



Wounded Heroes Documentary Brings Hope to Our Military

PAGE 2

Surge in Area New Home Sales Highest in Years

PAGE 4



Carmichael Times

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SEE INSIDE

SJUSD ANNOUNCES EMPLOYEES OF THE YEAR



PAGE 3

REOPEN CALIFORNIA NOW!



PAGE 3

PROSECUTORS FEUD OVER CRIMINAL SENTENCING LAWS



PAGE 5



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Bocce Courts on the Ball



Bocce benefactor Teri O'Sullivan sets the ball rolling at the new park amenity. Fellow sponsors include Marissa Schubert (left) Barbara Johns and "Bocce Bob" Caesarino.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Teri O'Sullivan's heart soared when she tossed the first ball on Carmichael Park's new bocce courts. "It was amazing to feel my brother and I got this done for our mother," she says. "I've been out there several times since -- and I've organized a big gang to play next week. There's been lots of excitement ever since those construction fences at last came down. I know some Special Olympics bocce players in our area. It's great they've now got a place to practice."

Two sideline benches are engraved with a fond sentiment from her mom: "My famiglia (family) and friends - you were the most important part of my life. Enjoy Bocce!"

A daughter of Tuscan immigrants,

Shirley Pennington Simi was a Carmichael livewire who died in 2018. She and friends had lobbied long for the Mediterranean sport to be introduced to their local park; her estate contained a \$5000 bequest to get the ball rolling. "Mom was a huge fan of anything that reflected her Italian heritage," explains O'Sullivan. "She loved that bocce was something families did when they got together. It's a multi-generational game and people with disabilities can play, too."

Shirley's dying wish lit a fire under her two kids. "Mom was a 4 foot, 8 inch, 85-pound powerhouse, who never let anything stand in her way," recalls O'Sullivan. "We wanted her wish fulfilled." She and brother Todd Pennington (an Orange County construction consultant) spearheaded fundraising to boost the estate bequest. Shirley's old friends from

Alameda High School were generous supporters. A 2019 party at Carmichael's Italian Cultural Center employed Tuscan food, wine, music - and bocce demonstrations - to coax even more donations. Costs were further funded by Carmichael Park District and the Carmichael Parks Foundation.

The \$165,000 project broke ground last summer. COVID-related delays made for slow progress and though the pandemic ruled out an opening celebration, a steady stream of enthusiasts has since judged the synthetic-surfaced lanes *per-fetto*. "Everything's great quality," approves benefactor O'Sullivan. "Park staffers are out there every morning blowing away leaves and twigs. I wish mom could be here to see this, I know she'd have clapped

Continued on page 3

Specialty Team Deployment of Body-Worn Cameras Announced



By Sergeant Rod Grassmann, Sacramento County Sheriff's Office

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Sheriff's Office is pleased to announce that effective February 15, 2021, the specialized units of Gangs, Homeless Outreach and North Problem Oriented Policing (POP) will be equipped with body worn cameras. After a process that started with field-testing cameras in 2017, and officially requesting funding for body cams in 2018, our body worn program has finally begun. This pilot program approach allows the sheriff's office to study and evaluate the effectiveness, as well as the technology, data storage and best practices.

The Sacramento County Sheriff's Office is committed to an ongoing partnership with our community to provide the highest level of service based on trust and transparency. In addition to our in-car camera systems which have been utilized for over a decade, the implementation of the body worn cameras will allow deputies to document incidents and interactions and obtain evidence during investigations. In terms of evidence collection, body worn cameras and in-car cameras provide an invaluable record of statements, physical evidence, and timeline of events during crimes in progress and other critical incidents.

Additionally, the sheriff's office will be able to review the video footage to debrief critical incidents and use the camera footage as a training tool to keep officers well trained and prepared. We embrace this valuable tool and are proud of our deputies' professionalism as they provide service to the Sacramento County Community.

We are on track for a full deployment of body worn cameras by June 2021. The agency wide distribution of body-worn cameras for deputies will enhance safety, increase accountability, reduce County liability and advance prosecution. ★

Curbside Collection Rates Increase on March 1

By Laurie Slothower, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - A rate increase will take effect March 1 for residents of the unincorporated county who receive curbside garbage, recycling, and green waste service.

Rates will increase by \$5 per month for the 30-gallon, 60-gallon, and 90-gallon garbage cart sizes. The standard level of service includes one garbage cart (size chosen by the customer), one recycling cart, and one green waste cart. An additional increase of \$5 per month will take effect Jan. 1, 2022.

The increase - the first in 10 years - was approved on Jan. 12 by the County Board of Supervisors and will only partially offset the increased cost to collect and process residential recycling and green waste material that is collected curbside.



A rate increase will take effect March 1 for residents of the unincorporated county who receive curbside garbage, recycling, and green waste service. Photo: Sac County

The table below provides a breakdown of the approved rates:

The price for a 30 gallon Garbage Cart is currently \$19.95 but will be \$24.95 effective March 1, 2021. An additional increase of \$5 per month will take effect Jan. 1, 2022 projected to be \$29.95.

The price for a 60 gallon Garbage Cart is currently \$23.55 but will be \$28.55 effective March 1, 2021. An additional increase of

\$5 per month will take effect Jan. 1, 2022 projected to be \$33.55.

The price for a 90 gallon Garbage Cart is currently \$30.76 but will be \$35.76 effective March 1, 2021. An additional increase of \$5 per month will take effect Jan. 1, 2022 projected to be \$40.76.

The Board of Supervisors also doubled the monthly rebate amount available to eligible low-income customers through

the Solid Waste Lifeline Rate Assistance Program. Effective March 1, the rebate amount will increase from \$5 per month to \$10 per month.

Detailed information on the cost for all rates, including the increased monthly cost for additional recycling carts, green waste carts, additional curbside service, and additional bulky waste pickups is posted at www.sacgreenteam.com. ★

Wounded Heroes Documentary Brings Hope to Our Military, First Responders, and Everyone Battling Post Traumatic Stress

By Nicki Thomas, Veteran PR

CHICAGO, IL (MPG) - New film shines a light on bold new alternative non-drug treatments and programs that heal the wounds of PTS

In the Wounded Heroes Documentary due out March 5th, 2021, PTS sufferers are finally getting their voices heard as they speak out about their mistreatment by the healthcare system, the medications that are making them worse, and the amazing new proven therapies that are giving them back their lives.

An alarming statistic by the Department of Veterans Affairs report anywhere from 17 to 22 veteran suicides every single day.

Many feel it does not need to be that way.

After learning about this statistic and the serious side effects of overmedicating veterans, California filmmaker, Michael Gier, went on a mission to find successful alternative non-drug treatments that restore lives from the destruction of PTS.

"Post-Traumatic Stress among our veterans is a serious problem," said Gier. "Most are given prescription medications, or drug cocktails as many call them, some of these prescriptions are black labeled with serious side effects."

