



Letter Carriers Stamp Out Hunger

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Citrus Heights Messenger

"Written by the people, for the people"

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FIGHT THE BITE



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POPPOFF!

WITH MARY JANE POPP



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A Day to Be a Superhero

Citrus Heights Family to Raise Funds for Low-Income Pregnant Women



The Lucas family, a family of superheroes. Photo courtesy Kristin Thébaud Communications



CITRUS HEIGHTS, CA (MPG) - Their neighbors know them as the Lucas family, but on May 14th, this Citrus Heights family will don superhero costumes for Sacramento Life Center's Heroes Walk for Life at Maidu Park in Roseville. Nancy Lucas, who is heading up the team Supers, is hoping to recruit more Citrus Heights residents to help raise funds for the Sacramento Life Center's services for low-income pregnant women and teens.

"Anybody can join our team and help get the word out that this wonderful organization is here," Lucas said. "I love the work the Sacramento

Life Center does with women and babies. Everything they provide is free and they are so vital to our community."

Lucas first became involved with the Sacramento Life Center 20 years ago. For the first time, she will not be walking in the center's fundraising walk — she will be running. She started running in December at age 56 and can now run almost three miles.

"I've never in my life been a runner, and now I can run 30 minutes," Lucas said. "I always hated running, but now when I'm out there it's very emotional for me because I'm thinking of all of the people who come into the Sacramento Life Center and the difficult

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Memorial Day at Sylvan Cemetery: All Gave Some, Some Gave All

Story and photo by Jim Monteton

CITRUS HEIGHTS, CA (MPG) - Memorial Day will be celebrated on May 30 of this year at the Sylvan Cemetery at 7401 Sylvan Blvd, Citrus Heights beginning at 10:30 a.m.

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 were 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 who gave their lives in the defense of their county. As is tradition the morning begins at 10:30 a.m.

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Give Them Something to Talk About

Sunrise Center Toastmasters Club Celebrates 40th Anniversary

Story and photo by Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - A quote by Robert T. Kiyosaki, author of "Rich Dad, Poor Dad" reads, "It is said that the fear of public speaking is a fear greater than death for most people. According to psychiatrists, the fear of public speaking is caused by the fear of ostracism, the fear of standing out, the fear of criticism, the fear of ridicule, the fear of being an out-cast. The fear of being different prevents most people from seeking new ways to solve their problems."

For those haunted by this fear who would like to find a way overcome it, there is a fun, easy, painless answer to improving their business and personal speaking presence. Sunrise Center Toastmasters, a part of Toastmasters International (TM), has been changing the professional and personal lives of its members for 40 years. Three members have been active for almost that long.



Sunrise Center Toastmasters members come in all ages, walks of life and interests, making for many, many interesting and informative speeches each week.

Steve Beede, an attorney says, "Today, 37 years later, each Toastmaster meeting still inspires and challenges me with new

ideas and new information that make me want to build a better me and gives me the tools and forum to do so."

TM is a non-profit organization which develops public speaking and leadership skills through practice and constructive feedback in local clubs.

Every Thursday morning at 6:30 a.m. a dedicated group of men and women from every walk of life ranging in age from 18 to 70 plus years, gather for a fast moving, entertaining 90 minutes. They practice speaking with confidence on topics of interest to members, develop listening skills, and practice giving constructive feedback in a non-threatening atmosphere.

TM clubs continue the original format of meeting in social settings, with members practicing different skills during each meeting. Besides giving prepared speeches and other presentations, "Table Topics" gives members a chance to practice speaking off the cuff, which translates easily into responding well when called upon to communicate in a spontaneous business or personal situation.

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



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- Jeff Slowey, Citrus Heights City Councilman

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Letter Carriers Stamp Out Hunger



Participating in this year's Letter Carriers Stamp Out Hunger Food Drive is simple: just leave a non-perishable food donation in a bag by your mail box on Saturday, May 14th and your Letter Carrier will do the rest. Photo courtesy United States Postal Service

SACRAMENTO REGION, CA (MPG) - Saturday, May 14th marks the 24th anniversary of one of America's great days of giving: the National Association of Letter Carriers Stamp Out Hunger Food Drive.

Letter carriers walk through the community every day, often coming face to face with a sad reality for too many, hunger. So each year on the second Saturday in May, Letter Carriers across the country collect non-perishable food donations from their customers. These donations go directly to local food pantries to provide food to people in Sacramento who need their help.

