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Citrus Heights Messenger

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Cook-off and Vintage Car Show Raises Funds

Works to Brighten Christmas for Children Surviving Domestic Violence



Winners of the six unique car show trophies at the GFWC Citrus Heights Women's Club Chili Cook-off and Vintage Car Show on October 8 in Lowe's parking lot. Photo by Tony Battaglia

Story by Elise Speiss

CITRUS HEIGHTS, CA (MPG) - Classic cars, tantalizing chili and plenty of outdoor shopping once again proved to be the perfect formula for fun for hundreds of attendees at the Citrus Heights General Federation of Women's Club's (GFWC) annual Chili-Cook off and Vintage Car Show on October 8.

The event took place on at the Lowe's parking lot, a venue popular for classic car shows. Attendees tasted and voted on

15 diverse chili recipes, and inspected 52 vintage cars compliments of the Nor Cal Cruisers Car Club. Funds raised from the rental fee for 45 vendor tables along with the \$10 chili tasting fee will provide many children in Citrus Heights who are victims of domestic violence a happy holiday season this year. Proceeds from the event will be used for Christmas toys and other gifts, food, parties and other activities taking place at A Community for Peace (ACFP) and other organizations working

with women and children.

Disc Jockey and local entertainer Mike Ely evoked memories of those raised with the "oldies but goodies" music of the 50's and 60's.

At the end of the day the difficult job of tasting and choosing only 3 winners from 15 chili entries came down to: third place, Glorian Martinelli, whose chili boasted fresh herbs, four kinds of hand ground chilies, apple cider vinegar, brown sugar and a secret meat process. Martinelli claimed the

lime added as the finishing touch made her chili "a party in your mouth". Second place was awarded for the Hawaiian-Portuguese turkey sausage chili. First place was earned by Kristy Hernandez with a Chorizo with black bean chili.

Nor Cal Cruiser members, who work with city and community organizations to raise funds for their cause, voted on and awarded their 40 gold and red trophies to their winners. O'Reilly's Auto Parts donated

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Health Officials Urge Californians to Remove Standing Water

Rains Can Lead to More Mosquitoes

SACRAMENTO, CA (MPG) - California Department of Public Health (CDPH) Director and State Public Health Officer Dr. Karen Smith called on the people of California to help reduce the number of mosquitoes by eliminating standing water, especially in areas that have recently had rain and continue to experience warm temperatures.

"Rainy weather can create new breeding grounds for mosquitoes if water is allowed to pool and remain stagnant," said CDPH Director and State Public Health Officer Dr. Karen Smith. "Mosquito season in California peaks in October, making it critically important that Californians take action to empty even small amounts of water from our gardens and yards."

To help control mosquitoes, check your yard weekly for water-filled containers. Clean and scrub bird baths and pet watering dishes weekly, and dump the water from dishes under potted plants. Contact your local vector control agency if you detect unusual numbers of mosquitoes or you are being bitten during the day.

The Aedes aegypti mosquito, an aggressive mosquito that bites during the day, has been detected in 12 California counties. This black-and-white striped mosquito has the potential to transmit Zika and other diseases, such as dengue fever, chikungunya and yellow fever. While the mosquito is especially active two hours after sunrise and several hours before sunset, it can also bite during the day. These mosquitoes often enter buildings through unscreened windows and doors and bite people indoors.

To prevent mosquito bites, apply repellents containing U.S. Environmental Protection Agency-registered ingredients such as DEET, picaridin, oil of lemon eucalyptus, or IR3535 to exposed skin and/or clothing (as directed on the product label). During the times mosquitoes are most active you should wear long-sleeve shirts, long pants, socks and shoes. Be sure window and door screens are in good condition to prevent mosquitoes from entering your home.

Source: CDPH

CHPD Awarded Grant for Traffic Safety

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Police Department has been awarded a \$145,000 grant from the California Office of Traffic Safety (OTS) for a year-long program of special enforcements and public awareness efforts to prevent traffic related deaths and injuries. Citrus Heights Police Department will use the funding as part of the city's ongoing commitment to keep our roadways safe and improve the quality of life through both enforcement and education.

"I am proud of our continued partnership with the Office of Traffic Safety. It is because of our combined efforts we have seen success combating impaired driving in the City of Citrus Heights," said Lieutenant Jason Russo. "CHPD is looking forward to seeing even greater success in reducing collisions through the use of innovative strategies into 2017."

After falling to a ten year low in 2010, the number of persons killed has climbed

nearly 17% across the state with 3,176 killed in 2015 according to the National Highway Traffic Safety Administration. Particularly alarming is the six year rise in pedestrian and bicycle fatalities, along with the growing dangers of distracting technologies, and the emergence of drug-impaired driving as a major problem. This grant funding will provide opportunities to combat these and other devastating problems such as drunk driving, speeding and crashes at intersections.

"Years of research tell us that enforcement and education work best jointly to combat unsafe driving," said OTS Director Rhonda Craft. "This grant brings both tactics together, with the Office of Traffic Safety and the Citrus Heights Police Department working in concert to help keep the streets and highways safe across Citrus Heights and the state."

Activities that the grant will fund include:
• Educational presentations

- DUI checkpoints
- DUI saturation patrols
- Motorcycle safety enforcement
- Distracted driving enforcement
- Seat belt and child safety seat enforcement
- Speed, red light, and stop sign enforcement
- Compilation of DUI "Hot Sheets," identifying worst-of-the-worst DUI offenders
- Specialized DUI and drugged driving training such as Standardized Field Sobriety Testing (SFST), Advanced Roadside Impaired Driving Enforcement (ARIDE), and Drug Recognition Evaluator (DRE)

Funding for this program is from the California Office of Traffic Safety through the National Highway Traffic Safety Administration.

Submitted by PIO Anthony Boehle, CHPD ★



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Flick or Treat Returns to Raley Field for 2016

Annual Community Halloween Event Features On-Field Movie Screening and Clothing and Food Drive

SACRAMENTO REGION, CA (MPG)

- Flick Or Treat is back for its third year at Raley Field. The community trick-or-treat event, presented by California Family Fitness, will feature a special screening of Sony's Hotel Transylvania 2 on the ballpark videoboard on Saturday, October 15 at 6:00 p.m. Flick Or Treat is also a part of Dinger's Drive In, a three-part movie series on the field at Raley Field.

Pre-movie trick-or-treating on October 15 will occur from 4:30 - 6:00 p.m. and will be offered on a first come, first serve basis before the movie screening begins. Various local partners and organizations, including California Family Fitness, Blue Star Moms, Yolo County Library, and more will be in attendance, handing out treats and other goodies. Local media, including KCRA, The Sacramento Bee, K-LOVE, and 107.9 The End will also be participating. The Yolo Basin Foundation is bringing live Mexican Free Tailed bats. Additional pre-movie activities include a costume contest, corn hole, candy corn counting, Dinger coloring, and much more.

Also new this year at Flick Or Treat is Dinger's Goods Drive. Starting Saturday, October 15th Dinger will be collecting household goods, canned and dry goods, baby supplies, and new and gently used clothing to give back to those in need. Those who donate will receive a discount coupon to be used at the River Cats On Deck Shop at Raley Field. The drive begins at Flick Or Treat and will last through Friday, November 4.



