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"Written by the people, for the people"

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September 2, 2016

ENDORSEMENTS FOR SUE FROST



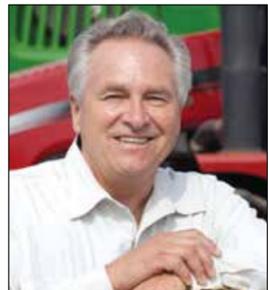
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Help Kids Learn to Read

Volunteers Age 50+ Needed by United Way



A volunteer works with a child on reading as part of AARP Foundation's Experience Corps, which is partnering with United Way in the Sacramento area. Photo by Matt Roth

SACRAMENTO, CA (MPG) - Local residents ages 50 and up are needed by September to help kids read, as part of United Way California Capital Region's partnership with AARP Foundation's Experience Corps. Volunteers will be placed in Sacramento-area schools and will partner with small groups of students in kindergarten through third grade to help them improve their reading. For more information, visit www.yourlocalunitedway.org/experiencecorps to sign up for an upcoming information session.

"We know that improving children's early literacy has a direct impact on their success in higher education, and we know that higher education is the equalizer that breaks the cycle of poverty," said Stephanie Bray, president and CEO, United Way California Capital Region. "As adults, we can give back by helping many more children grow up prepared for success."

The program will take place in Center Joint Unified, Elk Grove Unified, Robla and Washington Unified school districts.

Volunteers will spend two to three hours a day in the classroom two days a week helping students read at grade level and beyond, and providing consistent support to the same teacher and students over the course of the school year. Volunteers receive 25 hours of training in literacy and classroom management.

United Way California Capital Region is leading the program in the Sacramento region through a four-year grant from AARP Foundation, a grantee of the Social Innovation Fund (SIF). In August 2015, AARP Foundation received \$3 million from SIF, a program of the Corporation for National and Community Service (CNCS), the federal agency for volunteering and service programs. The SIF fosters public and private collaborations to evaluate and grow innovative community-based solutions that work. In just five years, the SIF and its private-sector partners have invested more than \$876 million in compelling community solutions. As a result of \$295 million in federal

grants and more than \$581 million in non-federal match commitments, the SIF has made grants to 39 institutions and 353 nonprofits working in 40 states and the District of Columbia. This subgrant award is the result of an open competition held by AARP Foundation to identify and select promising organizations in high need communities to implement and rigorously evaluate the Experience Corps model.

The local program is part of United Way California Capital Region's Square One Project, a 20-year promise to significantly increase the number of local students who graduate from high school ready for success in college and beyond. Through nine decades of work and research across Amador, El Dorado, Sacramento, Placer and Yolo counties, the local United Way now believes ending poverty starts in school and is working to ensure kids meet important milestones for success in college. To donate or volunteer, visit www.yourlocalunitedway.org.

Source: Kristin Thébaud Communications ★

Sacramento County Seeks Poll Workers for Election

SACRAMENTO COUNTY, CA (MPG) - Sacramento County's Office of Voter Registration and Elections is calling upon civic-minded citizens to work at polling places for the upcoming November election.

No prior experience is necessary, and training will be provided. Workers will be provided a stipend for their training and service on Election Day.

Citizens that are fluent in Spanish, Chinese, Vietnamese, Tagalog, Hindi, Korean and Japanese are strongly encouraged to apply as poll workers.

"We are grateful for the poll workers who serve their communities on Election Day," said Sacramento County Registrar of Voters Jill LaVine. "It's a rewarding experience, and the work they do is vital to the integrity of the election process."

Poll workers must meet the following criteria:

- Be at least 18 years of age or be a high school student that is at least 16 years of age and in good academic standing
- A resident of the State of California
- Be able to read and write in fluent English
- Available to work on Election Day from 6:00 a.m. until all duties are completed (approximately 10:00 p.m.)
- Attend a mandatory training class prior to each election (approximately 2½ hours)
- Have transportation to and from the training class and to the polling place on Election Day

With their supervisors' permission, County and State employees can work on Election Day while still earning their regular salary, plus earn the stipend from volunteering at the polling place.

Poll worker applications, stipend information and more are available at the Voter Registration and Elections Poll Workers website.

Source: Sacramento County ★

Los Rios, Weave Launch New Partnership

SACRAMENTO, CA (MPG) - The Los Rios Community College District today announced the launch of a new sexual assault awareness, education, confidential reporting and support program in partnership with WEAVE, the region's widely

respected provider of crisis intervention services for survivors of relationship violence and Sacramento County's sole rape crisis center.

The Los Rios Colleges - American River, Cosumnes River, Folsom Lake and Sacramento

City - have long-held procedures in place to support those who report sexual assault, which includes sexual violence, relationship violence and stalking.

Until today, those who wanted to report such assaults could make those reports to the Los

Rios Police Department or any of the college's designated Title IX officers. In addition, all college employees who receive information about sexual assaults are required to forward such reports to their college's Title IX Officer. College Title IX

officers are responsible for the coordination and administration of the District's policies related to identifying, investigating and combating sex discrimination and sexual harassment.

But today's announcement Continued on page 3

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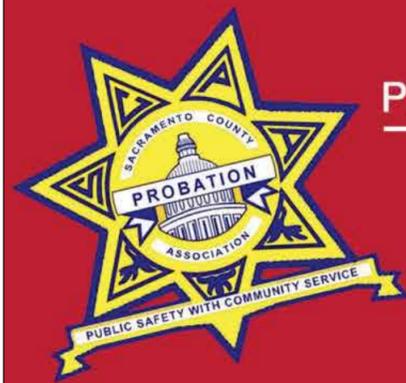
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Society for the Blind Named Rehab Organization of the Year



Society for the Blind staff members accept the award for Rehabilitation Organization of the Year from the Association for the Education and Rehabilitation of the Blind and Visually Impaired.

