



Living Sky High Dreams

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JUNE, 2017

IT'S TIME TO WAKE UP CANCER'S CALL FOR LIFE



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PENNY FOR MY THOUGHTS?



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ROYAL COMPANIONS OF GOLD RIVER



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Back to the 80's Store Has Expansion in Its Future



Christopher Knecht (above), owner of Back to The 80s Store & More in Rancho Cordova, is enjoying a successful first year in business and preparing for relocation to a larger space in fall 2017. Christopher Knecht enjoys an ice cold TAB (at right), one of the half a dozen retro drinks on sale in his store featuring 1980s era memorabilia, including some of the plush toys and dolls he's cuddled up with.

Story and Photos by Jacqueline Fox

RANCHO CORDOVA, CA (MPG) - 1980's memorabilia is so hot, just one year after opening its doors Rancho Cordova's Back to the 80s Store & More is preparing for the future with a fall relocation and expansion to accommodate a larger collection, as well as a new retro video game arcade for all ages during the day and a 21-and over nightclub.

"It's been an amazing year," says Christopher Knecht, 39, who opened the store in March of 2016 after a career in the restaurant management industry. His store's success mirrors what's going on across the memorabilia sector nationwide. While clothing, jewelry and housewares are losing some market share to online retailers who can offer fast shipping and steep discounts, brick and mortar memorabilia stores remain somewhat insulated. Sales for the store tripled in the first three months and have increased 30 percent in the last quarter.

"I think people want to come in to the store and have an experience that you can't get online," said Knecht. "They can buy stuff on eBay or another site, but customers tell me all the time they love buying in person because they want to see what we have and have a personal experience of nostalgia, not just for themselves but also with their kids."

The store offers a vast collection of 1980s era collectables, including band posters from the likes of Duran Duran and The Bangles, walls of plush E.T. toys and others from the

era, replicas of Pee Wee Herman's fuzzy blue chair, Star Wars memorabilia, vintage T-shirts, retro jewelry, sunglasses and other totally awesome accessories, as well as trading cards, toys, candy and drinks. On third Saturdays, the store features a parking lot party with celebrity guests, art, cover bands, food trucks and a costume contest.

Knecht has secured a lease for a 4,000 square foot space near the current location. He's planning for a fall grand re-opening and will be significantly expanding his memorabilia collection. But the new space will be more than just a store. Knecht is bringing in roughly 60 vintage arcade games, including Pac-Man, Ms. Pac-Man and old school Xbox with dual controls, and will be running the space as a family arcade and store during the day for all ages. There also will be TVs throughout the new store, blasting out retro music videos and classic cartoons, as well as a Slush Puppie machine.

"You gotta love the original Slush Puppy," Knecht said.



After 9 p.m., the store and arcade will shift to a 21-and-over music venue called "Club Retro" with a full bar and live bands dedicated to the era. Berlin, perhaps most famous for its break out hit "The Metro," is already signed on for a performance, and there are plans for monthly concerts with other heavy hitters, such as Tears for Fears and The B-52s, as well as weekly gigs featuring 80s tribute bands.

"I am reliving my own youth in this

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SACRT Offers Free Transfers for Connect Card Users

SACRAMENTO, CA (MPG) - With a unanimous vote, the Sacramento Regional Transit District (SACRT) Board of Directors approved a pilot program to provide a free 90-minute transfer option to passengers who use a Connect Card, the region's new smart card fare payment system. The transfer option will be available to customers beginning on Thursday, June 15, 2017, marking the official launch date of the new Connect Card system.

RideSacRT, the agency's mobile fare app, has included 90-minute transfers since its roll-out in January 2016. The new Connect Card is expected to be more widely used since the initial cards will be free, whereas the mobile app requires a smart phone. Transfers on the Connect Card will be good for unlimited boarding within a 90-minute period on both bus and light rail, just like the mobile fare app. The free transfers are expected to help generate additional ridership.

Connect Cards can be loaded with transit passes and stored value online, SACRT's Customer Service and Sales Center located at 1225 R Street, and at participating retail outlets. Customers who prefer to pay with cash will also be able to receive the benefits of the 90-minute transfer by simply loading cash onto their Connect Card at SACRT's Customer Service and Sales Center, and at select retail outlets, including Raley's/Bel Air markets in mid-June when the Connect Card officially launches.

The Board action comes on the heels of news that fare revenue has increased by 18% over the past nine months, despite a decline in ridership. The revenue increase is being attributed to SACRT's fare enforcement efforts, which has successfully reduced SACRT's fare evasion rate from more than 15% a year ago, to just 5% now. "SACRT staff has taken every measure to ensure that our trains and buses are cleaner and safer than ever before," said Henry Li, General Manager/CEO. "Fare enforcement efforts have reduced the number of non-fare paying passengers and increased the security presence throughout our system. It's a win for everyone"

Bus agencies throughout the Sacramento region are also adopting the Connect Card in order to provide seamless travel for passengers transferring from one bus line to another. The free

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Living Sky High Dreams

Air Show Director Darcy Brewer Soars to the Challenge

By Shelly Lembke

MATHER, CA (MPG) - Darcy Brewer, the director of the hugely popular California Capital Airshow (CCA), recently sat for Q&A that was a little unusual. She generally fields questions about the CCA, but offers the public a special insider's look at her position and how she handles her enormous responsibilities.

Q: Can you please tell me about your position with the airshow?

A: My official title is Executive Director, which for an organization with so few staff always seemed a bit funny to me. The image in my head of a non-profit ED usually includes a mop and a variety of cleaning supplies (it's just THAT glamorous). But in reality, this position does have a great amount of responsibility/ accountability as my primary job is keeping everyone together and informed...over 1,000 volunteers, 20+ members of the California Capital Airshow (CCA) Board of Directors, a six-county region of residents.

Q: What does an average day entail on the off-season?

A: Good question, but there never seems to be an 'off season'! With Show preparation taking place two to three years in advance and such a varied duty roster, ya' just never know what's gonna pop up from day to day. Aside from the regularly scheduled meetings we are always surprised with an unexpected opportunity.

Q: What does an average day entail during the event?

A: Delightful chaos. 18-20 hour days (for a more than a week, not just the two event days the public sees), media support begins around 4:30am, daily



Darcy Brewer leans casually (at right) against a cherry red vintage Waco aircraft during a visit to Bryce Canyon, Utah. "The hangar is like a giant barn," states Brewer. Almost ready to take to the skies (above), Darcy Brewer is pictured in the pilot's seat of a Korean War era T-28 Trojan. Photos courtesy Darcy Brewer

volunteer check-in, ramp inspection when daylight breaks and pilot briefings -- all prior to gates opening for our fabulous fans.

Q: What personal, professional and educational experiences prepared you for where you are now?

