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Those Who Gave  
Us Our Freedom**  
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# AMERICAN RIVER Messenger

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

VOLUME 12 • ISSUE 11

Serving Fair Oaks, Orangevale & Sacramento County

JUNE 2, 2017

## THE CONDITION OF OUR ROADS



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## DISCIPLINE, VALUES AND RESPECT



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# "Wild Things" to Aid Nature Centre



A great blue heron portrait by Susan Maxwell Skinner is among art that will be auctioned for the benefit of the Effie Yeaw Nature Center on June 10.

**Story and photo  
by Susan Maxwell Skinner**

**SACRAMENTO REGION, CA (MPG)** - Now in its seventh year operating as a non-profit, the Effie Yeaw Nature Center is preparing for its "Art Where the Wild Things Are" fundraiser with new patronage. As honorary chair, Inside Magazine publisher Cecily Hastings follows such luminaries as Marcy Friedman, Congresswoman Doris Matsui Russ Solomon and Greg Kondos.

Administered by the American River Natural History Association, the facility and its preserve welcome more than 90,000 visitors per year. "The Center has a special history in this community" notes Effie Yeaw Fund Developer Betty Cooper. "Caring

supporters keep us open and available for future generations." A portion of funds raised on June 10 will provide free nature enrichment programs for schools that could not otherwise afford them.

The Sacramento Fine Arts Center is a vital gala partner and an art show that supports the fundraiser offers work from throughout Sacramento. Jurists are artists William Ishmael and Merle Axelrad, and Verge Center representative Paulette Trainor.

Celebrity artists contributing this year include Jian Wang, David Peterson, Gregory Kondos, Maria Winkler and Terry Pappas. The celebrated landscapist Earl Boley will be remembered with several American River canvases donated by his widow, Susan Leith. Eric Johnson of KLM Auctions will wield

the auction gavel and KCRA's Edie Lambert will emcee.

Silent auctions will offer other award-winning work. From May 16, these can be viewed in an "Art Where the Wild Things Are" exhibition at the Fine Arts Center (Gibbons Drive), Carmichael. For the first time, this year's selections include several photo entries.

A sunset supper and beverages are part of the \$90 per person admission.

Art Where Wild Things Are runs from 5 to 8 p.m. June 10 at the Nature Center in Ancil Hoffman Park. Valet parking is free. Table sponsors are welcome. For information on the event, visit [www.sacnaturecenter.net](http://www.sacnaturecenter.net)

To learn about the Sacramento Fine Arts exhibition, visit [www.sacfinearts.org](http://www.sacfinearts.org) ★

## Heart of Policing, A Heart of Art

**Story and photo  
by Susan Maxwell Skinner**

**SACRAMENTO REGION, CA (MPG)** - An old concrete water tank has provided canvas for American River College students to create a mural saluting Sacramento police history. The work graces a museum at the Sheriff's training academy in Carmichael. Top brass recently joined mural artists to dedicate the finished project.

Seen every day by Sheriff's recruits, "The heart of police work" mural is a 45-foot bouquet of Americana. Volunteer museum director Sharon Telles last year approached American River College Professor Sarah Solis Mattson for ideas to illuminate her museum's bleak surrounds. "She created a special mural curriculum for her art students," explained Telles. "I told them our



A new mural brightens Sheriff's Training Academy in Carmichael. Pictured are student artists with Sheriff's Department representatives and ARC art Professor Sarah Solis Mattson.

department's history. The came up with great ideas."

Aged from 20 to 65, the artists toiled through five summer and winter months. Their panorama contains historic landmarks and milestones: Sutter's

Fort; Sacramento's Gold Rush explosion; the railroads and river transport are represented. A bearded, horse-mounted figure dignifies lawmen who risked lives to police the wildest of Wild West towns.

Sacramento's infamous portable gallows – loaned to other counties during decades of use – occupies a sober segment. Fair Oaks Village's 1906 Murphy-Scott building is an antique background for a squad car. State and national emblems abound: quails, poppies -- even a bald eagle – are wildlife vignettes. A US flag and Sheriff's badge crown the work. Symbolizing police humanity, a uniformed officer hold hands with two children. One is black; one white.

"The students exceeded my vision for the mural," approves Telles. "Their hard work will be an inspiration to the young recruits who train at this academy."

For information on the Sheriff's Department Museum, visit [ssdmuseum@sacsheriff.com](mailto:ssdmuseum@sacsheriff.com) ★

## Apply Now for Watershed Stewardship and Education Grant

**SACRAMENTO COUNTY, CA (MPG)** - Does your organization or school have a project you feel could improve our waterways and keep them clean? The Sacramento County Department of Water Resources (DWR) could help you make that project come to life. The window has opened for submission to the 2017-2018 Watershed Stewardship and Education Grant program.

Schools and community groups are encouraged to review program requirements and submit applications to the Stormwater Quality Program for review. This is the thirteenth year DWR has funded environmental efforts to protect our waterways.

The grant is open to the following: schools and student groups; service clubs, youth organizations; homeowner's associations; community and neighborhood groups; not-for-profit groups; and informal groups with innovative ideas. Individuals and for-profit groups are not eligible.

DWR will offer up to \$2,500 for each project chosen for the grant. The amount will depend on the needs of the organization. Last year's grant winners included Will Rogers Elementary, Mira Loma High and Sierra Oaks School. This will also be the first year the grant will be available to non-profit community groups.

The final date to apply is July 1, 2017. Eligible projects must be located within the Sacramento County Stormwater Utility Boundaries or directly affect the residents of these areas. For more information, please review the application to determine if your project is eligible on the Stormwater Quality Program page.

If you have additional questions about the 2017-2018 Watershed Stewardship and Education Grant program, contact Jeanette Huddleston, 916-874-4711.

Source: Sacramento County Media ★

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# There's No Place Like Home



Pictured from left former employee Leslie Low, sisters Denise Easter-Kramer and Sandy Easter-Graham, Rosemary Easter (mother of Easter-Kramer and Easter-Graham), employee Kathleen De Santis, former employee Judy Pickens. Seated front signing copies of her book is Mother Dolores Hart, OSB, Hollywood actress-turned cloistered religious nun.

By Shelly Lembke

**CITRUS HEIGHTS, CA (MPG)** - The Easter sisters and their business have almost always been on the move, but now they seem to have settled in to stay at their latest location on Sunrise Boulevard in Citrus Heights. For them, it is a move back home. Back to their roots.