SACRAMENTO REGION, CA (MPG) - Society for the Blind in Sacramento recently accepted the award for Rehabilitation Organization of the Year by the Association for the Education and Rehabilitation of the Blind and Visually Impaired. The award is given each year to an organization that has demonstrated exceptional commitment and service to the field, as well as leadership in working with students, families, colleagues and businesses.

"While there are so many strong organizations in this region, we find Society's expansion of services through the development of partnerships over the past few years to be an exemplary model of the standard all such organizations should follow," said Richard Rueda, president of the Northern California chapter of the association. "This organization is distinguished by its ability to dream big, allow partnerships to emerge, and sponsor and underwrite large portions of programming that ultimately benefit people with vision loss in Sacramento and throughout Northern California."

Society for the Blind received the award for its expansion efforts, including its onsite Low Vision Clinic that now offers occupational therapy and services for young children, its

peer and support group programming for parents of children with vision challenges, and its new partnerships with groups like UC Davis Eye Center and Junior Blind.

"This is an enormous honor, and we are grateful for this recognition as we continue to find new ways to empower people of all ages living with vision challenges," said Shari Roeseler, executive director, Society for the Blind.

For 60 years, Society for the Blind has created innovative ways to empower individuals living with low vision or blindness to discover, develop and achieve their full potential. Society for the Blind has grown from a dedicated group of volunteers that included the Lions Clubs of America to a nationally recognized agency and the only rehabilitative teaching center for a 26-county region of northern California. The nonprofit provides low-vision eye care, life and job skills training, mentorship, and access to tools to maintain independence for 6,000 youth, adults and seniors experiencing vision loss each year. For more information or to make a donation, visit www.societyfortheblind.org.

Source: Kristin Thebeaud Communications ★

Sheriff Scott Jones Proposes New Transparency Rules On Campaign Finances

SACRAMENTO, CA (MPG) - Sheriff Scott Jones recently announced three proposed changes to campaign finance rules that would allow more transparency on donations to federal election candidates and their donors.

"More has to be done to root corruption out of politics and expose conflicts," said Sheriff Scott Jones. "As Congressman - just as I've done as Sheriff - I will be proactive in ensuring transparency and accountability in government. That's why I'm proposing three simple rules that will help increase transparency in our election process. Campaign finance rules are stricter than ever but most of the rules are based on reporting processes that are out of date. Making these three simple changes to the FEC's disclosure rules will help the public understand where political money is coming from so voters can hold their candidates accountable in real time."

Sheriff Jones' proposed new transparency FEC rules include:

Implement FEC Reporting to Disclose Family Members of Federal Candidates and Elected Officials

Voters should know if wealthy families are trying to buy a seat in Congress. A simple requirement for campaigns to indicate if donors are relatives of federal candidates or elected officials would provide much needed transparency for voters interested in who is funding campaigns that affect their lives.

More Frequent Reporting Of Contributions

As running for federal office continues to require more and more fundraising, campaigns should disclose large donations daily throughout the entire campaign, not just in the final days before an election. As major contributions enter the door, voters should have the chance to see who is funding campaigns in real time.

Impose Proactive Steps To Prevent "Straw Donors"

Campaigns must work with the FEC to proactively prevent straw donor schemes that undermine the democratic process. For all first-time max out donors, campaigns would make a simple "best effort" to ensure the donor knows the rules surrounding federal donations. This includes donating in someone else's name, receiving a reimbursement for a donation, or using corporate money.

The election for the 7th Congressional District is sure to be one of the most watched Congressional elections in the entire nation this year. The 7th Congressional District is nested entirely within Sacramento County including the cities of Folsom, Elk Grove, Citrus Heights and Rancho Cordova.

Source: Scott Jones for Congress ★

San Juan Unified Piloting K-8 Home School Program

SACRAMENTO COUNTY, CA (MPG) - San Juan Unified is piloting a K-8 home school program and is currently enrolling students for the 2016-17 school year. The optional home school program helps meet students' individual needs and offers support to families who choose to educate their children in kindergarten through eighth grade at home, partnering with a San Juan Unified

credentialed teacher.

As part of the program, students must receive at least 4-6 hours of daily instruction in English and complete coursework meeting California standards for each subject. Additionally, parents or guardians must meet regularly with the assigned credentialed teacher, with flexible scheduling available. By participating in

the home school program, families receive curriculum, ongoing guidance and vouchers for materials and activities for the school year

For questions regarding enrolling your child, please call (916) 971-7017 or email dcovello@sanjuan.edu.

Source: San Juan Unified Scholl District ★

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Crossword Puzzle on Page 5

A	L	T	A	R	L	A	H	S	N	I	P
L	E	A	V	E	A	L	A	B	L	I	N
B	O	X	I	N	I	I	I	O	U	N	C
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D	U	B	L	A	C	E	C	A	R	R	I
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	B	I	R	K	I	N	W	I	N	T	O
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Sudoku Puzzle on Page 5

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

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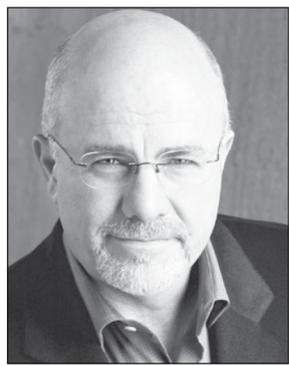
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Dave Says

Learning and living

Dear Dave,
I'm a recently retired widow, and my husband always took care of most of our finances. We never had any debt, but after starting to learn a little bit about how money works, I'm worried that there may be too much of it invested in CDs (certificates of deposit). The total nest egg is a little over \$1.5 million, with \$300,000 of that in CDs. There's also a \$317,000 annuity, a 403(b) and around \$900,000 in IRA mutual funds. I also have two homes and a new car that are paid for. How do you think I should handle things going forward?
- Joan

Dear Joan,
I'm really sorry to hear about your husband, but you two did a fantastic job with your finances. You're worth at least \$1.5 million, and you have no debt. You're set for life, but you're wise to want to be careful. The CDs give you some stability, but obviously they're not earning much of anything. I think of them as money kicked up in a hammock — it's not working for you. You both worked hard for that money, so personally I'd like to see it working hard for you now. If you've

had good luck with a variable annuity, that's fine. You've also had very good luck with your mutual fund investing. So, with all this money in different areas, you're definitely diversified. It's just a matter of wrapping your arms around it all and developing a deeper understanding of things going forward.

