PAGE 2

PAGE 2



"Written by the people, for the people"

VOLUME 5 • ISSUE 05

Serving Gold River and Sacramento County

MAY, **2017**

TAKE BACK CONTROL



PAGE 7

GET WORKING, GET FUNKY



PAGE 5

SANCTUARY GOLD RIVER



PAGE 3

Mary Ann Henrikson 916-247-7070

Realtor®/ Broker Associate maryann@goldriverhomes.net www.maryannsrealestate.com

Cal BRE# 00372380



ALS Adds Director



Trish Ellis joins the staff of the local organization fighting Lou Gehrig's

SACRAMENTO, CA (MPG) - Trish Ellis of Yuba City has been hired as The ALS Association Greater Sacramento Chapter's first director of development, overseeing the local chapter's fundraising efforts to find a cure for ALS, also known as Lou Gehrig's disease, in the greater Sacramento region.

"I've always been involved with nonprofit organizations and fundraising - my mom ran her own organization while I was growing up, so it's in my blood," Ellis said. "I fell into development work through volunteering, and while I will always be a volunteer at heart, I love being on staff to fundraise professionally. The opportunity to work with The ALS Association's local team to create a world without ALS is a dream job for me."

Ellis is a United States Air Force veteran and holds a bachelor's degree in psychology from Brandman University, based in Irvine, Calif. Prior to her work at The ALS Association, Ellis served as senior development officer with the California Waterfowl Association in Roseville.

The ALS Association is leading the fight to treat and cure ALS, also known as Lou Gehrig's disease, through global research and nationwide advocacy while also empowering people with the disease and their families to live fuller lives by providing them with compassionate care and support. The local chapter of the organization best known for its Ice Bucket Challenge fundraiser serves 24 Northern California counties and is celebrating its 30th anniversary this year. For more information or to make a dona-

Teaching Yoga to the Blind

Sharing Balance and Peace with Others Who Are Visually Impaired

By Kristin Thébaud

GOLD RIVER, CA (MPG) - When Gold River resident Samantha Adams says anyone can do yoga, she really means anyone. Last summer, she taught chair yoga at nonprofit Society for the Blind in Sacramento to a visually impaired 94-year-old, his wife of 74 years and their 65-year-old daughter.

Adams laughs when she talks about the part of her yoga teacher training that is most challenging to teachers – learning how to do yoga blindfolded. Diagnosed with retinitis pigmentosa (RP) at age 12 and declared legally blind at age 19, Adams had high partial vision until age 40. By the time she took the yoga teacher training, she was 47 and could only see light.

"One of the most challenging parts about teaching yoga is that people are so used to visual cues that they don't know how to listen," Adams said. "Teaching yoga at Society for the Blind is great because everyone is already used to relying on senses other than

Now at age 49, Adams has been a volunteer yoga teacher at Society for the Blind for more than a year, along with volunteer yoga teacher Kiara Winans. She and Winans now teach a focused style of yoga each month on Wednesdays at 11:45 a.m. at Society for the Blind, aimed at beginners. Adams' guide dog Lotto participates in all of her classes, resting on his own yoga mat and coming to her side when she ends class with the word

"I love being able to share yoga," Adams said. "Yoga has given me balance and peace. I can take all of the chaos of my life and set it aside for a little while."

Her own yoga journey began when she moved to Sacramento from Canada to be with her fiancé, who also is visually impaired and received services at Society for the Blind years before.

"I just walked into a class at the gym and decided to try it," she said. "I had no idea what I was doing, but it became a good way to cope with how my whole life had changed.'

At that point, Adams had left Canada and a career as a prosecutor with the federal government. She went from being a single mom working 60 hours a week to suddenly having a blended family with two teenage stepdaughters and no job. Not long after, her vision began to deteriorate rapidly.

"I had to stop fighting myself and stop trying to do things like a sighted person," she said. "I learned that lesson in my head 25 years ago, but I didn't fully know what it would be like until I was forced to put it into practice. It's kind of like being pregnant and knowing you're going to have to give birth, but then you actually have to do it. It's actually easier now that I'm not thinking I see things when I don't. It's easier to not have my vision mixed up in there."

Now teaching at Society for the Blind, Adams has had opportunities to teach weekly beginning yoga classes of different styles, including vinyasa flow and chair yoga, as well as workshops.

"My ultimate goal is for my students to become so comfortable with yoga that they can walk into a yoga studio to take classes

and not feel intimidated," Adams said. "For now, I'm watching my students here develop more body awareness and better physical balance. You can really feel the energy in

visually impaired at Society for the Blind. Photos courtesy Kristin Thébau

For more than 60 years, Society for the Blind in Sacramento has created innovative ways to empower individuals living with low vision or blindness to discover, develop and achieve their full potential. Society for the Blind has grown from a dedicated group of volunteers that included the Lions Clubs of America to a nationally recognized agency and the only comprehensive rehabilitative teaching center that provides services for a 27-county region of northern California. The nonprofit provides low-vision eye care, life and job skills training, mentorship, and access to tools to maintain independence for 6,000 youth, adults and seniors experiencing vision loss each year. For more information or to make a donation, visit www.SocietyfortheBlind.

tion, visit www.alssac.org. Source: Kristin Thébaud Communications

Samantha Adams, accompanied by her guide dog Lotto, teaches yoga classes to others who are

Peggy Boling 916-858-1234

Realtor® peggy@peggyboling.com www.peggyboling.com Cal BRE# 01043551

Postal Customer

We opened our Gold River Realtors office in 1986, later merging with RE/MAX Gold. As always, I continue to serve you...now with my daughter Peggy Boling and assistant Marta Hearty. 2 • GOLD RIVER MESSENGER **MAY 2017**



To attend Fire Camp, applicants must be 11, 12 or 13 years of age, with preference given to those living within Metro Fire's boundaries.

Sac Metro Fire Special Release

SACRAMENTO COUNTY, CA (MPG)

- Metro Fire recently opened the application period for Fire Camp, a day camp that takes place from July 11-14, 2017. Fire Camp provides local children an once-in-a-lifetime opportunity to experience today's fire service, first hand. The program is designed to instill self-confidence, teamwork, teach life safety skills and provide a basic understanding of the firefighting profession, in a fun and

exciting atmosphere.

Campers are grouped in 'strike teams" of eight campers, and each strike team is mentored by two Metro Firefighters. Campers learn valuable life safety skills, while discovering what it means to be a firefighter.

To attend Fire Camp, applicants must be 11, 12 or 13 years of age, with preference given to those living within Metro Fire's boundaries. Applications are processed in the order in which they are received, so apply early for a better chance of securing a spot. Deadline to



apply is June 5, 2017. For applications and more information, visit our website: www.metrofire.ca.gov.

Fire Camp Lets Kids Be Firefighters for a Week Breakfast Honors Firefighter **Retirees at Station 61**



Fire department retirees (left to right) Steve Vudragovich, Pat Murphy, Dave Pickett, and Jim Saunders have breakfast at Station 61, which is now part of Sacramento Metropolitan Fire District.

Story and Photos by Margaret Snider

RANCHO CORDOVA, CA (MPG) -

Firefighters of Station 61 in Rancho Cordova treated their retired compatriots to a pancake and sausage breakfast on Saturday, April 29. "We love having the retirees over for breakfast," said Captain Eric Kellenberger. "I hope they realize they are still part of our firefighter family. We see them and feel proud to be associated with the rich history that they helped create in service to this community."

The former firefighters had lots of stories. In the 1980s, engineer Dick Shannon was driving the fire engine from Rancho Cordova Station 62 on Bradshaw when he got the notice of a collapsed Highway 50 overpass, which was under construction at the time, at Folsom and La Riviera. Three cars had been caught underneath and one construction worker was killed. "We just turned around and went back to 62 because we had the State heavy rescue rig, that had big jacks, and welders,' Shannon said. ". . . we had gasoline spilling and everything else. We finally found the people that were trapped and got them out."

Thinking back over his more than 25 years with the fire department, Shannon bemoans the fact that he didn't keep a daily log; a lot of the events tend to run together after a long period of time. "It was a great job, it really was; very satisfying," Shannon said. He enjoyed the breakfast. "The pancakes were good, and I saw people I hadn't seen in a long time."

Kellenberger enjoyed hearing about some of the incidents that happened back in the 70s, 80s and 90s. "There are big differences between now and then, primarily because of the newer technology we have now, like

turnouts, breathing apparatus, engines, trucks, medics, etc.," Kellenberger said. "What remained the same, are the calls; helping people during difficult times.

This was Kellenberger's first year with this event. "I hope to be at this firehouse for the next few years," Kellenberger said. "I

way, because the risks are calculated. "You do your training and you follow the rules, you're okay," Leard said. "There are a few times when you run into things, you're on a big forest fire or something and the fire's all around you, and you think 'Uh-oh!' But you manage to get through it."



Captain Eric Kellenberger, left, and firefighter/paramedic Andrew Ramer cook pancakes at Station 61. "I feel blessed to be in a position to be able to honor those that have done this job long before me," Kellenberger said.

plan to invite them over for an annual breakfast each year."

Doug Leard has lived in Rancho Cordova for more than 50 years, and went to high school in Folsom, because Cordova High School had not yet been built. He worked with the fire department for 30 years, starting out as a firefighter and retiring as Captain.

Leard recalled a fire in a strip mall off of Coloma Road. "My firefighter is eager," Leard said. "He jumps off and is getting ready to go in. It had a cantilever porch where the porch extends out over the sidewalk, there's no posts. It's supported from the inside. Well, the inside had burned off . . . He wants to go. I said no, hold off, hold off. In just a few minutes that whole porch came down. He would have been in there and that whole thing would have come down behind him. Maybe cut off the flow in his hose."

