



**Dignity Health Finally  
Breaks Ground on  
Medical Complex,  
Eyes 2019 Opening**  
PAGE 2

**Grace House:  
Living Sober,  
Powerful and Free**  
PAGE 9



# Citrus Heights Messenger

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

VOLUME 7 • ISSUE 10

Serving the City of Citrus Heights and Sacramento County

MAY 26, 2017

**HEALTH FAIR REACHES  
DECADE OF SERVICE  
TO SENIORS**



PAGE 10

**VOTE  
FOR US!!**  
See Page 3

**A WOMAN'S  
RIGHT TO CHOOSE**



PAGE 8



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**

## Discipline, Values and Respect

*Family Tae Kwon Do Relocates, Plans Fun-Filled Grand Opening*



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

**Story and photos by Jacqueline Fox**

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

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

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

long-time contributors to community and youth programs across the region.

"Now, in addition to adding on, we can also run three afterschool programs at a time because we have three different rooms in one building to do it," Cirincione said.

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

Holiday and eight-week summer camp programs, as well as weekly outdoor events are also available. Leadership programs designed to teach youth the skills for building solid futures and setting goals to get there are run by a core of roughly 23 volunteer leaders, who also assist with homework and tutoring in the afterschool programs.

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

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

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

In celebration of the move, Family Tae Kwon Do Plus is planning a grand opening

*Continued on page 3*

## SACRT Offers Free Transfers for Connect Card Users

**SACRAMENTO, CA (MPG)** - With a unanimous vote, the Sacramento Regional Transit District (SACRT) Board of Directors approved a pilot program to provide a free 90-minute transfer option to passengers who use a Connect Card, the region's new smart card fare payment system. The transfer option will be available to customers beginning on Thursday, June 15, 2017, marking the official launch date of the new Connect Card system.

RideSacRT, the agency's mobile fare app, has included 90-minute transfers since its roll-out in January 2016. The new Connect Card is expected to be more widely used since the initial cards will be free, whereas the mobile app requires a smart phone. Transfers on the Connect Card will be good for unlimited boarding within a 90-minute period on both bus and light rail, just like the mobile fare app. The free transfers are expected to help generate additional ridership.

Connect Cards can be loaded with transit passes and stored value online, SACRT's Customer Service and Sales Center located at 1225 R Street, and at participating retail outlets. Customers who prefer to pay with cash will also be able to receive the benefits of the 90-minute transfer by simply loading cash onto their Connect Card at SACRT's Customer Service and Sales Center, and at select retail outlets, including Raley's/Bel Air markets in mid-June when the Connect Card officially launches.

The Board action comes on the heels of news that fare revenue has increased by 18% over the past nine months, despite a decline in ridership. The revenue increase is being attributed to SACRT's fare enforcement efforts, which has successfully reduced SACRT's fare evasion rate from more than 15% a year ago, to just 5% now. "SACRT staff has taken every measure to ensure that our trains and buses are cleaner and safer than ever before," said Henry Li, General Manager/CEO. "Fare enforcement efforts have reduced the number of non-fare paying passengers and increased the security presence throughout our system. It's a win for everyone"

Bus agencies throughout the Sacramento region are also adopting the Connect Card in order to provide seamless travel for passengers transferring from one bus line to another. The free 90-minute transfer will be available for six months, while the agency conducts an equity analysis.

The Connect Card and the RideSacRT mobile fare app will make it more convenient to ride by providing online sales, speeding up boarding times and removing the worry of having exact cash to pay fare.

Other ridership initiatives that SACRT is working on include improving service reliability; optimizing bus routes to make them reflect 21st century commuting patterns. *Source: RT Media*

## Veteran's Community Center Celebrates Armed Forces Day and Milestone in Center's Renovation

**By Elise Spleiss**

**CITRUS HEIGHTS, CA (MPG)** - As the thermostat continued to climb into the 90's, dozens of volunteers scrambled to complete last-minute touches on the first Armed Forces Day celebration held at the Citrus Heights Veteran's Community Center on Sylvan Road on May 20, 2017.

The advertised spaghetti feed turned out to be an even better rigatoni feed and wine tasting with the meal prepared and served by volunteers from

American River College (ARC) Culinary Arts.

Four members of the Del Campo High School Honor Guard from Carmichael began the evening with the presentation of colors and Pledge of Allegiance. Assemblyman Ken Cooley thanked and honored the veterans present. He said remembering the "indivisible" in the Pledge of Allegiance helps us enjoy our future when we can work together as we do here in Citrus Heights, working alongside our community and the City.

*Continued on page 3*



The American River College Culinary Arts crew shows off their freshly made garlic bread that went along perfectly with their rigatoni pasta dish smothered a rich meat sauce. Shown above are: Kuulei Moreno; Anna Ward, Teresa Urkofsky; D. Jack Klingler. Photo by Elise Spleiss





We can help your neighborhood... Shine

When communities work together, good things happen. That’s why we have Shine. Nonprofits can apply for neighborhood beautification, education or energy efficiency projects to improve and revitalize neighborhoods served by SMUD.

- Shine awards range from \$5,000 to \$100,000.
- Applicants must be nonprofit organizations (501c3 or 501c6).
- Awards are competitive and funds are limited.
- Apply online by **Monday, June 26, 2017.**

As your community-owned, not-for-profit electric service, we’re always looking for ways to make our neighborhoods shine!

Learn more at [smud.org/Shine](http://smud.org/Shine).

#MyNeighborhoodShines



©SMUD 0745-17

Dignity Health Finally Breaks Ground on Medical Complex, Eyes 2019 Opening



Officials break ground on new Dignity Health Mercy Medical Group office building in Citrus Heights. From left are Citrus Heights City Manager Chris Boyd, Alan Shatzel, DO, Incoming CEO Mercy Medical Group, Inc., Sister Bridget McCarthy, vice president, Mission Integration, Dignity Health, Signid Owyang, vice president, operations, Dignity Health Medical Foundation, Michael Korpiel, Interim CEO, Mercy San Juan Medical Center and Citrus Heights Mayor, Jeff Slowey.

Story and photo by Jacqueline Fox

**CITRUS HEIGHTS, CA (MPG)** - After nearly two years of delays involving legal challenges, financing issues and wet weather, the first of a multi-phase construction plan for Dignity Health’s three-story medical complex at Greenback Lane and Fountain Square Drive is underway.

Groundbreaking for Dignity Health’s long-anticipated, 68,000-square-foot medical building took place Monday, paving the way for the first phase of construction for the project on the former city hall site, which has been sitting vacant since the old structure was demolished in 2015.

“We are all very excited and thrilled to finally be able to bring this terrific project forward,” said Dignity Health Spokeswoman, Brooke Burgess just prior to the groundbreaking ceremony.

According to Burgess, the new medical professional building will offer a range of primary and specialty care services delivered by a team of roughly 50 medical providers and an additional 120 support personnel. Those services will include primary care, pediatrics, family medicine and dermatology, Burgess said.

In addition to the jobs being created and the addition of critical medical care services, the project is being widely lauded as the first of what are likely more efforts by officials to attract a mix of new businesses to the city, which some agree is too reliant on retail, a sector of the economy struggling to compete against the fast-paced growth of online retailers, as well as large, outdoor retail “experience” malls, offering a mix of shops, eateries, cinemas and community gathering space.

“This is a very important project for the city, not only

because of the great services it will bring in and the jobs being created here in Citrus Heights,

*“This is a very important project for the city, not only because of the great services it will bring in and the jobs being created here in Citrus Heights, but also because it will contribute a great deal to our plans to diversify our economy.”*

— MONICA ALEJANDREZ  
ASSISTANT TO THE CITY MANAGER

but also because it will contribute a great deal to our plans to diversify our economy,” said Monica Alejandre, assistant to the city manager. “We are retail heavy here and this new project is going to be a very beneficial addition to our city.”

The Dignity Health complex is part of what began as a hotly-contested \$53.2 million project approved by the city in spring of 2015 that included demolition of the old city hall complex and construction of a new one, which now sits a block away and directly across the street from the Citrus Heights Police Department. Although challenged by at least one law suit initially, the Dignity Health project carries a \$7 million lease agreement with Dignity Health for the vacant site. Those funds, city officials have said, are intended to be used to help offset the costs for construction of the new city hall complex.

So far, however, the city has received only a \$1 million “good faith” payment

from Dignity Health, as well as another roughly \$1 million to cover costs associated with the demolition of the old city hall complex, Alejandre said. Once in place, consistent payments from Dignity Health will start to flow.

There were initial delays on the project, due to at least one law suit challenging its environmental impact on the site and community, including traffic and congestion concerns. Although legal challenges have been settled and the project has been cleared to go for months, Alejandre said the company incurred further setbacks after several failed attempts to secure financing for construction. Dignity Health has since made the decision to pay for the project out of its own pocket, but groundbreaking plans have been further delayed due to protracted wet weather this past winter, she said.

“It’s been a combination of weather and Dignity Health’s ability to obtain its financing,” said Alejandre. “Now they have decided to just finance the project themselves, so there are no more hold ups.”

The project build will take place in three phases over the next two years, beginning with initial construction, which is expected to take a minimum of one year, followed by six months of what Burgess described as “tenant improvements,” and another six months after that to complete interior infrastructure-related components. All told, roughly four years will have passed between demolition of the old city hall and Dignity Health’s grand opening.

“We are anticipating we will see the doors open to the new building some time in spring of 2019,” said Burgess. “We are moving on a project that is going to take time for all phases to be completed, but it will ultimately be a significant addition to the community of Citrus Heights.”★

Keep asking. Keep talking.



Sacramento County is initiating a campaign to reduce underage drinking by providing information & resources to parents/caregivers to start addressing the issue of alcohol use with their children early and often.

Talking Tips for Parents...

