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# AMERICAN RIVER Messenger

*"Written by the people, for the people"*

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SEPTEMBER 15, 2017

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## Healing Invisible Wounds

*Veterans Day Golf Tournament to Aid Veterans and First Responders with PTSD*



Program graduates of SPARTA and Go Give 2 Live programs. Photo by Go Give to Live

**By Elise Spleiss**

**SACRAMENTO REGION (CA) (MPG)** - "We are dedicated to healing the invisible wounds of war and service." This is the motto of Go Give 2 Live, a local 501(c)(3) nonprofit working with The SPARTA Project to help local veterans, police, fire and emergency personnel get the care they need to recover from the stress and trauma they have experienced in the line of duty.

The SPARTA Project, the nation's premiere program for helping warriors and first responders with Post Traumatic Stress Disorder (PTSD) provides an intensive 5½ day retreat in Southern California to rehabilitate veterans/first responders.

To help balance the demanding work, participants enjoy activities such as rock climbing, a rope course, equine therapy and meditation.

SPARTA has asked Go Give 2 Live to provide further resources to help them in their aftercare. Formed in January of 2015 Go Give 2 Live raises funds to support already established non-profits that have a proven record of helping veterans and first responders get the help they need to recover from the stress and trauma caused by their jobs. According to program founder Lindsey Hutchison, most of the veterans in their programs are police officers, and local veterans returning from Afghanistan.

Lindsey and her team of volunteers are

aware of local resources to help these men and women in the county where they live. Local programs include Joy House, a transitional sober living home with a focus on women veterans, and programs using the healing quality of horses and dogs to help transform their lives. A Community for Peace located in Citrus Heights offers a men's support group and a crisis center for victims and survivors of domestic violence, family violence, and sexual assault.

What sets Go Give 2 Live apart from other veteran recovery programs is the ongoing support graduates receive to keep them involved in their own recovery.

Being active in their community helps  
*Continued on page 10*

## Beware of Fake Charity Scams Relating to Hurricane Harvey

**By David A. Tucker,  
IRS Media Relations**

The Internal Revenue Service today issued a warning about possible fake charity scams emerging due to Hurricane Harvey and encouraged taxpayers to seek out recognized charitable groups for their donations.

While there has been an enormous wave of support across the country for the victims of Hurricane Harvey, people should be aware of criminals who look to take advantage of this generosity by impersonating charities to get money or private information from well-meaning taxpayers. Such fraudulent schemes may involve contact by telephone, social media, e-mail or in-person solicitations.

Criminals often send emails that steer recipients to bogus websites that appear to be affiliated with legitimate charitable causes. These sites frequently mimic the sites of, or use names similar to, legitimate charities, or claim to be affiliated with legitimate charities in order to persuade people to send money or provide personal financial information that can be used to steal identities or financial resources.

IRS.gov has the tools people need to quickly and easily check the status of charitable organizations.

The IRS cautions people wishing to make disaster-related charitable donations to avoid scam artists by following these tips: Be sure to donate to recognized charities; Be wary of charities with names that are similar to familiar or nationally known organizations. Some phony charities use names or websites that sound or look like those of respected, legitimate organizations. The IRS website at IRS.gov has a search feature, Exempt Organizations Select Check, through which people may find qualified charities; donations to these charities may be tax-deductible; Don't give out personal financial information — such as Social Security numbers or credit card and bank account numbers and passwords — to anyone who solicits a contribution. Scam artists may use this information to steal a donor's identity and money; Never give or send cash. For security and tax record purposes, contribute by check or credit card or another way that provides documentation of the donation.

Consult IRS Publication 526, Charitable Contributions, available on IRS.gov. This free booklet describes the tax rules that apply to making legitimate tax-deductible donations. Among other things, it also provides complete details on what records to keep.

Taxpayers suspecting fraud by email should visit IRS.gov and search for the keywords "Report Phishing."

More information about tax scams and schemes may be found at IRS.gov using the keywords "scams and schemes." Details on available relief can be found on the disaster relief page on IRS.gov. ★

## Senator Nielsen Praises Work of Sacramento County Farm Bureau

*State Senator Cites Commitment to Agriculture and Farming*

**By Bill Bird, SCFB**

**SACRAMENTO REGION, CA (MPG)** - The Sacramento County Farm Bureau (SCFB) has drawn both the admiration and praise of Northern California State Senator Jim Nielsen (R-Gerber), who recent congratulated the organization for its 100-years of service to the Sacramento County community and its recent recognition from the California Agriculture Heritage Club. Nielsen, who represents that 4th State Senate District and serves as Chair of the Senate Republican Caucus, Vice Chair of the Senate Committee on Veterans Affairs and Vice Chair of the Senate Budget & Fiscal Review, praised the SCFB for its "commitment to agriculture and farming for the past 100-years."

"I appreciate your continued efforts to promote and defend the agricultural interests within the county; such support is invaluable," Senator Nielsen wrote in a letter to the SCFB. "Additionally, I applaud the efforts the organization and its board have taken to remain fiscally responsible for its duration. The accomplishments you have achieved over this past century surely give you a lot to be proud of."

Senator Nielsen also praised the SCFB for its "celebratory milestone" and its statewide recognition from the 2017 California Agricultural Heritage Club Ceremony held last month at the California State Fairgrounds in Sacramento.

"Senator Nielsen's recognition

of the work and accomplishments of the SCFB is an important triumph for this organization," said SCFB Board President Virginia Hemly-Chhabra. "Senator Nielsen is no stranger to agriculture. He grew up on a small farm in the San Joaquin Valley and later worked as a ranch foreman and operated the family cattle, field and row-crop ranch. His recognition of SCFB efforts is greatly appreciated."