Even though situations are dangerous they don't seem that

The retired firefighters are members of the Mills One Club that meets at Mills Station at the Mather Field Road light rail station. "That was the hub of the community at one time, it was Mills Station," said Mike Spaich, currently president of the Club. Initially each of the Sacramento areas had their own volunteer fire department that gradually switched to professional firefighters. "Little by little, this would be in the late 70s and the 80s, the mergers all took place," Spaich said.

The last merger was in December 2000 when American River Fire Department and Sacramento County Fire Protection District merged to form the Sacramento Metropolitan Fire District. "Metro Fire," serves a population of over 738,000 in a 358 square mile service area, according to the District's website, http://metrofire.ca.gov.

Miller Appointed by Governor Brown

SACRAMENTO, CA (MPG) -Governor Edmund G. Brown Jr. recently announced the appointment of Monica Miller, 54, of Gold River, as deputy chief, Homeland Security Division in the Governor's Office of Emergency Services.

Miller has been special agent in charge for the Sacramento Field Office at the Federal

Bureau of Investigation since 2013, where she has held several positions since 1989, including section chief for the Counterintelligence Division, an assistant special agent in charge for the Atlanta Field Office, unit chief of the Transfer Unit, supervisory special agent for the Washington Field Office and special agent.

Miller was a counterintelligence special agent for the U.S. Army from 1985 to 1988. This position does not require Senate confirmation and the compensation is \$158,004. Miller is a Republican.

Source: The Office of Gov. Brown

THE ENTREPRENEUR'S SOURCE"

Create your Story!



Louis McNerney

Mark is a CA state worker and his wife is full time mother. For a few years They had discussed starting thier own business but had no idea how the

franchise model worked. They wanted to find a business that could help increase thier income; but more importantly, help build a nice retirement plan down the road. Mark spent a lot of time researching online and cold calling corporate franchise offices on thier own and found it very difficult to navigate. Then his mother in-law introduced them to **Louis McNerney** from The Entrepreneur's Source.

After our first meeting, Lou started to match us with what we were looking for. I was amazed with The Entrepreneur's Source database of companies looking for people like us. They had models from every price range and a wide variety of business concepts. Right away we were interested in a few models, but we kept coming back to one specific model.

Once we made our first contact

with the Fantastic Sam's model, we felt it was a perfect fit. Lou was there every step of the way to answer questions and joined us on our discovery call to help us get clarification and address questions we hadn't thought off. Lou helped us bridge that gap we didn't know how to cross to make our dream a reality. My wife and I took a slower approach to sign our franchise agreement. However, we are very confident in our franchise choice

Our journey was a full circle. The first place Lou and I met, a local Starbuck's, was the same place my wife and I signed our franchise agreement with Fantastic Sam's corporate representatives. Thank you Entrepreneur's Source. Most of all, thank you Lou McNerney for your help, energy, passion and communication skills that people like us with no business experience need!

Want to start your journey of discovery for your future? I offer a no-fee service to help educate and inform you on the opportunities in multiple industries that are available today. Let's get started! Give me a call today. 916-335-1126 I want to help you LIVE YOUR DREAM!

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





MAY 2017



By County Supervisor Sue Frost

Through the generosity of the Gold River Messenger, this column serves to provide an update about matters affecting the unincorporated community of Gold River.

The California State legislature may soon make California the first "Sanctuary State" in the Nation. I want to take a moment to explain what this means for Sacramento County, and how it impacts Gold River residents.

To become a "Sanctuary State," California will have to violate Federal information laws and limit cooperation with the Federal Government in order to help individuals who are illegally in the country avoid deportation. While the City of Sacramento is a "sanctuary," Sacramento County is not. This is an important distinction as it is the county that runs the jail and county policies that more directly impact illegal immigrants that have committed additional crimes. If the Governor signs the sanctuary

GOLD RIVER COMMUNITY UPDATE

Sanctuary Gold River

bill into law, the entire State will become a "Sanctuary State" which of course includes Sacramento County and the community of Gold River.

There is a great deal of misinformation floating around regarding the relationship between the Federal government and the Sacramento County Sheriff in regards to this issue. Nobody is bursting into undocumented immigrants homes because of their immigration status. Nobody is checking the immigration status of students in our schools. Nobody is getting deported because they reported a crime, got a traffic ticket, or even committed a minor crime. That's because the County does not coordinate with ICE, nor do hospitals, schools, or even the Sheriff - except at the jails.

When someone is sent to the County jail for serious/violent crimes (drugs, theft, rape, murder, etc.) through the normal fingerprinting, information is shared. Federal ICE Agents then contact the jail to inform them that they have an illegal immigrant. The jail then holds that individual until they have served out their sentence and releases them to the Federal authorities for processing and deportation rather than releasing them back into the community. That's it. Reducing crime and keeping

violent criminals out of Gold River is an "all-partisan" issue that we are all working toward.

I also want to note that without cooperation from local law enforcement agencies, this bill will force Federal immigration officers into our neighborhoods and schools to perform stings which are potentially far more dangerous and upsetting than working from the jail.

Further, this bill could deprive Sacramento County from being able to receive grants through the Office of Justice programs, and the Sacramento County Sheriff would lose over \$4 million in annual Federal Funding (this bill doesn't provide the funding that would be lost). The Sheriffs' department has already been forced to reduce their budget to untenable levels, this bill would further hamper the ability for our law enforcement to keep the streets of Gold River safe by suddenly stripping funding that places deputies in the community.

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murieta, North Highlands, Carmichael, Foothill Farms, and Fair Oaks. ★

MARK SOLICH

#1 Sales Professional

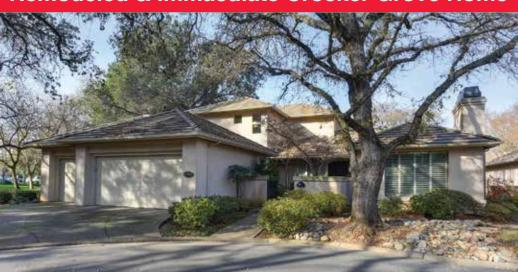




It's a Great Time to Sell! Home Prices Up 45.6%* Inventory Down 21%*

FOR SALE

Remodeled & Immaculate Crocker Grove Home



Free Home Value Analysis

Call Mark Solich 916-346-8422

Client Testimonials

"I heard Mark's radio show on KFBK. He knows market analysis, market trends and his knowledge is in-depth and trustworthy. During these precarious real estate times it was very comforting to work with such a professional. Mark's advertising and marketing programs were very effective and made our home selling experience easy." - Anne

"Mark is a resident of Gold River and has a solid reputation and is well known and liked. Mark is very dynamic and positive, a professional and he knew exactly what we needed to do to showcase our home. He sold our home quickly and for the asking price." - John & Tina

Mark Solich, Gold River Resident 21 Years

"I have a good understanding of the local real estate market. Let me know how I can help you."

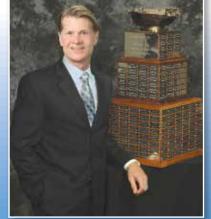
Prices current versus same quarter four years ago, inventory current versus same quarter one year ago.

MARK SOLICH

#1 Sales Professional



916.346.8422 msolich@golyon.com www.MarkSolich.com



CalBRE Lic. #01110953

Cordova Creek Naturalization Project Recognized



Cordova Creek Naturalization Project during construction and after.

Story and Photos Courtesy

Sacramento County Media

SACRAMENTO COUNTY, CA (MPG) -An important project to improve the nature of urban runoff in the Cordova Creek area has been overseen for the past two years by the Department of Water Resources and Department of Regional Parks. The Cordova Creek Naturalization Project is designed to restore the creek, develop recreational use, and offer a nature study area.

This unique concept has caught the eye of Sacramento Environmental Commission, which awarded the project an award for demonstrating "outstanding environmental

stewardship" on April 17. The Cordova Creek Naturalization Project gave the area a much-needed face-lift by

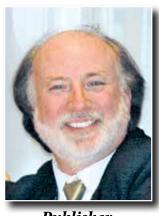
removing an existing trapezoi- nursery to the east. This includes dal-shaped concrete channel, and a walking trail with interprereplacing it with a natural winding channel that complements the current land use. It also offers a functioning, living stream that improves the environment.

This wasn't an easy fix. Due to the size of the project, it was divided into two phases. The first phase began June 2015 with the second phase starting April 2016, and has transformed the creek into a natural riparian corridor. The new design includes reintroducing native trees, shrubs and groundcover along the stream banks, wetland areas and surrounding uplands. The Cordova Creek Naturalization Project augments 80 acres of recently restored riparian woodlands and native grasslands to the west, and the 50-acre Soil Born Farm and native plant

tive signs to provide the public access from the Dedo Way River Access to the American River Parkway.

The Project was developed by a partner group, including Sacramento County Departments of Water Resources & Regional Parks, Water Forum, Sacramento Area Flood Control Agency, City of Rancho Cordova, Soil Born Farms and California Native

Plant Society. The public will get a chance to learn more about the project at a grand opening of the Cordova Creek Naturalization Project on May 21, 2017. See more at: www.saccounty. net/news/latest-news/Pages/ Cordova-Creek-Naturalization-Project-Recognized.



Publisher, Paul V. Scholl

Gold River Messenger is a member of **Messenger Publishing Group**

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Editorial3@mpg8.com. Be sure to place in the subject field "Attention to Publisher". If you do not have email

access, please call us at

(916) 773-1111.

Serving Gold River and Sacramento County

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

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

Subscriptions should be mailed to Gold River Messenger, 7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608. Subscription rate is \$12 per year within Gold River. The Gold River Messenger is published montly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

We are proud members of these newspaper associations.