1. Talk often - build strong trust
2. Have shorter, more frequent conversations
3. Remember as they become teens, the conversation needs to change
4. Listen! Conversations go both ways
5. Remember, kids watch what you do along with what you say

Talk. They Hear You.  
[sacramentoccy.org](http://sacramentoccy.org)



Register for “Criminal Justice Shadow Day”

**SACRAMENTO COUNTY, CA (MPG)** - Sacramento County high school students are encouraged to register for the 3rd Annual “Criminal Justice Shadow Day.” This unique program gives high school students an opportunity to job shadow professionals from various criminal justice agencies.

Based on the area of interest, students will be paired with prosecuting attorneys, defense attorneys, probation officers, law enforcement officers, investigators and judges to get a first-hand look at the criminal justice process and the different roles within the system. There will also be a presentation on crime scene investigations (CSI), evidence collection, and forensic science used to solve crimes.

This year’s Criminal Justice Shadow Day will be held from 8 a.m. - 2 p.m., Friday, June 16, at the Board of Supervisors’ Chambers in the Sacramento County Administration Building located at 700 H Street, Sacramento.

The program is open to current Sacramento County high school students (incoming 9th graders through 12th graders). Students will need to submit completed registration forms and a signed permission slip, which can be downloaded at [www.sacda.org](http://www.sacda.org). The deadline to register is June 9, 2017.

Space is limited and on a first come, first served basis.

DA Anne Marie Schubert states, “Since its launch in 2015, close to 200 students from 56

schools across Sacramento County have participated in the Criminal Justice Shadow Day. The success of the program is a result of the partnerships we have with our criminal justice colleagues, and our shared commitment to engage with our youth and inspire them to pursue careers in the justice system.”

The Criminal Justice Shadow Day is one of several DA youth programs designed to increase understanding and build positive relationships between youth and members of the criminal justice system.

See more at: <http://www.sac-county.net/news/latest-news>

Source: Sacramento County Media ★

Thank a Veteran Today!



## Veteran’s Community Center Celebrates Armed Forces Day and Milestone in Center’s Renovation

Continued from Page 1

Tim Whelan with the Citrus Heights Vet (Resource) Center at 5650 Sunrise Blvd, was Master of Ceremonies. Guitarist Doug Ellington set the festive tone for the evening. In-between sets, he engaged his audience of 160 attendees, honoring those present who had served in Vietnam, Afghanistan and Iraq, Korea, Desert Storm and two veterans who had served during World War II.

The meal was entirely home-made by students, many of them veterans, from the ARC Culinary program. Under the direction of Tim Shields, two dozen volunteers helped serve and to clean up at the end of the evening. Sacramento Produce Express, and Farmer’s Market, Citrus Heights donated vegetables for the salad and strawberries for the strawberry shortcake.

Purchased in 2013 by Jim and Jean Rounsavell, the center has been undergoing continuous renovations. This fundraiser



Sandi Abbott shows off her silent auction prize, an American quilt and other patriotic goodies. Abbot is a veteran having served as a Korean language linguist for Army intelligence from 1987 to 1991. Photo by Elise Spleiss

marks a milestone in the work. John Klunder with Ferguson Plumbing donated the bathroom fixtures and accessories for the two Americans with Disability (ADA) compliant bathrooms. Hundreds of hours of sweat equity from dozens of volunteers over many months went into the project. Their completion makes it possible to bring in veterans to learn how to use the center’s new ParaGolfer machine designed to

help them work through issues of PTSD and other disabilities while learning to golf. At the end of the evening, as Shields was inspiring his crew for the final clean-up tasks, he thanked them for coming to help as “this place is near and dear to my heart.” It was evident this sentiment was shared by all at this event and are looking forward to the next Armed Forces Day celebration in 2018. ★

## Memorial Day Citrus Heights Celebration

*All Gave Some; Some Gave All*

**CITRUS HEIGHTS, CA (MPG)** - Memorial Day will be celebrated on May 29, this year. Memorial Day, not to be confused with Veterans Day, is a day of remembering the men and women who died while serving in the United States Armed Forces. Veterans Day on the other hand celebrates the service of all U. S. Military veterans. Memorial Day, formerly known as Decoration Day, originated after the American Civil War in 1868 to commemorate the Union and Confederate soldiers who died in the Civil War. The end of May seemed to be appropriate since many spring flowers are available. By the 20th century Memorial Day had been extended to honor All Americans who have died in all wars in the past 240 years.

Every year, Sylvan Cemetery in Citrus Heights honors those that gave their lives in the defense of their county. This year the Memorial Day service will be held on Monday, May 29, 2017, at Sylvan Cemetery, 7401 Auburn Blvd., Citrus Heights. The ceremony begins at 10:30 with a march through the historical section of the cemetery, stopping briefly at each flag station to read a prayer and salute the flag. The men marching include the American Legion and American



Every year, Sylvan Cemetery in Citrus Heights honors those that gave their lives in the defense of their county.

Legion Auxiliary, VFW, Sons of Union Veterans of the Civil War, Sons of the American Revolution, Boys Scout troop 228, Police Officers of the Citrus Heights Police Department and all others that wish to march. This march will last about 30 minutes. The march will conclude at the gazebo where there will be a one-hour ceremony from 11:00 to 12:00. Many of the men marching will be in uniform – past and present – from American Revolution to modern day.

Source: Jim Monteton

★

## Discipline, Values and Respect

*Family Tae Kwon Do Relocates, Plans Fun-Filled Grand Opening*



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

Continued from Page 1

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

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

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

“The entire day will be about having fun but also showing the community what we have to offer and the benefits of our programs,

especially the ones we provide for youth,” said Dominic. “There’s so much more to martial arts than kicking and punching and getting a black belt. We teach self-discipline and values, as well as respect for others and how to develop emotionally positive responses to situations.”

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

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

“She’s been at this since she was about four,” her father said.

In addition to onsite training,

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

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

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

# Vote for Us

## Best of Citrus Heights Chamber

## Best Media in Citrus Heights

### Top 10 Reasons to Vote Citrus Heights Messenger

We’ve been covering **local news** and **events** in Citrus Heights since 2006.

We support our local **military** and **veterans** groups.

We support the **local arts**.

We support **local churches**.

We support the **Girl Scouts** and **Boy Scouts**.

We support the **SPCA**.

We support the **local police** and first responders.

We support many local **non-profits** and **service organizations**.

Everyone that advertised with us and ran for political office in the past election **won their election**.

Messenger Publishing Group has donated **over \$1 Million** in advertising, support and in-kind donations since 2006.

We don’t just talk about it – **we do it in print**.

To vote go to  
<http://bestofcitrusheights.com/best-of-2016-media-publications-nominees/>

Your vote helps us to help others.

**Thank you for your vote!**

**MPG**

## Citrus Heights

# BLOCK PARTY

20<sup>th</sup> Anniversary

**June 3rd 2017**  
**3pm - 8pm**

**Van Maren Park & Stock Ranch Road**

## FREE ADMISSION

**COMMUNITY CORNER • KID ZONE**  
**LIVE MUSIC • BEER GARDEN**  
**DELICIOUS FOODS • CAR SHOW**

### Headlined by Pablo Cruise

**CITRUSHEIGHTSBLOCKPARTY.NET**

Partial proceeds of the event benefit the American Legion Veterans Post 637 and the Police Activities League.



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

**Buying Watches**  
Will Pick-up  
**Rolux, Omega, Hamilton, LeColtore**  
-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)

**GET CASH FOR CARS/ TRUCKS!!!** All Makes/ Models 2000-2016! Top \$\$\$ Paid! Any Condition! Used or wrecked. Running or Not. Free Towing! Call For Offer: 1- 888-417-9150. (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 5-26-17)

Cable/Satellite TV

**DISH TV - BEST DEAL EVER!** Only \$39.99/mo. Plus \$14.99/mo. Internet (where avail.) FREE Streaming. FREE Install (up to 6 rooms). FREE HD-DVR. Call 1-800-357-0810 (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)

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

For Sale

**For Sale**  
1974 Volkswagon. Runs great needs body work. 202-1343 \$1550

Handyman

**QUALITY LABOR & MAINTENANCE**  
Yard Work, 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 1-800-273-0209 Promo Code CDC201625 (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)

**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)

**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 or 916-334-8903 12-31-17

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

**Lawn Care**  
**Sierra Lawn Care**  
Res./Comm. Wkly/BiWkly yard clean up. One time yard clean ups. Free Estm. 916 968-2721. Lic.  
**Land/Auctions**  
Yolo County, California LAND AUCTION. Fri, June 2nd @ 11 AM. 275 ACRES ± • 1 TRACT, Highly Productive Tillable Farmland! 8 miles SE of Davis, CA (844) 847-2161 www.SullivanAuctioneers.com (Cal-SCAN)

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

**HOME BREAK-INS** take less than 60 SECONDS. Don't wait! Protect your family, your home, your assets NOW for as little as 70¢ a day! Call 855-404-7601 (Cal-SCAN)

**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 Ext.300N 1-800-578-1363 (Cal-SCAN)

Music Lessons

Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. freddiebalbert1@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**

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

REAL ESTATE LOANS

**RETIRED COUPLE \$\$\$\$ for business purpose Real Estate loans.** Credit unimporant. V.I.P. Trust Deed Company www.viploan.com Call 818 248-0000 Broker-principal BRE 01041073. (Cal-SCAN)

**BERNARDINO ROOFING**  
Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER!  
**\*\*FREE ESTIMATES\*\***  
**SENIOR DISCOUNTS**  
Lic.#817945. 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

**Tutoring**  
Tutoring in Spanish  
Call Dolores Cook  
916-947-1442

Wanted

**GUITARS WANTED!** Local Musician will pay up to \$12,500 for pre-1975 Gibson, Fender, Martin and Gretsch guitars. Fender amplifiers also. Call toll free! 1-800-995-1217 (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 916-334-8903, 503-460-7149, (MPG 12-31-17)**