The business, Easter's Catholic Books and Gifts has been a Sacramento area staple since 1998, offering books, gifts and much more to customers seeking Christian products. Considering the owners start, they truly have come a long way. "We opened our brick and mortar store in 1998, after having spent five years selling books out of our cars," said owner Denise Easter-Kramer. Co-owner with her sister Sandy Easter-Graham, and with the help and support of a third sister Kathy Easter-Baxter, Easter-Kramer and Easter-Graham are the beating heart and soul of their business.

Like many small business owners, the pair is all too familiar with 80-hour work weeks, but they do it for love. After a time away from the Catholic faith that they had been raised in, the sisters began feeling an emptiness in their lives. "Many years of work in the secular field left us empty and unfulfilled. We both found our way home to the faith of our youth," according to Easter-Kramer. "Our dreams were realized by sharing what we'd found in the works of the great writers of the past, the Fathers and Doctors of Christianity, the Saints, and also the many contemporary authors who had been schooled in the same."

Since opening Easter's first location, the store has moved several times as the customer base and demand has shifted, growing and changing with the times. Adaptation has been a big part of the business's survival. The sisters were pioneers in the California homeschooling movement and an initial and integral part of their early business was as a supplier of textbooks for homeschooling families. From there they phased rather logically into classical spiritual works as homeschooling and its students matured.

Former employees remain friends. One such person, Judy Pickens, spoke about her time working at Easter's. "It was a wonderful place to work. Working at Easter's was more than a job. It was a ministry. Many times people were looking for a book or gift that would help someone going through a difficult time in their life. Both customers and employees talked about their journeys of faith, sharing both the ups and the downs. It was encouraging to

area merchants, but working with the City of Citrus Heights has been a mixed blessing with lots of red tape and not-so-much in the new business incentive area, which could encourage more businesses into the City limits.

Their current location is a proverbial stone's throw from where the sisters grew up in Citrus Heights and where their parents operated one of the very first mini-marts. It was from Case Roble High School that Easter-



Posing for a little fun with a cardboard cut-out of Pope Francis are from left (standing) Sandy Easter-Graham with daughter (kneeling) Dena Brand, (standing) Denise Easter-Kramer, employee Amber Donnelly and (kneeling) employee Charmaine Cooper.

hear other people's stories," said Pickens.

The advent of the Internet and online book retailing brought changes in customer's shopping habits and Easter's has continued to keep pace with the times, providing special order services though a wide array of specialty publishers from all over. Their gift line has also become a large part of their Christian product offerings, in addition to books and literature from the contemporary to out of print classics. Easter-Kramer smiled and said, "We want anyone to feel comfortable walking in here. We are Catholic, but it's not a monastery."

Easter-Kramer said they have been warmly welcomed by other

Kramer graduated and shyly admits to having been a cheerleader. "I've always been blessed with a lot of energy."

That energy comes in handy each day, as there is no aspect of the business Easter-Kramer doesn't oversee: blogs, website, phones, inventory and one other amazing luxury for modern shoppers: Easter's free giftwrapping services for each and every purchase. Staff cut, wrap, tape and ribbon books and gifts personally.

Easter's is located at 6916 Sunrise Blvd, Suite 1 in Citrus Heights. For more information on hours, classes, special orders, guest speakers or more, contact them at 916-338-7272 or online at [www.eastersbooks.com](http://www.eastersbooks.com). ★

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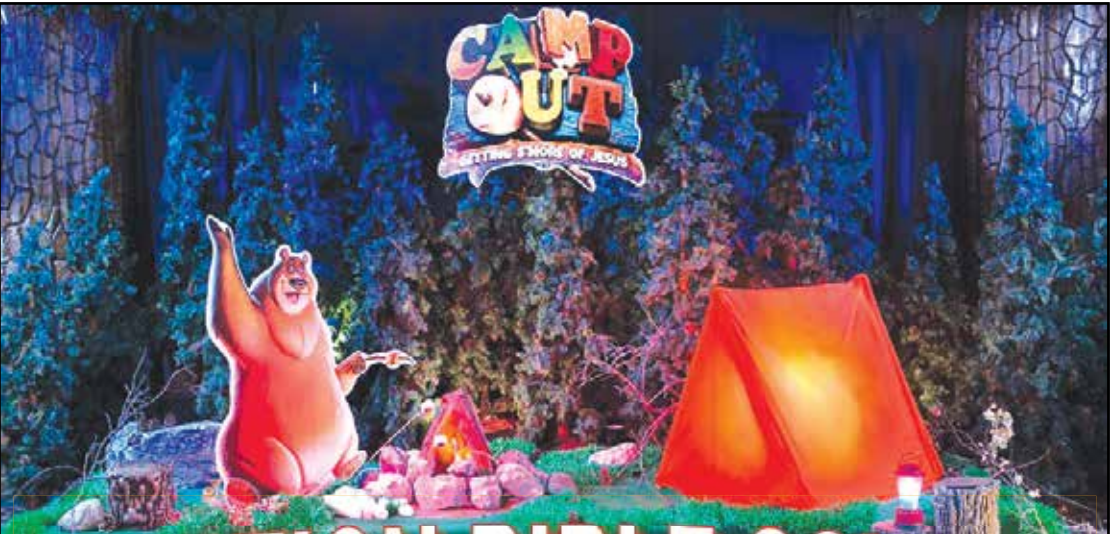
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# Crumbling Roadways Face Trickle-In Funding

## SB 1 Transportation Funds Will Be Protected, But Take years to Trickle In

Story by Jacqueline Fox

**CARMICHAEL, CA (MPG)** - Funding for the repair and replacement of roads and highways across the county will begin trickling in next year following the implementation of a planned 12 cent increase in gas prices at the pump in November. But don't expect to see those potholes filled right away.

A good chunk of the revenue earmarked for road and transportation projects under SB 1, Gov. Jerry Brown's controversial transportation funding package passed in April, is expected to deliver \$7.5 million for the county in 2018, the first full year of implementation through the gas price hike. Future funding is phased in over the next four years. A significant portion of the initial funds received, however, and subsequent money, will be used to repay a portion of loans borrowed from the county's transportation pot in previous years, according to Sacramento County's Director of Transportation, Michael Penrose, who addressed issues regarding transportation and SB 1 funding during a community forum in Carmichael Tuesday.

Documents show an allocation of \$685 million from SB 1 funding over the next five years will be used to repay existing loans. Potholes also will be competing against other road and infrastructure projects, such as bridge repairs and major highway fixes. But there is a bright side: All funding generated from SB 1 taxes and fees, Penrose said, will be both protected and grown over time. With protections in place, and creation of an index for the funding over the next five years, Penrose said he the county stands to see close to an additional \$28 million in revenue by 2027.