С 0

Ε R

D

Ε

Т

В

Ε

Χ

Ε

D

Α

Ν

Α

W

Ν

G

Κ

Ν D 0

8

5 8 6 9

4

2

3 5 8

1

3 2

4

2

9

9

4

5 8

6

3

D Ε

В

Ε

Ζ

Ν Т 0 M

R

O R

D 0

Ε

D

Sudoku Puzzle on Page 5

1

5 9 6 3

3

R Α

Р

Adoption

PREGNANT? CONSIDERING ADOPTION? Call us first. Living expenses, housing, medical, and continued support after-Choose adoptive family of your choice. 1-877-879-4709

Announcement

Water Damage to Your Home? Call for a quote for professional cleanup & maintain the value of your home! Set an appt today! Call 855-401-7069 (Cal-SCAN)

Autos Wanted

DONATE YOUR CAR, TRUCK. OR BOAT TO HERITAGÉ FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 800-731-5042.

GET CASH FOR CARS/TRUCKS!!! Makes/Models 2000-2016! Top \$\$\$ Paid! Any Condition! Used or wrecked. Running or Not. Free Towing! Call For Offer: 1- 888-417-9150. (Cal-SCAN)

Do the humane thing. Donate it to the Humane Society. Call 800-743-1482 (Cal-SCAN) WANTED! Porsche Old

Got an older car, boat or RV?

restoration by hobbyist 1948-1973 Only. Any condition, top \$ paid! LEAVE (707) 965-9546 (Cal-SCAN)

Bathroom or Kitchen Remodeling ?

WAIT! Before You Spend MORE to Get LESS Call (916) 798-8388 License No. 998108 (MPG 5-26-17)

Cable/Satellite TV

DISH TV - BEST DEAL EVER! Only \$39.99/mo. Plus \$14.99/ mo. Internet (where avail.) FREE Streaming. FREE Install (up to 6 rooms.) FREE HD-DVR. Call 1-800-357-0810 (Cal-SCAN)

Switch to DIRECTV. Lock in 2-Year Price Guarantee (\$50/month) w/ AT&T Wireless. Over 145 Channels PLUS Popular Movie Networks for Three Months, No Cost! Call 1- 800-385-9017 (Cal-SCAN) (Cal-SCAN)

LEGAL ADS FOR SACRAMENTO COUNTY?



Call to place your legal advertising

MPG483-2299

All Legal Ads Published in the Carmichael Times & RC Independent

Financial Services

SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-966-1904 to start your

Fitness/Yoga

Your Fitness Genie Your Fitness Goals Fitness Goals
Come True!

Genie 16 Years of Experience 3 Sessions for \$99, new clients only

• Weight Loss • Injury Recovery • Senior Fitness • Yoga • Pilates 😈 Be Active, Call Today! 📘 @ YourFitnessGenie (916)768-8767

For Sale

Classic Album Collection

Get hours of fun and enjoyment out of this classic album collection. Over 150 used albums. Country (Haggard, Jennings, Robbins, Hank Williams, Johnny Cash) some Rock, some Pop, Classical Collections, unique soundtracks, many Christmas classics. Get all 150 for only \$200 cash. Call Paul at 916-773-7337.

Pick up in Carmichael. Handyman

QUALITY LABOR & MAINTENANCE

Yard Work. Hauling, Gutter Clean, Odd Jobs

You Name It! (916) 613-8359

Health & Medical

Got Knee Pain? Back Pain? Shoulder Pain? Get a painrelieving brace -little or NO cost Medicare Patients Call Health Hotline Now! 1- 800-(Cal-SCAN)

Stop OVERPAYING for your prescriptions! SAVE! Call our licensed Canadian and International pharmacy, compare prices and get \$25.00 OFF your first prescription! CALL 1-800-273-0209 Promo Code CDC201625 (Cal-SCAN)

OXYGEN Anytime. Anywhere. No tanks to refill. No deliveries. Only 4.8 pounds and FAA approved for air travel! May be covered by medicare. Call for FREE info kit: 844-359-3976. (Cal-SCAN)

ELIMINATE CELLULITE and Inches in weeks! All natural, Odor free. Works for men or women Free month supply on select packages. Order now! 703-9774. (Cal (Cal-SCAN)

Weight loss/ sleep/ mood issues. Consultant / educator. Small reading and discussion group. See truehone com truehope.com or youngevity.com. Call Tim B. 503-460-7149 or 916-334-8903 12-31-17

Home Maintenance



Insurance/Health

Best Prices on Health & **Dental Insurance.** We have the best rates from top companies! Call Now! 888-989-(Cal-SCAN)

Landscaping

CREATE YOUR



Winter Yard Cleanups, **Complete Landscape** Design/Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, **Retaining Walls-**

All Types, Drainage Systems-all types, Landscape Lighting, Residential/commercial

American Landscape Design & Installation. Est 1987 American Construction & Property Maintenance Company WE ACCEPT VISA & MASTER CARD

(916)612-0776 Lic#690968

Lawn / Yard Care JOHN WILLIAMSON LAWN & YARD. Res/comm. Wklv services. cleanups, pruning, gutters. Riding mower prop. ok. 916-508-2158 BizLic 836256 Not serving Gold River/ Rancho

Sierra Lawn Care Res./Comm. Wkly/BiWkly yard clean up. One time yard clean ups. Free Estm. 916 968-2721. Lic.

Medical Supplies

/ Equipment Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Installation Included. Call 800-799-4811 for \$750 Off.

Miscellaneous

HOME BREAK-INS take less than 60 SECONDS. Don't wait! Protect your family, your home, your assets NOW for as little as 70¢ a day! Call 855-404-7601 (Cal-SCAN)

SAWMILLS from only \$4397.00-MAKE & SAVE MONEY with your own bandmill- Cut lumany dimension. In ready to ship! FREE Info/DVD: www.NorwoodSawmills.com 1-800-578-1363 (Cal-SCAN

Music Lessons

Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. freddiebbalbert1@yahoo.com 530-263-6926 (MPG 12-30-17)

Pets/Animals

DOG RESCUE Gary (916) 334-2841

Please
Adopt or Foster
Because so many really
great dogs are dying
for a good home... ShelterMOU

Professional, Loving **PET CARE Established Reputation** Kennel Free Environment

Lots of TLC Call Madeline

(916) 723-1608

PLUMBING



Plumbing (916) 833-7618 If your husband

- did the job, call me!
- Emergency Plumbing
- New Construction Gasline Repipe
- Sewer Inspection **40 YRS**



REAL ESTATE LOANS

RETIRED COUPLE \$\$\$\$ for business purpose Real Estate loans. Credit unimportant. V.I.P. Trust Deed Company www.viploan. com Call 818 248-0000 Broker-principal BRE (Cal-SCAN)

BERNARDINO ROOFING Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER

FREE ESTIMATES*
SENIOR DISCOUNTS 916.920.0100

RV Sales

Bill Eads RVs Buy, Sell, Trade & Consign

"Results.... not Promises" Number 1 Consignment Lot in Northern California

We Pay Top **\$\$** for clean RVs! Great, Secure 1-80 Freeway Location.

Lic & Bonded - 29 Years Exp! Check out BillEadsRV.com 4409 Granite Dr. Rocklin,CA

Office 916-624-7600 Bill 916-878-0273

Senior Living

PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL

Tax Services

1-800-550-4822. Do you owe over \$10,000 to the IRS or State in back taxes? Our firm works to reduce the tax bill or zero it out completely FAST. Call now 855-993-5796 (Cal-SCAN)

GOT LOCAL NEWS? Call 773-1111

MPG

Tree Service

В

Α

Α U

Μ

0

M 0

Τ

Ε

Α

L

M Α R

0 D

D

Ε Μ

> В 0

0

Χ

M 0

0 Η

G

С Η

U R

R

Ν

Α

Ε R

S

S

Α

Ε

D Ε

0 W

В R

Ε

 $M \mid E$

٧

Ν

S

BP TREE SERVICES



TREE & STUMP REMOVAL TREE TRIMMING/ SHAPING FREE ESTIMATE

10% OFF WITH THIS AD Insured. Workman's comp. Arborist

916-722-6321 bptreeservices.com

VISA / MASTER CARD

California Contractors Lic #831766

Tutoring

Tutoring in Spanish Call Dolores Cook 916-947-1442

Work Wanted

I do pruning, weeding and planting, interior painting, garage and house cleaning. And de-cluttering and organizing. I transport to medical, other appointments, shopping etc. and errands. No job too small. Health and Security background. References. College grad. Tim 916-334-8903, 503-460-7149. (MPG 12-31-17)

RETIRED COUPLE

Has \$\$\$\$ to lend on California Real Estate* V.I.P. TRUST DEED COMPANY OVER 35 YEARS OF FAST FUNDING

WWW.VIPLOAN.COM "Sufficient equity required- no consumer loan Real Estate License #01041073 CA Bureau of Real Estate, NMLS #339217 inste Party Cars generally have higher interest rates, points & fies than conventional documented to

NATIONAL — DEBT RELIEF—

STRESSING OUT

NOTICE TO READERS

NOTICE TO READERS
California law requires that
contractors taking jobs that
contractors total \$500 or more (labor and/
or materials) be licensed by the
Contractors State License Board.
State law also requires that
contractors include their license
numbers on all advertising. Check
your contractor's status at www.
cslbca.gov or 800-321-CSLB
(2752). Unlicensed persons taking
jobs that total less than \$500

(2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

Contractors State License Board.

DISCLAIMER

Be wary of out of area companies.
Check with the local Better
Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

ABOUT YOUR DEBT?