Pre-movie trick-or-treating on October 15 will occur from 4:30 - 6:00 p.m. and will be offered on a first come, first serve basis before the movie screening begins.

Hotel Transylvania 2, Sony's ghoulish animated adventure - featuring the voice talents of Adam Sandler, Andy Samberg, and Selena Gomez - was released in 2015. The family-friendly comedy about Dracula's "monsters-only" resort and his half-human, half-vampire grandson is rated PG.

To ensure the best viewing of the videoboard, families and movie lovers of all ages in attendance will be seated in the lower seating bowl or on the field under the stars. Guests are strongly encouraged to bring a blanket when sitting on the field (no chairs are permitted).

The screening is scheduled to start at 6:00 p.m. Trick-or-treating and family-friendly

activities will begin when gates open at 4:30 p.m. Tickets for all children are \$6 while adults are \$8. Season Passes for Dinger's Drive In are still available for just \$10. Tickets can be purchased online or by visiting the Round Table Ticket Office at Raley Field. This event is rain or shine.

The Sacramento River Cats are the Triple-A affiliate of the three-time World Champion San Francisco Giants. For more information about the River Cats, visit www.rivercats.com. For information on other events at Raley Field, visit www.raleys-field.com.

Source: Sacramento River Cats



West Nile Virus Hits Home in Citrus Heights



Laurie Moses (left) and Diane Ebbitt at 2015 Rotary Crab Feed. Photo by Elise Spleiss

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Diane Ebbitt, an active member of the Citrus Heights community recently learned that the "fight the bite" campaign is very real as it battles to educate the public about a very real adversary, West Nile Virus.

In August Ebbitt, 58, the Police Activity League (PAL) Coordinator, began her saga with West Nile Virus as she spent four days in the hospital near death after contracting West Nile Virus from a mosquito bite, possibly at her four acre home in Orangevale.

She and her husband, Ray Riehle have animals on their land, including the wild geese which they like to feed. For several days before she became ill they had been outside just before dusk with the geese. They had a small pool of water for them but did keep it clean. Ebbitt, being used to the mosquitoes around her, had never covered up with a repellent.

Ebbitt remembers getting 4 smaller bites and 1 larger one, but cannot pin down when she might have suffered the guilty bite. She knew the mosquitoes were around, but she would just go inside when she began getting bit. She said it is the tiniest, basic household mosquito.

"There is just no way to know"

When Ebbitt did begin to feel ill, it was just the flu-like symptoms. But as time went by she got a headache, was becoming disoriented and was losing her cognitive functioning. If she had not gotten to the doctor when she was told she could have gotten into a coma and been permanently paralyzed. She did suffer some paralysis in her right leg but is using a walker and going to physical and water therapy.

By the time Ebbitt had arrived at the appointment she made on August 25, she was experiencing more of the symptoms. In the process she had also contracted bacterial and viral meningitis with caused pain in her whole body. Medication cannot be given for viral meningitis, but she could get antibiotics to help with the inflammation in her spine from the bacterial meningitis.

Since then Ebbitt has learned that 80 percent of people bitten by a West Nile carrying mosquito show no symptoms of the disease and the other 20 percent only experience mild flu-like symptoms. She also learned since she became ill that she is one of the one percent of patients who contract the type of virus that goes to the brain. She had developed Encephalitis which causes a serious inflammation of

the brain and can lead to paralysis.

"It really knocked me down" she said. Upon arriving home from the hospital she slept for two weeks to four weeks. Riehle's parents came to help her as she was basically helpless and in a lot of pain. She moved down to the first floor to avoid using the stairs.

However, because she works out, is in good shape and healthy and got to the hospital on time Ebbitt's doctor is hopeful for full recovery, which could take up to one year. She is doing the physical and water therapy and will follow up with her doctor in December to see if lesions on spine have healed.

Ebbitt was told there is a man who lives off of Wachtel, where Ebbitt lives who has also contracted the virus.

According to Luz Maria Robles with the Mosquito and Vector Control District, to date this year there are 18 confirmed human cases of West Nile Virus in Sacramento County, compared to only 4 in 2015.

Ebbitt's message to everyone to spare them from her ordeal: "When you're outside and there are mosquitoes around, wear repellent"! She is speaking to groups to spread the word: "Fight the Bite". She can be contacted at 916-727-4820.



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Grand Opening of Newly Renovated Citrus Heights Veteran’s Community Center to be held October 29

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - The newly renovated Citrus Heights Community Center at 6921 Sylvan Road and Community Drive will be a holding grand opening ceremony event with a ribbon cutting and special guests on Saturday, October 29 from 9 to 11 a.m.

The Veterans Golf Park, a 501(c) 3 non-profit organization, run by Jim and Jean Rounsavell, just completed renovations to the former Sylvan Schoolhouse for the veteran’s community center, finally bringing it from the 19th into the 21st century.

This event has long been coming as the little yellow schoolhouse on Sylvan Road at Community Drive has finally come of age. It is being prepared to be officially presented to the public again in its newly renovated state after three long years of volunteer blood, sweat and tears to make the facility fully Americans with Disabilities Act (ADA) compliant.

During those three years it has taken the help of the City, dozens of businesses and community volunteers and even local philanthropic organizations to complete the project, spending thousands of hours and dollars in in-kind donations. During renovation the center has remained open with hospitality volunteers working Monday through Friday from 9 a.m. to 1p.m. with plans to extend hours to 5 p.m. in the future. The ladies provide refreshments, companionship and a safe place for veterans to relax and enjoy fellowship. Volunteers are always welcome.

The building and grounds will be officially dedicated on Saturday, October 29 at 9 a.m. A celebration is being planned to introduce the newly refurbished building to the public and to thank the many volunteers who have poured in any



During renovation the center has remained open with hospitality volunteers working Monday through Friday from 9 a.m. to 1p.m. with plans to extend hours to 5 p.m. in the future. Photo by Elise Spleiss

hundreds of hours of free labor, donated materials and love into the project.

The public is invited to attend the grand opening. The morning will kick off with the Citrus Heights Police Department Honor Guard. Former police chief Christopher Boyd, will perform the ribbon cutting ceremony in his new position as city manager.

Special guests include supporters of the center Congressman Dr. Ami Bera; Assemblyman Ken Cooley, State Senator Jim Nielsen, new City Manager Chris Boyd, and the Citrus Heights City Council.

The Center has sponsored a successful Marine Corp Toys for Tots toy collection drive for several years.

Other special guests include former KCRA news anchor, journalist, and Korean War veteran Stan Atkinson, the Center’s Chaplain, Steve White, and Sacramento and Folsom Blue Star Moms.

Visitors can tour the facility, inside and out to see the new patio, the cement sidewalk completely surrounding the facility to accommodate wheelchairs, and the new ADA restrooms with access from both inside the building and outside

to accommodate visitors during barbeques and other outdoor events. The Center’s first major project was the installation of a regulation horseshoe court and observation deck by Bill Howell and a dozen Hewlett Packard volunteers in June of 2014.

The Citrus Heights Veteran’s Community Center welcomes veterans and their families from communities in the greater Sacramento area. It is the only facility of its kind in the area, offering friendly, non-governmental assistance to our veterans.