The SCFB was honored for 100-years of services last month at the 2017 California Agricultural Heritage Club Ceremony held at the California State Fairgrounds in Sacramento. Membership in the Agricultural Heritage Club is a prestigious award, which is only given to farms, ranches, organizations and

agribusinesses that have maintained a fiscal responsibility in the state for at least one full century.

Sacramento County is the 25th largest agriculture producing county in California with total agricultural production approaching \$500 million. The top five county crops include wine grapes, poultry, grain corn, milk and Bartlett pears.

*Sacramento County farmers put food on your fork. Our agricultural operations and products are as diverse as the lands we carefully manage. We are proud to provide healthy, fresh food for your family and ours. We invite you to join our efforts to protect Sacramento County's agriculture, rural character, and our ability to produce local, high-quality food for your table.* ★

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# Starting a New Business? Get in Line

*County's Small Business Start-ups Hampered by Bureaucracy*

Story by Jacqueline Fox

**SACRAMENTO COUNTY, CA (MPG)** - Pent up demand in many parts of unincorporated Sacramento County, and the county proper for retail food chains and other small businesses, some developers and business groups say, is being stalled under the multiple layers of bureaucracy built into the county's complex permitting process and related issues.

Even opening a franchise for one of the country's largest and perhaps best-loved food and drink chains can take years. Case in point: Jamba Juice, which has been pushing to open its first location in Carmichael for more than a year. The wildly popular fresh juice and smoothie maker, originally slated for opening in August at Carmichael Village on Fair Oaks Boulevard, is once again pushing back its opening to late October, due in large part to set-backs in the permitting approval process, according to Brooks Erickson of Carmichael Village, LLC, developers of the retail complex.

Construction and the permitting process for Jamba Juice began more than 24 months ago. Meanwhile, next door, Wing Stop's approval took nearly a year to green light. It followed the oft-stalled opening of Noah's Bagels, also in the complex, which opened its doors in 2015.

With two open spaces left to fill at Carmichael Village, Erickson wonders how long it will take him to get the green light for what he hopes will be one more food and drink outfit and potentially a small medical related service provider to complete the development project.

"I would say it is a complex process and also can be very surprising when you think you have crossed every "T" and dotted every "I" to find out that you have to keep waiting," Erickson said. "I respect the idea of (the permitting and vetting process) being necessary, but it



Troy Givens said a typical time frame for a franchise like Jamba Juice (above) should be roughly 90-120 days and, while he doesn't know the specifics of what may be holding up the clearance for Jamba Juice in Carmichael, he would be happy to sit down with Brooks Erickson or any other business owner to help figure out where the snags are and how to expedite the process. Photo by MPG staff

absolutely seems very burdensome. Even after you've won approval for the project, you're waiting on all kinds of things to be approved just to get construction done."

Erickson said Jamba Juice is just one of many examples of the frustration he and other developers, not to mention the franchisees and owners, face when it comes to dealing with the county permitting process, which includes clearance requirements from multiple agencies, usually at different intervals in the build out process, including health and safety, the fire department, and ADA regulators, each of which can potentially stall a

previously approved permit or plan from one department with a non-compliance order or demand for changes to meet their own department's regulations.

A green lighted set of blueprints can hit a number of snags in the process, ranging from issues pertaining to noncompliance with ADA regulations or county fire and electrical system guidelines, to equipment model makes and locations and flooring types, as well as overall construction plans for new infrastructures or remodeling of existing ones.

"What puzzles me is that somebody like Jamba with a national

brand would have so much difficulty with our little county," Erickson said. "It's a puzzle to have so many different rounds of changes."

Linda Melody, executive director of the Carmichael Chamber of Commerce agrees the county's permitting process often holds up construction plans for many small retailers, specifically eateries. Carmichael's revival along the Fair Oaks Boulevard corridor is enjoying a wave of expansion in the retail food sector. But the growth is being hampered at various levels and she and chamber members are eager to see the momentum continue.

Melody said her agency would like to see pre-approved permitting requirements for existing retail spaces grandfathered in when approvals have been given for one area as others are considered, and that a true one-stop agency for blueprinting approval right down to the plumbing and electrical code sign-off would help.

"I have a hard time with the county penalizing businesses who have already had components of their projects signed off on get rejected at another level and then see them have to go back to the beginning of the process," Melody said. "You always hear the politicians talk about how much they love business but the rules are often not really all that business friendly."

Diann Rogers, president and CEO of the Rancho Cordova Chamber of Commerce, said her agency has long-been fielding similar complaints about the permitting process and that mitigating those concerns remains one of her agencies top priorities.

"Are there glitches, yes," says Rogers. "But in terms of the challenges, it is all over the board and it really depends on what type of business you're talking about and which layers of permitting and departments they have to go to."

Rogers said the Rancho Cordova department of economic development is preparing to launch a new "concierge" service to help business owners understand and work their way through the permitting process.

"It can be daunting," said Rogers, adding that she did not have specifics about the new program yet. "I know the goal is to help them navigate the process," she said. "I also can say that we have a (city) council that is open and willing to hear these issues, so they do listen to the biz community."

Evan Jacobs co-chairs the economic development committee for the Citrus Heights Chamber of Commerce. He said the chamber is aware of the ongoing issues of "complexity" involved with the permitting process and insists it is an issue of ongoing concern and discussion.

"We are working collaboratively with the city to see more layers of bureaucracy removed from the process in order to both retain and attract businesses to the area," said Jacobs. "I know we and many other advocates are out there

working toward finding a way to put a focus on this issue and see how we can make it easier for businesses to set up shop. There are many complexities involved."

Troy Givens, director of the Sacramento County Department of Economic Development agreed that the process for setting up a small business in the county can be burdensome, particularly for a restaurant, where you have many health code requirements in play. He adds, however, that the county is always pushing to improve the process, noting the availability of free and confidential programs established to help business owners navigate the permitting process.