Let National Debt Relief

Land For Sale

off grid ranch bordering 640 acres of wooded State Trust land at cool clear 6,400

elevation. Near historic pioneer town & fishing lake. No urban noise & dark sky

nights amid pure air & AZ's best year-round climate. Blend of evergreen woodlands

& grassy meadows with sweeping views across uninhabited wilderness mountain

and valleys. Abundant clean groundwater, free well access, loam garden soil,

maintained road access. Camping and RV use ok. \$28,900, \$2,890 down, selle

financing. Free brochure with additional property descriptions, photos/ terrain

map/weather chart/area info: 1st United Realty 800.966.6690. (Cal-SCAN)

Principal (818) 248-0000 Broker

Drivers: Local! \$2,000.00 Sign-On Bonus! Sacramento Flatbed & DryVan Openings.

Help Wanted / Drivers

Great Pay, Benefits! CDL-A, 1yr Exp. Req. Estenson Logistics Apply www.goelc.com 1-855-298-4052



Donate A Boat NORTHERN AZ WILDERNESS RANCH - \$249 MONTH- Quiet secluded 37 acre or Car Today!

Crossword Puzzle on Page 5

G

Α U

Μ Ε R Ε

Ε

K

G

Α

9

1

5

2 5 8

3 2 4 6

6

3

8 6

9

Η

Α

L Ε

Ε

0 R

Α

N

Τ Ε

S

2

5 3

6

8

4 6

4

8 6 7 9

2 8

9 4 1

Р

0

Boa #Angel "2-Night Free Vacation!" 1-800-CAR-ANGE www.boatangel.com



TALCUM POWDER OVARIAN CANCER CASES

LAWSUITS ARE BEING REVIEWED NATIONWIDE FOR OMEN DIAGNOSED WITH OVARIAN CANCER AFTER USING:

Johnson's Baby Powder Shower-to-Shower

FINANCIAL COMPENSATION MAY BE AVAILABLE SK SAIONTZ&KIRK

FREE CASE EVALUATION CALL 1-855-884-6541

Call now and speak with a debt specialist today 855-428-6049

Specialties Plus

· Machine Repairs (all makes and models) • Toner Cartridge Refills (using Cartridge World? Take 10% off their price & try mine) · Free Cleaning (with our c

Service Contracts

(monthly or yearly) · Lease or Rent

· High Volume Copying (save wear & teal on your machine) · We are Local



Specializing in Digital Printers, Copiers,

Fax & Multifunction Machines

E-mail: specpluscopiers@gmail.com

(916) 723-8430

PROFESSIONAL Business & Service Directory

LANDSCAPE SERVICES



Superior Landscape Services Landscaping and Maintenance

- Lic#794551
- Sprinkler Repair/Install Pruning

• Mowing/Trimming • Fertilizing

(916) 728-5812 • Cell (916) 761-0999 Dave Cochran Owner • dave SLS@surewest.net

WATCH REPAIR

Watch Batteries Installed for \$5.00 Some models cost more



- Ann Jackson, Owner
- Communication just as important as great cleaning Professional cleaners
- Move ins/outs **Call for FREE estimates** 916-483-2009
- Frank's Jewelry Shop 7319 Fair Oaks Blvd. Carmichael, CA 95608 916-481-0176 House Cleaning Services

Sparkle Clean Agency

- Serving greater Sac since 1987 Detail oriented
 - annspklcln@gmail.com

Floor cleaning on hands and knees

Sparkle Clean Agency residentialcleaningsacramento.com

COMMERCIAL JANITORIAL SERVICES

FRANCHISE OPPORTUNITIES AVAILABLE



Commercial Ianitorial Service

The Superior Choice for Commercial Cleaning

OF SACRAMENTO

Call to schedule your FREE Quote

916.782.3300 • www.ANAGOSAC.COM **Painting Services**

QUALITY A PAINT SERVICE

24 Years Experience ♦ Testimonials Available ♦ Bonded & Insured Prefer Small Jobs to Medium Jobs

Int & Ext, Also, wood Fence & Pressure washing All Seniors get 20% off 916-967-0763

IF YOU'RE READING THIS SO ARE YOUR CUSTOMERS Advertise Your

Business

Here

CALL 773-1111

insky's

Custom Desktop Computer Configuraions PC Repair • Home Wireless Networking
 Installations • Viri & Spyware Eradication Alan Zinsky

PC Configurations "Don't replace it - REPAIR IT!"

Phone: 916-622-2269 Zconfig@sbcglobal.net Bus. Lic. # 305312 • B. E. A. R. Reg. #84416 www.zinskyspcrepair.com

TAX / BOOKKEEPING



Accounting/Bookkeeping, Tax, & Financial **Management Experts** QuickBooks Online & Desktop Professionals

15% discount on tax services Cliff J. Leiker Jr., CPA, MBA

Manager **CJL Tax & Accounting** Fair Oaks, CA 95628 in

Drug and Alcohol Rehabilitation

(916) 952-2691



THE ALCOHOL AND DRUG PROBLEM! 18 YEARS IN BUSINESS! DETOX (916) 965-3386 **SOBER LIVING (916) 961-2691**

HELPING PEOPLE AND THE COMMUNITY WITH

LANDSCAPING

DAGLE VIEW LANDSCAPING In Business Locally 9 years owner operated & onsite

Per week yard service!
Many More Specials! • Call Now For More Info Sprinkler System Repairs & One Time Yard Clean Ups

•Eddie Perez, Owner•

Affordable • Dependable • Experienced • Friendly • English Speaking

eagleview.landscaping@yahoo.com

COMPUTER SERVICES



By David Dickstein, Gold River resident

The grass isn't always greener, but on the other side of Sacramento Valley, the western side, there are far more job opportunities. Makes sense; the San Francisco Bay Area is home to Silicon Valley, has the secondmost Fortune 500 companies in the country, and boasts a significantly higher skilled labor pool within a population that's double the size of Greater Sacramento – 11th versus 27th on the list of U.S. Metropolitan Statistical

OK, so comparing Sacramento's job market to that of Greater San Francisco is like putting Air Supply up against Metallica in a battle of the bands. The sad reality is despite offering a lower cost of living, a rush hour that actually lasts an hour, and killer shredded beef tacos at Carmelita's, few firms are pulling up stakes in Warriors country and moving operations to the land of Kings.

If anything, employers are leaving California altogether in favor of states with friendlier tax and regulatory climates. Just last month, Aerojet-Rocketdyne announced another 1,100 jobs being cut at the Rancho Cordova plant. Our loss is Huntsville's gain to the tune of 800 high-paying jobs coming to, in our eyes, not-so-sweet home Alabama. Godspeed to our neighbors negatively affected by Aerojet's \$85 million savings action. May you all continue being our neighbors,

Among my Intel-based colleagues who took the early retirement package like me or were flat-out let go during last summer's corporate-wide

'Fool's Gold'

Get Working, Get Funky

tunate ones. Not only did I recently find new employment, it's a job both within my field and the 916 area code. My new day job is as a full-time senior communications specialist for Roseville-based KAI Partners, a growing technology and organizational development consulting services firm. My current assignment is in West Sacramento, working for a division within the behemoth Medi-Cal system. I'll spare you the details, but as challenges go, it's a doozy. Think sausage making and the links are the size of Buicks. There is the warm fuzzy of serving a client needed by one-third of the state's population for healthcare.

Sadly, most of my careersearch support group has still not found employment. These are amazing people with equally amazing resumes, and each one had successful long-standing careers at Intel, Blue Shield, HP or VSP. Maybe too long in the eyes of short-sighted recruiters and human resources departments which don't put enough value on experience. Boo hiss if that's the case, and it's hard to believe it's not when hearing some of their horror stories. One in my group says he's cast over 300 resumes since his jobfishing expedition began last summer, and hasn't gotten even a single bite. Another has had just one solid lead, but it would require moving to Minnesota.

Not putting much value on efforts by area politicians and business leaders. Maybe if former Sacramento Mayor Kevin Johnson had spent as much time bringing large employers to the area as he did in trying to keep an NBA team that hasn't reached the post-season since 2006, we'd have fewer overprivileged multimillionaires missing the playoffs and more among the butt-busting labor force getting hired.

From Labor to Liquor

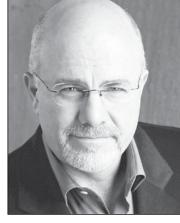
If all this job talk makes you

bloodbath, I'm one of the for- need a drink, then belly up to the Gold River Racquet Club on May 20 for "Boogie Nights & Bottles." Work out in the morning, then return later that Saturday to taste beer and wine while getting down with the sounds of R&B and disco cover band Norman and the Boyz. It's "Boys" with a "z," so they've gotta be good.

Speaking of names, I'm pretty sure "Boogie Nights & Bottles" is a play on the 1977 hit disco song by Heatwave and not the 1997 movie based on the '70s and '80s porn industry. So please don't come dressed as Dirk Diggler, Chest Rockwell, Roller Girl or any other character from the spicy R-rated film. Maybe to avoid confusion, Margaret Flanigan, the club's totally rad member services manager, should have gone with a different name. Maybe something like "Rhythm & Booze" or "Vibrations & Libations." Or, wait for it ... "Funk 'n Drunk!" That's your winner.

Here's the dy-no-mite details: 5:30-8:30 p.m. (8:30? Heck, even Eskaton's movie night goes later than that!) Cost is \$12 whether you're a member or not. (Hey, Margaret, make nonmembers pay a couple of bucks more!) Price doesn't include food, so since it's not smart to consume alcohol on an empty stomach, eat beforehand or grab something at the cafe. (Try the BLT, which I think stands for "Balls Lobs & Tennis.") The event is for adults only, but onsite babysitting in the kids' play area is available for a supercheap \$10 per child if paid in advance. (Sneak liquor into the play area and you might get a time out - in jail!) For reservations and further info, call 916-638-7001. Drink responsibly. (Or risk being the talk of Bel Air in the morning.)

David Dickstein can be reached at daviddickstein1@



Family and Business

My husband and I own a small business. One of our relatives asked for a job recently, and we both have reservations about hiring him because there are several dysfunctional relationships and personalities within our extended family. Are we being mean? We're not sure how to respond.

