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AMERICAN RIVER Messenger

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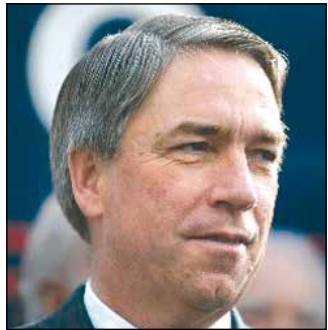
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Joint Effort by Churches Provides 10,000 Meal Bags



(Above) St. Francis Episcopal Church and Valley Redemptive Church volunteers pack meal bags. The two churches held a joint service project, aided by Rise Against Hunger, to send the meals to hungry people overseas. (At right) Amelia, 7, and other children helped out by running completed packages to the shipping table. Here she has just pounded the gong to signal another 1,000 packages finished. Amelia volunteered along with her father Jason Utter, and grandma Judy Utter of St. Francis Episcopal Church. Photos by Gary McFadyen

By Margaret Snider

FAIR OAKS, CA (MPG) - St. Francis Episcopal Church and Valley Redemptive Church worked together on Sunday, February 25 to prepare 10,000 meal bags. Each bag held a meal for six people to be shipped out to feed the hungry throughout the world.

St. Francis Episcopal is closing after 60 years at their Fair Oaks campus. Facing declining membership, the church has been leasing out parts of their facility to other organizations in an effort to keep up with costs. Mary Lee Pennington, a member of the St. Francis vestry, quoted Reverend Joe Duggan as saying, "When you announce you're closing the church, the people get together and feed the hungry."

Two and a half years ago Valley Redemptive Church became one of the lessees. "The significant story, really, is how

an African American and a white congregation are working together . . . in the context of significant nationwide mistrust," Duggan said. "What we've been able to accomplish over the last 2 ½ years is pretty extraordinary." The two pastors have worked as a team on such missions as hurricane and flood

relief and the "heifer project," a nonprofit providing livestock to struggling communities around the world.

Valley Redemptive Church moved to Fair Oaks as a central point for its members, who come from many areas of Greater

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Big Day of Service

*If You Had \$500 and 20 Volunteers,
How Would You Improve the Community?*

FAIR OAKS, CA (MPG) - Answers to that question from Fair Oaks and Orangevale residents will determine what community service projects hundreds of volunteers will pursue during a "Big Day of Service" later this year.

What began as a casual social media chat a few months ago has blossomed into plans for the "Big Day of Service" on May 5, a grass-roots event that organizers hope will benefit both recipients of services and volunteers who will enjoy the satisfaction of personally helping improve their communities.

Preparations are under way for at least 25 teams, each with 10-50 volunteers, to pursue projects that residents of the two communities help identify.

"We hope to unite the community around the idea that we can all make things better by working together," said County Supervisor Sue Frost, one of the event's sponsors.

The event has garnered significant financial and in-kind support from Frost, the Community Foundation of Orangevale and Fair Oaks, local residents, businesses, schools, churches and civic



The Big Day of Service will begin Saturday, May 5, with a pancake breakfast and kick-off rally

organizations.

Event organizers are accepting project ideas

through a website (www.BigDayOfService.com) or email at info@bigdayofservice.com.

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Senator Gaines Introduces Bill to Help Families Save for College

By Betsey Hodges

SACRAMENTO REGION, CA (MPG) - Senator Ted Gaines (R-El Dorado) today announced Senate Bill 1218, legislation that will help families save money for college by making contributions to 529 plans tax deductible in California.

"The cost to send kids to college has skyrocketed over the past several decades. Students who work, receive scholarships and/or financial aid, and get help from their parents still manage to graduate with tens of thousands of dollars racked up in student loans," said Senator Gaines. "My hope is that by allowing the ability to deduct 529 contributions, it will increase savings and decrease the amount needed in student loans."

A 529 savings plan is an investment account meant for college tuition and other higher-education costs. The plans are usually sponsored by states and offer various benefits. Many states give the account owner full or partial state income tax deductions for their contributions to the state's 529 plans. California is currently one of only nine states that do not offer a state income tax deduction or tax credit for contributions to the state's 529 college savings plan.

Senate Bill 1218 will make contributions to 529 plans of up to \$20,000 per year tax deductible in California. This limit will be adjusted each year for inflation.

For reference, tuition and related costs (books, living expenses, etc.) at both the University of California and California State University systems have tripled over the last 15 years. The average cost for one year at a California State University is approximately \$25,000. The average cost for one year at a University of California is nearly \$35,000.

To attend the private University of Southern California, tuition alone will cost more than \$50,000 per year. Data from The Institute for College Access & Success shows that the average borrower from California has \$22,191 worth of student loan debt that still needs to be paid.

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties.

Source: Office of Ted Gaines ★

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Junior Tennis Fund Seeks a Match

“Bringing Tennis to Underserved Kids”

By Rich Peters, MPG Editor

SACRAMENTO REGION, CA (MPG) - Established at the end of 2014, the Junior Tennis Fund Sacramento has donated over \$16,000 to the greater Sacramento Region over the years. Mainly donating to parks and recs, the goal of the organization is to bring tennis to kids who may not have ever had a chance to set foot on the court otherwise.

The JTFS is a collective giving organization that supports public youth tennis in the greater Sacramento area. They harness the power of collective giving to support community philanthropy and help create new tennis opportunities for all kids, especially the underserved, at public facilities, parks and schools.

Among the years of contributions, they have donated to the Carmichael Recreation and Park, South Gate Recreation and Park District, Rio Linda Recreation and Park District and the Mission Oaks Recreation and Parks District. Most recently they donated \$1,800 to Woodland Park.

“We are a youth development program that helps with social skills and gets kids out of the house,” said Carol Rose, Founder and Director of JTFS. “Kids like tennis and enjoy getting out there and chasing the ball.” Rose explained the beauty of tennis entering these children’s lives. “Tennis is a sport that instills core values, teaches life skills and helps to develop productive citizens. It’s a sport that can be played for a lifetime.”



JTFS members Joyce Williams (third from right) and Jolene Stinemetz (third from left) present the board members of Mission Oaks Recreation and Parks District with a donation.

Expanding on that point, some kids pick up the sport and truly run with it, which led to the newest idea of JTFS. Beginning last year, the program, with the help of various coaches around the community, identify the kids that are working hard, taking the sport seriously and have the ability to take their skills to the next level. They award these kids scholarships for private lessons and then they automatically get signed up for an upcoming tournament through the Sacramento Area Tennis Association. SATA runs a series of tournaments throughout the year for all different age groups.

Upcoming for JTFS is one of the biggest fundraising days of the year, as they will once again be participating in the Big Day of Giving, the Sacramento Region’s annual 24-hour fundraising event and year-long

capacity building program. The event takes place on Thursday, May 3 and this year JTFS will join powers with the Effie Yeaw Nature Center and The Wish List Project at The Patriot Restaurant located in the Milagro Centre in Carmichael.

These organizations are inviting friends and donors to stop by, say hello and enjoy some great food and drinks – all in the spirit of giving. Donors for any of the non-profits will be given a discount for dinner that evening at The Patriot. Last year the region raised nearly \$7.2 million from tens of thousands of donors, according to the Sacramento Region Community Foundation.