A: I can't imagine what could prepare anyone for the juggling act this project requires -- much like many other unique career choices, you just have to jump in and figure it out. Although college gave me the educational foundation needed, I can look back from this vantage point now and see how important the guest experience training and work ethic learned from my jobs as a student have also played a key role.

Shortly after my college years,

I went into the event management industry traveling internationally for decades then much later found my true place in the world when I merged the skills acquired from my first career with my lifelong passion for aviation. Of course being a pilot and vigilant with a checklist doesn't hurt with a project of this size and complexity. Who knew a job like this even existed?

Q: Do you fly?

A: I have been flying since I was 17 years old. I truly believe that you will find no greater sense of excitement, adventure, and personal accomplishment than the feeling of your first flight. I will never forget that



day nor the encouraging voice in the tower. Finding a way to share this excitement in my work, every single day - is a dream come true.

Q: What was it like for you when you were first hired for this position?

A: Delightful chaos again. There is no training manual for this job and there had never been an Executive Director before. All you can do is jump in, try your best to make good choices and figure it out. In fact, I can tell you I still encounter something new every day and I'm sure the lessons learned will likely never end. Work hard, do your very best, ask for help when you need it.

Q: How do you feel the airshow has changed since you took the helm?

A: Well, I'm not sure the major changes had much to do with me. Someone would have energetically led the team, but it was natural for the event to grow and we were fortunate to have the space to grow BIG. We live in an incredibly patriotic community with an enormous veteran population and deeply dedicated educators who clearly understand how what we do relates to science, technology, engineering and mathematics efforts in the classroom -- and history, too.

The performances, interactive exhibits and displays and educational programs are designed to inspire young minds; spark imagination, teach students something that a book, classroom or museum cannot. This alone is a powerful example of how an Airshow can change the world, one kid at a time.

Q: What are your future goals or vision for the event in the coming years?

A: Honor our past, inspire the future and shine a spotlight on our region. The CCA is an exciting, family-friendly non-profit event designed to honor the Sacramento region's rich aviation heritage and veterans. Using the power and magic of flight to inspire young people to pursue education and careers in science, technology, engineering, math, aviation, aeronautics or aerospace. This nonprofit organization gives back to the community through scholarships, charitable group donations, and exciting educational youth programs throughout the year.

While this 501c3 was originally designed to support an

annual scholarship, this non-profit organization has grown to serve in a variety of other ways. Ultimately, we hope to reach an endowment level for STEM, Aviation and Aerospace scholarships that will serve and assist the students from our region for many years to come.

Q: Please tell me about you. Where did you grow up and what was that like for you (city, state, family, etc.)?

A: I am a California girl, born in San Francisco. My parents retired to Roseville which brought me to this area more



From nose to tail, Darcy Brewer knows her planes. Brewer is pictured here with a Piper twin engine. She celebrates youth learning (at left). Photos courtesy Darcy Brewer



than 12 years ago. I have two remarkable sisters, a brother that I adore and a gaggle of brilliant nieces and nephews. We are all very different from each other and so very close.

Q: How would you describe yourself as a child? As a teen? As a high school student?

A: I was very quiet as a student; I read all the time and had a wild imagination.

Q: What did you want to be when you grew up?

A: A lawyer, a veterinarian, a marine-biologist, a horse trainer, a travel writer and explorer. What I did know is that I would have a hard time sitting still and being inside in an office every day.

Q: You are a professional woman in a very prominent role in this community. What is that like for you?

A: Prominent? Me? Nah.

What I do is fun and meaningful. It's a labor of love. It's hard work, we get tired, dehydrated, sunburned and there are never enough hours in the day, but if you could see the smiles on the faces of the kids who come out, the tears of the WWII veterans who are moved by the tribute performances we produce each year, then you would want to be me when you grow up regardless of the long hours and never-ending challenges.

Q: What do you like to do in your free time? How do you recharge your batteries?

A: I fly. Sometimes to actually go somewhere. Sometimes just to go up. I am rarely indoors and enjoy 'chore-therapy' keeping my small hobby farm with some pretty darned cute animals, a greenhouse and garden -- love to cook and surround myself with lots of books. Also, I rarely go anywhere without George, my extraordinary Border Collie.

Q: What inspires you to get out of bed each morning?

A: I never know what will cross my path from day to day and that is exciting. Who will I meet? What new program will we develop to serve our community or for kids to knock their socks off and encourage them to reach for the stars, fear nothing and know no limits or boundaries.

Q: What is your favorite part of your job?

A: Too much to list. The Show itself is too thrilling for words, but the kid's programs throughout the year are the most meaningful to me. I get to spend time with them, get to know their stories, hopes and dreams -- who they are and what they want to become. I see their faces light up as they climb in a plane for the very first time or meet a hero or legend that has used their education to literally change the world. It is magical what happens; to watch their imaginations soar right in front of my eyes. ★



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90-minute transfer will be available for six months, while the agency conducts an equity analysis.

The Connect Card and the RideSacRT mobile fare app will make it more convenient to ride by providing online sales, speeding up boarding times and removing the worry of having exact cash to pay fare.

Other ridership initiatives that SACRT is working on include improving service reliability; optimizing bus routes to make them reflect 21st century commuting patterns. Source: RT Media ★

Hillside Park Wins Top Facility Award



Hillside is the 36th park in the District and opened in June 2016. The park previously was honored by the Sierra Chapter of the American Society for Landscape Architects in November 2016.

SACRAMENTO, CA (MPG) - Hillside Park was awarded as the 2017 Outstanding New Facility by the California Association of Recreation and Park Districts. The distinguished award was presented to the Cordova Recreation and Park District at the 2017 Spring Conference in May.

Hillside is an 8-acre neighborhood park located in the Sunridge/North Douglas area in Rancho Cordova. The park features playgrounds, a play field, a basketball half-court, covered picnic areas and a "play hill" with concrete and steel tube water-fall slides, a rope ladder and other play structures.

Hillside park also includes water-conserving no mow grass and drought-tolerant native plants.

Award judges commented that Hillside Park is a "well-executed solution to a site with challenging topography" and they "appreciated the attention to water conservation through the use of drought tolerant plantings."

Hillside is the 36th park in the District and opened in June 2016. The park previously was honored by the Sierra Chapter of the American Society for Landscape Architects in November 2016.

Source: CRPD

Like, Totally Awesome!

Back to the 80's Store Has Expansion in Its Future

Continued from page 1

adventure," says Knecht, who explained he got his start in the shop when his father passed on a collectables business to him after inheriting an antique business from his father before him. "My grandfather really started all of this, and then my dad took it over. He would buy antiques and vintage stuff, but he also would buy us toys and things as kids, and when he did, he often bought two of them. That's how the collection started growing."

When Knecht took over the business from his father he knew he wanted to focus on the era of his own youth. The collection in the store is only a fraction of what he and his father amassed and the collection changes weekly. With sales as brisk as

they are, Knecht said he's more than ready to move to larger digs.

