



**Cooley Honors Local Homeless Assistance Resource Teams**  
PAGE 3

**Homelessness on the Rise**  
New Report Confirms Increase in Number of People Experiencing Homelessness  
PAGE 10



# Citrus Heights Messenger

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

VOLUME 7 • ISSUE 14      Serving the City of Citrus Heights and Sacramento County      JULY 21, 2017

**COMPASSION THROUGH ACTION: UNION GOSPEL MISSION AT 55**



PAGE 2

**SMUD NOW REPLACING DOZENS OF POLES, MILES OF CABLE**



PAGE 7

**ELIMINATING CITRUS HEIGHTS POLLING LOCATIONS**



PAGE 3



Scan our QR Code for a direct link to our online edition!

**GOT MORE LOCAL NEWS?**  
CALL 773-1111

**LEGAL ADS FOR SACRAMENTO COUNTY?**

**We Can Do That!**

**MPG**

To place your legal advertising, go to

**CarmichaelTimes.com**

## Checkers 'Rallying' for Arrival



Once permits and other requirements are met the Checkers build out won't take long, as the restaurant will be erected using the company's modular construction format, involving prefabricated "cubes" ready to drop in, a process Aibuedefe says can save roughly \$100,000 in construction fees and have the eatery up-and-running in as little as 4-6 weeks. Photo illustration courtesy Checkers.

**Story and photo by Jacqueline Fox**

**CITRUS HEIGHTS, CA (MPG)** - Indicative, perhaps, of the early fruits of redevelopment momentum already in play along the Auburn Road corridor, is the pending arrival of a new quick-service restaurant, Checkers, slated to possibly occupy the vacant side of the corner lot at Grand Oaks Boulevard.

Roseville resident Ben Aibuedefe said he doesn't have a construction start date yet but, barring any unforeseen setbacks, will bring the first Checkers burger restaurant to Citrus Heights, marking the first foray into the Sacramento region for the Florida-based Checkers and Rally's burger chain, which currently has roughly 800 locations nationwide.

"I believe the closest Checkers is in Fresno," said Aibuedefe, a Nigerian native who came to the country roughly 14 years ago and, for much of the last 12 years owned and operated a Union 76 gas station franchise in the Bay Area.

Aibuedefe said all told, he will have invested roughly \$1.4 million in the first of what he hopes to expand to a multi-location ownership of Checker's stores across Sacramento County.

"I have had the idea in my head to get into a quick service franchise for a long time," Aibuedefe said. "I envision this being my first store and then expanding out from there, but staying in the Sacramento area."

Aibuedefe said the restaurant will be roughly 1,000 square feet in size and, in keeping with the Checkers and Rally's model, will offer double

drive-thru and walk-up service for burgers fries and shakes, with limited outside seating.

Aibuedefe said he has initiated the assessment phase of the project with the city's engineers to ascertain what, if any improvements to the lot space must be made before permits for construction can be obtained. Once those requirements are met, however, the build out won't take long, as the restaurant will be erected using the company's modular construction format, involving prefabricated "cubes" ready to drop in, a process Aibuedefe says can save roughly \$100,000 in construction fees and have the eatery up-and-running in as little as 4-6 weeks.

"It's a very fast process, once you have the modules delivered," he said.

Aibuedefe conducted a vast search across Sacramento County for a location before settling on Citrus Heights. The location is well-suited, he says, for a burger chain, as it would share the large, corner lot with Fireside Lanes bowling alley. But the other draw, he said, was the ongoing redevelopment and expected revitalization of the retail sector along the Auburn Boulevard corridor.

"Citrus Heights has been involved in a lot of redevelopment plans in the area, and that is very important for me," said Aibuedefe. "Also, with the bowling alley nearby, this is an excellent location. There is plenty of visibility and I see my restaurant as being part of the revitalization of the area and giving locals more options."

Aibuedefe said he'd been hoping to buy

into a quick-service food franchise for several years, and certainly considered others, including some of the bigger players, such as Panera. But lower startup and construction costs, coupled with attractive franchise fees, and the company's rating as one of the top 50 franchises in the nation, he said, cinched the deal for him.

"I looked at all the bigger franchises out there and they wanted between \$45,000 and \$75,000 in franchise fees, but this one, the fees are closer to \$30,000," Aibuedefe said. "Also, they take smaller sales percentage of sales, something between 2.5 and 4 percent, compared to others who ask for between 3 and 7 percent."

Checkers Drive-In Restaurants, Inc. was formed in 1999 with the merger between Rally's Hamburgers, Inc., out of Louisville, Kentucky, and Checkers out of Mobile, Alabama. The chain offers a 1950s, pit-stop feel, complete with checkered flag facades, red and chrome accents, and double-drive-thru access.

Never mind the aesthetics, says Aibuedefe. The menu, which includes burgers, fries, frozen drinks, shakes, wings and even fish sandwiches, and prices are hard to beat.

"From the minute I walked into meet the company representatives, I knew this was the right franchise for me," says Aibuedefe. "But, in addition to that, this food is really good and so are the prices. I think locals are going to be very happy with us." ★

## Best of Citrus Heights Announces Winners

**CITRUS HEIGHTS, CA (MPG)** -This year's winners of the Best of Citrus Heights were announced at the Chamber of Commerce luncheon event held July 11th at the Community Center.

There were 39 winners chosen, with Sylvan Corners Pet Hospital garnering the Top Vote Getter award.

New interim Chamber Executive Director Cendrinne DeMattei awarded each category award winner with their plaque. Awardees also received certificates of recognition from each of the local political representatives. The event was catered by Randy Peters Catering.

Visit the Chamber of Commerce website to see the complete list of winners at [www.chchamber.com](http://www.chchamber.com). Photos of some of the winners are found on page three. All photos courtesy of Diana Miller Photography. ★

*Best of Citrus Heights 2017 continued on page 3*



The Top Vote Getter was Sylvan Corners Pet Hospital.

## Employment Trends Show Over-parenting Intruding on Workplaces

**Special Release from Pacific Staffing**

**SACRAMENTO REGION, CA (MPG)**

-The latest quarterly survey of Sacramento regional employers has discovered that 'helicopter parenting' is apparently landing at work. Polling employers regularly since 1992 it appears a new trend may be emerging in workplaces involving 'parental hovering'. HR contacts surveyed say they are hearing more often now from parents than in past years.

Contact by a parent on behalf of an applicant or employee was noted by twelve percent (12%) of service firms, two percent (2%) of manufacturers, six percent (6%) of construction companies and five percent (5%) of retail employers polled directly by phone between May 22 and June 22, 2017. Pacific Staffing learned one quarter, or twenty-five percent (25%) of all companies reported having had this experience recently when asked about it directly. This is an unwelcome new trend and seems to be growing in the workplace.

In anecdotal comments, the people who hire and manage people suggest they don't want to hear from parents in any way. Comments described personal contact by a parent as 'meddling', an 'embarrassment for parent and child', 'not appropriate' and whether positive or negative unwelcome as an 'intrusion' that raised 'privacy issues' and often resulted in an unfavorable view of that individual as an applicant, or as an employee.

One HR contact says they were surprised when a parent called to say they fired their child without taking time to really 'understand' them. The response was 'just need them to do the job, not understand them'. Another described a parent who called to say they should not rescind a job offer as a parking valet, but couldn't dispute the decision when they learned the individual was let go when they could not drive a stick shift. A fact not revealed in the interview or to the parent.

With seventy-two percent (72%) of employers in the Sacramento region hiring in the next three months, new challenges are emerging. They include finding qualified applicants, including a wide variety of IT positions, construction equipment operators and skilled trades, sales, customer service and adequate numbers of entry level people. HR contacts also report retention of current workers and growing wage pressure from the thin talent pool as issues in Q3. Nineteen percent (19%) of hiring was motivated by seasonal needs in July, August and September.

For more information, employment blogs and market surveys go to [www.pacificstaffing.com](http://www.pacificstaffing.com). ★



# Compassion Through Action: Union Gospel Mission at 55

Story and Photos  
by Jacqueline Fox

**SACRAMENTO, CA (MPG)** - For William Magana, it began with cutting. Up and down the Southern California native's body, he says, are more than 200 scars from self-mutilation that began when he was only 11, just after his mother, struggling to overcome a heroin addiction, was sent to prison outside Sacramento.

Until he was nearly 30, Magana lived between the two sides of the revolving door of foster homes, juvenile hall, mental wards, drug and alcohol addiction, arrests, prison, recovery and relapse.

"I supposed I was acting out because I wanted my mother, I wanted to be with her," says Magana, now 33. "So I started with cutting and then later it was drugs and drinking and all the things that go with that."

In 1997 Magana was given his first hit of methamphetamine and, for the next 17 years or so would work various jobs just to get enough money for more drugs. Stealing and robbing from his own employers, in one case \$8,000 from the till at a local convenience store, for which he would be convicted of a felony embezzlement charge, became routine survival tactics.

"I worked to drug and drugged to live," said Magana. "It was just an ongoing battle."

Eventually, he overdosed on his psych medication and wound up back inside one more mental institution near downtown Sacramento. But upon his release from that hospital, Magana says, something different happened, and it would set him on a course for change.

"I got out with nowhere to go and a couple of homeless guys said 'Go over to Sacramento's Union Gospel Mission. They can help you there,'" Magana recalls. "So I went. And I thank God every day for this place."

In 2015 Magana enrolled in



Pastor Tim Lane, Director of Union Gospel Mission Sacramento.

the Union Gospel's nine week drug and alcohol rehabilitation program for men, began studying the teachings of Jesus Christ and the Bible, a requirement all who wish to receive services at Union, and started to turn his life around. But, as is often the case with addiction and mental health issues, Magana began cutting again and within a few months left and got back into old patterns of self-destruction. But the seed had been planted and he returned in March of 2016.

"You can do that here if you are willing," says Magana. "They saw me come back and they took me in again."

Now, 16 months clean and sober, Magana is a graduate of Union's rehabilitation program and is working as the Mission's kitchen intern, assisting with the preparation of the meals given out to the roughly 120 men and women who walk through doors each day.

At 55, Union Gospel is on the precipice of growth and much-needed restoration. The restrooms inside the men's rehabilitation center and living

quarters at its Bannon Street facility have, through the donations of supporters, been given a makeover, complete with new floors, private stalls and granite countertops. Granite countertops and new floors, says Director Pastor Time Lane, may seem like small things, but to the men who are enrolled in the Mission's rehabilitation program, and the guests the facility serves, they represent little reminders of self-worth.

"What we want to do with the renovations is provide a space that gives our residents a sense of pride and value," said Lane, who has served in his current capacity at Union Gospel since 2005.

Union Gospel can currently house up to about 60 men in its temporary shelter, but those stays are only good for roughly seven nights, after which they must leave for a minimum of three nights before cycling back in again. This is to allow others to rotate in. They must carry a current TB card, proof of a recent, negative Tuberculosis test and inoculation and attend

bible study sessions.

Meals are served twice daily inside the main dining hall. In 2016, more than 100,000 men, women and children received a hot meal at Union.

Although the area's homeless population is rising, the numbers served at the mission remain relatively consistent, but that is because availability is limited to current capacity only. Union Gospel's Bible-based, modified 12-step drug and alcohol rehabilitation program can serve up to 24 men at a time. Its goal is to steer participants toward a life of recovery, as well as a life centered on the gospel. "They don't have to convert, but they have to give us a chance to offer them information about the teachings of the Bible and how, if they want to, they can change for the better, change for good," says Lane.

Union Gospel Mission offers free showers and access to clean clothes for men who come in from the street during specified hours during the week. In addition, weekly food boxes are donated at a rate of roughly 2,000 a year. The Mission also hands out some 12,000 hygiene kits with shampoo, deodorant, toothbrushes and other essentials that are hard to come by for many of the area's homeless, as well as job-preparation training, mailroom services, locker rentals, access to a medical clinic, free haircuts, toys for children at Christmas, and other services as the need arises.

The main dining hall is transformed into a warming center in winter and, especially with the region's latest heatwave, serves as a cooling center during the day time. Every August, Union also puts on a massive birthday party open to anyone on the streets, working or living onsite, as way to provide them with recognition of a day that, for many, often goes unnoticed.

"When you're on the streets, homeless, or estranged from family members, your birthday can come and go without anyone acknowledging that," says Eileen Trussell, Union Gospel's office manager. "So we get balloons and have a giant cake and just offer one big birthday party for anyone who wants to come. It's an important thing to have someone acknowledge your birthday."