Garage Sale

**Garage Sale May 25, 26 & 27 from 9am - 3pm.** Merging 2 homes; antiques, dishes, household items, tools, electronics, clothes and misc items. **2713 El Segundo Drive, Rancho Cordova**

**LET US SAVE YOU TIME & MONEY**  
REACH 75+ MILLION READERS WITH ONE ORDER, ONE BILL!  
Community Classified 25 words/245+ papers 1x \$650 Statewide \$435 North/\$485 South  
Daily Classified 25 words/41 papers/7 days 7 days \$995  
CLASSIFIED COMBO 25 words/282+ papers 8 days \$1,270 Statewide  
DISPLAY - Community Newspapers 1x \$1,600 2x2 Statewide; \$1,240 2x2 No.; \$1,240 2x2 So.  
SIZES: 2x2; 2x4; 2x5; 2x6  
**HOLLYWOOD CALIFORNIA NEWSPAPERS DELIVER!**  
More info: Call (916) 288-6011; email cecelia@cnpa.com

**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**

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

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

Help Wanted

Experienced Auto Bodyman. Terms Cash. 202-1343 or 916 638-5085

RETIRED COUPLE

**Has \$\$\$\$ to lend on California Real Estate\***  
**V.I.P. TRUST DEED COMPANY**  
OVER 35 YEARS OF FAST FUNDING  
Principal (818) 248-0000 Broker  
WWW.VIPL0AN.COM \*Sufficient equity required on non-recourse  
Real Estate License #01041073 CA Bureau of Real Estate, MMS #328217  
\*Note: Any loan greater than \$100,000 must also comply with the California Real Estate Law

Sudoku Puzzle on Page 5

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

Land For Sale

**NORTHERN AZ WILDERNESS RANCH - \$249 MONTH.** Quiet secluded 37 acre off grid ranch bordering 640 acres of wooded State Trust land at cool clear 6,400' elevation. Near historic pioneer town & fishing lake. No urban noise & dark sky nights amid pure air & AZ's best year-round climate. Blend of evergreen woodlands & grassy meadows with sweeping views across uninhabited wilderness mountains and valleys. Abundant clean groundwater, free well access, loam garden soil, maintained road access. Camping and RV use ok. \$28,900, \$2,890 down, seller financing. Free brochure with additional property descriptions, photos/ terrain map/ weather chart/ area info: 1st United Realty 800.966.6690. (Cal-SCAN)

**Donate A Boat or Car Today!**  
**Boat Angel**  
**"2-Night Free Vacation!"**  
**1-800-CAR-ANGEL**  
**www.boatangel.com**  
sponsored by boat angel outreach centers STOP CRIMES AGAINST CHILDREN

**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](mailto:specpluscopiers@gmail.com)  
**(916) 723-8430**

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  
**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 to Medium Jobs**  
Int & Ext, Also, wood Fence & Pressure washing  
**All Seniors get 20% off**  
**916-967-0763** State Lic. 646386

COMPUTER SERVICES

**Zinsky's**  
PC Configurations  
"Don't replace it - REPAIR IT!"  
Custom Desktop Computer Configuration  
• PC Repair • Home Wireless Networking  
• Installation • Virus & Spyware Elimination  
**Alan Zinsky**  
Phone: 916-432-2344  
Email: [alan@zinsky.com](mailto:alan@zinsky.com)  
Fax: 916-432-2344  
Lic. # 000002 • B. E. A. R. Reg. 004460  
**www.zinsky.com**

Tax / Bookkeeping

Accounting/Bookkeeping, Tax, & Financial Management Experts  
QuickBooks Online & Desktop Professionals  
**15% discount on tax services**  
**Cliff J. Leiker Jr., CPA, MBA Manager**  
**CJL Tax & Accounting**  
Fair Oaks, CA 95628  
(916) 952-2691

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

LANDSCAPING

**EAGLE VIEW LANDSCAPING**  
*In Business Locally 9 years*  
owner operated & onsite  
**\*Starting at\***  
**\$20 per week yard service!**  
Many More Specials! • Call Now For More Info  
Sprinkler System Repairs & One Time Yard Clean Ups  
Affordable • Dependable • Experienced • Friendly • English Speaking  
•Eddie Perez, Owner•  
[eagleview.landscaping@yahoo.com](mailto:eagleview.landscaping@yahoo.com) **(916) 613-4307**

IF YOU'RE READING THIS SO ARE YOUR CUSTOMERS

**Advertise Your Business Here**  
**CALL 773-1111**



# Sacramento County DA Reports



### Defendant Convicted of Two Robberies

**DATE:** May 5, 2017  
**CASE:** Pierre Cleveland (Case #15F05965)  
**PROSECUTOR:** Deputy District Attorney Kristen Andersen, Career Criminal Prosecution Unit  
Pierre Cleveland was convicted by jury of two counts of robbery for two separate robberies which took place in September 2015. The jury also found that he used a gun during the course of the first robbery and was a felon in possession of a firearm.

On September 7, 2015 Cleveland went into a Chevron station on 4700 Florin Road with a firearm and robbed the sole employee. He stole money from the register and after the victim refused to get on the ground, he shot the firearm off two times before fleeing the scene. On September 29, 2015, Cleveland went to the Florin Shopping Center located at 6005 Florin Road. He robbed the victim of \$5,600.00 in cash. The victim had just withdrawn the money from the US Bank and was about to get in his car when Cleveland struck him over the head and stole his money. Cleveland then fled the scene in a car that was waiting for him in the Sears parking lot. Officers were able to locate Cleveland in a nearby parking lot after the license plate of the fleeing vehicle was obtained. Cleveland was detained by law enforcement and was found to have half of the victim's money and the gun from the first robbery on his person. Cleveland faces a maximum sentence of 27 years and 8 months in state prison. Sentencing is set for June 2, 2017 at 10:00 a.m. in Department 40 before the Honorable Raoul Thorbourne.

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

**DATE:** May 9, 2017  
**CASE:** Thomas Chavez (Case #15F04824)  
**PROSECUTOR:** Deputy District Attorney Maria Wilson, Adult Sexual Assault Unit  
Thomas Chavez was convicted by a Sacramento Superior Court judge of kidnapping and assault with the intent to commit rape.

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

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

### Defendant Convicted for North Highlands Party Shooting

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

Ira Johnson was convicted by a jury for the second-degree murder of Rogelio Gastelum, and two counts of attempted murder. The jury also found true allegations that Johnson personally discharged a firearm causing death or great bodily injury. On July 12, 2015, Ira Johnson and his friends attended a party in North Highlands. When asked to leave, the group started a fight. Johnson and another unidentified man pulled out guns and fired multiple shots into the crowd of partygoers, killing Rogelio Gastelum. Two other victims were shot, but survived their injuries.

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

### Defendant Convicted for Murder by Lying in Wait

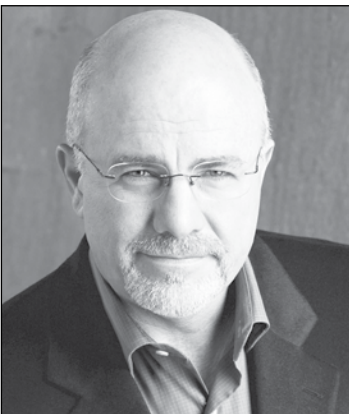
**DATE:** May 12, 2017  
**CASE:** Timothy Varmall (Case #15F01019)  
**PROSECUTOR:** Deputy District Attorney Omar Singh, Homicide Unit

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

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

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

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



## Dave Says

quarter, and you don't want to do that. Everybody thinks losing the tax deduction is an awful thing, but you could give \$10,000 extra to your church — something you don't have to be in debt to do — and get the same tax write-off.

There are numerous positive aspects to staying out of debt. One big thing it does is change your risk level. It gives you a level of peace and security you'll never have when debt is hanging over your head. All that money that was going out the door to the bank can be used to build wealth and give like never before!

—Dave

### You can't fix it for her

Dear Dave,  
I paid off my house a little over a year ago, and I'm completely debt-free. That's a good thing, because I recently had some large medical bills and I don't have quite as much cash as usual on hand. My younger sister recently received a tax bill from the IRS for \$30,000. I love her to death, but she's extremely irresponsible with money and in debt up to her eyeballs. I know how you feel about debt, and I've tried to teach her how to handle money, but considering her situation — should I take out a home equity loan of \$30,000 to help her?

- Toni

Dear Toni,  
Absolutely not! Does that mean you don't love her and care about

her? It does not. But you told me she won't behave with money. You don't give money to people who won't behave with the stuff. That kind of behavior doesn't help anyone, and it doesn't fix the problem. It's like giving a drunk a drink.

"Help" would be aiding this lady in changing her ways when it comes to finances. If you just give her a fish, it will stink and go bad. You have to teach her to fish. That attitude is not about being mean to her, it's just where she is in her life. She needs to be educated, not enabled. And it doesn't mean she's a bad person, either. It just means you can't endorse negative behavior or participate in her denial.

Keep trying to teach her, and pray for her. Make sure, too, that she's in contact with the IRS about a payment plan. I know she's your little sister, but you can't fix this one for her. Sometimes the best help you can give someone is to help them change their behavior. That way, they will hopefully learn how to carry their own weight.