"We have already been working with the city for permits and they have been just great to us," Knecht said, adding that the current location will remain open as construction and final touches are put on the new store and club, which he anticipates will happen in late fall.

"We hope to be up-and-running in the new location in November."

While sales have far exceeded his expectations, Knecht said the store is truly a labor of love. To be able to expand and take the business to a new level, he says, are simply icing on the cake.

"I didn't put any of this together to get rich," Knecht said. "I'm doing this to create an

experience. If I can get someone to say to me that they were having a rough day but that coming into the store brought a smile to their face, that's what makes it all worthwhile for me." ★

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Crossword Puzzle on Page 5

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Sudoku Puzzle on Page 5

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5	7	8	1	3	2	9	6	4
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HOLLYWOOD CALIFORNIA NEWSPAPERS DELIVER!



By David Dickstein, Gold River resident

'Fool's Gold'

Penny for My Thoughts?

Not losing sleep over any of this, but now that I have your ear – make that eyes – please allow me to share some observations I've made recently that range from the good to the bad to the ugly of Gold River and adjacent:

- Had a very Gold River moment the other day when I was petting a man's dog on a walk and asked where he lived. "Right there," he said, pointing to a house four away from mine.
- For about the same price, I'll take three In-N-Out burgers over one from Five Guys any day.
- Love that the former site of Tutor Time Preschool and Bryan College reopened months ago as the Little Blossom Montessori School, but I've never seen anyone there, let alone a child. Creeceepy!
- If the rumors are true, Mountain Mike's taking over the old Chevy's location fills a huge void for us pizza lovers. For too long the Gold River-Sun River area has painfully suffered with just Papa Murphy's, Blaze, Picology, Il Forno Classico, Bel Air's hot foods deli, Domino's, Zinfandel California Cuisine, Milan, Pizza Guys and Round Table within a mile's drive.



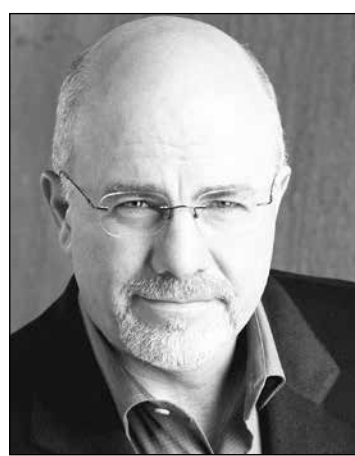
- Shame on the Gold River Racquet Club member who left a big mess in the locker

room for maintenance to clean up and the parents who let their toddler play with a bowl of rice at a Mexican restaurant, paid and walked out without even an apology. Check out my disgusting photos.

- Wish CSUS students would be prouder of their school. Too many of them answer "Just Sac State" when asked where they go to college. Hey, these days being accepted to any four-year school is an accomplishment, and Sac State is a fine university. So, please drop the "just!"
- Over the past couple of years, we put in new hardwood flooring, carpeting, French doors and blinds from four different local vendors, and not one ever followed up with a thank you or courtesy call to make sure we were happy. Guess they don't care about repeat business or referrals.
- If you're turning onto Sunrise from Coloma to eventually take the U.S. 50 west onramp, for the love of God don't use the far-left lane.
- You've probably noticed that the shady "foot" massage parlor next to Rubio's went out of business. Oh, if only those sticky walls could talk.
- Did you hear about the correctional officer at New Folsom Prison who two months ago was attacked and stabbed in the head, leg and arm by a 37-year-old inmate serving 98 years to life for kidnapping and lewd and lascivious acts with a child under 14 years old? The good news is the officer has recovered. The bad news is the scumbag is still alive.
- Am I being overdramatic when I say my life was ruined when Bel Air tinkered with the chicken curry salad recipe? Answer: Yes.
- Ironic that a couple who never apologized for blaming our since-dearly departed Roxie for "constant barking" instead of a neighbor's dog (which I don't think is true, either) has violated a number of CC&Rs themselves in the five years since. Those miserable people are lucky I have a life.
- Our local Chick-fil-A is closed on Sundays, like they all are, but it's troubling that I've seen zero cars in the drive-thru on other days as well.
- The new Life Time Athletic Club in Folsom is amazing, but do they really think expensive direct mail pieces will get Gold River residents to drive 40 minutes back and forth several days a week?

- Stretch Armstrong or Elastigirl must have installed the drive-up ATM at our local Bank of America because the only way to reach the keypad is to physically get out of the car or nearly pull your arm out of its socket.
- How nice to no longer have vape and pot shops on this side of Sunrise.
- It's been so long since the Folsom Premium Outlets didn't suck.
- Am I getting weaker or have grocery bags gotten heavier at Bel Air since the recycled bag law took effect?
- Local TV news personality Mark S. Allen, once an insult to my journalism roots, has gained my respect since rehabilitating from his second DUI arrest last year and doing terrific work at ABC10.
- Show of hands: When in the mood to do serious mall shopping, who also drives to Arden and Roseville instead of nearby Sunrise Mall?
- Elderly Asian gamblers are the lifeblood of Red Hawk Casino, but I challenge you to find a single one in all those print ads and commercials.
- Our local dry cleaners store had the nerve to charge this twice-weekly customer for a second laundry bag. Told them to keep it and started giving its competition more business. So, let's do the math: \$5 laundry bag - free advertising + less loyalty - good customer relations x lost revenue = dumb.
- Needed smelling salts the other day when my street got mail before 4 p.m.
- Remember when Goodwill donation centers were only in bad neighborhoods?
- My wife likes relish and mustard on her hot dogs and I prefer ketchup and mayo, but somehow, we've made our marriage work for 26 years.
- I'm surprised more Bel Air shoppers don't take advantage of their kitchen knives being professionally sharpened by the butcher or their meats, even the pre-packaged ones, getting a dry rub or marinade. Both are free services, people!
- Speaking of grocery stores, what a treat for this L.A. transplant to find genuine Farmer John Dodger Dogs sold at Smart & Final. Best with ketchup and mayo, dear wife.

David Dickstein can be reached at daviddickstein1@gmail.com. ★



Dave Says

Giving wisely

Dear Dave,
Our son is 13, and he wants to give half the money he received for his birthday to the nursery at our church. They need new baby toys and things like that. Should we let him give that much, or should we tell him that maybe 25 percent is enough?

- Kyle

Dear Kyle,
I hope you're proud of this kid. He's got a good heart, and it's probably a reflection of the way his mom and dad are raising him. I like this a lot.

I would very gently, and without any commanding or control verbiage, use some examples from the Bible when talking to him. There are several things to be learned about money from Scripture, and the concepts of generosity and giving are in there. There's also a verse that says we need to take care of our own households first. Another

one says in the house of the wise are stores of food and oil.