For all its able to provide the area's homeless and needy population, Union Gospel's resources for women are limited, although statistics suggest women, including those with children in particular, represent a growing sector of the homeless population across the region and nationwide.

The Bannon Street facility does provide one critical service: It's women's drop in clothes closet, where blouses, dresses, skirts, jackets, shoes, purses and even accessories, are available, free to any one in need. There is also a small inventory of clothing and shoes for children.

Lane, who was raised by a single mother, said the clothes

closet fills a significant gap for many women and those with children, but added that there is a vital need to do much more, as more women are not just in need of clothing but also a place to sleep.

"We served just over 1,500 women and children through the clothing closet in 2016," said Lane. "But clothing is not enough. We are seeing more and more women on the streets with no place to go. Right now we don't have the facilities to house women who need a place to sleep, but we are moving in that direction."

Earlier this year, Union Gospel purchased a 9,600 square-foot building on B Street in the River District with the intention of establishing a women's rehabil-

ity and service, Magana among them.

He has re-established a relationship with two of this three children and is looking forward to once again having a place of his own where they can be a family again. As a condition of his parole, Magana promised to back the employer he stole from in exchange for a reduced sentence on his record. With the help of the \$200 a month he earns working in the kitchen, he's managed to whittle that \$8,000 down to \$3,000.

"This time, I've gone deeper into God," said Magana. "I worked hard to learn as much as I could and today I have no desire to drink, use drugs or cut myself. God has taken those impulses away from me."



William Magana, a recent graduate of Union Gospel Mission's Drug and Alcohol Rehabilitation Program, now works onsite as the kitchen intern.

itation program with beds for overnight stays. Permits are being pulled for the new enterprise, but unfortunately, says Lane, the process is moving very slowly, as officials have been reticent to allow for the opening of one more homeless services center in an area of town largely considered to be saturated with homeless services already.

"We are in the permitting process now, but it's moving very slowly," said Lane. "Unfortunately the city has some concerns, and we understand why. With the confluence of two rivers, you have all the homelessness you need. But the need is strong. We are seeing many more women out there than we used to see. I know one woman who literally grew up on the streets. Her mother was homeless. I don't know where she is today, but her daughter is out there. She's had three babies out there on the streets. The state takes them away each time and she goes right back out again."

But for every heartbreak story there is the potential for thousands of stories of success: More than 21,000 men received services through Union Gospel in 2016 and, of that number, 12 successfully enrolled in and graduated from the mission's nine-month rehabilitation program and started new lives in

While the journey has included a few bumps and detours, Magana is on a new path, one of recovery fueled, he says, by the power of prayer and the commitment to one day giving back what has so freely been given to him. Twice.

"I never knew how much happiness I could get out of helping others," Magana said. "It's filled a piece of me I think was missing." ★

**UNION GOSPEL MISSION**  
400 Bannon St.  
(916) 447-3268  
www.ugmsac.com  
Facebook.com/ugmasac

**WAYS TO HELP:**  
**Through Summer:** Union Gospel Back to School Drive  
**Items needed:** binders, paper, note pads, pencils and pens, markers  
Some of the items needed year-round: Clothing and shoes for men and women, children's clothing and shoes, toys, backpacks, travel sized hygiene products for men and women, laptop computers, vehicles. Visit: <http://www.ugmsac.com/items-needed>

Free

**FAMILY EVENT**

Free

**Hot August Bites**

**Saturday - August 12th**  
**11am - 2pm**

**RUSCH PARK - 7801 Auburn Blvd**  
Corner of Antelope Rd & Auburn Blvd

**CAR SHOW**  
Presented by:  
**Nor Cal Cruisers**

**Free Night Swim!**  
**Live Music!**  
**Vendors!**  
**Food Trucks!**  
**Beer Garden!**

For more info or to become a vendor visit [sunriseparks.com](http://sunriseparks.com) or call 725-1585.



**Not All Home Care is Alike**

**Home Care Assistance Provides the Industry's Best Caregivers!**

- Home Care Assistance is the only senior care company with a **Home Care University** to train and develop caregiver employees.
- Our **Balanced Care Method™** is a holistic program that promotes healthy diet, physical exercise, mental stimulation, socialization and a sense of purpose.
- Our **Hospital to Home Care** program is designed to ensure a smooth recovery at home after a medical incident.

**Call Your Local Office for a Free Assessment Today!**

**916-485-4663 | [www.HomeCareAssistanceCarmichael.com](http://www.HomeCareAssistanceCarmichael.com)**



# Best of Citrus Heights Announces Winners



Best of Citrus Heights 2017  
continued from Page 1

**Good Life Nutrition**  
(left) won the Best Health & Fitness category.

**Diana Miller Photography**  
(right) won the Best Retail Service Providers category.



**Stones Gambling Hall**  
(right) won the Best Recreation & Entertainment category.



**Quick Quack Car Wash**  
(left) won the Best Car Wash category.



# Coolley Honors Local Homeless Assistance Resource Teams

**SACRAMENTO, CA (MPG)** - Assemblyman Ken Cooley (D-Rancho Cordova) recently honored the Homeless Assistance Resource Teams (HART) of Citrus Heights and Rancho Cordova as the 8th Assembly District’s 2017 Nonprofit of the Year.

Each year, the California Legislature hosts the California Nonprofits Day Celebration to recognize nonprofit organizations that make significant contributions to their communities.

“I am delighted to select the HART organizations of Citrus Heights and Rancho Cordova as my nominee for this year’s Nonprofit of the Year,” said Cooley. “The collaboration that HART displays by working with government, businesses, and the faith-based community, personifies an admirable paragon of charity and service.”

HART is a volunteer-run group of businesses, congregations, and individuals that serves as a resource for those facing extreme poverty and chronic instability by connecting people in need with local services. The HART philosophy is rooted in the idea that resources must be accessible in order to be utilized, and



(from L to R) CH HART Katherine Cooley, Assemblyman Ken Cooley, Kathilynn Carpenter, Fatima Bradley-Martinez and Lt. Dave Gutierrez of Citrus Heights HART. Photo courtesy Office of Ken Cooley

the homeless populations of Sacramento County face many barriers between services. Open communication between local government, business owners, faith-based organizations, and passionate individuals fosters an atmosphere of collaboration and helps to bypass some of these major barriers to assist those in need of key services.

Citrus Heights HART is honored to be a part of this

celebration of nonprofits in California. Being among so many nonprofit heroes in our state is inspiring and a validation of the countless hours and hard work of our many volunteers,” said Kathilynn Carpenter, Chair of Citrus Heights HART.

Assemblyman Ken Cooley represents the 8th Assembly District. The awards were presented on Wednesday, June 28.

Source: Office of Ken Cooley ★



## By County Supervisor Sue Frost

Through the generosity of the *Citrus Heights Messenger*, this column serves to provide an update about matters affecting the community of Citrus Heights.

On June 6th of this year, Sacramento County voted to fundamentally change the way we vote in all of our future elections. Previously, you had the choice to either mail in an absentee ballot, or to go physically vote at one of the 58 Citrus Heights polling locations. Now, the number of Citrus Heights polling locations will be dramatically cut down to likely only 4 or 5 locations, you can physically go in and vote several days before Election Day, and everyone will be mailed an absentee ballot whether you want it or not.

I was the sole vote against this change, so I want to take the opportunity to explain why.

Firstly, I am deeply concerned that this will open the door to more voter fraud. This change is occurring at the same time automatic voter registration is

# Citrus Heights Community Update

## Eliminating Citrus Heights Polling Locations

going into effect. Consequently, thousands of ballots will be automatically mailed to people who may have moved, who may not realize or remember that they are registered to vote, or who may have no intention of voting. This would mean thousands of absentee ballots in circulation that may not reach the intended recipients or that may be discarded due to the fact that it is unexpected. These ballots become ripe targets for fraud.

Secondly, I think this will be far more difficult to implement than is expected. In Denver, a similar program led to technical glitches and long lines. They had to hire hundreds of additional workers (rather than poll volunteers), purchased hundreds of new machines, and some people had to wait in line for hours. In Arizona, news reports showed some wait times of 5 hours or more due to the technical problems. This is unacceptable in a modern democracy.

Lastly, and most importantly, my district is opposed to it. In a professional survey of Sacramento County, it was found that only 33% of people in my district were in support of this change. People who answered the survey were used to voting at their traditional polling place, are concerned about voter fraud, and are concerned about having to drive 5-10x further in order to vote. Further, my district is concerned that this burden will fall disproportionately on those who are less mobile, the poor, disabled, and the elderly.

In the end I knew that I would be the only vote against this proposal and that this change would come, but in my heart I knew that I wouldn’t be doing a good job representing Citrus Heights if I voted for something you are opposed to, and something I have so many lingering concerns about. My colleagues who voted for this change had good reasons for doing so, with the most persuasive reason being that it may reduce costs. But in my experience, everything the government does comes with a higher price tag than anticipated.

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

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



### LEGAL ADS FOR SACRAMENTO COUNTY?

**We Can Do That!**

Call to place your legal advertising **483-2299**

All Legal Ads Published by Messenger Publishing 



# Powering what you love.

We’re shining a light on how you inspire us! Together, we’ve brightened our region with volunteers, sponsorships, education and support for what you care about most. We’re YOUR electric utility and because of you, we are 70 years bright.

Celebrate with us at [smud.org/Bright](https://smud.org/Bright)



©SMUD 1034-17



### **Publisher, Paul V. Scholl**

Citrus Heights Messenger is a member of **Messenger Publishing Group**

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: [Publisher@mpg8.com](mailto:Publisher@mpg8.com). **Be sure to place in the subject field “Attention to Publisher”.** If you do not have email access, please call us at (916) 773-1111.

## Citrus Heights Messenger

*“Written by the people, for the people”*

**Serving Citrus Heights and Sacramento County Since 2006**

It is the intent of the *Citrus Heights Messenger* to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The *Citrus Heights Messenger* is not responsible for unsolicited manuscripts or materials. The entire contents of the *Citrus Heights Messenger* are copyrighted. Ownership of all advertising created and/or composed by the *Citrus Heights Messenger* is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to *Citrus Heights Messenger*, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$28 per year in Citrus Heights. *Citrus Heights Messenger* is published twice monthly. Call (916) 773-1111 for more information. (ISSN # 1948-1918).



**We are proud members of these newspaper associations.**





**Adoption**

**PREGNANT? CONSIDERING ADOPTION?** Call us first. Living expenses, housing, medical, and continued support afterwards. Choose adoptive family of your choice. Call 247. 1-877-879-4709 (Cal-SCAN)

**Announcement**

Water Damage to Your Home? Call for a quote for professional cleanup & maintain the value of your home! Set an appt today! Call 855-401-7069 (Cal-SCAN)

**KC BUYS HOUSES - FAST - CASH - Any Condition.** Family owned & Operated . Same day offer! (951) 805-8661 WWW.KCBUYSHOUSES.COM (Cal-SCAN)

**Antiques Wanted**

**CASH PAID MILITARY & COLLECTIBLE ITEMS**

Including Medals, Patch- es, Knives, Helmets, Docu- ments, Photos, Bayonets, Military & Vehicle Models, Toy Soldiers, Cowboys & Indians and other vintage collectibles. George 916.768.4694

**Buying Watches**

Will Pick-up

**Rolex, Omega, Hamilton, LeColutre**

-Private Party- All wind ups Running or not Also buy Gold Rings & Chains, Silver Dollars, Antiques (916) 607-7890 **CASH for Watches**

**Autos Wanted**

**DONATE YOUR CAR, TRUCK, OR BOAT TO HERITAGE FOR THE BLIND.** Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 800-731-5042. (Cal-SCAN)

**Got an older car, boat or RV?** Do the humane thing. Donate it to the Humane Society. Call 1- 800-743-1482 (Cal-SCAN)

**WANTED!** Old Porsche 356/911/912 for restoration by hobbyist 1948-1973 Only. Any condition, top \$ paid! PLEASE LEAVE MESSAGE (707) 965-9546 (Cal-SCAN)

**Bathroom or Kitchen Remodeling ?**

**WAIT!** Before You Spend MORE to Get LESS Call (916) 798-8388 License No. 998108 (MPG 7-28-17)

**Cable/Satellite TV**

**DISH NETWORK.** TV for Less, Not Less TV! FREE DVR. FREE Install (up to 6 rooms.) \$49.99/mo. PLUS Hi-Speed Internet - \$14.95/mo (where available.) Call 1-855-734-1673. (Cal-SCAN)

**Switch to DIRECTV.** Lock in 2-Year Price Guarantee (\$50/month) w/ AT&T Wirelss. Over 145 Channels PLUS Popular Movie Networks for Three Months, No Cost! Call 1- 800-385-9017 (Cal-SCAN)

**Classified Advertising**

**773-1111**

**Financial Services**

Social Security Disability? Up to \$2,671/mo. (Based on paid-in amount.) FREE evaluation! Call Bill Gordon & Associates. 1-800-966-1904. Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL., member TX/NM Bar. (Cal-SCAN)

**Fitness/Yoga**

**Your Fitness Genie**

Making Your Fitness Goals Come True!