The Center will not only continue to provide a place for all veterans to reminisce and share their experiences, but will also eventually offer golf lessons for disabled veterans, particularly those with post-traumatic stress disorder (“PTSD”) or traumatic brain injury (“TBI”). The Center was recently gifted a ParaGolfer from a generous patron. It will allow paralyzed veterans and others the opportunity to stand and play golf and other sports again.

Any interested veterans, or other individual who would like to donate their time, talents, or resources to the Center, are welcome to contact Jim Rounsavell at (916)757-9193 or information@veteransgolfpark.com. ★

Marijuana Tax Revenue Hopes Could Go up in Smoke

Commentary by George Runner

For the third time in state history, California voters will be faced with the question of legalizing marijuana for recreational use.

The official ballot summary for Proposition 64 says the measure could generate up to \$1 billion in new tax revenue annually for state and local governments. Only time will tell if this is true, but voters - regardless of how they plan to vote - would be wise to take these revenue projections with a grain of salt.

First, the facts: Prop. 64 would legalize marijuana - under state, not federal, law - while creating a \$9.25 per ounce cultivation tax on dried flowers, a \$2.75 per ounce cultivation tax on dried marijuana leaves, and a 15 percent excise tax on the retail sale



The official ballot summary for Proposition 64 says the measure could generate up to \$1 billion in new tax revenue annually for state and local governments.

of medical and non-medical marijuana products. In addition, non-medical products would be subject to California sales tax, which currently ranges from 7.5 to 10 percent.

Under Prop. 64, medical marijuana will not be subject to state sales tax. Furthermore, it will be exempt from cultivation taxes when grown by a qualified patient or primary caregiver. Under the new law, local governments could add even more taxes to marijuana purchases. Some local governments are already contemplating additional taxes to fund youth programs or fight homelessness.

Marijuana users who are desperate to save money could return to the black market or pick up a “Prop. 215 card,” skipping the state sales tax on marijuana - and likely other taxes as well.

The full op-ed originally printed in The Sacramento Bee. Board of Equalization Member George Runner supported legislation to regulate and tax medical marijuana. ★

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Crossword Puzzle on Page 5


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

Sudoku Puzzle on Page 5

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

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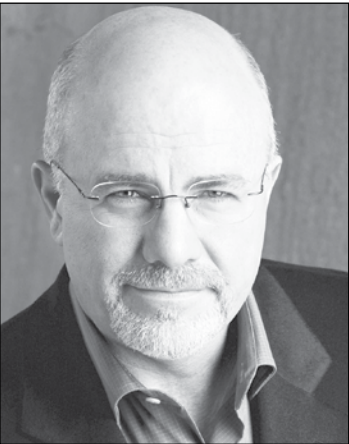


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Get yourself out of it

Dear Dave,
I make \$2,100 a month after taxes, and I have accumulated \$46,000 in credit card debt. My husband makes more than I do, but he won't help me. He says I got myself into this mess, so it's my job to stop being irresponsible and fix it on my own. Do you have any advice?
- Peggy

Dear Peggy,
You've got a load of debt hanging over your head right now, but I think you've got bigger problems than that. You told me you're married, yet it sounds to me like you two are living entirely different and separate lives. This seems more like a roommate situation than a healthy, loving marriage.
I don't like your husband's attitude, but he does have a valid point in one respect. You were irresponsible with money, and now you've got a pile of debt on your hands. My big question is this: Where was he while all this was going on? Were you hiding it from him? And where was the communication and decision making, financial and otherwise, couples should engage in? Married people can't live this

Dave Says

way and win in their relationship or with money.
The two of you desperately need to seek marriage counseling together. This relationship is on the rocks. You and your husband obviously have no trust or respect for each other, and there's a definite lack of communication, unity and shared goals. I don't know what happened to bring things to this point, but the preacher didn't pronounce you guys a joint venture when you got married; he said you were now one.
A little maturity, extra work, and living on a simple budget will go a long way toward fixing most personal finance issues. But your marriage is in big trouble, Peggy. Please seek help!
—Dave

Why save before paying off the mortgage?

Dear Dave,
I just read *The Total Money Makeover*, but I'm still unclear as to why you recommend saving for an emergency fund and retirement before paying off your home. Shouldn't a house be paid off as quickly as possible, since it's a liability?
- Mark

Dear Mark,
I appreciate the fact that you're asking questions and thinking things through. But please don't fall into the trap of thinking of your home as a liability. That mindset is way off base, in my

opinion.
Your house is definitely an asset; it's the mortgage that's a liability. Some folks may try to position a house as a liability simply because it costs you money. But the truth is your home will make you more money than it will cost you over time. Therefore, it is an asset.
Some of the saddest situations I've seen in all my years of teaching are seniors who have paid-for homes and nothing saved or invested. Money isn't the most important thing on earth, but it is a fact of life. That's why I encourage people to build an emergency fund of three to six months of expenses and begin saving for retirement before they tackle paying off their homes.
Then, after all that is addressed, take every dollar you can scrape together and put it toward paying off your mortgage as fast as possible. Good question, Mark!
—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.



Cleanli-Less

Are we too clean? Seriously, have we become over sanitized? And, what about our kidlets? Are we putting them in harm's way? **Dr. Marie-Claire Arrieta** says you bet we are. She is a scientist who has researched babies who are missing key intestinal microbiota and are more likely to develop asthma. That's why she and Dr. Brett Finlay put together **"Let Them Eat Dirt:"** Saving your child from an over's sanitized world. So, do we need an attitude adjustment in thinking that bacteria is all bad to realizing that bacteria can be something good...and essential to your child's well-being. According to **Dr. Arrieta**, she really was adamant that we have to rethink our feeling about bacteria because it can affect our kids' lifelong health. The past hundred years have brought advances in and more widespread use of antibiotics, antivirals, vaccinations, chlorinated water, pasteurization, sterilization, hand sanitizers, and

POPPOFF!

with Mary Jane Popp

even good old fashioned hand washing. However, diseases and disorders like asthma, allergies, obesity, and autism are on the rise. According to the docs, there is a connection here.
The first five years are crucial because it takes about three to five years from the time we are born to become a fully established community for a solid foundation for future health. At the moment of birth, a child receives a big load of microbes from the mother. Babies born vaginally encounter essential microbes. If medical interventions are necessary, such as C-sections and antibiotics, there are ways to re-populate babies' microbiota.
Breast milk is the jackpot for microbes. We all know breast milk is rich with nutrients, but it also contains an ever-expanding list of antibodies, proteins, and enzymes that promote immunity and intestinal development. If breastfeeding is not an option, supplementary probiotics are crucial.
Antibiotics are overused. A recent study of 65,000 children in the U.S. showed that more than 70% of them had received antibiotics by the age of two, and those children and that those kids averaged eleven course by age five. Here is what's disturbing. Children who received four

or more courses of antibiotics in their first two years were at 10% higher risk of becoming obese!
Kids need dirt. You don't have to move to a farm (although Amish children raised among pastures have excellent gut microbiota). But making changes like less frequent handwashing after outdoor play, letting your dog snuggle with your baby (dogs are truly microbes best friend" and requiring daily time outside will all help build a stronger microbiome in your child.
Avoid sugar. The foods that babies eat in the first year of life determine the type of microbes that grow in them. Certain foods, like those with sugars and high starch, are absorbed in the upper intestine and don't even make it to the lower intestine where microbes are waiting to be fed. Try legumes and fiber for microbes to flourish. Probiotics are not approved by the FDA, so some products on the market may not have the exact microbes your child needs. Besides, probiotics are not enough. What's better is not putting microbes at risk in the first place.
You can go to www.letthemeatdirt.com or check out **"Let Them Eat Dirt."** It will really go into detail. Cleanliness? Yes! But don't overdo! ★