"We won't see it all come in at once, but it is estimated right now that unincorporated Sacramento



One of 9,000 potholes in Sacramento County. No cars or trucks were harmed in the photographing of this pothole. MPG file photo

County could receive up to 7.5 million in additional money in the first year," Penrose explained during the forum, which Peters dubbed "Roads 101."

*"This year, in the pothole sweep, there were 9,000 potholes done. This year has just been incredible with the rains and the transition we've seen in the pavement. We seemed to have come apart in January."*

**Michael Penrose**  
SACRAMENTO COUNTY  
DEPARTMENT OF  
TRANSPORTATION DIRECTOR

Penrose acknowledge there are challenges to overturn SB 1 by several community groups and at least one lawmaker. He also recognized justification for widespread community skepticism over previous diversion of transportation dollars for other

projects, but explained that SB1 carries a companion bill, ACA 5, which essentially protects funds collected under SB1 from being diverted away from county transportation needs.

Revenue generated from various channels, including the 12 cent increase on gas and vehicle licensing fee increases in 2018, are expected to generate close to \$28 million in additional revenue over the next decade, because they will be both protected and tied to an investment-based index account. Voters will be asked to approve ACA 5 in November of 2018. Penrose said historically similar measures have been widely approved.

"ACA 5 carries constitutional protections that the dollars that are collected through SB1 can't be redirected," Penrose said. "People who have been watching these funds for years and years have seen the state at different times take these transportation funds to do other things."

Road repairs, including the ongoing fix of some 40,000 potholes annually, as well as replacement projects across the

county's roughly 450-mile roadway lane system, Penrose said, are the top priority under SB1. The \$450 million maintenance backlog, he added, has been intensified by Mother Nature, as the county just experienced its wettest and coldest winter on record.

"We do pothole sweeps twice a year," Penrose said. "This year, in the pothole sweep, there were 9,000 potholes done. This year has just been incredible with the rains and the transition we've seen in the pavement. We seemed to have come apart in January."

Basic street and sidewalk repairs and subsequent maintenance sweeps across residential sections of the county and some of its major thoroughfares, Penrose said, have taken a backseat to freeway and major road infrastructure projects for decades. For all of its controversy, SB1, he said, intends to reverse that.

"For years and years we haven't had enough revenue to address the maintenance needs," Penrose said. "The given revenue that we have had we've tried

very hard to prioritize the allocation and use of those funds, and in many cases, what you'll have seen is that we've been making a lot of investments on the major roads, the four and six lane roads that carry a lot of traffic. And those, in general, are in better condition than a lot of our neighborhoods. We just flat out don't have enough revenue to get to the whole thing."

In addition to gas price hikes, the state and county also receive grants through development fees, as well as grants from the federal government and the Active Transportation Program (ATP). However, much of that funding comes with a caveat, primarily that it be used only for major highway and bridge repairs, with little left over for local needs.

"We can't use federal funds for the minor roads, so in the neighborhoods we have to look to our local revenues to be able to do the repairs on our minor roads, and that's where you see the squeeze," Penrose said.

Where SB 1 money comes from is one thing, how and when it will be allocated is another. Funds will be directed by the Sacramento Transportation Authority to the county, which in turn allocates funds directly to the cities in the county and unincorporated areas. But there are several areas under the allocation table that the county will have to compete for or attempt to pull funding from, including a \$200 million fund for a state-local partnership and a \$25 million account for local planning grants.

"It's going to a whole bunch of accounts," Penrose said. "There will be allocations of funds to the state, the locals, the cities, and some of it will be loan repayment. I can say that historically, Sacramento has done a good job of applying for and receiving grants."

Peters used the example of the ongoing construction and beautification project currently underway on Fair Oaks Boulevard in Carmichael to illustrate how difficult it is to obtain funding for street and


### Proposed SB 1 Funding Allocation Accounts:

- \$1.5 billion for state highways
- \$1.5 billion for local roads
- \$750 million for transit operations and capital
- \$685 million in loan repayments
- \$400 million for state bridges
- \$300 million for goods movement/freight projects
- \$250 million for the new "Solutions for Congested Corridors" program
- \$200 million for state-local partnership
- \$100 million for the active Transportation grants
- \$25 million for Freeway Service Patrol
- \$25 million for local planning grants
- \$7 million for UC and USC Transportation Research

road projects, and how varying stakeholders (business owners and residents) each have different priorities.

The Fair Oaks corridor plan, Peters explained, involved several phases, including road repair, underground power pole work, sidewalk repair and landscaping, as well as competition for funding to make it all happen.

"We have to compete for it, it's federal, it's state... it's crazy, and it takes a lot of work from the department (of transportation) to put it all together and compete for it," Peters said. ★




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



**Publisher,  
Paul V. Scholl**

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**Crossword Puzzle on Page 5**

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

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

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# Sacramento County DA Reports



### Defendant Sentenced for Murdering Wife

**DATE:** May 18, 2017  
**CASE:** Justin Jesus (Case #15F07687)  
**PROSECUTOR:** Deputy District Attorney Shelly McGill

The Honorable Michael Bowman sentenced Justin Jesus to 26 years to life in prison. On May 2, 2017, a jury convicted Jesus for the first-degree murder of his wife, Elizabeth Masters. The jury found the allegation that Jesus used a knife in the commission of the murder to be true. Jesus was also convicted of felony domestic violence, including allegations that he inflicted great bodily injury and used a deadly weapon.

Jesus had a history of domestic violence. In the course of their tumultuous relationship, Ms. Masters left their home to stay with her family in Folsom. Approximately one week later on December 20, 2015, Jesus showed up at Ms. Masters' parents' home in Folsom. Ms. Masters and Jesus left the home around midnight. Several hours later, family members heard a commotion outside and found Jesus in the backyard holding a knife. Soon after, the family discovered Ms. Masters' body on the side of the house, buried under a pile of leaves. She had been stabbed numerous times including severe lacerations to the neck. Jesus was apprehended by law enforcement a short distance away, and in possession of the murder weapon.

### Defendant Convicted of Kidnapping & Assault with Intent to Commit Rape

**DATE:** May 9, 2017  
**CASE:** Thomas Chavez (Case #15F04824)  
**PROSECUTOR:** Deputy District Attorney Maria Wilson, Adult Sexual Assault Unit

Thomas Chavez was convicted by a Sacramento Superior Court judge of kidnapping and assault with the intent to commit rape.