- Becky

Dear Becky, Having a small business doesn't give relatives a free pass to employment. As entrepreneurs, you have the right and responsibility to do what's best for your company. And you don't have to hire anyone – even a relative — who's not a good fit.

There are situations where hiring a family member can actually be a plus. If a relative is qualified and the kind of person who understands they'll have to bust it every single day and perform at a level equal to or above

1. ____ of cookies 6. Accident

16. Sign of bad news

21. *Mrs. Borden's

24. Sign of a saint

35. War god in Norse

41. Abdominal exercise

44. Wisdom tooth, e.a.

50. *Bébé's mother 52. Dog tags

53. Highlands hillside

55. Rub the wrong way

57. *Queen Elizabeth I's

60. *Anderson Cooper's

64. *Queen Mother Elizabeth's afternoon drink 66. *"Mamma Mia!" mother

69. Snowmobile runner 70. Furnish with a fund

73. Israeli statesman Moshe

71. Benign lump 72. Thus far

48. In any way whatsoever

stepdaughter 23. R in rpm

28. Sub station

30. Lay to rest

mythology 37. Standard

39. Shinbone

40. Staff note

46 Location 47. Singing club

mother

mother 63. Load carrier

68. Be

DOWN

1. Ovine cry

5. Injured

3. Roman robe

9. Flighty one

20. Not odds

character

Stewie 31. Sound of a bell

4. Trill like a bird

2. Reunion attendee

6. "____ and hearty 7. Hoariness

10. Red carpet purse

12. Miner's bounty

32. Plural of obelus

33. Like some greens

36. Russell Crowe's 2014 role

38. Remote control option

11. Surrender territory

15. Byzantine Empire coin

24. Broadcaster's item for sale

26. Theater in ancient Greece 27. Indistinctly 29. *TV mom of Meg, Chris and

, Martin Lawrence's

_, a "boy's best friend'

8. Southern chicken stew

43. Cashier's call

14. Gone by

3. Greetina from Don Ho

17. Hula dancer's ornament

18. Chopin's composition

19 *Little Women's mother

25. 1960s British subculture

Dave Says your other team members, that

can be a special and productive thing. A relative who is a problem child, however, can be a nightmare in both your professional and personal lives.

Ask yourself a few questions: Would you hire this person if they weren't part of the family? Would you hire this person because they would make a good team member? If the answers are no, then you don't hire them — period.

Be kind about the situation, because there may be some bruised feelings. But the bottom line is you have to do what's best for your business, your immediate family, and your team.

—Dave

Don't be house poor! Dear Dave,

I read where you recommend having your house payment or

rent at an amount that's 25 percent or less of your monthly take-home pay. Does this figure include property taxes and insurance too?

- Mark

Dear Mark,

Yes, it does. I'm trying to keep you from being "house poor." Did you know you can qualify for a house payment, with taxes and insurance, that's close to half of your take-home

pay? That's ridiculous! When you don't have room in your budget to do anything else that matters because your house payment is so large, that's what we call house poor.

When your income minus your basic living expenses equals almost nothing, it means your basic living expenses are way too high. Being in this kind of situation keeps you from saving for really important stuff like investing, retirement, and college for your kids. I'm trying to position you where you can get the house and everything paid off so you can become wealthy. Remember, your most powerful wealth building tool is your income.

When we talk about driving a crappy car, not going out to eat, or not going on vacation those are temporary things. It's all about living like no one else, so that later you can live and give like no one else!

—Dave

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 12 million listeners each week on 575 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey.

WIDOWED PERSONS ASSOCIATION OF CALIFORNIA



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

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.

The Widowed Persons Association of

California encourages men and women to

Sunday Support - Any and all widows or widowers are invited. EverySunday 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

DMV Accepts U.S. Passport Card for New Driver License

SACRAMENTO, CA (MPG) - The California Department of Motor Vehicles (DMV) announces the acceptance of a valid U.S. passport card when applying for a first time driver license (DL) or identification card (ID). The DMV included the U.S. passport card in the list of approved legal presence documents starting on April 3, 2017.

"We added the U.S. passport card to offer more options for our customers," said DMV Director Jean Shiomoto. "The passport card is secure, more convenient, and less expensive than a passport book and it will help new driver license and ID card applicants establish their legal presence."

Millions of people have applied for and received a U.S. passport card from the U.S. Department of State Bureau of Consular Affairs since they became available in 2008. The verification process and security features in the card are similar to a passport book, which the DMV currently accepts. The DMV determined that the passport card is a readily available and secure document that will help in establishing the applicant's legal presence.

First-time driver license applicants must make an appointment before visiting a DMV field office. Walk-ins are only accepted at

Driver License Processing Centers. The DMV has a helpful webpage that features the requirements for driver license and ID card applicants. To apply for an original driver license or ID card, customers

must complete a Driver License or Identification Card Application form (DL 44), give a thumb print, have their picture taken, provide their social security number, and verify their birth date, legal presence, and California residency.

The DMV reminds all new DL and ID card applicants that they must provide proof of California residency. The residency requirement law went into effect July 1, 2016. For more information about the residency requirement visit the DMV website.

For more information about the U.S. passport card and how to apply, visit the U.S. Department of State Bureau of Consular Affairs website.

Source: DMV Media

STATEPOINT CROSSWORD • FAMOUS MOTHERS CLUES

CROSSWORD 15. One who needs a muzzle

> dish **Our Best** Deal Ever!





Call Today, Save 30%! 1-800-318-5121

for more information

© StatePoint Media

42. State of danger 45. Redford or De Niro 49. Like dry humor

51. What river did to bank

54. On pins and needles 56. Swedish money

57. Square-looking 58. Singer "on the dock of the bay"

59. For fear that

60. Gallop or trot

61. Hoosier State's capital, for short 62. Dwarf buffalo

63. "Law & Order" character 65. Auament 67. Barley bristle

For Solutions See Page 4

GOT KNEE PAIN?

9 4 row, column and 3-by-3 box includes all digits 1 through 9

For Solutions See Page 4

THE RESULTS ARE IN GOLD RIVER BEATS FOLSOM*... **GOLD RIVER** FOLSOM 100% 54.2% **Affluent Lifestyle** 63% 47% **Higher Education Degrees** \$60,580 \$44,564 Per Capita Income 82.9% 69.1% **Homeowners** LOCAL | MULTI-COUNTY TOP PRODUCER | FAMILY OWNED **SHERYL SMITH, BROKER/OWNER** Smith Real Estate Services, Inc. 2355 Gold Meadow Way, Ste 205 Gold River, CA 95670 CalBRE 01381095 916-472-0103 *US Census Bureau, Census 2010 Summary File 1, Esri forecasts for 2016 6 • GOLD RIVER MESSENGER **MAY 2017**

Golfing for a Good Cause



Blessings in a Backpack (BIAB) provide back packs with food for students that might otherwise go hungry. One way the group does so is with an annual golf tournament. Local BIAB Coordinator JD (Janice) Davis recently shared some information about their upcoming event. Photo courtesy of Blessings in a Backpack

By Shelly Lembke

SACRAMENTO REGION, CA (MPG)

- Every school day countless children across the state count on meals provided by the public school system to stave off hunger. While that safety net is invaluable, it does not extend throughout the long hours of the weekends when food at home may be scarce or unavailable at all. To fill that gap, the nonprofit group Blessings in a Backpack was born.

Blessings in a Backpack (BIAB) provide back packs with food for students that might otherwise go hungry. One way the group does so is with an annual golf tournament. Local BIAB Coordinator JD (Janice) Davis recently shared some information about their upcoming event.

This is our 2nd year at doing our golf tournament and we had so much fun doing it the first year, and we raised funds to help us feed the kids! It will be Friday, June 2nd and tee time is 8 a.m., with registration starting at 7:15 a.m. It was so blasted hot last year that we all appreciated the earlier tee time. How may charity golf tournaments do you get to bowl a hole in? BIAB tournament will afford you that if you're willing to make a small donation at that particular hole with one of our junior volunteers. We now have an event sponsor [Parkwest Casino]!

This benefits students from 5 Rancho Cordova elementary schools that we feed each

weekend. These are children that might otherwise have a shortage of food during those 65 hours they aren't in school. Our children receive free breakfast and lunch every school day of the year and we don't want them to worry about food over the weekends. A side benefit is that we also utilize a corps of junior volunteers to help us for this event which is great because kids helping kids

We have a lot of friends and family that support our events, but our goal is to grow our program and to do that we must grow our support base. We invite any and all level of golfers out. We had six golfers last year that had golfed only a few times before and they had a blast and are already committed to coming back this year. We have room for 144 golfers and it would be a wonderful thing to fill up every slot.

creates kindness in our children.

We are ahead of where we were last year, which is always a great thing. We have 10 foursomes and 7 sponsors. There is plenty of room for many more of both!

For every event BIAB does our goal is to best what we did the vear before. There were several things our golfers from last year asked us to leave so we are. Our goal is to be bigger this year with more golfers, which allows us to raise more funds to buy food to feed the kids. We will have a few different things going on for the luncheon and also we're offering our sponsors an opportunity to set

up a table at the golf tournament and market!

Every penny we raise is used to buy food for the kids right here in Rancho Cordova. We purchase the food and store it in our food locker at Unity of Sacramento. This is where our schools come and pick up their food every two weeks.

We spend, right at \$2.50 per child each weekend of the school year. When you multiply that by 250 kids and then every weekend of the school year, [equals] our money goes pretty quick. We are also hoping to adopt our 6th school as we start the new school year.

