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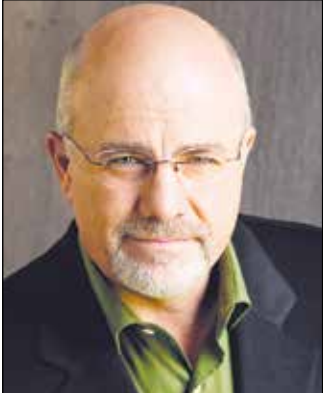
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July 1, 2016

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Freedom Makes America Great



By Bryan Golden

On Independence Day, we celebrate the gift of freedom given to us by the founders of our great nation. Freedom is as precious as life itself. However, its true value is rarely appreciated unless it is either threatened, or lost.

The United States is the only country established exclusively on the principle of individual liberty as an unalienable right. The founders of America recognized freedom as a fundamental human right, not something bestowed by an individual or group. Our Constitution was written specifically to protect our rights and freedoms from being usurped by power hungry tyrants.

We have more rights and freedoms than anywhere else in the world. Our freedoms are rights, not privileges granted by government. Our freedoms are the envy of the world. Every item in the bill of rights is a precious jewel designed to ensure the immortality of our liberty.

The power of freedom is unlimited. Free people build, create, and invent. Everyone's

life improves as the result of freedom. You have the freedom to benefit from your hard work. You have the freedom to ignore naysayers

Freedom is the foundation of America's greatness. Freedom is opportunity. Freedom has created the highest standard of living in the world. Freedom is responsible for amazing discoveries, inventions, and innovations. Freedom unleashes the human spirit to improve life.

Even when living in a free country, there are people who voluntarily give up their freedom. They do this by giving others the power to make decisions for them. This approach is fraught with peril because no one cares as much about your well-being as you do.

Our founders understood the tactics used by oppressors to enslave a population through the suppression of freedom. America's founders knew tyrants have an attitude that they are above the law and better than others. Our founders foresaw that authoritarian individuals would inevitably come along, intent on stealing power and

wealth from the people.

The process of confiscating your freedom involves deceptive scare tactics. The power hungry claim to know what's best for you. The erosion of your freedom is expedited by polarizing the population, splitting them into groups which are pitted against each other. Then freedom can be taken from each group under the pretext of protection from the other groups.

When all freedom has been taken from you, compliance is what remains. Life in a tyrannical, totalitarian society consists of misery and suffering. Tyrants consider the Constitution and your freedoms as an impediment to their accumulation of absolute power. Tyrants believe they are above the law. Tyrants feel they know best and are intent on imposing their will on you.

The destruction of America occurs when elected representatives or governmental agencies act illegally in defiance of the Constitution. The destruction of America takes place when these people refuse to enforce existing, duly passed laws, while

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Illegal Pharma, Counterfeit Goods Seized in Search

SACRAMENTO REGION, CA (MPG) - The California Attorney General's Tax Recovery and Criminal Enforcement (TRaCE) Task Force served seven search warrants in the capital region turning up hundreds of boxes of foreign pharmaceuticals and thousands of articles of suspected counterfeit clothing.

U.S. Immigration and Customs Enforcement's (ICE) Homeland Security Investigations (HSI), the California Department of Public Health's Food and Drug Branch, Franchise Tax Board, and Department of Justice eCrime Unit assisted in the June 21, 2016 operation that involved more than 50 agents and investigators.

"The trafficking of counterfeit goods poses a triple threat," said Ryan Spradlin, the special agent in charge who oversees HSI operations throughout northern California. "Such activities deliver shoddy and often dangerous goods into the economy, rob Americans of good-paying jobs, and generate proceeds that are often funneled back into other criminal enterprises. HSI will continue to work with its enforcement partners to combat the distribution of counterfeit products, like those seized in Sacramento yesterday, that could put unwitting consumers at risk."

"This action was a big blow to the underground economy in Northern California, and that makes yesterday's raid a win for our whole state," said Board of Equalization Chairwoman Fiona Ma, whose district includes West Sacramento, one of the communities where the raids occurred. "I want to thank the hardworking agents and investigators who spent months of painstaking work in shutting down these illegal operations."

"Illegal activities hurt legitimate businesses and inflict unfair costs on law-abiding Californians," said Board of Equalization Member George Runner. "Law enforcement deserves a huge thank you for their ongoing efforts to fight the underground economy."

This warrant follows months of investigation into the sale of illegal foreign prescription and over-the-counter pharmaceuticals and counterfeit clothing by a couple and their adult son. Inside the family's homes and three area businesses – Fashion Moda in North Highlands, Victoria's Health Products in Citrus Heights, and Elena's Health Products in West Sacramento – investigators discovered and confiscated the foreign pharmaceuticals, clothing, and more than \$10,000 in cash.

The Tax Recovery and Criminal Enforcement Task Force (TRaCE) is comprised of public officials from the California Department of Justice, Board of Equalization, Franchise Tax Board, Department of Alcoholic Beverage Control, Employment Development Department, Department of Motor Vehicles, Federal Bureau of Investigation, U.S. Immigration and Customs Enforcement's Homeland Security Investigations, and the Santa Ana Police Department.

Source: Board of Equalization ★

Phone Directory Scam Returns to Four Counties

**Special Report from
Better Business Bureau**

SACRAMENTO REGION, CA (MPG) - Better Business Bureau (BBB) is warning business owners of a well-known invoice scam that is making its rounds throughout the region once more.

Businesses are receiving solicitations via fax, demanding fees ranging between \$499 and \$1,999. The invoices are being sent from various names and locations. Businesses have reported receiving the solicitations in Butte, Placer, Sacramento and Yolo counties.

They closely resemble solicitations that circulated the area in Nov. 2014. However, rather than luring companies with phone directory advertisements, they are hoping to reel victims in with social media.

The solicitation identifies the product name as "Facebook and Twitter Features," and includes a warning that reads: "LAST CHANCE TO PROTECT YOUR CREDIT SCORE IN GOOD STANDING!"

According to the Code of Federal Regulations (CFR), a business may not send an unsolicited advertisement via fax unless

they have an established relationship with the recipient. The advertisement must also inform the recipient of their right to opt out of future solicitations, and must contain information about how to do so. No such information was found on the solicitations.

Tips for business owners:

- Do not respond. If you receive a fax or phone call from a company asking for payment, verify that you employed their services.
- Do not be fooled by fake logos and company names. Scammers will often use logos

and names of legitimate businesses as an attempt to gain your trust and reel you in.

- Do not rely on caller I.D. Scammers have the ability to spoof a legitimate phone number, and it may look like you are receiving a call from a trusted organization or business.

- Report scams to the BBB Scam Tracker. Contact your local Better Business Bureau and report scams at bbb.org/scamtracker.