STATEPOINT CROSSWORD • HALLOWEEN

- CLUES
- ACROSS
- 1. *One should accompany young Trick or Treaters
 - 6. "Victoria's Secret" purchase
 - 9. Marine eagle
 - 13. "West Side Story" character
 - 14. Distinctive quality
 - 15. "Pulling my leg," e.g.
 - 16. Venomous slitherer
 - 17. Dashboard acronym
 - 18. Big tops
 - 19. *Like a house to avoid
 - 21. *Halloween alternative to black
 - 23. Cul de ____
 - 24. Type of test
 - 25. Sis' sibling
 - 28. Coarse file
 - 30. Centers, old-fashioned
 - 35. Indian music
 - 37. ____ gin
 - 39. *Chocolate bar ingredient
 - 40. Do as directed
 - 41. Popular garden perennial
 - 43. Jesus' first guests
 - 44. African sorcery
 - 46. Romanov ruler
 - 47. Dashing style
 - 48. Accident
 - 50. Not mint
 - 52. "C" ____ la viel"
 - 53. 500 sheets
 - 55. Nada
 - 57. **Night of the ____ Dead"
 - 60. *Possible Halloween precursor
 - 64. Winnie-the-Pooh's friend
 - 65. High or low card
 - 67. Food from heaven
 - 68. Cupcake topper
 - 69. Spring mo.
 - 70. Bar by estoppel
 - 71. 2 aspirin, e.g.
 - 72. Gobbled up
 - 73. Desert's lack, pl.

CROSSWORD											
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64						65	66		67		
68						69			70		
71						72			73		

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Crossword Puzzle Solutions on Page 4

- DOWN
- 1. Wet nurse
 - 2. Dad to a baby
 - 3. Pakistani language
 - 4. Property claims
 - 5. Reason to visit dental hygienist
 - 6. Shakespeare, e.g.
 - 7. *Gravestone wish
 - 8. Tanks and such
 - 9. Genesis garden
 - 10. *2002 horror movie "The ____"
 - 11. Sol or fa
 - 12. Ambulance crew
 - 15. Typeface letter that slants up and to the right
 - 20. E-wallet's content
 - 22. Ewe's mate
 - 24. One playing dead
 - 25. *Wicked ride
 - 26. Torah teacher
 - 27. S-shaped moldings
 - 29. Coin opening
 - 31. Top of the Capitol
 - 32. 1:10,000 on a map, e.g.
 - 33. Marcus Aurelius garb, pl.
 - 34. *Honoree on day after Halloween
 - 36. Same as #1 Down

- 38. Arrival times
- 42. Entertainment venue
- 45. Artsy Keith
- 49. Mont Blanc, e.g.
- 51. Mood lighting switch
- 54. Old World lizard
- 56. ____ Apso
- 57. Insane in Spain
- 58. Avian wader
- 59. Ivy stem
- 60. Bone-dry
- 61. Hostile to
- 62. Involved in a secret
- 63. Midday slumbers
- 64. Free
- 66. *Witch's familiar

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

© Richard Mills

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

For Solutions See Page 4

TADA! Students Soon to Get Trained Dance and Theatre Teachers

SACRAMENTO, CA (MPG) - California students, living in the arts and entertainment capital of the country, will now be provided education by credentialed Theatre and Dance educators. The Theatre and Dance Act (TADA!), authored by Senator Ben Allen (D – Santa Monica) and supported by a coalition of advocates led by the California Alliance for Arts Education, was signed into law by Governor Jerry Brown today.
“Up until now, dance teachers had to get a PE credential to teach dance in California,” says Jessy Kronenberg, Co-President of California Dance Education Association. “PE dance is beneficial for coordination and team-building, but dance as art fosters the 21st century skills of critical thinking, collaboration, communication and creativity.”
Twice before, legislative efforts to create these credentials were vetoed by the governor at that time.
“This is an issue that has burned in the hearts and minds of arts education advocates since 1970, when dance and theatre credentials were eliminated by the Ryan Act” says California Alliance for Arts Education Executive Director, Joe Landon. “Over a thousand advocates responded to our action alerts and sent messages of support to their elected officials in Sacramento”

But, TADA! made it through both houses of the legislature without a single negative vote, buoyed by the support of the California Teachers Association, California Federation of Teachers, California Dance Education Association and California Educational Theatre Association. This effort picked up many vocal allies along the way, including actress Annette Bening, who testified on behalf of the bill in the Senate Education Committee.
“I think it's the right thing; it serves students, it dignifies our teachers, and it will uplift our community,” said Ms. Bening.
“California is the arts and entertainment capital of the world, yet we are one of only two states in the country that does not authorize teaching credentials in theatre or dance,” Allen said. “I am so pleased that we have finally elevated these two important disciplines to the stature they deserve,” he added.
“The next generation of theatre and dance teachers will be the proud bearers of theatre and dance credentials ensuring that California pre-K-12 students are instructed with sound pedagogy in a standards-based curriculum..” said CETA President Carol Hovey.
At the same time, the Governor signed Assembly Bill 2862 (O'Donnell) into



TADA! made it through both houses of the legislature, buoyed by the support of the California Teachers Association, California Federation of Teachers, California Dance Education Association and California Educational Theatre Association. This effort picked up many vocal allies along the way, including actress Annette Bening (shown above), who testified on behalf of the bill in the Senate Education Committee.

law enabling California to finally update its Visual and Performing Arts (VAPA) content standards incorporate new practices and technologies to arts curriculum, instruction, and instructional materials.
Source: CA Alliance for Arts Education ★

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Where Have All the Clowns Gone?

Dr. James L. Snyder

The Gracious Mistress of the Parsonage and I were getting ourselves situated in the living room with some after supper coffee while watching the little bit of TV. These days, a little bit of TV is about all a person can handle.

Nothing quite measures up to a nice hot cup of coffee after a scrumptious supper and if anybody can scrumpturize a supper, it is the Gracious Mistress of the Parsonage. Every once in a while she will point out the fact that I am not as skinny as I once was. My response to her is simply this, “It’s your fault for being such a wonderful cook.”

That stops the conversation; she smiles, sits back and thinks about what I just said. I sit back and smile thinking that I have gotten out of another bit of a pickle.

It is very hard to keep up with the news today because we have such technology that whatever happens anywhere in the universe we have an immediate story about it.

I do not know about anybody else, but I am just a little bit tired of the news these days. My wife and I were shocked this week to see a news report about, of all things, clowns. These clowns, so the reporter went on, were scaring people and committing crimes like robbery.

Really? Then they had some footage of somebody dressed up as a clown, frightening people and threatening to do bodily harm. Now, some places are forbidding clowns to show up. Even during the Halloween season, some stores are not selling clown costumes.