16 Years of Experience

3 Sessions for \$99, new clients only

• Weight Loss • Injury Recovery • Senior Fitness • Yoga • Pilates

**Be Active, Call Today!** Jenn@YourFitnessGenie.com (916)768-8767

**Handyman**

**QUALITY LABOR & MAINTENANCE**

Yard Clean-ups, Hauling, Gutter Clean, Odd Jobs

**You Name It!** (916) 613-8359

**Health & Medical**

**Got Knee Pain? Back Pain? Shoulder Pain?** Get a pain-relieving brace -little or NO cost to you. Medicare Patients Call Health Hotline Now! 1- 800-796-5091 (Cal-SCAN)

**Stop OVERPAYING for your prescriptions!** SAVE! Call our licensed Canadian and International pharmacy, compare prices and get \$25.00 OFF your first prescription! Call 1-855-397-6808 Promo Code CDC201725. (Cal-SCAN)

**OXYGEN** - Anytime. Anywhere. No tanks to re-fill. No deliveries. Only 4.8 pounds and FAA approved for air travel! May be covered by medicare. Call for FREE info kit: 844-359-3976. (Cal-SCAN)

**Weight loss/ sleep/ mood issues.** Consultant / educator. Small reading and discussion group. See truehope.com and or youngevity.com. Call Tim B. 503-460-7149 12-31-17

**ELIMINATE CELLULITE** and inches in weeks! All natural. Odor free. Works for men or women. Free month supply on select packages. Order now! 1-844-703-9774. (Cal-SCAN)

**Home Maintenance**

**A Quality Home Maintenance**

**Gutters Cleaned**

By Gutter Dog (916) 613-8359

**Insurance/Health**

**Best Prices on Health & Dental Insurance.** We have the best rates from top companies! Call Now! 888-989-4807. (Cal-SCAN)

**Landscaping**

**CREATE YOUR PARADISE**

Winter Yard Cleanups, Complete Landscape Design/ Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls- All Types, Drainage Systems-all types, Landscape Lighting, Residential/ commercial

American Landscape Design & Installation. Est 1987 American Construction & Property Maintenance Company

WE ACCEPT VISA & MASTER CARD (916)612-0776 Lic#690968

**Lawn / Yard Care**

**JOHN WILLIAMSON LAWN & YARD.** Res/comm. Wkly services, cleanups, pruning, gutters, Riding mower prop. ok. 916-508-2158 BizLic 836256 Not serving Gold River/ Rancho

**LEGAL ADS FOR SACRAMENTO COUNTY?**

**We Can Do That!**

**Call 483-2299**

**Medical Supplies / Equipment**

Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 800-799-4811 for \$750 Off. (Cal-SCAN)

**Miscellaneous**

**SAWMILLS** from only \$4397.00- MAKE & SAVE MONEY with your own bandmill- Cut lumber any dimension. In stock ready to ship! FREE Info/DVD: www.NorwoodSawmills.com 1-800-578-1363 Ext.300N (Cal-SCAN)

**Classified Advertising**

**773-1111**

**Music Lessons**

Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. freddiebbalbert1@yahoo.com. 530-263-6926 (MPG 12-30-17)

**Pets/Animals**

**DOG RESCUE**

Gary (916) 334-2841 Please Adopt or Foster Because so many really great dogs are dying for a good home... ShelterMOU@hotmail.com

**LEGAL ADS FOR SACRAMENTO COUNTY?**

**We Can Do That!**

**Call 483-2299**

**Pets/Animals**

**Professional, Loving PET CARE**

Established Reputation Kennel Free Environment Lots of TLC

**Call Madeline (916) 723-1608**

**PLUMBING**

**French Connection**

Plumbing (916) 833-7618

*If your husband did the job, call me!*

• Emergency Plumbing • New Construction • Gasline Repipe • Sewer Inspection

40 YRS Experience **STOP** DON'T GET RIPPED OFF! Contractor Lic.#936953

**RETIREMENT LIVING**

**North Idaho Premier 55+ Active Community**

Imagine a new home with a Built-In-Network of caring friends and neighbors! www.goldenspikeestates.com (Cal-SCAN)

**Roofing**

**BERNARDINO ROOFING**

Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER! \*\*\*FREE ESTIMATES\*\*\* SENIOR DISCOUNTS Lic.#917946 35 Years Experience **916.920.0100** www.bernardinoroofting.com

**RV Sales**

**Bill Eads RVs**

Buy, Sell, Trade & Consign

“Results.....not Promises” Number 1 Consignment Lot in Northern California

**We Pay Top \$\$ for clean RVs!**

**Great, Secure I-80 Freeway Location.**

Lic & Bonded - 29 Years Exp! Check out **BillEadsRV.com** 4409 Granite Dr. Rocklin, CA **Office 916-624-7600 Bill 916-878-0273**

**Senior Living**

**A PLACE FOR MOM.** The nation's largest senior living referral service. Contact our trusted,local experts today! Our service is FREE/no obligation. CALL 1-800-550-4822. (Cal-SCAN)

**Tax Services**

Do you owe over \$10,000 to the IRS or State in back taxes? Our firm works to reduce the tax bill or zero it out completely FAST. Call now 855-993-5796 (Cal-SCAN)

**Tree Service**

**BP TREE SERVICES**

TREE & STUMP REMOVAL TREE TRIMMING/ SHAPING FREE ESTIMATE 10% OFF WITH THIS AD Insured. Workman's comp. Arborist **916-722-6321** bptreeservices.com VISA / MASTER CARD California Contractors Lic #831766

**Wanted**

**Ballet instructor needed** for private lessons in Orangevale. Call 901 672-2026

**\$CASH\$ PAID INSTANTLY** for Pre-1975 Comic Books, Vintage: Star Wars; Transformers/ GI Joe Action Figures/ Video Games-Systems; MagictheGathering/Pokémon Cards - CALL WILL: 1-800-242-6130, buying@getcash-forcomics.com (Cal-SCAN)

**Work Wanted**

I do pruning, weeding and planting, interior painting, garage and house cleaning. And de-cluttering and organizing. I transport to medical, other appointments, shopping etc. and errands. No job too small. Health and Security background. References. College grad. **Tim, 503-460-7149.** (MPG 12-31-17)

**LEGAL ADS FOR SACRAMENTO COUNTY?**

**We Can Do That!**

**Call 483-2299**

**AIRLINE CAREERS START HERE**

Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance **877-205-4138**

**NOTICE TO READERS**

California law requires that contractors taking jobs that total \$500 or more (labor and/ or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board. **DISCLAIMER** Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

**Crossword Puzzle on Page 5**

A	G	I	S	M		G	O	A			T	A	L	C
L	A	T	T	E		H	U	B			C	A	P	E
A	L	L	E	N		E	R	A			O	M	E	G
R	A	L	P	H	I	E		C	A	M	E	R	O	N
			S	I	N			N	I	C	E			
I	M	P		R	A	J	A			E	T	C	H	E
N	E	A	R			N	E	T	S		S	A	U	N
I	L	I	A			E	D	U	C	E		D	R	U
G	O	N	N	A		I	R	A	Q		S	O	R	B
O	N	E	I	D	A		A	G	U	E		N	E	O
						S	I	L	L		A	N	A	
S	P	I	C	O	L	I		P	L	A	T	O	O	N
A	R	D	O	R			B	A	H		M	A	N	G
C	E	L	E	B			E	G	O		E	X	U	R
S	P	E	D				L	A	N		L	Y	S	E

**Help Wanted / Drivers**

**Drivers: Local! \$2,000.00 Sign-On Bonus!**

Sacramento Flatbed & DryVan Openings. Great Pay, Benefits! CDL-A, 1yr Exp. Req. Estenson Logistics Apply www.goelc.com 1-855-298-4052

**Product Manager**

Project Manager Job No.: 17PM01 Efilicates Inc. is looking for candidates with 5+ years of experience. Degree in business management required. Bilingual English/ Chinese. Please send your resume to S.Kaye@efilliate.com.

**Sudoku Puzzle on Page 5**

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

**ROUNDUP WEEDKILLER ALERT**

If you or a loved one were frequently exposed to Roundup weed killer for more than a year and developed **Non-Hodgkin Lymphoma** you may have a claim for money damages. *If you or a loved one were diagnosed with Non-Hodgkin Lymphoma*

**CALL TODAY**

You May Be Entitled to **MONEY DAMAGES CALL 1-800-769-2889**

**CANCER ALERT**

www.weedkillerclaims.com

If You or a Loved One Were Diagnosed With **CANCER** After Regular Roundup Weed Killer Exposure **CALL**

**MONEY DAMAGES CALL 1-800-769-2889**

Goza & Honnold, LLC Law Firm. This is a legal ad. The choice of a lawyer is an important decision and should not be based solely upon advertisements.

**Land For Sale**

**NORTHERN AZ WILDERNESS RANCH - \$197 MONTH** - Quiet secluded 37 acre off grid ranch set amid scenic mountains and valleys at clear 6,200'. Near historic pioneer town & large fishing lake. No urban noise & dark sky nights amid pure air & AZ's best year-round climate. Evergreen trees /meadowland blend with sweeping views across uninhabited wilderness mountains and valleys. Self-sufficiency quality garden loam soil, abundant groundwater & maintained road access. Camping & RV's ok. No homeowner's Assoc. or deed restrictions. \$22,900, \$2,290 dn. Free brochure with additional property descriptions, photos/ terrain map/ weather chart/area info: 1st United Realty 800.966.6690. (Cal-SCAN)

# CALL A PROFESSIONAL Business & Service Directory

**LANDSCAPE SERVICES**

**SLS Superior Landscape Services**

Landscaping and Maintenance

• Sprinkler Repair/Install • Pruning • Mowing/Trimming • Fertilizing

Insured Lic#794551

**(916) 728-5812 • Cell (916) 761-0999**

**Dave Cochran Owner • dave\_SLS@surewest.net**

**WATCH REPAIR**

**Watch Batteries Installed for \$5.00**

Some models cost more

**Frank's Jewelry Shop**

7319 Fair Oaks Blvd. Carmichael, CA 95608 916-481-0176

**LET'S FACE IT!**

Some jobs are just too big to do-it-yourself! Whatever it is that you need done, **Call A Professional!** Check out the advertisers on this page. They are waiting to hear from you!

**COMMERCIAL JANITORIAL SERVICES**

**FRANCHISE OPPORTUNITIES AVAILABLE**

**Anago** OF SACRAMENTO *Commercial Janitorial Service*

The Superior Choice for Commercial Cleaning

Call to schedule your **FREE Quote**

**916.782.3300 • www.ANAGOSAC.COM**

**Painting Services**

**QUALITY A PAINT SERVICE**

24 Years Experience ♦ Testimonials Available ♦ Bonded & Insured

**Prefer Small Jobs**

Interior, Also, wood Fence & Pressure washing

**All Seniors get 20% off**

**916-967-0763** State Lic. 646386

IF YOU'RE READING THIS SO ARE YOUR CUSTOMERS

**Advertise Your Business Here**

**CALL 773-1111**

**COLLISION REPAIR**

**Ken Grigg**

**Just want it fixed right?** Bring your claim number & Keys

**916.437.0128**

Ken Grigg @ Caliber Collision

**DRUG AND ALCOHOL REHABILITATION**

**CLEAN & SOBER** LIVING CSTL, Inc.

HELPING PEOPLE AND THE COMMUNITY WITH THE ALCOHOL AND DRUG PROBLEM! 18 YEARS IN BUSINESS!

DETOX (916) 965-3386 SOBER LIVING (916) 961-2691

**Specialties Plus**

• Machine Repairs (all makes and models)

• Toner Cartridge Refills (using Cartridge World? Take 10% off their price & try mine)

• Free Cleaning (with our cartridge)

• Service Contracts (monthly or yearly)

• Lease or Rent

• High Volume Copying (save wear & tear on your machine)

• We are Local

Specializing in Digital Printers, Copiers, Fax & Multifunction Machines

E-mail: **specpluscopiers@gmail.com** (916) 723-8430



# Hepatitis C Rates in Young Adults Increasing in California

**SACRAMENTO REGION, CA (MPG)** - New data released by the California Department of Public Health (CDPH) show an increase in newly reported hepatitis C cases among young adults in the state. Between 2007 and 2015, newly reported hepatitis C infections increased 55 percent among men 20-29 years of age and 37 percent among women in the same age group.

