



**Stand Up  
Paddleboarding  
Supports a Great Cause**  
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**Amgen Tour Brings  
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# Citrus Heights Messenger

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

Volume 6 • Issue 10

Serving the City of Citrus Heights and Sacramento County

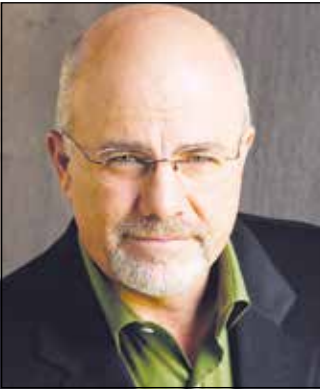
May 20, 2016

**CITRUS HEIGHTS NATIVE  
SERVES ABOARD GUIDED  
MISSILE DESTROYER**



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**CONDOS ARE  
FINE, BUT DO  
YOUR RESEARCH**



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**POPPOFF!**  
WITH MARY JANE POPP



**Page 5**

## Wear a Poppy to Honor Veterans



*By Elise Spleiss*

**CITRUS HEIGHTS (MPG)** - May is Poppy Month. During the month of May American Legion Women's Auxiliary units throughout the country have been providing bright red poppies available for a donation to honor our fallen warriors and to help with the continuing needs of our active service and retired veterans.

Poppy Days has become a familiar tradition in almost every American community. Distribution of the bright red memorial flower to the public is one of the oldest and most widely recognized programs of the American Legion Auxiliary.

Connecting the visual image of the poppy with the sacrifice of service made by our veterans has been an important goal of the American Legion Auxiliary Poppy Program since its inception in 1921. During the month of May, prior to Memorial Day, millions of red crepe paper poppies — all hand made by veterans as part of their therapeutic rehabilitation — are distributed across the country.

Auxiliary members gather and spend hours each year opening and preparing hundreds of poppies for their unit's fundraising programs. Donations for the flowers go directly to assist disabled and hospitalized veterans in our

*Continued on page 3*



**American Legion Auxiliary Unit 637 distributing poppies in front of Sam's Club in Citrus Heights (top photo). Left to right: Virginia Hicks - Treasurer, JoAnne Schuster - President, Sheila LaPolla, Teresa Schuster - Vice-President.** Photo courtesy CA State American Legion Auxiliary **Bright red crepe paper poppies (above) are created by disabled veterans to honor our fallen warriors and help with the continuing needs of our active service and retired veterans.** Photo by Virginia Hicks

**Sixth Annual  
Aerojet Rocketdyne  
Wounded Veteran Run**  
*Memorial Day Event That  
Honors and Raises Funds  
for Area Military Veterans*

**SACRAMENTO REGION, CA (MPG)** - The sixth annual Aerojet Rocketdyne Wounded Veteran Run fundraiser to benefit local injured veterans through the national and local veteran-support organizations, will be held on Memorial Day, May 30th.

This year's event features exciting new courses for the 3K/5K/10K run/walk events at Vista del Lago High School in Folsom, California, along with a fun run for kids. Online registration is now open at [www.woundedveteranrun.org](http://www.woundedveteranrun.org). Family, school, corporate and group participation in the run/walk is encouraged as a meaningful way to support and thank our brave service men and women over Memorial Day weekend!

Founded in 2011 by local college student Courtney Hvostal in honor of her brother who was severely injured in Afghanistan, the Wounded Veteran Run has quickly become a favorite annual Memorial Day event for the community. In 2012, Aerojet Rocketdyne joined as the run's title sponsor. Last year's event drew more than 4,000 participants and supporters, raising more than \$75,000 for the veteran support groups. This year's beneficiaries include the national Semper Fi Fund/America's Fund program and local organizations Fregoso Outdoor Foundation; Patriots Honor; and the Purple Heart Fund.

So come join the Sixth Annual Aerojet Rocketdyne Wounded Veteran Run to benefit local veterans on Monday, May 30th. *Continued on page 5*



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## Sacramento Jazz Society Supports the Blind Community

*By Elena Thomason  
and Elise Spleiss*

**SACRAMENTO AREA, CA (MPG)** - It is well known to most Northern California residents that every Memorial Day weekend since 1974 the Sacramento Traditional Jazz Society (STJS) has brought four days of musical talent to Sacramento. This year the festival will be held May 27th through May 30th.

What few residents know is that the STJS has supported the local blind community in enjoying this event for over 30 years. They have worked hard to bring the low vision and blind into the world of music, including providing free

tickets to the event — now known as the Sacramento Music Festival — and by creating and providing free festival programs in Braille.

Citrus Heights resident Elena Thomason is a longtime member of the Valley of the Blind, a social group for blind Sacramento area residents that meets monthly. She is president of Equal Access and Associates and works with STJS to make the music experience a good one for members. She wants the

*Continued on page 3*

**Artists at the Sacramento Music Festival electrify the crowd with their performance.** Photo courtesy Sacramento Music Festival



**Our City Councilwoman, Sue Frost  
is running for County Supervisor  
to keep neighborhoods safe & find  
new ways reduce homelessness.**



I'm supporting Sue Frost for Supervisor. I hope you will too.  
- Jeff Slowey, Citrus Heights City Councilman

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# Amgen Tour Brings Overall Finish to Sacramento

**SACRAMENTO, CA (MPG)** - Sacramento County is proud to host, for the very first time, the overall finish stage of the 11th annual Amgen Tour of California, the largest cycling event in the United States. On May 22nd, Sacramento will be abuzz with both the men’s and women’s finishing stages of the tour.

The final stage comes after the riders’ cycle throughout California, kicking-off in San Diego May 15, ending at the Capitol building on May 22nd. The nearly 800 mile tour will end with an 84-mile Final Stage highlighting the beauty of the Sacramento region. The riders will travel along the Sacramento River through the delta and cross the iconic Tower Bridge twice before crossing the finish line around the Capitol building.

“Sacramento County is proud to welcome the 2016 Amgen Tour of California back to our capital region. We’re excited to showcase the most beautiful areas of the County and celebrate the tour finale here in California’s capital,” said Supervisor Roberta MacGlashan, Chair, Sacramento County Board of Supervisors.

Sacramento County is also home to Stage 6 of the men’s race and Stage 2 of the women’s race. Both events will ride through the City of Folsom on Friday, May 20th.

The Sutter Health Community Ride, sponsored by Sacramento County, is fun for the whole family – beginning in Folsom at 10am and tours the



The final stage comes after the riders’ cycle throughout California, kicking-off in San Diego May 15th, ending at the Capitol building on May 22nd.

scenic American River Parkway before ending at the Sacramento stage finish in downtown Sacramento. The ride is open to the public and will include cyclists of all ages and skill levels.

Live race coverage can be seen on NBC Sports Network and many local restaurants are hosting viewing parties complete with food and drink specials as well as Amgen Tour of California swag.

Participate in “May is Bike Month” by riding your bike to all the Tour of California events. There will be a free bike valet at the west steps of the Capitol sponsored by Sacramento County.