We need to do all of these things with money — in balance. Thoughtfully and prayerfully decide what your giving amount will be, so that you don't destroy your ability to save and do other important things. Talk to him about these concepts, then ask him to wait two or three days and think about his decision.

If he comes back and says he still wants to give half of it, I would encourage him to do so. But slow things down a little, and make sure this isn't a knee-jerk reaction. You need to be a wise giver, not an impulsive giver!

—Dave

- Jennifer

Dear Jennifer,

There's a good reason this idea feel unethical to you — it is unethical! Would a good friend, a smart friend, encourage you to do something as dishonorable as not pay a bill you're morally and legally obligated to pay? I don't think so.

If you're able to pay your bills, you pay your bills. It's as simple as that. Now, if you honestly can't pay the bill, and you have to settle upon a mutually agreed upon amount with the creditor or collector, then it's okay at that point to try and reach a settlement.

Otherwise, it's a simple question of ethics. Pay the bill!

—Dave

Why the smallest debt first?

Dear Dave,

My husband and I are currently in Baby Step 2, and paying off all our debt except for our home. A friend recently told us to pay off everything except for the credit card debt. She says we can then settle for a far less amount and not have so much money going out the door. This feels a little unethical to me. What are your thoughts?

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. ★

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
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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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CLUES

- CROSSWORD**
- ACROSS
1. Early stage
 6. Mythical giant bird
 9. Recipe instruction
 13. * ___ Davis, won Tony and Oscar for same role
 14. *Derek Jacobi won one in "Much ___ About Nothing"
 15. Cockatoo's cousin
 16. Cell phone bill item
 17. Rare find
 18. Winged
 19. *Three-time winner Lin-Manuel
 21. *Dick Van Dyke's winning role, 1961
 23. River in Spain
 24. Musical finale
 25. It would
 28. One of algae
 30. Sacred beetle, to King Tut
 35. Rejections
 37. Be lazy or idle
 39. Valuable musical antique
 40. Make a portrait of
 41. Christmastides
 43. Track shape
 44. Cool & distant
 46. ___ precisely
 47. Unload on eBay
 48. *"Evita" and "Cats" composer
 50. Luau instrument, pl.
 52. Sylvester Stallone, casually
 53. #49 Down, pl.
 55. ___ Zeppelin
 57. *Musical based on Charles Dickens' novel
 60. *This 5-year-old has a gift of telekinesis
 64. "My wife can vouch for me," e.g.
 65. Part of Parisian address
 67. Judge Judy's proceedings
 68. Frost-covered
 69. Table scrap
 70. Haunted house quality
 71. Sweet-talk
 72. Genetic initials
 73. Clear the board
- DOWN
1. Female gamete
 2. Not final or absolute
 3. Move like parasailor
 4. "Pomp and Circumstance" composer
 5. Tapeworm
 6. Indian music
 7. Schiller's "___ to Joy"
 8. Fast food option
 9. "Like Yul Brynner's head in "The King and I"
 10. Antioxidants-rich berry
 11. *"Kiss Me, ___," first Best Musical recipient
 12. Lamb's mother
 15. Caribbean rattle
 20. *"Hello, ___!" held record for most Tonys
 22. Proof of age, pl.
 24. Like workman's hand
 25. On spouse's side
 26. Upholstery choice
 27. Retire from military
 29. a.k.a. podagra
 31. Andy's TV buddy
 32. Great reviews
 33. Whatsoever
 34. *He traded boxing gloves for ballet shoes
 36. Snooty one
 38. Plumbing problem
 42. Inscribed pillar
 45. Intensely emotional
 49. Dark bread
 51. Boudior sofa
 54. Unwelcome computer message
 56. More dire
 57. Dish of stewed meat
 58. Capital of Peru
 59. Wild goat
 60. Of higher order, prefix
 61. Milano moolah
 62. Valedictorian's spot
 63. Away from wind
 64. ___ de Triomphe
 66. Vase for ashes

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For Solutions See Page 4

BBB Teams with ADT and Trade Associations to Help Consumers Fight Deceptive Door-to-Door Alarm Sales

BBB Special Release

SACRAMENTO, CA (MPG) - With thousands of consumers victimized by fraudulent door-to-door home security sales every summer, the Better Business Bureau is sounding the alarm about deceptive tactics.

Reaching a national audience on May 10th from Sacramento, BBB, local victims and leaders of two security industry associations joined forces to alert consumers, along with ADT, a leading home security company, BBB Accredited Business and National Partner.

"Consumers should feel safe wherever they are," said Mary E. Power, president and CEO of the Council of Better Business Bureaus. "When a con takes advantage of people, literally at their front door, it poses a significant challenge. We appreciate the industry taking a lead on helping BBB address these deceptive sales tactics."

BBB was represented today at the Sacramento event by Lynn Conner, interim CEO of BBB serving Northeast California, who echoed Power's thoughts: "We

hope our outreach will educate consumers on what to do when they encounter someone using deceptive sales tactics at their front door."

In 2016, over a half million consumers across North America used BBB resources to research information about home security companies. But thousands also complained about dishonest and misleading sales pitches.

Speaking out today was victim Marie Marshall. The 86-year-old was deceived into switching her ADT service to another company which the salesman falsely claimed was affiliated with ADT. Marshall is now in a 60-month contract with that company, paying a higher monthly rate.

"By the time I realized I had signed with another company, it was too late," said Marshall. "I am very disappointed that I got duped into doing business with a company that practices deceptive sales."

BBB shared tips for consumers who are considering a home security system (bbb.org/homesecurity), and also released advice to potential employees who are

being recruited to spend their summers knocking on doors (bbb.org/alarmsales).

"We urge those who are selling security systems to abide by the BBB Standards for Trust," said Conner. "Tell the truth, honor promises, and embody integrity."

Jay Hahn, Executive Director and CEO, The Monitoring Association said "We are in the life-safety business where credibility is incredibly important. So, it pains me, greatly, to hear about how a few unscrupulous sales reps are giving a black eye to an entire industry that I dearly love. Cleaning up our industry is job one. We're making progress and getting our messages out. Some companies like ADT and Protection One are leading the way by fighting deceptive sales through legal action in a court of law and through PR opportunities in a court of public opinion."

In 2016, people turned to BBB more than 167 million times for BBB Business Profiles on more than 5.2 million businesses and Charity Reports on 11,000 charities, all available for free at bbb.org. ★

POPPOFF!

with Mary Jane Popp

negativity, and spiral into despair, or you can let cancer be a catalyst for learning once and for all how to take care of yourself.

2) ALLOW YOURSELF TO GRIEVE. For many, cancer causes tremendous grief. Fully experiencing this grief instead of holding it in, is healthy and natural. She insists that you must allow yourself to grieve fully and points out that grieving is very different from wallowing in negative thinking.