Source: Better Business Bureau ★

The Explosive Dangers of “Honey Oil”

What Sounds Like An Organic Food Supplement Puts Lives And Property At Risk

SACRAMENTO, CA (MPG) - California Fire Departments, the Firefighters Burn Institute and burn prevention organizations in the state, are hoping to publicize the growing danger of so-called, “Honey Oil.”

Honey Oil, (also called BHO/ Butane Hash Oil, Weed Oil, and Dab among other names) is a residue created when parts of the marijuana plant are soaked in a solvent, or blasted with butane gas. The result is a substance consumed by smoking, eating, or vaporizing. It produces an extremely potent high but the process of making it is extraordinarily dangerous.

The solvents and gases used to produce Honey Oil are extremely flammable. Clothing becomes saturated with the vapors and can easily ignite, causing severe and fatal burns. Only 300 milliliters of ignited butane vapors can reach 3,500-degrees Fahrenheit. About 10-ounces has enough explosive force to blow up a room. Fumes from the processing can cause a blast capable destroying a 3-bedroom home. Neighboring homes are obviously at risk.

While the health and safety

risks of smoking marijuana are debatable, there is NO safe method for producing Honey Oil. Unfortunately, the paraphernalia necessary to create it are legal, and easily obtained.

In Colorado, in 2014, there were 32 explosions from the manufacturing of Honey Oil. The Sacramento Bee reports that Shriners Hospital for Children in Northern California has treated nearly 70 victims for Honey Oil related burns and the average child was burned on nearly 30-percent of their body. Reports tell us in one recent 14-month period, some 20 “cooks” and bystanders were treated at burn centers in Southern California for catastrophic injuries, a toll worse than from meth labs.

The public needs to be aware of the risks, and be on the lookout for materials that indicate Honey Oil manufacturing. For example, 300 ML cans of refined butane in any quantity. These are marketed for the refilling of cigarette lighters. Look for canisters in bedrooms, and E-cigarette vapor pens which are used to smoke Honey Oil. A missing turkey baster could be a clue.

Along with PVC pipe and glass tubes, it’s used for extraction. A Pyrex dish is used to capture the product.

Even if family members are not involved, someone close by could be. Laws have been proposed that would make manufacturing the drug in residential neighborhoods an aggravated felony. Butane is odorless; a requirement to add a smell could tip off residents that it’s being made. Limiting its sale and possession could help stall manufacturing. Unfortunately, legislative efforts have stalled in Sacramento. Public pressure on the Governor’s Office, State Senate and Assembly could help turn that legislation into law.

The Firefighters Burn Institute is a non-profit charity committed to reducing the number of burn related injuries and deaths. The Firefighters Burn Institute is an advocate for burn survivors and an educational resource for the community. To make a donation, visit our website at www.ffburn.org or call (916) 739-8525.

Source: The Firefighters Burn Institute ★

Bera Calls on Scott Jones to Reverse His Position on Terror Watch and Guns

ELK GROVE, CA - Today, (June 15, 2016) the Bera Campaign called on Sheriff Scott Jones to immediately reverse his dangerous opposition to legislation that would ban those on terror watch and no-fly lists from purchasing guns.

Jones stated his opposition to closing the loophole that allows suspects on the FBI terror watch list to buy guns during a January interview, where he claimed the bill has “numerous faults” and would only “make a few people feel better.”

“Scott Jones’ radical position against limiting gun sales to those on the terror watch list is dangerous, and puts him at odds with California law enforcement, the gun lobby, and even some Congressional Republicans,” said Congressman Bera’s campaign manager, Jerid Kurtz. “Taking steps to keep guns out of the hands of terrorists is a no-brainer, so Jones should immediately reverse his position and stop

playing politics with common-sense gun safety reforms.”

The Bera campaign’s call to Jones comes as members of the United States Senate filibuster in support of the “no-fly, no-buy” terror watch list gun reform bill, and the National Rifle Association (NRA) announces that they believe “that terrorists should not be allowed to purchase or possess firearms, period.”

“I’ve been a strong supporter of preventing suspects on the FBI’s terror watch list from buying guns, and I’ve co-sponsored legislation in Congress to do just that,” said Representative Ami Bera. “I’m proud to co-sponsor the bipartisan bill to close the ‘no fly, no buy’ loophole, and it’s a common-sense step forward in keeping our families safe that is long overdue.”

Republicans other than Jones, including Donald Trump, Senators Pat Toomey, Angus King, Susan Collins, and John Cornyn, have

recently indicated a willingness to discuss efforts to close the gun loophole. Also, Republican Representatives Peter King, Robert Dold, Jr., and Daniel Donovan are sponsoring the no-fly, no-buy bill to close the terrorist watch loophole that Rep. Bera has been working to pass.

Today in a release, even the NRA stated, “Anyone on a terror watchlist who tries to buy a gun should be thoroughly investigated by the FBI and the sale delayed while the investigation is ongoing. If an investigation uncovers evidence of terrorist activity or involvement, the government should be allowed to immediately go to court, block the sale, and arrest the terrorist.”

If so many people and groups can see the need for common-sense action to keep guns out of the hands of terrorists, why can’t Scott Jones?

Source: Ami Bera campaign press release ★

Sheriff Scott Jones Rejects Bera's Attack Challenges Bera to Debate

Statement from Sheriff Scott Jones:

“As Sacramento County’s top law enforcement officer, I have been on the frontline of protecting our communities. I host the Regional Terrorism Threat Assessment Center and sit as the Chair of the Central California Intelligence Committee. Our department works hand in hand with regional and federal partners to intervene in and prevent terrorist attacks right here in our region—nobody locally does more or feels more strongly about protecting our cities and neighborhoods from terrorism. My issue is not with keeping weapons out of the hands of terrorists, but rather my lack of faith that the federal government can develop and maintain a sufficient vetting system. There was a period of time when I myself was inexplicably on a list that precluded unimpeded air

travel.

“I absolutely support giving our law enforcement and intelligence agencies the tools they need to prevent future tragedies and believe Senator Cornyn’s legislation strikes the appropriate balance between security and privacy. Right now we need to put politics aside and seek common ground and it is incredibly disappointing that Congressman Bera would politicize the tragedy in Orlando just days after so many Americans lost their lives to yet another terrorist attack, especially when his record of decision-making globally has consistently placed more Americans at risk.

“Instead of politicizing a tragedy and lobbying attacks via press release, I challenge Congressman Bera to a debate focused on national security and counter terrorism issues.

“Congressman Bera’s only

official statement on the terrorist attack in Orlando was an extremely weak press release that labeled it a mass shooting, not an act of terrorism. Bera’s lack of leadership and apparent lack of understanding of the threat that our nation faces from Islamist jihadist ideology is one of the main reasons that community leaders came to Sheriff Jones and asked him to enter the race for Congress,” said Jones consultant Dave Gilliard.