—Dave

*Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 12 million listeners each week on 575 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey. ★*



## LEGAL ADS FOR SACRAMENTO COUNTY?

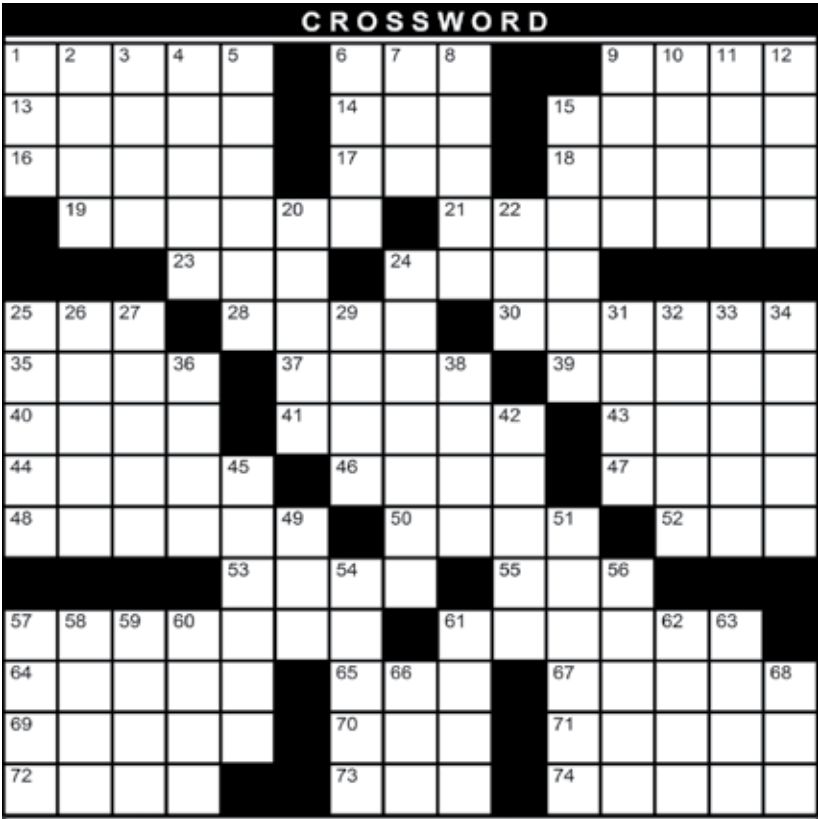
### We Can Do That!

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

All Legal Ads Published by Messenger Publishing 

## STATEPOINT CROSSWORD • THE 1960s

- CLUES**
- ACROSS**
- Diamond corners
  - CA's Santa \_\_\_ winds
  - At what time?
  - Music to a performer's ears
  - Yes move
  - Eurasian goat-like antelope
  - \*"The \_\_\_ Burnett Show"
  - Number in a pair
  - #10 Down, pl.
  - \*"Beach Party" garb
  - \*Kind of 1960s "invasion"
  - Tokyo, pre-1868
  - \*Wildier in 1968's "The Producers"
  - "Gross!"
  - 9th letter of Greek alphabet
  - Changes
  - High part of day
  - Narcotics agent
  - Donor recipient
  - Musical finale
  - Imprison
  - Funeral cloth
  - MC Hammer's "Too \_\_\_ to Quit" album
  - Command: "At \_\_\_!"
  - Popular acronym in education
  - Attractive to look at
  - Clarified butter
  - Greek H
  - Wise old man
  - Beaver's construction
  - \*Civil Rights Act of 1964 signee
  - \*Six-Day War nation
  - \*Maker of "Mouse Trap" board game
  - Elbow rest
  - Exemplary
  - Mosquito - \_\_\_ disease
  - "The Old Man and the \_\_\_"
- DOWN**
- Ivy Mike, e.g.
  - Son of Aphrodite
  - Expression of doubt
  - Affirmatives
  - \*"Home to "Doctor Who" starting in 1963
  - United \_\_\_ Emirates
  - Rani's dress
  - Call forth
  - Forward slashes
  - \_\_\_ perspirant
  - \*Betty Friedan's org.
  - Acrobat maker
  - \*Beatles song on "Rubber Soul"
  - Audiophile's praise
  - Shining armor
  - \*Crosby, Stills & \_\_\_
  - Protection from a sword
  - Nary a soul
  - Ribonucleic acid
  - Waste basket contents
  - \*"The Man from \_\_\_"
  - Soft and sticky
  - \_\_\_ podge
  - Wild no more
  - Bests
  - Related on mother's side
  - Find new tenant
  - \*Point of origin of Alabama marches
  - Lack of guile
  - \*Folsom State Prison visitor
  - Orchestra section
  - Disorderly fight
  - \_\_\_-tzu
  - Like a smell of soil
  - Grind teeth
  - Not yes, nor no
  - Be compatible
  - Wafting output
  - Life saver
  - Grannies
  - Allah's cleric
  - "Iliad," e.g.
  - Tart garnish
  - Dream time
  - \*"The Munsters" network





**Our Best Deal Ever!**



**\$39.99** MO  
2 Year Price Guarantee



**\$14.95** MO  
Wholesale Available

Free Installation!  
Call Today, Save 30%! **1-800-318-5121**  
for more information

© StatePoint Media **Crossword Puzzle Solutions on Page 4**

### 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**

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

© 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**

# 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. 07/31/17

## Spend More Time Selling, Less Time Managing Payroll

Specializing in franchises and small businesses,  
we offer comprehensive and intuitive payroll  
that's perfect for any size business  
from 1 employee to 100's

- Direct Deposit
- File Quarterly Taxes
- Pay Payroll Taxes
- Accrual Tracking
- Reporting and Filing
- Payroll App

**Call Now**  
and  
**Receive**  
**One Month**  
of  
Payroll Processing  
**FREE!\***



**PINNACLE**  
EMPLOYEE SERVICES  
HR | Payroll | Benefits

**Call Now 916.760.7227**  
[www.pinnaclehro.com](http://www.pinnaclehro.com)



## You Can't Have Your Cake and Eat It Too

**Dr. James L. Snyder**

I was waiting in line at the grocery store minding my own business, which is a full-time job these days. I have worked hard over the years to master this “minding my own business.” I have not been all that successful, but I still try.

As I was standing in line I heard the woman behind me say, “Johnny, you can’t have your cake and eat it too.”

I did not know the background story because I did not hear the whole conversation. When I heard that my mind took me back to those thrilling days of yesteryear when my parents, both of them addicted to this phrase, said to me, “You can’t have your cake and eat it too.”

I cannot remember the reasons that this phrase kept popping up in my parents’ conversation. But I never could figure out what in the world they were talking about.

Through the years, I have noticed people say things they have no idea what they are saying or what it even means. Sometimes people will say some odd phrase or a quote in order to bring the conversation to a standstill.

My parents were not interested, particularly when we were out in public, for me to carry the conversation. Many times, they would shut me down so that I would not embarrass them.

Also, I never could figure out why somebody on the stage would be encouraged to “break their leg.” It is not a rather mean thing to say to someone who is about to go out on stage and do some kind of performance? What mean person would hope that someone would break their leg in front of an audience?

Someone said to me recently, “May the force be with you.” I

knew the movie he was quoting from but I had no idea what he meant for me. What is the force he wanted to be with me? Moreover, what if I didn’t want that force to be with me?

We often say things we do not understand or mean and I am as guilty as anybody else.

When something tragic happens some religious minded person will say, particularly someone on television, “My thoughts and prayers are with you.”

What in the world does that mean? What thoughts do they have, and how in the world can they transfer it to me? Usually the person saying this is someone who is not very religious.

I do not know what came over me, but once somebody, I forget the situation, said, “My thoughts and prayers are with you.” For the life of me, I do not know what I was thinking about, but all of a sudden, I heard myself saying to that person, “Thanks but I don’t need your prayers.”

Why I said that I don’t know, but I do know that the person that said it to me was about his religious is a dead cockroach. If you don’t pray on a regular basis, why do I want your prayers?

But back to my days of youth. I cannot remember how many times my parents, both just as guilty as the other, said to me, “You can’t have your cake and eat it too.”

I am still as confused today as I was then. If I have my cake, why in the world can’t I eat it? After all, it’s my cake. If it wasn’t my cake, I don’t think I would eat it.

However, the most disturbing thing was whenever my parents told me that there was no cake in view. For example, the young boy standing in the line behind me had no cake on his mind when his mother told him that.

Once when my parents said that to me, I said, “What cake?”

My mother looked at me and said, “If you don’t know, I’m sure I can’t tell you.”

Now I was really confused. She is talking about a cake but she cannot tell me what cake it is. Her assumption is that I know about the cake she is talking about when in fact, I have no idea about the cake she is talking about. I have no scruples about eating my cake, but I like to know where it is at.

My father tried to explain to me one time by saying, “Once you eat the cake, it’s no longer yours.”

Where are parents trained to be parents? If I eat the cake, whose cake is it? In fact, if I do not eat the cake there is a danger that somebody else might eat my cake and I sure do not want that to happen.

I think the most disturbing time in a person’s life is when they find themselves talking like their parents. I distinctly remember the time when my kids wanted to do something and I responded by saying, “You can’t have your cake and eat it too.”

Saying things that we do not quite understand often gets us into difficulty particularly with family. I wonder if the apostle Paul had this in mind when he writes, “Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers” (Ephesians 4:29).

I must be careful that I am using words that encourage people rather than confuse them.

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



**By Pastor Ray Dare**

God knows everything about you. He’s intimately acquainted with you. First God knows all your feelings and frustrations. Maybe you’re hurting. Maybe you have been saying, “No one understands what I’m going through” God does. He sees the hurt in your heart. And the Bible says He has recorded every tear. Every time you cried yourself to sleep He has seen it. And He loves you and He’s very much aware of all that is happening in your life right now. That means you can look to Him for comfort and look to Him for strength.

God knows your future. He’s already been there. He knows the end from the beginning. Nothing will catch Him by surprise. If you’re married, one day one of you is going to die

## Pastor Ray's Encouraging Words

### The Things God Knows About You

first. That is inevitable. One of us will lose a mate first, we’ll lose our partner. That can be an incredibly devastating time. But the fact is, God already knows when it’s going to happen and God is preparing already for that event. He’s waiting there to comfort you and to care for you.

God knows your worries. What have you been worried about? The Bible says your Heavenly Father knows and He cares. He knows what you need. And He will take care of you. Instead of worrying, start trusting; instead of panicking, pray. He knows your needs.