At this point, I would urge you to find an investment professional in your area with the heart of a teacher — someone who's not trying to sell you stuff. You want to learn, Joan, and I'm really impressed by that. It's a smart and necessary thing. Every time you see an investment person, whoever it may be, your goal should be to leave the room smarter and with more understanding than you had before.
—Dave

Buy the car?

Dear Dave,
My wife and I are 31 years old, and we have no debt except for our home. We also have an emergency fund and college savings in place for the kids. Over the last several months we've saved \$22,000 for a newer car, but we're also worried about retirement. We've been putting 15 percent of our income toward retirement, and we're concerned that maybe we shouldn't spend the whole \$22,000 on a car. We make around \$100,000 annually and have \$50,000 in our nest egg. What do you think, Dave?
- Brandon

Dear Brandon,
In your situation, a \$22,000

car is not unreasonable at all. You guys are both 31 years old, and you're going to be in great shape for retirement if you just keep doing what you've been doing. On top of all that, you've got your emergency fund in place, in addition to a nest egg and car savings. If I'm in your shoes, I'd go out and find the best car \$22,000 can buy. You're doing all the right stuff. Your kids can go to school debt-free, and you're going to have the house paid off in no time. In short, you're going to retire multi-millionaires at the rate you're going — as long as you keep on keeping on!

Think about this, too. As a general trend, most people's incomes go up throughout their lifetimes. That being the case, chances are you're going to make and invest even more money in the years ahead. You and your wife could easily retire with \$5 million to \$10 million sitting there.

You've done a great job together, Brandon. Keep up the good work, and enjoy that car!
—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, Entrepreneurship 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. ★



POPPOFF!

with Mary Jane Popp

Everlasting Life

Are you needlessly afraid of death? The #1 fear—fear of death haunts and limits many people. They wonder if there is life after death, or if that is just wishful thinking or religious indoctrination. Over time, this fear can even cause physical and mental illness. It can keep you from living fully now, from enjoying all the richness and beauty of this earth-experience. What if you knew...no doubt...that no one really dies? Would that change your outlook on life? **Dr. Mark Pitstick** has helped people in hospitals, pastoral counseling settings, mental health centers and more for over 40 years. The good Doc wants you to have the security of proof that includes scientific, clinical, religious, and first-hand evidence that we really are immortal souls. He tackles that search in **"Soul Proof."** On my POPPOFF Radio Show, **Dr. Pitstick** gave me five reasons why you don't have to fear death.

1) NO ONE REALLY DIES.

Scientists agree that the five human senses detect much less than one percent of reality. When your body dies, only a tiny fraction of who and what you really are changes. The other 99.999% is energy, consciousness, spirit, light, intelligence, and love. All that continues on beyond physical death.

2) "DEATH" IS AN IMPORTANT PART OF LIFE.

Childhood, adolescence, and other life stages impart unique lessons and so does the phase we call death. Although some people yearn for a life without change, that would get very boring very quickly. Death is like a reset button that allows your inner self to try on different roles in the never-ending saga of life. It's a sign that you have graduated from earth-school.

3) YOU CREATE YOUR OWN HEAVEN OR HELL.

The ridiculous concept of a fiery eternal hell has been a big money-maker and people-controller over the ages, but there's no such place. The afterlife evidence clearly refutes any place of perpetual torment. And heaven is not a big place in the sky; it's a state of consciousness that can be assessed here and in the hereafter—no matter what is going

on around you.

4) YOU WILL SEE YOUR DEPARTED LOVED ONES AGAIN.

Much contemporary proof shows that a blessed reunion with your dear ones occurs when you cross over. And, what's more, you can continue a different but distinct relationship right now with your loved ones who have passed on. So relax about your loved ones dying and remember that death is not a good-bye, just a "see you later."

5) LIFE IS NEVER-ENDING, BUT EVER-CHANGING.

If you can grasp that life consists of perpetual change, you have it made. Just as you enjoy reading different books or watching different movies, your essence likes to experience different facets of life. Your current earth-experience is just one-page of an endless story called life unfolding. Take a deep breath and continue creating the life of your dreams.

That's just a smattering of what **Dr. Pitstick** covers in "Soul Proof." You can check out the rest of the story at his website at www.soulproof.com. So live on and know it does not end at death. It's just a continuing journey and live it to the fullest! ★

Fox 40 Launches Studio40 Live

SACRAMENTO REGION, CA (MPG) - FOX40 has announced the launch of *Studio40 Live*, a new lifestyle show for the Sacramento region. *Studio40 Live* will debut on September 6th, and will air live weekdays from 12 noon-12:30pm.

Hosted by Gary Gelfand and Lori Wallace, *Studio40 Live* is unlike anything previously seen in the market. This upbeat, fast-paced and high energy show is the perfect platform to showcase local businesses, events and causes in the Sacramento/Stockton/Modesto region.

Gary Gelfand will expand his role at FOX40 and has been hand-picked to host *Studio40 Live*. Gary



Host Gary Gelfand

NEWS in the morning reporting on feature segments in the 8 and 9 AM hours.

Joining Gary as co-host is Sacramento native Lori Wallace. Local to Elk Grove, Lori has been on-air in this market for almost 10 years. Wallace, a mom to three boys, will bring a family perspective to the show.



