevard

Citizens of Citrus Heights will help in this research initiative by completing this survey and sharing their insights into our community. North Star has partnered with more than 200 communities across North America and it cannot be emphasized enough the importance of insights gleaned from community members. "To learn what makes a community special, you have to go to the people who spend more than just their money and time there. You have to go to the people who spend their lives there," stressed McEachern. City Manager Christopher Boyd added, "We look forward to input from all members of the community who live or work here. The result will help us position our wonderful community for success in the future." Surveys must be completed and submitted by 11:59 p.m. on November 27th. To learn more about the research initiative, contact Devon Rodriguez, Development Specialist, at (916) 727-4745. ★

Soar Serves Seniors With A Roar

By Jayna Karpinski-Costa

CITRUS HEIGHTS, CA (MPG) - This year Sylvan Old Auburn Road (SOAR) Neighborhood Association will team up with the Citrus Heights Lions Club to make Christmas a little merrier for some seniors in Citrus Heights.

The two groups will assemble bags filled with shelf-stable food and stockings with "sundries" and deliver them to seniors who participate in the Meals on Wheels program in zip code 95610. Meals on Wheels in Sacramento County is administered by the Asian Community Center. Recipients get only 5 meals a week either as a daily delivered hot meal or weekly delivered frozen entrees. Recipients have limited ability to shop for groceries or prepare their meals.

Food and sundries donated by the

community, SOAR and the Lions Club will supplement these donations with several hundred dollars of purchased items. "When we work together, each small step really makes a deep impact. By providing warm socks, food and other necessities, we can make a difference", said Natalee Price, president of the Citrus Heights Lions Club. Representatives of each club will accompany a Meals on Wheels staff person and deliver the goodies during the week of December 12.

This is the fourth year SOAR has chosen this project for its Christmas giving. According to Dr. Jayna Karpinski-Costa, president of SOAR, "Seniors are overlooked at Christmas. And the need is so great. Last year, there were over 75 people on the Meals on Wheels list in zip code 95610 but we only collected

Continued on page 3



Jayna Karpinski-Costa in 2015 with Senior holiday bags prepared by members of SOAR Neighborhood Association 10. Photo courtesy of Meals on Wheels

www.CitrusHeightsMessenger.com

Wildlife Care Needs Your Support

By Rick Reed

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

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

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



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

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

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

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

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

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

Funding for Winter Sanctuary Approved

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

other organizations filling in the remaining open nights."

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

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

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

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

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

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

New Statewide Plan Aims to Dramatically Reduce New HIV Infections

SACRAMENTO COUNTY, CA (MPG)

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

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

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

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

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

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

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

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

Capitol Pops Ring in the season at Rusch Park

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

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

Various prizes will be on display for the raffle ticket

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

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

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

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

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

Source: Capitol Pops Concert Band ★



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Veteran’s Community Center Grand Re-Opening



Master of Ceremonies, Tim Whalen with the Veteran’s Center on Sunrise, Congressman Ami Bera, Mayor Jeannie Bruins, and City Manager Christopher Boyd, with Jim Rounsavell.

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - On October 29, 2016 nearly 200 veterans, their friends and families, Center volunteers, dignitaries, and members of the community gathered to be part of the grand re-opening of the Citrus Heights Veteran’s Community Center.

Hundreds of volunteers of all kinds have given of their time, talents, resources and money, working hard since May of 2013 to prepare for this day. From the women who greet and make the veterans feel at home with kind words and home cooked meals, to the faithful men and women who keep the center running five days a week, to the residents, small businesses and corporations that have donated time, money, materials and hard labor to finally make the Veteran’s Center ‘American with Disabilities Act’ (ADA) compliant. This includes redoing plumbing, electrical work, and donating concrete work to gain full 360 wheelchair access to the Center, plus full access to bathroom facilities from inside

and outside the Center. A full horseshoe court and raised patio viewing area were also built with many volunteer hours and materials, all passing full city inspection.

Jim Rounsavell is co-owner and the inspiration for the Center, along with wife, Jeanne. Also known as “the muscle behind the brain”, she oversees much of the day-to-day business.