On August 6, 2015, at approximately midnight, a woman was walking down Stockton Boulevard when Chavez pulled up behind her in his car. He jumped out of his car, grabbed her from behind, held an ice pick to her neck and forced her into his car. Chavez drove behind a nearby store to an isolated area. Fortunately, CHP officers who were nearby observed Chavez drive behind the store and went to investigate. The officers shined their light into the vehicle and heard the woman screaming for help. Chavez was arrested soon after.

The Honorable Laurel White found Chavez guilty of kidnapping and assault to commit rape. In addition, the court found Chavez had suffered prior convictions for sexual assault in 1988. Chavez faces a sentence of 30 years to life in state prison. Sentencing is set for June 2, 2017 at 9:00 a.m. in Dept 10.

### Defendant Convicted for North Highlands Party Shooting

**DATE:** May 12, 2017  
**CASE:** Ira Johnson (Case #15F04234)  
**PROSECUTOR:** Deputy District Attorney Jeff Hightower, Homicide Unit

Ira Johnson was convicted by a jury for the second-degree murder of Rogelio Gastelum, and two counts of attempted murder. The jury also found true allegations that Johnson personally discharged a firearm causing death or great bodily injury.

On July 12, 2015, Ira Johnson and his friends attended a party in North Highlands. When asked to leave, the group started a fight. Johnson and another unidentified man pulled out guns and fired multiple shots into the crowd of partygoers, killing Rogelio Gastelum. Two other victims were shot, but survived their injuries.

Johnson faces a maximum sentence of 59 years to life in prison. Sentencing is set for July 21, 2017, at 9:00 a.m. in Department 41 before the Honorable Helena Gweon.

### Defendant Convicted for Murder by Lying in Wait

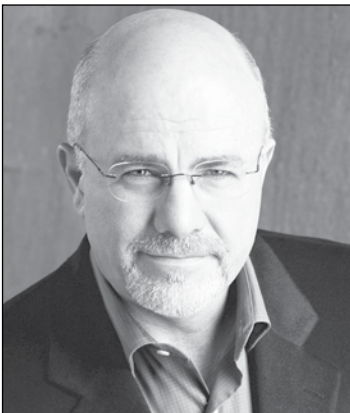
**DATE:** May 12, 2017  
**CASE:** Timothy Varmall (Case #15F01019)  
**PROSECUTOR:** Deputy District Attorney Omar Singh, Homicide Unit

The Honorable Michael Bowman found Timothy Varmall guilty of the first-degree murder of Smurti Patel. Judge Bowman also found true the allegations that Varmall was personally armed and committed the murder by means of lying in wait.

Between September 2014 and February 2015, Timothy Varmall followed Smurti Patel and planned "coincidental" run-ins with her to make her think favorably of him. His purpose during those months was to find the best opportunity to kill Ms. Patel. On February 9, 2015, Varmall stalked Ms. Patel and followed her onto a light rail train. As they exited, Ms. Patel spotted Varmall and agreed to walk with him. As they walked across a dark lot, Varmall stabbed Ms. Patel seven times. Varmall fled the area while Ms. Patel staggered across the street to a restaurant, where medics were called to the scene. Ms. Patel died from her wounds on February 13, 2015. Varmall confided in one of Ms. Patel's friends that he murdered her because he was romantically interested in Ms. Patel and she rejected him.

The Court also found true that Varmall suffered two prior strike convictions for purposes of the Three Strikes Law. In 1994, Varmall was convicted of sexual penetration with a foreign object and forced oral copulation.

Varmall faces a maximum sentence of life in prison without the possibility of parole. Sentencing is set for June 9, 2017, at 10:30 a.m. in Department 20 before the Honorable Michael Bowman.



# Dave Says

### Midlife adjustments?

Dear Dave,  
My husband and I are in our 50s, and we have just \$12,000 to pay off before we're debt-free. We've paid off almost \$70,000 in debt in the last two years. We would like to buy a house soon, but we know we also need an emergency fund. It would take us almost a year to build up an emergency fund, so should we make adjustments to the Baby Steps since we're getting older?  
- Dawn

Dear Dawn,  
No! It shouldn't take you two a year to build up an emergency fund considering the rate at which you've been paying off debt. You need a fully funded emergency fund or three to six months of expenses set aside before you start saving for a down payment on a home.

You've been making great progress, and you obviously have a good income to be able to pay off debt that quickly. Maybe in your case you could lean a

little more toward the three-month side with your emergency fund before you start saving for a house. Then, after you're all moved in, you could revisit the emergency fund and beef it up to six months.

Just stay on course and stick with the plan, Dawn. Fifty isn't old. You two have plenty of time to get your finances in order, find a great home, and look forward to many great years ahead!  
—Dave

### Skipping to the altar

Dear Dave,  
My wife and I make good money, and our daughter's college education is pretty much paid for through pre-paid tuition and scholarships. We just started your plan to get out of debt and take better control of our finances. When we get to Baby Step 5, which is saving for college, can we substitute that with saving for a wedding?  
- Braden

Dear Bob,  
That would be fine. I'm glad you're thinking ahead. It's always a good idea to save toward a wedding if you have the financial resources to do so, because weddings are real and

they're coming.  
The average wedding in America today runs around \$35,000. Of course, you don't have to pay anywhere near that amount to make it a beautiful occasion. Your household income, debt, savings and other factors will all play into how much you can afford.

Just remember to pay cash for the wedding, Bob. If you have to go into debt to make it happen, then you're talking about too much money. It's as simple as that. Crunch the numbers with your wife, and see what you two can handle.  
And remember, there's absolutely no correlation between the cost of a wedding and the success of the relationship!  
—Dave

*Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover, EntreLeadership and Smart Money Smart Kids. The Dave Ramsey Show is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.*