"We know there can be difficulties, especially for smaller business owners, but we are always looking at how we can make the process more user friendly," said Givens.

***"I have a hard time with the county penalizing businesses who have already had components of their projects signed off on get rejected at another level and then see them have to go back to the beginning of the process."***

— LINDA MELODY  
EXECUTIVE DIRECTOR OF THE CARMICHAEL CHAMBER OF COMMERCE

Givens referred to the county's Business Environmental Resource Center (BERC) launched in 1993. BERC provides confidential support for new and existing businesses as they make their way through the initial phases of setting up shop. The county, he added, also recently brought in a small business liaison to help potential new business owners with financing-related questions and support. Many of the frustrations, he says, often stem from the varying number of scenarios that arise with every start-up, whether related to health permit issues or basic blueprint snags, and whether they are a fast-food operation or a clothing retailer.

"We have a service under our department that is free and confidential, which takes a look at the permitting process at the local, state and even the federal levels and helps businesses navigate the system," said Givens. "We do what we can to help make the process go as quickly as possible."

Givens said a typical time frame for a franchise like Jamba Juice should be roughly 90-120 days and, while he doesn't know the specifics of what may be holding up the clearance for Jamba Juice in Carmichael, he would be happy to sit down with Erickson or any other business owner to help figure out where the snags are and how to expedite the process.

"I'm more than happy to meet with Mr. Erickson and other developers to try to figure out if there is a certain area where we can step in," Givens said.

The county also has a fast track program to help certain projects

speed through the permitting process, however, there are specific qualifiers. For instance, a commercial or industrial project must create a minimum of 50 new and permanent jobs or show it will generate at least \$10 million in annual taxable sales. Neither of these options are likely for a small franchise, Jamba Juice included. Even if the revenue was in place, most fast-casual eateries employ part time workers.

Tom Scott is the state executive director for the National Federation of Independent Businesses based in Sacramento. His agency advocates for roughly 22,000 small and independently owned business members in California and thousands more nationwide. Scott said the layers of bureaucracy at the county with respect to permits are so imbedded and years in the making, a one-stop shop wouldn't put a dent

in the problem, as it stretches way beyond the permitting process and in to areas concerning housing, rising rent costs, California's business taxes, (one of the highest in the nation according to recent studies), zoning issues, as well as employment-related legal complexities and wages.

"There's been a Carl's Junior effect in California for years," said Scott, referring to 2014 plans by the Southern California-based CKE Restaurants/Carl's Junior Restaurants, LLC to expand in the state. Faced with wait times of up to two years to expand in the state, the company moved into Texas and Nevada, where wait-times are roughly only two to three months.

Scott, who also sits on the planning commission for the city of Folsom, said the slow-pace of permitting and approving new eateries and other small businesses is rampant across all parts of unincorporated Sacramento County and the city proper. In some cases, there just aren't enough people to push applications through. In others, the rules are simply too draconian and driving business out.

"This problem is happening all over, and it's not just permitting," says Scott. "It's a chain reaction of things, and the bureaucracy has been building up for decades. Everyone wants the revenue from small business, everyone agrees small business is the backbone of our economy. But, on the other hand, they have created such a bureaucratic mess. So the real question is: OK, how do they undo it?" ★

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# California CareForce to Provide Free Services

By MPG Staff

**SACRAMENTO REGION, CA (MPG)** - California CareForce a group of dedicated medical professionals, is scheduled to provide a free dental, medical and vision clinic. This clinic will be providing services for Sacramento region's underserved communities.

The California CareForce team will provide the three-day free dental and vision clinic at Cal Expo. Services available will include: Dental Services – Cleanings, fillings, extractions; Medical Services – Physicals, general medical services; Vision Services – Eye exams, prescription glasses made on site.

The clinic is scheduled for Friday, September 22 through Sunday, September 24, 2017, from 6 a.m. to 5 p.m. each day. The location is at Cal Expo Bldgs. C & D, 1600 Exposition Drive, Sacramento, CA 95815

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Dental and visual professionals will be providing free treatment for those in need.

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For more information about this this free clinic please visit [www.californiacareforce.org/clinics/upcoming-clinics/](http://www.californiacareforce.org/clinics/upcoming-clinics/) ★

# Rotary Club of Fair Oaks Announces New Civic or Corporate Memberships

By Pete Schroeder

**FAIR OAKS, CA (MPG)** - The Rotary Club of Fair Oaks announces its new Civic/Corporate Membership status. Attendance may be served by up to 5 designated members of the civic or corporate organization, so one member is not

required to attend every Rotary meeting.

Our club's 1st Civic Member is the Fair Oaks Chamber of Commerce, inducted September 11, 2017!

Rotary is an international organization of over a million members, dedicated to serve – their community, their country,

their world.

Any local group interested may contact Diana Cralle, Membership Director, at [dcralle@usa.net](mailto:dcralle@usa.net). Meetings held Mondays at 6:30-8:30 pm at the Fair Oaks Community Clubhouse (7997 California). Dinner is served. ★



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**Crossword Puzzle on Page 5**

M	O	C	H	A		T	I	S		D	E	U	S		
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**Sudoku Puzzle on Page 5**

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

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# Why People Become Dependent on Alcohol or Drugs



By Don Troutman, Founder, Clean & Sober Transitional Living

**SACRAMENTO COUNTY, CA (MPG)** - No one ever starts out with the intention of being a drug addict. “Mom and Dad, I want to be an addict or alcoholic, yoked to alcohol or other drugs. I want to be unemployable, destitute, at death’s doorstep.” That’s not how substance abuse (AKA “substance use disorder”) is born.