For a full list of day-of event information visit the Sacramento Sports Commission.

Source: Sacramento County Department ★

# State Needs to Prioritize Spending and Proceed with Caution

**SACRAMENTO, CA (MPG)** - Vice Chair of the Senate Budget Committee Senator Jim Nielsen (R-Gerber) issued the following statement regarding the Governor’s release of his revised budget:

“Fortunately, we have a Rainy Day Fund – that we must preserve and not touch. The Rainy Day Fund is for real, catastrophic emergencies.

“We have more revenue now, but we may not sustain this amount in the future, which is why the Governor has wisely chosen to set aside money in the state’s Rainy Day Fund.

“With additional money as compared to prior years, we must prioritize the basic health and life needs of California citizens.

“We should keep promises that were made to Californians

in need by restoring much critical programs, not creating new ones.”

Elected to the State Senate in January 2013, Senator Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama and Yuba.

Source: Office of Senator Jim Nielsen ★

# Budget Plan Lacking Investment Needed to Alleviate Housing Crisis

**SACRAMENTO, CA (MPG)** - California Housing Consortium Executive Director Ray Pearl released the following statement on Governor Brown’s May Revision to his Fiscal Year 2016-17 budget proposal:

“California’s affordable home builders appreciate Governor Brown’s recognition of our state’s housing affordability crisis and the hurdles local land use policies have presented to

developing affordable homes that lift families out of poverty.

“It is good to see Gov. Brown’s support of funding to alleviate homelessness. But we are disappointed that his plan doesn’t also restore state investment in affordable home construction that prevents people and families from becoming homeless in the first place.

“With not a single county in California having enough

affordable homes and apartments for people who need them, legislators must prioritize state investment in homes for veterans, elderly and disabled Californians, people in low-wage jobs and families on the brink of homelessness.”

Contact: Mike Roth, 916.444.7170

Source: California Affordable Homebuilders ★

# LETTER TO THE EDITOR

# What Did Ami Bera Know, and When Did He Know It?

By Zach Hunter, NRCC

Ami Bera claims he learned just last October of the illegal campaign finance scheme that brought nearly \$270,000 into his campaign coffers, but a cursory look at the facts raises even more questions about his involvement.

In court, Ami’s 83-year-old father requested a translator for the hearing and needed a cane to move about effectively, yet

Bera expects us to believe that his elderly father masterminded a massive money laundering scheme without help, including from his son?

Babulal Bera used the illegal practices widely over multiple election cycles. How could the candidate, campaign managers, and finance directors in both cycles be completely unaware of these activities as money was pouring in the door?

Did Rep. Bera ever have personal conversations with any of these donors reimbursed by his father? Did they ever mention his father’s role?

Why did Babulal Bera use these practices in 2010 and 2012, but not 2014? Who put a stop to the scheme?

Clearly, recent revelations are just the tip of the iceberg. ★

# George Runner Responds to Brown’s May Budget Revise

**SACRAMENTO, CA (MPG)** - Board of Equalization Member George Runner issued the following statement in response to Governor Brown’s May Budget Revise:

“The governor is right to bolster our rainy day fund, as a recent report shows California isn’t ready for the next recession.

“Prioritizing education by freezing tuition rates will help ease the burden on students.

Great schools and good jobs are the best way to help lift struggling Californians out of poverty.

“Yet the governor’s continued calls for higher taxes on cars and gas is downright disappointing. These tax hikes will hurt the very people we’re trying to help.

“Before our leaders ask for even more money, they need to explain why the tax dollars we already pay haven’t given us better schools and roads.

“California is collecting record revenues to the tune of \$124 billion, and yet Californians continue to pay some of the highest taxes in the country.”

George Runner represents more than nine million Californians as an elected member of the State Board of Equalization. For more information, visit [www.boe.ca.gov/Runner](http://www.boe.ca.gov/Runner). ★

# Senator Gaines Issues Statement on Governor’s Budget Revise

**SACRAMENTO, CA (MPG)** - Senator Ted Gaines (R-El Dorado) issued the following statement regarding Governor Brown’s revised state budget proposal:

“I think every time the Governor talks about the budget he should start with an apology to the people for supporting the money pit that is the High Speed Rail. Brown continues to sound all the right notes about fiscal discipline and debt reduction, but has the largest ever state spending

plan and wants to raise taxes on transportation.

“The Legislative Analyst’s Office reports that California’s personal income tax collections were about \$1 billion short of projections during month of April. I know the legislature will be tempted to sink every last dollar into new and ongoing spending programs – including the absurd High Speed Rail project – at a time when we should heed the LAO’s warning against making ‘new commitments’ or else we

risk difficult choices ahead.

“My constituents need tax relief, not more government spending that will be taken right out of their pockets.”

To view the entire revised budget, visit [www.ebudget.ca.gov](http://www.ebudget.ca.gov).

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties. ★

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# Sacramento Jazz Society Supports the Blind Community

*Continued from Page 1*

public to know how STJS has been making a difference for this often ignored segment of society through this open letter previously shared with her members.

“When I first moved to Sacramento in the late ‘70’s I was amazed at how the entire community seemed to get so excited about the annual Sacramento Jazz Jubilee. It was all over the community, on T.V. and radio, and folks talked about it everywhere I went. I didn’t share in this excitement as I didn’t much like jazz and couldn’t imagine spending four days immersed in it.

“In 1984 some colleagues of mine invited me to go to the Jubilee with them. Since I really liked this group of friends, I decided to go check it out and if nothing else, I’d enjoy my time with them. I have never missed a Jubilee since that year!

“The following year I went to the Jubilee with another blind friend. I found it very confusing as there were bands playing all over town at all different times. I realized that the event would be

far more enjoyable if there was a Braille program available.

“I contacted the STJS and in 1986 the first Braille program was made available free of charge to any blind person requesting one. Also, realizing that blind people might need another ticket (for a guide) to get from one part of town to another, STJS provided two-for-one passes. Buy one and get two.

“A few months ago I again contacted Tom Duff, Executive Director of the STJS and told him about the Valley of the Blind and all the things we do in our community. I asked him if they might provide free passes for us. Just last week Mr. Duff delivered 40 free passes to my office. Also, I have received the (music festival program) files online and am working on convert them into Braille again this year.

“The Jazz Jubilee is now called the Sacramento Music Festival but it is still sponsored by the STJS. Along with the name change, STJS has expanded the event to include other forms of music such as the blues, country and rock. There’s

something there for everyone!!

“Our hats go to Mr. Duff and the STJS. They have been so totally supportive; we truly appreciate all you’ve done for us. Thank you!”

For a free Sacramento Music Festival program in Braille contact Elena Thomason, President, Equal Access and Associates (916) 241-9591. For two-for-one guide passes contact Tom Duff at the Sacramento Traditional Jazz Society at (916) 444-2004. Or, for more information email Valley of the Blind at valleyobind@freelists.com. ★



The STJS has supported the local blind community in enjoying this event for over 30 years. They have worked hard to bring the low vision and blind into the world of music. Photo courtesy Sacramento Music Festival

# Wear a Poppy to Honor Veterans

*Continued from Page 1*

communities. Nearly 3.5 million poppies were distributed by units last year, raising \$2; one in 2014.