It was 3 years ago, April 25th, we sent home our first 30 food bags to Cordova Villa Elementary School and we would not have been able to grow the way we have without the support of our family, friends and our community. We are very appreciative of every Rancho Cordova business, church, nonprofit, etc. that has helped us to keep setting higher goals. We plan our events so everyone has a great time and wants to come back when we do it again! Thanks to all who have supported us and to all who will!

The day's agenda begins early and registration includes food and beverages. "We'll make sure our golfers don't go hungry or thirsty during the event," promises Davis. To register or for more info contact BIAB at bibsac.org, JD@BibSac.org or



Wanting What Others Have Hurts Us

Usually when we think of spring cleaning we think of getting out the buckets, brushes, rags and cleaners and cleaning the inside of the house. If you want to learn more about that, Google it. This article is about sprucing up the place just before you go inside your home; your entryway.

You'll have to go outside for this spring cleaning

Your entryway is the gateway to your domestic life. It gives guests their first impression of your home life and quite frankly a little peek into who you are. After your guest rings the doorbell there's "wait time," and it's a rather private period of scrutiny and judging for him or her. Here are my 8 tips for spring cleaning your entryway.

1. Be Your Guest

Stand outside your front door and pretend you're a guest and you just rang the doorbell. While you're waiting for you to come to the door, think about what your entryway says or doesn't say.

As you stand at your door, does it feel welcoming or does it make you want to run? Be sure to have a notebook to write all the ideas that come to mind. By putting yourself in your guest's place, you give yourself new eyes. Write down what they'll see.

(When I did this exercise, I looked at the bear my bonus daughter, Kristi gave us when we moved into our new home 15 years ago. The bear is carved out of wood and I love him. He holds a sign that used to say, "Welcome," but on a closer look I discovered it was blank. This blank sign would certainly give my guests an opportunity to wonder what the bear wanted to say: "Will work for honey," "Help!" "Beware of Dog," or a hundred other bear messages. Repaint welcome sign got added



to the list of sprucing up chores that clean the fixtures so if they do,

popped up during this exercise.)

2. The Doorbell

The first thing to do is ring the doorbell to see if it really works. If it doesn't, fix it, or at least write it down to get it fixed. If it needs a little cleaning, do it whether it's fixed or not.

3. The Front Door

The front door probably needs a good cleaning and polishing after all its work protecting you and your family from winter's abuse. Use mild detergent and your favorite furniture polish. If it has windows in it or around it, wash them inside and out. If it has a brass kick plate, polish it with brass cleaner. (Right after I did this, my neighbor came over and said, "Oh, you got a new door!")

4. The Doormat

After the long winter, your doormat needs to be cleaned or maybe even replaced. Doormats are like bathrobes and slippers; we get used to them and fail to see their gradual demise. Besides many of us enter our homes through our garages and rarely see what we are subjecting our guests to at the front door. Doormats serve to welcome guests, but they are also the front line in the battle against outside dirt coming in. (Just a personal note, it's a wise tactic to choose carpeting and upholstery fabric that matches the dirt in your yard.)

5. Entryway Plants

Scrutinize any plants in the entryway. Are they thriving or do they look like they're dying and struggling for nourishment and care? The condition of your entryway plants don't necessarily reflect how you take care of your family, but some guests could come to that psychological conclusion.

6. Entryway Light

Make sure your lights work and

they can do their job.

7. Entryway Walkway

Keeping your entryway swept is a weekly task and because it's outside, it's host to more than human guests. Moss can creep in, cobwebs and their inhabitants, yard debris from wind gusts and such. The best moss killer I've found is plain old white vinegar. I buy it by the gallon and douse moss that gets into the little nooks and crannies of the aggregate sidewalk in our front yard.

8. Decorate for the Season

It's always nice to decorate your entryway for the seasons, but be careful not to go overboard. I don't think you want your home to look like a department store window in New York.

As you plan your spruce-up remember the most important element in an entryway is to have it reflect your love and care for your home and family. If your entryway can make you smile, it'll surely make your guests feel welcome.

My book "The Joy of Being Disorganized" will help you get organized just enough to please you. It'll help you see that you're a peace keeper not a house keeper and you're a peace maker more than a homemaker. Learn how to enjoy making peace in your home for you, your family and all who enter.

Thank you for reading my ideas and I hope you make a grand entrance for you and your guests.

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.



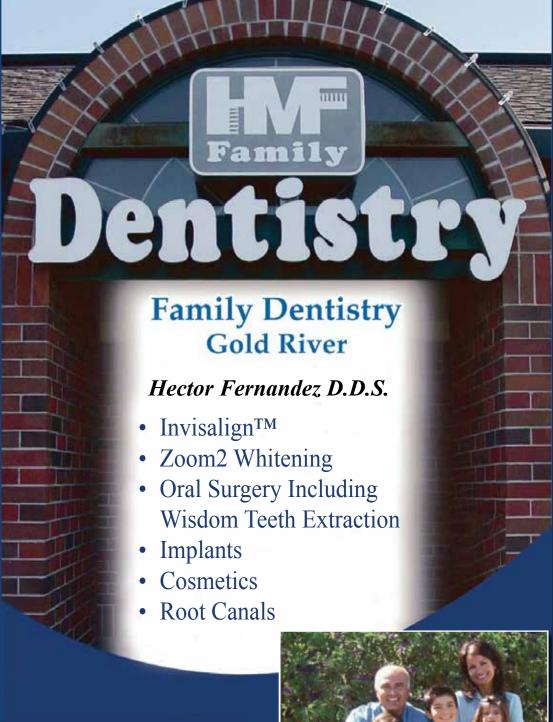
The Nineteenth Annual Memorial Day and Avenue of Flags Ceremony will be held Saturday, May 27, at the Fair Oaks Cemetery, located at 7780 Olive Street, Fair Oaks. The formal ceremonies start at 10 AM. This year's theme is to remember the 100th year Anniversary of the United States' entry into the "Great War" and to honor our Veterans of World War 1, "The War to end all wars," of whom there are eighty-six known veterans buried in the Fair Oaks Cemetery.

Chairman of the Fair Oaks Cemetery District Memorial Day Committee, Tom Askins will be the Master of Ceremonies. The main speaker(s) will focus on the history, facts and results of the United States entry into this war.

The Fair Oaks Cemetery will be decorated with hundreds of flags lining its roadways as "The Avenue of Flags." We will also be adding more names to the Veterans Memorial Wall. The laying of the wreath at the memorial in honor of over eighteen hundred veterans who are buried in the cemetery, will be done by VFW Post 6158 and American Legion Post 383.

The musical program will consist of Pipers, a Drummer and Recorded Music by a local Disc Jockey. Refreshments will be served at the conclusion of the ceremony by the Orangevale/ Fair Oaks Grange & Fair Oaks Historical Society.

The Fair Oaks Cemetery's Memorial Day Ceremony is a fine example of how we, the community, remember loved ones and say thank you to our veterans and their families for their sacrifices.



hmfdentistry.com 11230 Gold Express Dr. #306 Off Sunrise & Hwy 50



852-7660

MAY 2017 GOLD RIVER MESSENGER • 7



Take Back Control

Are you in pain...back pain? Are you considering surgery? Hold on! **Dr. Kamshad Raiszadeh** told me on POPPOFF Radio that, for most chronic back and neck pain patients, surgery is not the best solution. That's why he wrote "Take Back Control" A Surgeon's Guide to Healing Your Spine without medications or surgery. Here are some reasons to reconsider.

- 1."Minimally invasive" surgery is a marketing gimmick.
- 2. There is no widely agreed-upon surgical treatment for lower back pain.
- 3. Bad MRI findings are NOT a valid reason to have surgery.
- 4. Very often, surgery won't cure back pain anyway.
- 5. Most back pain will resolve itself when you take a "wait and see" approach.
- 6. Conservative self-help programs combined with lifestyle changes often work better than surgery.

So how about ten tips for healing your spine? Let's get to it.

POPPOFF!

with Mary Jane Popp

- 1.) Look for a good integrated program. The "to cut or not to cut" decision is a big complex one. It's best when made when all different spine practitioners (surgeons and non-operative specialists) are on the same team...your team...focused on whatever method will help YOU the
- 2.)Don't let out of pocket dissuade you. If you enroll in an integrated care program, you will likely have to foot some or all of the cost. But compare this to a lifetime of pain that could have been treated by a team of experts or by surgery that can make it worse than before.
- 3.)If you can, avoid opioids. Using heavy narcotics is a slippery slope. Use your body's own pain relievers called endorphins to manage and alleviate pain.
- 4.)Make full use of "natural" pain management methods. Don't discount home remedies like ice and heat therapies for reducing pain. You can even try meditation and affirmations to improve your perception of pain.
- **5.)If you're overweight, lose weight.** Excess weight, especially around your middle, contributes to back pain.
- 6.) Fuel your body with spine-friendly foods. Good nutrition and hydration play vital role in your spine's health. Eat a diet rich in anti-inflammatory foods like vegetables, colorful fruits, wild salmon, olive oil,

- legumes. Nuts, and alliums such as onions and garlic.
- 7.) Embrace exercise.

 Movement allows nutrients to pass into the spine, and exercise actually lessens back pain.
- 8.)Practice good posture and good spine health habits. For example, it's best to avoid sitting all day at a desk (try alternating to a standing desk or get up and more periodically). When you must sit, be sure to practice good posture.
- 9.) Check your tendency to catastrophize. Don't wallow in negativity. Your point of view profoundly affects your perception of pain, and catastrophizing (the habit of thinking or talking about a situation as worse than it actually is) will delay your healing and make you miserable.
- 10.)Work really, really hard to adopt a positive mindset. Chronic pain can easily crowd out optimism, but you MUST remain hopeful. A positive outlook will make your recovery faster and far more pleasant. Use meditation and affirmations to improve your state of mind each day.
 - Dr. Raiszadeh goes into a lot more detail in "Take Back Control" and you can check out his websites at www.takebackcontrol.com and www.spinezone.com for lots more information. And this comes from a surgeon. Fascinating! ★





PERFORMANCE TRAINING AT SPARE ELVES Expert instruction. Motivation. Results.