Instead, it usually begins with playful experimentation that has no harmful consequences. It may begin with a drink that lubricates the wheels of conversation or helps squash anxiety or depression. It may begin with doctor-prescribed pain pills after an injury or surgery. But pretty soon, as if the switch is flipped, drinking to excess or drugging is not by choice anymore. When you’ve turned that corner, you need to drink or take drugs so you can merely make it through the day without getting physically sick or mentally anguished. Then the

other dominoes fall: jail, dishonesty, car accidents, child neglect, job loss...the list goes on and on.

**People only get sober when life stops working for them**, and the consequences of their drug or alcohol abuse become overwhelming. I stopped drinking initially because I was on the verge of losing my job. And when I gave up alcohol, I couldn’t visualize how my life would work. Where would I be without my alcohol and a social life built around a bar and a bottle? (Guess what? The drinking buddies vaporize when you don’t share their obsession with alcohol because that was the only thing you ever had in common.) So I filled that social gap with the camaraderie and support found in three or four AA meetings a day.

**People don’t become chemically dependent on drugs or alcohol overnight.** By the same token, they don’t achieve sobriety overnight or even in 28 days, as insurance policies would have us believe. There is no quick fix here. No counselor can wave a magic wand to make substance use disorder disappear. Recovery requires a complete social and cultural reboot. People have to be engaged in the world of recovery for at least a year before it begins to make any sense. That takes time, it takes practice, and it takes role models of recovery. That’s why Clean & Sober Transitional Living exists.

**People will only seek sobriety when faced with devastating consequences** like a ruined marriage, death from liver disease or spending precious time in jail or prison. I had one reason to stop drinking: the threat of losing my job. Now, with a sober window on life, I can see a million reasons to never drink again.

*Find out more about Clean & Sober Transitional Living at 916 961-2691.* ★

# State Easing of Public Safety Laws Emboldens Criminal Behavior

Killer of Sacramento Sheriff’s Deputy had Lengthy Record and Was Wanted by Federal Authorities



From the Office of Senator Jim Nielsen

**SACRAMENTO COUNTY, CA (MPG)** - According to authorities, Thomas Daniel Littlecloud fired multiple shots at officers who knocked on the front door and walls of a motel room in their search for a different parolee’s room. Littlecloud struck and injured two CHP officers before he attempted to exit through the back balcony. Using a high powered assault rifle, he shot Sacramento Sheriff Deputy Robert “Bob” French, who died on the way to the hospital.

“Convicted criminals like Thomas Littlecloud should not have been allowed out

on our streets,” said former Chair of the Board of Parole Hearings Senator Jim Nielsen (R-Tehama). “State laws, court decisions and initiatives have turned the criminal justice system inside out.”

Senator Nielsen added, “The lack of meaningful penalties has emboldened career criminals like Littlecloud. This individual has been apprehended with firearms on multiple occasions.”

Since the passage of Assembly Bill 109 and Propositions 36, 47 and 57, criminals like Littlecloud now face diminished to no consequences for their continued criminality.

Senator Nielsen and others have made many attempts to strengthen laws to protect police officers and the public.

The Democrat-controlled Legislature denied passage of his proposals to support public safety. Earlier this year, Senator Nielsen introduced Senate Bill 652 to change current law to require that felons with firearms would return to state prison if they had been previously convicted of a violent felony. Even this modest change was rejected in committee.

Unfortunately, the weakening of the state’s criminal justice system allowed for the release of convicted felons like cop-killer Littlecloud whose criminal record spans 14 years.

The San Francisco Chronicle laid out the “extensive criminal history” of Littlecloud’s life that included: Assault on officers and first responders; Drug possession; Robbery; Grand theft; Assault with stun gun; Battery on emergency personnel; Two counts of assault on peace officer or firefighter; Six counts of assault with or possession of firearms; Federal indictment on charges of possession with intent to distribute methamphetamine, illegal possession of a firearm and ammunition, using a counterfeit credit card and identity theft.

“Littlecloud’s wide-ranging criminal behavior speaks for itself. Legislative acts, court decisions and initiatives facilitated this behavior,” Senator Nielsen added.

*Senator Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama and Yuba* ★

# County Approves Adopted Budget

**SACRAMENTO COUNTY, CA (MPG)** - The Sacramento County Board of Supervisors approved the Adopted Budget document for Fiscal Year 2017-18 to fund County operations on September 6th, 2017.

The document outlined the County’s \$4 billion budget, including a General Fund appropriation of \$2.4 billion.

The final budget for the fiscal year balances the needs of the County while at the same time reserving funds for future needs. The County also enhanced funding in areas such as Child Protective Services, homeless services and addressing critical public safety needs.

In addition, funding has been applied to: Building general reserves; Parkways and Unincorporated Communities Clean Up and Safety Initiative; Implementing Foster Care Continuum of Care Reform;

Sheriff’s Department pilot program focusing on high incidences of unreported gun shots in the unincorporated County; Replacing and upgrading critical technology.

View budget documents online or in person on the 7th floor of the Administration Building, 700 H Street, Suite 7650.

*Source: Sacramento County Media, Thursday, September 7, 2017* ★

# Gun Show Comes to Cal Expo

**SACRAMENTO REGION, CA (MPG)** - The Crossroads of the West Gun Show, the largest gun shows in western America, will return to Cal Expo for their big Fall Gun and Hunting Show this weekend, September 16 and 17.

Bob Templeton, show manager, said that the show at Cal Expo will be the first major gun show held in the Valley since Spring, and promises to be a

good one. Featured will be the newly-developed “California Legal” semi-automatic rifles and kits for enthusiasts who want to build their own rifle or handgun legally.