Gier, who traveled all over the country interviewing veterans, military brass, politicians, doctors, and other experts, said many veterans feel medication is just a band-aid over a wound that will never heal. "Our veterans deserve so



The new film shines a light on bold new alternative non-drug treatments and programs that heal the wounds of PTS. Photo credit Veteran PR

much more than just a band-aid and that is what inspired me to create this film," said Gier.

Wounded Heroes Documentary is a 3-year passion project, funded primarily by Michael Gier and his wife Terri Gier, and features life changing options that give those suffering from PTS hope, potentially saving lives.

"These men and women served our country for years and the best we can do is give them drugs; some as many as eighteen different prescriptions, forty pills a day?!" said Gier. "I knew there had to be better options."

In the film, Gier interviews health care professionals who are using alternative therapies that have been successfully proven to dramatically decrease their patients' medication or help them become completely PTS prescription free.

Gier said by creating the film he wanted to bring as much awareness as possible about these life changing treatments and that everyone suffering from PTS needed to know there were other options out there for them.

"These aren't just therapies that can help our soldiers and veterans," said

Gier. "Firefighters, police officers, and first responders all deal with PTS, and even more people from all walks of life are being affected by Covid-19. These can benefit them too."

Veterans reported the alternative treatments helped change their lives significantly for the better and went from contemplating suicide to finding happiness and gratitude in their daily lives.

"I feel alive again, I feel rejuvenated, I feel like a soldier again." - Kyle Green, US Army 1998 - 2008

"I'm happier today than I've ever been in my entire life." - Chuck Gardea, US

Air Force 1989 - 2015, Firefighter/Paramedic 1998 - 2015

"I didn't even know this kind of happiness was possible." - Sherri Waters, US Army

"You can change your life around. And there is light at the end of the tunnel, I am proof." - Antonio Zavala, French Foreign Legion 1985 - 1990 / US Army 1992 - 2006

Dr. Shauna Springer, Ph.D., known as "Doc Springer" in the military community, is one of the nation's leading experts on trauma, military transition, and close relationships. She has become a trusted Doc to

countless warfighters across the country and has gained the respect of warriors of all ranks. Her unique role has given her a deep understanding of warrior culture, and the warfighter.

Dr. Springer is a proud advocate of the film.

"The feeling that Post-Traumatic Stress is a "life sentence" is killing warriors - and people across America. Many have given up, but they need to know that there is life beyond trauma - not just survival, but a good life - a connected, emotionally fulfilling life. Wounded Heroes presents this life changing story of hope," said Dr. Springer.

The Wounded Heroes Documentary will be available for streaming across multiple platforms including Amazon, iTunes, Google, and more starting March 5th, 2021.

Visit www.wounded-heroesdocumentary.com to learn more and join the grassroots effort to help spread the word and impact countless lives.

The Wounded Heroes Documentary is the passion project of producer and director Michael Gier of Gier Productions, LLC. To date, he's produced and directed hundreds of TV commercials, corporate video projects, and short and feature films. This is his first documentary.

An estimated 13 million Americans have PTS at any given time. - Sidran Institute (Traumatic Stress Education & Advocacy)

For more information: www.WoundedHeroesDocumentary.com ★

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Reopen California Now!



Jack Frost of Pro Small Biz attended the event with his wife Sue. He said he was glad the Governor had responded to the last efforts to open the State economy and cheered the gathering to continue towards a full opening. Photo by Paul Scholl

By Patrick Larenas

CITRUS HEIGHTS, CA (MPG) - Believing the COVID shutdowns are an opportunity to turn the State's current direction, the Citrus Heights Chamber of Commerce hosted a Reopen CAL NOW gathering on Monday, February 15, to represent the economic segments still affected.

The event featured local community and business leaders speaking at the commercial block at 7010 Sunrise Blvd., Citrus Heights—right next to the R Vida Cantina Mexican Restaurant. Kevin Miles, co-owner of the dining establishment joined the 30 people attending:

"We've been dealing with this all year, but after you put people in a corner," Miles said, "I could not look at the employees in the face and tell them they are all being laid off... so I took the decision to stay open."

Miles expressed his gratitude to the City of Citrus Heights for its efforts in being included in the Great Plates Program: "without [that] our business could not have survived."

Event organizer, Arcade realtor Lilian Fulton, told the crowd that the trickle-down effect had been devastating to many: "Parents are not capable of teaching new math to their children,

some have not received unemployment checks since June and July, and all that some have for socializing is Zoom!"

Citrus Heights Chamber of Commerce president Amanda Camacho commented, "None of us could have been prepared for how the COVID shutdown has affected businesses from the local mom-and-pop shops to national franchises... but I am glad we came out today to discuss... the next steps for our community."

Also attending the meeting was elected Sacramento County Fourth District Supervisor Sue Frost. She said that, as before, good data has been very hard to obtain from the State. Most of the information she sought was not available, too hard to understand or did not answer her questions.

"There is a very loose requirement for COVID deaths, and hospitals are receiving money for every COVID death," she said, "this really makes us question the data."

Assemblyman Kevin Kiley (R-Rocklin) supported the group and gave his view that Governor Newsom's handling of COVID-19 highlighted and "amplified all that was already wrong with California" from political partisanship to the teachers unions and Big Business. ★

San Juan Unified Announces Classified Employees of the Year



Deana Lacey - Clerk, Deterding Elementary. Photo: SJUSD

SJUSD Press Release

SACRAMENTO REGION, CA (MPG) - San Juan Unified has just honored five Classified Employees of the Year, surprising each employee at their site with balloons, flowers and a certificate. The 2021 Classified Employees of the Year are:

Deana Lacey - Clerk, Deterding Elementary

Lacey was nominated by her site because of her ability to brighten a room and her willingness to pitch in on any task, especially during a hiring freeze where Deterding was without a secretary or ICT. One of the big projects she took on was the library checkout system for students to pick up books every Monday.

"She is amazing to watch as she multitasks between phone calls, teacher tech requests, parent needs and sick children," Fifth Grade Teacher Gretchen Johnson wrote in the nomination. "She knows every student and the majority of the parents, and her school involvement doesn't stop at the end of the working day. She is always seen at every school function, helping before and after events, in every way."

Stover is also credited for ensuring all Marvin Marshall students received meals during the COVID-19 pandemic.

Deana Hegland - Instructional Assistant II, Greer Elementary

As an IA for over a decade, Hegland has learned to become what Greer administrators call a "warm demander." This means she has developed structured routines, has clarity for learning targets for each student and builds on individual strengths and interests so that they each have a strong confidence.

One project that Hegland led that was "above and beyond" was to coordinate a harvest event for kindergarteners when the site was unable to get a bus for the annual pumpkin patch field trip. Hegland reached out to her 4H connections and built an event that included a petting zoo, a pumpkin for each student, face painting and games.

Jennifer Martinez - Instructional Assistant III, Greer Elementary

Martinez is being recognized for her ability to build trusting relationships with her students and their parents. Working with special education students, she has been able to help break down barriers for students that have autism, ADHD, mental health challenges and learning disabilities, and help them move from defensive to focused to reach academic success.