Co-host Lori Wallace

has 20 years of local media experience and is thrilled to be hosting the show.

Katie Parish, FOX40 Creative Director said, "Gary's positivity and contagious energy are exactly the traits we were looking for in a host. We are fortunate that we could expand his role at the station to get him involved in *Studio40 Live*." Gary will continue to be seen on FOX40

Leigh White, VP/GM FOX40 said, "Sacramento is growing. Our vibrant community is on the verge of becoming something bigger. FOX40 is a fixture in Sacramento, and is engrained in this community. Therefore, *Studio40 Live* creates a wonderful opportunity to show off the businesses that are unique to our hometown, and helps define what we love about Sacramento."

To get your business featured on *Studio40 Live*, go to www.fox40.com/studio40live. KTXL, owned by Tribune Media. For more information please visit: www.fox40.com.

Source: Fox 40 ★

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 - In 1492, it sailed the ocean blue
 - Mark of a ruler
 - Dish with four and twenty blackbirds
 - With long winters and short, cool summers
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 - Pendulum's path
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 - *Gabbana's partner
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 - Way to cook tuna

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- Harry Belafonte's daughter
- Chatterbox
- Hawaiian dish
- Kind of block
- Stall call
- Rubberneck
- Diamond's corner
- Full of ink
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- Home to the Jazz
- Wine, neither red nor white
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Your Destiny Is To Connect With God - Become 'Who' God Designed You To Become!

and as they grew older discarded any thought of it. There is an obvious reason why all religions seem to bring some form of "conviction" into a person's life. It is human nature to be threatened and demonstrates we all were created with a conscience to know right from wrong. God's plan is to guide and help each one of us in life's experience to become ALL we can become to help and build up our world.

God is not only the Creator of every life, but He is also the Divine Director who has designed a specific plan for each life and He seeks to be known and heard. When we grow-up we realize that our Creator's Divine plan is for each individual to become exactly "WHO" He desires us to become. And unless we know and recognize that fact, we will strive in

many different directions that will take us away and off the path our Director planned when He created us. (Note: the enemy of God does everything possible to cause separation to occur. Do not listen to him.) Yet, God's Holy Spirit is there and will do everything possible to help us move in the right direction. Our Creator desires an intimate personal relationship with us. One - that will last forever throughout all eternity.

Because we do not have to do-it-alone, we can accept that when God is in it, we will become more than we ever imagined we would be. Our Divine Director is also our best friend, helper, encourager and inspiration. His promise in His book, the Bible and tells us that He will never leave or forsake us!

Marlys Johnsen Norris
Christan Author of 6 books
Marlysjn@gmail.com ★

Many people have never heard and/or realized Almighty God is interested in them. They have never considered that it was out of love - God created them, and/or in fact everything. He recognized His own need to experience love and acceptance from intelligent human beings. Often people never consider God and/or don't know about Him at all. Knowing a magnificent God is an abundant experience full of blessings. Maybe others were raised in one religious denomination or another

Hot... And I Love It

Dr. James L. Snyder

Recently, I was enjoying the A/C with all of its amenities when the Gracious Mistress of the Parsonage came inside literally sweating.

"My goodness," she said hardly able to get the words out, "it's hot outside."

When she complains about it being too hot, it is too hot, guaranteed!

I was also complaining about how hot it was outside. Then I had one of those, what do you call it, euphoric moments. You know what I mean, a moment when something bad all of a sudden has a good side to it. Well, I had mine.

I did not realize this until the other day when my wife said something along the line, "Don't you think you should go out and mow the backyard?"

At the time, I was busily engaged in reading a book. As I was reaching for my bookmark to put in my book so I could come back and pick up where I left off, a brilliant thought exploded in my mind.

"I would love to go out and mow the backyard," I said with a deep sigh, "but it's just too hot

outside today." When I said that I was expecting a little confrontation from the other side of the room.

"Yes," she said stammering a little bit, "it's too hot to go outside and mow the grass."

That was it! I won this battle. I was so excited, this is probably the first time ever I won anything like this but I could not get back to reading my book. I wanted to break out into my happy dance. It is not every day that I accomplish something this significant.

Then, not surprisingly, she wanted to know if I could help her go outside and do something. I rather forget what it was but I took it as an opportunity to try my new ploy.

"That sounds like a wonderful thing," I said as cheerfully as I could grind it up, "but don't you think it might be just a little too hot to go out and do that kind of work?"

"You know," she said rather slowly, "I think you're right. It's probably too hot for us to go out and work up such a sweat." She then walked away.

Talk about wanting to break into your happy dance! Did I discover something or what?

Just this morning she said

something to the effect that we needed to go to the store to get a few things. I was just about ready to open my mouth when she said, "And, if you mention how hot it is outside, you will be in deep, deep trouble." And she was not smiling.

"Oh, no, my dear," I said as I got up out of my chair, "the weather is perfect to go to the store."

One thing I have learned and that is no matter how bad a situation may be, there is always something good that you can discover.

Jeremiah, known as the weeping prophet, discovered this sort of thing. "It is of the Lord's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness" (Lamentations 3:22-23).

Every cloud has a silver lining, and sometimes you have to really work hard to find that silver lining.

Dr. James L. Snyder is pastor of the Family of God Fellowship Ocala, FL where he lives with the Gracious Mistress of the Parsonage. Call him at 1-866-552-2543 or e-mail jamesnsnyder2@att.net. His web site is www.jamesnsnyderministries.com. ★



By Pastor Ray Dare

Life has a way of wearing us down. Unexpected things happen we get stressed. What's been weighing you down lately? Has something beyond your control happened?