“Today, (June 16, 2016) Sheriff Jones sent a letter to Congressman Bera, challenging him to a debate on the issue of National Security and Counter-Terrorism. Congress will soon leave Washington for their annual summer recess, so there should be no problem finding a date when Congressman Bera will be in the district and available to debate,” said Gilliard.

Source: Office of Scott Jones via press release ★



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Joseph’s Journey From Prison To Palace, Our Vacation Bible School Program For July 2016

CITRUS HEIGHTS, CA (MPG) - A summer family event called Egypt will be hosted at Messiah Lutheran Church from July 18th-22nd, 2016. Families step back in time at Egypt, exploring the life of Joseph from his time in prison to his time in the palace. Kindergarten age through adults will participate as they meet Joseph and hear his own stories, sing some catchy songs, play teamwork-building games, enjoy some snacks, and watch for God-Sightings as we learn to look for evidence of God all around us every day. Each day concludes at Celebration—a time of upbeat worship that gets everyone involved.

Everyone will have the opportunity to join nearly a million participants in Operation Kid-to-Kid—a project to help fund basic home repairs through the non-profit association Group Cares. With this service opportunity, families’ donations will change the lives of other families right here in the United States by helping provide them with a safe place to live. We will also have the opportunity to share in support of Lutheran Hour’s efforts to begin broadcasting in Egypt today with the Word of God.

Our VBS program, Egypt: Joseph’s Journey from Prison to Palace, will run from 9:00 am. to 11 a.m. each day. For more information, call Messiah Lutheran Church @ (916) 725-4550.

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Oldest Living Female Veteran Honored by American Legion and American Legion Auxiliary

By Elise Spleiss

SACRAMENTO REGION, CA (MPG) - Lynn Balmer is 108 years old, going on 109. She was recently honored as the oldest female veteran still alive in the United States, and the oldest living female member of the American Legion in the country.

Balmer was a Lieutenant in the US Coast Guard, working Intelligence during WWII. She was a high school math teacher in 1942 in Albany, CA when she answered the call by her government for mathematicians able to read and interpret weather maps and charts. She worked out of a secret base in Connecticut helping to safely navigate US ships on the least dangerous route from the United States to England. Upon discharge in 1945, she moved to Seattle, Washington where she met and married her husband, Charles Balmer.

Balmer was honored in April by American Legion Post 709, Rancho Cordova where she is a member, as the oldest living member of the American Legion. She is also the oldest American Legion Auxiliary member in the United States, receiving a lifetime membership from Auxiliary Unit Citrus 637. Niece Brenda Hicks of Citrus Heights describes her great aunt as still being “as bright as can be.”

Lynn was also a professional ice skater, performing in the Ice Capades before and after WWII.

Balmer’s nephew, Ken Hicks of Citrus Heights, describes his aunt as “an extremely sharp woman.”



Balmer holds a plaque recognizing her as the oldest living female member of the American Legion. Her nephew, Ken Hicks holds her certificate of lifetime membership. Photo by Brenda Hicks

She now resides in a care facility in Chico, CA. As a graduate of Chico State University, Balmer also holds the distinction of being the oldest living graduate of any of the California State Universities. She will be 109 in September. ★

Freedom Makes America Great

Continued from Page 1

imposing their own unconstitutional decrees.

Freedom is the arch enemy of tyrants. Individual liberty is a roadblock to a tyrant's ascension to power. In order for tyranny to succeed, liberty must be destroyed. When liberty is destroyed, America is destroyed.

Nothing surpasses the gift of freedom where each individual has the right to determine their own life. What is the alternative? Is it being told what you can and cannot do? Is it having some person or government deciding

what, and how much you are permitted to have?

Freedom is your right. It's not a commodity granted to you by someone else. Yet, freedom can be compromised by the malicious actions of others. The typical approach to confiscating your freedom is to start small by taking seemingly inconsequential freedoms under the guise of fairness, safety, or security. Then, piece by piece, your freedoms are eroded until they cease to exist.

Your freedom is not free. Countless people have given

their lives so that you may live free. If you are not vigilant, you will lose your freedom. Freedoms lost are extremely difficult to get back. If you don't recognize how precious your freedom is, and speak out against anyone trying to take it, you will lose your freedom. Freedom makes America great.

Bryan is the author of “Dare to Live Without Limits.”Contact Bryan at Bryan@colum-nist.com or visit www.DareToLiveWithoutLimits.com 2016 Bryan Golden ★

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Crossword Puzzle on Page 5

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N	O	R	M	A		A	D	O			G	R	I	M	E
K	N	E	E	D		R	O	M			E	I	D	E	R
	G	A	N	D	H	I		B	E	R	L	I	N		
			D	I	E			C	O	D	A				
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A	R	R	O	W		L	A	P		N	E	R	V	E	
M	E	S	S			O	H	O		G	R	E	E	N	

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Sudoku Puzzle on Page 5

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

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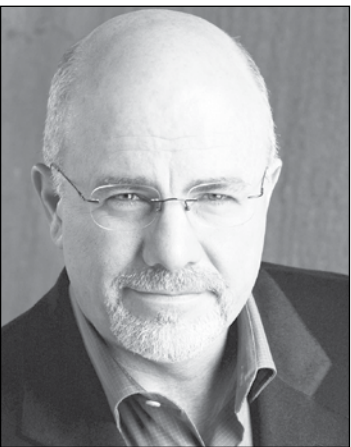
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Invest in Chandler

I'm 19 years old, and I'm putting myself through college debt-free. I usually work part time during the semesters, but right now I'm working full time. I have about \$2,000 in mutual funds, and I was wondering if I should add my full-time work income to that or save it all to help pay for school.

- Chandler

Dear Chandler,

Wow! Great job, man! I appreciate that you're looking toward the future with your investment, but right now I want you to invest in you. I want you to make sure, first and foremost, that you graduate college debt-free. So, if I'm in your shoes, I'm piling up the cash to pay for school.

You're in a season of your life where things are more hectic than you probably ever dreamed they could be. My advice is to keep that money liquid. Keep it available and on hand, and don't tie it up in mutual funds at the moment. You'll have plenty of time to continue investing once you graduate.

Dave Says

It's best for you to concentrate on finishing school, then landing a job and finding a place to live after college. Even if you end up living in the same place for a while, starting life in the real world takes money, so let's make sure you can make that happen. In other words, Chandler, as long as you do something with your education and that education is in an area that's useable, you are a better investment than mutual funds right now!

—Dave

A free ride?

Dear Dave,

My son is going off to college soon, but he's never had a job. His uncle has offered him a really nice, low mileage used car for \$3,000. My husband doesn't want us to give him money for the car, but I think this deal is just too good to pass up. What do you think?

- Tonya

Dear Tonya,

Unless there's some sort of disability that's prevented your son from working part time over the last few years, I've got to agree with your husband on this. Your son needs a car, but he also needs to get off his butt and work for it. If you get this car for him, you're just teaching him that mommy and uncle will take care of everything. That's not a good lesson for any child to learn, and

it's an especially bad thing for a teenager.