For more information on becoming a JTFS member or sponsor, visit www.juniortennisfund.org, e-mail juniortennisfund@gmail.com or call 916-359-3667. ★

Capitol Pops Concert Band Enters 21st Year with New Energy and New Director



Concert Band founding members Georgia and Ray Latimer with new band director, Judith Steinle (center).

**Story and photo
by Elise Spleiss**

SACRAMENTO REGION, CA (MPG) - The Capitol Pops Concert Band (CPCB) will return to the 2018 Sacramento area music scene with a new director, Judith Steinle. The band kicks off its 21st season on March 23. Steinle, 61, is CPCB’s first female music director. For over four decades she has worked in many musical venues working with students as an accompanist and music director in the San Jose area.

The band’s 50 all-volunteer musicians include high school students, senior citizens and all ages in between. Concerts are fun and fast moving with popular (thus the ‘pops’) music, including Broadway shows, movies, popular marches, patriotic pieces and new offerings.

The CPCB was formed in February of 1997, just one month after Citrus Heights was incorporated as a city. A committee of musicians led by Citrus Heights residents Ray and Georgia Latimer along with Alice Jacobs

and Jerry Lopes decided the new city needed a band and invited 50 musicians to create one that featured pops music. Jerry Lopes was director until 2014. Kurt Pearsall served until 2017.

Since 1997 the band has performed hundreds of concerts for thousands of people throughout the Sacramento area. Besides concerts sponsored by local park and recreation districts and at other community events, CPCB performs privately sponsored shows at venues including senior living facilities and schools. School students are especially encouraged to join.

Home base for the band is the Fellowship Hall at Christ the King Lutheran Church, 5811 Walnut Avenue in Orangevale. Practice is on Thursdays from 7:00p.m. to 9:30 p.m.

For information contact Band Manager Linda Glover at 916-725-5214.

For more information on concerts, visit their Facebook page and their website at <http://www.capitolpops.org>.

Concerts to date: All concerts

are free and open to the public.

Friday Mar 23: 7 p.m. to 9 p.m. at the California Automobile Museum, 2200 Front Street, Sacramento. Doors to the car museum open at 6 p.m. for free tours.

Saturday April 21: Capitol Pops Concert Band celebrates its 21st anniversary.

7 p.m. to 9 p.m. at the Rusch Park gym, 7801 Auburn Blvd.

Saturday May 12: 6 p.m. to 8 p.m. Outdoor venue. The Band will perform a free, open to the public joint concert with the Antelope High School Band. Bring your chairs and blankets.

Sunday, July 1: 6:30 to 8:30 p.m. Outdoor concert in honor of America’s birthday. The *Celebrate America Concert* will be held at Fair Oaks Village, 4238 Main Street (known as the chicken park). Bring your chairs and blankets.

Wednesday, July 4: 11 a.m. to 1 p.m. following the Roseville 4th of July parade. This concert is part of the annual July 4th Festival in Royer Park, Douglas Blvd. Bring your chairs and blankets. ★





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American Legion BBQ Blues Dinner and Dance



American Legion Post 383 is hosting a barbeque dinner with Rock, Country and Blues music by the KMC Band on Saturday, April 7, 2018. Advance ticket donations are Adults \$20 – Children \$10. Tickets also available at the door.

By Sheila LaPolla

FAIR OAKS, CA (MPG) - American Legion Post 383 is hosting a barbeque dinner with Rock, Country and Blues music by the KMC Band on Saturday, April 7, 2018. Location: Veterans of Foreign Wars (VFW) Post 6158, 8990 Kruitof Way, Fair Oaks (off Hazel Ave, in center of Phoenix Park). Time: Doors open at 5:00

pm – dinner at 6:00 pm with a no host bar – KICK UP YOUR HEELS to live music starting at 7:00 pm! There will be drawings throughout the evening. Super Prize drawing at 9pm! Advance ticket donations are Adults \$20 – Children \$10. Tickets also available at the door. Donations are to support our local Veterans and their families

in need, Active duty Military, as well as the Junior ROTC, California Boys State, Local Boys Scouts of America and other veteran programs supporting Americanism. For more information please contact Mark Rice at (916) 204-8151 or Pete DePalma at (916) 678-9446. (Tickets available at the VFW Hall starting March 4th). ★

California State Old Time Fiddlers to Visit Orangevale



The public is invited to attend the Fiddlers Jam and stage performances on Sunday, March 11, 2018 from 1:00 to 4:30 p.m. at the Orangevale Grange Hall located at 5807 Walnut Avenue near Madison Avenue. Photo courtesy California State Old Time Fiddlers Association District 5

ORANGEVALE, CA (MPG) - The public is invited to attend the Fiddlers Jam and stage performances on Sunday, March 11, 2018 from 1:00 to 4:30 p.m. at the Orangevale Grange Hall located at 5807 Walnut Avenue near Madison Avenue. Free Admission, Refreshments and Parking The Fiddle Kids go on stage at 2:00 p.m. which is always one of the highlights of the day. Kids are provided free music lessons on stringed instruments. For more information call (530) 676-0836 or e-mail rlstandiford@att.net Family Fiddle Fun: Jam Scheduled for Every Second Sunday Monthly

- 12:00 to 4:30 p.m. at the grange hall in Orangevale
- 12:00 noon to 1:00 p.m. - Board meeting in the cottage
- 12:00 noon to 1:00 p.m. - Open mic on stage
- 1:00 p.m. - Full stage assembly opening with singing God Bless America
- 1:00 p.m. to 2:00 p.m. - Performers from the sign up board - alternating fiddlers and singers/musicians
- 2:00 p.m. - Fiddle kids followed by performers from the sign up board
- 3:00 p.m.- Full stage assembly or featured band as available, followed by on stage round robin jam till closing. ★

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Fair Oaks/Orangevale - Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you'll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here's a way to help you to be as prepared as possible. To assist homesellers, a new industry report has just been released called "27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar." It tackles the important issues you need to know to make your home competitive in today's tough, aggressive marketplace. Through these 27 tips you will discover how to protect and capitalize on your most important investment, reduce stress, be in control of your situation, and make the best profit possible.

In this report you'll discover how to avoid financial disappointment or worse, a financial disaster when selling your home. Using a common-sense approach, you will get the straight facts about what can make or break the sale of your home. You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money. Order your free report today. To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-665-3596 and enter 1023. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW.

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Big Day of Service

If You Had \$500 and 20 Volunteers, How Would You Improve the Community?