The poppy also honors hospitalized and disabled veterans who handcraft many of the red crepe paper flowers. Creating the poppies provides a financial and therapeutic benefit to the veterans, as well as a benefit to thousands of other veterans and their families through the donations collected. In addition, Unit 637 auxiliary members create a beautiful funeral wreath made with the poppies to honor their member who has died.

Remaining distribution days

in Citrus Heights are on Sunday May 22nd, Monday May23rd, Sunday May 29th, and on Memorial Day, May 30th, 2016 from 10:30 a.m. - 3:00 p.m., Sam’s Club 7147 Greenback Lane Citrus Heights. Members of American Legion Auxiliary Citrus Heights Unit 637 are distributing the bright red poppies for Memorial Day in exchange for a donation.

American Legion Auxiliary (ALA) members have dedicated themselves for nearly a century to meeting the needs of our nation’s veterans, military and their families both here and abroad. They volunteer millions of hours yearly,

with a value of more than \$3.1 billion. As part of the world’s largest women’s patriotic service organization, ALA volunteers across the country also step up to honor veterans and military through annual scholarships and with ALA Girls State programs, teaching high school juniors to be leaders grounded in patriotism and Americanism.

To learn more about the ALA’s mission or to volunteer, donate or join, visit www.ALAforVeterans.org or meet the ladies of the Citrus Heights Unit 637 at their website: www.ALA637.Weebly.com.

Source: CA State American Legion Auxiliary ★

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# Citrus Heights Messenger

*Serving Citrus Heights and Sacramento County Since 2006*

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**Crossword Puzzle on Page 5**

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

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**Sudoku Puzzle on Page 5**

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

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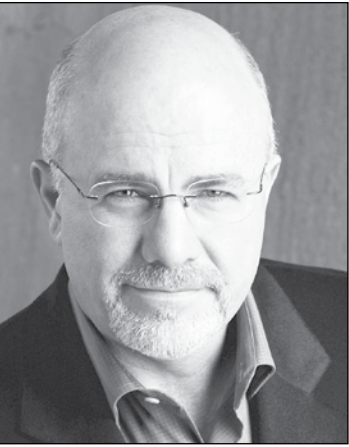
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Condos Are Fine, But Do Your Research

Dear Dave,  
I know when it comes to investing you like mutual funds and paid-for real estate. What do you think about using condominiums as investment properties instead of single-family homes?  
-Jason

Dear Jason,  
I don't really have a problem with condos as paid-for investments. I own a couple of them myself. When it comes to making this kind of investment for the first time, however, I would advise that you keep a few things in mind.  
Based on equal price and equal neighborhood, the average single-family home will probably increase more in value over the years. Now, a nice, well-placed condo will obviously go up in value faster than a traditional house in a lesser neighborhood. So speaking in an overall sense, they're not bad investments if you do your homework.  
You have to think about what you're getting into and also take into consideration a number of variables. What are the HOA dues or condo fees going to be? Is the condo association being managed well? That and the neighborhood are the two biggest concerns I have when buying a condo. A lot of condo associations are very poorly

Dave Says

managed. And if they don't provide proper maintenance or keep a certain percentage of the complex owner-occupied versus rental, the condo association or complex can lose the ability to get normal permanent financing. If they can't get FHA, VA or conventional financing, the values are going to drop like a rock — because you've only got cash buyers and investment buyers at that point.

Research on these kinds of things doesn't take an awful lot of work. Just call the management company, and the realtor who's involved if it's listed, and ask for the documentation. Most of the time this sort of stuff is public information, so it's not hard to access. Some other questions you might ask are: What are the reserves for the roof? What are the reserves for paint and the parking lot? Are they collecting enough to pay their bills, and are they actually paying their bills?

Then you start looking at things from a buyer's perspective. Would I want to live in here and have my wife and children here? Would a normal, reasonable person want to live here? If the answers are yes, then you've probably got a good, solid condo complex.  
—Dave

The Church's Emergency Fund

Dear Dave,  
I pastor a small church that is debt-free. I'd like for us to save an emergency fund for the church, but I'm not sure what would be considered an expense. Can you help?  
-David

Dear David,  
In terms of mathematics, I would advise looking at it the same way you would a small business. The goal, first and foremost, is to keep the doors open in case something bad happens. The secondary goal could be to pay bills on time for the sake of the church's reputation, and the third goal would be to do all this without putting a strain on the organization. In business, we would call this fund "retained earnings." Technically, a church doesn't have earnings, but they do have income. You'll want to retain some of that on a regular monthly basis.  
For a church, basic things like payroll, utilities, insurance and taxes would need to be covered under an emergency fund. Coffee and donuts, new hymnals, and mission trips aren't necessities. You should already be running a monthly and annual budget on the church, so separate the necessities per month and multiply that by a three to six month figure.  
There's a huge level of wisdom involved in a church being debt-free, David. Congratulations!  
—Dave

*Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover, EntreLeadership and Smart Money Smart Kids. The Dave Ramsey Show is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.* ★



War and Peace

Marriage! It can be both of these...war and peace! So why don't some marriages last? After 35 years of helping couples make the break, Attorney Joryn Jenkins decided to reveal some relationship advice that she says divorce lawyers could share if they wanted to keep that marriage going. So she authored "War and Peace." Avoid the destruction of divorce court. Who better to give advice than a divorce lawyer who has seen and heard it all. Joryn shared these tips with me on POPPOFF. They might be simple, but they are relevant.

1) **GO TO A MARRIAGE COUNSELOR-EVEN IF YOU THINK YOU DON'T NEED TO.** Seeing a counselor should not be an admission of failure. It should be like signing up for guitar lessons. If you can't think of a good reason to go, Jenkins can. Go to work on your communication,

POPPOFF!

with Mary Jane Popp

problem-solving, or co-parenting skills. Go to protect your marriage. Too many couples seek counseling when it's too late.

2) **SHOWER OR BATHE TOGETHER EVERY DAY.** Jenkins and her husband do it at least twice a week and it's a great time to plan and discuss matters outside of the hearing of little ears. It's also a great time to unwind from a busy schedule, and it's something private and special you share. It will keep you connected.

3) **NEVER STOP HAVING SEX.** One common characteristic in many divorcing couples is they stopped having sex a long time ago. It is the one thing you share together. Even if you are tired, not in the mood, or not even attracted to your spouse in that moment, make sex a regular part of your relationship. You need to depend on one another to meet that need. Vow to make love at least once a week.

4) **DON'T ALLOW FAMILIARITY TO BREED CONTEMPT.** Start your marriage with the idea you will both work together on "being married" every day. Being married is not a state of being. It's a work in progress. Treat your spouse like a date every day. Notice the little things that attracted you

to begin with and enjoy them every day. Don't take them for granted.