3) UTILIZE CRUCIAL TOOLS FOR HEALING. In addition to your medical treatment plan, there are steps you can take to balance your energies and increase your healing. Remember that a cancer diagnosis signals the loss of your life as you knew it, and after grieving this loss, it's very important to let go of lingering feelings of negativity, fear, and stress.

4) USE THE LAW OF ATTRACTION TO AFFIRM BETTER HEALTH. Susan explains that we live in an energetic universe and that we, including our thoughts, are energy. She also emphasizes that like energy, attracts like energy. Therefore, the words you say to yourself

matter greatly and affect the level at which your energy vibrates. In order to support healing, your energetic vibrations need to be high. If you choose to wallow in anger, bitterness, and grief, not only will you feel bad emotionally, but the low vibrations you're emitting will also weaken your immune system and slow healing. "It's vital to think feel-good thoughts and affirm gratitude. Positive affirmations can help with this process. Each day...and especially when you feel yourself slipping into despair...say a few affirmations to support your healing." Here are a few affirmations she recommends: I am healing little by little; I am aligned with my heart; I am love and I am loved. I am grateful for my blessings. My medications are helping to eliminate cancer.

These are the first four principles to guide and heal you along your cancer journey from Susan Apollon's "An Inside Job." Next time around, we'll cover the last of the seven principles. You can also check out her website www.anInsideJobforhealingcancer.com. As with life itself, it always begins with us and HOPE! ★



Healing Cancer Part One

Cancer. It's a word we hope never to hear or worse, have to deal with. But, whether it's a family member, friend, or you, the journey begins. But how do you navigate it? According to Susan Apollon, it's time to wake up cancer's call for life. She told me on my Radio Show POPPOFF that cancer does not have to rob you of your joy and peace. It can actually serve as an opportunity for tremendous personal growth, insight, and deeper healing. So, Susan tackles seven healing principles to guide and heal you along cancer's journey in "An Inside Job" A psychologist shares healing wisdom for your cancer journey.

1) CHOOSE TO SEE CANCER AS A GIFT. When you receive a cancer diagnosis, the last thing you feel is grateful, but you have a choice how to view everything that happens to you. You can lock into fear and



Make It Fun and It Will Get Done!
The Secret to Being Organized

Pam Young's Corner

A Woman's Right to Choose

To my dear prolife advocates, I have been prolife my whole life. I've never been able to buy into the pro-choice argument. I guess my conclusion has always been that if my mom had had an abortion when she was carrying me, no matter what stage of pregnancy she was in, if she had an abortion, I wouldn't be. It's really that simple.

When I was 29, I was diagnosed with viral meningitis and was bedridden for six weeks. It turned out I was pregnant too, with my third child. My doctor told me I had a 50% chance of having a vegetable. (I'm sorry that's the way we talked in the 70s.) He told me I should have a D and C (this was before abortion was legal) and the decision was up to me and my husband.

I prayed and told God that He knew I wasn't a very good caregiver of the sick (it's just not one of my gifts) so make this baby whole and healthy. Within a week I KNEW this baby was fine and everything would be alright. Joanna is 44 and is my best friend.

Recently I've been lead to get involved with the pro-life movement, so I began studying the pro-choice side, to see how they can come to the conclusions they do.

The first thing they do is call the fetus a product of conception, so we don't think of it as a human being. The acronym is POC. It occurred to me that we're all POCs. We're just in different stages of development and we use different terms to describe those stages—fetus, embryo, infant, toddler, teenager, mother-in-law, husband and so on.

Because I'm a female POC, and because of the law, if I so choose, I should be able to exhort my legal right as a woman (this does NOT include men LOL) to abort any POC if that POC becomes an inconvenience or puts my mental health at risk.

I'd like to run something by any of you who are pro-choice and are reading this. I am considering having the procedure done on my husband. He's an inconvenience and quite often he puts my mental health at risk. I'm therefore planning to take him out and I think I'll have an excellent defense and have the law on my side!

First, I want you all to know I'm not going to be the one to do the procedure. I'm planning to find an abortionist (you'd probably prefer to use the word "procedurist") who'll do a late stage procedure.

Second, when I said I'm *planning*, that's because you know that the bigger the POC the more money the procedure will cost, so I've signed my husband up with Jenny Craig in the hopes he'll lose about 50 pounds in the next six months therefore saving me a lot of money. As you know, small POCs are way cheaper.

Third, I know there's the issue of "viability," and I've thought this through very carefully. Viability means the quality of being able to happen, or having a reasonable chance of success. Another definition of viable is *capable of working successfully* so I figure if any of us has a husband who is chronically at the unemployment office and always botching up projects around the house, he's a candidate for the procedure. It's a

woman's right!

Also there has been much discussion about when does a POC know it's a human. As long as a POC isn't aware that it's a person then I assume we've got the law on our side. So here's what I'm going to do. I'm planning the procedure when my husband is asleep. I'm sure when he's asleep he doesn't know he's a human, in fact he and the dog have similar actions, running, kicking and whimpering in their dreams. So I'll be giving my procedurist the best times to find my husband in slumber.

In closing, I won't be surprised if my case goes to the Supreme Court of the land and my prayer is that I can get this taken care of before Roe v Wade gets overturned.

I loved using words the PCers (Pro Choicers) use to cover up the truth that abortion is murder, and that abortionists are hit men and women killing for money. Let's be thankful Judge Gorsuch is now on the Supreme Court. I know I didn't address the environmental issue of whether or not the POC is inside or outside the womb, but I felt the ludicrousness of my plan to take out my husband is no more ludicrous than taking the life of an unborn child.

For more from Pam Young go to www.cluborganized.com. You'll find many musings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, lose weight and get your finances in order, all from a reformed SLOB's point of view. Pam's books are also available on Amazon. ★

Monthly Meeting Of Military Retirees/Spouses

SACRAMENTO REGION, CA (MPG) - Our next meeting is scheduled for June 8th, 2017 at the North Highlands Parks and Recreation District on 6040 Watt Ave, North Highlands. Time of the meeting is 10:30 hrs.

Our speakers are Dale Klug and Sylvia Hegelein and they will cover Casualty Assistance. You don't want to miss this meeting. Questions can be referred to our volunteer staff at 916-640-8446, Monday through

Thursday, 0900 to 1500 hrs. See you all on the 8th of June!

Source: Chief Moses, Director, Retiree Activities Office. 916-367-1707 ★

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The Insecurity of Job Security



Louis McNerney

When you think back to the impression you've been given your whole lifetime, you can probably tie the word "job" to security. Always accepting the notion that the longer you stay somewhere, the

better off you will be. Some of you reading this may even have upheld that notion and are now at a crossroads; you've severed ties with a longstanding employer and you're well into your working years.

Whether you have experienced it already or perhaps indirectly, the presence of ageism in the workplace exists. Employers want talent and experience, but not too much experience.