One of the highlights of re-opening ceremonies was the raising of three flags for the first time on the newly erected 40 foot flagpole. Drivers of the 30,000 vehicles that pass the Center daily, many taking shortcuts to avoid Greenback, see the American, California and Missing in Action (MIA)/Prisoner of War (POW) flags.

Following the Citrus Heights Police Department presentation of colors, a bugle played as these three flags were raised. They are to be a constant salute to all veterans who have ever served or will serve in any capacity, in any war or during peacetime. It was then ‘a moment in time’ as all veterans and civilians alike

stood at attention, saluting or with hand over heart, while each flag was slowly raised followed by the Pledge of Allegiance.

A ribbon cutting followed with Master of Ceremonies, Tim Whalen with the Veteran’s Center on Sunrise, Congressman Ami Bera, Mayor Jeannie Bruins, and City Manager Christopher Boyd. Also participating in the morning was Senator Jim Nielson, Assemblyman Ken Cooley, the Casa Robles ROTC, Girl Scout Troop 1179, and Gold Star Wives and Blue Star Blue Star Moms.

Sen. Jim Nielson, Chair of the Senate Veteran’s Committee articulated the day’s message with, “One of the ways for us to stand up for the United States is right here before us today. This is a center for those who serve(d) to come, and for comfort and camaraderie and to reach out into their communities and bring comfort to others. May this wonderful historic building continue for many decades to serve the future of our veterans and our communities.” ★

Lawrence Sworn in as New Police Chief

Continued from page 1

Lieutenant Russo, Lawrence began his official tenure as Citrus Heights’ second Chief of Police on October 31, 2016. Some of Chief Lawrence’s initial priorities include preparing for public safety challenges from the recent passing of Proposition 57 (Criminal sentences and Parole) and 64 (Marijuana Legalization). He assures all that his department is ready.

Other priorities are to “focus on gearing-up property crime prevention and driving under the influence enforcement during the upcoming holiday season.”

In a previous media release quote Boyd said of Lawrence, “I have tremendous respect for Chief Lawrence as a law enforcement executive and know his standards in leadership, community service, and public safety will well lead the Citrus Heights Police Department into its next chapter.”

Chief Lawrence has over twenty-seven years of law enforcement experience in the Sacramento and Bay Area regions, five in Rocklin. He has an excellent reputation with law enforcement professionals in the region and statewide.

Lawrence said, “I am honored to oversee the exceptional police department former Chief Christopher Boyd worked so

hard to build. This opportunity is exciting for me both personally and professionally. I am ready for a new challenge and am much looking forward to working alongside outstanding law enforcement professionals, that is, the men and women of the Citrus Heights Police Department.”

Source: Citrus Heights Police Department ★


Soar Serves Seniors With A Roar

Continued from page 1

and bought enough supplies for 24 seniors, 5 dogs and 7 cats. This year, by teaming up with the Lions Club we can do more. And if more people donate, we can deliver more.”

Tax-deductible donations of

shelf-stable food, sundries or cash are welcome. Or if you would like to refer a senior for the program or want more information, contact Dr. Jayna (916)599-3647 (vet-law@drjayna.com) or Natalee (916)741-2452 (citrusheightslions@gmail.com). ★



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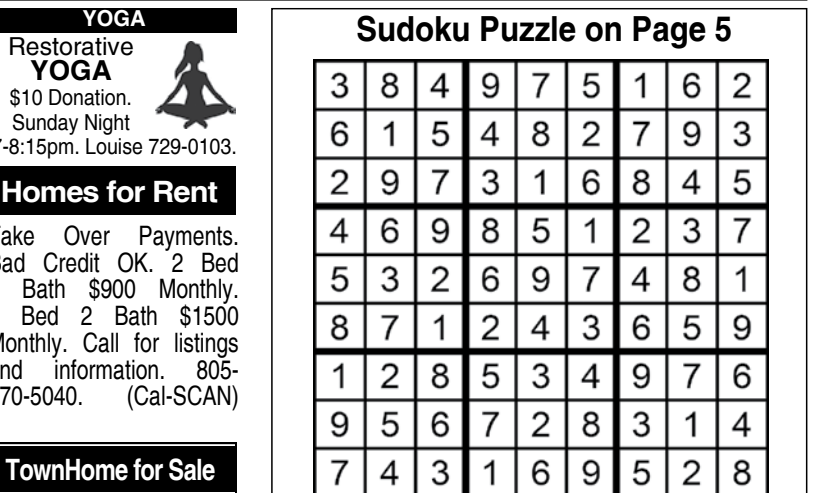
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Crossword Puzzle on Page 5