5) **CUDDLE AND MORE CUDDLING.** Maintaining a strong relationship takes time together. Stay in bed together one day a week and talk. No agenda. If there's any agenda, it's just to cuddle. If you both have to brush your teeth first, get up and do it and then get back in bed. Lock the door. No kids. Cuddle. One of you needs that, and the other will find that she or he enjoys it more than they think.

6) **RELIGHT THAT FIRE.** Remember that you vowed to be together "for better for worse," and sometimes it's a "for worse" period. Take advantage of holidays and really wow your partner. Think back to your first special day together and put forth the same effort to really do something special for your spouse.

You might want to check out her website at [www.OpenPalmLaw.com](http://www.OpenPalmLaw.com) for more information. It's great to see that a divorce lawyer that wants couples to stay together. Joryn Jenkins really gets into the nitty gritty in "War and Peace." Avoid the destruction of Divorce Court. Perhaps these tips can help bring down those heavy divorce statistics. BE HAPPY TOGETHER! ★

Sixth Annual Aerojet Rocketdyne Wounded Veteran Run

Memorial Day Event That Honors and Raises Funds for Area Military Veterans

*Continued from Page 1*  
30th, 2016 (Memorial Day); 8 a.m. Kids Fun Run; 8:15 a.m. Opening Ceremonies; 8:30 a.m. 10K start time; 8:45 a.m. 5K/3K start time  
But take note, this year the event has a new location: Vista del Lago High School, 1970 Broadstone Pkwy, Folsom,

Calif., 95630.  
Proceeds from the Wounded Veteran Run, a 501(c)3 non-profit, will go to national and local veteran support organizations to help honor and empower veterans through unique, targeted programs and services for service members injured while bravely serving our country.

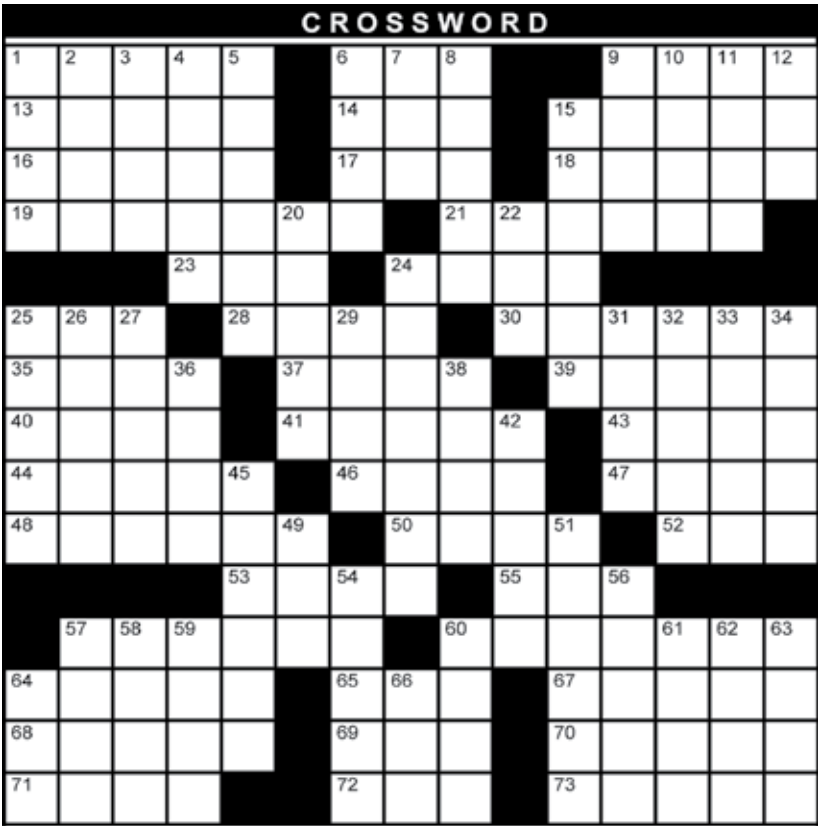
Registration is available online at [www.woundedveteranrun.org](http://www.woundedveteranrun.org). Registration fees are 3K and Virtual Walkers: \$30; 5K and 10K: \$35; Kids Fun Run and children 12 and under for any event: \$15.

*Source: Aerojet Rocketdyne Communications* ★

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- CLUES**
- ACROSS**
- Astrologer's concern, pl.
  - Lamb serving
  - Ranee's husband
  - Sunday strip
  - Formal vote
  - Rubbernecker
  - "All kidding \_\_\_\_"
  - \*Mythological creature
  - Beginning of a sickness
  - \*\*Game of \_\_\_\_
  - Cow chow
  - Detective \_\_\_\_ of "Around the World in Eighty Days"
  - Denim innovator
  - Luftwaffe's WWII enemy
  - What Caesar did before he saw and conquered
  - Virtual you
  - Black cat, e.g.
  - Boundary line
  - Davy Crockett's last stand
  - "Do \_\_\_\_ others as..."
  - Became upright
  - Snatch
  - Better than nice
  - Desperate
  - Opposing prefix
  - Perennial garden flower
  - Post-it slip
  - \*It gets punished in Dante's "Inferno"
  - Take a \_\_\_\_ from a jug
  - Tokyo, once
  - \*Old norseman
  - \*Holy war
  - Singing femme fatale
  - Luuu welcome
  - Representative of Allah on earth
  - Cupcake topper
  - Granola grain
  - Opposite of digest
  - 100 centavos
  - Bonanza find
  - \*Galahad does this to the Holy Grail
- DOWN**
- Ella Fitzgerald's craft
  - Comedy Central's "\_\_\_\_O"
  - Gulf V.I.P.
  - Free from
  - Like a longer route?
  - Cleaning cabinet supplies
  - Snakelike fish
  - Blooper
  - "Atlas Shrugged" author
  - Cathedral part
  - Audience's rejection
  - \*Illuminated manuscripts or tapestries, e.g.
  - \*Long-haired naked tax-opponent
  - SAT and ACT
  - Female gametes
  - Allowing
  - \*Like Arthur's table
  - Embryo sacs
  - "Bring back!" to Fido
  - \*Fermented honey libation
  - Aquarium organism
  - Mountain lakes
  - Stradivari competitor
  - \*He stole from the rich and gave to the needy
  - English playwright Coward
  - Continental currency
  - \*\_\_\_\_ Abeland, Heloise's unfortunate lover
  - Moving like phoenix
  - Barley bristle
  - Derives a theory
  - Cooler manufacturer
  - Meryl Streep's "August: \_\_\_\_ County"
  - Biden, e.g.
  - \*Fleur-de-lis
  - Bingo-like game
  - Give a ticket
  - Away from wind
  - Floppy storage
  - Newts in terrestrial stage
  - Hot tea amount
  - Listening device



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

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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**

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By Marlys Johnsen Norris,  
Christian Author

Early in our life we automatically create our boundaries for living our life. We create them due to our economic standard, parent’s attitudes and circumstances that affect our lives. We are unaware that those boundaries can bind us and cripple us from becoming all