\$25 Initiation Fee

Plus get September FREE*

MONTH TO MONTH • NO LONG-TERM CONTRACT

Hurry! Offer ends May 31, 2017!



Call: 916.638.7001
Online: www.sparetimeclubs.com
2201 Gold Rush Drive
Gold River, California 95670

- Incredible Selection of Programs
 - Area's Best Instructors
 - Engaging Social Events12 Locations

MPG

CALL 773-1111 TO ADVERTISE



EUROPEAN MASTERWORKS

SATURDAY, MAY 6 AT 8:00 PM

Pre-concert talk at 7 PM by Conductor Donald Kendrick Sacramento Community Center Theater

MENDELSSOHN | Psalm 42 Wie der Hirsch schreit ROSSINI | Stabat Mater

Marina Harris, Soprano Layna Chianakas, Mezzo Kirk Dougherty, Tenor Malcolm McKenzie, Baritone Shawn Spiess, Baritone Chester Pidduck, Tenor Projected supertitle translations

Enjoy a musical preview of the SCSO's June 2017 international tour to Latvia, Estonia and Finland



CCT Box Office | 916.808.5181

SACRAMENTOCHORAL.COM

*Offer ends 5/31/17. Offer is a first-visit joining incentive. Some restrictions may apply.

8 • GOLD RIVER MESSENGER **MAY 2017**

I Speak Fluent Insurance

I'll help you get the right Coverage



like a good neighbor...

State Farm

Douglas A Brewer 3358 Mather Field Road Rancho Cordova, CA 95670-5966 (916) 366-5555

visit WWW.callmedoug.com

State Farm

ADVANCEDHOMEHEALTH AND HOSPICE INC. **BRINGING HEALTHCARE HOME**

- Home Health Care is a program of skilled nursing and rehabilitative services that enables you or your loved one to receive professional medical attention while remaining at home.
- Palliative Care provides the best quality of life for patients with serious or advanced disease process. It focuses on the relief of suffering including pain and other symptoms while ensuring a patient's dignity.
- Hospice Care is end-of-life care focused on providing comfort rather than cure.

Call Us Today!

916-978-0744

We bill your insurance for these services.



DO YOU NEED HOME HEALTH CARE?

Healthy, Wealthy & Wise



Sunrise Mall Farmers Market SATURDAYS, 8 AM - 1 PM 6196 Sunrise Blvd, CH (Behind Sears)

Year Round, Rain or Shine Historic Folsom Farmers Market

SATURDAYS, 8 AM - 1 PM 915 Sutter Street, Folsom

Year Round, Rain or Shine

Carmichael Park Farmers Market

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

WEDNESDAYS, 3 PM - 7 PM Fair Oaks Sunset Farmers Market 8101 Sunset Ave, FO - Rain or Shine

2017 Season OPENS April 12!

- **⇒ Live Music & Entertainment**
- **⇒ Certified Farmers & Organic Producers**
- **⇒ Specialty Gourmet Foods**
- ⇒ Artisans/Crafters
- ⇒ EBT/WIC & SNAP Accepted
- ⇒ FREE PARKING



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)

ILoveMyFarmersMarket.com

BUCKEYE UNION SCHOOL DISTRICT CHARTER MONTESSORI

AT

VALLEY VIEW ELEMENTARY EL DORADO HILLS, CA

Did You Know that the Buckeye Union School District is now accepting registrations for the Charter Montessori School Program beginning at the Transitional Kindergarten level at its Valley View School site located at 1665 Blackstone Parkway in El Dorado Hills for the 2017-2018 school year?

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 cschwietert@buckeyeusd.org

GOLD RIVER MESSENGER • 9 MAY 2017

Less Toxic Alternatives for Pest Control

SACRAMENTO STORMWATER QUALITY PARTNERSHIP

Now that we're getting into the "spring of things", are you seeing more bugs crawling in and around your home or garden? Although pesticides are commonly used to get rid of pests, they can pollute our creeks and rivers. Toxic chemicals in pesticides can be washed away by rain water or sprinkler runoff sending those pollutants into a nearby storm drain. Once in the drain, those toxins end up in a nearby creek or river, which is home to many plants and aquatic life.

Before you reach for that can of bug spray to defend your garden, please consider these less toxic steps to ward off pests:

Know your Friends

Many bugs are not pests and may actually be beneficial because they control other bugs or pollinate flowers. For example ladybugs, both adults and larvae, are known primarily as predators of aphids. Parasitoid wasps are also keen hunters of aphids and caterpillars. You may not like spiders, but they can also be the best sentry to keep your plants safe. Knowing which bugs are friends or pests is the first step in managing pests wisely. The UC Statewide Integrated Pest Management Program (www.ipm.ucanr.edu) offers ideas about natural enemies to pervasive pests.

o Less Is More

Chemicals in your yard kill both good and bad bugs. For pest or weeds, use less-toxic or non-toxic methods to keep garden-friendly bugs on your side and unwanted bugs under control. The Our Water Our World Program offers simple ideas online at ourwaterourworld.org. You can also look for convenient eco-friendly options at your local garden or hardware supply store. The Our Water Our World Program partners with stores to help consumers find less-toxic products for use in their homes and gardens.

Attraction is Essential

Attract and keep beneficial bugs in your yard and let them do the work for you! You should plant flowers and shrubs that attract good bugs to your garden. There won't be a need for chemicals when the good bugs can keep the "bad bugs" under control. Unwanted bugs will always be in your garden but a healthy garden filled with good bugs will minimize pests. The UC Statewide Integrated Pest Management Program (www.ipm.ucanr.edu) has dozens of ideas for finding the right plants to control pests around your home and in the garden.

Choose Plants Wisely

Select pest and disease resistant plants as well as plants that attract good bugs to keep a healthy balance of garden friends close by. Plants like rosemary, zinnia and coyote brush make great additions to the yard. Plants that are native to your area will adapt best to the climate, making them stronger and healthier.

www.beriverfriendly.net

★ Celebrating 20 Years in Gold River ★



It's FREE Checking, just better.

- ► Free Mobile Banking with eDeposit
- ► Free Online Banking
- ► Free Bill Payment

plus a whole lot more...

www.firstus.org/BTFChecking



Big enough to serve, small enough to care.

11220 Gold Express Drive #405 **Gold River, CA 95670** (next to the UPS store)

Annual Percentage Yield (APY), rates, terms and offers accurate as of 5/1/2017 and subject to change without notice. Free VISA Debit card with 1% cash-back on signature-based purchase transactions during the first six months following account opening up to a maximum of \$200.00. One ATM surcharge rebate (\$2.00 maximum) per month. First box of corporate image checks (non-duplicates) free. First NSF item free upon request per year. eStatements are required. New checking accounts only. ©5/2017 First U.S. Community Credit Union

AT ESKATON LODGE GOLD RIVER, IT'S ALL ABOUT YOU

ESKATO Transforming the Aging Experience

Mealtime is important. It's a time to join friends and share good conversation and delicious foods. That's why we keep our menu fresh and varied. What would you like to eat today? Hot soup. A cool salad. Fresh fruit. Choose a delicious and healthy entree from an extended menu with choices you'll love. Live the way you want with the services and assistance you need to make life more fulfilling. Choose Eskaton Lodge Gold River ... where everybody knows your name. Call or go online today.







Eskaton Lodge Gold River Assisted Living, Pre-memory Care and Memory Care

916-900-1685 License # 347001241

eskaton.org

County Supervisors Honor Volunteers

SACRAMENTO COUNTY, CA (MPG) - Sacramento County is proud to announce and recognize the 9,346 volunteers/student interns who contributed 381,333 hours to County programs in 2016, which calculates to \$10,699,076.32 worth of service; the quality of life in our region has been thereby enhanced for

our residents. Departments served by these individuals and groups include Airports, Animal Care and Regulation, Health and Human Services, Parks, Probation, Sheriff and Waste Management and Recycling.

Multiple examples of contributions roused a full range of emotions during a recognition ceremony today, from compassion to concern.

One volunteer group that was recognized was Sacramento Teen/Animal Membership program (S.T.A.M.P.). S.T.A.M.P. consists of 12-18 year old participants and meets every other Saturday and Sunday at the Bradshaw Animal Shelter. They happily complete basic shelter cleaning tasks and creative projects, alike, and play with the shelter animals. Their very



student intern contributions of 381,333 hours and \$10,699,076.32 worth

successful pet reading program was recognized nationally with inclusion in the PBS documentary series, "Shelter Me" which spotlights unique and innovative programs that have a direct and positive impact on the animals within municipal shelters.

Like myriad counties across the country, Sacramento is experiencing an increase in opioid addiction and accidental overdoses. Megan Key was honored for donating 300 hours over a six-month period to Sacramento County Public Health in its work toward reducing opioid abuse, overdoses and deaths in Sacramento County. Megan Key is the primary author of the

"Sacramento Prescription Drug Surveillance Report, 2015." She helped the Epidemiology Unit to provide insightful interpretation of trends in opioid prescribing, develop recommended actions, and establish concrete goals for the County and Sacramento Area Opioid Taskforce.

If you would like to volunteer for the County of Sacramento, please visit: http://www.saccounty.net/Government/ GetInvolved/Pages/Volunteer.