When you and your husband first started out in life, I'm guessing you didn't start out rich. Am I right? It's not really the car deal that's the problem here; it's the lesson that will be learned. At his age, it's silly for him not to want to work for a car, and you and your husband need to be up in his face about that. Then, if he chooses not to work for a car, he can walk. He shouldn't be rewarded for showing no desire to go earn things and make stuff happen.

When my son was around that age and wanting a car, he was working his tail off around my office packing boxes and painting stairwells. That's how you learn about the benefits of hard work. If you don't teach your son how to work now, he'll be living with you when he's 30 years old and doing exactly what he's doing now – which is nothing.

This automobile deal is a bad deal, because it doesn't teach your son to work for it.

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.

★



Shark Tank

Are you looking to start a news business? Maybe you want to turn a hobby into a payday. But money is scarce, right? Well, I spoke with Roberto Fiebig, President and CEO of Tigre Capital on POPPOFF, and he shared six effective way to raise money for your venture.

- 1) **HOW MUCH CAPITAL DO I NEED?** Although many resources provide information on starting a business with little or no money in the bank, remember that if something sounds too good to be true, it probably is. Don't be misled by the popular literature. Having little or no capital is a primary reason why businesses fail.
- 2) **HOW DO I RAISE NEW CAPITAL?** The most common source of startup capital is the business owner him or herself in the form of credit card advances, home equity loans, and loans from family members. Federal and state governments sponsor numerous subsidized loans and grants for startups through the Small Business Administration and its counterparts on the state level.

POPPOFF!

with Mary Jane Popp

- 3) **WHAT IS THE VALUE OF MY COMPANY?** The value of a company is important because it is the basis for determining the "cost" of the new capital when seeking equity additions to the capital structure. Simply explained, a company with a \$1 million valuation and no debt seeking a new capital of \$1 million would be worth \$2 million after the investment. The old owners would own 50% of the new \$2 million company (for their contribution of the old company with a \$1 million value), while the new investors would also own 50% interest for their contribution of \$1 million cash.
- 4) **WHO MIGHT BE INTERESTED IN INVESTING IN MY COMPANY?** As the amount of the funds needed increases, you will be required to access an increasingly sophisticated investor seeking maximum return for assuming the risk of a new venture. Family and friends are typically the first group sought by business owners seeking capital. They are less discriminating than professional investors, and are more likely to invest due to the relationship than the economics of the business proposal. On the other hand, family investors bring their own set of problems, including the possibility of strained relations if the investment fails.
- 5) **WHAT ARE MY LEGAL RESPONSIBILITIES TO POTENTIAL INVESTORS?** Generally, business owners seeking funds from individual investors are required to provide forms and specific factual information in understandable language to potential investors so they have the ability to evaluate the investment and determine whether it is right for them. Offerings and continued legal obligations of companies to their investor owner are regulated through the US Securities Act of 1933 and the Securities Exchange Act of 1934.
- 6) **HOW DO I NEGOTIATE A WIN-WIN AGREEMENT?** A funding event, whether for a startup or an ongoing operation, involves two parties: the investor and the company. In some cases there is a single investor; in others, multiple investors. In the latter case, such as a crowdfunding event, the investors participate as a unit, each sharing a portion of the same investment. In some cases, funding is take-it-or-leave-it; in others, there is intense negotiation. In each case, the parties strive to reach an agreement that accomplishes their respective goals.
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ACROSS

1. Designer ____ Mizrahi

6. Urge Spot to attack

9. Nanjing nanny

13. **"The Divorcee" Oscar winner Shearer

14. "Much ____ About Nothing"

15. Grease and ____

16. Weak-____ or scared

17. Read-only memory

18. Downy duck

19. *Salt March leader

21. *1936 Olympics location

23. Bond movie "Live and Let ____"

24. Musical finale

25. Like sashimi

28. Cocoyam

30. Trying experience

35. Dutch cheese

37. Burst of wind

39. **"King of the Blues," Robert Johnson

40. In neutral

41. Piece of writing

43. Very dark black

44. Check-out person

46. Chalupa alternative

47. Follows ding

48. From _____, or from this point

50. Pal

52. Lilliputian

53. Candle top

55. Roman road

57. *Mr. Porsche's creation

60. **"_____ is the Night" by Fitzgerald

63. Boatload

64. Put down

66. Dostoyevsky's novel, with "The ____"

68. Cupid's ammo

69. Swimmer's distance

70. Bundle of axons

71. "M*A*S*H" ____ hall

72. Exclamation of surprise

73. *Johnny ____ and His Orchestra

DOWN

1. Pen juice

2. **"Over the Rainbow" or "Stormy Weather"

3. Square footage

4. To change, as in U.S. Constitution

5. Tiger's attendant

6. Delhi draping dress

7. Bachelor's last words

8. Hamburger and fries

9. Pomegranate seed

10. Calf-length skirt

11. End of grace

12. H in British HMS

15. Actor Depardieu

20. Trimable fence

22. a.k.a. Tokyo

24. Tsarist Russia's elite cavalryman

25. *The Third one

26. Discombobulate

27. Australian horse

29. * ____ Bowl

31. Proof of home ownership

32. Tennis-affected joint

33. Be sorry for one's wickedness

34. *Great Depression photographer

36. Insignificant

38. RPM indicator

42. AOL's " ____ Got Mail"

45. Genuflect in submission

49. Zippo

51. Ore extracting

54. Yo-Yo's instrument

56. Venomous slitherer

57. Like Old Mother Hubbard's cupboard

58. Makes mistakes

59. They're large on prima donnas

60. Blundre, e.g.

61. *De Valera's name for Ireland

62. Republican Karl

63. Tucker of "Modern Family"

65. Pleasurable interjection

67. One less than jack

dish

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Crossword Puzzle Solutions on Page 6

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Sacramento County DA Reports

Defendant Convicted of Attempted Rape, Assault, Robbery of Elderly Woman; Defendant Convicted for Series of Rapes; Defendant Sentenced for 3-Month Crime Spree

DATE: March 30, 2016 CASE: Carlton Beard

PROSECUTOR: Deputy District Attorney Matt Chisholm, Adult Sexual Assault Prosecution Unit

The Honorable Richard Sueyoshi sentenced Carlton Beard to 15 years in prison. On February 24, 2016, a jury convicted Beard of two counts of forcible rape.

On July 17, 2015, the victim rented a motel room for Beard, who was homeless at the time. He asked the victim to help him rent a room so he did not have to sleep on the streets. After checking into the room, Beard forcibly raped the victim two times.