How far have we gone in our culture when clowns are a threat to our culture?

It was not always that way. In high school, for example, I was often referred to as the class clown. That was a title of deep reverence and pride. To be the class clown meant you were

doing things that made other people laugh. You were joking and clowning around and creating a great deal of merriment. With the tension many of our high school teachers created in class, the class clown had an important job of bringing down the tension.

If there were awards for being the class clown, I certainly would have gotten one in high school. They only have awards for scholarship and athletics. I say nothing is more important in a class than the class clown. There should be some kind of recognition in this area.

Then when I was growing up, my mother kept telling me to, “Stop clowning around!”

At the time, I really did not understand what she was trying to say. In high school, it was a measure of acceptance, but in the home, it was something inappropriate.

Although I do respect my mother, I have yet to “stop clowning around.”

Now, I have my wife telling me to, “Stop clowning around.” I have often wondered if this is not some kind of gene passed on to every woman.

There was not just one news story about these fallacious clowns doing all sorts of criminal activity, but it seemed to be as if a trend was developing.

I have a friend of mine who is a professional clown and does all kinds of work with children’s and charity activities. You would not find a nicer person in all the world than my good clown friend. I have not talked to him about this new development in clownville, but I am sure he has a good take on it.

The purpose of the clown is to make people laugh. That’s all.

Now even a certain fast food chain has given their clown a vacation until some of this nonsense passes over. I think this is stupid.

I believe that if somebody is misusing the clown motif for

“naughty activities,” the people who are affected the most should justly punish him. And by that, I mean children and people who still are acting like children.

If any of these people dressed in a clown outfit should be caught doing something that is unclownish there should be some very dire circumstances administered in an appropriate way. Like a pie in the face.

At one time, no circus was complete without a whole bunch a clowns keeping the merriment going strong. All of these false clowns should be gathered together and dealt with rather brutally. After all, if you are going to defame such a sacred character in the American culture, you need to be dealt with very severely. How dare somebody do this sort of thing to an iconic figure of American society?

Why is it we have some people who will take something that is very precious to certain people, turn it around and make it a very negative and nasty thing? There should be a law against that sort of thing. Where is the politician that is going to put his or her foot down against this kind of travesty in our society?

Is nothing sacred anymore in our country? I think the apostle Paul had something like this in mind when he wrote, “Unto the pure all things are pure: but unto them that are defiled and unbelieving is nothing pure; but even their mind and conscience is defiled” (Titus 1:15).

Why will some people take something that other people get pleasure from and turn it into something negative? Only a corrupt mind would do this. Dr. James L. Snyder is pastor of the Family of God Fellowship Ocala, FL where he lives with the Gracious Mistress of the Parsonage. Call him at 1-866-552-2543 or e-mail jamesnsnyder2@att.net. His web site is www.jamesnsnyderministries.com.



By Pastor Ray Dare

The book of Galatians is all about freedom. That’s the whole theme of the book. Paul was angry when he wrote the letter, because he had started a church in Galatia and after he left, a certain group of people called Judaizers came in and almost destroyed the church through judgmental and legalistic attitudes. They said, “You’ve got to keep all of these rules and regulations we set up.”

As a result Paul got hopping mad! He said, “You foolish Galatians! Who has bewitched you? ... After beginning with the Spirit, are you now trying to attain perfection by human effort?” Galatians 3:1, 3.

People love to have their ‘do’s and ‘don’ts’. We all have our little no-no list. But have you noticed that my list doesn’t match your list? One group says, “You can’t wear makeup”. Another

Pastor Ray's Encouraging Words

Don't Let Anyone Steal Your Freedom

group says, “It’s ok to wear makeup but you can’t dance”. Another group says, “It’s ok to dance, you just can’t smoke”. Another group says, “Well, smoking doesn’t send you to hell, it just makes you smell like you’ve been there!”

No society was more legalistic than New Testament Palestine. The spiritual policemen of that day were called Pharisees. They went around with checking on everybody. They were very judgmental, critical and intolerant. Jesus said to these Pharisees, ‘You phonies! You make up rules that even you yourselves don’t keep.’ That’s not what God wants. God wants relationships not rules. Jesus said what’s most important is that you love God and love others. Love God, love others. That’s what counts in the Christian life.

If you want to do what’s right, look at Galatians 5:14. “The entire law is summed up in a single command ‘Love your neighbor as yourself’”. If you’re ever in a situation where you wonder... “What should I do? What should I think about that situation or person?” When

you don’t know what’s right or wrong, you can always choose to love, because love never fails.

I dream of a church where people have the freedom to be real - imperfections, habits, faults, weaknesses, hang-ups and all! I dream of a church based on love, not legalism. I dream of a church based on grace, not guilt. I dream of a church based on relationships, not rules or religion. I dream of a church where people can be real without fear of judgment or shame. Jesus didn’t die that you might keep rules. He died that you might have a relationship with Him. He wants you to serve Him out of love, not out of fear or duty. Jesus said, “If the Son sets you free, you will be free indeed!” John 8:36.

Wherever there is genuine Christianity, you find freedom. “...Where the Spirit of the Lord is, there is freedom.” 2 Corinthians 3:17. Don’t let anybody steal that from you.

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Sunday service at 10 am
“We Do Church Differently”
www.NBC4U.org

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A Purpose Driven Church

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www.nbc4u.org | (916) 992-1997



Got Church News? Call 773-1111

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

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

Saint Francis Episcopal Church

welcomes you

SUNDAYS AT 9 AM, WORSHIP WITH MUSIC
MONDAYS AT 10 AM, HEART AND SOUL
TUESDAYS AT 10 AM SENIOR PRODUCE MARKET

11430 Fair Oaks Blvd. Fair Oaks, CA 95628 | www.saintfrancisfair Oaks.org

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For more information, visit
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Saint Francis Church Center Parish Hall
11430 Fair Oaks Blvd. Fair Oaks, CA 95628

Every Tuesday 10 - 11am
Outstanding quality produce at low wholesale prices!
CASH ONLY

For more information, go to
saintfrancisfair Oaks.org/senior-produce-market

DELIVERY ROUTES AVAILABLE CALL 773-1111



Quick Quack Car Wash Sponsors Creative Writing Contest

SACRAMENTO REGION, CA (MPG) - Quick Quack Car Wash, a Roseville, California based company, has announced the sponsorship of a creative writing contest aimed at fourth to twelfth-grade students aged eight to 18 years old. The writing contest encourages students to invent the biography of the company's beloved mascot duck named Quackals.

The contest has an entry deadline of November 1st and has a grand prize of \$1,000 for the selected entry and eight \$100 prizes for one winner chosen from each grade level. The teacher and parent or guardian of each winning student will receive Free Unlimited Car Washes for one vehicle for one year. Winners will be selected by Quick Quack Car Wash and



its customers. Winners will be announced on December 1, 2016 and posted on DontDriveDirty.com.

"For years we have wanted to tell the story of Quackals, the Quick Quack Duck, and share with our fans more of his background and how he became our mascot," said Travis Kimball, Chief Marketing Officer of Quick Quack. "Now we have the opportunity to let our fans participate in that storytelling.

We are excited to read all of the creative entries describing where he came from and how he ended up as the mascot of our growing chain of car washes."