One of the major selling displays in the show will be presented by Wholesale Ammo, California’s largest ammunition distributor and sales outlet. Featured will be bulk ammo for

all popular firearms, handguns, rifles and shotguns, all priced at well below regular store retail prices.

The show opens at 9 AM Saturday. It is open until 5 PM, and opens again Sunday morning at 9 AM. The show closes at 4 PM Sunday. Tickets are available online at crossroadsgunshows.com or at the door. ★

## STATEPOINT CROSSWORD • COMIC BOOK VILLAINS

### CLUES

**ACROSS**

1. Coffee + chocolate

6. “\_\_\_ the season ...”

9. \_\_\_ ex machina

13. Tim or Woody

14. Thou, today

15. \*Fire or Fear or Mortis or Death

16. “\_\_\_ came the spider...”

17. Pimple fluid

18. Two under par

19. \*X-Men’s mutant foe

21. \* \_\_\_ Quinn

23. Aladdin’s alias

24. Piglet sound

25. Irish folk dance

28. Sultanate on Arabian Peninsula

30. Farm tool

35. Fail to mention

37. Crumbs

39. Nary a soul

40. Curly-leafed cabbage

41. Betty Ford Center, e.g.

43. Pacific Islands’ ceremonial drink

44. Opposite of digest

46. “Que Sera \_\_\_”

47. Revered one

48. Team list

50. “Cliffs Notes,” e.g.

52. Phone card acronym

53. A grand theft

55. Charged particle

57. \*Norman Osborn’s organization

60. \*\*Spider-Man’s villainous doctor

64. Last European colony in China

65. Belonging to you and me

67. Tennis great Chris \_\_\_

68. Like anchor aweigh

69. Springsteen’s “Born in the \_\_\_”

70. Join companies

71. \*Deathstroke is an enemy of the “\_\_\_ Titans”

72. \_\_\_ Aviv

**DOWN**

1. Hat-tipper’s word

2. Paella pot

3. Heidi’s “Magic Wooden Shoe”

4. Temporary tattoo ink

5. Angel, in Rome

6. Editor’s oversight

7. Debtor’s letter

8. Uncooked seafood

9. Like Jekyll and Hyde’s personality

10. \*Superman enemy, Morgan

11. Like Andersen’s duckling

12. Perceive

15. “Game of Thrones” vest

20. Sea near Australia

22. It marches?

24. One always busy and moving

25. \*\*Batman’s foe

26. Idealized image

27. Rupert \_\_\_ from “Buffy the Vampire Slayer”

29. \*Wonder Woman’s nemesis

31. \*Thor’s brother

32. Dump truck quantities

33. End of a poem

34. Camelot to King Arthur

36. Reason to cram

38. Delhi dress

42. Early computer language

45. \*What villains of the Suicide Squad did

49. “The Murders in the \_\_\_ Morgue”

51. Native American sacred objects

54. Rainbow swimmer

56. Fictitious prose

57. Love-\_\_\_ relationship

58. 43,560 square feet

59. Street in Anytown, USA

60. Like word of mouth

61. Fil’s’ father

62. Strong desire

63. Flight segment

64. Yoga accessory

66. Wear and tear

CROSSWORD													
1	2	3	4	5		6	7	8		9	10	11	12
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68						69				70			
71						72				73			

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**Crossword Puzzle Solutions on Page 4**

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

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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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By Marlys Johnsen Norris,  
Christian Author

Many many people have their own idea about who God is! Actually their god is one made up using their own particular value system of right and wrong. They may claim to pray or even worship "it" but "it" is not the God who created heaven and

## Who Is The God Of Your Own Making?

earth, including everything in it, you and I! The Word of God proves this! However isn't their god also a god spelled with a small g?

God IS so very much more! He is the great I AM! He is Love! He is a merciful God! He is the same yesterday, today and tomorrow and He never changes. He is our Creator/ Deliverer/ Healer and a Sovereign God who loves us completely and unconditionally..

A god of your own making is *not* good enough for any of us - but it is good that you recognize you do need the One true God. It is a beginning and when one does truly invites the God of the Bible into their heart and life, they will be amazed at the many ways He shows His perfect love just for them. It is only then His very Spirit comes to

reside in ones heart and life. He forgives and promises never to leave or forsake you. He is a healer, deliverer, transforming power that empowers and blesses your life in many many ways for many years!

To KNOW and LOVE God - is an exciting adventure and He is the only One who can take you on the greatest adventure of your life. He EMPOWERS ones life as they read His Holy Book (Bible) of instruction and then to, SEEK HIS PERFECT WILL, live and do it - giving a testimony to bless others lives as well. (Matthew 6:33)

Marlys Johnsen Norris  
Christian Author of 6 Books  
**God Moves Mountains,  
It Was A Miracle!**

Marlysjn@gmail.com



By Pastor Ray Dare

Your time is God's gift. You don't earn the time you have and what you've got right now. It's all a gift. You wouldn't have any time if God didn't give it to you. What do you do with a gift? Enjoy it. God wants you to enjoy your life not just endure it.

Appreciate all the time you have. Live each moment with an attitude of gratitude. "Be grateful for every year you live." On your birthday, are you grateful for every new year?

Every morning, God deposits 86,400 seconds into a daily time account. You get to choose how you use it. But if you don't use it, you lose it. You don't get it again. It is a gift to be used for good and to be enjoyed. Philippians 4:11 says, "I've learned, in

## Pastor Ray's Encouraging Words

### You Are Loved

whatever state I'm in, to be content." This is Paul talking. We know he was a southerner. He says, "I thank God for you all..." But we know he was not a Californian because he says "I've learned, in whatever state I'm in, to be content." He could not have been a Californian!

The secret of happiness is the ability to accept life as it comes to you, not always be longing for something else. Accept life and enjoy life as God gives it to you, as it comes to you.