DATE: April 22, 2016 CASE: Mitchell Leahy

PROSECUTOR: Deputy District Attorney Megan Eixenberger, Career Criminal Prosecution Unit

The Honorable Donald Currier sentenced 35-year-old Mitchell Leahy to 17 years, 4 months in prison. On March 14, 2016, a jury convicted Leahy of first-degree robbery with use of a firearm, first-degree burglary, and grand theft of a firearm.

On August 29, 2013, Ryan Yarbrough returned to his Folsom home and saw that his sliding glass door had been taken off the tracks. Mr. Yarbrough discovered he was missing a .45 caliber semi-automatic handgun, a .40 caliber semi-automatic firearm, and his grandfather's retirement ring from the Oakland Police Department. Fingerprints lifted from the sliding glass door matched Leahy.

On September 2, 2013, Vickie Lovingood returned to her Orangevale home and noticed her French doors were open. When she entered one of the bedrooms, she saw a man rummaging through her dresser drawers. He was also holding one of her tote bags that appeared to be full of items. When confronted, the man reached towards his waistband and pulled out a gun. Mrs. Lovingood backed away and the man fled. Fingerprints lifted from the French doors matched Leahy.

On October 25, 2013, Mrs. Lovingood contacted the Sacramento County Sheriff's Department to report a man she saw in a news report of a burglary in Granite Bay looked like the man she saw in her house. The Granite Bay burglary took place on October 23, 2013. A 14-year-old girl was home alone at the time and called 911 when she realized a man was attempting to enter the house through a sliding glass door. Leahy was located nearby. Detectives found burglary tools, a firearm, jewelry and other property belonging to multiple victims in his truck.

DATE: June 24, 2016 CASE: Joseph McKeever

PROSECUTOR: Deputy District Attorney Bruce Chang, Adult Sexual Assault Prosecution Unit

Joseph McKeever was convicted by a jury of attempted rape, assault to commit rape during the commission of a residential burglary, and home invasion robbery. The jury also found true the crimes were committed against an elderly victim.

McKeever saw the 72-year-old victim walking her dog in the Foothill Farms area of Sacramento. He followed the victim to her home and forced his way into her residence. When the victim tried to escape, McKeever punched her in the face, grabbed her arms, and threw her on the ground. McKeever then got on top of the victim, choked her, and sexually assaulted her. McKeever also took \$900 in cash from her purse.

When McKeever's mother recognized a composite sketch she saw on the news as her son, she called the Sacramento County Sheriff's Department to report her son was the suspect.

McKeever faces a maximum potential sentence of 14 years to life in prison. Sentencing is set for August 19, 2016, at 10:00 a.m. in Department 41 before the Honorable Helena Gweon.

DATE: June 24, 2016 CASE: Jose Gomez-Garcia

PROSECUTOR: Deputy District Attorney Matthew Chisholm, Adult Sexual Assault Prosecution Unit

Jose Gomez-Garcia was convicted by a jury of six felony counts of forcible rape, two felony counts of forcible sodomy, and one felony count of forcible oral copulation. The jury also found true a multiple victim enhancement on eight counts.

From June 2002 to October 2002, Gomez-Garcia raped three women by force. Each victim was taken to a deserted warehouse parking lot and violently raped. Two of the victims were sodomized. Gomez-Garcia controlled each victim by grabbing them around the neck and making threats. All three victims immediately reported the sexual assaults to law enforcement. DNA recovered from each of the victims was analyzed by the District Attorney's Crime Lab. The three cases were linked to each other, but not to a suspect.

In 2004, Gomez-Garcia was arrested for illegal re-entry after deportation, which resulted in a federal felony conviction. While in custody, federal authorities collected Gomez-Garcia's DNA. In 2010, there was a DNA hit to Gomez-Garcia, who by that time had been deported to Mexico. Extradition proceedings were initiated and he was returned to Sacramento in 2014 to face these charges.

Gomez-Garcia has a prior 1998 strike conviction for shooting into an inhabited dwelling.

He faces a maximum potential sentence of 261 years to life in prison. Sentencing is set for August 18, 2016, at 9:00 a.m. in Department 24 before the Honorable Shelleyanne Chang.



By Marlys Johnsen Norris,
Christian Author

Today in some circles, there is a different attitude regarding friendship, family and oneness in the Body of Christ, the church. We see people everywhere using text or e-mails to relate, hopefully really getting to know one another, but actually omitting personal contact. However there seems to be an attitude of separation and distance some display to prevent people from ever really getting too close, therefore never developing a good relationship. But this is not how God intended us to live according to Pastor Charles Stanley in a recent letter of his teaching and wisdom. He quotes a Scripture that God made us FOR each other and it is not good for man/woman to be alone. Many of us were raised to believe family history and values

Friendship And Oneness

were important. The greatest disappointment one can experience as a senior adult is the rejection of the legacy that was given to them. It appears those precious values are no longer significant and/or important to preserve for future generations. Is it any wonder we now see and experience the breakdown of families are a result? A truly intimate relationship requires personal communication and to be in the presence of someone includes both encouragement and building one another up within the friendship. Jesus said, "This is my commandment that you love one another as I have loved you". (John 15:12-15) How can we claim we love someone and not include them in our lives? True friendship requires each person, "accepting" the other as they are and not critical of their differences. A meaningful friendship requires death of ones personal pride and sensitivity about another persons needs; and less attention about ones self. (Me, Myself and I) Sincere and real friendship is a time of helping to bear another's burdens for Jesus said, "Greater love has no man than to lay down his life for his friends" (John 15:13) A loving close relationship shares one's heart and an openness about life with another. And it bears significant evidence of the

love they confess to have! Years ago God gave me this kind of a friend and I have been blessed ever since. We got together for lunch once a week as we were getting to know one another Today, when we connect, even on the telephone, we both are filled with joy and God's love. We just automatically pick up where we left off. Our friendship has lasted over 30 years. Quote from Stanley's letter received recently: Building barricades may keep people out, but it also obstructs the blessing that comes with God given friendships. Instead of constructing barriers, why not begin practicing sensitivity, submission, sacrifice, and sharing in order to build a spiritual friendship that endures forever and displays Christ's love and shapes you — and your friends — into His image? Prayer: Lord God please forgive me and fill me with your love. Help me to accept them as they are. I do really do love _____ . Change and transform me and my acceptance of them, that they might really see your love for them, through me. Marlysjn@gmail.com Marlys Johnsen Norris is the Christian author of seven books. You may contact her at Marlysjn@gmail.com. ★



By Pastor Ray Dare

You are precious in God's sight. The Bible is full of examples of God's love for you and me. Others may not love you, others may ridicule you, criticize you or try to hurt you, but God msays, "Do not be afraid, for I have ransomed you. I have called you by name; you are mine. When you pass through the waters I will be with you; and through the rivers they shall not overflow you. When you walk through the fire, you shall not be burned....since you are precious in My sight." Isaiah 43:1-4 (NKJ). Human nature tends to discriminate but God does not play favorites. "For God treats everyone the same." Romans 2:11 (LB) God loves everybody. Jesus treated everybody with dignity. Jesus was gracious with people. Jesus even gave respect to the most disrespected people in society. He befriended all of them. If that's the way Jesus treated people, and if Christ is really in me