Sudoku Puzzle on Page 5



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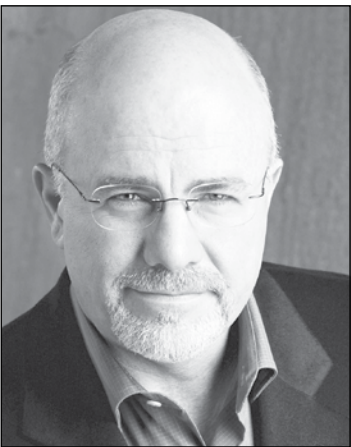
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Dave Says

You can’t just cruise

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

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

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

Travel medical insurance?

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

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

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

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



POPPOFF!

with Mary Jane Popp

Thank You

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

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

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



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CLUES

ACROSS

1. French abbots

6. Bag to Coco Chanel

9. Pulpit predecessor

13. Butterfly, pre-metamorphosis

14. Plays for pay

15. It died February 3, 1959

16. Wrinkles easily

17. Slippery when cold

18. Undo

19. *Home to Piccadilly Circus

21. *Home to Charles Bridge and Kafka’s grave

23. Scot’s woolen cap

24. Chinese monetary unit

25. Choose

28. Psychedelic lamp

30. Unhealthy vapors

34. Be sick

36. *Mister from Munich

38. Bar, legally

40. Like word of mouth

41. Software extension

43. Confederate soldier’s hat

44. Comforter stuffing

46. Magazine contents

47. Perceives with an eye

48. Masculine and feminine

50. Same as eon

52. Swedish shag rug

53. Related

55. Pester

57. *Where to see The Book of Kells

60. *Home to Tiergarten

63. Yankee’s relationship to Red Sox

64. Goose egg

66. Pneumonic lung rattling, pl.

68. Each and all

69. E in BCE

70. Bay window

71. Madam, to a cowboy

72. Yankee’s foe

73. *Eventual tourist feeling?

DOWN

1. 100%

2. Get-out-of-jail money

3. *Home to Freedom Square

4. *Tour de France, e.g.

5. Warm weather shoe

6. “Wheel of Fortune” choice

7. * ____ De Triomphe

8. a.k.a. nutria

9. *Salz ____ or St. Peters ____

10. Biblical twin

11. ____ en scene

12. Expert

15. Unkind person

20. Nebraska’s largest city

22. Truck brand

24. Railyard worker

25. Symphony member

26. *Home to Notre Dame

27. Port city business

29. Sacred Hindu writings

31. Requests

32. Be at the helm

33. Languishing

35. Show the guns?

37. *Home to Trevi Fountain

39. *Home to the Leaning Tower

42. Not a soul

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6. Bag to Coco Chanel

9. Pulpit predecessor

13. Butterfly, pre-metamorphosis

14. Plays for pay

15. It died February 3, 1959

16. Wrinkles easily

17. Slippery when cold

18. Undo

19. *Home to Piccadilly Circus

21. *Home to Charles Bridge and Kafka’s grave

23. Scot’s woolen cap

24. Chinese monetary unit

25. Choose

28. Psychedelic lamp

30. Unhealthy vapors

34. Be sick

36. *Mister from Munich

38. Bar, legally

40. Like word of mouth

41. Software extension

43. Confederate soldier’s hat

44. Comforter stuffing

46. Magazine contents

47. Perceives with an eye

48. Masculine and feminine

50. Same as eon

52. Swedish shag rug

53. Related

55. Pester

57. *Where to see The Book of Kells

60. *Home to Tiergarten

63. Yankee’s relationship to Red Sox

64. Goose egg

66. Pneumonic lung rattling, pl.

68. Each and all

69. E in BCE

70. Bay window

71. Madam, to a cowboy

72. Yankee’s foe

73. *Eventual tourist feeling?