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Thus far, possible project ideas range from planting trees to preparing care packages for overseas troops; room make-overs for terminally ill children; repainting fire hydrants; youth groups visiting nursing or memory care home residents; cleaning up litter; distribution of toiletries and other necessities to the homeless; and creating community gardens. “There are so many needs and opportunities to improve our community. Imagine what we can accomplish with hundreds of neighbors coming together in service with many families serving together,” said Brad Squires, the community foundation’s chairman. “Communities get better when they serve together. We hope to create a ripple of kindness and a wave of good deeds throughout our community.” The Big Day of Service will begin Saturday, May 5, with a pancake breakfast and kick-off

rally where volunteers can meet others and get together with their teams to receive instructions before leaving to begin their neighborhood projects. At the end of the day, a group celebration is also being planned. The rally’s location has not yet been determined, but throughout the day it will be the site of a Community Service Fair offering some on-the-spot services along with some on-the-spot opportunities to give back to the community in some way. For example, a family receiving services such as free haircuts, food, clothing or eye exams might want to give blood or write encouragement cards for military families and food bank recipients; or volunteer to work with one of the many local community service organizations represented at the fair. “We’re adapting the concept of ‘take what you need, give what you can’ to give those receiving services the opportunity to give back to the

community as well,” said Jadie Huegel, the event’s marketing coordinator. In a few months’ time, the core group of event planners has expanded from a handful to over 30 community leaders and supporters pledging their services. Attendance at two recent community information meetings bolstered event planners’ hopes of attracting 500 or more volunteers. “I honestly believe the Big Day of Service will be the largest and most unifying event to ever take place in Fair Oaks and Orangevale,” said Jeff Pitnikoff, who helped envision the event and is the executive director of AboutKidz, a community service organization. “Unity is something that improves and enriches community. Now more than ever before we need to elevate and celebrate the things that unify us.” For more information: www.BigDayofService.com or email: info@BigDayofService.com ★

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Crossword Puzzle on Page 5

N	A	T	A	L		C	I	S		B	A	L	D	
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P	O	S	E			W	E	T		S	T	A	R	T

Sudoku Puzzle on Page 5

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

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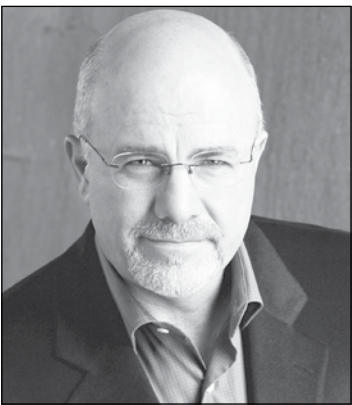
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Dave Says

they use your cash to settle loans you will have — by that time —defaulted on. This will put you in a situation very similar to if you had filed Chapter 13 bankruptcy. Stay away from these people.

You have an income crisis, in addition to a debt crisis, at this point. For starters, I want you to start living on a tight, written, monthly budget. I'm talking rice and beans, no vacations, and no eating out until you pay off this debt. Where your income is concerned, maybe you should consider getting back into the kind of business you ran previously for a while. Look for a managerial or supervisory position in that area, at least until you're able to get back on your feet and save some cash.

Finally, cut up the credit cards, close the accounts, and put as much money as you can spare toward paying off that debt using the debt snowball system. Never go back into debt again!

—Dave

Pay off house first?

Dear Dave,
My husband and I are in our forties. We have no children, and we bring home \$95,000 a year combined. We're also debt-free except for our home. We owe just \$10,000 on the house, and can take care of

that in a few months. Would it be okay to rearrange the Baby Steps a bit, and pay off our home before getting serious about saving for retirement?

- Nan

Dear Nan,
I don't usually give folks any wiggle room when it comes to sticking with the proper order of the Baby Steps. But if you're that close to being completely debt-free, I don't see anything wrong with paying off the house first.

Most people I talk to still have anywhere from \$100,000 to \$300,000 left on their mortgages. This is a little bit different story, however, and you two are obviously managing your money well.

Knock out that mortgage, and start pouring at least 15 percent of your income into retirement. You're going to love the feeling — and the freedom — that comes with being completely debt-free!

—Dave

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

The Evolution is Here

Get Used to Hearing About Artificial Intelligence



Commentary by Doug Ose

Have you noticed how evident AI is now in our everyday life? It started with coordinating traffic signals along major streets in an effort to expedite the flow of traffic. Home Depot now has the personal check-out line where one employee oversees four pay stations. Bel Air has the same thing. At McDonald's you will see at least one electronic ordering station that is connected directly to the preparation line that issues you a receipt

and directs you to pay the cashier. Complex algorithms control the electricity grid to constantly adjust the flow of electrons for efficiency purposes. Automobiles can now drive themselves.

There are significant implications to this evolution. The arrival of such advancements is self-inflicted. Those who advocate for higher minimum wages are creating huge incentives for business to invest in physical capital rather than human capital. Think back to when we were kids: our first job was scooping ice cream at Baskin Robbins at \$1.65 per hour, or being a carry out person at the local grocery store for \$2.10 per hour, or whatever. Those were learning situations. We were learning work ethics and consumer relations, getting exposed to the real world of working for a living.

As near as I can tell, the horse is out of the barn on "first job" opportunities. While those first jobs won't all disappear, there

will be a significant reduction in the number of them. Employers are now able to purchase equipment with artificial intelligence that can process relatively simple job tasks. The end result is that "first jobs" are being eliminated. The economic driver for this is clearly the regulatory burden being placed on employers. A machine never calls in sick. A machine doesn't require workers compensation insurance. A machine doesn't fill out a time card with all the potential private attorneys general actions that come with an inaccurately completed time card. A machine doesn't enroll in Obamacare. You get the point.

In my opinion, artificial intelligence is a positive development for our economy, enhancing productivity up and down the economic chain. I wonder about how far AI will progress over the next few years. For a number of reasons, I worry about the demise of "first jobs" for our young people. So should you. ★



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CLUES

ACROSS

1. Birth-related
6. Post-U.S.S.R. acronym
9. Like white-headed eagle
13. ____ and desist
14. In the manner of, French
15. F, unit of electrical capacity
16. Blood line
17. Neighbor of Ger.
18. Upright
19. *San ____, 2018 Final Four spot
21. *NCAA's selection day
23. Color of Scare
24. Bring home the bacon
25. ____ cry
28. ____ ex machina
30. ____ the hook
35. Big-ticket ____
37. Play parts
39. Gulf of Naples resort
40. Flick part
41. Peruvian beast of burden
43. Nonfatty meat, e.g.
44. States of agitated irritation
46. Nucleus plus electrons
47. Montgomery of "Pretty Little Liars"
48. House music
50. Between ids and super-egos
52. 100%
53. Beware of these in March
55. Shoshonean
57. *Winningest NCAA basketball coach
60. *Game tracker
64. Slight amount
65. One of a set of dice
67. Garlic unit
68. Curl one's lip
69. South American edible tuber
70. Curly-leaf and Plain-leaf
71. Mannequin Challenge state
72. Kind of nurse
73. *Jump ball, e.g.