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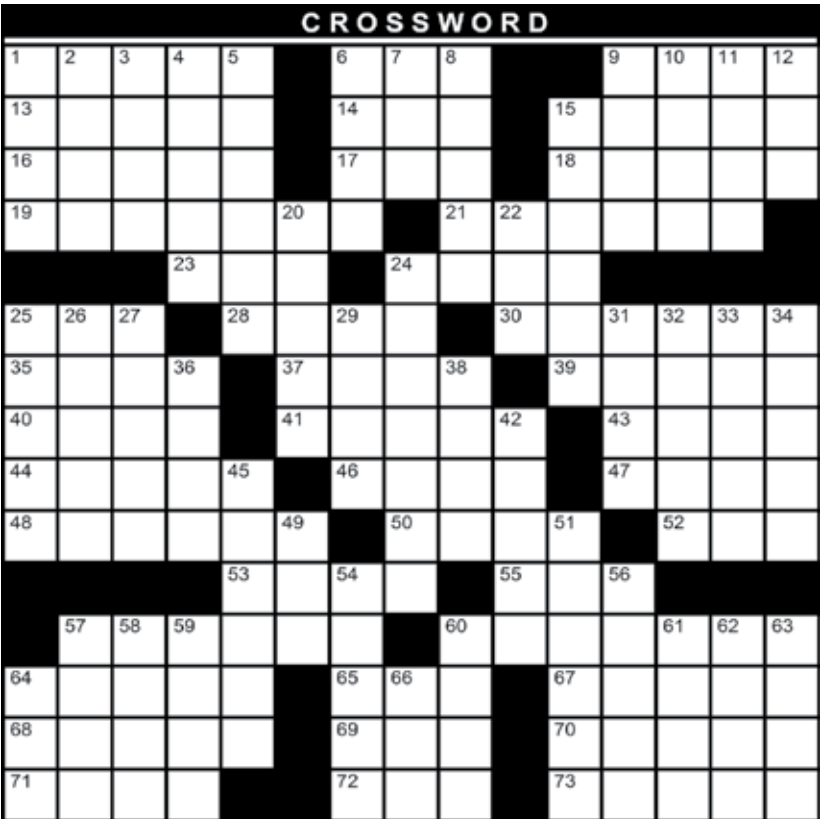
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  17. Rare find
  18. Winged
  19. \*Three-time winner Lin-Manuel
  21. \*Dick Van Dyke's winning role, 1961
  23. River in Spain
  24. Musical finale
  25. It would
  28. One of algae
  30. Sacred beetle, to King Tut
  35. Rejections
  37. Be lazy or idle
  39. Valuable musical antique
  40. Make a portrait of
  41. Christmastides
  43. Track shape
  44. Cool & distant
  46. \_\_\_\_\_ precisely
  47. Unload on eBay
  48. \*\*"Evita" and "Cats" composer
  50. Luau instrument, pl.
  52. Sylvester Stallone, casually
  53. #49 Down, pl.
  55. \_\_\_\_ Zeppelin
  57. \*Musical based on Charles Dickens' novel
  60. \*This 5-year-old has a gift of telekinesis
  64. "My wife can vouch for me," e.g.
  65. Part of Parisian address
  67. Judge Judy's proceedings
  68. Frost-covered
- DOWN**
1. Female gamete
  2. Not final or absolute
  3. Move like parasailor
  4. "Pomp and Circumstance" composer
  5. Tapeworm
  6. Indian music
  7. Schiller's " \_\_\_\_ to Joy"
  8. Fast food option
  9. \*Like Yul Brynner's head in "The King and I"
  10. Antioxidants-rich berry
  11. \*\*Kiss Me, \_\_\_\_\_, first Best Musical recipient
  12. Lamb's mother
  15. Caribbean rattle
  20. \*\*"Hello, \_\_\_\_!" held record for most Tonys
  22. Proof of age, pl.
  24. Like workman's hand
  25. On spouse's side
  26. Upholstery choice
  27. Retire from military
  29. a.k.a. podagra
  31. Andy's TV buddy
  32. Great reviews
  33. Whatsoever
  34. \*He traded boxing gloves for ballet shoes
  36. Snooty one
  38. Plumbing problem
  42. Inscribed pillar
  45. Intensely emotional
  49. Dark bread
  51. Boudior sofa
  54. Unwelcome computer message
  56. More dire
  57. Dish of stewed meat
  58. Capital of Peru
  59. Wild goat
  60. Of higher order, prefix
  61. Milano moolah
  62. Valedictorian's spot
  63. Away from wind
  64. \_\_\_\_ de Triomphe
  66. Vase for ashes





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Crossword Puzzle Solutions on Page 4

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**Solutions on Page 4**

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**By County Supervisor Sue Frost**

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

A couple months ago I wrote an article for the American River Messenger to discuss my opposition to the “gas tax” that was working its way through the California Legislature. Predictably that bill was signed into law shortly after my article was released, and since its passage, I have had more questions about the details of how this new law will impact Sacramento County than any other topic. So I want to take this opportunity to give you a status update and to dispel some misconceptions people may have.

First, let me explain exactly what the new law does. It raises the gas tax by another 12 cents per gallon, it hikes the vehicle license fee by over 50%, raises the cost of registering a vehicle by 80%, and more than doubles the

# Orangevale Community Update

## The Condition of Our Roads

diesel tax. Surely, with this much money being taken from the taxpayers the problem is going to be fixed, right? Wrong.

Sacramento County roadways are in critical condition, as I’m sure you can testify to as you play “avoid the pothole” as you drive to work every day. This is because our deferred maintenance costs for just our pavement is sitting at around \$450 million, and the word “pavement” is important because it doesn’t include the deferred maintenance of things like bridges, sidewalks, and traffic signals. During the course of the next 20 years, the money Sacramento County will get from California due to the recent tax increases will only fix around 1/3 of our current deferred maintenance costs for our pavement issues. This also doesn’t account for the deferred maintenance costs that are going to stack on top of this for the 2/3 of the roads that don’t get worked on between now and then.

This is the most optimistic scenario, because this is making the huge assumption that the State doesn’t raid this money and divert it to something else in the future. As has been proven time and time again, when California is strapped for cash, they have no problem

taking the money they need from the Counties and Cities.

If we want our roads to be fixed in anything short of the distant future, we are going to need to either make enormous investments at the local level (to the great expense of other programs), or pass a local tax measure dedicated solely to fixing the problem. But the crafters of such a tax should be careful, as my Orangevale survey I conducted earlier in the year showed that while 51% of you would pass a local transportation tax if it were dedicated solely to the roads, only 14% of you would pass a transportation tax if it included money for other things like public transportation. Either of these two plans poses challenges.

Thank you for reading – and as always, if you want to contact me, call me at 916-874-5491 or e-mail me at SupervisorFrost@saccounty.net.

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



**By Pastor Ray Dare**

With every problem you have two options. You can surrender or you can stress. Why do we stress? Because we try to do what only God can do. We try to control the uncontrollable, explain the unexplainable, do the undoable, stop the unstoppable, fix the unfixable; and then we wonder why we are so stress out! The reason why you get so stressed is because you think you have to control everything. You think, “*It all depends on me! I’ve got to pull all the strings. I’ve got to make it happen.*” No, you don’t. The greater your need to control things, the more your life will be prone to overload and stress.