DOWN

1. 100%

2. Get-out-of-jail money

3. *Home to Freedom Square

4. *Tour de France, e.g.

5. Warm weather shoe

6. “Wheel of Fortune” choice

7. * ____ De Triomphe

8. a.k.a. nutria

9. *Salz ____ or St. Peters ____

10. Biblical twin

11. ____ en scene

12. Expert

15. Unkind person

20. Nebraska’s largest city

22. Truck brand

24. Railyard worker

25. Symphony member

26. *Home to Notre Dame

27. Port city business

29. Sacred Hindu writings

31. Requests

32. Be at the helm

33. Languishing

35. Show the guns?

37. *Home to Trevi Fountain

39. *Home to the Leaning Tower

42. Not a soul

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A Cup of Joe Says a Lot About Us

Dr. James L. Snyder

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Before retiring each evening my grandfather took care of his

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

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

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

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

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

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

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



By Pastor Ray Dare

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

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

Pastor Ray's Encouraging Words

Don't Be Afraid

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

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

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

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

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

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

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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

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Todd Harms Sworn in as New Fire Chief

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

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

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



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

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

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

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

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

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

Molly's Revenge Returns



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

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

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

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

always leaves audiences shouting for more.

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

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

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

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

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

It's Pothole Sweeps Week

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

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

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

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

Some facts about potholes in Sacramento County:

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

Source: Sacramento County ★

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Consumer Business Review

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Make plans now to stop in at *El Tapatio Mexican Restaurant* and enjoy a REAL Mexican dinner today!

The editors of this *2016 Consumer Business Review* suggest that you'll soon become a regular customer!

Capital City Xpress, Inc.

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Call 916-723-3366

People in the Sacramento area don't have to look too far and wide for a company that is capable of doing the highest quality auto bodywork and painting. *Capital City Xpress, Inc.*, at 6145 Auburn Boulevard in Citrus Heights, can refinish and repaint ANY car or truck, foreign or domestic. Their work is well known as being both beautiful and yet competitively priced.

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

Blake's Muffler Shack & Custom Exhaust

Muffler Repair * Exhaust Done Right The First Time
Call 916-721-6833
www.blakesmufflershack.com

When it comes to quality, many leading automobile experts recommend *Blake's Muffler Shack & Custom Exhaust* for all muffler needs!

With complete shop facilities at 7617 Auburn Boulevard, in Citrus Heights, *Blake's Muffler Shack & Custom Exhaust* is a reliable firm that has been serving motorists for many years.

Why pay for inferior quality when the best costs no more? At this professional shop, your new muffler can be installed quickly, professionally and economically, because *Blake's Muffler Shack & Custom Exhaust* has the proper tools and know-how to do a top-notch job.

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

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

BARNES WELDING SUPPLY

Division of Fresno Oxygen
916-560-2006 www.barneswelding.com

Your full-line dealer in this area for all welding equipment and supplies is *Barnes Welding Supply*, located at 6005 Auburn Blvd, Suite 100 in Citrus Heights.

This company has a reputation second to none for their supply of the finest welding equipment and supplies anywhere. They handle only name brand merchandise that you will recognize as being some of the finest on the market today.

No matter what you need, from torches, rods and all types of gas, for gas welding, to welders' electrodes protective helmets, and cable for electric welding, you are sure to find just exactly the equipment you need at reasonable prices.

They employ friendly sales personnel to help you select the equipment or supplies that will suit your needs the best.

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

Sacramento County DA Reports



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

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

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

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

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

Taylor faces a maximum potential sentence of 16 years to life in prison. Sentencing is set for November 18, 2106, at 11:00 a.m. in Department 19 before the Honorable Patrick Marlette.