These data are consistent with increases in hepatitis C across the country and highlight the importance of hepatitis C testing, treatment, and prevention. Injection drug use among young adults increases their risk of both hepatitis C transmission and infection. Prevention strategies, including access to sterile syringes and safe injection equipment and treatment for opioid use disorders, can reduce the rate of new hepatitis C infections among young people who inject drugs by 60 percent.

“As a physician, I have seen firsthand the deadly effects of hepatitis C,” said CDPH Director and State Public Health Officer Dr. Karen Smith. “Patients with advanced liver disease may not know they are infected until it’s too late,” said Dr. Smith. “However, this is

preventable. New treatments can cure hepatitis C in as little as two months. I urge people to speak with their doctors about getting tested.”

An estimated 400,000 Californians live with chronic hepatitis C, but many do not know they are infected. Hepatitis C-related deaths now outnumber those due to HIV.

The U.S. Food and Drug Administration (FDA) recently approved the use of new treatment for adolescents 12 years and older, raising hopes for teenagers infected with hepatitis C. Although young Californians (ages 20-29) make up an increasing number of newly reported infections, baby boomers account for about one out of two newly reported chronic hepatitis C cases.

“Two groups are top priority for hepatitis C testing – young people who inject drugs and baby boomers,” said Dr. Smith. “Drug users may be at high risk for transmitting hepatitis C to others if they are not being treated, and baby boomers may be at risk for developing serious liver disease, even if they have no symptoms.”

CDPH urges all Californians who have ever injected drugs,

even once, and all people born between 1945 and 1965 to talk to their doctors about getting tested for hepatitis C. Patients who test positive should receive care from an experienced provider.

The Department is working to address hepatitis C on multiple fronts, including monitoring hepatitis C trends, producing data reports, educating health care providers on hepatitis C screening and treatment guidelines, and supporting hepatitis C testing and access to care in settings where at-risk people are served. CDPH also supports coordinated HIV and hepatitis C testing in non-traditional settings, such as mobile health vans. In 2016, about 7,200 people received hepatitis C testing through these programs.

The California Legislature allocated \$2.2 million in July 2015 for three-year pilot projects to help ensure people with hepatitis C are aware of their infections and linked to care.

For more information about viral hepatitis prevention in California, visit the CDPH Office of Viral Hepatitis Prevention webpage at [www.cdph.ca.gov](http://www.cdph.ca.gov)

Source: CDPH ★

# Another Gas Tax Imposed on Californians

By Senator Jim Nielsen,

**SACRAMENTO, CA (MPG)** - Following the presentations of Assembly Bill 398 (Eduardo Garcia) and Assembly Bill 617 (Cristina Garcia), two measures that push for the expansion of the cap-and-trade program and raise more taxes on all Californians, Democrat members of the Senate Appropriations Committee passed both measures along

party lines. These two onerous measures are estimated to increase gas taxes by a minimum of \$0.63\* per gallon, on top of the recently passed \$0.19 per gallon gas and car tax increase. Vice Chair of the Senate Budget Committee, Senator Jim Nielsen (R-Tehama), issued the following statement:

“Californians were hit with a \$52 billion gas and car tax increase in April.

“Today, we are hit again with another gas tax. We will soon have to pay another \$0.63\* per gallon to fuel our cars - a total increase of \$0.82 per gallon based on estimates from the independent Legislative Analyst.

“This ‘cap-and-trade deal’ is for the elites, not everyday Californians, to pay for their pet projects. This is a crushing blow to California residents. When will it ever be enough for Sacramento politicians?” ★

# Runner, BOE, Responds to Fire Fee Suspension

**SACRAMENTO, CA (MPG)** - George Runner issued the following statement in response to the Legislature's approval of AB 398, which suspends the so-called “Fire Prevention Fee” until 2031.

“For six years, ruling Democrats have extorted money in the form of a fire tax from hundreds of thousands of rural

Californians, including many seniors on fixed incomes.

“After blocking repeal efforts for years, state leaders finally acted today to suspend this unjust tax, but only because they needed to win votes for a costly climate change measure.

“In other words, they did the right thing for the wrong reasons.

“This seeming victory for California taxpayers is bitter-sweet. A suspension falls short of a full repeal, and it fails to provide refunds to homeowners who were forced to pay this illegal tax.

“It's never too late to do the right thing: Give us our money back!” ★

# Citrus Tree Insect Found Near Citrus Heights

**CITRUS HEIGHTS, CA (MPG)** - According to the California Department of Food and Agriculture (CDFA), an invasive insect known as the Asian Citrus Psyllid has been found in Roseville. Asian Citrus Psyllid, or ACP is a serious pest of citrus because it vectors a bacteria that is 100% fatal to citrus trees. Citrus Heights trees may be affected.

As a result of this detection, CDFA is placing a significant portion of the City of Roseville, as well as portions of Rocklin, Lincoln, North Highlands, Citrus Heights, and unincorporated



an invasive insect known as the Asian Citrus Psyllid has been found in Roseville.

Placer County under quarantine. This quarantine will mean that residents and businesses

(primarily plant nurseries) will be prohibited from moving or selling citrus plant material including stems and leaves from within the quarantine boundaries.

For more information about citrus pest and disease prevention and to learn what to expect if state agriculture officials ask to access your property to inspect your citrus tree, visit <http://www.californiacitrusthreat.org/> or call the CDFA Pest Hotline at 800-491-1899.

Source: CA Dept of Food & Agriculture ★

# Berryhill Votes to Protect Rural California, Small Businesses and Farmers

**SACRAMENTO REGION, CA (MPG)** - Senator Tom Berryhill, R-Twain Harte, issued the following statement Monday in support for AB-398, a bill to extend the state's cap-and-trade program for a decade while reducing taxes, fees and regulations by more than \$16 billion dollars.

“This legislation is the unfortunate result of years of aggressive climate-change policies forced on us by the coastal elites who run Sacramento. But instead of

sitting on the sideline and watching everything go off a cliff, I was able to ensure farmers, small-business owners and rural Californians were well-represented and protected in the negotiation.

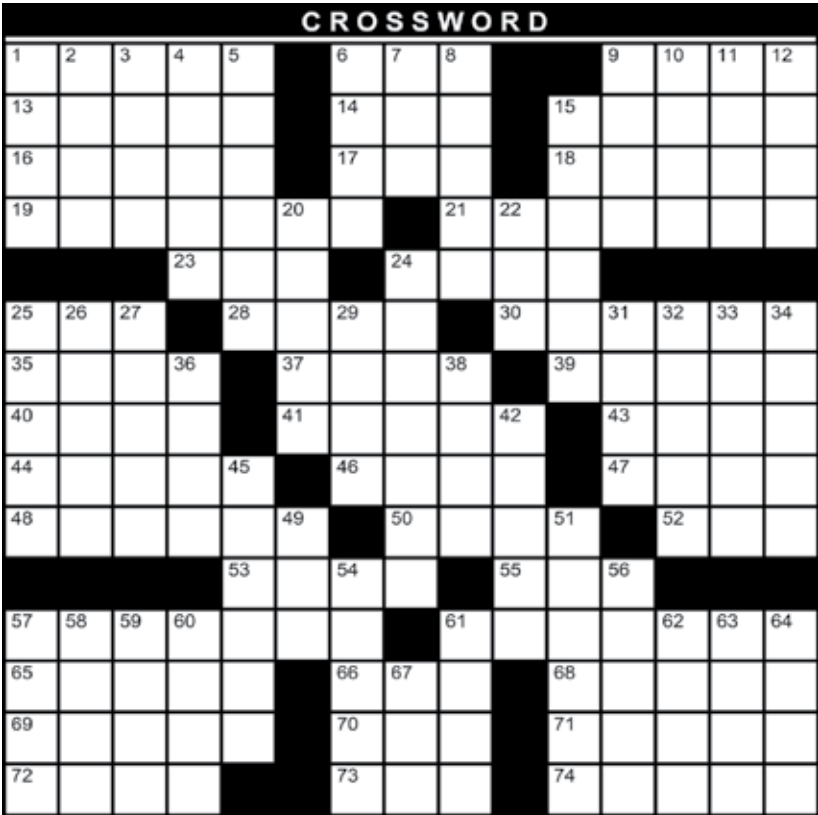
“Cap and trade fills a void created by onerous policies, a void that would otherwise be filled by regulations written by out-of-touch, unaccountable bureaucrats - the exact people I came to Sacramento to rein in.

“As an added bonus, this bill

suspends the illegal fire tax and keeps Sacramento Democrats from increasing taxes on gas by substantially more than one dollar per gallon. Again, this bill is not perfect, but it is more reasonable after a bipartisan negotiation. I am very pleased to have given farmers, small-business owners and rural Californians a voice in the negotiation of a measure that would have been passed one way or another.” ★

## STATEPOINT CROSSWORD • 1980S MOVIES

- CLUES**
- ACROSS**
- Discrimination against AARP members?
  - India's smallest state
  - Bath powder
  - Espresso plus steamed milk
  - Center of activity
  - Pickled garnish
  - \*\*Hannah and Her Sisters\* director
  - Distinctive period
  - Opposite of alpha
  - \*\*A Christmas Story\* protagonist
  - \*Ferris Bueller's best friend
  - Confession subject
  - French Riviera city
  - Mischief-maker
  - King of India
  - Old master print maker
  - Getting warm
  - Knicks' competitor
  - Finnish steam bath
  - Hipbones
  - Derive
  - Membranophone
  - Fixin' to
  - Saudi Arabia's neighbor
  - Acid gritty-textured fruit
  - Iroquois tribe
  - Chills and fever
  - Prefix for "new"
  - Place for a house plant
  - Registered nurses' org.
  - \*Sean Penn in "Fast Times at Ridgemont High"
  - \*Oliver Stone's Oscar winner
  - Fire in one's soul
  - "\_\_\_\_, humbug!"
  - Canine skin infection
  - Famous person
  - Freudian topic
  - Beyond suburb
  - Hightailed it
  - Computer network acronym
  - Destruction of cells, pl.





**Our Best Deal Ever!**



**\$39.99**  
MO



**\$14.95**  
MO

Free Installation!

Call Today, Save 30%! **1-800-318-5121**

for more information

- DOWN**
- Resembling wings
  - Apple variety
  - It shall, for short
  - 12 \_\_\_\_ of AA
  - Stonehenge stone
  - Clarified butter
  - "Days of \_\_\_\_ Lives"
  - Olden day calculators
  - What to do with a shrew?
  - Copycat
  - Kids' building block
  - "Ocean Spray" \_\_\_\_-Apple juice
  - Celestial body with a tail, pl.
  - Absurd
  - Card with one pip
  - \*Robert Redford's "The \_\_\_\_"
  - \*Montoya's first name
  - Honeydew, e.g.
  - Founding Father Thomas
  - \*Returned in 1983
  - Not gentlemen
  - Second-largest Great Lake
  - Accustom
  - \*Main character in "First Blood"
  - #28 Across' daughter
  - Heroin, slang

- Artificial sweetener brand
- Not absorb, nor repel
- Have a cold, e.g.
- Canine's coat
- Denigrating statement
- Muscle control problem
- Puch-shaped structures in animals or plants.
- \*Like "Dead Poets Society" school, e.g.
- Opposite of busy
- College girl
- Sound unit
- Cross to bear
- Mythological hominid
- Snouts or beaks
- \_\_\_\_ Khan

**SUDOKU**

**GOT KNEE PAIN?**

Get a Pain-Relieving Knee Brace  
At Little or No Cost to You  
You May Qualify for Free Shipping  
We Do All The Paperwork  
Shoulder Braces, Ankle Braces,  
Back Braces Also Available

Medicare Patients  
Call Us Right Now  
**1-800-984-0360**

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

© StatePoint Media

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

**For Solutions See Page 4**

**Divine Savior Catholic Church**  
**9079 Greenback Lane , Orangevale**

• 24th Annual •

# RUMMAGE SALE



**August 3rd - August 5th**

**Thursday, Aug 3rd: 8 a.m. - 8 p.m.**

**Friday, Aug 4th: 8 a.m. - 6 p.m.**

**Saturday, Aug 5th: 8 a.m. - Noon**

Shop in a 17,000 square foot air conditioned space and 1/2 acre parking lot: find gently used shoes and clothing for the entire family, golf clubs, balls , bags, antiques and collectibles, fashion accessories, housewares, kitchen gadgets, home decor items, furniture, small appliances, lamps, electronic merchandise, toys, books, DVD's, sporting goods, camping equipments, tools, framed art, holiday decorations and much more!