Here are the disturbing figures:

- ✓ People over 45 that are looking for a new job, often wait twice as long to find a job versus younger age groups
- ✓ There are often 3 people applying for every job
- ✓ Peak incomes are declining
- ✓ Outsourcing has become an effective tool in cutting higher operational and managerial expenses.

One would think that knowledge and experience is extremely valuable and that those years of experience would be worth acquiring and keeping, but the statistics show this is not likely the case or most employers.

In a situation where you're faced with jumping back into the pool of employment candidacy, you can do one of the following:

- ✓ Re-train or re-invent yourself (ie: go back to school, take a certification course, etc.)

but this can often be difficult and costly.

- ✓ Wait it out and continue the application and interview process hoping that something will come along that meets both the employer's needs and yours. This could take in some cases up to- or more than - a year.
- ✓ Start your own business or purchase a franchise.

Want to control of your own destiny? Provide yourself with long-term security? Achieve an income stream as well as increased equity and wealth protection? Business ownership is one of the few areas where one can achieve these qualities; often *not provided* with many jobs.

It is a common misconception that the cost of owning a business is well, expensive. Not true! A common method of business ownership that eliminates a lot of the typical costs is Franchising.

Owning a franchise reduces the cost of business ownership in many cases. There's often less risk associated, as well.

Franchising allows you to use others' trial and error to maximize your potential for success. Franchise ownership costs have decreased almost 30% over the last 5-10 years! Many of the newer and more high-demand concepts available enable people to operate out of their homes and even provide products and services nationally giving you a broad customer base.

A variety of programs are available to help fund your business including a program that allows one to use their retirement funds tax, penalty and debt free. This method is called Roll Overs for Business Start-Ups or "ROBS". Many of the country's leading brands in franchises and can offer you expert counsel in making what once may have seemed like an expensive dream, an inexpensive and successful reality.

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Royal Companions of Gold River



Sonny Boy

By Kay Burton

On April 2011, Dog World Magazine wrote a two page article on the pure-white Bolognese. Imagine their surprise when the local Burton family was featured in that Dog World Magazine with photos. A bay area friend sent their photos in as a surprise...and it worked!

Once highly sought by 14th century Italian aristocrats, continues to charm with its resounding loyalty and happy disposition the Bolognese breed are believed to have its beginnings on the ancient

Mediterranean island of Malta. The Bichon Frise, Cotton de Tulear, Havanese, Maltese and Bolognese all appear to have shared a common ancestor in their earliest day.

Kay Burton is the happy owner of Sonny Boy Burton now age 9 years. Ann Dunn, also of Gold River has the pleasure to be the owner of Danny Boy, age 11. Danny Boy was featured on the cover of the Bolognese Club of America.

Long lived, these toy breed have no major health problems. They weigh 8 to 13 pounds. The Bolognese Italian heritage dates

back many centuries, but to keep that coat pristine white it may be a good idea to skip the Marinara sauce at dinner.

The Bolognese is very intelligent and makes a great companion.

A playful, and friendly breed and will form a close bond with its owner. Their wonderful temperament is such a joy. No wonder they were considered the greatest gift one King can give another.

Email: KayBurton1@comcast.net ★



The Problems with a Carbon Tax



Commentary by Merrill Matthews

While President Donald Trump wants to cut taxes, there are others who hope to raise them -- by taxing carbon.

The idea has long been supported by environmentalists and left-leaning groups, but recently it has found support among some establishment Republicans. The notion is that by taxing carbon, the country would use less, reducing our impact on climate change.

However, there are a number of problems with the plan.

There is no viable alternative to carbon-based fuels. The goal of a carbon tax is to force people to embrace substitutes, but fossil fuels are one of the most inelastic products. There just aren't any viable and scalable alternatives.

If the price of gasoline were to rise significantly because of a carbon tax, some people would carpool or take public transportation, but the vast majority would just have to suck it up and pay the higher price.

The price of everything would rise. Economic theory says that corporations don't pay taxes, people do. Companies pass along taxes to consumers in the form of higher prices.

Because we would still have to use fossil fuels for the vast majority of our travel, transportation and power generation, a carbon tax would simply be priced into virtually every product and service.

Food must be harvested, processed and transported to grocery stores. Clothes and consumer goods must be manufactured and transported to retail outlets or to consumers' homes. Planes, trains and long-haul trucks cannot run on solar or wind power. Neither can our military.

While many power generating plants use renewable energy from wind and solar power, those renewables only make up about 7% of power generation—and that's after throwing hundreds of billions of taxpayer dollars at renewables for decades.

Thus a carbon tax would have little impact on carbon use and a big impact on what we pay for everything.

For example, Norway passed a carbon tax in 1991. They concluded, "the carbon tax effect on emissions was modest. ... This surprisingly small effect relates to the extensive tax exemptions and relatively inelastic demand in the sectors in which the tax is actually implemented."

Australia became the first country to repeal its carbon tax. When the repeal passed

in 2014, Prime Minister Tony Abbot said, "Today the tax that you voted to get rid of is finally gone, a useless destructive tax which damaged jobs, which hurt families' cost of living and which didn't actually help the environment is finally gone," according to the Wall Street Journal.

The challenge of a global economy. We live in a global economy where U.S. companies want to sell to other countries, but they have to be competitive to do so.

That's why corporate income tax reform along the lines of that proposed by President Trump or House Speaker Paul Ryan is so important. A carbon tax that raises the cost of production across the economy will make it harder for businesses to compete globally.

The good news is that the U.S. has been reducing energy-related carbon emissions without a carbon tax. U.S. Energy Information Administration announced last October that energy-related carbon emissions for the first six months of 2016 were down to their lowest level since 1991. That's in large part because fracking has made natural gas a cleaner and more affordable option than coal.

The country needs policies that help the U.S. become more competitive. Lowering the tax burden is the best way to achieve that goal.

Merrill Matthews is a resident scholar with the Institute for Policy Innovation in Dallas, Texas. Follow at twitter.com/MerrillMatthews. ★

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*US Census Bureau, Census 2010 Summary File 1, Esri forecasts for 2016

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If you are interested in such an education program for your children, we would invite you to review the registration information and complete a registration packet, a copy of which can be downloaded from the District website at <http://www.buckeyeusd.org>. Completed registration packets may be submitted to the District Office at the Valley View Elementary School campus, 1665 Blackstone Parkway, Bldg. C., El Dorado Hills. It is the District's intent to open the Valley View Elementary School with the Charter Montessori Program containing classes in TK-6 th in the 2017-2018 school year, expanding to the 8th grade by the 2019-2020 school year.