If you're carrying a heavy load and feeling overwhelmed by life's circumstances, I'm sorry you're in those circumstances, but let me give you some good news, you have someone who cares about you very much. Jesus wants to help you through your circumstances. "Come to me all you who are weary and carrying heavy burdens and I will give you rest. Take My yoke upon you...you will find rest for your souls for my yoke is easy..." Matthew 11:28-30

First, Jesus says, "Come to Me." How do you do that? You get alone, settle down, read the Bible, pray a little, and your focus

Pastor Ray's Encouraging Words

God's Wealth Circulation

begins to shift. Suddenly you're thinking less about your problem and more about His power. Less about your circumstance and more about His control. The stress starts to drain out of your life.

Next, He says, "Take My yoke upon you." You get stressed because you're trying to control everything. The world is not going to fall apart when you give up control. Life will go on. In fact, it will be a lot better and a lot more enjoyable! Let me give you a little dose of reality: you were never really in control anyway! All the major things in your life are totally out of your control.

A yoke is a wooden frame that joins two farm animals together. The purpose of the yoke is actually to make your load lighter. The load is shared in a partnership. Jesus says, 'I want to help you carry your load.' A yoke is also used to guide, steer and direct. You're now in step with Him at His pace, His control.

Jesus says, "My yoke is EASY". Is your yoke easy? If you are

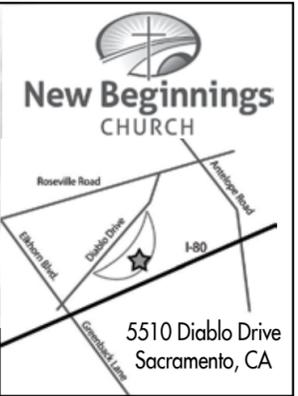
feeling overloaded right now, it means one thing: You're not properly yoked to Christ. His yoke is not upon you. You may be on your way to heaven but you're on your way stressed out! Any time you get under stress it means you have not given up control. Every time you get detached from God, you're going to get stressed out.

The truth is you don't have one yoke on your life right now... you've got a dozen! You've got financial yokes, health yokes; business yokes... the yokes on you! The answer is not Tahiti! The answer is Trust! Come to Christ; give up control; learn to trust. Come to Christ, give up control, learn to trust. If you have to say that fifty times a day to get it to soak in your mind, do it! That is the secret to releasing your worry.

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Kerri Howell, Steve Miller and Teresa Stanley Endorse Sue Frost for County Supervisor

CITRUS HEIGHTS, CA (MPG) - Since finishing first with nearly 30% of the vote in June, Councilwoman Sue Frost has piled on strong endorsements from local leaders — including former rivals Kerri Howell (who received 20% of the vote) and Teresa Stanley (who took nearly 12%).

Citrus Heights Councilman Steve Miller also announced his endorsement of Sue Frost today. Miller had planned to run for Supervisor, but withdrew prior to filing. “Sue Frost is experienced in local government. She takes the time to get involved in the local community to better understand the issues. Sue listens to her constituents, takes their suggestions to heart and works toward finding the best solutions,” said Howell. “Sue Frost has been working with elected officials in the region for the past 4 years. Sue will work



Teresa Stanley and Sue Frost

hard to represent what is best for Folsom and all of District 4 on the Board of Supervisors.”

Citrus Heights Councilman Steve Miller states, “Sue Frost is independent and hard-working,” said Miller. “She will focus on public safety and fixing roads — and won’t be controlled by big money or special interests. That’s what we need on the Board of Supervisors right now.” “Sue Frost showed everyone

why she earned her reputation as a hard worker who listens to the community. She’s earned my support for Supervisor,” said Teresa Stanley. “Sue Frost has the experience, independence and the courage to stand up for her constituents and put them ahead of special interests.” Last week the Sacramento County Probation Association announced a unanimous endorsement of Sue Frost for Supervisor.

Sue Frost currently serves as Councilwoman in Citrus Heights, and recently completed her term as Mayor. She’s a business owner and former nurse who will make public safety the top priority, ensure sensible budgets, and bring new efforts to empower neighborhoods, help veterans and reduce homelessness.

Source: Tab Communications ★



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with this ad

If you have a house, you need a Trust.
If you have a Trust, it needs to be up-to-date.
(Review of existing trust at no charge)

SENIOR SPECIAL

Asset Protection Program includes the following:

- Revocable Living Trust • Powers of Attorney Financial • Powers of Attorney Healthcare Wills • One Residential Trust Transfer Deed
- No Charge for Notary Services • Prop 13 Protection
- Long Term Care Government Benefits Planning



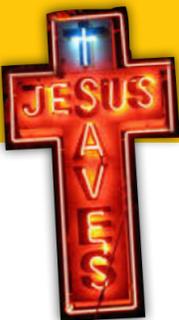
WILL ASSOCIATES

Richard H. Will
ELDER LAW ATTORNEY
Serving Seniors Since 1975

**Avoid Probate
Call Today!
(916) 482-8897**

1337 Howe Avenue, Suite 103 • Sacramento • www.willassociates.com

Union Gospel Mission Sacramento



Matthew 25:40
"Caring for the Least"

For more than 50 years, Union Gospel Mission has been serving Sacramento's homeless with shelter, meals, clothing, a rehabilitation program and a life-changing Gospel message. Founded in 1962 by concerned Christians for men in need, the Mission also serves women and children. The Mission is an amazing testament to the good that comes with committed volunteers, inspired leadership and the community's support.

50+ Years of Service
We accept donations, clothing and goods, 7 Days a week... and prayers always!



(916) 447-3268

400 Bannon Street • Sacramento, CA 95811
Exec. Director, Pastor Tim Lane • P.O. Box 1108, Sacramento, CA 95812
Tune in our Radio Program: KFIA 710 AM, Sun & Mon 3 PM
listen online & visit us at: www.ugmsac.com [Facebook.com/UGMSAC](https://www.facebook.com/UGMSAC)



11th Annual
Fair Oaks Chicken Festival
Saturday, Sept. 17th

10:00 am - 6:00 pm
Fair Oaks Village

...FREE...
General Admission & Parking

www.fairoakspark.org

Kid's Park unlimited wristband **\$5**

Pancake Breakfast - \$6
8:00 am - 10:30 am

GREAT Chicken Contest

Cluck N' Crow Contest
12:00 pm

Quality Crafts & Food Vendors

Craft Brew Tasting - \$2 tastes
11:30 am - 5:30 pm

Live Entertainment

The Kick-N-60's Tribute Band	10:00 a.m.
Jim Anderson & the Rebels	1:00 p.m.
FBI	4:00 p.m.