God knows all your faithfulness. Are you discouraged about something and feel like giving up? You think, “I don’t see any progress. I don’t even know if it’s worth it.” God knows and He will reward you. He sees your faithfulness and He’s the one Who counts. Every good deed will be rewarded. No matter how insignificant you may think it is, regardless of whether anybody else on earth saw it or not. God sees it all!

The most amazing thing in

life is this; God knows about our faults and and failures and He still loves you. “My sins, O God, are not hidden from you; you know how foolish I have been.” Ps. 69:5 (GN) Our job is to admit our sins to ourselves and to God -- come clean and ask God to forgive us. Remember that He already knows about it and He still loves you. So when you admit it to Him it’s not going to change the way He feels about you. That’s called grace!

Nobody knows you like God does. He knows you better than you know yourself and He still loves you. Nobody loves you like God does, so you don’t have to worry about your future; God already knows it and He’s going to take care of you. Give your worries to God today. Continue serving Him and doing the right thing because He sees it all and one day will reward you.

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

# YOU’RE INVITED!

Sundays 10:00a.m.

A Purpose Driven Church

“We do Church Differently”

[www.nbc4u.org](http://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*



**By Marlys Johnsen Norris,  
Christian Author**

In the beginning when God created the earth and all living things on it, He began with seeds of every kind and form. An enormous variety of seeds of trees, plants and animals of every kind created a beautiful world. Seeds today are continuing to always be the source

## All Things Created - Began With a Seed

of every living thing on the face of the earth. Humans, food, plants, flowers and trees and all creatures large and small.

Then, Creator/God had a divine plan - so, everything except for Adam and Eve came from a tiny seed of all things created. Adam however was created as a whole human being called a man and one night while he slept a woman Eve was created from Adam’s rib. When Gods perfect time arrived a blessed seed from God’s Spirit was implanted into Eve and a Son was born. Later, after birthed He was named Yeshua or Jesus. Yeshua was later o become the Messiah prophesied in Scripture.

Just as the Old Testament Scripture was prophesied in Isaiah 53, came alive.....This one prophecy unites all Jews and

Christians into the whole family of God. We know that “All Scripture (II Timothy 3:16) is given by inspiration of God and is profitable for doctrine, reproof and correction for instruction in righteousness.” Yes, Christians, WE ARE ADOPTED INTO GOD’S FAMILY and His Spirit lives within us!

The knowledge of God’s love plan may now be on your mind constantly. He desires to overwhelm us. May we now know and love Him with our heart and soul for the rest of our lives. Knowledge is an opportunity to believe and follow His guidance the rest of our lives.

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

# 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)

## LEGAL ADS FOR SACRAMENTO COUNTY?

# We Can Do That!

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

*All Legal Ads Published by Messenger Publishing*

## 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**





# POPPOFF!

with Mary Jane Popp

## Healing Cancer Part One

Cancer. It's a word we hope never to hear or worse, have to deal with. But, whether it's a family member, friend, or you, the journey begins. But how do you navigate it? According to Susan Apollon, it's time to wake up cancer's call for life. She told me on my Radio Show POPPOFF that cancer does not have to rob you of your joy and peace. It can actually serve as an opportunity for tremendous personal growth, insight, and deeper healing. So, Susan tackles seven healing principles to guide and heal you along cancer's journey in "An Inside Job" A psychologist shares healing wisdom for your cancer journey.

1) **CHOOSE TO SEE CANCER AS A GIFT.** When you receive a cancer diagnosis, the last thing you feel is grateful, but you have a choice how to view everything that happens to you. You can

lock into fear and negativity, and spiral into despair, or you can let cancer be a catalyst for learning once and for all how to take care of yourself.

2) **ALLOW YOURSELF TO GRIEVE.** For many, cancer causes tremendous grief. Fully experiencing this grief instead of holding it in, is healthy and natural. She insists that you must allow yourself to grieve fully and points out that grieving is very different from wallowing in negative thinking.

3) **UTILIZE CRUCIAL TOOLS FOR HEALING.** In addition to your medical treatment plan, there are steps you can take to balance your energies and increase your healing. Remember that a cancer diagnosis signals the loss of your life as you knew it, and after grieving this loss, it's very important to let go of lingering feelings of negativity, fear, and stress.

4) **USE THE LAW OF ATTRACTION TO AFFIRM BETTER HEALTH.** Susan explains that we live in an energetic universe and that we, including our thoughts, are energy. She also emphasizes that like energy, attracts like energy.

Therefore, the words you say to yourself matter greatly and affect the level at which your energy vibrates. In order to support healing, your energetic vibrations need to be high. If you choose to wallow in anger, bitterness, and grief, not only will you feel bad emotionally, but the low vibrations you're emitting will also weaken your immune system and slow healing. "It's vital to think feel-good thoughts and affirm gratitude. Positive affirmations can help with this process. Each day...and especially when you feel yourself slipping into despair...say a few affirmations to support your healing." Here are a few affirmations she recommends: I am healing little by little; I am aligned with my heart; I am love and I am loved. I am grateful for my blessings. My medications are helping to eliminate cancer.

These are the first four principles to guide and heal you along your cancer journey from Susan Apollon's "An Inside Job." Next time around, we'll cover the last of the seven principles. You can also check out her website [www.anInsideJobforhealingcancer.com](http://www.anInsideJobforhealingcancer.com). As with life itself, it always begins with us and HOPE! ★

## SMUD Launches "Shine" Community Sponsorship Program

**SACRAMENTO REGION, CA (MPG)** - SMUD recently announced that it has launched Shine, a new community development program designed to improve and revitalize neighborhoods in the Sacramento region.

Shine awards will range from \$5,000 to \$100,000 and are very competitive. Any nonprofit organization —501(c)(3) or 501 (c) (6)— within SMUD's service territory is eligible to apply.

Shine awards are available at three funding levels: Spark (up to \$10,000), Amplifier (up to \$50,000) and Transformer (up to \$100,000). Applications will be accepted through June 26.

While SMUD will consider a broad variety of potential projects, it is primarily interested in proposals within the following areas: Neighborhood revitalization or clean up; STEM education (Science, Technology, Engineering and Math); Environmental, energy-efficiency, energy conservation or greenhouse gas reduction; General

beautification.

"As a not-for-profit, community-owned organization, we work hard every day to improve the lives of our customers," said SMUD CEO & General Manager Arlen Orchard. "The Shine program is a perfect extension of that commitment. By taking a collaborative approach and working directly with local nonprofits, we're helping make improvements that neighborhood leaders believe will have the biggest impacts on residents in their communities."

SMUD awarded three pilot Shine sponsorships over the past six months to test the feasibility and administration of the program. Those grants include: Lighting up the Kay and St. Rose of Lima Park (Applicant: Downtown Sacramento Partnership); Creating the College and Sports Academy of Del Paso Heights (Applicant: Mutual Assistance Network of Del Paso Heights); Renovating the Wellspring

Women's Center kitchen (Applicant: Wellspring Women's Center)

"SMUD's Shine award will provide an important spotlight on the great people and exciting opportunities in Del Paso Heights," said Richard Dana, executive director of Mutual Assistance Network. "We see it as the start of something tremendous."

A Shine program information session will be held on Wednesday, June 7 at 12 p.m. at the SMUD Customer Service Center at 6301 S St. in Sacramento.

To RSVP for an information session, or for additional questions, please email [rsvp@smud.org](mailto:rsvp@smud.org).

For more information about the SMUD Shine program and to apply today, visit [smud.org/Shine](http://smud.org/Shine).

To learn more about the commitment of SMUD to this community and SMUD's efforts to keep Sacramento bright for more than 70 years, visit [smud.org/Bright](http://smud.org/Bright).

Source: SMUD Media ★

## Regional Parks Deploys Park Resource Team

**SACRAMENTO COUNTY, CA (MPG)** - In order to tackle the impacts of illegal camping and other crime within County Parks and the American River Parkway, Sacramento County Regional Parks introduced the Park Resource Team in January 2017. The Park Resource Team (PRT), consists of a dedicated crew of five park rangers and four maintenance staff focusing primarily on the impacts of illegal camping, crime, and trash removal.

"Regional Parks deployed the Park Resource Team in January to areas hardest hit by recent flooding and illegal camping trash," said Jeff Leatherman, Director, Sacramento County Regional Parks. "Through the work of the team, we've been able to improve our response and cleaning up areas impacted by

illegal camping, making our parks and Parkway a better place for visitors to recreate."

Since January, the PRT has made 65 arrests and issued 150 citations.

While the rangers continue their law enforcement efforts, County Parks maintenance staff work to remove debris accumulated from illegal dumping and flooding. This year, the maintenance team received the addition of a lightweight tractor and the support of a debris transfer vehicle—both courtesy of the County's Department of Waste Management and Recycling.

With the addition of the tractor, maintenance staff can remove more debris than was previously removed with hand crews. The equipment also ensures maintenance staff safety by minimizing

the amount of trash staff have to hand load into trucks for transport to the dumpsters or landfill. The machinery also assists staff in collecting heavy debris such as mattresses, couches, and large containers, in hard-to-reach places along the Parkway.

Additionally, trash dumpsters are emptied daily, minimizing the re-depositing of trash back into the park system from the dumpsters. Between January-May, the maintenance team has removed 165.5 tons of garbage from the Regional Park system.

For more information about Sacramento County Regional Parks, see more at: <http://www.saccounty.net/news/latest-news>.

Source: Sacramento County Media ★



### LEGAL ADS FOR SACRAMENTO COUNTY?

*We Can Do That!*

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

All Legal Ads Published by Messenger Publishing





### Share your heart. Share your home. Become a Mentor today.

California MENTOR's Family Home Agency is seeking adult foster families with a spare bedroom to support an individual with special needs. Receive up to \$3,800 a month and ongoing support.

Information Sessions held:

Tuesdays at 4 p.m. and  
Thursdays at 11 a.m.

7801 Folsom Blvd. | Suite 375  
Sacramento | CA 95826

We provide education, multiple supports, monitoring and the opportunity to work independently from home.