The secret to overcoming your problems, your difficulties, the hardships you’re facing today is NOT to control it all – but to surrender it all. Surrender control to the One who can do something

# Pastor Ray's Encouraging Words

## The Antidote to Stress

about it. To the One who IS in control. The only thing worry controls is you. Worry doesn’t affect anything but you. It makes you miserable, stressed-out and hurts you physically, emotionally... mentally.

When Jesus rebuked the wind and the waves in Matthew 8 the disciples were amazed and asked each other, “*Who is this that even the winds and the sea obey him?*” (Matt. 8:27 LB).

In that moment, they acknowledged God was in control. They realized there was no reason to worry because the God who commands galaxies with a word and holds molecules together with his power was right there in their boat.

*“Everything in the heavens and earth is yours, O Lord... we adore you as being in control of everything.” 1 Chronicles 29:11 (LB)*

We think the answer to our stress is escape. I’m overloaded – I need a vacation. God says, no, that’s not it because when you go on vacation, you take you with you, and you’re the problem. You can go to Tahiti but your mind is going with you. We think the antidote to stress is escape.

God says the antidote to stress is surrender. Every time I give up control, God gives me peace.

You don’t become apathetic. You don’t say we’ll “*God’s in control so I’m not going to do anything. I’m not going to apply for that new job, I’m not going to try to mend that relationship or I’m not going to try to keep this business deal together.*” No, that’s not surrender that’s dumb. Surrender is you do your best and you trust for the rest. Surrender means; you do what you can control; what you can do; but then you trust God for those things that are beyond your control.

How do you know when you’ve surrendered? Simple, you stop worrying about it. If you’re still worrying then you’re still trying to control the uncontrollable and you haven’t surrendered control to God. When you surrender control to God, you don’t worry about it anymore because now you know that He’s controlling it.

*Pastor Ray*  
New Beginnings Church  
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**By Marlys Johnsen Norris, Christian Author**

I hear you say: I am a full grown human being, so now you ask how can I be born again?

“Flesh gives birth to flesh, but the Spirit gives birth to spirit.” (John 3:6) It happens when someone desires to be connected to God, decides to follow His teachings with surrender and commitment. God then resides in the empty place He created in each one of us. And one day as He knocked on the door of

## You Must Be ‘Born Again’

our hearts, we made a decision to invite him inside to reside forever.

We should not be surprised at God saying “we must be born again”. He desires to be a part of every individual life in a intimate personal way. God desires for every one of us to really know Him and to love Him. His love is so much more than we can ever understand and He loves all of us to the uttermost.

This is why God did send his only perfect Son (He called a Lamb of God) in the likeness of man to be a sin offering in order that the righteousness requirements of the law might be fully met. Therefore, we are not to live according to our sinful nature, but according to the Spirit’s desires who lives within, once we are “born again”. Those who live according to the flesh have their minds set on what human nature desires, not God. The mind of a sinful man is eventual death – but the mind controlled

by the Spirit is life and peace. (Romans 8:2-6)

Warning: All doubt and confusion comes from the enemy of God since the beginning of time. He is the one who wants to be worshipped and honored as a god and that is why our Creator/ God cast him out of heaven to earth. Earth is his domain. Is it any wonder the troubles and confusion we see everywhere are a part of his evil ways?

One who is born of the Spirit moves WITH God forever demonstrating His love to the world around them. Jesus perfect life is our example of how we are to live our lives. Our learning process takes a lifetime and God knows that too!

*Marlys Johnsen Norris*  
*Christian Author of 6 books*  
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## The Insecurity of Job Security



**Louis McNerney**

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

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

**Here are the disturbing figures:**

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

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

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

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

but this can often be difficult and costly.

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

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

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

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

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

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

**For More Information contact Louis McNerney, at (916) 335-1126 or Visit his Website [www.theEsource.com/LMcnerney](http://www.theEsource.com/LMcnerney)**



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# Remembering Those Who Gave Us Our Freedom

By Sheila LaPolla

**FAIR OAKS, CA (MPG)** - Riding down the “Avenue of the Flags”, the parade of American Legion Riders (ALR) roared onto the scene before the opening ceremonies of the nineteenth Annual Memorial Day Ceremony commenced, to the delight of the crowd of over 200, there to salute our fallen heroes.

The Memorial Day Ceremony was held May 27, 2017, at the Fair Oaks Cemetery, 7780 Olive Street, Fair Oaks. Hundreds of flags lined the roadways of the cemetery deemed “The Avenue of Flags.”

This year’s theme was to remember the 100th year Anniversary of the United States entry into the “Great War” and to honor our Veterans of World War I, of whom there are eighty-six buried in the Fair Oaks Cemetery.

The Memorial Day ceremony opened with an Invocation prayer followed by heartfelt speeches by our local dignitaries reflecting upon the ultimate sacrifice given by our fallen heroes.

Master Sergeant Josh Baker, the First Sergeant of the 222nd Intel Support Sq. from Beal AFB, was the honored speaker



FRONT ROW center: Don Lemmon, President, American Legion Riders(ALR) Chapter 383; to his right (in sports coat) is Jim Russell, Chaplain, VFW Post 6158 BACK ROW left to right: Mark Rice, Commander, American Legion (AL) Post 383; Dominick Damore, VFW member; Bill Heilmann (in Hawaiian shirt), Adjutant AL Post 383; Bob Rudge, Vice-President, ALR Chapter 383 Photo by AP Contreras

for the ceremony. He eloquently implored us to not only remember the valor of men and women who died in combat, but also those veterans who answered that noble calling to serve the people of the United States who die in hospitals and nursing homes everywhere, every day.

MSgt Baker closed his speech with a reading of “In Flanders Fields” poem by Lt Col. John McCrae, Canadian

Army WWI; paying homage to the 100 year anniversary of when the United States entered World War I.

After placing of the wreath, Boy Scouts Troop 380 filed around the flagpole and lowered and removed the present United States flag and raised a new flag, one that had flown over our nation’s capitol.

A wreath was placed by members of Fair Oaks American Legion (AL) Post 383 and

Veterans of Foreign Wars (VFW) Post 6158 in honor of over eighteen hundred veterans who are buried in the cemetery.

The Memorial Day ceremony concluded with a closing prayer.

Let us preserve the memories of our fallen veterans who so valiantly gave the ultimate sacrifice and not take for granted our soldiers who still give of themselves for the freedom we enjoy today.