Presented by



Sponsored by



TRUSTEE FORECLOSURE SALE
2 Lots in Dixon
Zoned Multi-Use/Residential
Previously Approved for Condo Project

Sale will take place on
 Monday, September 12, 2016, at 10:30 AM
 In front of the Dixon Public Library
 230 North First Street in Dixon, CA 95620
 Two lots are located directly behind
 360 North First St. in Dixon and are
 Accessible by North Second Street, Dixon, CA
 Starting bid for BOTH lots is \$227,732.00
 For more information call
 Jeri Williams at: (707) 470-9807
 Cash or Cashiers Check drawn on a
 State or National Bank or Credit Union

SKILLS • SPORTSMANSHIP • SELF-ESTEEM



California Youth Basketball League

in Elk Grove, Natomas & South Sacramento for boys and girls ages 4-18

CYBL is a year-round youth basketball league serving the greater Sacramento area since 2005. Individuals and teams are invited to participate!



Visit online or call for more information!
cybhoops.com or (916) 391-3900

SATURDAY, SEPTEMBER 3
sacramento
ZOO NIGHT

RC vs SUTTER HEALTH
 First Pitch 7:05 pm
 Sutter Health We Plus You Fireworks Saturdays

rivercats.com

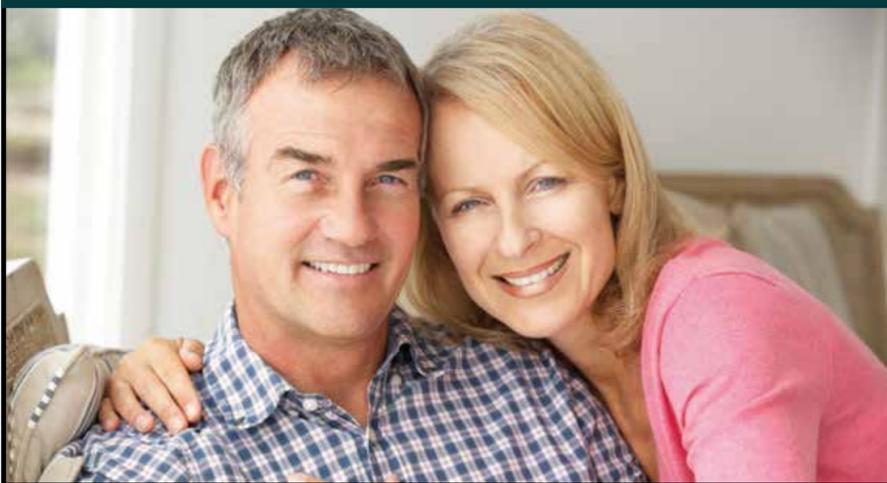
MONDAY, SEPTEMBER 5

Meet Sacramento River Cats Players at Opening Gates!

RC vs SUTTER HEALTH
 First Pitch 1:05 pm

BBQ package available

25 Minute Educational Presentation and a Free Luncheon



East Lawn Funeral Homes, Cemeteries & Crematory

Reservations Required
 Please RSVP for the day of your choice.
 Seating is limited to 30 attendees per seminar.



This 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, including Veteran's 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.

FREE LUNCHEON SEMINARS

East Lawn Memorial Park & Crematory
 4300 Folsom Blvd.,
 Sacramento, CA 95819
 RSVP: (916)732-2000 or
 on-line at www.EastLawn.com
Thursday, October 7

Andrews & Greilich Funeral Home FD136
 3939 Fruitridge Road,
 Sacramento, CA 95820
 RSVP: (916)732-2026 or
 on-line at www.EastLawn.com
 This presentation will be
 in **English** and **Spanish**
Wed, September 21 Dinner

www.EastLawn.com

SUMMER SEASON 2016
FAIR OAKS THEATRE FESTIVAL

PRESENTED BY FAIR OAKS THEATRE FESTIVAL & AMERICAN RIVER COLLEGE DEPARTMENT OF THEATRE & FILM

August 12 – September 18

Friday, Saturday, Sunday 8:00pm

Tell a Friend!

The Music of Rodgers and Hammerstein II

A Grand Night for Singing

Directed by Bob Irvin & Karen Bombardier

General Admission \$18 Discounts for Senior, Student & Child

VETERAN'S MEMORIAL AMPHITHEATRE
 FAIR OAKS VILLAGE • 7991 CALIFORNIA AVE.

For Information: 916.966.3683
www.fairoakstheatrefestival.com

\$2.00 Off

the price of an admission ticket. Only 1 ticket with each original ad.

IRS Warns of Back-to-School Scams

WASHINGTON, DC (MPG) - The Internal Revenue Service recently warned taxpayers against telephone scammers targeting students and parents during the back-to-school season and demanding payments for non-existent taxes, such as the "Federal Student Tax."

People should be on the lookout for IRS impersonators calling students and demanding that they wire money immediately to pay a fake "federal student tax." If the person does not comply, the scammer becomes aggressive and threatens to report the student to the police to be arrested. As schools around the nation prepare to re-open, it is important for taxpayers to be particularly aware of this scheme going after students and parents.

"Although variations of the IRS impersonation scam continue year-round, they tend to peak when scammers find prime opportunities to strike", said IRS Commissioner John Koskinen. "As students and parents enter the new school year, they should remain alert to bogus calls, including those demanding fake tax payments from students."