The first day of school for 2017-2018 will be August 9, 2017. Please go to our website for specifics on this date and the 2017-18 student school calendar at <http://www.buckeyeusd.org>. Please email any questions you may have to cschwieter@buckeyeusd.org

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<p>For 8 people \$80.00</p> <p>3 Hours Karaoke + Pizzas + Pitcher Soda + 3 Main Dishes (10 Dishes)</p>	<p>For 14 people \$140.00</p> <p>3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 5 Main Dishes (10 Dishes)</p>
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SMUD Launches "Shine" Community Sponsorship Program

SACRAMENTO REGION, CA (MPG)

- SMUD recently announced that it has launched Shine, a new community development program designed to improve and revitalize neighborhoods in the Sacramento region.

Shine awards will range from \$5,000 to \$100,000 and are very competitive. Any nonprofit organization —501(c)(3) or 501 (c) (6)— within SMUD's service territory is eligible to apply.

Shine awards are available at three funding levels: Spark (up to \$10,000), Amplifier (up to \$50,000) and Transformer (up to \$100,000). Applications will be accepted through June 26.

While SMUD will consider a broad variety of potential projects, it is primarily interested in proposals within the following areas: Neighborhood revitalization or clean up; STEM education (Science, Technology, Engineering and Math); Environmental, energy-efficiency, energy conservation or greenhouse gas reduction; General

beautification.

"As a not-for-profit, community-owned organization, we work hard every day to improve the lives of our customers," said SMUD CEO & General Manager Arlen Orchard. "The Shine program is a perfect extension of that commitment. By taking a collaborative approach and working directly with local nonprofits, we're helping make improvements that neighborhood leaders believe will have the biggest impacts on residents in their communities."

SMUD awarded three pilot Shine sponsorships over the past six months to test the feasibility and administration of the program. Those grants include: Lighting up the Kay and St. Rose of Lima Park (Applicant: Downtown Sacramento Partnership); Creating the College and Sports Academy of Del Paso Heights (Applicant: Mutual Assistance Network of Del Paso Heights); Renovating the Wellspring

Women's Center kitchen (Applicant: Wellspring Women's Center)

"SMUD's Shine award will provide an important spotlight on the great people and exciting opportunities in Del Paso Heights," said Richard Dana, executive director of Mutual Assistance Network. "We see it as the start of something tremendous."

A Shine program information session will be held on Wednesday, June 7 at 12 p.m. at the SMUD Customer Service Center at 6301 S St. in Sacramento.

To RSVP for an information session, or for additional questions, please email rsvp@smud.org.

For more information about the SMUD Shine program and to apply today, visit smud.org/Shine.

To learn more about the commitment of SMUD to this community and SMUD's efforts to keep Sacramento bright for more than 70 years, visit smud.org/Bright.

Source: SMUD Media ★

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Regional Parks Deploys Park Resource Team

SACRAMENTO COUNTY, CA (MPG)

- In order to tackle the impacts of illegal camping and other crime within County Parks and the American River Parkway, Sacramento County Regional Parks introduced the Park Resource Team in January 2017. The Park Resource Team (PRT), consists of a dedicated crew of five park rangers and four maintenance staff focusing primarily on the impacts of illegal camping, crime, and trash removal.

"Regional Parks deployed the Park Resource Team in January to areas hardest hit by recent flooding and illegal camping trash," said Jeff Leatherman, Director, Sacramento County Regional Parks. "Through the work of the team, we've been able to improve our response and cleaning up areas impacted by

illegal camping, making our parks and Parkway a better place for visitors to recreate."

Since January, the PRT has made 65 arrests and issued 150 citations.

While the rangers continue their law enforcement efforts, County Parks maintenance staff work to remove debris accumulated from illegal dumping and flooding. This year, the maintenance team received the addition of a lightweight tractor and the support of a debris transfer vehicle—both courtesy of the County's Department of Waste Management and Recycling.

With the addition of the tractor, maintenance staff can remove more debris than was previously removed with hand crews. The equipment also ensures maintenance staff safety by minimizing

the amount of trash staff have to hand load into trucks for transport to the dumpsters or landfill. The machinery also assists staff in collecting heavy debris such as mattresses, couches, and large containers, in hard-to-reach places along the Parkway.

Additionally, trash dumpsters are emptied daily, minimizing the re-depositing of trash back into the park system from the dumpsters. Between January-May, the maintenance team has removed 165.5 tons of garbage from the Regional Park system.

For more information about Sacramento County Regional Parks, see more at: <http://www.saccounty.net/news/latest-news>.

Source: Sacramento County Media ★

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Five Local "Blue Star Museums" Offer Free Admission to Military Personnel and Their Families This Summer

SACRAMENTO REGION, CA (MPG) - Five Sacramento area museums will participate in Blue Star Museums, a collaboration among the National Endowment for the Arts, Blue Star Families, the Department of Defense and museums across America to offer free admission to all active duty military personnel and their families from Memorial Day (May 29) through Labor Day (September 4), 2017. The five local museums participating in Blue Star Museums include the following: California Automobile Museum, California Museum, Crocker Art Museum, Fairytale Town and the Sacramento History Museum.

This year, more than 2,000 (and counting) museums in all 50 states, the District of Columbia, Puerto Rico, and American Samoa

are taking part in the initiative. The participating museums represent the fine arts, science, history, Native centers, children's museums and more. The free admission program is available to any bearer of a Geneva Convention common access card (CAC), a DD Form 1173 ID card, or a DD Form 1173-1 ID card, which includes active duty military (Army, Navy, Air Force, Marines, Coast Guard), National Guard and Reserve members and up to five immediate family members.

Before planning a visit, please contact the individual museums for hours of operation and note some are normally closed on Mondays and in observance of holidays such as Memorial Day and Labor Day. For more information or a complete list of participating Blue Star

museums, please visit <https://www.arts.gov/national/blue-star-museums>. For more information about SAM or upcoming activities offered by local museums, "like" them on Facebook at www.Facebook.com/SacMuseums, follow them on Twitter at @SacMuseums or visit the user-friendly website at www.SacMuseums.org.

Blue Star Museums is a collaboration among the National Endowment for the Arts, Blue Star Families, the Department of Defense, and more than 2,000 museums across America. The program runs from Memorial Day, May 30, 2016 through Labor Day, September 5, 2016. For more information, visit www.SacMuseums.org

Source: T-Rock Communications ★

SMUD and GRID Alternatives Partner

Provide Solar Panels and Energy Efficiency Upgrades to Low-Income Customers

SACRAMENTO REGION, CA (MPG) - GRID Alternatives is a national nonprofit focused on making renewable energy technology and job training accessible to underserved communities. SMUD has worked closely with GRID Alternatives to help them find candidates eligible to receive free solar electricity systems in SMUD's service territory. SMUD reaches out directly to customers who are currently enrolled in SMUD's Energy Assistance Program Rate (EAPR). Interested customers contact GRID Alternatives directly to continue the process and potentially receive a free solar electricity system. The systems are funded by California Climate Investments, a state-wide program that puts billions of cap-and-trade dollars to work reducing greenhouse gas emissions, strengthening the economy and improving public health and the environment—particularly in disadvantaged communities.