## Boundaries

we can become.  
It is only after we have surrendered and committed our life and accepted God’s Son as our personal Lord and Savior do we understand that those boundaries have bound us more than they have limited others. When we venture into the Word of God and discover who God says we are, we are often surprised to discover and understand His love and grace. We become heirs of the His eternal Kingdom and His child forever. We find new victory and freedom to become more than we ever imagined. We are given God gifts enable us by His Spirit. Trusting, believing and living out the truth of His Word we experience a new “freedom” and become a new person in Christ. We find new freedom we never

experienced before as He gifts us with His Agape love, grace and power to be a witness of all He has done in our lives.  
The power of His light fills every part of our being as our heart longs for the good things He longs to provide us in life. Everything about us changes as we pray to be like Him, to show forth to others His love, forgiveness, kindness, hospitality and the gifts of His Spirit within us. We desire to bring our Heavenly Father honor and glory as we pray we are planting seeds of His love in every heart and life we touch.  
Marlys Johnsen Norris is the Christian author of seven books. You may contact her at Marlysjn@gmail.com. ★



By Pastor Ray Dare

We all know that too much stress is bad for you. Sometimes you’re stressed to the breaking point. You’re stressed to the point you feel like, “I’m ready to pop. I’m going to explode. I’m going to fall apart.” What do you do when you’re stressed and stretched to the breaking point?  
**Release Your Frustrations.** You don’t repress it. You don’t ignore it, deny it, pretend it doesn’t exist and wear a mask. And you also don’t rehearse it, where you go over and over it in your mind and it just gets bigger and bigger. God says, “Release it. Tell Me about it. Pour it out to Me.” God wants you to be real. God understands those emotions. He created you and gave you the ability to feel those things. He wants you to express them to Him. Psalms 62:8 says, “Pour out your heart to God, for He is our refuge.” We call that prayer. Part of prayer is releasing your frustrations to God.  
**Resist Becoming Bitter.** Hebrews 12:15 says, “Watch out that no bitterness takes root among you. It causes deep trouble, hurting many in their spiritual lives.” Bitterness never changes anything.

## Pastor Ray’s Encouraging Words At the Breaking Point

When you start griping that life’s unfair and start getting resentful, that’s not going to change it. That’s not going to change your past. It’s not going to control your future. But it’s going to mess up today. What you have to do instead of being bitter, is to learn to accept the things in your life that you can’t change and never will be able to change. Then start focusing on the things that you CAN change and work on those things.  
**Refocus on Christ.** When you get under stress, your life gets out of focus. You start looking at your problem and stop looking at Christ. You become very preoccupied with yourself. All you can see is your pain. All you can see is your pressure, your stress, your anxiety. Your focus just gets narrower and narrower when you’re under stress. So, how do you refocus your life on Christ?  
1) Read God’s Word. God’s Word is a great stress reliever particularly the book of Psalms. Go through and underline some verses that mean a lot to you, then meditate on them and memorize them. Psalm 18, 23, 25, 27, 56, 62, 118 are some of my favorites to turn to.  
2) Remember God’s goodness. Psalm 27:13-14 says, “I would have despaired unless I believed I would see the goodness of the Lord. Be strong. Let your heart take courage. Wait for the Lord.”

We need to remember God’s goodness because we’re usually focusing in on all the badness. He is a good God and He knows how to bring good out of bad things  
3) Rely on God’s Power. The key to crisis control is Christ take control. Let Him have it. Put it in His hands. Pour your heart out to God and say, “God, take this. You have more power than I do.” You stop focusing on your problems and start focusing on God’s power.  
Are you at the breaking point today? Or maybe you’re on the way and the stress level is rising in your life. I don’t know the pain in your heart right now, but God does. God is aware of the stress in your life and God cares about the stress in your life. God can help you in the stress in your life if you will take these steps and take it all to Jesus Christ and say ‘I put it in Your hands’. Jesus said it like this, “Are you tired worn out? Burned out on religion? Come to Me. Get away with Me and you’ll recover your life. I’ll show you how to take a real rest.  
Walk with Me and work with Me. Watch how I do it. Learn the unforced rhythms of grace.”  
Matthew 11:28-29 (Mes)  
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www.NBC4U.org ★

## Why Mothers Would Make Good Politicians

Dr. James L. Snyder

In thinking of Mother’s Day, I could not help but think about the mess our country is in right now. Not that messes remind me of mothers in particular, but honesty compels me to admit they are good at cleaning up messes. Moreover, the messes they cleanup are not their doing, which is what makes it so terrific.  
Anybody who steps outside their house knows that the country is in a terrible mess these days. It would be impossible to blame one political party over another. In this area, everybody is equal. The truth is, politicians make messes. Furthermore, they leave these messes for other people to clean up. Many politicians have dirty mouths and minds, but none has dirty hands from cleaning up messes.  
Our country is in the soup, and not the kind of soup your mother used to make. Politicians make soup out of circumstances that nobody can stomach while mothers have a marvelous way of making soup out of almost anything, and it tastes heavenly, plus it is good for you.  
But getting back to my subject, I believe mothers would make wonderful politicians. There are several reasons why

I think so. Mothers, generally speaking, know how to ask questions.  
“Have you washed behind your ears?”  
“What time are you coming back?”  
“Do you have clean underwear?”  
“If all your friends jumped off a bridge would you?”  
It is one thing to ask a question, but it is another thing altogether to ask the right question. I firmly believe asking questions is a highly refined art. Politicians, for example, ask questions they think people are asking. Before they query any audience, they take 197 polls to make sure they have the right question so they are not embarrassed.  
Question a politician, you get the runaround. Question your mother and she will chase you around. It would be more beneficial to be chased around by your mother than to have some politician give you the runaround.  
It would be beneficial for our country if every politician were apprenticed to a mother with four or five kids. Let him follow her around for a week, if he can last a week, and he will get some idea of what working is all about.  
Let some politician clean

up after four or five kids for a week and experience what real work is all about. Perhaps, if he has to clean up messes of other people’s making he might think twice before he makes a mess himself. The only work a politician really does, is working his mouth, which rarely accomplishes anything useful.  
Instead of putting his political career ahead of everything else, he would sacrifice himself to benefit other people, to help clean up the messes around him.  
Although it may seem like a good idea, we cannot afford to send mothers to Washington and neglect the important work she has at home. Nehemiah said it so well, “I am doing a great work, so that I cannot come down: why should the work cease, whilst I leave it, and come down to you?” (Nehemiah 6:3).  
God knew exactly what he was doing when he put together a marvelous creature we now know as Mother.  
The Rev. James L. Snyder is pastor of the Family of God Fellowship, in Silver Springs Shores. Call him at 352-687-4240 or e-mail jameessnyder2@att.net. The church website is www.whatafellowship.com. ★




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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.