Pastor Ray's Encouraging Words

God Does Not Play Favorites

and in you, doesn't it make sense that, that is the way we're going to treat people? Yes. As Christians we are to treat everyone with respect and dignity because... God made everybody. "You, God, made man inferior only to yourself. You crowned him with glory and honor." Psalm 8:5 The Bible says that people are the crown of creation, and because we are all created by God, we all deserve respect. We tend to be polite to people we consider more important than us in the social status. We tend to be rude to people we think are below us in social status. But God says they're all Mine. Be respectful to everybody. Be respectful to the business executive and to the beggar, to the CEO and the person with a disability. God made them all. Jesus died for everybody. "God paid a ransom to save you. He paid for you with the precious life blood of Jesus." 1 Peter 1:18-19. That shows how valuable you are. The cross shows how valuable God considers people. You may not think much of a person but God does. He thought enough of them to send Jesus Christ to die for them. That's how important they are. Jesus died for everybody and

God created everybody. You'll get back what you give. "A man's harvest in life will depend entirely on what he sows." Galatians 6:7 This is the principle of sowing and reaping. What goes around comes around. It's the reciprocal law of life: whatever you plant, you're going to harvest; whatever you sow, you're going to reap. What do you need in life? Whatever that is...give it away. That's how you get it. Would you like to be loved unconditionally? Then you need to love other people unconditionally. What you give out is what you're going to get back. If you want to be treated with respect, then you need to give respect to other people. In Matthew 25 it says that at the judgment we're going to be judged how we treated other people. Jesus is going to be watching you to see how you treat people He created and died for. Remember He made everybody, Jesus died for everybody, and God loves everybody so we must too. New Beginnings Church YOU'RE INVITED, Sunday service at 10 am "We Do Church Differently" www.NBC4U.org ★

Is Confession Really Good for the Soul?

Dr. James L. Snyder

I have a confession to make. My first confession, of course, is that I do not always make confessions. Not that I don't have things to confess, but I am rather slow in owning up to what I am doing and confessing it. Not that I don't believe in confessing. I talk about it all the time but when it comes to me, I can always come up with a reasonable explanation of what I did or did not do. My philosophy is simply this; if you can explain your action why confess doing it? And so, I need to clear my soul and make a good confession. It was the last holiday and as usual, I went to my office right after breakfast and began my daily work. For some reason the thought haunted me that this was a holiday and I was probably the only person in the world working. I shook off that silly thought and got back to work. I looked at my watch and it was 11 o'clock. One more hour and it would be lunchtime. One more hour! Immediately I thought of how much I could accomplish in that one hour and so I set my mind

back into the work mode. I looked at my watch again and it was 11:05 AM. Fifty-five more minutes and it would be lunchtime. Fifty-five more minutes! I am not quite sure what happened at the time but I began thinking some rather strange thoughts. Like, who would care if I quit for an early lunch? It did not take me long to close up shop and head home for an early lunch. When I got there, my wife was rather surprised and told me that lunch was not quite ready yet. I assured her that I was not in a hurry and went into the living room and sat in my favorite easy chair leaning back and took the snooze-position. For the life of me, I can understand what happened. It just felt so good just to set there and do nothing. My wife called me to lunch, we had a very delicious lunch together and my plans were to get back to the office and into work mode. As I got up to leave, I happened to glance in the direction of the living room and saw a lonely easy chair longing for someone to set on her. "Well," I thought to myself, "just a few minutes of sitting won't do anybody any harm." So I went and sat down in the

chair. It felt so good. An hour went by. Then I convinced myself, "Why not just spend one more hour in this very comfortable chair." And so my confession. On the last holiday, I absolutely did nothing. I sat in my chair and before I knew it, it was supertime. For my confession. I must confess quite sincerely that it really and truly felt good to do nothing for a whole day. John the beloved understood this when he wrote, "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness" (1 John 1:9). The experience of God's wonderful forgiveness is based upon my confession. The Rev. James L. Snyder is pastor of the Family of God Fellowship, in Silver Springs Shores. Call him at 352-687-4240 or e-mail jamesnsnyder2@att.net. The church web site is www.whatafellowship.com. The Rev. James L. Snyder is pastor of the Family of God Fellowship, in Silver Springs Shores. Call him at 352-687-4240 or e-mail jamesnsnyder2@att.net. The church website is www.whatafellowship.com. ★

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Tale of Two Rallies

Story and Photos by David Dickstein, Gold River resident

In 1978, I stood in line for six hours to be among the first to ride the Colossus at Magic Mountain amusement park. In 1980, I arrived to an Orange County cinema six hours early to be the first to see “The Empire Strikes Back.” In 1984, on a movie set near Hollywood, waiting six hours beside a talent trailer scored me an autograph from Clint Eastwood.

So when it was announced that Donald Trump and Hillary Clinton were coming to Sacramento to hold political rallies last month, I knew exactly how early I’d need to get in line. If six hours was the sweet spot for a roller-coaster, sci-fi movie and A-list celebrity, then that strategy to optimize a bucket list experience should be sound for the Republican and Democratic presidential candidates. And it was. For Trump’s rally at the Sacramento Jet Center and Clinton’s at Sacramento City College, I was among the first 25 regular people to brave the elements – near-100-degree heat, profane protesters, line-cutters, etcetera – in hopes of getting as close as possible to the next president of the United States.

Considering how polarizing the two candidates are, it could very well be that my youngest son and I were the only people outside some of the local media and police to attend both rallies. Doing so guaranteed seeing a future president, and being able to share the dual experience with my youngest voting in his first major election was beyond special. My wife, a social studies teacher at Gold River Discovery Center, was bummed to miss Trump’s Wednesday rally due to commitments, but she did make Clinton’s Sunday event.

Having attended both, and making observations while wiling away the hours in both lines, I feel qualified to do a compare and contrast of the two political rallies. With no bias, here are my takeaways:

Crowd
Trump: Estimated at 9,600. Standing in the scorching sun caused one person to pass out.
Clinton: Estimated at 1,500. Two people needed medical attention inside the sweltering gym.

Punctuality
Trump: The Republican candidate spoke 15 minutes early.
Clinton: Clinton took to the stage 70 minutes late. No one, including the tardy Democratic candidate, offered an apology.

Protesters
Trump: Dozens of dissenters showed up at Trump’s, screaming accusations of bigotry. One guy wearing a hate-mongering sandwich board walked up and down alongside the lengthy cue with megaphones that amplified recorded messages that called Trump’s supporters “idiots and a**holes.” I heard a little girl, one of many young children in line, ask her mom, “What is that man saying?” I never heard a discouraging word from a Trump backer; the only hate came from those professing love. A young woman held up

a sign that read, without asterisks, “F**k Trump – Vote for Hillary.”
Clinton: One man quietly held signs saying “BILLARY IS A FRAUD” and “STILL LIKE OIL WARS?” No pro-Trump protesters were spotted.