**BIG STUFF, Little stuff**  
**we have LOTS of stuff!**

**All Sales Final.. Accepting cash, debit, Visa and MasterCard. Proceeds help support Parish and Community Programs**

Indoor and Outdoor  
(Don't worry about the heat, we have AC! )



# BAUER

## car wash

**Monday - Saturday 8:30-5 • Sun 9-4**

We accept all competitors' coupons!  
Locally owned & operated.  
Professional auto detailing.  
No extra charge for trucks, vans or SUV's that accomodate our automatic car wash!



**5927 San Juan Ave. Between Madison & Greenback**  
**Citrus Heights • 916.967.3083**

**coupon**

# \$2.00 OFF

**Any Car Wash**

**BAUER CAR WASH**  
**Citrus Heights • 916.967.3083**

Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp. 08/31/17





By Marlys Johnsen Norris,  
Christian Author

Every unfortunate experience we have in our lives teaches us specific lessons we need to learn. They are given to teach us how far we have come in experiencing a sincere and genuine walk with God. It awakens our inner-spirit to find areas in our lives where we need more discipline and control and where we do not exemplify the love of God or a Christ-like Spirit. When we fail to be aware we need some more pruning away of our sinful fleshly natures. We have been very lax to examine ourselves as the Scripture commands.

Psalms 26:2 & 3 “Examine me, O Lord and prove me; try my reins and my heart. For thy loving

**You Can!!**  
*kindness is before me, yes; and I have walked in thy truth.” II Cor 13:5 “Examine yourselves, whether you be in the faith, prove your own selves. Know you not your own selves, how that Jesus Christ is in you, except ye be reprobates”.*

When we honor these words and take them seriously we will follow in obedience and be blessed with the favor of God. And I Cor. 1:28 “But let a man examine himself and so let him eat of that bread and drink of that cup” (Speaking of taking the communion cup). We are not to take communion in vain and dishonor God but be reconciled to all men/women. “Leave there thy gift before the altar, and go thy way: first be reconciled to thy brother/sister, and then come and offer thy gift”. (Matthew 5:24) Yes, you can!

Regardless of what befalls your life YOU CAN rise above every adversity and get through it! YOU CAN, because God is always in and with you whenever do what is right in His eyes. He will show you the way and will take you through it. Understand, there is nothing that touches a life of an obedient believer that has not first passed through His personal love for you. He allowed it to touch your life, not always to hurt, but to “teach” a

valuable lesson and cause a sincere evaluation of actions to possibly also help others through you along the way!

Attacks and angry unkind words require apologies and forgiveness. YOU CAN do both because your personal relationship with the God of the Bible instructs you to do it.

Forgiveness *requires an apology of seventy times seven (70x7) (Matthew 28:22).*

**YOU CAN AND WILL DO IT.... BECAUSE YOUR RELATIONSHIP WITH GOD IS SUPREMELY IMPORTANT TO YOU.** To please Him in every area of your life is ultimate. Our actions and reactions either honor or dishonor Him before others. Therefore, “Let no corrupt communication proceed out of your mouth, but that which is good to use of edifying, that it may minister grace unto the hearers”. (Ephesians 4:29). When we do this, we have learned from the Holy Word valuable lessons that do honor God and bring Him the Glory He alone deserves. Praise be to God!!

Marlys Johnsen Norris  
Christian Author of 6 Books  
**God Moves Mountains, It Was A Miracle!**  
Marlysjn@gmail.com ★



By Pastor Ray Dare

King Solomon wrote about it. The Rolling Stones sang about it. People everywhere are seeking it, but “Can’t get no satisfaction!” What’s the secret to happiness? That question was asked to thousands of Americans in a national poll, “What would it take to make you happy?” Their answer was, money, sex, things, friendships, being in love, getting married, having kids, finding a better job, retiring, graduating, success, power, recognition.

Now is there anything wrong with any of those things? No. The problem is they don’t ultimately satisfy you. We all know people that have those things...possessions, power, pleasure, prestige, popularity, but are they ultimately satisfied? No.

By popular opinion, happiness is based on having the right circumstances. It’s what I call “when & then thinking”. When I make more money... When I get out of

## Pastor Ray's Encouraging Words

### Finding Happiness

debt... When I get the new job, or new house, or new car... When I get married, when I get unmarried! When I have kids...when my kids leave home! This is when and then thinking - circumstantial happiness. It’s no wonder there are so many stress-out, over-worked and dissatisfied people in society. God says, “You’re looking for happiness in all the wrong places!”

In the Bible God says, “Why spend your money on something that is not real food? Why work for something that doesn’t really satisfy you? Listen closely to me, and you will eat what is good; your soul will enjoy the rich food that satisfies.” Isa. 55:2 The first step is to realize what you’re really hungry for. Most people really don’t understand what’s missing. The Bible says that we were created spiritual beings. God made you to love you and for you love Him back and nothing will ever take the place of that, nothing.

When you were born God created you with a physical appetite to keep you alive. If you didn’t have an appetite you would just waste away, because you’d never know your need for food. Also when you were born, God also gave you a spiritual appetite. He’s given you a spiritual appetite so you would

get to know Him. And nothing else will truly satisfy that hunger. No situation, no person, no circumstance, no event. Nothing else will satisfy that spiritual hunger. Money can’t, fame can’t, prestige can’t, possessions can’t, power can’t, drugs or alcohol can’t. None of those things will ultimately satisfy you. They can’t! What’s missing is spiritual.

You will never be happy in life living for yourself. You can’t, because you were made by God and for a relationship with God and until you understand that life isn’t going to make sense to you. Get to know God if you do not know him. Get to know Him better by going to church, prayer and reading the Bible. Only a relationship with God through Jesus Christ can ultimately fill that void, because that’s why you were created in the first place. That’s why Jesus said, “I am the bread of life. No one who comes to me will ever be hungry again.” Jn. 6:35a (NLT)

I’m NOT talking about religion. God could care less about your religion. He wants a relationship with you.

Pastor Ray  
New Beginnings Church  
**10am Sundays, You’re invited!**  
www.NBC4U.org ★

## Get Inspired at Antelope Gardens

by SSWD staff

### SACRAMENTO REGION, CA (MPG)

- Thinking about redoing your yard? Looking for ideas for a more efficient sprinkler system?

Take a tour of Sacramento Suburban Water District’s (SSWD’s) Antelope Gardens or their other new demonstration gardens: the Garden on Eden and the Gardens at Howe Park to find some inspiration.

Discover how to create a rain garden that will replenish groundwater instead of sending it into streets, learn how to make an edible oasis that can provide herbs and fruits for your table or design a habitat for butterflies,

birds and bees. And best of all, they’re all free.

SSWD’s demonstration gardens contain hundreds of species of plants, California native and low-water non-native, the latest in water-efficient sprinkler systems and a variety of landscape designs. The demonstration gardens all feature informational signage that identifies the plants, irrigation and layouts used so that visitors can learn how to create their own water-wise oasis.

Plan your visit today!  
Locations and hours:  
American River Parkway Foundation Volunteer Center: 5700 Arden Way, Carmichael, CA 95608. Open Monday

through Sunday from 8:30 am to 4:00 pm

Antelope Gardens: 7800 Antelope North Road. Antelope, CA 95843 Open until the end of October, Monday- Friday from 9:00 am to 3:00 pm and the second Saturday of each month from 9:00 am to 3:00 pm.

Garden on Eden: 4900 Eden Court, Carmichael, California 95608. Open Monday through Friday from 8:00 a.m. to 4:30 p.m.

Gardens at Howe Park: 2201 Cottage Avenue, Sacramento, CA 95825. Open Monday – Sunday from 8:00 a.m. to 5:00 p.m. ★



# Senior Produce Market

Episcopal Senior Communities  
**Saint Francis Church Center Parish Hall**  
11430 Fair Oaks Blvd. Fair Oaks, CA 95628  
**Every Tuesday 10 - 11am**  
*Outstanding quality produce at low wholesale prices!!*  
**CASH ONLY**

For more information - [saintfrancisfair Oaks.org/senior-produce-market](http://saintfrancisfair Oaks.org/senior-produce-market)



## Saint Francis Episcopal Church

welcomes you

**SUNDAYS AT 9 AM, WORSHIP WITH MUSIC**  
**MONDAYS AT 10 AM, HEART AND SOUL**  
**TUESDAYS AT 10 AM SENIOR PRODUCE MARKET**

11430 Fair Oaks Blvd. Fair Oaks, CA 95628 | [www.saintfrancisfair Oaks.org](http://www.saintfrancisfair Oaks.org)



# Union Gospel Mission Sacramento

**WE ACCEPT DONATIONS!**  
7 Days a week  
8am - 8pm

**(916) 447-3268**

**400 Bannon Street • Sacramento, CA 95811**

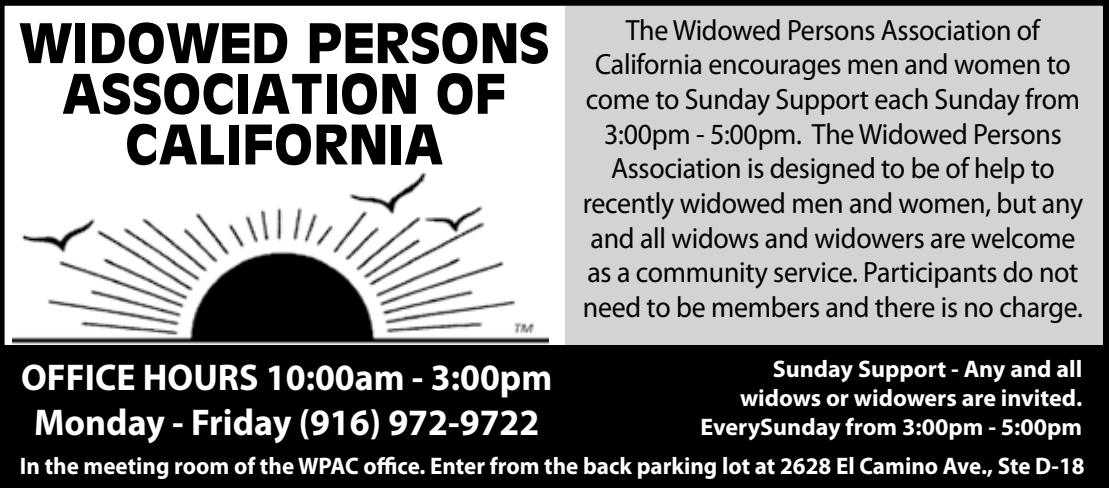
Listen to “Voices from the Streets” on KFIA 710 AM, Sun at 2 pm, Mon at 3 pm  
For Mission Updates, go to [UGMSAC.COM](http://UGMSAC.COM) and [Facebook.com/ugmsac](https://Facebook.com/ugmsac)



## YOU’RE INVITED!

Sundays 10:00a.m.  
A Purpose Driven Church  
“We do Church Differently”

**www.nbc4u.org | (916) 992-1997**



## WIDOWED PERSONS ASSOCIATION OF CALIFORNIA

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

**OFFICE HOURS 10:00am - 3:00pm**  
**Monday - Friday (916) 972-9722**  
In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Ave., Ste D-18

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



## Grace Baptist Church

Come and Experience God's Amazing Grace

**Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung.**

**Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible**

**Service Schedules**  
Sunday Schools (All Ages) 9:45am  
Sunday Worship 11:00 am  
Sunday Evening 6:00pm  
Wednesday Evening 7:00pm

**6724 Palm Avenue, Fair Oaks, CA 95628**  
(Located one block South of Madison; just East of Dewey)  
**Pastor Charles Carter (916) 967-3915**

*Call for more information*



## Fair Oaks EcoHousing

A Family-Friendly Green Neighborhood

- Safe and Supportive Community for People of All Ages
- Close to Fair Oaks Village
- Large Clubhouse and Gardens
- 30 Townhomes and Flats

Join us for a monthly site tour

For more information, visit **FairOaksEcoHousing.org**



# SMUD Now Replacing Dozens of Poles, Miles of Cable

**SACRAMENTO REGION, CA (MPG)**  
- If you're a SMUD customer, there's a good chance you'll see SMUD workers out this summer along area streets and highways working to improve the SMUD electrical system. Reliability is a core value of community-owned SMUD, so a lot of the work is preventative, concentrating on replacing older power poles and installing and replacing miles of underground cable. Safety is ingrained in SMUD's culture. Doing the work now precludes needing to do it later such as during the winter storm season.