DOWN

1. *Non-profit org.
2. Eon, alternative spelling
3. Queen of Hearts' pastry
4. Brooke or John Jacob, of New York
5. Tilted
6. Head of family
7. U.N. workers' grp.
8. Chip dip
9. Shakespeare, e.g.
10. A in A=ab
11. Like a tatting product
12. Banned insecticide
15. Tiny fox with large ears
20. Like utopia
22. Web address
24. Subjects of wills
25. * ____ Four
26. Make amends
27. Indiana Jones' find, e.g.
29. *Team with most titles
31. Samoan money
32. Phantom's favorite genre?
33. Physically weak

34. * ____ Four
36. Illegal kind of lab
38. Urban haze
42. Affair in Paris
45. Dee of "Twisted Sister"
49. Percy Bysshe Shelley's poem
51. Book storage at a library
54. Furnish with a fund
56. "Bravo! Bravo!"
57. Lush
58. *Top seeds in each NCAA basketball region
59. Type of molding
60. *Advancing action
61. Caffeine tree
62. "Happily ____ after"
63. Multiple choice challenge
64. Recipe amt.
66. ____ Bucket Challenge

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Crossword Puzzle Solutions on Page 4

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

Solutions on Page 4


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Initial APR*

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By Marlys Johnsen Norris,
Christian Author

There come times in every life when we just do not think life is fair. Times when we have expectations and nothing happens the way we want them to. It just does not happen and with it comes a sense of heartbreak and hurt feelings. Dealing with them often is hard to deal with, but there is no alternative, we have to do it. No one can do it for us! No one! This is reality and the process does happen. It causes and helps us mature into

Expectations, Disappointment And Heartbreak

adulthood throughout our lives. Age itself does not guarantee that maturity happens overnight, even though some do mature early in life! It may not seem fair, but for others it takes a lifetime! We are all different and uniquely designed by the Master Creator. God knows when we are ready.

Man was created to be dependent on God because within one's self he is inadequate. Many find God as a partner through life and when they do, the journey though life becomes a continuous blessing, as they learn to cope with issues of their hearts. They learn that feelings are not facts and rely on the Master Creator to help them live through them when things do happen that are painful. They tell God everything through the avenue of prayer. (Talking to God) Those who have a personal relationship are guided into the perfect plan God ordained the day they were created and conceived. They

believe and seek His perfect will for their lives daily.

God miraculous supernatural power can transform every pain into a blessing. He heals and brings renewal with foresight into one's heart that is walking with Him. God's Son Jesus was invited into their heart and soul though the Holy Spirit. He abides in every heart that has sought and found Jesus as their Savior and Lord of their life. Along with God comes a sustaining power to live the Christian life with healing and deliverance of sin and the haunting past. IS TODAY THE DAY OF SALVATION FOR YOU? Don't put it off another day! A Holy Loving Lord and Savior of your soul awaits your decision to NOW *Go God's Way and find Hope again!*

In His Love,
Marlys Johnsen Norris
Award Winning Christian Author
ARM Columnist since 2006
Marlysjn@gmail.com



By Pastor Ray Dare

Either you have just got out of trouble, or you're in it right now, or you're headed into it. Trouble is a part of life. You will have difficulties. You show what kind of Christian you are by the way you respond to problems. If you cop out, complain, gripe, and run from difficulty, you're not a very mature person either spiritually or emotionally. But if you learn from difficulty you keep growing.

In Acts 27 Paul was headed into a storm. He was being taken as a prisoner to Rome and he warned the captain, "Don't sail out of this harbor, because God has told me there's going to be a storm." In this story we learn three keys to dealing with difficulty.

Confess my part. If you brought it on yourself, admit it. Stop blaming other people.

Pastor Ray's Encouraging Words

How to Get Through a Storm

Stop making excuses. Face the problem and say, I brought this on myself. The truth is most of our problems we bring upon ourselves. The Bible says, "A man who refuses to admit his mistakes can never be successful. But if he confesses and forsakes them, he gets another chance." God will give you another chance.

Confront it. You don't run from it. You can't go under it, over it, around it. You go right into it. The only way to face a storm is head on. If you turn sideways, you're going to capsize. God says "Face the storm, don't fear it. Go straight on into it." God didn't say when you go through the storm it would be easy. He said "I will be with you." God didn't say it will be easy getting through what you're going through right now. But He did say, "I will be with you." And you are going to make it.

Claim a promise. There are over 7000 promises in the book that you can claim when you're going through tough times. Vs. 25 "Therefore keep up your courage, men, for I believe God

that it will turn out exactly as I have been told." God will keep His promises. God did not say the ship will make it. God say you will make it.

You may be in a storm right now and have no idea how you're going to make it safely to shore. You may have to get there on a broken piece of the ship, you may have to dog paddle, but you're going to make it. None of us have completely whole lives. We are all broken individuals. You may have a broken heart but you'll make it. You may have a broken home, but you'll make it. God says "I will be with you." Do you feel battered and bashed around? Don't throw away your convictions, your relationship with God, going to church, reading your Bible and praying. You don't give up hope. Confess your part, Confront the storm and Claim a promise and He will see you through.

Pastor Ray
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I-80
5510 Diablo Drive
Sacramento, CA

WAYS TO GIVE FOR EASTER!

CELEBRATE EASTER

Jesus SAVES UNION GOSPEL MISSION Sacramento

Easter is the perfect time to share Jesus Christ's incredible love and His Resurrection with our hurting neighbors in our community. It starts with a special holiday meal from Union Gospel Mission Sacramento.

Just **\$1.92** provides a hot meal to someone who is homeless and alone this Easter. That's why I'm asking you to send your most generous gift today – thousands of lonely, lost, and broken souls will be coming to the Mission this Easter, looking for a meal and the chance for a new beginning.

Please consider donating today!
For more info go to: **www.ugmsac.com**
Office: (916) 447-3268 Email: **info@ugmsac.com**
P.O. Box 1108, Sacramento, CA 95812
UNION GOSPEL MISSION SACRAMENTO

We will be giving 100+ food boxes and need

- Turkeys & Ham
- Canned Veggies & fruit
- Boxed Potatoes
- Stuffing and Gravy

Easter Meals Just \$1.92 Each

Grace Baptist Church

Come and Experience God's Amazing Grace

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

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

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

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

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CONCENTRATION

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DINNER WITH CHAMPIONS

THE DANTE CLUB

March 18, 2018
2330 Fair Oak Blvd., Sacramento, CA 95825

with Special Guests:



Master of Ceremonies
Event Chairman: Mark Palmero - Ph 916.833.1185

5:00pm to 6:00pm No Host Bar - 6:00pm to 7:30pm Dinner
7:30 The Show including interviews with Rico and Jack
Dinner & Show tickets are \$60.00 in advance.

All proceeds benefit Northern California Auto Racing, Inc.
Northern California Auto Racing, Inc. is a non-profit 501(c)3 IRS approved
corporation to raise funds for an auto racing "Hall of Fame & Museum."
Your donations are appreciated! Thank You!

I would like to purchase "Dinner with Champions" tickets @ \$60.00 each.

Name _____

Address _____

City _____

State _____ Zip _____

If paying by Credit Card, please complete the following

Name _____

Phone _____

Credit Card # _____

Exp. Date (MM/YY) _____ CVV _____

Credit Card Billing Zip _____

☐ I will not be able to attend, but enclosed please find my contribution in the amount of: _____.