"She works with the most upset and agitated students in a calm and supportive manner. Instead of engaging in a power struggle, she listens to them, seeks to understand why they are upset and helps them to solve the problem they are facing," the nomination states.

Aleksandr Melnichuk - Lead Custodian, Cowan Fundamental Elementary

Like all of San Juan Unified's lead custodians, Melnichuk is known at Cowan for being reliable, punctual and for paying close attention to detail for daily tasks. Cowan Principal Millie Happoldt nominated him for Classified Employee of the Year for the help he provides.

Along with being a skilled craftsman – one example is building a rolling storage shelf to fit under the multipurpose stage – Melnichuk has dedicated some softer skills as well.

"He will make time to assist a parent, student or family in need of help translations from Ukrainian to English," Happoldt wrote. "Aleks has an empathetic heart and will reach to console a student that is having a rough day. He can even be seen on occasion shooting hoops of basketball with a student to get them to smile again."

Congratulations to all five Classified Employees of the Year! ★



Beverly Stover - Nutrition Services Worker II, Marvin Marshall. Photo: SJUSD

Beverly Stover - Nutrition Services Worker II, Marvin Marshall

Nominated by her colleague Jennifer Stroud, Stover is credited for having a mentor role in nutrition services for the Early Childhood Education program.

"She always makes sure I understand what she is teaching me and always makes me feel valued and appreciated," Stroud wrote. "She also is a great listener and actually asks for my feedback. Bev always has great ideas and is always willing to help in any way possible. She always has great ideas to improve her site and do things in a more efficient way."

Planning to Travel Internationally?

By Samantha Mott, Sacramento International Airport

SACRAMENTO, CA (MPG) - If you are planning to travel internationally please be aware beginning Jan. 26 changes will be made to the Centers for Disease Control and Prevention (CDC) (CDC) travel mandates.

Effective January 26, 2021 the CDC will require all international air passengers entering the United States (including U.S. citizens and Legal Permanent Residents) to present a negative COVID-19 test, taken within three calendar days of departure, or proof of recovery from the virus within the last 90 days. Airlines must confirm the negative test result or proof of recent recovery for all passengers prior to boarding. Airlines must deny boarding of passengers who do not provide documentation of a negative test or recovery.

Alaska, American, jetBlue, Southwest, Aeromexico and Volaris offer nonstop flights between SMF and destinations throughout Mexico. Please visit our website or contact the airlines for more information about flights <https://sacramento.aero/smf/flight-and-travel/airlines>.

Please contact your airline for more

information about what documentation each specific airline will require.

If you plan to travel internationally please visit the links below for more information about the updated guidelines. <https://coronavirus.gob.mx/>

<https://mx.usembassy.gov/u-s-citizen-services/covid-19-information/>

<https://www.visitloscabos.travel/covid-test>

Travelers are encouraged to contact their accommodations for more specific information about individual locations. Please see CDC's FAQ for answers to questions about the new international air travel requirement for proof of negative COVID-19 test or recovery from COVID-19 for all air passengers arriving in the United States.

Travelers should be aware of State and CDC travel guidelines before making the decision to travel. SMF reminds everyone to travel safely and take extra precautions when at the airport. Passengers are required to wear a face coverings and social distance whenever possible throughout their journey. As always, it is recommended travelers arrive early in anticipation of additional security screenings. For more information visit our website. ★

Bocce Courts on the Ball

Continued from page 1

her hands and said bravo, *mia famiglia!*"

Park planning allows for four courts. Though funding has so far enabled only two, more will likely follow. O'Sullivan also envisages picnic tables so families can round off meals with bocce – just as they do in Italy. "Spring is just around the corner," she says. "A game of bocce gets you out in the fresh air and you can still observe social distancing."

Though the sport is contested seriously at Special Olympics level, she notes most casual players indulge for camaraderie. "You can learn the rules in 10 minutes and be proficient in ten more, says O'Sullivan.

"It's a fabulous way to get outside, enjoy your friends and have a blast."

Project sponsors include: Carmichael Parks Foundation, the Shirley Simi Memorial Fund, Paul Pennington, Teri O'Sullivan, Todd Pennington, Millicent Lalanne and the Italian Cultural Center. Many Pennington and Simi family friends also made donations. Carmichael Park is located at 5750 Grant Avenue. The bocce courts are near the reserve's North Avenue entrance. Other than all-weather lanes, no equipment is provided; players must bring their own balls. Learn more about CRPD amenities at www.carmichaelpark.com ★

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Is Buying a Second Home on Your 2021 To-Do List?

Commentary by Patrick Rush

Owning a second home can provide retirees – or even younger families – a mountain retreat or a house at the beach for those family vacations or quick weekend getaways.

But if buying a second home is on your list of New Year’s resolutions for 2021, be sure to consider all the upsides and downsides before committing, says Patrick Rush (www.patrickrushfta.com), CEO of Triad Financial Advisors and the ForbesBooks author of Gain Big and Give Back: Financial Planning with Intention.

“Many retirees end up regretting it,” Rush says. “They feel they are forced to go to that second home every weekend just because they spent so much on it. A vacation property or second home can certainly provide a lot of joy, but it rarely works out financially.” That doesn’t stop people from buying them, though.

The National Association of Home Builders estimates that Americans own about 7.4 million second homes, which is about 5.6 percent of the total housing stock.

“People tend to purchase a second home either as a rental property or a vacation home, which they might also rent for part of the year,” Rush says. “But unless you’re in a hot real estate market, the return on investment usually isn’t worth the hassle. There are better ways of growing your money.”

Rush says a few things to know about investing in a second home include: **Real estate doesn’t automatically mean easy money.** People mistakenly believe real estate provides a guaranteed return, but that’s not always true. Rush recalls one client who, over Rush’s vehement objections, withdrew all of his retirement money to build an expensive second home. The client was certain the house would pay off, but he eventually was forced to sell it for half his investment. **Consider the overall impact on your life.** Most people don’t have endless streams of money, even if they have done well for themselves financially. So, a splurge in one area often requires a sacrifice in another. “If you want the second home, then perhaps an Alaskan cruise

won’t be in the budget,” Rush says. “It comes down to what your priorities are.” **Upkeep can become overwhelming.** People tend to overlook the ancillary costs that make owning a second home expensive, Rush says. Take those into consideration as you make your decision. “Property taxes, homeowners association dues, insurance, and maintenance start to add up,” he says. “Renting the house out when you aren’t using it does provide an income stream, but managing the property and dealing with tenants is a hassle. You can hire a property manager, but that has its own disadvantages.” **Renting can work just as well.** While it might feel exhilarating to own a mountain home in North Carolina or a Pacific Ocean beach house, Rush says another option is simply to rent a place for a week or a weekend whenever you’re in need of a getaway. None of this means a second home is always a mistake, Rush says.

One client whose parents died and left her a generous inheritance wanted to invest the money in a beach home. Rush warned her of the potential pitfalls. She teared up. She agreed it might not be the best financial decision, but when she and her sister were growing up, their parents took them every summer to Sunset Beach on the North Carolina coast. She wanted to continue that tradition for her children, her sister, and her sister’s children.