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

Steven Ramos was convicted by a jury of

22 counts of child molestation charges, forcible rape, and attempted forcible rape.

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

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

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

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

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

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

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



IT'S A GERMAN CHRISTMAS MARKET!

Ein Deutscher Weihnachts Markt

American River Community Church Parking Lot

3300 Walnut Ave., Carmichael - Next to the DMV

Sat. Nov. 19th 10AM - 5PM

CRAFTS • FOOD • GIFTS

It's a time to greet your neighbors, sample many exquisite foods and select gifts in a festival atmosphere.

Event Coordinator: Heidi Cadena 415-505-5945, kette44@yahoo.com

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Hear a wonderful variety of Christmas music-exciting new songs as well as beloved favorites.
Begin the season with us!

Friday, December 2, 7:30pm First Baptist Church of Fair Oaks 4401 San Juan Ave. Fair Oaks	Saturday, December 3, 7:30pm Faith Presbyterian Church 625 Florin Road Sacramento	Sunday, December 4, 4:00pm St. Mark's Lutheran Church 7869 Kingswood Dr. Citrus Heights (near Sunrise Blvd)
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Advance tickets \$15.00 At the door \$20.00
RiverCityChorale.org or call 331-5810



The Courte at Citrus Heights

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Grand Opening

Join our Celebration

Saturday, November 19, 2016
11 AM to 3 PM

Welcome to The Courte at Citrus Heights!
Bringing cutting edge life enrichment programming,
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From the moment you walk through the front
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Sue Frost Announces Transition Team

SACRAMENTO COUNTY, CA (MPG) - Sue Frost has built an insurmountable lead and will be the next Supervisor for Sacramento District 4.

“I am truly honored by the trust voters have placed in me, and want to make sure we are ready to get things done on the first day,” said Frost. “I need to start by getting my office staff in place, meet with key county staff, and get organized in the community to make sure I am their voice.”

Supervisor-elect Sue Frost announced a “transition team” tasked with hiring her Chief of Staff.

The team includes: Tab Berg, president of TABcommunications, Chair; Jeff Slowey, Citrus Heights City Councilman; Greg Stuber, President of Sacramento County Probation Association; Eric Rasmusson, president of Rasmusson Public Affairs; Caylyn Wright, Government Affairs Director for Sacramento Area Realtors.

The Transition Team will vet candidates for Chief of Staff and present their recommendations to Supervisor-elect Frost before December 15. Resumes should be sent to tberg@TABcommunications.com.

The team will also be responsible for planning Frost’s swearing-in celebration, recommendations for commissions appointments, and assembling her



Sue Frost, new Sacramento County Supervisor is joined by Jeff Slowey, Citrus Heights city councilman on election night. Both candidates won their elections this November.

community/public advisory committees that will counsel the Supervisor throughout the year.

“My transition team includes my most trusted advisors and people with experience building organizations for elected officials, creating and passing policy, and communicating those policies to the public,” said Frost. “I am ready to get started.”

Source: Office of Sue Frost

November Student of the Month

By Refugio Gomez

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Chamber’s Education Committee honored Isaiah Jones, a junior at San Juan High School in Citrus Heights, as the November 2016 Student of the Month. The award was presented at the Chamber’s November 8, 2016 luncheon held at North Ridge Country Club in Fair Oaks.

Isaiah Jones is a junior at San Juan High School in the Media pathway where he has excelled. As many other teenagers, he enjoys playing video games as well as spending time with his family. Isaiah is very thoughtful, caring, and respectful. Isaiah has made tremendous improvement from sophomore year where his highest grade was a C. Although he struggled with classes freshman and sophomore year, this current junior year, he has managed to maintain grades with the lowest being a C+. He is



Pictured are: (L-R) Representing Jim Nielsen’s office Landon Wolf, City of Citrus Heights Council Member Steve Miller, Sacramento County Supervisor Roberta MacGlashan, Student of the Month Isaiah Jones of San Juan High School, Isaiah’s mother Lauren Jones and grandmother Karen Jones, and Sergeant Jason Baldwin of the Citrus Heights Police Department.

looking at enrolling at San Juan Academy where he will be able to focus on academics via online classes. Isaiah is confident that he will be able to complete his high school credits and earn a diploma from San Juan High School.