Contact a Recruiter today at (916) 383-9785 ext.15  
[www.MentorsWanted.com](http://www.MentorsWanted.com)



## 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)



## 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

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



## Five Local “Blue Star Museums” Offer Free Admission to Military Personnel and Their Families This Summer

**SACRAMENTO REGION, CA (MPG)** - Five Sacramento area museums will participate in Blue Star Museums, a collaboration among the National Endowment for the Arts, Blue Star Families, the Department of Defense and museums across America to offer free admission to all active duty military personnel and their families from Memorial Day (May 29) through Labor Day (September 4), 2017. The five local museums participating in Blue Star Museums include the following: California Automobile Museum, California Museum, Crocker Art Museum, Fairytale Town and the Sacramento History Museum.

This year, more than 2,000 (and counting) museums in all 50 states, the District of Columbia, Puerto Rico, and American Samoa

are taking part in the initiative. The participating museums represent the fine arts, science, history, Native centers, children’s museums and more. The free admission program is available to any bearer of a Geneva Convention common access card (CAC), a DD Form 1173 ID card, or a DD Form 1173-1 ID card, which includes active duty military (Army, Navy, Air Force, Marines, Coast Guard), National Guard and Reserve members and up to five immediate family members.

Before planning a visit, please contact the individual museums for hours of operation and note some are normally closed on Mondays and in observance of holidays such as Memorial Day and Labor Day. For more information or a complete list of participating Blue Star

museums, please visit <https://www.arts.gov/national/blue-star-museums>. For more information about SAM or upcoming activities offered by local museums, “like” them on Facebook at [www.Facebook.com/SacMuseums](http://www.Facebook.com/SacMuseums), follow them on Twitter at @SacMuseums or visit the user-friendly website at [www.SacMuseums.org](http://www.SacMuseums.org).

Blue Star Museums is a collaboration among the National Endowment for the Arts, Blue Star Families, the Department of Defense, and more than 2,000 museums across America. The program runs from Memorial Day, May 30, 2016 through Labor Day, September 5, 2016. For more information, visit [www.SacMuseums.org](http://www.SacMuseums.org)

Source: T-Rock Communications ★

## SMUD and GRID Alternatives Partner

*Provide Solar Panels and Energy Efficiency Upgrades to Low-Income Customers*

**SACRAMENTO REGION, CA (MPG)** - GRID Alternatives is a national nonprofit focused on making renewable energy technology and job training accessible to underserved communities. SMUD has worked closely with GRID Alternatives to help them find candidates eligible to receive free solar electricity systems in SMUD’s service territory. SMUD reaches out directly to customers who are currently enrolled in SMUD’s Energy Assistance Program Rate (EAPR). Interested customers contact GRID Alternatives directly to continue the process and potentially receive a free solar electricity system. The systems are funded by California Climate Investments, a state-wide program that puts billions of cap-and-trade dollars to work reducing greenhouse gas emissions, strengthening the economy and improving public health and the environment—particularly in disadvantaged communities.

SMUD energy experts also work with the selected customers to perform complete energy

audits of their homes and determine the most effective ways to improve each home’s energy efficiency. Contractors then install multiple efficiency measures, which can include upgrades to insulation, lighting, weatherstripping and more. All of these upgrades are done at no cost to the customer.

“We’re committed to helping all of our customers save energy and money,” said SMUD’s Chief Customer Officer Nicole Howard. “Partnering with GRID Alternatives to provide free solar electricity systems along with energy efficiency upgrades is a win-win for our underserved communities.”

SMUD and GRID Alternatives have completed upgrades to approximately 50 homes in Sacramento County to date. SMUD expects to complete upgrades to another approximately 150 homes over the next 18 months.

“For over a decade, GRID Alternatives has been on the leading edge of creating access to solar and solar technology

for low-income communities,” said GRID Alternatives North Valley Executive Director Bob Gragson. “In Sacramento County, SMUD’s leadership has helped us to deliver services to families in the greatest need through our program.”

SMUD is also working to provide energy efficiency upgrades to low-income customers beyond the scope of the GRID Alternatives partnership. SMUD currently has three additional programs—Deep Home Energy Saver, Energy Saver Home Bundle and Energy Saver Apartment Bundle—that are designed to provide SMUD’s EAPR customers with energy efficiency upgrades. SMUD’s Board of Directors has approved the allocation of more than \$10 million to these programs over the next several years above and beyond the current program’s budget.

To learn more about SMUD’s programs for low-income customers, visit [smud.org](http://smud.org). To learn more about GRID Alternatives, visit [gridalternatives.org/srud](http://gridalternatives.org/srud).

Source: SMUDMedia ★



## Make It Fun and It Will Get Done!

The Secret to Being Organized

### Pam Young’s Corner

## A Woman’s Right to Choose

To my dear prolife advocates, I have been prolife my whole life. I’ve never been able to buy into the pro-choice argument. I guess my conclusion has always been that if my mom had had an abortion when she was carrying me, no matter what stage of pregnancy she was in, if she had an abortion, I wouldn’t be. It’s really that simple.

When I was 29, I was diagnosed with viral meningitis and was bedridden for six weeks. It turned out I was pregnant too, with my third child. My doctor told me I had a 50% chance of having a vegetable. (I’m sorry that’s the way we talked in the 70s.) He told me I should have a D and C (this was before abortion was legal) and the decision was up to me and my husband.

I prayed and told God that He knew I wasn’t a very good caregiver of the sick (it’s just not one of my gifts) so make this baby whole and healthy. Within a week I KNEW this baby was fine and everything would be alright. Joanna is 44 and is my best friend.

Recently I’ve been lead to get involved with the pro-life movement, so I began studying the pro-choice side, to see how they can come to the conclusions they do.

The first thing they do is call the fetus a product of conception, so we don’t think of it as a human being. The acronym is POC. It occurred to me that we’re all POCs. We’re just in different stages of development and we use different terms to describe those stages—fetus, embryo, infant, toddler, teenager, mother-in-law, husband and so on.

Because I’m a female POC, and because of the law, if I so choose, I should be able to exhort my legal right as a woman (this does NOT include men LOL) to abort any POC if that POC becomes an inconvenience or puts my mental health at risk.

I’d like to run something by any of you who are pro-choice and are reading this. I am considering having the procedure done on my husband. He’s an inconvenience and quite often he puts my mental health at risk. I’m therefore planning to take him out and I think I’ll have an excellent defense and have the law on my side!

First, I want you all to know I’m not going to be the one to do the procedure. I’m planning to find an abortionist (you’d probably prefer to use the word “procedurist”) who’ll do a late stage procedure.

Second, when I said I’m *planning*, that’s because you know that the bigger the POC the more money the procedure will cost, so I’ve signed my husband up with Jenny Craig in the hopes he’ll lose about 50 pounds in the next six months therefore saving me a lot of money. As you know, small POCs are way cheaper.

Third, I know there’s the issue of “viability,” and I’ve thought this through very carefully. Viability means the quality of being able to happen, or having a reasonable chance of success. Another definition of viable is *capable of working successfully* so I figure if any of us has a husband who is chronically at the unemployment office and always botching up projects around the house, he’s a candidate for the procedure. It’s a

woman’s right!

Also there has been much discussion about when does a POC know it’s a human. As long as a POC isn’t aware that it’s a person then I assume we’ve got the law on our side. So here’s what I’m going to do. I’m planning the procedure when my husband is asleep. I’m sure when he’s asleep he doesn’t know he’s a human, in fact he and the dog have similar actions, running, kicking and whimpering in their dreams. So I’ll be giving my procedurist the best times to find my husband in slumber.

In closing, I won’t be surprised if my case goes to the Supreme Court of the land and my prayer is that I can get this taken care of before Roe v Wade gets overturned.

I loved using words the PCers (Pro Choicers) use to cover up the truth that abortion is murder, and that abortionists are hit men and women killing for money. Let’s be thankful Judge Gorsuch is now on the Supreme Court. I know I didn’t address the environmental issue of whether or not the POC is inside or outside the womb, but I felt the ludicrousness of my plan to take out my husband is no more ludicrous than taking the life of an unborn child.

For more from Pam Young go to [www.cluborganized.com](http://www.cluborganized.com). You’ll find many musings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, lose weight and get your finances in order, all from a reformed SLOB’s point of view. Pam’s books are also available on Amazon. ★

SUMMER SEASON 2017

FAIR OAKS THEATRE FESTIVAL

PRESENTED BY FAIR OAKS THEATRE FESTIVAL

REEFER ANNIHILATES TRUE LOVE!

REEFER MAKES YOU LAUGH AT DEATH!

RATED R

REEFER MADNESS

THE MUSICAL

JUNE 16 - JULY 23

FRIDAY, SATURDAY & SUNDAY AT 8:30PM

General Admission \$18 Discounts for Seniors & Students

VETERAN’S MEMORIAL AMPHITHEATRE

FAIR OAKS VILLAGE • 7991 CALIFORNIA AVE.

For Information: 916.966.3683

[www.fairoakstheatrefestival.com](http://www.fairoakstheatrefestival.com)

\$2.00 Off

\$2.00 off the price of an admission ticket. Only 1 ticket with each original ad.

10

ANNIVERSARY

Fab 40's

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!

ADVANCEDHOMEHEALTH

AND HOSPICE INC.

BRINGING HEALTHCARE HOME

- **Home Health Care** is a program of skilled nursing and rehabilitative services that enables you or your loved one to receive professional medical attention while remaining at home.
- **Palliative Care** provides the best quality of life for patients with serious or advanced disease process. It focuses on the relief of suffering including pain and other symptoms while ensuring a patient's dignity.
- **Hospice Care** is end-of-life care focused on providing comfort rather than cure.

Call Us Today!

916-978-0744

*We bill your insurance for these services.*

DO YOU NEED HOME HEALTH CARE?