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This presentation will be  
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**Wed, June 15 @ 11:30 a.m.**

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**Ellen Herrle**

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## Q&A with Buyers & Sellers

*This column is here for you as a resource in sorting out buying and selling property. When you ask a question we answer here so everyone benefits. What don't you know about buying and selling property? Let me help.*  
*It's easy, just email your question to us and we share the answer so everyone can learn from it. Email: [ellenherrle@hotmail.com](mailto:ellenherrle@hotmail.com) or leave a message at 916-761-2108.*

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

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

of course, the condition of your home. What we do is access data on sales in your area, that might not be recorded yet, at the Assessors office, as well as taking in other sales in the last 6 months. You also need to take into consideration the competition - other homes that are currently on the market. Than a comparison is made with properties close to the size of your home, built around the same time, the number of bedrooms and baths, and the square footage of your home. Also, in addition to the above, you need to take into account the layout of your home, the quality in construction and any special features. Do you have a pool, outdoor kitchen and any other special amenity? Does it back up to a busy street? You add or subtract. It's not an exact science, but a Realtor with experience and knowledge of your area can make an educated guess. We are in a seller's market right now, which means that there are more buyers than sellers. If your home is priced right and shows well, you will probably get multiple offers. As we get more into the summer months, this can reverse and there could be more sellers than buyers. If you are wanting a more accurate valuation, please give us a call. (916)

726-9000. Thanks for reading our column and listen to us live, M-F, 12-1 on the Wall Street Business Network, KSAC, on 105.5 FM. Remember happiness is homemade. We don't consider our job as selling houses, but selling lifestyles thru real estate. A good REALTOR® will also factor in market conditions. If there's an imbalance with more buyers than sellers, your home's value is likely to be higher than recent sales since competition can drive up prices quickly. If the market in your area has slowed and sellers are competing for buyers, then your value could have declined. Good luck and if you need help, please call me directly at (916) 726-9000 or email me at [ellenherrle@hotmail.com](mailto:ellenherrle@hotmail.com)  
**For those who get in touch each month** you'll also receive one of three pamphlets on buying and selling strategies, and be entered in a random drawing for a **dinner for two** at one of our great Sacramento or Placer restaurants! Don't spend more than you have too, or sell for less than you deserve by asking the expert first! Call us to help when you decide to buy or sell at 916-761-2108.  
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# EAST LAWN

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- ★ 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.



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# Citrus Heights Native Serves Aboard Guided Missile Destroyer in Spain

By U.S. Navy MC Specialist Amanda Rae Moreno

**ROTA, SPAIN (MPG)** - A 2008 Casa Roble High School graduate and Citrus Heights, California native is serving in the U.S. Navy aboard the guided missile destroyer, USS Ross.

Petty Officer 2nd Class Amber Kochishan is an information systems technician aboard the forward-deployed Arleigh Burke-class guided missile destroyer operating out of Rota, Spain. Ross is one of four destroyers home ported in Rota.

A Navy information systems technician is responsible for maintaining communications while out at sea with computers, network, and radios.

“I like working with people,” said Kochishan. “Information system technicians are always around the ship on trouble calls when people have issues with their computers. We also get to work with different commands and ships out at sea.”

Commissioned in June of 1997, the Arleigh Burke-class guided-missile destroyer, Ross, measures approximately 500 feet and is powered by four gas turbines that allow the destroyer to achieve over 30 mph in open seas. It was named in honor of Medal of Honor recipient Capt. Donald K. Ross. He was awarded the Medal of Honor for his heroism during the attack on Pearl Harbor.

This ship has been fitted with the Aegis ballistic missile defense (BMD) capability that enables the ship to conduct long-range surveillance, tracking, and engagement of short and medium-range ballistic missiles.

According to Navy officials, destroyers are tactical multi-mission surface combatants capable of conducting anti-air warfare, anti-submarine warfare and anti-surface warfare, as well as humanitarian assistance. Fast, maneuverable, and technically advanced, destroyers provide the required warfighting expertise and operational flexibility to execute any tasking overseas.

Assigned to U.S. 6th Fleet, sailors are on watch throughout the European region and are important assets supporting the European Phased Adaptive Approach to enhance the security of that area of the world from ballistic missile threats originating in the Middle East.

In addition to Ross, three other BMD capable ships are forwarded deployed in Rota: USS Porter, USS Carney and USS Donald Cook. Having four destroyers based in Rota gives the U.S. 6th Fleet flexibility to send these ships to a variety of locations for a range of missions, while at the same time providing a large umbrella of protection for European allies.



**Petty Officer 2nd Class Amber Kochishan is an information systems technician aboard the forward-deployed Arleigh Burke-class guided missile destroyer operating out of Rota, Spain.** Photo courtesy Navy Office of Community Outreach Public Affairs

Approximately 30 officers and 300 enlisted men and women make up the ship’s company. Their jobs are highly specialized and keep each part of the cruiser running smoothly, according to Navy officials. The jobs range from washing dishes and preparing meals to maintaining engines and handling weaponry.

“I really enjoying being underway and get a lot of opportunities for that on this ship,” said Kochishan. “There are great learning opportunities and camaraderie.”

Challenging living conditions build strong fellowship among the crew, Navy officials explained. The crew is highly motivated, and quickly adapt to changing conditions. It is a busy life of specialized work, watches, and drills.

As a member of one of the U.S. Navy’s most relied upon assets, Kochishan explained that she and other Ross sailors know they are part of a legacy that will be last beyond their lifetimes.

“I think it’s important to serve your country and contribute to society and your nation,” added Kochishan.

Source: Navy Office of Community Outreach Public Affairs

# Motorcycle Collision Results in Fatal Injuries to Rider

**CITRUS HEIGHTS, CA (MPG)** - On May 15th, 2016 at approximately 2:20 a.m., a two-officer California Highway Patrol (CHP) unit attempted to make an enforcement stop on a 2000 Yamaha motorcycle on Watt Ave. in North Highlands. The motorcycle yielded to the right shoulder near the intersection of Watt Ave. and Roseville Road. As the CHP patrol vehicle pulled in behind the motorcycle and began to stop, the rider fled the scene on the motorcycle at a high rate of speed eastbound on Madison Ave. The CHP unit attempted to locate the motorcycle on Madison Ave., but lost sight of

the motorcycle as it continued eastbound. As the CHP unit approached the intersection of Madison Ave. and Hillsdale Blvd., they observed that a collision had occurred involving the motorcycle and a 1996 Honda. As a result of this collision, the motorcycle rider was ejected from the motorcycle. The motorcycle rider was transported to Mercy San Juan Hospital where he succumbed to his injuries.

The driver and the passenger of the Honda sustained minor injuries as a result of this collision.

The motorcycle rider was wearing a helmet. At this

time, it is unknown if drugs and/or alcohol were a factor in this collision.

Any additional information about this news release should be directed to Officer Berry who will be available at the CHP North Sacramento Area business phone number: (916) 348-2317, Monday through Friday 8 a.m. to 5 p.m. For urgent matters or to contact after hours you can reach her on her cell phone at (916) 936-2120. Follow us on Twitter @chpnasac or like us on Facebook.com/chpnorthsac.