People should be on the lookout for IRS impersonators calling students and demanding that they wire money immediately to pay a fake "federal student tax."

The IRS encourages college and school communities to share this information so that students, parents and their families are aware of these scams.

Scammers are constantly identifying new tactics to carry out their crimes in new and unsuspecting ways. This year, the IRS has seen scammers use a variety of schemes

to fool taxpayers into paying money or giving up personal information. Some of these include: Altering the caller ID on incoming phone calls in a "spoofing" attempt to make it seem like the IRS, the local police or another agency is calling; Imitating software providers to trick tax professionals--IR-2016-103; Demanding fake tax payments using iTunes gift cards--IR-2016-99; Soliciting W-2 information from payroll and human resources professionals--IR-2016-34; "Verifying" tax return information over the phone--IR-2016-40; Pretending to be from the tax preparation industry--IR-2016-28

If you receive an unexpected call from someone claiming to be from the IRS, here are some of the telltale signs to help protect yourself.

The IRS Will Never:

- Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer. Generally, the IRS will first mail you a bill if you owe any taxes.
- Threaten to immediately bring in

local police or other law-enforcement groups to have you arrested for not paying.

- Demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
- Ask for credit or debit card numbers over the phone.

If you get a suspicious phone call from someone claiming to be from the IRS and asking for money, here's what you should do: 1) Do not give out any information. Hang up immediately. 2) Search the web for telephone numbers scammers leave in your voicemail asking you to call back. Some of the phone numbers may be published online and linked to criminal activity. 3) Contact TIGTA to report the call. Use their "IRS Impersonation Scam Reporting" web page or call 800-366-4484. 4) Report it to the Federal Trade Commission. Use the "FTC Complaint Assistant" on FTC.gov. Please add "IRS Telephone Scam" in the notes. 5) If you think you might owe taxes, call the IRS directly at 800-829-1040.

Source: IRS Media



Craft Beer and Tapas Pairing

The Courte at Citrus Heights invites you to enjoy a wonderful evening of craft beer, food and flavor on us! Featuring Chef-prepared tapas along with Specialty Craft Beer, it is sure to be an evening that you will not want to miss!

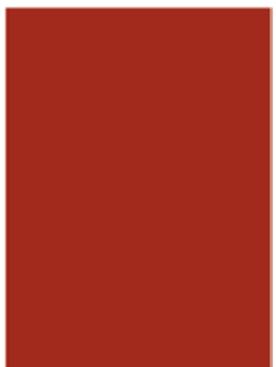
What: The Courte Beer and Tapas Pairing

When: Thursday, September 8, at 6 p.m.

Where: Stones Gambling Hall, 6510 Antelope Rd., Citrus Heights, CA 94621

RSVP by calling (916) 721-0644, as space is limited.

Complimentary with RSVP



The Courte at Citrus Heights
6825 Sunrise Blvd • Citrus Heights, CA 95610
(916) 721-0644
marketing@courteatcitrusheights.com
http://courteatcitrusheights.com/



The Courte at Citrus Heights
Memory Care

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REAL PEOPLE. REAL FUN.

There is a reason we use our residents as our photo models. We want you to see real people at real communities enjoying the life they choose. Whether it's joining friends in a card game, taking a stroll around the grounds, stepping on the bus for an excursion or getting together to share a meal, our residents find everything they need right here.

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**Affordable
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A leading nonprofit provider of aging services in Northern California since 1968

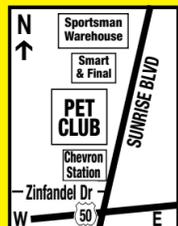
Look for Advertised Sale Items Everyweek at www.petclubstores.com

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

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FOOD AND SUPPLIES

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

We Only Accept ATM, Cash, & Checks



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916-635-5008

Mon-Fri 9-8,
SAT 9-7, SUN 10-7
Effective 8/31/16 - 9/6/16



COUPON
\$2.00 OFF ANY 28 LBS OR MORE PREMIUM DRY DOG FOOD PLU #336
OR
\$1.00 OFF ANY 14 LBS OR MORE PREMIUM DRY CAT FOOD PLU #337
Nutro, Science Diet, Eukanuba, Avoderm, IAMS, Nature's Recipe, Natural Balance, Wellness, Pro Plan. Limit 1 Bag.
(Cannot be used in conjunction with similar dollar off, percentage off coupons, or advertised sale items)
Limit: 1 Coupon Per Family ARM
Effective 8/31/16 - 9/6/16

COUPON
SPARKLE PAPER TOWELS
39¢ Regular Roll
With any Purchase of any Pet, Fish Food or Supply
Limit 1 Pkg. PLU 326
Limit 1 Coupon per Family
Effective 8/31/16 - 9/6/16

BLUE BUFFALO DRY DOG FOOD
•Chicken (Reg & Lrg Breed)
•Fish & Sweet Potato (Reg & Lrg Breed)
•Puppy (Reg & Lrg Breed)
•Senior (Reg & Lrg Breed)
•Lamb & Rice
•Healthy Weight
30 Lb Bag
Limit 2 bags

AS MARKED \$5 OFF
Our Regular Low Prices!
Effective 8/31/16 - 9/6/16

NATURAL BALANCE ULTRA-PREMIUM DRY DOG FOOD
•Potato & Duck, 26 Lb
•Reduced Calorie, 28 Lb
•Regular, 30 Lb

SUPER BUY!
\$5 OFF Our Super Low Prices
Limit 2 Bags Per Family
Effective 8/31/16 - 9/6/16

MERRICK'S GRAIN FREE DRY DOG FOOD
25 Lb Bag

•Chicken/Sweet Potato
•Duck/Sweet Potato
•Buffalo/Sweet Potato
•Salmon/Sweet Potato
•Venison/Chick Peas