The event was a success in part because of all the volunteer help provided by the local groups of Boys Scouts, Girl Scouts, Cub Scouts and Brownies. Photo by Paul Scholl



The bagpipers always add a sense of honor and tradition to the annual event. Photo by Paul Scholl

## Society For The Blind to Compete in National Fitness Challenge

**SACRAMENTO REGION, CA (MPG)** - Sacramento nonprofit Society for the Blind is one of 13 groups across the nation – and one of only three in California – that are competing in the United States Association of Blind Athletes’ and Anthem Blue Cross Foundation’s fifth annual National Fitness Challenge. Society for the Blind and its competitors will provide more than 300 blind and visually impaired youth and adults with an opportunity to increase their physical fitness levels and live healthier, more active lives. Other California participants are Junior Blind in Los Angeles

and Lighthouse for the Blind and Visually Impaired in the Bay Area.

“We are pleased to again partner with USABA to help break down barriers, and leverage technology to help those with vision impairments enjoy the physical and emotional benefits of exercise,” said Brian Ternan, president of Anthem Blue Cross. “Together, we want to ensure that those with visual impairments are not denied the opportunity to lead an active life and have the opportunity to avoid the health risks that come from a sedentary lifestyle.” Research has consistently shown that

individuals who participate in regular physical activity to improve their health have higher energy levels, a lower risk of health-related diseases, improved psychological health, and lower rates of depression and anxiety. Because of the many barriers and misconceptions about their abilities, approximately 70 percent of the nearly 56,000 children and youth who are blind and visually impaired in the United States do not participate in even a limited physical education curriculum. When the National Fitness Challenge kicked off in Sacramento this spring,

participants who signed up with Society for the Blind had a number of physically challenging activities to look forward to. In efforts to increase participants’ levels and step counts, staff at Society for the Blind will be working with dance instructors, personal trainers, judo instructors and more. In addition to raising their overall physical activity, participants will also become more aware of opportunities in their community.

“Society for the Blind is honored and excited to again be a part of the National Fitness Challenge,” said Shari Roeseler,

executive director. “This partnership with USABA and Anthem raises awareness and, more importantly, participation of people with vision loss in health and fitness activities. We look forward to friendly challenges among our fellow participating agencies as we increase the physical fitness and overall health and wellness of our participants.” For more information or to make a donation: [www.SocietyfortheBlind.org](http://www.SocietyfortheBlind.org).

Source: Kristin Thébaud Communications

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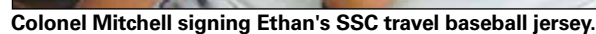
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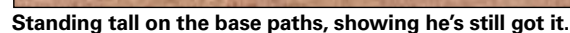
I recently had the opportunity to spend a day with the Wounded Warriors Amputee Softball Team who is made up of some incredibly brave people...true heroes! Not just because they served in the

These warriors went to war just like my dad but they were injured, injured bad. I honestly didn't know what I was getting into meeting this team. I had never met anyone who lost an arm or leg, and I was a little



But as I watched these men and women play ball, I realized we share a love of the game. Their bases may not be

I sat down with two of the players, Cody and Josh, to ask



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+tax	+tax +serv		Salsa Tamarula 4.7 fl oz

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Hot Spicy Ramen 5 x 4.93 oz	Aloe Vera Drink Premium 507 oz	Korean BBQ Sauce 2 Kinds 480 g	Seasoned Seaweed 2.1 oz	Assorted Korean Drinks 4 Kinds
<b>1.99</b> /ea	<b>3.99</b> /ea	<b>11.99</b> /ea	<b>6.99</b> /ea	<b>2.99</b> /ea
Wheat Flour 5.5 lb Bag	Korean Cold Noodle 2 Kinds 32.02 oz	Kashim Beer 12 Pack 12 oz Cans	Perky Multi Pack 4 Kinds 3.81 oz	Mitsukin Bonito Soup Base 32 fl oz

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Blender 4.2 Qt	Toaster Oven 6 Slice	Food Processor 9 Cup	Hand Mixer 5 Speed	Vacuum Cleaner 12 Ft Cord
<b>5.99</b> /ea	<b>1.49</b> /ea	<b>6.99</b> /ea	<b>6.99</b> /ea	<b>24.99</b> /ea
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# Discipline, Values and Respect

## Family Tae Kwon Do Relocates, Plans June 3rd Grand Opening

Story and photos  
by Jacqueline Fox

CITRUS HEIGHTS, CA (MPG) - While martial arts generally involves much more than punching and kicking, it's good to have plenty of room when you're practicing even those basic of moves intent on bringing out your "inner warrior."

Family Tae Kwon Do Plus, a Citrus Heights fixture for afterschool martial arts and self-defense classes for kids and adults of all ages and abilities, has relocated to a larger, more visible space, giving the family owned business room to make its moves, which involves expanding the core roster of Tae Kwon Do classes, fitness training classes, afterschool clubs and summer and holiday camps for kids.

"We have been wanting to expand our afterschool programs and the other classes we have for kids in particular, but also offer more of our fitness classes for all ages, and bring in some new ones," said Kateena Cirincione, who runs Family Tae Kwon Do Plus alongside her husband, Dominic Cirincione, both high-degree black belts and long-time



Dominic Cirincione and his wife Kateena, owners of Family Tae Kwon Do Plus, demonstrate a sword sparring move inside their new 5,400-square-foot location.

contributors to community and youth programs across the region.

"Now, in addition to adding on, we can also run three afterschool programs at a time

because we have three different rooms in one building to do it," Cirincione said.

Family Tae Kwon Do Plus offers Kinder Kicks for kids 3-5 years of age, which includes physical and sequential learning development skills using big, colorful soft blocks and other props to help kids learn to count and identify shapes. The afterschool program involves self-defense and agility training, but also builds on team and leadership skills. It includes an after-school pickup, homework and tutoring support, and snacks.

Holiday and eight-week summer camp programs, as well as weekly outdoor events are also available. Leadership programs designed to teach youth the skills for building solid futures and setting goals to get there are run by a core of roughly

23 volunteer leaders, who also assist with homework and tutoring in the afterschool programs.

"We do a lot more than just teach martial arts," Cirincione said.

The Cirincione's operated out 4,500-square foot facility for roughly 13 years. The new building, which they moved to April 15, is 5,400 square feet in size and wraps a large corner space in the shopping center at Sunrise Boulevard and Antelope Road. The larger space, Cirincione said, makes it possible to operate the afterschool camp and homework club in one room, Kinder Kicks for three-to-six-year olds, for example, in another, and, in the larger room, traditional Tae Kwon Do and martial arts training courses.