Paul says, "I've learned to be content". Contentment is something you learn. It doesn't come natural. I'm not naturally content and neither are you. We're always wanting something else. We need to learn to be content. The Bible says, one day, at the judgement when we stand before God to give an account of our life, God is going to evaluate you on how contented you were with the times He gave you. God is not going to ask for your list of accomplishments. But He's going to say,

"Did you enjoy the life I gave you? Were you content with the blessings I did give you or were you always comparing yourself to somebody else? Were you always complaining that you didn't have enough time or money or whatever? Were you always griping and ungrateful, taking what I had given you for granted? Or did you learn to be content?"

I have just enough time to do God's will. I have just enough time to do what God wants me to do with my life -- no more, no less. What God has planned for your life, He has given you the exact amount of time for that. If you say, "I don't have enough time", it means a) you're doing something that God never intended for you to do, or b) you're doing the right thing in the wrong way. You have just enough time to do God's will. Enjoy the gift time God has given you by learning to be content.

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## Rising Star Jennifer Reason to Perform at Pioneer Church

By Vi McNally

**SACRAMENTO, CA (MPG)** - Jennifer Reason, concert pianist, will perform at 3:00 p.m. Sunday, September 17, at Pioneer Congregational Church, 2700 L Street, across from Sutter's Fort.

This is the first concert in the 2017-2018 Sacramento Community Concert Association series. Hailed by German critics as a pianist "in the league of Carnegie Hall," a "rising star" whose playing is "lush, sensual and colorful: like a painting" (Sulzbach-Rosenberger),

Reason is a vibrant young performer. Recently she completed her 8th international tour, including twice appearing as a soloist to critical acclaim at the Interharmony International Music Festival in Germany, as well as at the Schlern and Orfeo International Music Festivals in Italy. She has also twice appeared in an ensemble setting at Carnegie Hall, as well as the Vatican, the Liszt Academy in Hungary, and the International Festival of Peace and Brotherhood in Italy.

Reason is a versatile performer of various styles



Recently Reason completed her 8th international tour, including twice appearing as a soloist to critical acclaim at the Interharmony International Music Festival in Germany, as well as at the Schlern and Orfeo International Music Festivals in Italy.

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The Widowed Persons Association of California encourages men and women to come to Sunday Support each Sunday from 3:00pm - 5:00pm. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service. Participants do not need to be members and there is no charge.

**Sunday Support - Any and all widows or widowers are invited.**  
Every Sunday from 3:00pm - 5:00pm

## 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*

## 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](http://FairOaksEcoHousing.org)







# Circus Vargas Unveils Original New Production- *SteamCirque!*

**SACRAMENTO REGION, CA (MPG)**  
- Circus Vargas returns to to the Sacramento region, embarking on a brand new epic adventure under the big top! The biggest American, Animal-Free traveling Big Top circus is making a splash across California and will be entertaining the Sacramento area Residents from September 21 through October 15, 2017 with its latest hit production, SteamCirque!

The Big Show includes goggles, gears, and gadgets setting the stage for Circus Vargas' retro-futuristic new production. Join them on a journey of fantastic proportions where children of all ages will marvel at the wacky and wonderful cast of characters that come alive in this exciting steampunk, science-fiction fantasy inspired circus odyssey!

Arrive 45 minutes early for



SteamCirque is inspired by adventure, colored by imagination and brought to life by the amazing cast of Circus Vargas!



For Circus Vargas performance dates, times and to purchase tickets, visit [www.circusvargas.com](http://www.circusvargas.com), call 877-GOTFUN-1 (877-468-3861) or visit the box office at each location.

an entertaining, interactive

pre-show celebration, where kids can create their own magic under the big top, learning circus skills such as juggling, balancing and more! Meet and mingle with the entire cast after each performance. Capture the fun by posing for pics or selfies with your favorite cast members, all part of an unforgettable Circus Vargas experience!

The Storyline presents an eccentric group of adventure seekers stumble upon a traveling circus in an imaginary Victorian city, far, far-away. SteamCirque's peculiar protagonist, part magician-part inventor, attempts to industrialize the circus by incorporating his steam powered mechanical contraptions into the ordinary, typical circus rigging, filling the big top with new, imaginative acrobatic apparatus for the artists to perform their acts. It becomes a test of wills,



Circus Vargas will be entertaining the Sacramento area Residents from September 21 through October 15, 2017 with its latest hit production, SteamCirque!

the steampunkers versus the circus folk, who will win? Audiences will have to come and see to find out!!

For Circus Vargas performance dates, times and to purchase tickets, visit [www.circusvargas.com](http://www.circusvargas.com), call

877-GOTFUN-1 (877-468-3861) or visit the box office at each location.

Follow Circus Vargas on Facebook and Twitter for updates, discounts and behind the scenes video. ★



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**Roseville**  
Westfield Galleria  
at Roseville  
**Oct 5 - 15**  
**CircusVargas.com**  
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## HOME ENERGY CONSERVATION PROGRAM



The Home Energy Conservation program provides free home energy improvements for Sacramento area homeowners with low-to-moderate income.

FOR THOSE WHO QUALIFY, THE FOLLOWING CAN BE PROVIDED AND INSTALLED – FOR FREE:



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Energy-efficient lighting



Water-saving shower heads



Electrical wall plate and water heater pipe insulation

Visit [rebuildingtogethersacramento.org](http://rebuildingtogethersacramento.org) or call **(916) 455-1880**

This program is a joint effort of the Sacramento Association of REALTORS® Charitable Foundation, the Sacramento Metropolitan Air Quality Management District, Rebuilding Together Sacramento and Sacramento Municipal Utility District.