SMUD's electrical grid serves about a million and a half people. The system is about 40 percent overhead (wires and transformers and other equipment on poles) and about 60 percent underground (buried cable and other equipment, and pad-mounted transformers). SMUD plans to replace approximately a thousand poles over the rest of the calendar year and some 3,000 poles over the next several years.

Most of the electrical grid is redundant, which means most of the customers affected by an outage can be rerouted to other power lines and circuits while the underground cable or damaged pole, transformer, or other electrical equipment is fixed or replaced. Most outages last less than an hour as a result. There are, however, some people who will experience longer outages because there are no redundant power lines in their area, or the damaged equipment affects them directly.

While underground electrical equipment provides for better aesthetics, it can also present significant challenges for all utilities, including SMUD. By its nature, any problem with equipment installed underground is going to be more difficult to initially locate, sometimes taking an hour or two. Repairing it can take several hours depending on



**SMUD line crews replaced power poles on Hazel Avenue overnight June 28/29. The poles support 69,000-volt power lines that are the backbone of the SMUD system that delivers electricity to homes and businesses. The work is part of SMUD's efforts to enhance the SMUD grid's reliability.**

the problem and the location. The longer restoration time is a trade-off for having underground service, compared to overhead service.

The underground power cables that were manufactured decades ago tend to have higher failure rates. SMUD is replacing that cable with much better cable that has benefited from more rigorous testing and better manufacturing techniques. They are replacing the older cable at a rate of about 400,000 feet—or more than 75 miles of new cable—which would be roughly the distance from Folsom to Lake Tahoe, per year over the next several years.

Meanwhile, the SMUD smart grid has become more robust every year since smart meters

were installed at the beginning of the decade. The smart grid now enables more expedient identification of outages, which results in quicker restoration times. Sometimes power can be restored remotely or even automatically without having to dispatch a troubleshooter and a truck.

No one likes being without power, even for a short period of time. If your power is out, please contact SMUD and report it at the SMUD.org Outage Portal page, or by calling 1-888-456-SMUD. SMUD has optimized its outage map and outage reporting options for mobile phones as well. For more information visit SMUD.org.

Source: SMUD Media ★



## Happy Days

I don't know anyone that doesn't remember the iconic TV series "Happy Days." It's still in reruns and probably will be for decades. Of course, it revolved around the lives of three good friends... Richie Cunningham, Ralph Malph, and Potsie Weber. Well, I got to have a great time talking with Potsie... in real life, **Anson Williams**. But what I learned about this special person was far more interesting than his character on "Happy Days." Did you know Anson's birth name was Anson William Heimlich? And yes, he is related to Dr. Henry Heimlich of the Heimlich maneuver to treat choking victims. They are actually cousins, but Anson always called him uncle. But Anson had a special message he wanted to share with me on POPPOFF. Have you ever thought about Drowsy

# POPPOFF!

with Mary Jane Popp

Driving? You have to admit that you and everyone you know has had one of those moments in their driving life. And Anson was no exception.

Here are some stats that will really get you thinking. It is a silent epidemic with some 100,000 police-reported crashes each year according to the National Highway Traffic Safety Administration as a result of driver fatigue. Here are the gruesome facts. These crashes result in at least 1,550 deaths, 71,000 injuries, and \$12.5 billion in monetary losses. Approximately eleven million drivers admit they have had a crash or near crash because they dozed off or were too tired to drive.

Anson shared his own story. "I was having considerable trouble staying awake while driving home after long 15 hour workdays. My uncle, Dr. Heimlich recommended keeping a lemon or a hot pepper in the car, and whenever I started to feel drowsy simply bite into it. He explained how capsaicin from natural citric acid or pepper are the two ingredients that stimulate the tongue's sensory neurons, immediately alerting the brain to wake up. Your

own adrenaline naturally kicks into a reflex action. I chose the lemon and it instantly worked, making me naturally alert and awake at the wheel without having any unnecessary stimulants or bad ingredients in my system. Actually, nothing even entered my system again. My immediate alertness was caused by a natural reflex action that stimulated adrenalin." From then on Anson always kept lemons in his car. But he wanted to make it even more simple, and so he worked with Dr. Heimlich to come up with a tiny mouth spray with the natural ingredients mentioned above. And he did it. You can check it out at [www.alertdrops.com](http://www.alertdrops.com).

This "Happy Days" star has dedicated his life to others as did his uncle Dr. Henry Heimlich. This project is closer to his heart than any other endeavor, but he has so much more that he shared with me from his battle with colon cancer to his appearance on "Battle of the Network Stars" coming soon on ABC. He will be coming back to POPPOFF so we can get into more of Potsie's...I mean Anson's life and times! ★

## RODRIGUEZ TREE SERVICE

PRUNING • THINNING • SHAPING • REMOVING  
PALM CLEAN-UPS • CROWN REDUCTION

STUMP REMOVAL

Reasonable Rates

Call Anytime

Cell: (916) 284-9149

Established Since 1981



Bonded  
Workers Comp.  
Liability Ins.  
Contractor's License #698645



Lou Rodriguez  
FREE ESTIMATES  
ALL WORK GUARANTEED

**KP**

**International MARKET**  
FOOD COURT NOW OPEN  
Come Enjoy the Flavors of the World!  
10971 Olson Drive • Rancho Cordova, CA 95670 • 916.853.8000

PRICES EFFECTIVE JULY 19 - JULY 25, 2017

WED	THU	FRI	SAT	SUN	MON	TUE
19	20	21	22	23	24	25

[kpinternationalmarket.com](http://kpinternationalmarket.com)  
[/kpinternational](https://www.facebook.com/kpinternational)  
[@kpinternational](https://www.instagram.com/kpinternational)  
[@kpinternational](https://www.youtube.com/kpinternational)

**WEEKLY MEAT SPECIALS**

**Chicken Drumsticks**  
*Piernas de Pollo*  
40 lb Box...\$22.99 ea

**Beef Ribeye Steak**  
or Roast-Boneless  
Filete de Bistec o Asado de Ribeye  
\$3.99 /lb

**Pork Butt-Bone In**  
Trozo de Puerco con Hueso  
\$1.59 /lb

**Pork Butt-Boneless**  
Trozo de Puerco sin Hueso  
\$1.79 /lb

**Pork Neck Bones**  
Huesos del Cuello  
99¢ /lb

**Beef Cross Rib/Shoulder Clod Roasts**  
Trozo de Res sin Hueso  
\$2.79 /lb

**Espaldilla/Shoulder Clod Steak**  
Espaldilla de Res sin Hueso  
\$2.99 /lb

**HAPPY HOURS**  
Mon - Thu 4:00 PM - 9 PM  
Fri - Sat 4:00 PM - 9 PM  
Sun 2:00 PM - 9 PM

**DRAFT BEER \$2.00**

**KARAOKE SPECIAL**  
Come before 6pm (Valid Time)

**\$1 FOR 6 PEOPLE \$60.00**  
3 Hours Karaoke • Pizze • Pitcher Soda • 2 Main Dishes (Small Room) (12 inch) (Up to 3 pitchers) (10 Dishes To Choose From)

**\$2 FOR 8 PEOPLE \$80.00**  
3 Hours Karaoke • Pizze • Pitcher Soda • 3 Main Dishes (Medium Room) (14 inch) (Up to 4 pitchers) (10 Dishes To Choose From)

**\$3 FOR 14 PEOPLE \$140.00**  
3 Hours Karaoke • 2 Pizzas • Pitcher Soda • 5 Main Dishes (Family Room) (14 inch) (Up to 7 pitchers) (10 Dishes To Choose From)

**\$4 FOR 16 PEOPLE \$180.00**  
3 Hours Karaoke • 3 Pizzas • Pitcher Soda • 7 Main Dishes (Large Room) (14 inch) (Up to 9 pitchers) (10 Dishes To Choose From)

**10 DISHES TO CHOOSE FROM**  
Hamburger Cheese Burger Club Sandwich  
Chicken Nuggets Special Edamame Fried Dumpling Noodle Medallion  
Chicken Wings Pork Lumpia French Fries

**OPEN 7 DAYS A WEEK:**  
Mon-Thu 4PM-2AM / Fri-Sat 2PM-2AM / Sun 2PM-12AM  
10947 OLSON DRIVE, RANCHO CORDOVA, CA 95670  
916-853-2006 • WWW.KP-KARAOKE.COM

**FRESH PRODUCE**  
SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM

Russet Potatoes 10 lb Bag 2/\$3  
Cilantro 3/\$1  
Green & Red Leaf Lettuce 69¢ ea  
Pickling Cucumber 69¢ lb  
Kiwi Clam 1 lb 2/\$3  
Popeye Spinach 10 oz Bag 2/\$3  
Whole White Mushrooms 8 oz 2/\$3

Yellow Onions 3 lb Bag 1.29 ea  
Fresh Aloe Vera 79¢ /lb  
Vine Tomatoes 99¢ /lb  
Fuji Apples 5 lb Bag 3.99 ea  
Guava 1.99 /lb

**AMERICAN/HISPANIC GROCERY**

Quaker Oats 2/\$9.99  
Milk 0.99  
Kettle Chips 2/\$5  
1-2-3 Vegetable Oil 1 Liter \$1.99  
Coca-Cola 2/\$1  
Popeye Spinach 2/\$3  
Garden of Eatin' 2/\$9.99

Chorizo Brand \$2.99  
California Farms Brand \$1.99  
Sunbel Brand 99¢ ea  
Sunbel Brand 99¢ ea  
Taro Brand 99¢ ea  
Global Deer Brand \$2.49

**ASIAN GROCERY**

Chaodoc Brand 5/\$4  
Condensed Milk 14 oz \$1.99  
Sunbel Brand 99¢ ea  
Sunbel Brand 99¢ ea  
Taro Brand 99¢ ea  
Global Deer Brand \$2.49

Chaodoc Brand 5/\$4  
Condensed Milk 14 oz \$1.99  
Sunbel Brand 99¢ ea  
Sunbel Brand 99¢ ea  
Taro Brand 99¢ ea  
Global Deer Brand \$2.49

**EUROPEAN GROCERY**

Sofal Pure Grape Seed Oil 3 Liter \$2.19  
Ahmad Tea Aromatic Earl Grey 500 gr \$7.99  
Sofal Piscochito Habes 1 lb \$3.99  
Sofal Piscochito Habes 1 lb \$3.99  
Taro Brand 99¢ ea  
Global Deer Brand \$2.49

Sofal Pure Grape Seed Oil 3 Liter \$2.19  
Ahmad Tea Aromatic Earl Grey 500 gr \$7.99  
Sofal Piscochito Habes 1 lb \$3.99  
Sofal Piscochito Habes 1 lb \$3.99  
Taro Brand 99¢ ea  
Global Deer Brand \$2.49

**KOREAN/JAPANESE GROCERY**

Onyos 5.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea

Onyos 5.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea

**HOUSEWARES**

Onyos 5.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea

Onyos 5.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea

**FROZEN DEPARTMENT**

Onyos 5.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea

Onyos 5.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea

**EUROPEAN DELI**

Onyos 5.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea

Onyos 5.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea  
Onyos 2.99 ea



THE ENTREPRENEUR'S SOURCE  
"Your success is our only business"

## Do you know your I.L.W.E.?



Louis McNerney

big picture through Goals, Needs & Expectations. This is one of several ways The Entrepreneurs Source can help you define your Goals, Needs & Expectations is the determination of your I.L.W.E.:

- **Income is defined as:** Your reoccurring short term earnings through employment and investments. What do you envision your income to be in the next 3 to 5 years?
- **Lifestyle is defined as:** a manner of living that reflects your values and attitudes. What do you envision your lifestyle to be in the next 3 to 5 years?
- **Wealth is defined as:** the state of being rich and affluent; having a plentiful supply of material goods and money. How do you envision your wealth portfolio in the next 15 to 20 years?
- **Equity is defined as:** the interest in assets you have built up. What assets will you own that will provide you and your family with long-term equity over the next 10 to 20 years?