Quick Quack Car Wash has an established track record of being an active community partner, sponsoring local events and athletic programs as well as contributing to community groups' fundraising efforts. Quick Quack is regularly named the favorite or best car wash in the areas where they operate and has been recognized and honored for sustainable business practices and water conservation.

More information is available online at www.DontDriveDirty.com. ★

Dedicated To Local Charities
The Lakeview Village Ladies Club

Craft Fair

Cafe and Bake Sale

Jewelry, Linens, Art, Toys, Books, Christmas Items, and much more!

Saturday, November 5th
9:00 a.m. to 2:00 p.m.

Lakeview Village Clubhouse
6211 Summerset Lane, Citrus Heights
Near Auburn Blvd. & Van Maren Lane
916-725-0223

Senior Special Discount Living Trusts

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Union Gospel Mission Sacramento

For more than 50 years, Union Gospel Mission has been serving Sacramento's homeless with shelter, meals, clothing, a rehabilitation program and a life-changing Gospel message. Founded in 1962 by concerned Christians for men in need, the Mission also serves women and children. The Mission is an amazing testament to the good that comes with committed volunteers, inspired leadership and the community's support.

Matthew 25:40
"Caring for the Least"

50+ Years of Service
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Exec. Director, Pastor Tim Lane • P.O. Box 1108, Sacramento, CA 95812
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listen online & visit us at: www.ugmsac.com Facebook.com/UGMSAC

EASTER'S

Catholic Book and Gifts

GRAND RE-OPENING CELEBRATION!

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AUXILIARY BISHOP MYRON J. COTTA
FRI, OCT. 21, 10:00 AM - WILL BLESS THE STORE

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ONLINE REGISTRATION

Cook-off and Vintage Car Show Raises Funds

Raises Funds to Brighten Christmas for Children Surviving Domestic Violence



Hard working chili sample servers take a break from dishing out samples of 15 cook-off competitors chili. Ingredients in the top 3 recipes include chorizo and black beans, four kinds of hand ground chilies, apple cider vinegar, and Hawaiian -Portuguese turkey sausage. Photo by Tony Battaglia

Continued from Page 1
the trophies. Nor Cal’s Michael Sparman and Wally Schnierle also created five unique trophies from used car parts featuring a myriad of belts, gears, and other internal workings of a vehicle. Following the presentation of all the other awards, Nor Cal’s coveted “Best of Show” was awarded to Darla Buechner for her 1967 purple Camaro, which had just been lovingly restored in 4 weeks by Buechner’s husband, Matt. Daughter Mandy Buechner accepted the trophy



Owner of the replica Ghost Busters hearse Michael Lee (left) with son Mike Lee. The hearse won the Fred Flintstone award. The team entertained children and adults alike as they reminded their audience of the 1984 movie of the same name. Photo by Tony Battaglia

Small Businesses Praise Senator Nielsen’s Voting Record

SACRAMENTO, CA (MPG) - Citing his experience and strong advocacy of small businesses, the National Federation of Independent Business/California (NFIB) awarded Senator Jim Nielsen (R-Gerber) a perfect score of 100 percent.
“California continues to be a difficult place to do business – from the burdensome regulations to the out-of-control lawsuits,” said Senator Nielsen. “Elected leaders must do all we can to hold the line and help small businesses thrive. I am humbled to have received such an honor from NFIB.”
“Senator Nielsen is a leader we turn to in our efforts to support small businesses. We applaud his dedication and passion in supporting small

Suspect Arrested for Drug Possession, Drug Sales, and Possession of Stolen Property

CITRUS HEIGHTS, CA (MPG) - On September 22, 2016, at approximately 7:00 AM, the Citrus Heights Police Department SWAT Team served a Search Warrant at a residence located on the 8300 block of Olivine Avenue, in Citrus Heights.
This investigation leading up to this search revealed the resident was in possession of drugs, and selling drugs from the residence. Upon the service of the Search Warrant, Officers located evidence of the drug possession, sales, as well as stolen property linked to stolen vehicles, and vehicle burglaries from the Sacramento and Roseville area.
Detectives were able to identify victims of these related

burglaries and thefts and eventually return some items to the victims. Some of the property recovered included personal belongings, suspected identity theft items, and a stolen trailer.
Detectives are continuing their investigation and will be seeking to arrest others who may be involved in criminal activity related to these crimes.
The suspect, a 61 year-old white male from Citrus Heights, was arrested and transported to the Sacramento County Jail for multiple felony charges.
The Citrus Heights Police Department is extremely grateful for the partnership and cooperation from our community which aids in the identification

Trophy sponsors included Buechner Consulting Service, Hernandez Law, Bella Mane Salon Studio and Denise Jacks, Citrus Heights Curves.
A dozen volunteers from Citrus Heights Bayside Church also worked hard from set up, to helping wherever needed, to tear down. Children’s activities and generous raffle prizes rounded out the festivities. Participants and attendees alike left the event satisfied and knowing they had helped contribute to a worthy cause. ★

Jullianna Pingul, October 2016 Student of the Month



Pictured are: (L-R) Citrus Heights Chamber Education Committee Member Robin Stuhr, Assemblyman Ken Cooley, Congressman Ami Bera, Student of the Month Jullianna Pingul of Sylvan Middle School, representing Senator Jim Nielsen’s office Landon Wolf, representing Sacramento County Supervisor Roberta MacGlashan’s office Ted Wolter, and City of Citrus Heights Council Member Sue Frost

By Kristan A. Schnepf, Principal, Sylvan Middle School

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Chamber’s Education Committee honored Jullianna Pingul, 8th grade student at Sylvan Middle School in Citrus Heights, as the October 2016 Student of the Month. The award was presented at the Chamber’s October 11, 2016, luncheon held at the North Ridge Country Club in Fair Oaks.

Jullianna is Sylvan’s Student Body President. She is in all honors classes and our high school level

math class. She has straight As and is an outstanding student. She is in Sylvan’s Ambassador Program and is a true leader on campus, and she volunteers at the Folsom Zoo each year. Her favorite subject is math and it comes very easy to her. She wants to be an architect or a doctor. She loves Sylvan’s STEAM focus because it helps prepare her for college. After high school Jullianna wants to attend Stanford or UC Berkeley. She is Bilingual and is fluent in Tagalog.
When Jullianna is not in school she loves to spend time with her family outdoors. She likes to camp, hike and go to the

lake. She is helping Sylvan start a Track Team and is part of our Running Club. Her teachers say she is responsible and collaborative. Her friends say she is a good friend with a great sense of humor. Sylvan is very lucky to have Jullianna leading our student body.
Lunches for the student and guests are sponsored by local businesses. Many thanks to our Student of the Month lunch sponsor Sunrise Marketplace, courtesy of Kathlynn Carpenter, and to Paul Buchanan of B-West Marketing Group for providing a special memory t-shirt for the Student of the Month. ★

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TRUNK OR TREAT

Saturday, October 29th
5pm - 7:30pm

Come and enjoy trunk-or-treating games and food!

Call for more info! (916) 723-5223

Metro Fire and the Sacramento Kings Celebrate Cancer Survivors



After meeting with the survivors, the Pink Engine and the Kings’ crew passed out pink Cancer Awareness items at Arden Fair Mall. Join Metro Fire’s Pink Engine at tonight’s Kings Game, the first home game in the new Golden 1 Center.