“It was a reminder that it’s not always about the numbers,” Rush says. “You have to weigh the return on investment against the emotional benefit. Financially, it wasn’t the best choice, but to her, it meant so much more. It was about keeping her parents’ memories alive. Some things truly matter more than money.”

Patrick Rush (www.patrickrushfta.com), the ForbesBooks author of the Amazon Bestseller Gain Big and Give Back: Financial Planning with Intention, is the CEO of Triad Financial Advisors. He is a Certified Financial Planner and NAPFA-Registered Financial Advisor. With more than two decades of experience, Rush has received national recognition as a top financial advisor by Forbes, Barron’s and the Financial Times, and Triad Financial Advisors was recognized by the Invest in Others Foundation as a “Charitable Champion.” ★

Surge in Sacramento-Area New Home Sales Were the Highest in 16 Years



Sacramento-area residents are taking advantage of extremely low interest rates and new home designs that meet the needs for working at home and online learning. MPG file photo

North State Building Association

SACRAMENTO REGION, CA (MPG) - A total of 729 new homes were sold during January in the greater Sacramento region, the highest number since 2005, the North State BIA reported.

Mike LaFortune, senior development director for Easton Development and the BIA’s 2021 Chairman, said January was the eighth month in a row with sales higher than the previous year and shows demand for new homes in the region remains unabated.

“Sacramento-area residents are taking advantage of extremely low interest rates and new home designs that meet the needs for working at home and online learning, and we also continue to see a steady stream of prospective buyers coming from the Bay Area as more companies are committing to allowing

employees to work from home,” LaFortune said. “As more new designs hit the market to meet those needs even better, we expect the strong new home market will continue for some time.”

But while new floorplans are being offered, the number of new homes actually being built remains well below current demand, let alone the number needed to begin attacking the shortfall in new homes that the region has experienced for many years, warned Michael Strech, the BIA’s President & CEO.

“While single-family construction ramped up in December across our region, for the year housing starts were -actually slightly lower than in 2019 with 7,328 permits issued, according to the just-released report from the Construction Industry Research Board. That’s just slightly higher than the number of new homes sold during the

year,” Strech said.

“In the long run, to meet the need for housing and maintain affordability we will need to continue a steady pace of building, which will require cooperation from our local officials to approve new communities and issue building permits. Fortunately, most local officials understand the need for more housing but it’s an issue we will be watching closely in the years to come.”

The North State BIA is the leading advocate for the home building industry in the greater Sacramento region. Representing more than 500 members who provide 55,000 industry jobs, the North State BIA is committed to preserving and furthering the economic interests of its members, while also working to enhance the industry’s standing as a significant contributor to the regional economy. For more information, visit www.northstatebia.org. ★

Join the **Summerset Community**

Our Covid-19 approved safety plan will allow you to enjoy:

- Safe visits allowed with family and friends
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6428 Brando Loop, Fair Oaks | \$449,000

Tucked away inside the gated Marquee community, this stunning KB home captures the best of beauty and functionality. Enjoy an open-concept floor plan with 2 bedrooms, 2.5 baths and an upstairs loft that can be turned into a third bedroom or office. This residence features a gorgeous kitchen with custom cabinetry, granite countertops and top-of-the-line appliances, beautiful simulated hardwood flooring throughout, and spacious bedrooms and baths. The gorgeous backyard has a well-manicured lawn and covered patio with room for entertaining. Must see!

5249 Monitor Avenue, Carmichael | \$475,000

Vacation at home in this charming Carmichael residence! The backyard is an absolute dream with a sparkling pool, sandy beach, 5-hole putting green with a custom pergola, adorable he & she sheds, natural gas fire pit, raised garden bed, and brick/cobble stone patio. Step inside to an open floor plan with 3 bedrooms and 3 baths. The remodeled kitchen features granite countertops, new stainless steel appliances and a breakfast bar. Relax and unwind in the great room complete with a floor-to-ceiling fireplace. Enjoy dual pane windows, bright and airy living spaces and third bathroom addition.

1000 Moon Cir #1026 Folsom | \$429,900

Enjoy condo living at its finest! Step inside to an open-concept floor plan with 2 bedrooms, 2 baths and a bonus loft that could serve as an office or entertainment area. Beautiful high, vaulted ceilings and natural light greet you instantly when you walk in. The spacious family room has a cozy fireplace and opens up to a private balcony. The kitchen is beautifully updated and is perfect for entertaining guests. Gorgeous master suite that looks out to greenbelt. One car garage. Don't miss out on the recreational facilities and pool! Must see!

6125 Stanley Avenue, Carmichael | \$399,900

This charming Carmichael Cottage has it all! Step inside to an open-concept floor plan with three bedrooms and 1 bath. Enjoy laminate flooring throughout, a large updated kitchen with plenty of storage space, an updated bathroom, full dual pane windows, solar-owned, central heating and air, and an inside laundry room. The private backyard features a stone fire pit and plenty of space to relax and unwind. RV access in back. Excellent location just steps away from Ancil Hoffman Park, the American River, Detering elementary school and the Milagro Centre.

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A Tribute to Rush Limbaugh

Rest in Peace

Dear Reader,

It's hard to believe he's gone, and it's hard to imagine the last 30 years of my adult life without Rush.

I can distinctly recall the first time I heard Rush on the radio. It was 1990, and my wife and I had just relocated to Virginia for graduate school. I was driving down I-64 when I stumbled upon this voice... that resonated inside of me... a voice of reason in a world of chaos and confusion.

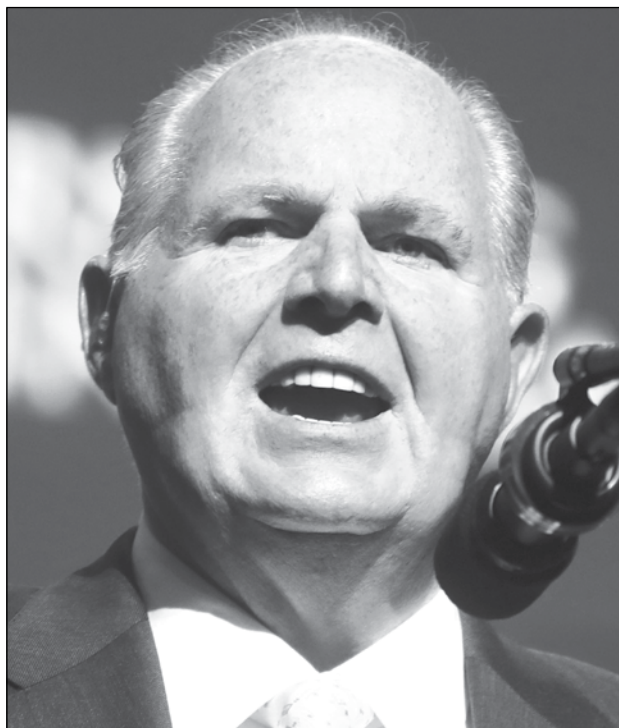
That voice was the voice of Rush Limbaugh.