Source: CHP



# Request for Proposals

## Consulting Services for Regional Analysis – Affirmatively Furthering Fair Housing RFP # 2016016-WW

The Sacramento Housing and Redevelopment Agency (SHRA) and its constituent entities, which include the Housing Authority of the City and County of Sacramento, the cities of Sacramento, Folsom, Isleton, Galt, Citrus Heights, Rancho Cordova and Elk Grove; and the unincorporated County of Sacramento (collectively known as Participating Agencies) are soliciting for a professional consulting firm to conduct public outreach, and to develop and write the Affirmatively Furthering Fair Housing (AFFH) regional analysis.

The Request for Proposals solicitation document is available upon request by e-mailing Procurement Services at ps@shra.org or calling (916) 440-1378; refer to RFP # 2016016-WW

**All proposals must be received no later than 2:00 P.M. on Tuesday, June 7, 2016 at SHRA Procurement Services – 2nd Floor, 801 12th Street, Sacramento, CA 95814.**

For information on other projects, visit our web-site at [www.shra.org](http://www.shra.org).



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Senior Computer School offers computer classes exclusively for Seniors. Core courses include Computer Fundamentals, Word Processing, Internet, and Excel. Each of these classes is six 2½ hour sessions, which meet either in the morning or afternoon on MWF or TTH.

The cost for these core courses is \$30 total for all 6 sessions. The cost includes lessons/manuals. Additional one or two 2½ hour session workshops are offered for \$5 per workshop.

Workshop titles include: Digital Cameras, Computer Maintenance, E Bay, Greeting Cards, Downloading, Windows 7, Storage and Backup Files, Flash Drives, etc, and Database.

Senior Computer School is a non-profit organization staffed by volunteer instructors, assistants, and office staff. We train 40-60 students every month with 8 to 16 students in each class. Step by step instructions are conducted with clearly written lessons. There is no need to take notes as the lessons are provided for you to keep after each session. Assistants provide individual help, as needed during each session.

The Senior Computer School learning center is located at the back of the Rio Americano High School campus, 4540 American River Drive, Sacramento, CA 95864. Free parking is available near the levee road, inside the chain linked fenced area. Look for the Senior banner on the Learning Center.



### Courses Offered:

(6 2½ hr Sessions) Computer Fundamentals I, Word Processing, Internet, Excel, Graphics

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**Workshops \$5 for each session. Everyone is welcome.**

**For more information on how to become a Senior Computer School volunteer or to enroll for classes, contact the Sacramento Computer School Learning center at (916) 485-9572 or email to [student2917@hotmail.com](mailto:student2917@hotmail.com)**

# Stand Up Paddleboarding Supports a Great Cause



The Paddle 4 DART Solo Race Course is a 4 mile looped course, perfect for experienced and novice races alike. Paddle 4 DART was created by Riverbank Marina, Crawdad's on the River and FLOW Stand Up Paddle to help raise money for the Drowning Accident Rescue Team (D.A.R.T.). Photo courtesy Paddle4DART.com

**SACRAMENTO REGION, CA (MPG)** - So, you like the water. You need a new hobby. You need to switch up your workout routine. It's time to check something off your bucket list. You need a new date idea. Whatever it is for you, this is something that you have to try! Stand Up Paddleboarding! It's the fastest growing sport and there is a reason why. Come see for yourself.

The 2nd annual Paddle

4 DART is happening at Crawdad's on the River on June 11th, 2016. Starting at 9am, there will be a competitive 4 mile solo race. The course consists of loops on the Sacramento River in front of Crawdad's so that the paddlers can get extra motivation from on looking fans as they pass by multiple times. It's also a reason to have them go through the water gun alley more than once. At 11am

is when the real fun begins...the relay race! Teams of four come together, beginners, advanced and competitive to take the win! Teams will be dressed up, they will fall in the water, they will bond, they will win, they will laugh and most importantly they will have a great day supporting a great cause.

Paddle 4 DART was created by Riverbank Marina, Crawdad's on the River and FLOW Stand Up Paddle to help raise money for the Drowning Accident Rescue Team (D.A.R.T.). They wanted to create a way to support this amazing non-profit organization that supports our community so much. D.A.R.T. is a 100% volunteer run organization that provides water safety and education for the greater Sacramento Area. The dedicated volunteers are on call 24/7 and are prepared to for emergency water rescues and recoveries whenever they are needed. Last year Paddle 4 DART raised \$15,000 and has a goal of \$20,000 for 2016.

For more information, registration and to make a donation go to [www.Paddle4DART.com](http://www.Paddle4DART.com) or [www.facebook.com/paddle4DART](http://www.facebook.com/paddle4DART).

Source: Paddle4DART.com ★



This year, FLOW Stand Up Paddle will be offering RACE TRAINING for those of you who want to take the leap from recreational paddling to the exciting world of racing! Photo courtesy Paddle4DART.com

# ROYAL BALL

Stop by our Photography Booth



**May 29, 2016  
6pm-8pm**

**at  
Christ Community Church in Carmichael**

Heroes of the kingdom are invited to bring their princesses and princes to a special evening of dancing, refreshments, crafts, and more. (Any combination of fathers, daughters, mothers, sons, grandparents, and so on from all over the Sacramento area are welcome to attend.) While there is no age restriction, activities are designed for ages 5-13.

**All proceeds from this dance benefit HeART House**

**Reserved your tickets at [royalstage.org](http://royalstage.org) today!**

DJ, Sound, and lighting provided by "White Diamonds Entertainment and Events."



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# Governor Brown Issues Order to Continue Water Savings as Drought Persists

*Executive Order Aims to Make Water Conservation a Way of Life in California*

**SACRAMENTO REGION, CA (MPG)** - Moving to bolster California's climate and drought resilience, Governor Edmund G. Brown Jr. recently issued an executive order that builds on temporary state-wide emergency water restrictions to establish longer-term water conservation measures, including permanent monthly water use reporting, new permanent water use standards in California communities and bans on clearly wasteful practices such as hosing off sidewalks, driveways and other hardscapes.

“Californians stepped up during this drought and saved more water than ever before,” said Governor Brown. “But now we know that drought is becoming a regular occurrence and water conservation must be a part of our everyday life.”

Californians have responded to the call to conserve water during the drought by dialing back sprinklers, replacing lawns, fixing leaky faucets, and installing more efficient toilets and washing machines. Between June 2015 and March 2016, Californians reduced water use by 23.9 percent compared with the same months in 2013 — saving enough water to provide 6.5 million Californians with water for one year.

While the severity of the drought has lessened in some parts of California after winter rains and snow, the current drought is not over. For the fifth consecutive year, dry conditions persist in many areas of the state, with limited drinking water supplies in some communities, diminished water for agricultural production and environmental habitat, and severely depleted groundwater basins. The executive order calls for long-term improvements to local drought preparation across the state, and directs the State Water Resources Control Board to develop proposed emergency water restrictions for 2017 if the drought persists.

California droughts are expected to be more frequent and persistent, as warmer winter temperatures driven by climate change reduce water held in the Sierra Nevada snowpack and result in drier soil conditions. Recognizing these new conditions, the executive order directs permanent changes to use water more wisely and efficiently, and prepare for more frequent, persistent periods of limited supply.