Warm-Up Speakers
Trump: Former Congressman Doug Ose and Scott O’Grady, the U.S. Air Force pilot who was shot down over war-torn Bosnia and survived by hiding alone in the woods for seven days in June of 1995 before being saved by American forces.
Clinton: Congresspeople Doris Matsui and John Garamendi, Sacramento Mayor Kevin Johnson and his successor, Darrell Steinberg. A new graduate of St. Francis High School, a private institution with yearly tuition of \$17,000, declared Clinton as “the voice of the little people” before telling the audience that she’s bound for Santa Clara University, where tuition is \$43,000. Service Employees International Union Local 1000 President Yvonne Walker also spoke, telling the mixed-gender crowd, “If you want to get things done, always go with a woman.”



Homemade signs were not allowed per Hillary for America rules on the invitation and at the door. However, dozens of campaign-made posters written in red, white and blue paint were handed out by Clinton’s staff to members of the crowd standing on risers.



Dozens of dissenters showed up at Trump’s, screaming accusations of bigotry. One guy wearing a hate-mongering sandwich board walked up and down alongside the lengthy cue with megaphones that amplified recorded messages.

As supporters went wild, I imagined the barbs Trump would get if he ever said, “If you want to get things done, always go with a man.” Last I checked Clinton hadn’t disavowed Walker’s sexist comment and no men’s group has asked for the union leader’s resignation.

Patriotism
Trump: An advance speaker led the crowd in the Pledge of Allegiance, which the thousands did to a large American flag hung especially for the event on the inside back wall of the hanger. Live and recorded patriotic music played for hours before Trump’s dramatic arrival by personal jet.

Clinton: No Pledge of Allegiance, no patriotic music, but Mayor Johnson led the crowd in a chant: “... One state, no sweat; two states all set; three states she’s our bet; California, better yet!”

Veteran Support
Trump: Two rows of seats at the very front were reserved for veterans. Waiting for them on their chairs were a Trump sign and T-shirt. Once seated, they were offered cold water by volunteers. During the rally they were also recognized for their service.

Clinton: Clinton asked if any veterans were in the crowd and four raised their hand.

Posters
Trump: Besides what was held up by the confrontational and oftentimes vulgar anti-Trump protesters, seen among the crowd were posters that read, “LATINOS 4 TRUMP” and “FBI INDICT CROOKED HILLARY.”

Clinton: Homemade signs were not allowed per Hillary for America rules on the invitation and at the door. However, dozens of campaign-made posters written in red, white and blue paint were handed out by Clinton’s staff to members of the crowd standing on risers behind the stage. Campaign staff seemed to match each poster to a desired demographic; e.g., an “I’M WITH HER!” sign went to a man, another reading “RISE TOGETHER” went to a woman. Two young girls behind the podium, perfectly positioned for the cameras, were handed a poster that said “FIGHTING FOR US.” Moments later a staffer took that sign away from the girls and gave it to a man three rows up. Based on how choreographed the sign distribution and people placing were, I wouldn’t be surprised if someone was concerned about children condoning any type of “fighting.”

Despite the hours of investment and standing like veal calves with virtually no mobilization once inside the baking venues, I’d do it all again. And with Clinton’s double-digit lead narrowing in the California polls, chances are good that both major candidates will return to the Sacramento area before the November general election. When they do, the sparks will surely fly and I’ll be there to see them six hours early. ★

FBI Announces \$50,000 Reward to Identify East Area Rapist/Golden State Killer

40 Year-Old Cold Case Unites Law Enforcement Agencies in the Hunt for Subject Who Stalked Citizens in Multiple California Counties

SACRAMENTO, CA (MPG)

-The Federal Bureau of Investigation, Sacramento County Sheriff’s Department, Sacramento County District Attorney’s Office, and Contra Costa Sheriff’s Department held a press conference to announce the launch of a reward and national campaign to help identify the East Area Rapist/Golden State Killer, a violent serial burglar, rapist, and murderer who terrorized multiple communities in California throughout the 1970s and 1980s.

The digital media campaign includes the launch of a webpage, www.fbi.gov/EastAreaRapist digital billboards throughout the country; social media outreach on Twitter, Facebook, and YouTube; and audio broadcasts via podcasts and radio PSAs. The public can play an active role in helping law enforcement find the subject by sharing links to the website and official social media content.

Law enforcement asks the public to consider the following information when reviewing information about the case: Did they live in one of the areas of criminal activity and remember someone in the area who matches the physical description of the subject or may have been known to spend a considerable amount of time in the areas? Have they discovered a hidden collection of items among the belongings of a friend or family member—notably coins and jewelry—as described on the FBI webpage about the crimes?

The subject, who may be 60-75 years old now, was described as a White male standing approximately five

feet, ten inches tall, with blond or light brown hair and an athletic build. He may have had an interest or training in military or law enforcement techniques as he was familiar and proficient with firearms.

People who know the subject may not believe him capable of such crimes. He may not have exhibited violent tendencies or have a criminal history.

Detectives have DNA evidence from some of the crime scenes which can either positively link or exclude a suspect. This enables investigators to quickly exclude innocent parties and the public should not hesitate to provide information—even if it is the name or address of an individual who resided in the areas of the crimes—as many parties will be quickly excluded by a simple, non-invasive test.

Between 1976 and 1986, this single subject committed 12 homicides, approximately 45 rapes, and multiple residential burglaries in the state of California. All of the crimes have been linked by DNA and/or details of the crimes. His victims ranged in age from 13 to 41 and included women home alone, women at home with their children, and couples.

The subject was active in the greater Sacramento area from June 1976 to February 1978. Burglaries and rapes began occurring in the Sacramento area during the summer of 1976. During these crimes, the subject would ransack the homes of his victims and take small items such as coins, jewelry, and identification. These cases include the homes of families, couples, and single women; burglaries in a neighborhood tended to precede

clusters of sexual assaults. On February 2, 1978, Rancho Cordova couple Sergeant Brian Maggiore and his wife, Katie, were on an evening walk with their dog, chased by the subject who overcame the couple, and shot at close range.

His activity continued primarily in the East Bay Area of Northern California in 1979 and, by October 1979, his activity escalated into rapes and homicides/attempted homicides along the California Coast with homicides in Goleta (October 10, 1979, December 3, 1979, and July 27, 1981), Ventura (March 16, 1980), Laguna Niguel (August 19, 1980), and Irvine (February 6, 1981 and May 5, 1986). During the commission of the homicides, the subject tied up both victims, raped the female victim, and then murdered the couple.