"The main floor in the old building was much smaller

and it was also pie shaped, so we had a lot of wasted space," Cirincione said. Now we can do more of what we have been doing all along, but we can also expand on that. One of the things we wanted to add in was yoga for our adult students. We have also added a new 30-minute, six-week challenge class using heavy bags and mat work for ages 12 and up."

In celebration of the move, Family Tae Kwon Do Plus is planning a grand opening party for Saturday, June 3 from 10 a.m. to 2 p.m. Everyone, whether currently enrolled in a program or just curious about the art of Tae Kwon Do, is invited.

"We're really getting ready for a great, official grand opening," said Dominic Cirincione who has more than four decades of practice under his belt, which is eight levels of black. "We're going to be taking over a good percentage of our new parking lot right out front and bringing in some really terrific activities for kids and adults as way to celebrate and let people know about our curriculum of classes, but also what we bring to the community."

The grand opening party will offer Tae Kwon Do demonstrations, as well as a Bully Defense Work Shop, a Mini Kick Fit classes, sword demonstrations, as well as sparing and board breaking demos.

"The entire day will be about having fun but also showing the community what we have to offer and the benefits of our programs, especially the ones we provide for youth," said Dominic. "There's so much more to martial arts than kicking and punching and getting a black belt. We teach self-discipline and values, as well as respect for others and how to develop emotionally positive responses to situations."

The big event will also feature bounce houses and a large, inflatable Checkered Flag Interactive Racing exhibit in the parking lot, as well as raffle prizes and giveaways throughout the day.

The "Family" in Family Tae Kwon Do Plus is a reflection of the Cirincione's mission to provide families a regimen of core health, fitness and emotional discipline classes aimed at strengthening values as much as the body, as well as the skills for building stronger bonds and setting character building goals together. And they walk the talk too: Their daughter, Kasea, now 20, is also a black belt and teaches several classes at the center.

"She's been at this since she was about four," her father said.

In addition to onsite training, camps and even classes for children with special needs, such as autism, Family Tae Kwon Do Plus offers anti-bullying workshops in schools, as well as offsite training courses for security companies and law enforcement agencies, as well as women's and church and teen groups across the community.

Future plans include adding classes specifically for students who are home schooled and a day yoga program. ★



Family Tae Kwon Do Plus Founder, Dominic Cirincione prepares a group of young students for an afternoon class inside his new location on Sunrise Boulevard.

**Family Tae Kwon Do Plus**  
**Grand Opening:**  
**Saturday,**  
**June 3**  
**10 a.m. to 2 p.m.**  
**7831 Sunrise Blvd.**  
**(916) 725-3200**  
**www.famtkdplus.com**

**PET CLUB**  
FOOD AND SUPPLIES  
EVERYDAY LOW PRICES  
Super Discount Prices\* Hot Specials & Coupons  
(No Membership Fees)  
We Only Accept ATM, Cash, & Checks

**2344 Sunrise Blvd.**  
**Rancho Cordova, CA**  
**916-635-5008**  
Mon-Fri 9-8,  
SAT 9-7, SUN 10-7  
Effective 5/31/17 - 6/6/17

**COUPON**  
**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 5/31/17 - 6/6/17

**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  
Effective 5/31/17 - 6/6/17

**AVODERM NATURAL DRY DOG FOOD**  
24-26 Lb Bag Limit 2 Bags Per Family  
•Lamb Meal & Rice **\$31.99**  
•Chicken Meal & Rice... **\$33.99**  
•Lite •Original/ Beef •Large Breed Adult... **\$33.99**  
Effective 5/31/17 - 6/6/17

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

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

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

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

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

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

**SCOOPAWAY CLUMPING CAT LITTER**  
20 Lb Box  
•Multi-Cat •Unscented (Fresh Step Scoop, 20 Lb Box - \$7.49)  
Limit 2 Boxes Per Family  
**\$5.49**  
Effective 5/31/17 - 6/6/17

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

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

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

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

**WORLD'S BEST CAT LITTER**  
14 Lbs Limit 2 Bags **\$11.99** Original **\$12.99** Extra Strength  
**PRECIOUS CAT CLUMPING CAT LITTER**  
18 Lb Bag Limit 2 Bags Per Family  
**\$5.99**

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

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

**PEDIGREE CANNED DOG FOOD**  
•Choice Cuts in Gravy •Chunky Ground Dinner •Chopped Ground Dinner All Varieties 13 Oz Limit 2 Case (12 ct)  
**69¢**  
Natural Grain-Free  
**EARTH BORN HOLISTIC DRY DOG FOOD**  
•Primitive Feast •Great Plains Feast •Meadow Feast •Coastal Catch 28 Lb Bag Limit 2 Bags Per Family (Reg Price \$43.99)  
**\$39.99**

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

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

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

**DOGSWELL DOG & CAT TREATS**  
•Chicken Breast Jerky •Veggie Chew •Grillers •Bars All Varieties  
**20% OFF**  
OUR SUPER LOW PRICES

**PETMATE PORTABLE PET HOMES**  
(Pop & Go)  
•Light Weight •Pop-Up All Sizes  
**20% OFF**  
OUR SUPER LOW PRICES

**KONG PRODUCTS**  
•Classic •Dental •Air Dog •Chews •Wubba •Stuffed •Treats •Soft Toys All Varieties  
**20% OFF**  
OUR SUPER LOW PRICES

**KAYTEE FIESTA Treat Sticks**  
•Honey •Tropical Fruit •Fruit & Veggie All Varieties  
**15% OFF**  
OUR SUPER LOW PRICES

**PENN-PLAX CASCADE POWER FILTER SALE**  
MODEL TANK SIZE PET CLUB SALE  
CASCADE 100 20 Gal. **\$13.99** Revolutionary  
CASCADE 150 35 Gal. **\$20.99** Bio-Falls Quad  
CASCADE 200 55 Gal. **\$27.99** Filtration System  
CASCADE 300 100 Gal.  
**TETRA BOXED 10 GALLON TANK**  
With Economy Kit  
Just add Heater For Tropical Fish  
**\$36.99** Limit 1 Per Family

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

**REEF CRYSTALS**  
50 Gal. Salt Mix  
**\$15.99**

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

**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.  
**69¢** ARM PLU 446  
Effective 5/31/17 - 6/6/17

**BONUS COUPON**  
**ARM & HAMMER CAT LITTER DEODORIZER**  
20 Oz Box Limit 2 Boxes with Coupon Limit One Coupon Per Family Price Valid Only With Coupon  
**\$1.49** ARM PLU 422  
Effective 5/31/17 - 6/6/17