For Credit Card payment by phone, call Roy Wilhite at 916-709-8400, Mark Palmero at 916-833-1185 or Rick Scribner at 916-799-3251 to pay by check or credit card, mail this completed form to:

Northern California Auto Racing, Inc.
9456 Greenback Lane
Orangevale, CA 95662

2ND ANNUAL "DINNER with CHAMPIONS" FUNDRAISER MARCH 18, 2018

DWC-LOC-1818

To purchase Dinner with the Champions tickets online go to www.ncar825.com



KP International MARKET

FOOD COURT NOW OPEN
Come Enjoy the Flavors of the World!

10971 Olson Drive • Rancho Cordova, CA 95670 • 916.853.8000

PRICES EFFECTIVE MARCH 7 - MARCH 13, 2018

WED	THU	FRI	SAT	SUN	MON	TUE
7	8	9	10	11	12	13

kpinternationalmarket.com
[/kpinternational](https://www.facebook.com/kpinternational)
[@kpinternational](https://www.instagram.com/kpinternational)
[@kpintlinc](https://www.youtube.com/kpintlinc)

WEEKLY MEAT SPECIALS



Beef Cross Rib/Shoulder Clod Roast
Pulpa Contra en Trozo sin Hueso

\$2.69 /lb



Chicken Leg Quarters
Pierna y Muxlo de Pollo

69¢ /lb



Beef Espadilla Thin Sliced Shoulder
Espadilla de Res sin Hueso

\$2.99 /lb



Pork Chops-Bone In
Chuletas de Cerdo con Hueso

99¢ /lb



Beef Ribeye Roast-Bnls
Asado de Ribeye

\$5.49 /lb



Beef Shoulder Clod Steak
Pulpa Contra en Bisteck sin Hueso

\$2.99 /lb



Pork Leg-Boneless
Pierna de Cerdo Deshuesada

\$1.49 /lb



Meaty Pork Neck Bones
Huesos de Cuello de Cerdo

99¢ /lb

Advised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE MARCH 7 - MARCH 13.

HAPPY HOURS

DRAFT BEER \$2.00

Mon-Thru 4:00PM-9PM
Fri-Sat 3:00PM-9PM
Sun 2:00PM-9PM

KARAOKE SPECIAL

Come before 6pm (Valid Time)

\$1 FOR 6 PEOPLE \$60.00

3 Hours Karaoke • Pizza • Pitcher Soda • 2 Main Dishes (Small Room)
(12 inch) (Up to 3 pitchers) (10 Dishes To Choose From)

\$5 FOR 28 PEOPLE \$280.00

3 Hours Karaoke • 4 Pizzas • Pitcher Soda • Fruit • 7 Main Dishes (Party Room)
(14 inch) (Up to 14 pitchers) (Assorted) (10 Dishes To Choose From)

\$2 FOR 8 PEOPLE \$80.00

3 Hours Karaoke • Pizza • Pitcher Soda • 3 Main Dishes (Medium Room)
(14 inch) (Up to 4 pitchers) (10 Dishes To Choose From)

\$3 FOR 14 PEOPLE \$140.00

3 Hours Karaoke • 2 Pizzas • Pitcher Soda • 5 Main Dishes (Large Room)
(14 inch) (Up to 7 pitchers) (10 Dishes To Choose From)

\$4 FOR 18 PEOPLE \$180.00

3 Hours Karaoke • 3 Pizzas • Pitcher Soda • 7 Main Dishes (Large Room)
(14 inch) (Up to 7 pitchers) (10 Dishes To Choose From)

10 DISHES TO CHOOSE FROM







OPEN 7 DAYS A WEEK:
Mon-Thru 4PM-2AM / Fri-Sat 2PM-2AM / Sun 2PM-12AM
10947 OLSON DRIVE, RANCHO CORDOVA, CA 95670
916-853-2006 • WWW.KP-KARAOKE.COM

FRESH PRODUCE

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



Red Potatoes

59¢ /lb



Asparagus Large

1.49 /lb



American Eggplant

69¢ /ea



Sweet Mini Pepper 1 lb

2/\$3



Red Radish

3/\$1



Jalapeno Peppers

2lbs/\$1



Russet Potatoes 10 lb

2.39 /ea



Fuji Apples 3 lb Bag

2/\$3



Mango 9 ct

\$8.99 /box



Sleeved Celery

59¢ /ea



Avocado 2 lb Bag

2.99 /ea



Mexican Squash

69¢ /lb

AMERICAN/HISPANIC GROCERY



CORN FLAKES

\$3.99 /ea



Kirkland's Corn Flakes 18 oz

\$3.99 /ea



TAXI-CDV Monster Energy Drinks Select Varieties 16 fl oz

\$1.39 /ea



Pringles Salt & Vinegar Chips 5.5 oz

\$1.59 /ea



Langers Apple Juice 64 oz

\$1.99 /ea



Folgers Instant Coffee 8 oz

\$4.99 /ea

ASIAN GROCERY



Pineapple

\$6.99 /ea



Pork and Curry Fish 24 oz

\$6.99 /ea



Jack Mackerel 15 oz

\$1.39 /ea



Sriracha Chili Sauce 25 oz

\$2.49 /ea



Sweet Rice 5 lb

\$4.99 /ea



Rice Cracker 375 oz

89¢ /ea

EUROPEAN GROCERY



CJ Rice 40 lb Bag

\$10.99 /ea



Lava 79¢ /ea



Lava 79¢ /ea



ABC Natural Orange Juice 173 oz

\$1.79 /ea



ABC Natural Orange Juice 173 oz

\$1.99 /ea



Bibb's Lemon 3.1 lb

\$1.99 /ea

KOREAN/JAPANESE GROCERY



CJ Rice 40 lb Bag

\$19.99 /ea



Anil Lotus Root 1.1 lb

\$1.49 /ea



Shin Black Ramen Family Pack 4 x 4.58 oz

\$4.99 /ea



Chunli Light Tuna in Oil 3 x 135 oz

\$4.99 /ea



Mitsun Beef Soup 32 fl oz

\$3.99 /ea



Helle Panda 4 Elvira 10 x 51 oz

\$2.99 /ea



Anil Seasoned Soybean Cud 13.2 oz

\$2.99 /ea



Red Pepper Paste 16.6 lb

\$10.99 /ea



Beef 32 fl oz

\$3.99 /ea



Mitsun Beef Soup 32 fl oz

\$4.99 /ea



Helle Panda 4 Elvira 10 x 51 oz

\$2.99 /ea



Mitsun Beef Soup 32 fl oz

\$4.99 /ea

HOUSEWARES



GOOD FEEL UNSCENTED SANITARY PAPER TOWELS 4 ROLLS

\$4.99 /ea



ELECTRIC KETTLE 1.7L

\$29.99 /ea



ELECTRIC KETTLE 1.7L

\$19.99 /ea



ELECTRIC KETTLE 1.7L

\$19.99 /ea



ELECTRIC KETTLE 1.7L

\$19.99 /ea



ELECTRIC KETTLE 1.7L

\$19.99 /ea

FROZEN DEPARTMENT



Frozen Seasoned Soybean Salad 2.2 lb

\$4.99 /ea



Frozen 79.99 /ea



Frozen 79.99 /ea



Frozen 79.99 /ea



Frozen 79.99 /ea



Frozen 79.99 /ea

EUROPEAN DELI



Dutch Mill Gouda Cheese

\$4.99 /lb



Alex's Meat Bologna German Castrol

\$3.99 /lb



Bak's Hamoked Bacon

\$7.49 /lb



Soybean 45% Lithuanian Cheese

\$6.49 /lb



Soybean 45% Lithuanian Cheese

\$6.49 /lb



Soybean 45% Lithuanian Cheese

\$6.49 /lb

Advised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE MARCH 7 - MARCH 13, 2018.