After July of 1981, no associated incidents are known to have been reported for five years. In 1986, an 18-year-old woman was raped and murdered in Irvine. No additional crimes have been connected to the subject after this incident.

A graphic illustrating the general location of these crimes is available on the FBI’s webpage.

Law enforcement is seeking any information that may help identify the subject, dubbed the “East Area Rapist” in Sacramento. He has also been called the “Original Night Stalker,” “Diamond Knot Killer,” and, more recently, the “Golden State Killer.” Individuals with information about the subject may call 1-800-CALL-FBI(1-800-225-5324). Additionally, information may be submitted to the FBI’s online tip line, tips.fbi.gov. ★



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Q&A with Buyers & Sellers

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Q: Hi Ellen! I have been reading your Q & A column for several months and I just want to ask a basic question. I am so confused. We had three real estate agents come out and they all gave me different values for my home. We even looked at online estimators and also received values that were all over the place. How does one really know how much their home is worth? Help!
Lisa, Elk Grove

A: Now - I'm going to confuse you even more. Your home is worth only what buyers are willing to pay for it. There are a lot of factors, such as the market conditions, especially interest rates and,

of course, the condition of your home.

What we do is access data on sales in your area, that might not be recorded yet, at the Assessors office, as well as taking in other sales in the last 6 months. You also need to take into consideration the competition - other homes that are currently on the market.

Than a comparison is made with properties close to the size of your home, built around the same time, the number of bedrooms and baths, and the square footage of your home.

Also, in addition to the above, you need to take into account the layout of your m/home, the quality in construction and any special features. Do you have a pool, outdoor kitchen and any other special amenity? Does it back up to a busy street? You add or subtract. It's not an exact science, but a Realtor with experience and knowledge of your area can make an educated guess.

We are in a seller's market right now, which means that there are more buyers than sellers. If your home is priced right and shows well, you will probably get multiple offers. As we get more into the summer months, this can reverse and there could be more sellers than buyers.

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726-9000. Thanks for reading our column and listen to us live, M-F, 12-1 on the Wall Street Business Network, KSAC, on 105.5 FM.

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Good luck and if you need help, please call me directly at (916) 726-9000 or email me at ellenherrle@hotmail.com

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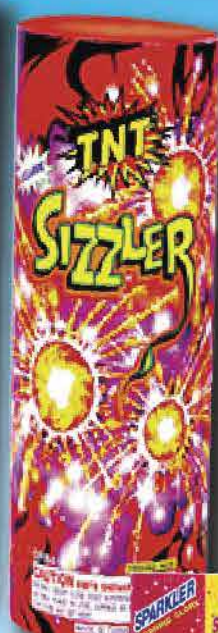
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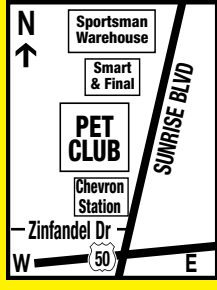
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PURINA PRO-PLAN CANNED FOOD SALE
Limit 2 Cases • Dog Food 13 Oz **99¢** Cat Food 3 Oz **63¢**
•Dog Food Grain Free \$1.29
NUTRO NATURAL CHOICE WILD FRONTIER DRY DOG FOOD
•Real Chicken •Real Lamb •Real Salmon •Venison Meat
•Grain Free •High Protein •Adult 24 Lb Bag Limit 2 Bags **\$12.00 OFF**
AS MARKED ORIGINAL 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**

WELLNESS CANNED DOG FOOD 15% OFF
Natural 12.5 Oz Can, Limit 2 Cases Full Case (Reg.Price - Reg. \$2.39 Stew \$2.49 Core \$2.49)
SCIENCE DIET SMALL BITES DRY DOG FOOD
•Adult •Light •Mature 17.5 Lb Bag Limit 2 Bags **\$22.99**

MEOW MIX DRY CAT FOOD
•Original Choice 16 Lb Bag Limit 2 Bags Per Family **\$10.99**
WELLNESS DRY CAT FOOD
•Chicken (12 Lb) •Indoor (12 Lb)
•Healthy Weight (11.5 Lb) (Salmon, 12 Lb - \$34.99)
(3 Free Wellness Cat Can 5.5 Oz With Each Purchase) **\$32.99**

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 DRY DOG FOOD
•Adult (Large Breed Adult 36 Lb \$21.99) 46 Lb Bag Limit 2 Bags Per Family **\$23.99**
WILDERNESS DRY CAT FOOD
•Chicken •Salmon •Duck •Indoor
•Weight Control 100% Grain Free
11-12 Lb Bag Limit 2 Bags **\$5.00 OFF**
AS MARKED (in store coupon) OUR REGULAR LOW PRICES

ADVANTAGE FLEA CONTROL & TREATMENT
Dog 1-10 Lbs. (Green) Dog 55+ Lbs. (Blue)
Dog 11-20 Lbs. (Teal) Cat 1-9 Lbs. (Orange)
Dog 21-55 Lbs. (Red) Cat 9+ Lbs. (Purple)
Limit 2 Per Family. Cannot be combined with any other offer **\$4.00 OFF**
OUR REGULAR LOW PRICE
SAVORY PRIME RAWHIDE 100% Beefhide Value Pack
Rawhide Bones **\$6.99**
Retriever Roll **\$10.99**
BRAMTON SIMPLE SOLUTIONS TRAINING PADS
23" x 24" 100 Ct. Box **\$19.99**
VOTOY X-Pet All Varieties 20% OFF
Dog & Cat Toys **OUR SUPER LOW PRICES**
SPRAY MILLET 4/\$1.00
•Single

PENN-PLAX CASCADE POWER FILTER SALE
MODEL TANK SIZE PET CLUB SALE
CASCADE 100 20 Gal. **\$13.99**
CASCADE 150 35 Gal. **\$17.99**
CASCADE 200 50 Gal. **\$20.99**
CASCADE 300 100 Gal. **\$27.99**
Revolutionary Bio-Falls Quad Filtration System
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**
O.S.I. PREMIUM FISH FOOD
ALL VARIETIES
•Freshwater •Goldfish •Marine •Spirulina **20% OFF**
OUR SUPER LOW PRICES

BONUS COUPON
FANCY FEAST ELEGANT MEDLEY CANNED CAT FOOD
Selected Varieties - 3 Oz
Limit 6 Cans with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 6/29/16 - 7/5/16 **59¢**
ARM PLU 568

BONUS COUPON
PURINA WHISKER LICKINS CAT TREATS
•Soft & Delicious - 2.5 Oz
•Crunchy & Yummy - 1.7 Oz
Limit 2 Pouches with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon. Effective 6/29/16 - 7/5/16 **69¢**
ARM PLU 446

BONUS COUPON
ARM & HAMMER CAT LITTER DEODORIZER
20 Oz Box
Limit 2 Boxes with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 6/29/16 - 7/5/16 **\$1.49**
ARM PLU 422

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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