SMUD energy experts also work with the selected customers to perform complete energy

audits of their homes and determine the most effective ways to improve each home's energy efficiency. Contractors then install multiple efficiency measures, which can include upgrades to insulation, lighting, weather-stripping and more. All of these upgrades are done at no cost to the customer.

"We're committed to helping all of our customers save energy and money," said SMUD's Chief Customer Officer Nicole Howard. "Partnering with GRID Alternatives to provide free solar electricity systems along with energy efficiency upgrades is a win-win for our underserved communities."

SMUD and GRID Alternatives have completed upgrades to approximately 50 homes in Sacramento County to date. SMUD expects to complete upgrades to another approximately 150 homes over the next 18 months.

"For over a decade, GRID Alternatives has been on the leading edge of creating access to solar and solar technology

for low-income communities," said GRID Alternatives North Valley Executive Director Bob Gragson. "In Sacramento County, SMUD's leadership has helped us to deliver services to families in the greatest need through our program."

SMUD is also working to provide energy efficiency upgrades to low-income customers beyond the scope of the GRID Alternatives partnership. SMUD currently has three additional programs—Deep Home Energy Saver, Energy Saver Home Bundle and Energy Saver Apartment Bundle—that are designed to provide SMUD's EAPR customers with energy efficiency upgrades. SMUD's Board of Directors has approved the allocation of more than \$10 million to these programs over the next several years above and beyond the current program's budget.

To learn more about SMUD's programs for low-income customers, visit smud.org. To learn more about GRID Alternatives, visit gridalternatives.org/smud.

Source: SMUDMedia ★

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•Lite •Original/ Beef **\$33.99**
•Large Breed Adult...
Effective 5/31/17 - 6/6/17

DIAMOND NATURALS DRY DOG FOOD
40 Lb Bag
•Chicken •Lamb •Beef •Large Breed
•Senior 35 Lbs
•Lite 30 Lbs (Lrg Breed Lamb \$31.99)
(Ex Athlete \$36.99)
\$29.99
Effective 5/31/17 - 6/6/17

NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD
•Chicken Meal, Brown Rice & Oatmeal Formula (Adult & Large Breed Adult) •Senior • Lite
30 Lb Bag **\$6 OFF**
Limit 2 Bags Per Family
OUR ORIGINAL PRICE!
Effective 5/31/17 - 6/6/17

PEDIGREE DRY DOG FOOD
•Adult 46 Lb Bag
(Large Breed Adult 36 Lbs \$19.99)
Limit 1 Bag Per Family **\$21.99**
Effective 5/31/17 - 6/6/17

9 LIVES CANNED CAT FOOD
5.5 Oz All Varieties
Limit 1 Case Per Family **35¢**
Effective 5/31/17 - 6/6/17

FANCY FEAST GOURMET CANNED CAT FOOD
All Varieties except Elegant Medley 3 Oz
Limit 2 Cases Per Family **20/\$11.00**
Effective 5/31/17 - 6/6/17

PURINA CAT CHOW DRY CAT FOOD
•Regular •Indoor 16 Lb Bag
Limit 2 Bags Per Family **\$11.99**
Effective 5/31/17 - 6/6/17

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 5/31/17 - 6/6/17

PURINA PRO-PLAN CANNED FOOD SALE
Limit 2 Cases • Dog Food Grain Free \$1.29 Dog Food 13 Oz **99¢** Cat Food 3 Oz **63¢**

WORLD'S BEST CAT LITTER
14 Lbs Limit 2 Bags **\$11.99** Original **\$12.99** Extra Strength

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

WELLNESS CANNED CAT FOOD
All Varieties except Signature & Core 5.5 Oz Limit 1 Case **\$1.39**

PRECIOUS CAT CLUMPING CAT LITTER
18 Lb Bag Limit 2 Bags Per Family **\$5.99**

EARTH BORN HOLISTIC DRY DOG FOOD
•Natural Grain-Free •Primitive Feast •Great Plains Feast •Meadow Feast •Coastal Catch 28 Lb Bag Limit 2 Bags Per Family (Reg Price \$43.99) **\$39.99**

WILDERNESS DRY CAT FOOD AS MARKED \$5 OFF
•Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags

JONNY CAT PREMIUM CAT LITTER
10 lb Bag Limit 2 Bags Per Family **\$1.69**

MEOW MIX DRY CAT FOOD
•Original Choice 16 Lb Bag Limit 2 Bags Per Family **\$10.99**

ROYAL CANIN DRY DOG FOOD AS MARKED \$7 OFF
•Golden Retriever •Labrador Retriever •German Shepherd (Adult & Puppy) •Bulldog •Boxer 30 Lb bag Limit 2 Bags

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

SCIENCE DIET IDEAL BALANCE DRY DOG FOOD
30 Lb Bag •Adult •Large Breed Adult **\$10.00 OFF \$8.00 OFF**
Limit 2 Bags •Mature Adult •Breed Adult
OUR REGULAR PRICES

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

PENN-PLAX CASCADE POWER FILTER SALE
CASCADE 100 20 Gal. **\$17.99** Revolutionary Bio-Falls Quad Filtration System
CASCADE 150 35 Gal. **\$17.99**
CASCADE 200 50 Gal. **\$20.99**
CASCADE 300 100 Gal. **\$27.99**

DOGSWELL DOG & CAT TREATS 20% OFF
•Chicken Breast Jerky •Veggie Chew •Grillers •Bars All Varieties

KONG PRODUCTS 20% OFF
•Classic •Dental •Air Dog •Chews •Wubba •Stuffin •Treats •Soft Toys All Varieties

PETMATE PORTABLE PET HOMES 20% OFF
(Pop & Go)
•Light Weight •Pop-Up All Sizes

KAYTEE FIESTA Treat Sticks 15% OFF
All Varieties
•Honey •Tropical Fruit •Fruit & Veggie

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

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

REEF CRYSTALS \$15.99
50 Gal. Salt Mix

BONUS COUPON FANCY FEAST ELEGANT MEDLEYS CANNED CAT FOOD
Selected Varieties - 3 Oz Limit 6 Cans with Coupon Limit One Coupon Per Family Price Valid Only With Coupon **59¢**
GRM PLU 568 Effective 5/31/17 - 6/6/17

BONUS COUPON PURINA WHISKER LICKINS CAT TREATS 69¢
•Soft & Delicious - 2.5 Oz •Crunchy & Yummy - 1.7 Oz Limit 2 Pouches with Coupon Limit One Coupon Per Family Price Valid Only With Coupon. Effective 5/31/17 - 6/6/17
GRM PLU 446

BONUS COUPON ARM & HAMMER CAT LITTER DEODORIZER \$14.99
20 Oz Box Limit 2 Boxes with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 5/31/17 - 6/6/17
GRM PLU 422