Soon thereafter, my lunch breaks were consumed with sitting in my car and listening to Rush. I hadn't listened to much AM radio since I was a young boy listening to baseball games late into the evening. Now, in the middle of the day, there I was having lunch "with" Rush.

For the next three decades, Rush has been the "background music" always playing in my conservative world. He always made me smile and laugh. Yet he always brought a keen insight that I couldn't find anywhere else. And every time there was a seemingly earth-shattering political story, me and millions of conservatives would have our radios tuned to Rush as the intro music played.

What would Rush say? How will he interpret the events? And most importantly, what will Rush say we need to do next?

It wasn't even so much that Rush would tell us what to do. Instead, he would put the political



I stumbled upon this voice... that resonated inside of me... a voice of reason in a world of chaos and confusion. Photo courtesy Gage Skidmore from Surprise, AZ

disaster in a larger context and give us a reason to hope, along with confidence that we would find our way forward.

Right through the 2020 elections, I would tune into Rush – now through his podcast as I took my daily walks. Rush always had the best and clearest perspective. He made things understandable. And he somehow always had insight into what was just around the bend.

In these final weeks and month, he reminded us all about what's just around the bend for each of us. Rush was unashamed about his gratitude for each day and unashamed about his faith in Christ which guided him, I'm sure to his final breath.

Rush, thanks. You truly have been, as you often

said, our "guiding light through times of trouble, confusion, murkiness, tumult, chaos, misdirection, and even good times." Well done.

Steve Elliott, Grassfire

P.S. Please visit our tribute page to share how Rush Limbaugh impacted you personally and how grateful you are for the way he has impacted our nation to share your "Rush Story" with Grassfire Nation at www.grassfire.com/rushtribute

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Prosecutors Feud over Criminal Sentencing Laws



By Dan Walters
CALMatters

The starkest aspect to California's evolution from a relatively conservative state into a blue bastion has been an evolving attitude toward crime and punishment.

In the 1980s and 1990s, California became a national leader in increasing penalties for crimes large and small, symbolized by a three-strikes-and-you're-out law calling for life imprisonment of repeat offenders. Not surprisingly, despite construction of many new prisons, they became horrendously overcrowded with inmates.

However, as California made its almost 180-degree political turn to the left over the last couple of decades, attitudes about crime also evolved, culminating in legislative acts, ballot measures and administrative policies that repealed or softened the state's sentencing laws. The number of felons locked up in state prisons has dropped by at least one-third in recent years.

That said, what supporters call "criminal justice reform" is not universally accepted. Some law enforcement officials believe it's gone too far and has contributed to recent upticks in violent crime — a conflict now rippling through the state's local district attorneys.

In 2020, George Gascón,

who had been district attorney of San Francisco, challenged and defeated Los Angeles District Attorney Jackie Lacey and immediately issued new operational rules that downplayed punishment.

He prohibited his deputies from seeking the death penalty, prosecuting juveniles as adults, attending parole hearings or seeking "enhancements" that increase a defendant's prison term. The union representing those deputies sued, alleging that Gascón was ordering them to violate criminal laws, and won an initial judgement.

What really blew up the conflict politically was support from the California District Attorneys Association (CDAA) for the union position. In its supporting brief, the District Attorneys said Gascón's orders meant that "the voices of victims fall silent and the might of the state has failed its most vulnerable."

Last week, Gascón resigned from the organization with a two-page letter that he posted on Twitter, accusing the association of being racially insensitive, closed-minded about criminal justice reform and even corrupt.

"CDAA continues to be a member organization solely for those willing to toe the 'tough on crime' line," Gascón wrote. "For the rest of us, it is a place that fails to support us, our communities, or the pursuit of justice."

Gascón and several other like-minded district attorneys have founded their own group, the Prosecutors Alliance of California, to push for criminal justice reforms. It includes Gascón, San Joaquin County's Tori

Salazar, Chesa Boudin of San Francisco and Contra Costa County's Diana Becton.

Gascón's election and the burgeoning conflict with more traditional prosecutors is part of a larger phenomenon — a nationwide effort by left-of-center organizations to change criminal justice policies one election at a time.

Billionaire businessman George Soros is a major figure in the campaign, having donated millions of dollars to reform-minded candidates. The movement has scored some victories, such as Gascón's election, and also suffered some losses, such as a failed challenge to Sacramento County District Attorney Anne Marie Schubert.

The conflict also colors Gov. Gavin Newsom's selection of a replacement for Attorney General Xavier Becerra if he is confirmed as the federal health and human services secretary.

Newsom seemingly supports the criminal justice reform movement. He sponsored a ballot measure to make marijuana legal, has sped up reductions in prison populations and declared a moratorium on executions.

He could appoint a new Attorney General sympathetic to the Gascón-led faction, such as Oakland Assemblyman Rob Bonta, but such a move would carry some political risk. Were Newsom to face a recall election this year, as seems likely, opposition from police and prosecutors could be a critical factor.

Dan Walters has been a journalist for nearly 60 years, spending all but a few of those years working for California newspapers. ★

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TRUSTEE SALE NOTICES

NOTICE OF TRUSTEE'S SALE Trustee Sale No. : 00000008008187 Title Order No.: 8746885 FHA/VA/PMI No.: ATTENTION:RECORDED: THE FOLLOWING REFERENCE TO AN ATTACHED SUMMARY APPLIES ONLY TO COPIES PROVIDED TO THE TRUSTOR, NOT TO THIS RECORDED ORIGINAL NOTICE. NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 04/04/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. BARRETT DAFFIN FRAPPIER TREDER and WEISS, LLP, as duly appointed Trustee under and pursuant to Deed of Trust Recorded on 04/19/2005 as Book No. 20050419 and Page No. 1162 of official records in the office of the County Recorder of SACRAMENTO County, State of CALIFORNIA. EXECUTED BY: ANNETTE M PICETTI-GROSJEAN AND TRAVIS C. GROSJEAN, WIFE AND HUSBAND AS JOINT TENANTS, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/ CASH EQUIVALENT or other form of payment authorized by California Civil Code 2924h(b), (payable at time of sale in lawful money of the United States). DATE OF SALE: 03/23/2021 TIME OF SALE: 9:00 AM PLACE OF SALE: Gordon D. Schaber Sacramento County Courthouse, 720 9th Street, Sacramento, CA 95814, East Main Entrance. STREET ADDRESS and other common designation, if any, of the real property described above is purported to be: 7767 MADISON AVENUE, CITRUS HEIGHTS, CALIFORNIA 95610 APN#: 233-0123-007-0000 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon,

as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$255,357.07. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 833-561-0243 for information regarding the trustee's sale or visit this

Internet Web site WWW.SALES.BDFGROUP.COM for information regarding the sale of this property, using the file number assigned to this case 00000008008187. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. NOTICE TO TENANT: You may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call 833-561-0243, or visit this internet website WWW.SALES.BDFGROUP.COM using the file number assigned to this case 00000008008187 to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. FOR TRUSTEE SALE INFORMATION PLEASE CALL: 833-561-0243 WWW.SALES.BDFGROUP.COM BARRETT DAFFIN FRAPPIER TREDER and WEISS, LLP IS ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. BARRETT DAFFIN FRAPPIER TREDER and WEISS, LLP as Trustee 3990 E. Concourse Street, Suite 350 Ontario, CA 91764 (866) 795-1852 Dated: 02/09/2021-4729770 02/19/2021, 02/26/2021, 03/05/2021 ASAP#4729770 3-5-21



Poppoff!