ON SALE
Limit 2 Bags
Effective 8/31/16 - 9/6/16

PURINA KIT N' KABOODLE DRY CAT FOOD
16 Lb Bag

Limit 2 Bags Per Family
\$9.49
Effective 8/31/16 - 9/6/16

FRISKIES BUFFET CANNED CAT FOOD
5.5 Oz
All Varieties

Limit 2 Cases Per Family
4/\$1.69
Effective 8/31/16 - 9/6/16

FUSSIE CAT PREMIUM CANNED CAT FOOD
Black label 2.8 Oz
(Gold Label 2.8 Oz. 20/\$14.00)

Limit 2 Cases Per Family
20/\$13.00
Effective 8/31/16 - 9/6/16

TIDY CATS SCOOP SCOOPABLE CAT LITTER
20 Lb Jug

•Regular
•Multiple Cat Formula
Limit 2 Jugs Per Family
\$6.99
Effective 8/31/16 - 9/6/16

HI-COUNTRY WILD BIRD SEED
20 Lb Bag
(Kaytee, 20 Lbs - \$8.99)
(Audubon Friends, 20 Lbs - \$4.99)

Limit 2 Bags Per Family
\$4.99
Effective 8/31/16 - 9/6/16

MERRICK'S GOURMET CANNED DOG FOOD
13.2 Oz All Varieties Limit 2 Cases
On Sale

EVERCLEAN PREMIUM CAT LITTER
•Extreme Clump •ES Unscented •Multiple Cat
•Unscented Ever Fresh 25 Lb. Box Limit 2 Boxes
15 lb Bag
\$10.99

NUTRO MAX MAX CAT DRY CAT FOOD
•Adult •Indoor Chicken •Salmon
16 Lb Bag Limit 2 Bags Per Family
\$2 OFF
OUR SUPER DISCOUNT PRICES

WHISKAS DRY CAT FOOD
With Savory Nuggets
15 Lb Bag Limit 2 Bags Per Family
\$9.99

NUTRO NATURAL CHOICE DRY DOG FOOD
•Lamb & Rice (Adult & Small Bite) •Senior
•Chicken •Small Breed Adult Limit 2 Bags
15 lb Bag
\$2 OFF OUR SUPER DISCOUNT PRICES

KAL KAN CESAR SELECT DINNERS DOG FOOD
All Varieties
3.5 Oz Limit 2 Cases
69¢

WELLNESS DRY DOG FOOD
•Chicken •Lamb •White Fish (•Large Breed Adult, \$54.99) •30Lb
•Senior •Healthy Weight •26Lb
(3 Free 12.5 Oz Dog Cans Excluding Core With Ea. Purchase)
\$49.99

PESTELL CLUMPING CAT LITTER
40 Lb. Bag
Limit 2 Bags
\$8.49

ZIGNATURE LIMITED INGREDIENT FORMULA DRY DOG FOOD
•Turkey •Lamb •Duck •White Fish
•Trout/Salmon •Zsential 13.5 lb
\$3.00 OFF \$5.00
OUR SUPER LOW PRICES

CALIFORNIA NATURALS DRY DOG FOOD
•Chicken Meal & Rice (Adult Only)
•Lamb Meal & Rice (Adult Only) •Grain Free Salmon
•Grain Free Venison/Lentil 30 Lb Bag Limit 2 Bags
ON SALE

FRESH STEP CAT LITTER
21 Lb Bag (14 Lb Bag - \$4.19)
Limit 2 Bags
\$5.99

CAT COUNTRY PREMIUM ORGANIC CAT LITTER
Limit 2 Bags 20 Lb **\$7.49** 40 Lb **\$13.99**

ASPEN PET & PETMATE PET BEDDING
All Varieties Including Self Warming Bedding
20% OFF
OUR SUPER LOW PRICES

HAGEN FLUVAL FILTER SALE

MODEL.....TANK.....	PET CLUB SALE	MODEL.....TANK.....	PET CLUB SALE
106... 25 GAL.....	\$84.99	306... 70 GAL.....	\$129.99
206... 40 GAL.....	\$99.99	406... 100 GAL...	\$174.99

CADET RAWHIDE SALE
28 Oz Pkg.
•Chicken Breast •Duck Breast
•Sweet Potato & Chicken
•Sweet Potato & Duck
\$14.99

SENTRY FIPROGUARD Flea Control & Treatment
•Dogs •Cats
•Regular •Plus •Max All Sizes
Limit 2 Pkgs with Coupon
Price Valid Only With Coupon
Effective 8/31/16 - 9/6/16
20% OFF

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

VAN NESS PURE NESS AUTO-FEEDER & AUTO-WATERER
All Sizes
20% OFF
OUR SUPER LOW PRICES

BERGAN Stack N' Stor Bins
40 (Holds up to 40 Lbs) **\$19.99**
65 (Holds up to 65 Lbs) **\$24.99**
100 (Holds up to 100 Lbs) **\$27.99**

TETRA FISH FOOD SALE
Tetrafin Goldfish 7.06 oz. **\$7.99**
Tetrafin Staple 7.06 oz. **\$11.99**
Tetra Ruby Color 7.06 oz. **\$11.99**

INSTANT OCEAN SEA SALT
50 Gal. Salt Mix
\$14.99

BONUS COUPON
JONNY CAT PREMIUM CAT LITTER
10 Lb Bag
Limit 2 Bags With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 8/31/16 - 9/6/16
\$1.59 ARM PLU 365

BONUS COUPON
WHISKAS ALL NATURAL TEMPTATIONS CAT TREATS
•All Varieties - 2.4 Oz
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 8/31/16 - 9/6/16
\$1.29 ARM PLU 423

BONUS COUPON
FANCY FEAST GOURMET CANNED CAT FOOD
3 Oz - All Varieties except Elegant Medley
Limit 1 case with coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 8/31/16 - 9/6/16
53¢ ARM PLU 361