When we ask our clients why they want to start a business, the number one response isn't money, it's lifestyle. Being your own boss and earning unlimited income potential is all great, but the priceless possibility of being able to have the life

balance you can't achieve in corporate America is often more important to aspiring entrepreneurs  
**From Employment to Empowerment® – The Coaching Advantage**

A coach will help identify your transferable skills by learning about your professional background, including previous roles you've had, what you enjoyed and what you didn't enjoy, to help create your profile and skillset. If self-employment is a viable option, a coach will help to establish your specific goals for business ownership based on your I.L.W.E. **Some questions a coach will help you to answer might include:**

- What's your **income** target that you would like to have by being involved in the business?
- What are your **lifestyle** goals? Do you want to work Monday to Friday, nine to five?
- Do you want to create and invest in a business that will allow you to build **wealth** and start to create a positive financial situation for your future?
- How much **equity** do you want to be able to build up in a business, so to that point it's going to be worth something to someone else?

Each of these components is a vitally important piece in defining your overall goals, needs and expectations to find the best business opportunity fit. So, ask yourself: Are you currently meeting your income expectations? Are you living the lifestyle of your dreams? What about your wealth or equity: Is it growing or declining? *How much control do you have over your destiny?* An **Entrepreneur's Source Coach** can help you paint the "big picture" of your life through a discovery and education based process.

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

# DISCOVER GOLD

Let's discover everything that makes our state the best at the California State Fair. Experience California's award-winning wines at the Save Mart Wine Garden and Best of Show beers at the Craft Brew Pub. The best of California is back all in one place this summer July 14th - 30th.

Download the CA State Fair APP for all events and get your discount tickets at [CAStateFair.org](http://CAStateFair.org).

**California STATE FAIR**  
JULY 14 - 30, 2017

SUMMER SEASON 2017  
**FAIR OAKS THEATRE FESTIVAL**  
PRESENTED BY FAIR OAKS THEATRE FESTIVAL  
& AMERICAN RIVER COLLEGE DEPARTMENT OF THEATRE & FILM

**July 29 & July 30**  
Saturday & Sunday 7:30pm

# THE NEW CHRISTY MINSTRELS

**in Concert**

to benefit the  
**VETERAN'S MEMORIAL AMPHITHEATRE  
& THE NEW CHRISTY MINSTRELS FOUNDATION**

General Admission \$20  
(No Discounts)

**VETERAN'S MEMORIAL AMPHITHEATRE**  
FAIR OAKS VILLAGE • 7991 CALIFORNIA AVE.  
**For Information: 916.966.3683**  
[www.fairoakstheatrefestival.com](http://www.fairoakstheatrefestival.com)

# Healthy, Wealthy & Wise

## Sunrise Mall FARMERS MARKET

**Every SATURDAY, 8 AM - 1 PM**

- ⇒ Mall Parking Lot behind Sears—6041 Sunrise Blvd.
- ⇒ Live Music & Entertainment
- ⇒ 80+ Certified Farmers & Organic Producers
- ⇒ Specialty Gourmet Foods
- ⇒ EBT/WIC & SNAP Accepted

**2nd Saturday**

**Artisan & Crafts Show**  
SUNRISE MALL FARMERS MARKET—YEAR ROUND

Join us every 2nd Saturday to pick up some unique handmade items and art from local artisans and crafters in conjunction with the weekly Farmers Market. Quality made art, furniture, clothing, free trade baskets, blown glass items, jewelry, ceramics and more await you! Open second Saturday of every month all year round from 8 am to 1 pm, Sunrise Mall Farmers Market behind Sears.

### Health, Fitness, and Wellness Body, Soul, Mind & Spirit Fair

Hosted by The Living Smart Farmers Markets

Meet local health professionals as you visit the Farmers Market on Saturday, June 24 from 8 am to 1 pm and learn about the products and services available to help you live healthier and happier! Learn about Cancer Fighting foods during the Free Chef Demo. **FREE EVENT.**

# ILoveMyFarmersMarket.com



# Women’s Tennis is Back



Caitlin Whorisky and Ashley Weinhold (above) team up against their competition. Jovana Jaksic (right) readies for a strategic backhand. Photos courtesy of Gold River Racquet Club.

**GOLD RIVER, CA (MPG)** - From July 23 to 30, some of the world’s top up-and-coming women tennis players will be playing in the FSP Gold River Women’s Challenger. This year, these women will be playing for \$60,000 in prize money and be part of the US Open Wild Card Series.

For the fourth straight year, the tournament will be part of the US Open Wild Card Series. The top American female player with the best performance over the course of this series will receive a Wild Card entry to the main draw of the US Open in New York at the end of August worth \$43,000 for the winner.

The \$60,000 FSP Gold River Women’s Challenger will have a singles main draw of 32 players and doubles main draw of 16 teams. The main draw of the tournament begins Tuesday, July 25 and the final match of the tournament will be Sunday, July 30. The qualifying tournament begins Sunday, July 23.

These matches will be played throughout the day and early evening during the tournament. General admission is complimentary during qualifying events and main draw day sessions. Admission

is \$10 for Thursday to Sunday evening sessions. Tickets for these sessions are available at [www.goldriverchallenger.com](http://www.goldriverchallenger.com) or at Gold River Racquet Club on match day. Gold River Racquet Club is located 2201 Gold River Drive, Gold River.

USTA Pro Circuit tournaments are a series of professional tournaments with prize money ranging from \$10,000 to \$100,000 and WTA ranking points. The challenger level tournaments are just a notch below WTA events, very similar to Triple AAA baseball, like the Sacramento River Cats. Every year there are ladies from 10 to 12 different countries that will have a world ranking of 100 to 400.

For up to date information about or during the tournament, go to [www.goldriverchallenger.com](http://www.goldriverchallenger.com). ★



# CHPD Receives \$8k Donation

## To Hold Life-Changing Workshop for Officers

By Elise Spleiss

**CITRUS HEIGHTS, CA (MPG)** - The Citrus Heights Police Department was the recent recipient of an \$8,000 donation to bring a nationally-renowned author and expert on the emotional survival of law enforcement officers and their families to Citrus Heights for a one day workshop.

On June 19, members of the General Federation of Women’s Clubs (GFWC) Citrus Heights Women’s Club (CHWC) met at the Citrus Heights Police Department (CHPD) to present Commander Gina Anderson, Police Chief Ron Lawrence and other staff with the gift.

The funds will be used to put on an intensive one day workshop for the entire Citrus Heights Police Department including officers, staff and families at Sierra College in Rocklin. The workshop will be followed by a special BBQ lunch. During this time police officers from surrounding law enforcement agencies will be protecting the streets of Citrus Heights.

Commander Gina Anderson, who was instrumental in its conception,

described the event in an email. “This November, CHPD will have the honor of hosting Dr. Kevin Gilmartin, author of Emotional Survival for Law Enforcement, a staple for anyone in Law Enforcement. He is a nationally recognized speaker with amazing insight and tips on staying focused to what is truly important in our lives. The lessons in his teaching can be life-changing for officers, support staff, and their friends and families”.

Funds to finance the workshop were raised April 28 at ‘A Taste of Citrus Heights’ (TOCH), a fundraiser which took place at the Citrus Heights Community Center. Local restaurants and other culinary merchants came together for an evening of great food, beer and wine samplings, enjoyed by 300 attendees from Citrus Heights and neighboring communities, all for the ticket price of \$35.

Additional donations included a \$1,000 grant from the Citrus Heights Rotary Club, \$1,350 from an anonymous donor, and \$350 from American Legion Post 637.

Darla Buechner, president of GFWC’s Sutter District and Commander

Anderson worked together for months with club members, police staff, event sponsors and the community to make TOCH a success. Buechner’s own experience as the wife of a retired police officer, and mother of two daughters presently in law enforcement, gave them a common bond after they each became aware of Gilmartin’s work.

When Buechner became president of Sutter District she chose TOCH as her President’s Fundraiser and the beneficiary was obvious. Its success will not only allow CHPD to have their workshop but Buechner plans to help fund the program for other first responders including fire, 911 and other emergency service personnel and their families.

Anderson thanked Buechner and CHWC president and TOCH chair Kristy Hernandez for the donation saying, “We are grateful to GFWC for assisting us with the funding for this important event”. Funds will also be used to purchase Gilmartin’s book for each participant and to purchase training DVDs so his life-saving program will become an indispensable part of wellness training for the department. ★

# Citrus Heights Police Nab Burglars

## Results from “See Something, Say Something” Community Awareness

CHPD Special Release

**CITRUS HEIGHTS, CA (MPG)** - In the early morning hours on July 11, 2017, CHPD Police officers were able to take two burglary suspects safely into custody.

At approximately 5:00 a.m., a nearby witness saw the suspects cutting locks in a storage facility, located in the 7500 block of Greenback Lane, and called to report the suspicious activity. The combined efforts of the police officers and the witness helped to make quick work catching these criminals.

We want to thank the witness for being attentive to the suspicious activity and quickly reporting it to our communication center. In addition, the witness was able to stay in a safe location while providing the responding officers with additional information. As a result of their actions, we were

able to quickly locate the individuals and take them into custody.

Citrus Heights Police officers work hard day and night to develop and maintain strong working relationships with our community to make the city safer. This morning’s incident is just an example of the efforts and good work that our officers do within the community. Keeping our streets safe requires teamwork on the part of the community and the police department, which is why we always encourage our residents to report suspicious activity in their neighborhoods.

Officer Spencer said, “The actions of the witness and the teamwork demonstrated by our police officers made quick work of catching these individuals. We want the community to know we will not allow this behavior in our community. CHPD

encourages our community members to stay observant and report suspicious activity.”

The investigation continues and we are looking to identify any additional victims. Storage facilities are typically used for long-term storage and not visited regularly by the renter, which causes potential crimes to be late reported. CHPD encourages those who use storage facilities to check on their storage unit more frequently to ensure you are not a victim of theft. If you are a resident or business owner in the City of Citrus Heights and believe you may be a victim of a burglary or theft we encourage you to contact us and file a report.

The community continues to be the “eyes and ears” for the police department in order to help us reduce crime and keep our city safe. ★

10

ANNIVERSARY

Fab 40's

City of Sacramento  
Championship  
5k Run/Walk

Saturday  
July 29  
2017

7:00 a.m. Registration  
8:00 a.m. Kids Races  
8:30 a.m. 5k Run/Walk

benefitting the  
alzheimer's association®

City of Sacramento 5k Championship

For More Info and to Register: [www.Fab40s5k.org](http://www.Fab40s5k.org)



Don't Miss This Great Family Event!

SMOKEY OAKS TAVERN



BUY ONE-RECEIVE 50% OFF  
YOUR SECOND ENTREE PURCHASE

MONDAY THRU THURSDAY

JOIN US FOR BREAKFAST ON SATURDAYS

FROM 8AM-12 NOON AND RECEIVE 25% OFF  
YOUR BILL EXCLUDING ALCOHOL

One offer per table, not valid on  
TO-GO or on catering orders.  
Follow us on Facebook for other  
great offers & daily specials.  
[www.Smokeyoakstavern.com](http://www.Smokeyoakstavern.com)  
OFFER EXPIRES AUGUST 30TH 2017

WE NOW OFFER ONSITE  
AND OFFSITE CATERING!

SMOKEY OAKS  
TAVERN

Never pretentious. Always satisfying.  
9634 Fair Oaks Blvd. Fair Oaks, Ca. 95628  
916-536-9330



POTOCKI FAMILY  
CHIROPRACTIC

WE LISTEN  
WE CARE  
WE GET RESULTS

THE NATURAL WAY TO GOOD HEALTH

Consultation, Exam,  
X-Rays (if necessary), Repair,  
and Adjustment for  
\$45<sup>00</sup>\*

Potocki Family Chiropractic  
5150 Sunrise Blvd.  
Suite F1  
Fair Oaks, CA 95628  
(Corner of Wildridge & Sunrise)  
916-536-0400  
[www.drpotocki.com](http://www.drpotocki.com)

\* Excludes Medicare and Worker's Compensation.



# Homelessness on the Rise

## *New Report Confirms Increase in Number of People Experiencing Homelessness*

**By Ben Avey**  
**Director of Public Affairs,**  
**Sacramento Steps Forward**

**SACRAMENTO, CA (MPG)** - Despite housing 2,232 individuals and families who were experiencing homelessness in 2016, a new report commissioned by Sacramento Steps Forward and authored by Sacramento State's Institute for Social Research confirms that homelessness has increased across Sacramento county in the past two years.