With Mary Jane Popp

Fight Wrinkles

We already know that a good diet helps keep us healthy. But did you know the right foods can help fight wrinkles? We've heard of old saying you are what you eat, and according to Nicolette Pace, "Good skin relies on an adequate supply of essential nutrients." Nicolette is a certified nutritionist and dietician, and she told me that it is indeed possible to delay aging and get improvement in skin condition by improving your diet. She made it pretty simple on my POPPOFF Radio Show with certain key foods that can help from wrinkles to dark spots to sagging skin. And you know what? They taste pretty good too like these.

- 1) **TOMATOES.** Tomatoes are so much more than a salad topper. They're packed with vitamin C which helps build collagen, and in turn, makes your skin look firmer and plumper.
- 2) **BERRIES.** Blueberries and raspberries are her top picks. They contain flavonoids, polyphenols, vitamins, probiotics, and tons of antioxidants. They are free-radical scavengers. They can even promote cell regeneration for new skin.
- 3) **GREEN TEA.** If you want your skin to look as young as possible, your cells need to regenerate correctly. Mutated cells can lead to everything from uneven pigmentation to cancer. Green tea has lots of antioxidant power and a chemical called EGCG shown to help cells grow properly and maintain a healthy life cycle.
- 4) **YOGURT AND KEFIR.** To fight redness and irritation, introduce foods with more probiotics like yogurt. Skin-friendly bacteria in these foods condition your skin both

inside and out. Look for natural, unprocessed products to get the highest concentration of living probiotics. Kefir is a cultured milk product that's similar to yogurt, but has up to three times more probiotics than yogurt.

- 5) **FISH.** If your skin is chronically dry, add foods that contain healthy fats to your diet. They help moisturize from the inside out. Wild salmon is phenomenal. It's high in omega-3 fatty acids, one of the best fats. Other omega-rich fish include sardines and Atlantic Mackerel.
- 6) **NUTS.** Nuts are another fantastic source of good fat good for your skin. Almonds have vitamin E...anti-inflammatory properties that can help with acne, psoriasis and eczema. Walnuts contain the most omega-3. All nuts...almonds, hazelnuts, peanuts. Pistachios are good for your health when eaten in moderation.
- 7) **AVOCADOS.** Like nuts and fish, avocados have a lot of good-for-you and your skin fats. Also, high in Glutathione, good for anti-aging.
- 8) **HONEY.** Need something sweet? Try Honey. It is antiviral and it's an antioxidant. Even though it's technically sugar, it doesn't cause inflammation in the body and skin the way sugar does. It's so good for your skin, you can use it as a face mask.

Nicolette Pace founded NutriSource Inc. in 2002 to provide high quality education, counseling and nutrition for a diverse community population. She has appeared on CBS, ABC, NBC, FOX News, Dr Oz and in many print publications like the New York Times to mention just a few. You can check her out at www.NutriSource.org. Goodbye wrinkles!!! Hello healthy skin! ★

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Crossword Puzzle on Page 9

C	H	I	C		B	B	C		E	W	E						
H	O	B	O		D	A	R	E		P	A	G	A	N			
A	V	E	R		E	L	A	N		E	V	A	D	E			
					E	X	P	O	N	E	N	T		C	E	D	E
					S	K	I	R	T		G	A	R				
S	P	H	E	R	E				Z	O	N	A	L	L	Y		
O	R	E			A	R	C	H	E	D		G	A	I	A		
L	O	A	D	S		O	E	R		R	E	I	C	H			
I	S	L	E		S	T	R	O	D	E		R	I	O			
D	E	S	C	A	L	E			U	S	E	D	T	O			
					I	C	Y			A	B	L	E	R			
					L	A	M	A		F	R	A	C	T	I	O	N
M	O	L	A	R		O	G	L	E		C	L	O	P			
A	I	O	L	I		O	U	S	T		A	I	R	Y			
O	N	E			T	E	A				S	O	M	A			

STATEPOINT CROSSWORD • MATH 101

CLUES

ACROSS
 1. À la mode
 5. Westminster broadcaster
 8. Lamb's momma
 11. Depression drifter
 12. Alternative to truth
 13. Like a Druid, e.g.
 15. Verify
 16. Flair
 17. Avoid paying taxes
 18. *Same as power in math
 20. Surrender territory
 21. Mimi, midi or maxi
 22. Longnosed fish
 23. *Round #23 Down
 26. Adverb derived from zone
 30. Miner's bounty
 31. Curved like a foot
 34. Mother Earth to Ancient Greeks
 35. Truck amounts
 37. "___ the land of the free..."
 38. Hitler's Third
 39. Capri, e.g.
 40. Walked
 42. Grande, e.g.
 43. Remove scales
 45. Accustomed, two words
 47. Like arctic air
 48. More capable
 50. Tibetan priest
 52. *Part of a whole number
 55. Grinding tooth
 56. Stare amorously
 57. Hoofbeat sound
 59. Garlic mayo
 60. Kick out
 61. Gossamer
 62. *Pi's second digit
 63. High ___
 64. "Brave New World" drug

DOWN
 1. Half a particular dance
 2. Past tense of heave
 3. Type of mountain goat
 4. Body six feet under
 5. Harvest helper
 6. Small goose
 7. Abe's coin
 8. Exclamation of surprise, archaic
 9. Do like fly fisherman
 10. Between northeast and east
 12. One who denies
 13. Popular pie nut
 14. *Sum divided by count
 19. Southern cuisine pods
 22. Apollo to ancient Greeks
 23. *Three-dimensional object
 24. Not poetry
 25. Mends
 26. *Whole number between -1 and 1
 27. Scottish landowner
 28. In accordance with law
 29. Search engine pioneer
 32. Pigeon's home
 33. H in British HMS
 36. *Kind of point
 38. Set to zero
 40. Cunning
 41. Pleasing to the ear
 44. Ticks and mites, taxonomically speaking
 46. Short for Fredericas
 48. Lock horns
 49. Popular craft wood
 50. Under a fig leaf?
 51. Gel producing plant
 52. *0.3048 meters
 53. Pasta with ___ and alio