# Grace House: Living Sober, Powerful and Free

By Elise Spleiss

**SACRAMENTO REGION, CA (MPG)** - There is a small but empowering island among the many drug and alcohol rehabilitation facilities in Sacramento County. Grace House, located in a quiet residential neighborhood in Carmichael, (formerly Steps to Freedom), is the only full service sober living home in the area for men and women leaving rehab facilities.

The home provides a family living environment where residents can support and encourage one another to stay drug and alcohol free as they transition into being productive members of our community.

Since 2009 Grace House has been giving their residents a reason to stay clean, and not return to their old friends and old ways. Residents who are living and remain drug and alcohol free can live at the 18-bed co-ed home up to twelve months, or possibly longer to better prepare themselves to live safely on their own. They pay \$500 or \$200 per month, depending on their situation. Two ‘scholarship beds’ are also available.

Grace House is a part of The Way Ministries, which also runs a street ministry for the homeless and a food ministry in several communities. Residents are invited to be a part of these ministries. What sets Grace House apart from other facilities is the sense of pride residents get when working with these outreach programs, being able to give for change instead of just receiving. They serve hot meals to the homeless at Rusch Park twice a week, help distribute 200-300 food boxes weekly to



Grace House Family and Board of Directors gather to celebrate another day of living sober. Photo by Patrick Miller

families at Serna Village in McClellan Park, and help with many community projects such as the recent Winter Sanctuary shelter program.

The Winter Sanctuary hosted by the Citrus Heights Homeless Assistance Resource Team (HART) was instrumental in helping get three people off the street into Grace House.

Many residents have never experienced working as a team and helping others, and find that this work leads to their growing feelings of pride and self-esteem. They eventually become a productive, self-sufficient part of their community themselves. Over

100 men and women have graduated from the program since 2009.

Grace House is self-supporting and receives no government or social service agency funding. It is run by a 5-member board of directors representing The Way Ministries and two other ministries. People living in the home have certain rights and protections afforded by The Americans with Disabilities Act and Federal Fair Housing laws. The board ensures all city and state regulations are met.

Chairman of the Board, Patrick Miller, said in an email, “I personally have three people working for me that lived at Grace House and worked to change their lives, because they were able to live clean sober lives and make the changes needed to become productive members of society”. Alex went from robbing banks in Burbank to support a drug habit, to serving 5 years in prison, then living on the street for 5 years using and dealing. He finally found his way to Grace House. After one year of clean living he got a job in the marketing department where he encourages others to not follow in his footsteps.

Miller met Helen as she was getting off federal probation for

counterfeiting money to support a 26-year drug habit. She is now a

productive member of the community and also supports residents in making the same lifestyle changes she made.

There is still much work to be done. Miller cited the help still needed from the community in continuing their work. He said, “Our goals are to connect with more resources to help folks transition back into productive members of our community, reach out to more ministries and social service programs to be a resource for them, to connect with the neighborhood and become good neighbors, and to continue to help people into sober living”.

Alicia summarizes it well, “What Grace House gave me was an opportunity in a safe place to heal and steady my feet. Surrounded by love and support while growing my relationship with the Lord, I have overcome what I never thought I could. I continue to thrive and grow every day and hope many many others can have the same success. Thank you Grace House!!!

For more information and to view testimonials on Grace House and The Way Ministries, go to [www.theway-tribe.com](http://www.theway-tribe.com) or on Face Book. ★



Grace House family members Willowlee, Tony and Nikki. Photo by Patrick Miller

“I was homeless and hopeless when I came to Grace House in December of 2012, my family was done with me and I needed help. Grace House provided the structure and care I needed in my time of need. They helped give me the tools to get back on my feet and now I am a productive member of the community, my relationship with my family is restored. In December, I will have 5 years clean and sober.”

— ALEX

5 Year **FIXED RATE** Home Equity Line of Credit Loan

4.25%  
Initial APR\*

CHECK THE EL DORADO ADVANTAGE:

- ✓ **FIXED RATE** for 5 Years
- ✓ **Local Processing & Servicing**
- ✓ **No Closing Costs** on Qualifying Transactions
- ✓ **Flexibility and Convenience**
- ✓ **Have Funds Available** for Current and Future Needs
- ✓ **Home Improvement, Debt Consolidation, College Tuition**
- ✓ **Interest May be Tax Deductible** (Please consult your tax advisor)

**EL DORADO SAVINGS BANK**

Serving our local communities since 1958

[www.eldoradosavingsbank.com](http://www.eldoradosavingsbank.com)

CITRUS HEIGHTS • 7895 Lichen Drive • 729-1100

Se Habla Espanol • 800-874-9779

Member FDIC

2022 John J. Homeowner

One Hundred Thousand Dollars

#101

1/10/2020

YOUR HOME

\*The initial Annual Percentage Rate (APR) is currently 4.25% for a new Home Equity Line of Credit (HELOC), and is fixed for the first 5 years of the loan which is called the draw period. After the initial 5 year period, the APR can change once based on the value of an Index and Margin. The Index is the weekly average yield on U.S. Treasury Securities adjusted to a constant maturity of 10 years and the margin is 3.50%. The current APR for the repayment period is 5.75%. The maximum APR that can apply any time during your HELOC is 10%. A qualifying transaction consists of the following conditions: (1) the initial APR assumes a maximum HELOC of \$100,000, and a total maximum Loan-to-Value (LTV) of 70% including the new HELOC and any existing 1st Deed of Trust loan on your residence; (2) your residence securing the HELOC must be a single-family home that you occupy as your primary residence; (3) if the 1st Deed of Trust loan is with a lender other than El Dorado Savings Bank, that loan may not exceed \$200,000 and may not be a revolving line of credit. Additional property restrictions and requirements apply. All loans are subject to a current appraisal. Property insurance is required and flood insurance may be required. Rates, APR, terms and conditions are subject to change without notice. Other conditions apply. A \$375 early closure fee will be assessed if the line of credit is closed within three years from the date of opening. An annual fee of \$50 will be assessed on the first anniversary of the HELOC and annually thereafter during the draw period. Ask for a copy of our "Fixed Rate Home Equity Line of Credit Disclosure Notice" for additional important information. Other HELOC loans are available under different terms.

Triple Play!

1. Guaranteed Delivery of the Citrus Heights Messenger

2. Guaranteed Delivery of The Sunday Sacramento Bee

3. And One Free Car Wash from QUICK QUACK Car Wash (\$799 value)

Get a great deal on this 6 month subscription for only:

\$15<sup>00</sup>

YES! START MY SUBSCRIPTION NOW!

NAME

ADDRESS

CITY ZIP

PHONE ( ) EMAIL (OPTIONAL)

☐ \* To opt-out of delivery of the Sacramento Bee, simply check this box

MAIL YOUR PAYMENT TO:

MESSENGER PUBLISHING GROUP

7144 FAIR OAKS BOULEVARD, SUITE 5

CARMICHAEL, CA 95608

CHM

\*Some delivery restrictions may apply.

As a valued Citrus Heights Messenger subscriber, you receive the Sunday Sacramento Bee as part of your subscription. BOTH NEWSPAPERS FOR ONLY \$15 FOR 6 MONTHS!

IT'S THE PERFECT COMBINATION!

Offer available to new and current subscribers. To take advantage of this unique opportunity please call (916) 773-1111.

Citrus Heights Messenger

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.

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.



# Health Fair Reaches Decade of Service to Seniors



Blood pressure screening and consultation was provided by Walgreen's (Greenback & Dewey) and Sac County Public Health nurses. Photo by Jack Mintz

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Nearly 300 seniors interested in their own health and well-being and that of their loved ones filled the Citrus Heights Community Center on May 18 for the 10th “SOAR to Healthy Heights” spring senior health fair.

Honorary Chair, Mayor Jeff Slowey welcomed guests, setting the tone for a fun and informative day. Dr. Jayna Karpinski-Costa, event coordinator and president of SOAR, Neighborhood Area 10, recognized the day’s sponsors and partners and announced the day’s schedule.

Dozens of walkers gathered at 9:30 a.m. to do the “Health Walk and Roll”, a brisk 1.35-mile round-trip loop from the community center to the Stock Ranch Park Preserve and back.

Over 50 exhibitors providing resources from private businesses, non-profits, and city, state and county entities were available.

Seven workshops from Fall Prevention, Tips to Avoid Being a Victim of Crime to being smart with your money in your senior years were available to attendees. Chair Yoga leader Andrea McGowan’s statement, “the body is as old as the spine” drew many groans from attendees but after 60 minutes of stretching, breathing and relaxation, they ‘got it’ and were thankful for the experience.

New to the health fair this year and a favorite of attendees was the genealogy workshop by the Root



SOAR president Jayna Karpinski-Costa, and Sac County Senior Volunteer Services Janine Brown pose in a Citrus Heights 20th year anniversary frame. The next ‘big thing’ in Citrus Heights is the huge Block Party on June 3. Photo by Jack Mintz

Cellar Sacramento Genealogy Society. Attendee Carol Funk said this workshop had inspired her to take up her own research again after abandoning it for a time.

Sponsors of the health fair include Arcade Creek Neighborhood 4, SOAR, Neighborhood Area10, Republic Services, SMUD and the City of Citrus Heights. Thanks, and appreciation goes to partners, Walgreens (Dewey and Greenback), Sacramento County, Sunrise Recreation and Park District and workshop presenters. Mark your calendar now for May 12, 2018 for the next health fair ★

# EAST LAWN

## MEMORIAL DAY CELEBRATIONS

Monday  
**May 29**  
2017

Coffee • Food • Music  
• Special Tributes  
• Memorial Day Service

Services are as follows:

- ★ East Lawn Memorial Park, 4300 Folsom Blvd: 10:00 a.m.
- ★ East Lawn Elk Grove Memorial Park, 9189 E. Stockton Blvd: 10:00 a.m.
- ★ East Lawn Sierra Hills Memorial Park, 5757 Greenback Lane: 10:00 a.m.