Source: Sacramento County *Media Dept.*

Commercial Food Waste in its Right Place

Sacramento Area Businesses Begin **Food Waste Recycling Program**

Local restaurants and food providers get on board with WasteRight Sacramento to comply with new state law — Assembly Bill 1826

Local businesses are tackling greenhouse gas emissions strong and sustainable economy in the Sacramento with WasteRight Sacramento, a new program to help businesses recycle food waste. All business that produce four (4) cubic yards or more per week of organic waste are required to recycle this material. Businesses such as restaurants, bakeries, grocery stores, hotels, schools, and food distributors, are in some cases now regulated by

Organic waste, including food waste, are recyclable through composting, mulching, animal feed and by using anaerobic digestion to produce renewable energy. All of these methods to reuse organics contribute to a

Annually, commercial waste haulers in the Sacramento area collect approximately 450,000 tons of commercial garbage. Organic waste, including food waste, makes up 15% of that amount, and is the largest single contributing source to landfills. As food waste decomposes in the landfill it releases potent greenhouse gasses, especially methane that contributes to climate change.

The California Department of Resources Recycling and Recovery notes that 15 percent of America's food waste could annually feed more than 25 million people.





WHAT IS ORGANIC WASTE?

· Food-soiled paper products such as:

YOUR BUSINESS GENERATES

WHYweCARE Organic waste is the singlelargest material

disposed of in our landfills and a major generator of greenhouse gases. Wasteright's goal is to divert food waste for sustainable useinstead of sending it to a landfill. Let's make it happen!

Organic waste also includes, plant debris and:

WHAT IS FOOD WASTE? Food waste includes:

- Vegetables
- Meat
- Bread Coffee grounds

BUSINESS INCENTIVES

Businesses that get on board early with the new recycling requirements may also be eligible for saving on garbage service fees.

Napkins

Paper plates

Towels

HELP!

For more information, please visit www.sacberc.org To arrange for recycling services, please visit **www.wasterightsac.com** or contact your waste hauler.

WasteRightSac.com

Democrats Kill Another Berryhill Attempt at Meaningful Regulatory Reform SACRAMENTO, CA (MPG) -

Democrats this week killed a common-sense, regulatory-

reform measure authored by Senator Tom Berryhill, R-Twain Harte, which would have started to unwind costly regulatory constraints placed on businesses and individuals in California.

B-181 would have required state agencies to identify and repeal two regulations for every new one created. The California Code of Regulations is 28,000 pages long.

The Berryhill bill would have placed the responsibility of identifying regulations for repeal with the agencies, instead of the Legislature, giving those agencies the freedom to use their regulatory expertise to implement the "one-in, two-out" rule

most effectively.

"Something needs to change in this state," Berryhill said. "Businesses are leaving California for friendlier environments, while individuals are frustrated by the government progressively chipping away at their freedoms and their incomes."

Senator Steve Glazer, the Democratic chairman of the Governmental Organization Committee, opposed the measure as an abdication of the Legislature's oversight responsibilities, but graciously offered an olive branch to Berryhill for future attempts at bipartisan regulatory reform.

"It's a little bit of a meat cleaver approach," Glazer said. "I know that comes out of

frustration with how things have continued on a path that you're frustrated with. But I don't know if it's the most thoughtful way to look at each one, because each one does matter. I'd love to work with you on finding other ways in which we can deal with this problem. I thank you for your thoughtfulness and leadership on this issue."

Berryhill responded: "I appreciate the chairman's gracious comments and I am eager to work with him on this issue." Senator Berryhill represents

Rancho Cordova and the counties of Amador, Calaveras, Inyo, Mariposa, Mono, Stanislaus, Tuolumne and parts of Fresno, Madera, Sacramento and Tulare. Source: Office of Tom

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





2344 Sunrise Blvd. Rancho Cordova, CA 916-635-5008

8515 Bond Rd, Elk Grove CA 916-686-7808 We Only Accept ATM, Cash, & Checks M-F 9-8, SAT 9-7, SUN 10-7 Effective 5/3/17 - 5/9/17



22 Oz Tin All Varieties

With Any Purchase of Pet, Fish Food, or Supply PLU 321 Limit: 1 Coupon Per Family GRM Effective 5/3/17 - 5/9/17

ANY PURCHASE OF (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

AVODERM NATURAL DRY DOG FOOD 24-26 Lb Bag Limit 2 Bags Per Family

•Chicken Meal & Rice . . . \$3 1 99 •Lite •Original/ Beef \$3399 • Large Breed Adult

Effective 5/3/17 - 5/9/17

9 LIVES **CANNED CAT FOOD** 5.5 Oz All Varieties

Effective 5/3/17 - 5/9/17

Per Family

Limit 1 Case

DIAMOND NATURALS **DRY DOG FOOD** 40 Lb Bag

•Chicken •Lamb •Beef •Large Breed •Senior 35 Lbs •Lite 30 Lbs (Irg Breed Lamb \$31.99) (Ex Athlete \$36.99)

Effective 5/3/17 - 5/9/17 FANCY FEAST

GOURMET CANNED CAT FOOD All Varieties except Elegent Medley

Limit 2 Cases Per Family

Effective 5/3/17 - 5/9/17

14 Lbs

18 Lb Bag

10 lb Bag

NUTRO **NATURAL CHOICE or** WHOLESOME ESSENTIALS **DRY DOG FOOD**

•Chicken Meal, Brown Rice & Oatmea (Adult & Large Breed Adult) • Senior • Lite

30 Lb Bag Limit 2 Bags Per Family **OUR ORIGINAL PRICE!** Effective 5/3/17 - 5/9/17

PURINA **CAT CHOW** DRY CAT FOOD •Regular •Indoor 16 Lb Baa

Limit 2 Bags

Effective 5/3/17 - 5/9/17

PEDIGREE DRY DOG FOOD

Limit: 1 Coupon Per Family

Effective 5/3/17 - 5/9/17

•Adult 46 Lb Bag (Large Breed Adult 36 Lbs \$19.99)

Per Family

Effective 5/3/17 - 5/9/17

SCOOPAWAY **CLUMPING CAT LITTER** 20 lb Box

• Multi-Cat • Unscented (Fresh Step Scoop, 20 Lb Box - \$7.49)

Limit 2 Boxes Per Family

Effective 5/3/17 - 5/9/17

PURINA PRO-PLAN CANNED FOOD SALE

Dog Food 99 Cat Food 63 Grain Free \$1.29 WILDERNESS DRY CAT FOOD AS MARKED •Chicken •Salmon •Duck •Indoor Weight Control 100% Grain Free
 11-12 Lb Bag Limit 2 Bags OUR REGULAR LOW PRICE

CANIDAE PURE
GRAIN FREE ADULT DRY DOG FOOD

Gag
Bag

• Lamb • Duck • Salmon • Bison

OUR REGULAR LOW PRIC

SCIENCE DIET

IDEAL BALANCE DRY DOG FOOD

30 Lb Bag *Adult * 100FF *Large *Both 2 Bags *Mature Adult * 100FF *Large *Both 2 Bags *Mature Adult * 100FF *Both 2 Bags *Mature Adult * 100FF *Both 3 Color * 100FF *Both 3 Colo

WORLD'S BEST CAT LITTER 99 Original Limit 2 Bags

PRECIOUS CAT CLUMPING CAT LITTER Limit 2 Bags Per Family

JONNY CAT **PREMIUM CAT LITTER** Limit 2 Bags Per Family

CÁT'S PRIDE
FRESH & LIGHT PREMIUM CLUMPING CAT LITTER SUPER \$599 15 Lb Jug Limit 2 Jugs

PEDIGREE **CANNED DOG FOOD**

•Choice Cuts in Gravy •Chunky Ground Dinner•Chopped Ground Dinner All Varieties 13 Oz Limit 2 Case (12 ct) **EARTHBORN** Grain-Free HOLISTIC DRY DOG FOOD • Primitive Feast • Great Plains Feast • Meadow Feast

•Coastal Catch 28 Lb Bag Limit 2 Bags Per Family (Reg Price \$43.99) MEOW MIX Original Choice 16 lb Bag

Limit 2 Bags Per Family 3 FREE Core Cat Cans 5.5 Oz With Each purchse NATURAL DRY CAT FOOD •Original •Indoor •Turkey 12 Lb Bag Limit 2 Bags

ADVANTAGE FLEA CONTROL & TREATMENT Dog Small (Green) Dog Extra Large (Blue) \$**4**00**0**FF Dog Medium (Teal) Cat Small (Orange) Dog Large (Red) Cat Large (Purple)
Limit 2 Per Family. Cannot be combined with any other offer **OUR REGULAR LOW PRICE**

GIMBORN FREEZE DRIED **DOG TREATS** Beef & Liver • Chicken & Liver VOTOY X-PETS

DOG & CAT TOYS

RELIANCE **BIRD CAGES All Varieties** Stock On Hand 8 in 1

PERFECT COAT

All Sizes All Varieties

20% OFF OUR SUPER LOW PRICES 20% OFF

OUR SUPER LOW PRICES

MARINELAND POWER FILTER SALE

PENGUIN 100B. .20 Gal. PENGUIN 150B.. 30 Gal.

TETRA BOXED 10 GALLON TANK With Economy Kit

Marine

Just add Heater For Tropical Fish KORDON WATER CONDITIONERS O.S.I. PREMIUM FISH FOOD ALL VARIETIES **20% OFF** •Freshwater •Goldfish
•Marine •Spirulina OUR SUPER LOW PRICES

BONUS COUPON FANCY FEAST **ELEGANT MEDLEYS** CANNED CAT FOOD

GRM

PURINA WHISKER LICKINS CAT TREATS

ONUS COUPON

Soft & Delicious - 2.5 Oz Price Valid Only With Coupon. Effective 5/3/17 - 5/9/17

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 5/3/17 - 5/9/17

Selected Varieties - 3 Oz Limit 6 Cans with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 5/3/17 - 5/9/17 PLU 568

•Crunchy & Yummy - 1.7 Oz Limit 2 Pouches with Coupon Limit One Coupon Per Family

Novaqua Plus 16 Oz