54. "Cheers" regular
 55. Cultural Revolution leader
 58. Money in Myanmar

Crossword Puzzle Solutions on Page 9

1	2	3	4		5	6	7		8	9	10			
11					12				13	14				
15					16				17					
	18				19				20					
					21				22					
23	24	25					26			27	28	29		
30					31	32	33			34				
35			36			37				38				
39					40				41			42		
43					44				45			46		
					47				48	49				
					50	51			52			53	54	
55									56			57		58
59									60			61		
62									63			64		

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Sudoku Puzzle on Page 9

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

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

Solutions on Page 9

WEEKLY COMICS

Amber Waves

by Dave T. Phipps



The Spats

by Jeff Pickering



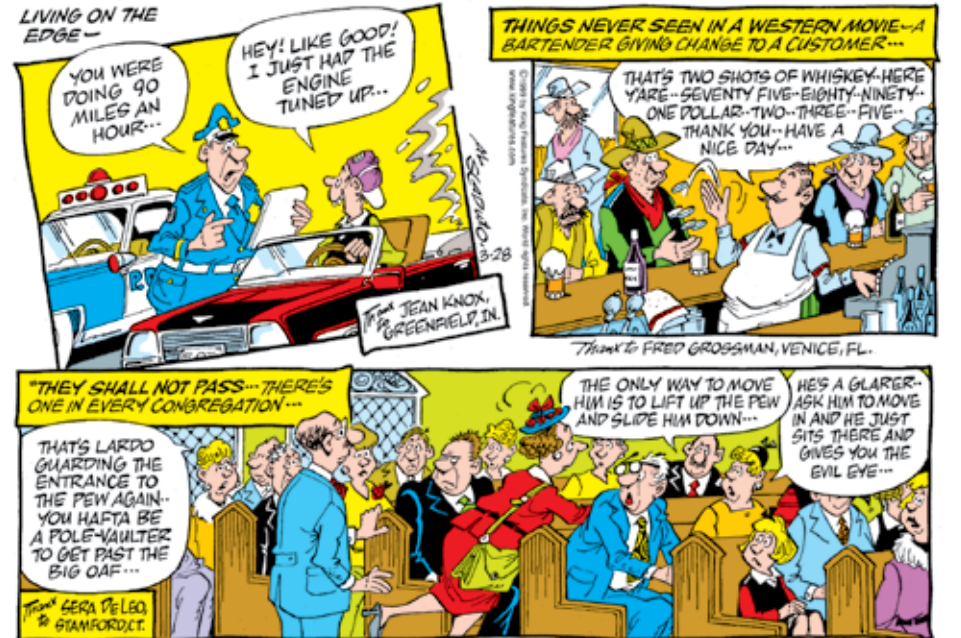
Out on a Limb

by Gary Kopervas



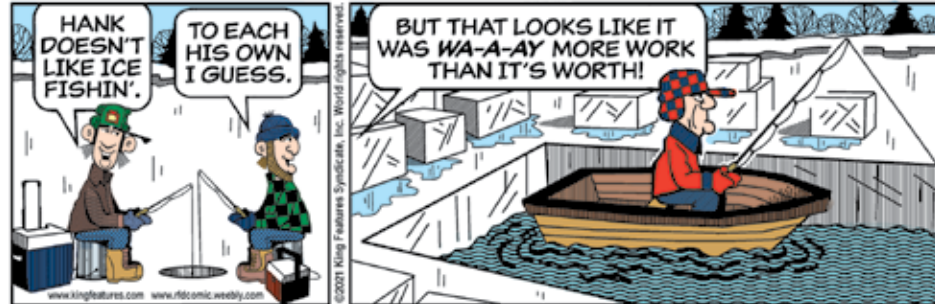
THEY'LL DO IT EVERY TIME

BY AL SCADUTO



R.F.D.

by Mike Marland



CRIM and BEAR IT

LAFF-A-DAY



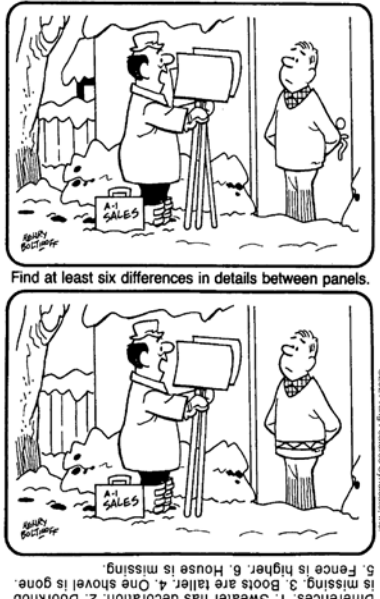
Just Like Cats & Dogs

by Dave T. Phipps



HOCUS-FOCUS

BY HENRY BOLTIKOFF



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FREE PET CLUB
Pet Food Can Lid
with the purchase of pet, fish food or supply.
99¢ value
PLU 334 CHM
Limit 1 Coupon per family
Effective 2/24/21 - 3/2/21

2 FREE CANS OF CAT FOOD
(5.5 Oz All Varieties) Friskies (Selected Indoor Included), 9 Lives
With Any Purchase of Pet, Fish Food, or Supply PLU 321
Limit: 1 Coupon Per Family CHM
Effective 2/24/21 - 3/2/21

NATURAL BALANCE DRY DOG FOOD
•Lamb Meal & Rice (Reg & Lrg Breed)
•Sweet Potato & Salmon •Sweet Potato & Venison •Sweet Potato & Bison
•Sweet Potato & Chicken 24-26 Lb Bag

\$5 OFF
Our Super Low Prices
Limit 2 Bags Per Family
Effective 2/24/21 - 3/2/21

FRISKIES BUFFET CANNED CAT FOOD
5.5 Oz All Varieties

ON SALE Everyday
Limit 2 Cases Per Family
Effective 2/24/21 - 3/2/21

AVODERM NATURAL DRY DOG FOOD
26-30 Lb Bag Limit 2 Bags Per Family
•Lamb Meal & Rice •Chicken Meal & Rice
•Lite •Senior •Large Breed

\$4 OFF OUR DISCOUNT PRICES!
Effective 2/24/21 - 3/2/21

ARM & HAMMER SUPER SCOOP CLUMPING CAT LITTER
20 Lb Box •Double Duty
•Clump n Seal •Regular 19 lb
•Slide 19 lb

ON SALE
Limit 2 Boxes Per Family
Effective 2/24/21 - 3/2/21

NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD
Lamb Meal & Rice 30 Lb Bag
•Adult •Small Bites •Large Breed

Limit 2 Bags Per Family **\$38.99**
Effective 2/24/21 - 3/2/21

SCIENCE DIET CANINE MAINTENANCE CANNED DOG FOOD
13 oz can •Selected Varieties (Reg price \$1.99)
Healthy Cuisine 12.5 oz can (Reg price \$2.25)