   [www.EastLawn.com](http://www.EastLawn.com)

# Thank A Veteran Today

### Look for Advertised Sale Items Everyweek at [www.petclubstores.com](http://www.petclubstores.com)

## PET CLUB


FOOD AND SUPPLIES

**EVERYDAY LOW PRICES**  
Super Discount Prices\* Hot Specials & Coupons  
\*Short term promotions from vendors (No Advance Notice or Price Changes)

We Only Accept ATM, Cash, & Checks M-F 9-8, SAT 9-7, SUN 10-7 Effective 5/24/17 - 5/30/17



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



### 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

**\$2.00 OFF** ANY 26 LBS OR MORE PREMIUM DRY DOG FOOD PLU #336

**\$1.00 OFF** ANY 14 LBS OR MORE PREMIUM DRY CAT FOOD PLU #337

Nutro, Science Diet, Eukanuba, Avoform, IAMS, Nature's Recipe, Natural Balance, Wellness, Pro Plan. Limit 1 Bag.

(Cannot be used in conjunction with similar dollar off, percentage off coupons, or advertised sale items)

Limit: 1 Coupon Per Family CHM

Effective 5/24/17 - 5/30/17

**2 FREE CANS OF PREMIUM FUSSIE CAT FOOD**

2.8 Oz Tin Black Label Only

With Any Purchase of Pet, Fish Food, or Supply PLU 349

Limit: 1 Coupon Per Family CHM

Effective 5/24/17 - 5/30/17

<h3>NATURAL BALANCE DRY DOG FOOD</h3> <ul style="list-style-type: none"><li>•Lamb Meal &amp; Rice •Sweet Potato &amp; Fish</li><li>•Sweet Potato &amp; Venison •Sweet Potato &amp; Bison</li><li>•Sweet Potato &amp; Chicken 26-28 Lb Bag</li></ul> <p><b>SUPER BUY \$5 OFF</b></p> <p>Limit 2 Bags Per Family</p> <p>Our Super Low Prices Effective 5/24/17 - 5/30/17</p>	<h3>NUTRO NATURAL CHOICE ADULT DRY DOG FOOD</h3> <ul style="list-style-type: none"><li>•Lamb Meal &amp; Rice</li><li>•Adult •Small Bites •Lrg Breed</li></ul> <p>30 Lb Bag <b>\$10 OFF</b></p> <p>Limit 2 Bags Per Family</p> <p>OUR ORIGINAL LOW PRICE! Effective 5/24/17 - 5/30/17</p>	<h3>EUKANUBA DRY DOG FOOD</h3> <p>30 Lb Bag</p> <ul style="list-style-type: none"><li>•Adult Maintenance ..... <b>\$31.99</b></li><li>•Large Breed Adult ..... <b>\$35.99</b></li><li>•Reduced Calorie &amp; Senior ..... <b>\$35.99</b></li><li>•Adult •Large Breed ..... <b>\$35.99</b></li></ul> <p>Limit 2 Bags Per Family</p> <p>Effective 5/24/17 - 5/30/17</p>	<h3>FRISKIES TENDER &amp; CRUNCHY COMBO DRY CAT FOOD</h3> <p>16 Lb Bag</p> <p>Limit 2 Bags per Family</p> <p><b>\$9.99</b></p> <p>Effective 5/24/17 - 5/30/17</p>
<h3>FRISKIES BUFFET CANNED CAT FOOD</h3> <p>5.5 Oz All Varieties</p> <p>Limit 2 Cases Per Family</p> <p><b>4/\$1.89</b></p> <p>Effective 5/24/17 - 5/30/17</p>	<h3>ARM &amp; HAMMER SUPER SCOOP CLUMPING CAT LITTER</h3> <p>20 Lb Box •Unscented •Double Duty (Clump n Seal Regular 19 lb \$8.99)</p> <p>Limit 2 Boxes Per Family</p> <p><b>\$5.99</b></p> <p>Effective 5/24/17 - 5/30/17</p>	<h3>SCIENCE DIET CANINE MAINTENANCE CANNED DOG FOOD</h3> <p>13 Oz Can</p> <ul style="list-style-type: none"><li>•Selected Varieties (Reg price \$1.59)</li></ul> <p>Limit 2 Cases Per Family</p> <p><b>\$1.39</b></p> <p>Effective 5/24/17 - 5/30/17</p>	<h3>SCOOPAWAY CLUMPING CAT LITTER</h3> <p>42 Lb Bag</p> <ul style="list-style-type: none"><li>•Multi-Cat Formula</li></ul> <p>Limit 2 Bags Per Family</p> <p><b>\$9.99</b></p> <p>Effective 5/24/17 - 5/30/17</p>

<h3>BENEFUL PREPARED MEALS</h3> <p>All Varieties 10 Oz Limit 1 Case</p> <p><b>\$1.39</b></p>	<h3>IAMS DRY DOG FOOD</h3> <p>26-30 Lb Bag •Lamb Meal &amp; Rice</p> <ul style="list-style-type: none"><li>•Large Breed Adult •Mini Chunk</li><li>•Weight Control Limit 2 Bags</li></ul> <p><b>\$25.99</b></p>	<h3>PEDIGREE CANNED DOG FOOD</h3> <ul style="list-style-type: none"><li>•Choice Cuts in Gravy •Chunky Ground Dinner</li><li>•Chopped Ground Dinner 22 Oz Can Limit 1 Case</li></ul> <p><b>99¢</b></p>
<h3>BLUE BUFFALO NATURALLY FRESH CAT LITTER</h3> <p>100% Natural Walnut Based</p> <p>14 Lb Bag Pellet <b>\$5.99</b> Clumping <b>\$9.99</b> Multi-Cat Clumping <b>\$10.99</b></p>	<h3>9 LIVES DRY CAT FOOD</h3> <p>•Grilled Tuna &amp; Egg Flavor</p> <p>12 Lb Bag Limit 2 Bags Per Family</p> <p><b>\$7.99</b></p>	<h3>NATURE'S MIRACLE CLUMPING CAT LITTER</h3> <p>"Natural" Care 10 Lb Bag Limit 2 Bags</p> <p><b>\$7.99</b></p>
<h3>PURINA BENEFUL DRY DOG FOOD</h3> <ul style="list-style-type: none"><li>•Original •Healthy Weight 31.1 Lb Bags</li><li>•Selected Varieties, 15.5 Lbs. •\$13.99</li></ul> <p>Limit 1 Bag Per Family</p> <p><b>\$24.99</b></p>	<h3>FRESH STEP CRYSTALS CAT LITTER</h3> <p>8Lb Bag Limit 2 Bags</p> <p><b>\$10.99</b></p>	<h3>SCIENCE DIET FELINE MAINTENANCE DRY CAT FOOD</h3> <ul style="list-style-type: none"><li>•Adult Original •Hairball Senior •Perfect Weight •Oral Care</li><li>•Sensitive Stomach 3 Lb-4 Lb Bag Limit 2 Bags Per Family</li></ul> <p><b>\$9.99</b></p>
<h3>MERRICK'S CLASSIC NATURAL DRY DOG FOOD</h3> <ul style="list-style-type: none"><li>•Chicken/Green Pea/Ancient Grains 25 Lbs Limit 2 Bags</li><li>•Beef/Green Pea/Carrots •Lamb/Green Pea/Ancient Grains</li></ul> <p><b>ON SALE</b></p>	<h3>PREMIUM CHOICE SCOOPABLE CAT LITTER</h3> <p>All Natural Unscented, 50 Lb Bag</p> <p>Limit 2 Bags</p> <p><b>\$10.99</b></p>	<h3>NUTRO LIMITED INGREDIENT DIET DRY DOG FOOD</h3> <ul style="list-style-type: none"><li>•Lamb &amp; Sweet Potato •Venison &amp; Sweet Potato</li><li>•Salmon &amp; Lentil Limit 2 Bags 22 Lb Bag</li></ul> <p><b>\$39.99</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!**

### CRAZY PET

Train Me Treats - 3.5-16 Oz

**PET BOTANICS**

Training Rewards - 20 Oz

Grain Free Omega Treats All Varieties

**20% OFF**

OUR SUPER LOW PRICES

### J&W DOG & CAT TOYS

All Varieties

**20% OFF**

OUR SUPER LOW PRICES

### OUR PETS/ COSMIC CATNIP

PRODUCTS, TOYS & TREATS All Varieties

**20% OFF**

OUR SUPER LOW PRICES

### NATURE'S MIRACLE DISPOSABLE LITTER BOX

with Baking Soda (Small 1pk \$1.99)

- Regular 3 pack •Jumbo 2 pack

**\$9.99**

### TETRA BOXED GLASS TANK WITH STARTER KIT

10 Gal Economy ..... <b>\$36.99</b>	20 Gal LED Deluxe ..... <b>\$91.99</b>
10 Gal LED Deluxe ..... <b>\$53.99</b>	29 Gal LED Deluxe ..... <b>\$112.99</b>
	55 Gal LED Deluxe ..... <b>\$187.99</b>

### MARINELAND POWER FILTER SALE

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

### PENN PLAX PLASTIC AQUA-PLANTS

**20% OFF**

OUR SUPER LOW PRICES

### KORDON CORAL SEA

50 GAL SALT MIX WITH AMQUEL

**\$11.99**

### 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 5/24/17 - 5/30/17

**53¢** CHM PLU 361

### BONUS COUPON FRISKIES PARTY MIX CAT TREATS

2.1 Oz • Selected Varieties

Limit 2 Pkgs with Coupon

Limit One Coupon Per Family

Price Valid Only With Coupon

Effective 5/24/17 - 5/30/17

**\$1.09** CHM PLU 573

### BONUS COUPON JONNY CAT PREMIUM CAT LITTER

20 Lb Bag

Limit 1 Bag With Coupon

Limit One Coupon Per Family

Price Valid Only With Coupon

Effective 5/24/17 - 5/30/17

**\$3.29** CHM PLU 362