Be Your Own Bo\$\$

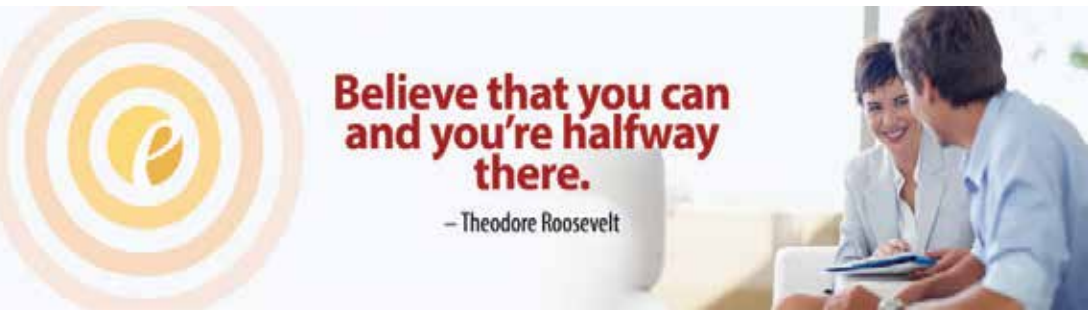
Do you have what it takes to be self-employed?

Find the right business, so you can achieve your personal, financial and lifestyle goals.

The Entrepreneur's Source® is the world's largest and #1 franchise coaching organization dedicated to empowering potential entrepreneurs to achieve their personal and professional goals through self-employment.

The Entrepreneur's Source® is recognized as the industry leader in franchise education, coaching and knowledge of opportunities through out the country.

With over 30 years of experience, The Entrepreneurs Source® pioneered the franchise coaching industry. Since then, we have been coaching and empowering tens of thousands of individuals to break free from the employment cycle and empower them to achieve their dreams and become self-sufficient through business ownership.



WHY WORK WITH A COACH?

We have extensive experience in all aspects of business and franchise ownership. We are totally objective; so when we say, "Your success is our only business," we mean it.

- We help you formulate and refine your goals and objectives to provide a clear picture of what you are trying to accomplish.
- I provide and educational resources help us understand your strengths, goals, needs, and to find options best suited for you.
- I serve as a sounding board as you evaluate each option against your unique criteria.
- I will also introduce you to a variety of ways to finance the business, including paying yourself through the start-up phase.

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



POPPOFF!

with Mary Jane Popp

Anti-Alzheimers

Alzheimer's is not a word anyone wants to hear because it is a heartbreaking decline of memory and faculties. So could there be a solution...not a magic pill...but one that can forestall, even reverse many symptoms? Doctors **Dean and Ayesha Sherzai**, Co-Directors of the Brain Health and Alzheimer's Prevention Program at Loma Linda University Medical Center tell me that Alzheimer's disease, Dementia, and other neurodegenerative diseases are 90% preventable through the choices we make every day.

First of all, let's check the Top 10 foods to avoid like Processed foods (cookies, frozen dinners, and white bread, sugar and saturated fats). Add Processed meats, Red meat, Chicken, Butter and Margarine, Fried and Fast foods, Cheese, Pastries and Sweets, Sugary Drinks, and Excessive alcohol to the list.

So what's left? Some of the top Brain-nourishing foods are Avocado, Beans, Blueberries, Broccoli, Coffee, Dark Chocolate, Extra Virgin Olive oil, Flax seed, Herbal Tea, Herbs, Leafy greens, Mushrooms, Nuts, Omega 3 Fatty Acids, Quinoa, Chia and Sunflower seeds, Spices, Sweet potatoes, Turmeric, and Whole grains.

And here are some activities that build cognitive reserve.

1) LEARNING A NEW

LANGUAGE. Main functions involved: language processing (new words and expressions), memory centers (memorizing, calling upon old memories to understand new material), frontal lobe (understanding the language in context), and problem solving (forming a written or verbal response).

2) LEARNING A MUSICAL INSTRUMENT. Motor skills, Memory Centers, Processing, and Mood (understanding the emotional subtleties of the music).

3) COMPUTER PROGRAMMING. Memorizing new codes and knowing how the codes work together, selecting new codes and typing...motor skills.

4) WRITING A BOOK. Attention and focus with typing passages, recalling research stories and ideas, organizing and structuring and re-creating emotions on the page.

5) KARAOKE. Reading and performing lyrics, interpretation of the song, modulating your voice, and recalling a particular song.

6) PERFORMING STAND-UP COMEDY. Memorizing your set, reading the audience, creating material and physical appearance on the stage.

7) LEARNING TO DANCE. Physical coordination, fine motor movements, responding to music, memorizing choreography, and understanding different dance techniques.

8) CHESS CLUB OR GROUP CARD GAMES. Remembering your cards and the rules for each game, step-by-step strategy concentration on the game, and planning how you will win.

9) MENTORING OTHERS IN YOUR FIELD. Remembering and drawing from your experience, focusing on the mentoring activity, reading another person's emotions and motivations, coming up with options and solutions.

10) VOLUNTEERING TO TEACH. Remembering the subject matter, focusing on the teaching, responding to student needs, examining and explaining multistep solutions.

11) JEWELRY, CRAFTS, MODELS OR ART. Understanding complex designs, memorizing techniques and patterns, concentrating on the activity, and the physical act of assembly.

12) TAKING COMMUNITY COLLEGE COURSES. Memorizing new words and concepts, understanding multistep thinking, applying new theories to find solutions.

The good docs told me even daily brisk walks result in a 40% lower risk of developing Alzheimer's later in life. Social support and engagement influence our brain and how it ages too. Check out their book **"The Alzheimer's Solution"** and www.teamSherzai.com. **KEEP ON KEEPIN' ON!** ★

Fair Oaks EcoHousing

A Family-Friendly Green Neighborhood

- Safe and Supportive Community for People of All Ages
- Close to Fair Oaks Village
- Large Clubhouse and Gardens
- 30 Townhomes and Flats

Join us for a monthly site tour

For more information, visit FairOaksEcoHousing.org

Sacramento CHORAL SOCIETY & Orchestra
Donald Kendrick, Music Director

SPRING SEASON 22

Praise and Jubilation

West Coast PREMIERE

Jubilate Deo | Dan Forrest
Te Deum | Antonin Dvorak
Ancient Airs and Dances | Ottorino Respighi

Rachel Songer, Soprano
Anne-Marie Endres, Soprano
Shawn Spiess, Baritone

Projected supertitle translations

GUEST CHORUSES
Sacramento Children's Chorus – Alexander Grambow, Director
Sacramento State University Chorus

Saturday, May 12, 2018 at 8 pm
Pre-concert talk by Donald Kendrick 7 pm
Sacramento Community Center Theater

TICKETS CCT BOX OFFICE | 916.808.5181 or TICKETS.COM
SACRAMENTOCHORAL.COM

Healthy, Wealthy & Wise

Sunrise Mall FARMERS MARKET

Every SATURDAY, 8 AM - 1 PM

- ⇒ Mall Parking Lot behind Sears—6041 Sunrise Blvd.
- ⇒ Live Music & Entertainment
- ⇒ 80+ Certified Farmers & Organic Producers
- ⇒ Specialty Gourmet Foods
- ⇒ EBT/WIC & SNAP Accepted

2nd Saturday

Artisan & Crafts Show
SUNRISE MALL FARMERS MARKET—YEAR ROUND

Join us every 2nd Saturday to pick up some unique handmade items and art from local artisans and crafters in conjunction with the weekly Farmers Market. Quality made art, furniture, clothing, free trade baskets, blown glass items, jewelry, ceramics and more await you! Open second Saturday of every month all year round from 8 am to 1 pm.