Program operated by **Rebuilding Together Sacramento**

home energy conservation program



## 7<sup>TH</sup> ANNUAL TOMATO TASTEOFF

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# Sunrise Mall FARMERS MARKET

**SATURDAY, September 23**  
**6041 Sunrise Blvd., CH**  
**8 AM - 2 PM**

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⇒ **Taste and vote on your favorite Heirloom Tomatoes**

⇒ **Salsa Contest—FREE Entry**

⇒ **Chef & Canning Demos**

⇒ **Kids Crafts, Face Painting & Balloonist**

⇒ **Silent Raffle & Scavenger Hunt**

⇒ **Live Music & Entertainment**

⇒ **80+ Certified Farmers & Organic Producers**

⇒ **Specialty Gourmet Foods**

⇒ **EBT/WIC & SNAP Accepted**

**Redeem coupon for 5 FREE Raffle Tickets for a chance to WIN in the Silent Raffle. Good only at the Taste Off, Expires 9/23/2017**

**ILoveMyFarmersMarket.com**



# Hey Man, Let’s Talk Pot

CDPH Launches Cannabis Public Education Campaign

By Corey Egel, CDPH

SACRAMENTO, CA (MPG) - The California Department of Public Health (CDPH) has launched a health information and education campaign about what’s legal in California and potential health impacts of cannabis use. Senate Bill 94 (SB 94) - Medicinal and Adult Use Cannabis Regulation and Safety Act (MAUCRSA) - makes it legal for adults 21 or older to possess, consume and cultivate cannabis in California. Sale of cannabis from licensed retail outlets will become legal January 1, 2018. CDPH received funding to develop a campaign, as detailed in SB 94, describes: The scientific basis for restricting access of cannabis and cannabis products for persons under the age of 21 years; The penalties for providing access to cannabis and cannabis products to persons under the age of 21 years; The potential harms of



CDPH engaged in extensive conversations with stakeholders in California and partners in other states with legalized cannabis to target the most vulnerable populations and apply their lessons learned.

using cannabis while pregnant or breastfeeding; The potential harms of overusing cannabis or cannabis products.

“CDPH engaged in extensive conversations with stakeholders in California and partners in other states with legalized cannabis to target the most vulnerable populations and apply their lessons learned,” said CDPH Director and State Public Health Officer Dr. Karen Smith. “We are committed

to providing Californians with science-based information to ensure safe and informed choices.” CDPH has and will continue to incorporate the latest data available into public messages to increase awareness about how cannabis affects bodies, minds and health.

On CDPH’s website, individuals can find information about legal, safe and responsible use, and health information for youth, pregnant and breastfeeding women, parents and mentors, and health care providers. CDPH produced fact sheets with safe storage tips and the important things Californians need to know about purchasing and possessing cannabis for personal use. An educational digital toolkit for local governments and community organizations will be available in the future.

For additional information, visit the Let’s Talk Cannabis web page at [www.cdph.ca.gov](http://www.cdph.ca.gov) ★



# POPPOFF!

with Mary Jane Popp

## Be Everything

Question of the day...what do you want to be? Do you have a life dream? What if I told you that you can learn how to be everything? **Emilie Wapnick** tells me it is possible to be multiple things and that doesn’t mean you are a flake! Maybe you are a multipotentialite...someone with many interests and creative pursuits. **Emilie** is that and more as speaker, career coach, blogger, and community leader. But don’t be surprised when I tell you she was not able to settle on a single path. She studied music, art, film production, and law! But she insists that if you feel like you are always working on several things at once, and can never focus on just one thing at a time, you might be a multi-tasker: someone with many interests and creative pursuits.

Here are five things that multipotentialites do extremely well. **1) IDEA SYNTHESIS.** Combining two or more

concepts and creating something new at the intersection. **2) RAPID LEARNING.** You can grasp concepts and pick up skills quickly. **3) ADAPTABILITY.** You can make yourself right at home in many settings and roles. **BIG PICTURE THINKING.** You are able to see how individual ideas connect to the wider world. **5) RELATING AND TRANSLATING.** Multipotentialites are natural connectors, both in the sense they love connecting with people on an emotional level, and they love helping people understand and connect with one another.

If you think you fit the bill, **Emilie** adds that although there isn’t a single career for Multipotentialites, most can be happy using one of the following four work models. **1) GROUP HUG APPROACH.** Having one multifaceted job or business that allows you to wear many hats and shift between several domains at work. **2) SLASH APPROACH.** Having two or more part-time jobs and/or businesses that you flit between on a regular basis. **3) EINSTEIN APPROACH.** Having one full-time job or business that fully supports

you, while leaving you with enough time and energy to pursue your other passions on the side. **4) PHOENIX APPROACH.** Working on a single industry for several months or years and then shifting gears and starting a new career in a new industry.

I found this to be the key to this whole approach. It’s okay to mix and match. The four models provide plenty of opportunities for customization and flexibility. Mix and match the four approaches as you please. Switch models every few years. Be a hybrid. It’s all good. These work models aren’t meant to restrict you. They simply provide a structure and starting place so that you can make sense of your many facets and conceptualize how they might translate into a fulfilling career and life.

You are not alone. Meet other famous Multipotentialites like Maya Angelou, David Bowie, Benjamin Franklin, Steve jobs, Hedy Lamar, even Galileo. Good company. There’s lots more to learn in **Emilie Wapnick’s** book “**How to be Everything.**” She is a TED speaker and has been featured in “Forbes” and “The Huffington Post.” Now go for it! ★

# CHURCH RUMMAGE

# Sale

**St Francis Episcopal Church** **Valley Redemptive Church**

**SATURDAY - October 7th 9am - 1pm**  
**11430 Fair Oaks Boulevard**  
**(Between sunset and madison)**  
**in the Parish Hall**  
Across the street from the Presbyterian church

**CASH ONLY**

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“The Privilege of Planning” is not a sales seminar. It is a 25-minute educational presentation that focuses on the importance of advance funeral planning and all of the options available. Information will be presented on Veterans benefits, cremation and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a FREE Emergency Planning Guide.