According to the report, titled “Homelessness in Sacramento County: Results from the 2017 Point-in-Time Count,” the total number of people experiencing homelessness has increased by 30 percent to 3,665 since 2015. Among people who are unsheltered, a subset of the total population who are living outdoors on the street, in tents, cars, or RVs, the number has increased by 85 percent to 2,052. Approximately 31% of people who are unsheltered are chronically homeless, meaning they have experienced prolonged bouts of homelessness and are disabled.

“This report provides a sobering confirmation of what we see in our neighborhoods every day,” said Ryan Loofbourrow, CEO of Sacramento Steps Forward. “It’s frustrating that we could not stop the rising tide of homelessness, but we hope this information will provide regional leaders with the empirical data they need to collaborate on innovative solutions.”

In addition to overall increases in homelessness, the report found a 50 percent increase in the number of homeless veterans since 2015, up to 469 people. The majority of these veterans are unsheltered. Veterans continue to make up approximately 13 percent of the total homeless population.



**In addition to overall increases in homelessness, the report found a 50 percent increase in the number of homeless veterans since 2015, up to 469 people.** Photo by John Michael Kibrick

Individuals who reported continuous homelessness tended to be substantially older and were often encountered in encampments near the American River Parkway, in contrast to younger people who were downtown. Older chronically homeless individuals – between 55 and 64 – were also more likely to report being a veteran or suffer from a disabling medical condition.

"This news affirms what is already evident to the people of Sacramento, the question is what are we going to do about it," said Sacramento Mayor Darrell Steinberg. "We are going

to implement the city's \$64 million Whole Person Care grant together with our public housing resources to get 2,000 people off the streets as soon as possible. No excuses, no boundaries, action and results are all that matter."

There were drops in the numbers of families and transitional age youth who were found to be homeless, which is a testament to the work of homeless service providers, but these groups are traditionally hard to survey for this type of report so the findings may not accurately capture a true census of these communities.

The report cites the housing drought as a potential factor in the rise of homelessness and explains that the trend in Sacramento is consistent with other communities who have tight housing market conditions. The report also explains the potential impact of flooding on the American and Sacramento rivers and improved statistical methodologies.

The rise in homelessness between 2015 and 2017 in Sacramento County is consistent with similar increases recently reported across the state. At the time the report was written,

Alameda County reported a 39 percent increase in homelessness, a 76 percent increase in Butte County, and a 23 percent increase in Los Angeles County.

"This report confirms what we all see with our own eyes: a shocking and unacceptable rise in the number of persons experiencing homelessness. We need to redouble our efforts to increase our stock of affordable housing so that everyone in Sacramento has a simple home of their own," said Joan Burke, who is Chair of Sacramento's Homeless Continuum of Care Advisory Board and Director of

### Advocacy Loaves & Fishes.

Sacramento Steps Forward commissioned this report as a part of its biennial point-in-time count, which is a county-wide census of people experiencing homelessness. It provides a snapshot of who is homeless on a single night. The U.S. Department of Housing and Urban Development requires local communities to conduct this census every two years as a condition of receiving federal funding for their Homeless Continuum of Care, for which Sacramento Steps Forward is the lead agency.

The point-in-time count was conducted on January 25, 2017 by nearly 400 trained volunteers who fanned out across the county to count and survey people living on the street, in tents, cars, and RV's, while a data team documented the number of people sleeping in emergency and transitional shelters.

The point-in-time count and this report were made possible thanks to funding from the County of Sacramento, U.S. Department of Housing and Urban Development, and Sacramento Housing and Redevelopment Agency.

Sacramento Steps Forward is a 501(c)(3) non-profit homeless service agency who, through collaboration, innovation, and service, is working to end homelessness in our region.

Founded in 1989, Sacramento State's Institute for Social Research (ISR) is an interdisciplinary unit that harnesses the power of scientific research tools to address social problems. Their research and analysis expertise, learned through the hundreds of projects completed for government agencies, nonprofit organizations and the academic community, provides the region with actionable information that can inform key policies and decisions. ★

**Look for Advertised Sale Items Everyweek at** [www.petclubstores.com](http://www.petclubstores.com) **PET CLUB is Excited to Offer: Blue Buffalo, California Natural, Chicken Soup, Earth Born, Evo, Innova, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin Pet Foods**

PET CLUB

FOOD AND SUPPLIES

**EVERYDAY LOW PRICES**  
Super Discount Prices\* Hot Specials & Coupons  
\*Short term promotions from vendors (No Minimum Purchase Req.)

**We Only Accept ATM, Cash, & Checks**    M-F 9-8, SAT 9-7, SUN 10-7    Effective 7/19/17 - 7/25/17

**2344 Sunrise Blvd. 318 N Sunrise Blvd.**  
**Rancho Cordova, CA    Roseville, CA**  
**916-635-5008    916-781-8500**

COUPON

**FREE**  
**1 LB SPORT MIX PREMIUM DOG BISCUITS**  
 with the purchase of pet, fish food or supply.  
 Limit 1 Lb    PLU 332    CHM  
 Limit 1 Coupon per family  
 Effective 7/19/17 - 7/25/17

COUPON

**\$5.00 OFF**  
 ANY PURCHASE OF \$15.00 OR MORE OF PET OR FISH SUPPLIES (Excluding Pet Food or Litter)  
 Cannot be used in conjunction with similar dollar or percentage off coupons & advertised sale items.  
 Limit 1    PLU 351    CHM  
 Limit: 1 Coupon Per Family  
 Effective 7/19/17 - 7/25/17

**NATURAL BALANCE DRY DOG FOOD**  
 •Lamb Meal & Rice •Sweet Potato & Fish  
 •Sweet Potato & Venison •Sweet Potato & Bison  
 •Sweet Potato & Chicken    26-28 Lb Bag

**SUPER BUY \$5 OFF**  
 Limit 2 Bags Per Family  
 Effective 7/19/17 - 7/25/17

**FRISKIES BUFFET CANNED CAT FOOD**  
 5.5 Oz All Varieties

**4/\$1.89**  
 Limit 2 Cases Per Family  
 Effective 7/19/17 - 7/25/17

**NUTRO NATURAL CHOICE ADULT DRY DOG FOOD**  
 •Lamb Meal & Rice  
 •Adult •Small Bites •Lrg Breed

**\$35.99**  
 30 Lb Bag  
 Limit 2 Bags Per Family  
 Effective 7/19/17 - 7/25/17

**ARM & HAMMER SUPER SCOOP CLUMPING CAT LITTER**  
 20 Lb Box •Unscented •Double Duty (Clump n Seal Regular 19 Lb \$8.99)

**\$5.99**  
 Limit 2 Boxes Per Family  
 Effective 7/19/17 - 7/25/17

**EUKANUBA DRY DOG FOOD**  
 30 Lb Bag

•Adult Maintenance ..... **\$31.99**  
 •Large Breed Adult..... **\$35.99**  
 •Reduced Calorie & Senior  
 •Adult •Large Breed..... **\$35.99**  
 Limit 2 Bags Per Family  
 Effective 7/19/17 - 7/25/17

**SCIENCE DIET CANINE MAINTENANCE CANNED DOG FOOD**  
 13 Oz •Selected Varieties (Reg price \$1.59)  
**NEW** (Healthy Cuisine 12.5 oz \$1.59 Reg price \$1.75)

**\$1.39**  
 Limit 2 Cases Per Family  
 Effective 7/19/17 - 7/25/17

**FRISKIES TENDER & CRUNCHY COMBO DRY CAT FOOD**  
 16 Lb Bag

**\$9.99**  
 Limit 2 Bags per Family  
 Effective 7/19/17 - 7/25/17

**SCOOPAWAY CLUMPING CAT LITTER**  
 42 Lb Bag

**Super Buy \$9.99**  
 •Multi-Cat Formula  
 Limit 2 Bags Per Family  
 Effective 7/19/17 - 7/25/17

<p><b>BENEFUL PREPARED MEALS</b>                      All Varieties                      10 Oz Limit 1 Case</p> <p><b>\$1.39</b></p>	<p><b>New Formula MERRICK'S CLASSIC NATURAL DRY DOG FOOD</b>                      •Chicken/Green Pea/Ancient Grains 25 Lb Limit 2 Bags                      •Beef/Green Pea/Carrots •Lamb/Green Pea/Ancient Grains</p> <p><b>ON SALE</b></p>	<p><b>PEDIGREE CANNED DOG FOOD</b>                      •Choice Cuts in Gravy •Chunky Ground Dinner                      •Chopped Ground Dinner 22 Oz Can Limit 1 Case</p> <p><b>99¢</b></p>
<p><b>BLUE BUFFALO NATURALLY FRESH CAT LITTER</b>                      14 Lb Bag                      Limit 2 Bags Pellet</p> <p><b>\$5.99</b> Clumping <b>\$9.99</b> Multi-Cat Clumping <b>\$10.99</b></p>	<p><b>9 LIVES DRY CAT FOOD</b>                      •Grilled Tuna &amp; Egg Flavor                      12 Lb Bag Limit 2 Bags Per Family</p> <p><b>\$7.99</b></p>	<p><b>NATURE'S MIRACLE CLUMPING CAT LITTER</b>                      "Natural" Care                      10 Lb Bag Limit 2 Bags</p> <p><b>\$7.99</b></p>
<p><b>IAMS DRY DOG FOOD</b>                      •Mini Chunk •Large Breed Adult •Lamb &amp; Rice                      •Weght Control 30 Lb Bag Limit 2 Bags</p> <p><b>\$25.99</b></p>	<p><b>Super Buy FRESH STEP CRYSTALS CAT LITTER</b>                      8Lb Bag Limit 2 Bags</p> <p><b>\$10.99</b></p>	<p><b>PURINA BENEFUL DRY DOG FOOD</b>                      •Original •Healthy Weight 31.1 Lb Bags Limit 1 Bag (Selected Varieties, 15.5 Lbs.- \$13.99) Per Family</p> <p><b>\$24.99</b></p>
<p><b>WELLNESS DRY CAT FOOD</b>                      •Chicken (12 Lb) •Indoor (12 Lb)                      •Healthy Weight (11.5 Lb) (Salmon, 12 Lb - \$31.99)                      (3 Free Wellness Cat Can 5.5 Oz With Each Purchase)</p> <p><b>\$30.99</b></p>	<p><b>PREMIUM CHOICE SCOOPABLE CAT LITTER</b>                      All Natural Unscented, 50 Lb Bag                      Limit 2 Bags</p> <p><b>\$10.99</b></p>	<p><b>WELLNESS GRAIN FREE DRY DOG FOOD</b>                      (3 Free Wellness 12 Oz Can Dog Food With Each Purchase)                      Complete Health 24 Lb Bag Limit 2 Bags •Chicken •Lamb •White Fish</p> <p><b>\$51.99</b> <b>\$52.99</b></p>

**PET-MATE COMPASS PET KENNELS**

19" (5.00 OFF)	32" (15.00 OFF)
24" (5.00 OFF)	36" (20.00 OFF)
28" (15.00 OFF)	40" (20.00 OFF)

**OUR EVERYDAY LOW PRICE!**

**SAVORY PRIME RAWHIDE**  
 100% Beefhide Value Packs

**Super Buy \$6.99**  
 Rawhide Bones Retriever Roll **\$10.99**

**TROPICLEAN** **NEW**  
 PRODUCTS All Varieties  
 •Shampoo •Regular  
 •Nat. Flea & Tick •Oxy Med  
 Fresh Breath Pet Wipes

**20% OFF**  
 OUR SUPER LOW PRICES

**QUiet TIME PET BEDS**  
 All Sizes - Assorted Colors

**20% OFF**  
 OUR SUPER LOW PRICES

**NATURAL CHEMISTRY NATURAL/DEFLEA & Biospot (Spot-On/ Flea & Tick Products**  
 •Shampoo •Sprays

**20% OFF**  
 OUR SUPER LOW PRICES

**TETRA BOXED GLASS TANK WITH STARTER KIT**

10 Gal Economy	20 Gal LED Deluxe	\$91.99
	29 Gal LED Deluxe	\$112.99
10 Gal LED Deluxe	55 Gal LED Deluxe	\$187.99

**MARINELAND POWER FILTER SALE**

MODEL	TANK SIZE	PET CLUB SALE
PENGUIN 100B	20 Gal.	\$19.99
PENGUIN 150B	30 Gal.	\$27.99
PENGUIN 200B	50 Gal.	\$33.99
PENGUIN 350B	75 Gal.	\$45.99

**KENT MARINE WATER SUPPLEMENTS**

**20% OFF**  
 OUR SUPER LOW PRICES

**INSTANT OCEAN SEA SALT**  
 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 7/19/17