Limit 2 Cases Per Family **\$1.69**
Effective 2/24/21 - 3/2/21

FRISKIES TENDER & CRUNCHY COMBO DRY CAT FOOD
16 Lb Bag

Limit 2 Bags per Family **\$9.99**
Effective 2/24/21 - 3/2/21

SCOOPAWAY CLUMPING CAT LITTER
42 Lb Bag
•Multi-Cat Formula

Limit 2 Bags Per Family **\$12.99**
Effective 2/24/21 - 3/2/21

EARTH BORN HOLISTIC DRY DOG FOOD Natural Grain-Free •Primitive Feast •Great Plains Feast •Meadow Feast •Coastal Catch (25 Lb) •Weight Control •Large Breed 28 Lb Bag (Reg Price \$43.99) <p>Limit 2 Bags Per Family \$39.99</p>	NUTRO PERFECT PORTIONS GRAIN FREE CANNED CAT FOOD •Pate •Cuts in Gravy 2.64 Oz Can Limit 1 Case <p>75¢</p>	PURELY FANCY FEAST CANNED CAT FOOD 2 oz. All Varieties Limit 1 Case <p>\$1.09</p>
WILDERNESS DRY CAT FOOD AS MARKED •Chicken •Duck •Salmon •Indoor •Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags <p>\$4 OFF OUR REGULAR LOW PRICES!</p>	NATURALLY FRESH CAT LITTER 100% Natural Walnut-based 14 Lb Bag 10 Lb Pellets \$5.49 Multi-Cat Clumping \$9.99	9 LIVES DRY CAT FOOD •Grilled Tuna & Egg 12 Lb Bag Limit 2 Bags Per Family <p>\$7.99</p>
FRESH STEP CRYSTALS CAT LITTER 8Lb Bag Limit 2 Bags <p>\$11.99</p>	AVODERM CANNED DOG FOOD •Regular •Grain Free (Avoderm Canned Cat Food 3 oz Grain 13 Oz Limit 1 Case Free 89¢ 5.5 oz Reg \$1.19 Limit 1 Case) <p>\$1.69</p>	SOLID GOLD DRY DOG FOOD •Wolf King Bison (24 Lb) •Wolf Cub Bison (24 Lb) As •Hund n Flocken •Holistique •Millennia Marked 10% OFF •Fit n Fabulous 28.5 Lb Bag Limit 2 Bags OUR REGULAR LOW PRICES
CORE GRAIN FREE DRY DOG FOOD 3 FREE Core Dog Food 12.5 Oz Can With Each purchase Original \$61.99 •Ocean •Reduced Fat \$64.99	GRAVY TRAIN DRY DOG FOOD 35 Lb Bag Limit 2 Bags <p>\$14.99</p>	BOXIE CAT CAT LITTER Veterinarian Recommended Limit 2 Bags 16 Lb \$2.00 OFF 28 Lb \$3.00 OFF

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•Crates •Ovation Trainer All Varieties

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20 Gal Tetra LED Deluxe... **\$91.99** 55 Gal Tetra LED Deluxe... **\$187.99**

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

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

REEF CRYSTALS
50 Gal. Salt Mix **\$14.99**

BONUS COUPON
FANCY FEAST GOURMET CANNED CAT FOOD
3 Oz - All Varieties Except Elegant Medley
Limit 1 Case Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 2/24/21 - 3/2/21

ON SALE Everyday CHM PLU 361

BONUS COUPON
FRISKIES PARTY MIX CAT TREATS
2.1 Oz •Selected Varieties
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 2/24/21 - 3/2/21

\$1.19 CHM PLU 573

BONUS COUPON
BONNY CAT PREMIUM CAT LITTER
20 Lb Bag
Limit 1 Bag With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 2/24/21 - 3/2/21

\$3.79 CHM PLU 362

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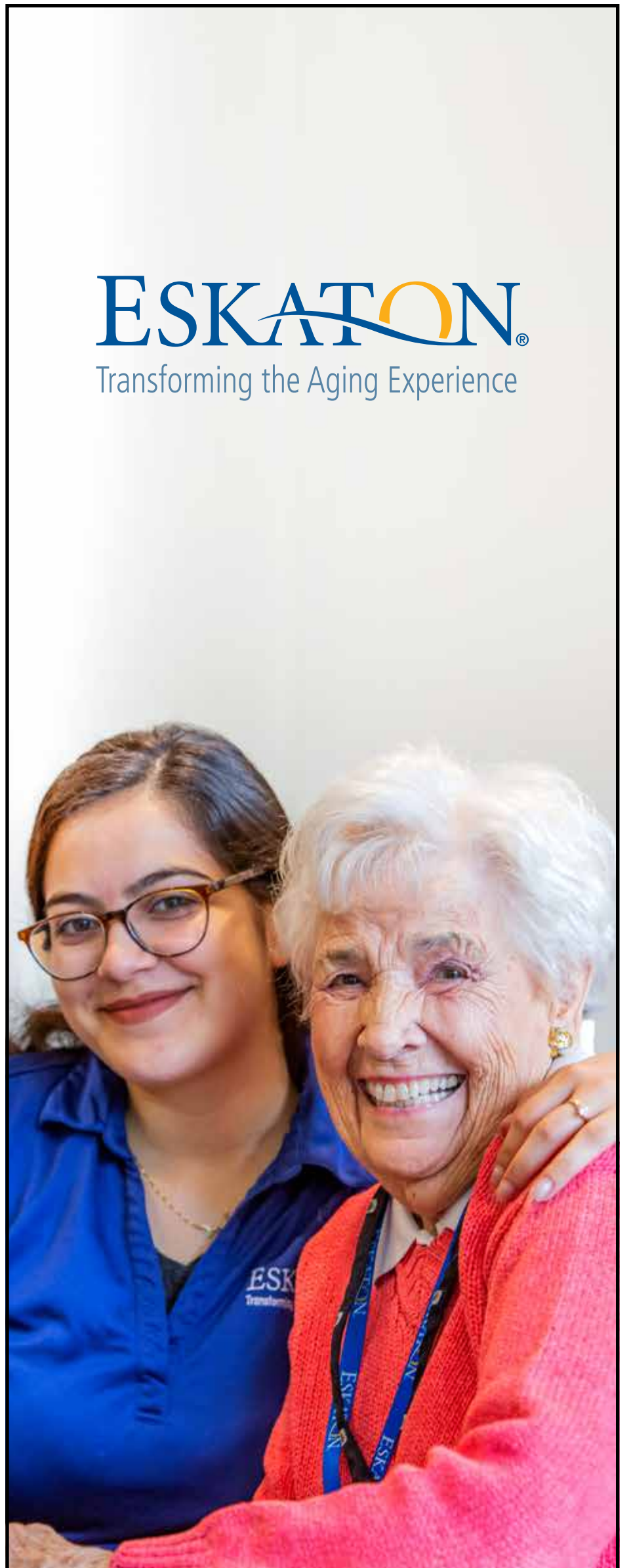
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On Wednesday, February 3rd, the team at Oakmont of Carmichael Senior Living were shocked when they noticed that they were celebrated by a group of family members. The family realized how hard the entire staff had been working since the virus started and wanted to do more than just say thanks. We are so grateful to the family members for this incredible act of kindness. Photo provided by Oakmont of Carmichael




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