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<b>Wed., July 19</b> <b>Wed., Aug. 9</b> (Dinner @ 6:30 pm) 11:30 am to 12:30 pm <b>East Lawn Sierra Hills Memorial Park &amp; East Lawn Mortuary</b> 5757 Greenback Lane, Sacramento, CA 95841 To RSVP or More Info: <b>916.732.2020</b>	<b>Thurs., Aug. 3</b> (Dinner @ 6:30 pm) <b>Thurs., Sept. 7</b> (Dinner @ 6:30 pm) 11:30 am to 12:30 pm <b>East Lawn Memorial Park &amp; Crematory</b> 4300 Folsom Blvd., Sacramento, CA 95819 To RSVP or More Info: <b>916.732.2000</b>
<b>Wed., Sept. 20</b> (Dinner @ 6:30 pm) (Spanish & English) <b>East Lawn Andrews &amp; Greilich Mortuary</b> 3939 Fruitridge Road, Sacramento, CA 95820 To RSVP or More Info: <b>916.732.2026</b>	<b>Thurs., July 13</b> (Dinner @ 6:30 pm) <b>Wed., Sept. 13</b> 11:30 am to 12:30 pm <b>East Lawn Elk Grove Memorial Park &amp; Mortuary</b> 9189 E. Stockton Blvd., Elk Grove, CA 95624 To RSVP or More Info: <b>916.732.2031</b>

**RSVP to the location of your choice**

**Reservations Required**  
If you prefer to RSVP via email, log onto our website and go to the seminar registration page.  
Please RSVP to the location of your choice. Seating is limited to 30 attendees per seminar.

**f www.EastLawn.com**

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# Healing Invisible Wounds

Veterans Day Golf Tournament to Aid Veterans and First Responders with PTSD

Continued from Page 1

give survivors a new purpose in life.

Another important aspect of ongoing recovery is the creation of care packages of journals, educational books, pamphlets to local resources and other items sent to graduates on an ongoing basis.

Following their own success in the program, graduates are encouraged to become a shepherd or mentor to new participants to the program.

Volunteers working with Give2Live also aid emergency responders during disasters in counties throughout California. Presently they have a team of 14 volunteers actively working with six veterans who survived the Mariposa fire, doing home health checks and taking care of their pets. They also built a wheelchair ramp for a relocated veteran and provided a refrigerator full of food for one man whose home had been a total loss. They also assist in relocating animals affected by the fires.

A future vision of Lindsey's is to acquire or build a facility to create a one-day therapy camp where participants can come and go anonymously to work on their own unique issues in a safe environment.

To help provide funds for these programs Go Give 2 Live is hosting a Golf Tournament at Top Golf in Roseville CA on Veterans Day, November 11, 2017. From 9 a.m. to 1 p.m.

For every \$1,500 raised, one veteran or first responder will go through SPARTA's much-needed life changing program. The hope is to raise enough funds from the tournament to cover three or four attendees to this program along with the Go Give 2 Live services. One hundred percent



A future vision of Lindsey's is to acquire or build a facility to create a one-day therapy camp where participants can come and go anonymously to work on their own unique issues in a safe environment.. Photo by Go Give to Live

of funds raised will go right to the programs and aftercare. Player ticket packages range from \$100 and up. Sponsors can pay for a veteran or first responder to play. For information on participating as a player, sponsor or vendor go to [www.GoGive2Live.org](http://www.GoGive2Live.org) and click on projects or call 1-866-306-4569.

Lindsey Hutchison holds an MBA in Business Finance from Grand Canyon University, a BFA in Design & Marketing, and an AA in Business Management. She currently is employed in her family business, Hutchison Financial Group, working as an Account

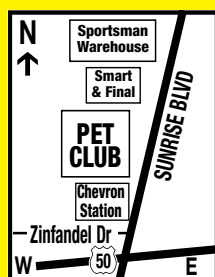
Manager/Insurance Agent. She is a member of Capital Region Family Business Center and the Roseville Chamber of Commerce. She is actively involved in her community, and has been on multiple mission trips outside of the county to help those less fortunate. Her passion has always been to help others. She has been involved in charities and nonprofits her whole life. This passion led to the formation of Go Give 2 Live, a 501 (c)(3) nonprofit organization designed to provide much needed programs and services to veterans and first responders. ★

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Effective 9/13/17 - 9/19/17



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**PIG'S EAR**  
**29¢**

with the purchase of pet, fish food or supply.  
Large Size. \$1.49 value.  
Limit 1 PLU 323 ARM  
Limit 1 Coupon per family  
Effective 9/13/17 - 9/19/17

**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 ARM  
Effective 9/13/17 - 9/19/17

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**NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD**

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- Adult •Small Bite •Large Breed

30 Lb Bag  
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20 Lb Box •Unscented •Double Duty (Clump n Seal Regular 19 lb \$8.99)

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42 Lb Bag **Super Buy**

- Multi-Cat Formula

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Bio-Enzymatic Formula  
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- Choice Cuts in Gravy •Chunky Ground Dinner
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3 Oz - All Varieties Except Elegant Medley  
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Price Valid Only With Coupon  
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**53¢** ARM PLU 361

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2.1 Oz •Selected Varieties  
Limit 2 Pkgs with Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 9/13/17 - 9/19/17

**\$1.09** ARM PLU 573

**BONUS COUPON**

**JONNY CAT PREMIUM CAT LITTER**

20 Lb Bag  
Limit 1 Bag With Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 9/13/17 - 9/19/17

**\$3.29** ARM PLU 362