SACRAMENTO REGION, CA (MPG) - Metro Fire and the Sacramento Kings, partnering with Albie Aware Breast Cancer Foundation, tried to make the weekend of three breast cancer survivors a little brighter, and a lot “pinker”. Metro Fire’s Pink Cancer Awareness fire engine, and its crew, drove two Sacramento Kings Dancer’s, to the home of each survivor. The Kings Dancers surprised the survivors with a bouquet

of pink flowers, a bag of Kings Memorabilia, and tickets to today’s Pre-Season game. The three survivors, Laura Andrus, Teresa Partington, and Therese Shaw, along with their families, were able to take a lot of pictures with the engine, crew and dancers, and more importantly, tell their stories of survival.

After meeting with the survivors, the Pink Engine and the Kings’ crew passed out pink Cancer Awareness items at Arden

Fair Mall. Join Metro Fire’s Pink Engine at tonight’s Kings Game, the first home game in the new Golden 1 Center. The crew and the engine will be available on display, so make sure to take plenty of pictures, then submit them to PinkEngine@metro-fire.ca.gov to take part in the District’s photo contest. For more information on Metro Fire’s Cancer Awareness Engine and the photo contest, visit our website at metrofire.ca.gov ★

Senator Gaines Rips California’s Business Climate On Verizon Closure

SACRAMENTO, CA (MPG) - Senator Ted Gaines issued the following statement on the closure of the Verizon customer service center in Rancho Cordova and the 1,000 jobs lost as a result of that closure: “Who can be surprised by this? California is doing everything it can to drive businesses out of the state. Sky-high workers compensation costs, painful energy costs driven by unchecked environmentalism, and now a minimum wage shooting up by 50-percent in the next few years, it’s little wonder that Verizon is packing up.

“A study this year showed 9,000 California businesses had relocated or expanded out of state recently. Sacramento recently lost Campbell’s, Waste Connections, and now Verizon. Those are more than statistics and stories; each one is a tragedy for families who are paying the price for California’s anti-business policies. “Just today, Silicon Valley legend Hewlett Packard announced that it would be laying off 4,000 employees. How legislators can push for the expensive and useless high speed rail or keep

pushing for ever higher taxes while workers are being pink-slipped by the thousands is amazing to me and needs to stop. Lower taxes and smarter regulations would show businesses that California is not a place to leave, but a place to grow and invest. I’d rather see that than Verizon’s tail lights.” *Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties.* ★

Healthy, Wealthy & Wise

Fair Oaks Sunset Farmers Market
WEDNESDAY, 3 PM - 7 PM
8101 Sunset Ave, FO
OPENS MARCH 16
Seasonal, Rain or Shine

Historic Folsom Farmers Market
SATURDAYS, 8 AM - 1 PM
915 Sutter Street, Folsom
Year Round, Rain or Shine

Carmichael Park Farmers Markets
SUNDAYS, 9 AM - 2 PM
5750 Grant Ave, Carmichael
Year Round, Rain or Shine

SATURDAYS, 8 AM - 1 PM
Sunrise Mall Farmers Market
6196 Sunrise Blvd, CH (Behind Sears)
All Year Round, Rain or Shine

- ⇒ Live Music & Entertainment
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Bring this flyer with you to any market location and receive **FIVE raffle tickets** to enter to win our **Monthly Farmers Market Gift Basket!!** (mpg)

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Sacramento CHORAL SOCIETY & Orchestra
Donald Kendrick, Music Director

21ST CONCERT SEASON 2016-2017

Stained Glass Concert

ALBINONI | *Adagio for Organ and Strings*
JAMES WHITBOURN | *Lux in Tenebris*
JAKE RUNESTAD | *The Hope of Loving*
OLA GJEILO | *Luminous Night of the Soul*
PERGOLESI | *Magnificat*

Ryan Enright, Organist
SCSO Chamber Orchestra

SAT, OCTOBER 22 AT 8:00 PM
Fremont Presbyterian Church

Reserved Seating: \$40 | General Seating: \$30 | Students \$15
TICKETS: 916 536-9065 or SACRAMENTOCHORAL.COM

2 SHOWS!

Wells Fargo Home for the Holidays
Guests: Sacramento Children’s Chorus
Lynn Stevens, Director
SAT, DECEMBER 10
AT 2:00 PM AND 7:30 PM
Sacramento Memorial Auditorium

TICKETS SCSO OFFICE | 916.536.9065 CCT BOX OFFICE | 916.808.5181
SACRAMENTOCHORAL.COM

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Reservations Required
Please RSVP for the day of your choice.
Seating is limited to 30 attendees per seminar.

This 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, including Veteran’s 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.

FREE LUNCHEON SEMINARS

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St. Francis

Elk Grove Memorial Park
9189 East Stockton Blvd.,
Elk Grove, CA 95624
RSVP: (916)732-2031 or on-line at www.EastLawn.com
Thurs., November 10 Dinner

www.EastLawn.com

Participate in the City's 20 Year Anniversary!



In January 2017, the City of Citrus Heights is celebrating 20 years of cityhood! As one way to celebrate all year long, the City is assembling Top 20 Lists, created by YOU, the community. The lists will highlight different aspects of our community, including:

20 City Awards and Accomplishments

20 Neighborhood Projects

20 Community Leaders (no elected officials, they will be highlighted separately)

20 Oldest Businesses

20 Best Events

20 Longest Residents of Citrus Heights

20 Facts about Citrus Heights

20 City Landmarks

20 Service Organizations

When are submissions being accepted?

Submissions will be accepted through October 28th. All submissions will be entered into a raffle to win a prize!

Where can I make a submission?

Submissions may be submitted three ways:

1. By emailing edrda@citrusheights.net;
2. Completing an online survey at <https://www.surveymonkey.com/r/CHTop20>; or
3. Via paper submissions that can be picked-up and dropped off at City Hall, the Community Center or the Police Department.

Where will the final lists be displayed?

Lists will be announced each month in 2017 on the

City's website at www.citrusheights.net, via the 20 Year Anniversary Notify Me, at the City Council meetings and in the Citrus Heights Messenger. All lists will be featured in alphabetical order.

Three additional lists will be generated during the year through social media submissions. With these submissions we are encouraging the community to submit their photo or idea digitally. These three special lists are: 20 Things We Love About Citrus Heights, 20 Natural, Scenic Spots to Enjoy, and 20 Best Photos. Stay tuned for more information on this submission process by signing up for the City's Notify Me at www.citrusheights.net (select "Citrus Heights 20th Anniversary") and following the City on Twitter @CAny questions, please contact Devon Rodriguez, Development Specialist, at drodriguez@citrusheights.net.