Present this coupon for a chance to win the **OCTOBER FARMERS MARKET GIFT BASKET** and receive 5 Raffle Tickets at the Farmers Market. One Per family. Expires **October 31, 2017.**

ILoveMyFarmersMarket.com



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Share your home
Become a Mentor today

California MENTOR
Family Home Agency

Everyone Deserves a Home Like Yours!
Make a real difference in the life of someone who needs you!
Become a Mentor!

For over 30 years California **MENTOR** has been the leading host home provider for adults with Developmental Disabilities. Today we serve over 750 individuals throughout California.

California **MENTOR** is seeking individuals/ Families with a spare bedroom to support adults with Developmental Disabilities who might not have the opportunity to live with a loving home like yours.

Receive ongoing support and a generous monthly stipend \$1,100 - \$3,900 per month

Call a California **MENTOR** recruiter today to learn more about this special program.
(916) 383-9785 x 28

And join us for one of our info sessions:
Monday – Friday at 11am
Wednesday at 4pm
7801 Folsom Blvd, Ste 375,
Sacramento CA 95826

Visit our website at
www.mentorswanted.com

NorCal Auto Racing to Hold Hall of Fame Fundraiser Dinner

Gary Gerould to MC "Dinner with the Champions" event with Racing's Stars



Rick Scribner poses with his #15. Photo courtesy NCAR

By Roy Wilhite, NCAR

SACRAMENTO REGION, CA (MPG)

- Rick Scribner, NCAR's Vice-president, has been involved in Auto Racing for most of his life. He even met his wife, Janet, in turn #4 at West Capital Raceway.

Rick has raced Sprint Cars, Super Modified and Cup Cars on asphalt and dirt. He has a passion for auto racing (like most race car owners and drivers). His son Chris currently races the family owned #5 Late Model.

Rick is on the founding Board of Directors of Northern California Auto Racing, Inc., (NCAR). Rick and his company Scribner Plastics, Inc. is a strong supporter of NCAR's drive to acquire a "Hall of Fame and Museum" for Northern California Auto racing's large following of enthusiasts.


Like most racing individual's, Rick is looking forward to the NCAR'S "Dinner with Champions" with Gary Gerould as Master of Ceremonies interviewing

Super Stars Rico Abreu and Jack Hewitt on March 18th at the Dante Club in Sacramento.

The Dante Club is located at 2330 Fair Oaks Blvd, Sacramento, California 95825.

To purchase tickets online go to www.ncar825.com.

You can also purchase your tickets by mail. Make your check payable to NCAR and send it to 9456 Greenback Lane, Orangevale, California 95662. For more information call 1-916-709-8400. ★



BAHÁ'Í FAITH
LIGHT OF UNITY

"O SON OF SPIRIT!
My first counsel is this;
Possess a pure,
Kindly and radiant heart,
That thine may be a sovereignty
Ancient, imperishable and
Everlasting."

from the *"Hidden Words"* of Baha'u'llah
More info: Isacarmichael@yahoo.com
Telephone: 1 800 22 unite

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



EVERYDAY LOW PRICES
Super Discount Prices • Hot Specials & Coupons
*Short term promotions from vendors
(No Membership Fees)

We Only Accept ATM, Cash, & Checks



2344 Sunrise Blvd. 318 N Sunrise Blvd.
Rancho Cordova, CA Roseville, CA
916-635-5008 916-781-8500
M-F 9-8, SAT 9-7, SUN 10-7 Effective 3/7/18 - 3/13/18



318 N Sunrise Blvd.
Roseville, CA
916-781-8500
Effective 3/7/18 - 3/13/18



COUPON
PIG'S EAR 29¢
with the purchase of pet, fish food or supply.
Large Size. \$1.49 value.
Limit 1 PLU 323 CHM
Limit 1 Coupon per family
Effective 3/7/18 - 3/13/18

COUPON
2 FREE FRISKIES CAT FOOD
5.5 Oz Tin All Varieties
(Select Indoor Included & 9 Lives
With Any Purchase of Pet
Fish Food, or Supply PLU 321
Limit: 1 Coupon Per Family
Effective 3/7/18 - 3/13/18

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

- Lamb Meal & Rice **\$31.99**
- Chicken Meal & Rice **\$33.99**

Effective 3/7/18 - 3/13/18

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 3/7/18 - 3/13/18

EARTHBORN HOLISTIC DRY DOG FOOD
Natural Grain Free

- Pimitive Feast •Great Plain Feast •Meadow Feast •Coastal Catch (Reg. Price \$43.99)

28 Lb Bag **\$39.99**
Limit 2 Bags Per Family
Effective 3/7/18 - 3/13/18

NUTRO MAX GRAIN FREE ADULT RECIPE DRY DOG FOOD
•Chicken •Lamb •Mini Chunk

25 Lb Bag **\$24.99**
Limit 2 Bags Per Family
Effective 3/7/18 - 3/13/18

9 LIVES CANNED CAT FOOD
5.5 Oz All Varieties

Limit 1 Case Per Family **35¢**
Effective 3/7/18 - 3/13/18

FANCY FEAST GOURMET CANNED CAT FOOD
All Varieties except Elegant Medley 3 Oz

Limit 2 Cases Per Family **20/\$11.00**
Effective 3/7/18 - 3/13/18

PURINA CAT CHOW DRY CAT FOOD
•Regular •Indoor 16 Lb Bag

Limit 2 Bags Per Family **\$11.99**
Effective 3/7/18 - 3/13/18

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 3/7/18 - 3/13/18

PURINA PRO-PPLAN CANNED FOOD SALE

Limit 2 Cases	•Selected Varieties	Dog Food 13 Oz	\$1.09	Cat Food 3 Oz	69¢
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WILDERNESS DRY CAT FOOD **AS MARKED \$5 OFF**
•Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free
11-12 Lb Bag Limit 2 Bags **OUR REGULAR LOW PRICES**

PEDIGREE DRY DOG FOOD **\$21.99**
•Adult 50 Lb Bonus Bag
Limit 1 Bag Per Family

CAT COUNTRY PREMIUM ORGANIC CAT LITTER

Limit 2 Bags	20 Lb	\$7.49	40 Lb	\$13.99
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WORLD'S BEST CAT LITTER **\$12.99**
•Original •Extra Strength 14 Lbs Limit 2 Bags