These new actions will help achieve a top priority in the Governor's Water Action Plan — to “Make Conservation a California Way of Life.” The administration will seek public input in the coming months on new water conservation and efficiency standards called for in this executive order.

The following is a summary of the executive order issued by the Governor today:

**Use Water More Wisely**

The Department of Water Resources (DWR) and the State Water Board will require monthly reporting by urban water suppliers on a permanent basis. This includes information regarding water use, conservation and enforcement. Through a public process and working with partners such as urban water suppliers, local governments and environmental groups, DWR and the State Water Board will develop new water use efficiency targets as part of a long-term conservation framework for urban water agencies. These targets go beyond the 20 percent reduction in per capita urban water use by 2020 that was embodied in SB X7-7 of 2009, and will be customized to fit the unique conditions of each water supplier.

The State Water Board will adjust emergency water conservation regulations through the end of January 2017, in recognition of the differing water supply conditions across the state, and develop proposed emergency water restrictions for 2017 if the drought persists.

**Eliminate Water Waste**

The State Water Board will

permanently prohibit wasteful practices, such as hosing off sidewalks, driveways and other hardscapes, washing automobiles with hoses not equipped with a shut-off nozzle, and watering lawns in a manner that causes runoff. These temporary prohibitions have been in place since emergency water conservation efforts began in July 2014.

The State Water Board and DWR will take actions to minimize water system leaks across the state that continue to waste large amounts of water. DWR estimates that leaks in water district distribution systems siphon away more than 700,000

acre-feet of water a year in California — enough to supply 1.4 million homes for a year. Audits of water utilities have found an average loss through leaks of 10 percent of their total supply.

**Strengthen Local Drought Resilience**

In consultation with urban water suppliers, local governments, environmental groups and other partners, DWR will strengthen standards for local Water Shortage Contingency Plans, which are part of the Urban Water Management Plans that water districts must submit every five years. Under new strengthened standards, districts

must plan for droughts lasting at least five years, as well as more frequent and severe periods of drought. These plans must be actionable, so that districts can turn to them to guide their drought response.

For areas not covered by the Water Shortage Contingency Plan, DWR will work with counties to improve drought planning for small water suppliers and rural communities.

**Improve Agricultural Water Use Efficiency and Drought Planning**

DWR will update existing requirements for Agricultural Water Management Plans so that irrigation

districts quantify their customers' water use efficiency and plan for water supply shortages.

Current law requires agricultural water districts serving 25,000 acres or more to file such plans. The executive order increases the number of irrigation districts who must file water management plans by lowering the threshold to irrigation district serving 10,000 acres or more. DWR will check the plans to ensure they quantify conservation efforts and adequately plan for water shortages.

DWR will work with the California Department of Food and Agriculture in seeking public input on the updated standards, with a public draft made available by the end of this year.

To ensure compliance with these new targets and water management plan requirements, DWR, the State Water Board and the California Public Utilities Commission will work together to develop methods which could include technical and financial assistance, regulatory oversight and enforcement mechanisms.

The full text of the executive order can be found here.

To learn more about the state's drought response, visit: Drought.CA.Gov. Every Californian should take steps to conserve water. Find out how at SaveOurWater.com.

*Source: Office of Governor Edmund G. Brown Jr.* ★

CHM

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**CANNED CAT FOOD**

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Limit 1 Case Per Family. Limit 1 Coupon Per Family. Effective 5/18/16 - 5/24/16

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**NATURAL DOG TREATS**

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**Our Super Low Price!**

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**CANNED CAT FOOD**  
5.5 Oz  
All Varieties  
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**Per Family**  
**35¢**  
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**ADULT RECIPE**  
**DRY DOG FOOD**  
•Regular Max •Large Breed Adult •Beef  
•Senior •Lamb Meal & Rice  
**NEW SIZE**  
**25 Lb Bag**  
**Limit 2 Bags**  
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3 Oz All Varieties  
Except Elegant Medley  
**Limit 2 Cases**  
**Per Family**  
**20/\$11.00**  
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**PRO-PLAN**  
**DRY DOG FOOD**  
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(•Sensitive Skin & Stomach •Lite- \$41.99)  
(•Bright Mind 30 Lb Bag \$47.99)  
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3 Free 13oz Dog Food (Savor & Focus only) w/ each purchase  
**\$39.99**  
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**PREMIUM CAT LITTER**  
20 Lb Bag  
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**Limit 2 Bags**  
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**\$32.99**  
Effective 5/18/16 - 5/24/16

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16 Lb Bag  
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**Limit 2 Bags**  
**Per Family**  
**\$9.99**  
Effective 5/18/16 - 5/24/16

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**SCOOPABLE**  
**CAT LITTER**  
42 Lb Bag  
**Limit 2 Bags**  
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**\$12.99**  
Effective 5/18/16 - 5/24/16

**NUTRO**  
**CANNED CAT FOOD**  
Limit 1 Case • Selected Varieties  
1 Case 3 oz Max **55¢** Natural **75¢** Choice

**SOLID GOLD**  
**DRY DOG FOOD**  
•Hund n Flocken •Wolf King Bison •Holistique  
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20 Lb Bag Limit 2 Bags **\$7.99**

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**MAX CAT DRY CAT FOOD**  
Selected Varieties 6 Lb Bag Limit 2 Bags **\$8.99**

**NEW FRESH STEP**  
**CLUMPING CAT LITTER PLUS CRYSTALS**  
25Lb Box Limit 2 Boxes per family **\$8.99**

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Limit 1 Case • Selected Varieties  
1 Case 12.5 oz Max **89¢** Natural **\$1.25** Choice

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**PET BEDDING**  
60 Liter (Ultra Not Included) **\$12.99**

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**CRYSTALS CAT LITTER**  
8Lb Bag Limit 2 Bags **\$10.99**

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**ALL LIFE STAGES DRY DOG FOOD**  
• All Life Stages Formulas  
44 Lbs Limit 2 Bags **\$7 OFF**  
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•CRS  
(C & D Products not Included)  
LOTS OF SELECTIONS  
ASSORTED STYLES  
**20% OFF**  
**OUR SUPER LOW PRICES**

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•Chicken Breast Tenders  
• Chicken Nibblers  
16 Oz Jar 100% Natural **\$9.99**

**STAR MARK**  
**PRODUCTS** All Varieties  
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•Bento Ball •DuraFoam  
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5.5 Oz All Varieties  
Limit 12 Cans With Coupon  
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Price Valid Only With Coupon Effective 5/18/16 - 5/24/16 **43¢** ARM PLU 367

**BONUS COUPON**  
**WHISKAS**  
**TEMPTATIONS CAT TREATS**  
•All Varieties Except Natural - 3 Oz  
Limit 2 Pkgs with Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon Effective 5/18/16 - 5/24/16 **\$1.19** ARM PLU 569

**BONUS COUPON**  
**JONNY CAT**  
**CAT LINERS**  
Jumbo Drawstring - 5 Ct  
Limit 1 Box with Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon Effective 5/18/16 - 5/24/16 **\$1.89** ARM PLU 449