\$10
Only
Per Session

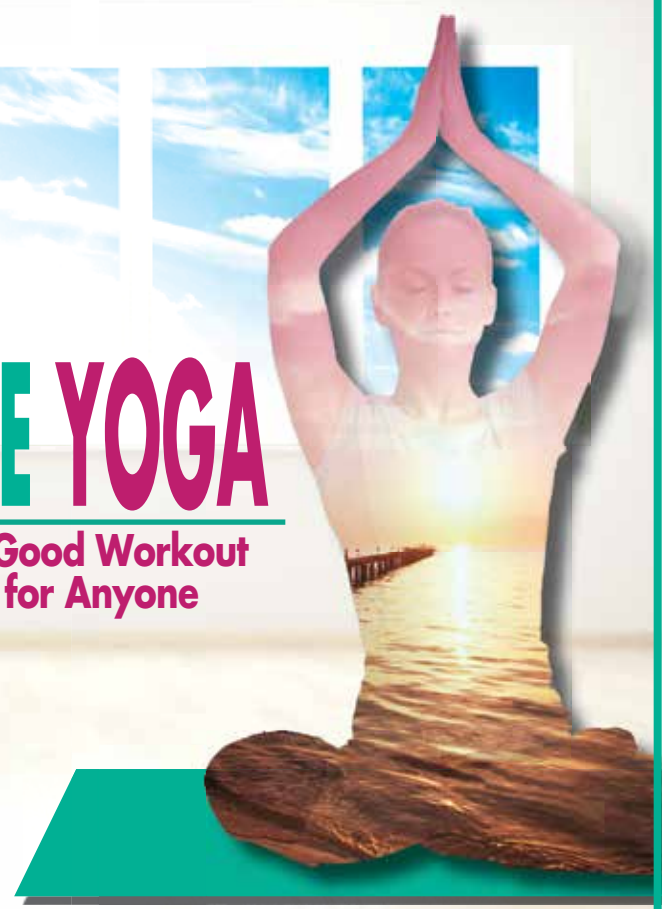
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5.5 Oz.
All Varieties
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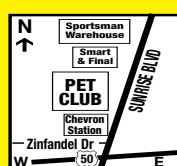
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DINGO
MEAT & RAWHIDE CHEWS
All Varieties
50% OFF
Our Super Low Price

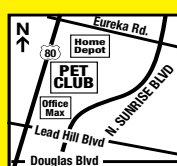
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M-F 9-8, SAT 9-7, SUN 10-7 Effective 10/19/16 - 10/25/16



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Food, or Supply Limit 1 PLU 321
Limit 1 Coupon Per Family CHM
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\$1.50 OFF
ANY PURCHASE OF
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(Excluding Pet Food or Litter)
Cannot be used in conjunction with
advertised sale items or similar percentage
or dollar off coupons. Limit 1. PLU 324
Limit 1 Coupon Per Family CHM
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NATURAL DRY DOG FOOD
24-26 Lb Bag Limit 2 Bags Per Family
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Effective 10/19/16 - 10/25/16

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Limit 2 Bags
Per Family **\$11.99**
Effective 10/19/16 - 10/25/16

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DRY DOG FOOD
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SCOOPAWAY
CLUMPING CAT LITTER
20 lb Box
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Per Family **\$5.49**
Effective 10/19/16 - 10/25/16

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CANNED DOG FOOD SALE
Limit 2 • Dog Food 13 Oz **99¢** Cat Food 3 Oz **63¢**
Natural Grain-Free **EARTH BORN**
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•Primitive Feast •Great Plains Feast •Meadow Feast •Coastal
Catch 28 Lb Bag Limit 2 Bags Per Family (Reg Price \$43.99) **\$39.99**
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CLASSIC NATURAL DRY DOG FOOD
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WILDERNESS DRY CAT FOOD **AS MARKED OFF**
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•Weight Control 100% Grain Free **OUR REGULAR LOW PRICES!**
11-12 Lb Bag Limit 2 Bags

WORLD'S BEST
CAT LITTER
14 Lbs **\$11.99** Original **\$12.99** Extra Strength
Limit 2 Bags
PRECIOUS CAT
CLUMPING CAT LITTER **\$5.99**
18 Lb Bag
Limit 2 Bags Per Family
JONNY CAT
PREMIUM CAT LITTER **\$1.69**
10 Lb Bag
Limit 2 Bags Per Family
CAT'S PRIDE
FRESH & LIGHT PREMIUM CLUMPING CAT LITTER
SUPER BUY \$5.99
15 Lb Jug Limit 2 Jugs

All Varieties **PEDIGREE**
CANNED DOG FOOD **69¢**
•Choice Cuts in Gravy •Chunky Ground Dinner
•Chopped Ground Dinner 13 Oz. Limit 2 Cases (12ct)
All Varieties **BENEFUL**
PREPARED MEALS **\$1.39**
10 Oz. Limit 1 Case
•Original Choice 16 Lb Bag
Limit 2 Bags Per Family **MEOW MIX**
DRY CAT FOOD **\$10.99**
•Adult •Mature Adult 30 Lb Bag
(Lrg Breed Adult \$39.99) Limit 2 Bags **SCIENCE DIET**
IDEAL BALANCE DRY DOG FOOD **\$35.99**

ADVANTAGE FLEA CONTROL & TREATMENT
Dog 1-10 Lbs. (Green) Dog 55+ Lbs. (Blue)
Dog 11-20 Lbs. (Teal) Cat 1-9 Lbs. (Orange)
Dog 21-55 Lbs. (Red) Cat 9+ Lbs. (Purple)
Limit 2 Per Family. Cannot be combined with any other offer **\$4.00 OFF**
OUR REGULAR LOW PRICE
BLUE BUFFALO & WILDERNESS
•Health Bars •Jerky Treats
•Dental Chews All Varieties **20% OFF**
OUR SUPER LOW PRICES
STAR MARK
PRODUCTS All Varieties
•Treat Ball •Clickers •Treats
•Bento Ball •Durafoam
Disc & Ball •Chewball •Mints **20% OFF**
OUR SUPER LOW PRICES
BODY GEAR
MATS & PADS All Sizes **20% OFF**
OUR SUPER LOW PRICES
PETMATE
REPLENDISH Auto-Watering & Auto-Feeding System **20% OFF**
OUR SUPER LOW PRICES

PENN-PLAX CASCADE POWER FILTER SALE
MODEL TANK SIZE
CASCADE 100 20 Gal. **\$13.99** Revolutionary
CASCADE 150 35 Gal. **\$19.99** Bio-Falls Quad
CASCADE 200 50 Gal. **\$24.99** Filtration System
CASCADE 300 100 Gal. **\$29.99**
TETRA BOXED 10 GALLON TANK
With Economy Kit Limit 1
Just add Heater For Tropical Fish **\$36.99** Per Family
KORDON WATER CONDITIONERS
Amquel 16 Oz. **\$5.99**
Amquel Plus 16 Oz. **\$5.99**
Novaqua Plus 16 Oz. **\$5.99**
REEF CRYSTALS
50 Gal. Salt Mix **\$15.99**

BONUS COUPON
FANCY FEAST
ELEGANT MEDLEY CANNED CAT FOOD
Selected Varieties - 3 Oz
Limit 6 Cans with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 10/19/16 - 10/25/16 **59¢**
CHM PLU 368

BONUS COUPON
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 10/19/16 - 10/25/16 **69¢**
CHM PLU 446

BONUS COUPON
ARM & HAMMER
CAT LITTER DEODORIZER
20 Oz Box
Limit 2 Boxes with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 10/19/16 - 10/25/16 **\$1.49**
CHM PLU 422