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

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

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

CANIDAE PURE GRAIN FREE ADULT DRY DOG FOOD **As Marked \$10 OFF**
24 Lb Bag Limit 2 Bags •Lamb •Duck •Salmon Only **OUR REGULAR LOW PRICES**

WELLNESS CANNED CAT FOOD **\$1.35** Signature **\$1.39**
Limit 1 •Selected Varieties Case •Grain Free 5.3oz. Core Select

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

SCIENCE DIET IDEAL SCIENCE DRY DOG FOOD

30 Lb Bag	•Adult	\$34.99	•Large Breed Adult	\$39.99
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PET-MATE COMPASS PET KENNELS

19" (5.00 OFF)	32" (15.00 OFF)	OUR EVERYDAY LOW PRICE! (NEW Vari Kennels All sizes 20% off)
24" (5.00 OFF)	36" (20.00 OFF)	
28" (15.00 OFF)	40" (20.00 OFF)	

DINGO MEAT & RAWHIDE CHEWS **20% OFF**
•Meat in the Middle •Bones •Chip Twister All Varieties **OUR SUPER LOW PRICES**

PENN PLAX BIRD LIFE BIRD PRODUCTS **20% OFF**
All Varieties •Regular •Natural •Toys •Ladders •Perches **OUR SUPER LOW PRICES**

PET CLOTHING SALE **20% OFF**
•Fashion Brand •Outdoor Dog •Sweaters •Raincoats •Coats •Jackets **OUR REGULAR LOW PRICES**

SCOOP FREE LITTER TRAY CARTRIDGE **\$15.99**
(Automatic Litter Box - \$99.99)

MARINELAND POWER FILTER SALE

MODEL	TANK SIZE	PET CLUB SALE
PENGUIN 100B	20 Gal.	\$17.99
PENGUIN 150B	30 Gal.	\$24.99
PENGUIN 200B	50 Gal.	\$29.99
PENGUIN 350B	75 Gal.	\$39.99

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

O.S.I. PREMIUM FISH FOOD **20% OFF**
ALL VARIETIES •Freshwater •Goldfish •Marine •Spirulina **OUR SUPER LOW PRICES**

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 Effective 3/7/18 - 3/13/18 **59¢** CHM PLU 568

BONUS COUPON
PURINA WHISKER LICKINS CAT TREATS

•Soft & Delicious - 2.5 Oz
•Crunchy & Yummy - 1.7 Oz
Limit 2 Pouches with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon Effective 3/7/18 - 3/13/18 **69¢** CHM PLU 446

BONUS COUPON
ARM & HAMMER CAT LITTER DEODORIZER

20 Oz Box
Limit 2 Boxes with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon Effective 3/7/18 - 3/13/18 **\$1.49** CHM PLU 422

Joint Effort by Churches Provides 10,000 Meal Bags



(Above) Mood was light and the work quickly done at the joint Rise Against Hunger service project carried out by St. Francis Episcopal Church and Valley Redemptive Church in Fair Oaks. (At right; L-R) Reverend Joe Duggan, St. Francis Episcopal Church; Courtney Hudson, Rise Against Hunger ambassador; Pastor Donnie Bryant, Valley Redemptive Church; and Jim Quinney, Rise Against Hunger Ambassador. Behind them is the truck with boxes of completed meals ready to be shipped. Photos by Gary McFadyen



Continued from page 1

Sacramento. “Most of our congregation traditionally is Baptist, including myself,” said Pastor Donnie Bryant. Bryant said that the relationship between Valley Redemptive and St. Francis has turned out to be a friendship. “If we want to see a better world, it’s got to start in the church in a joint effort to do things in the community,” Bryant said. “It was just cool.”

The two groups have conducted monthly joint services and still meet together often. Individual member cross over to each other’s services occurs both ways, and the pastors often visit each other’s services, since the congregations meet at different times.

“One of the most segregated times in the United States is Sunday morning,” said Valley Redemptive minister of music

Karen Massie Withrow. “We are here together; we might as well practice what we preach. We’re all taught that, but to really put it into action – that’s the thing that’s so great about working with St. Francis.”

For the Rise Against Hunger project, both churches provided funding for food, boxing and shipping costs, which ran to about \$1,500 for each congregation. The churches also provided the volunteers to put together the meal packages. Rise Against Hunger ambassador Jim Quinney, a St. Francis layman, and Rise Against Hunger representative Courtney Hudson were on site to organize and run the event. They arranged for the food to get to the project and the packed cases of meals to be taken to the shipping point.

Nearly a hundred people of all ages worked together to fill, seal and pack more than 10,000 bags, meeting their goal an hour and a half before the scheduled ending. After the completion of each thousand, the gong rang out to mark the accomplishment. Each bag contained vitamin packet, soy protein, dehydrated vegetables and rice - enough to feed six people.

Withrow said she hopes the two churches can work on projects together as long as possible. St. Francis is scheduled to close on Saturday, April 14, when there will be a combined service with joint choirs.

For more information about Rise Against Hunger contact Jim Quinney at 916-257-1635 or jquinney@stophungernow.org.★

The Rogue Music Project with Pioneer Congregational Church Presents Kevin Doherty & Jennifer Reason in Concert

SACRAMENTO REGION, CA (MPG) - Rogue Music Project’s Jennifer Reason and Kevin Doherty will present their concert, “Unfinished Business” Sunday, March 11, at 3 p.m. at the historic Pioneer Congregational Church, 2700 L Street.

Kevin Doherty and Jennifer Reason will perform their concert, “Unfinished Business”, with piano music by C.P.E. Bach and Mozart; famous scenes from two of opera’s greatest composers, Puccini and Britten; a transcendent movement from Philip Glass’s METAMORPHOSES; and the song cycle SONGS OF TRAVEL by Vaughan Williams. Artists Liisa Davila and Sarah Fitch will also perform.

Baritone Doherty is the Morning Classical Host on Capital Public Radio. In concert, he has appeared as a baritone soloist with orchestras across the United States. Pianist Jennifer Reason is Music Director of the Rogue Music Project, (RMP) a collective that cultivates adventurous music and theater experiences. She is also the Artistic Director for the Reconciliation Singers



Rogue Music Project’s Jennifer Reason and Kevin Doherty will present their concert, “Unfinished Business” Sunday, March 11, at 3 p.m. at the historic Pioneer Congregational Church, 2700 L Street. Photo courtesy Rogue Music Project

Voices of Peace, a 16-voice a capella ensemble who donates 100% of their proceeds to underfunded charities nationwide. (www.rsvpchoir.org).

Tickets are available at the door for \$20. This is the third concert of the historic Pioneer Congregational Church’s 2018 concert series. ★

EDITOR’S NOTE

A Workout of the Heart: Special Olympics provides all programs without any cost to participants. Special Olympics relies on and appreciates the support of donations from the

community in order to continue offering these opportunities. For information on Special Olympics visit <https://www.sonc.org> ★



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