Many thanks to our Student of the Month sponsors: Rosa

and Ken Umbach for sponsoring the lunches for the student and guests; Paul Buchanan, B-West Marketing Group, for providing a special memory t-shirt; and, Stones Gambling Hall, courtesy Amanda Blackwood, for \$50 gift certificate at Sammy’s Restaurant.

City of Citrus Heights - 20th Annual CHRISTMAS TREE LIGHTING

Thursday, December 1
6:30 pm

City Hall 6360 Fountain Square
FREE REFRESHMENTS!

- *Musical Entertainment
- *Pictures with Santa
- *Train Rides
- *Free Cookies

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Effective 11/16/16 - 11/22/16

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DRY DOG FOOD

40 Lb Bag

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- Senior 35 Lb •Light 30Lb **\$29.99**
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Effective 11/16/16 - 11/22/16

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HOLISTIC DRY DOG FOOD

Natural Grain-Free 28 Lb Bag

- Primitive Feast •Great Plains Feast
- Meadow Feast •Coastal Catch

Limit 2 Bags Per Family (Reg Price \$43.99) **\$39.99**

Effective 11/16/16 - 11/22/16

PEDIGREE

DRY DOG FOOD

Adult.

(Larger Breed Adult 36 Lb Bag. \$19.99)

46 Lb Bag **\$21.99**

Limit 1 Bag Per Family

Effective 11/16/16 - 11/22/16

9 LIVES

CANNED CAT FOOD

5.5 Oz

All Varieties

Limit 1 Case Per Family **35¢**

Effective 11/16/16 - 11/22/16

FANCY FEAST

GOURMET CANNED CAT FOOD

3 Oz.

All Varieties except Elegant Medley

Limit 2 Cases Per Family **50¢**

Effective 11/16/16 - 11/22/16

PURINA

CAT CHOW

DRY CAT FOOD

•Regular •Indoor 16 Lb Bag

Limit 2 Bags Per Family **\$11.99**

Effective 11/16/16 - 11/22/16

SCOOPAWAY

CLUMPING CAT LITTER

20 lb Box

•Multi-Cat •Unscented

(Fresh Step Scoop, 20 Lb Box - \$7.49)

Limit 2 Boxes Per Family **\$5.49**

Effective 11/16/16 - 11/22/16

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Limit 2 Cases • Cat Food 3 Oz. **63¢**

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Limit 2 Bags

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13 Oz. Limit 2 Cases (12ct) **69¢**

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

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PREMIUM CAT LITTER

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DRY CAT FOOD

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FRESH & LIGHT PREMIUM CLUMPING CAT LITTER

15 Lb Jug Limit 2 Jugs **\$5.99**

SUPER BUY

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All Varieties **20% OFF**

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DOGSWELL

DOG & CAT TREATS

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PILL POCKETS

Cat (Tablet & Capsules) 1.6 oz **\$4.99**

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Selected Varieties - 3 Oz

Limit 6 Cans With Coupon

Limit One Coupon Per Family

Price Valid Only With Coupon

Effective 11/16/16 - 11/22/16 **59¢**

ARM PLU 568

PURINA

WHISKER LICKINS CAT TREATS

•Soft & Delicious - 2.5 Oz

•Crunchy & Yummy - 1.7 Oz

Limit 2 Pouches With Coupon

Limit One Coupon Per Family

Price Valid Only With Coupon. Effective 11/16/16 - 11/22/16 **69¢**

CHM PLU 446

ARM & HAMMER

CAT LITTER DEODORIZER

20 Oz Box

Limit 2 Boxes With Coupon

Limit One Coupon Per Family

Price Valid Only With Coupon

Effective 11/16/16 - 11/22/16 **\$1.49**

CHM PLU 422