Last year they collected over 71 million pounds of food nationally, feeding an estimated 30 million people. Over

the course of its 23-year history, the drive has collected well over one billion pounds of food, thanks to a postal service universal delivery network that spans the entire nation, including Puerto Rico, Guam and U.S. Virgin Islands.

The need for food donations is great; currently 49 million Americans (one in six) are unsure where their next meal is coming from. Sixteen million are children who feel hunger's impact on their overall health and ability to perform in school. And over 5 million seniors over age 60 are food insecure, with many who live on fixed incomes are often too embarrassed to ask for help.

This food drive's timing is crucial. Food banks and pantries often receive the majority

of their donations during the Thanksgiving and winter holiday seasons. By springtime, many pantries are depleted, entering the summer low on supplies at a time when many school breakfast and lunch programs are not available to children in need.

Participating in this year's Letter Carriers Stamp Out Hunger Food Drive is simple: just leave a non-perishable food donation in a bag by your mail box on Saturday, May 14th and your Letter Carrier will do the rest. You are invited to join in America's great day of giving and help fight to end hunger.

Source: Willie Henderson, Carmichael post office food drive coordinator, Nalc branch 4494 ★

Fight the Bite

Health Officials Urge Precaution During Mosquito Season



Sacramento-Yolo Mosquito and Vector Control District Field Technician Kenny Harris infuses a pond with mosquito larvae-eating fish. It is part of the district's program of treating standing water to eliminate mosquito breeding grounds and limit the spread of the West Nile Virus.

Story and photos by Steve Liddick

SACRAMENTO REGION, CA (MPG) - Mosquitoes are much more than a nuisance. They are also a very real threat to health and, on too many occasions in recent years, a threat to life.

The Sacramento-Yolo Mosquito and Vector Control District is launching its annual "Fight The Bite" campaign to make the public aware of the dangers of mosquitoes and to provide tips on how they can protect themselves. The district's information and education effort is coupled with an aggressive mosquito control program to protect the public's health.

Field Technicians in the two-county district set out traps to monitor mosquito activity. They locate potential breeding locations and treat trouble spots. But that effort is not enough. The public has a role to play, as well.

Officials urge homeowners to check their properties at least once a week and empty out stagnant water from old tires, birdbaths, cans, and even dog dishes—anywhere there is standing water.

"There are 24 species of mosquitoes in the district," District Public Information Officer Luz Robles said. "Only two of those transmit the West Nile Virus." But those two are carriers of what is still a potential killer.



Tiny mosquito larvae-eating fish are placed in ponds and other places where standing water could be breeding ground for West Nile Virus-carrying mosquitoes.

West Nile struck fear in the hearts of area resident as recently as last year. As often happens, the public forgets and it is the job of the control district to keep reminding the public about the continuing severity of the problem.

"When it hits the news it really resonates," said field tech Kenny Harris. But the public has become desensitized to the threat. West Nile is still very much present in the region and every bit as dangerous as it has always been.

Harris travels around his 88-square-mile zone taking water samples from ponds and other places with standing water to see if there is mosquito larvae present. If so, he will release tiny larvae-eating fish.

A new concern that is getting a lot of publicity is the Zika Virus which has devastatingly

impacted some Central and South American countries. The most frightening fact to make the news is that infected pregnant women have delivered babies with small heads. That has the American public alarmed, but Robles said, "Zika is not here yet. The closest it has been detected is San Mateo and the Fresno-Madeira area." Zika has permanently established itself in Southern California.

Even if Zika were here, Luz Robles said, "West Nile is a more devastating virus; especially when Zika is compared with West Nile and malaria." West Nile, she said, is a far more immediate threat and the public needs to take precautions against it.

Among preventative measures recommended are: wear long-sleeved shirts and long pants when outside, especially in the evenings around home and at campouts and outdoor concerts. Also, always use an insect repellent that contains either DEET or Picaridin. They are available as lotions, sprays, and wipes that are available over the counter in drugstores and supermarkets.

The district also provides homeless shelters with wipes to hand out to those living on the streets and along the rivers.

The mosquito season is almost here and Kenny Harris said, "It is not too early to start taking precautions." ★

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Memorial Day at Sylvan Cemetery: All Gave Some, Some Gave All



Memorial Day is a day of remembering the men and women who died while serving in the United States Armed Forces. Every year, Sylvan Cemetery in Citrus Heights honors those who gave their lives in the defense of their county.

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with a procession through the historical section of the cemetery, stopping briefly at each flag station to read a prayer and salute the flag in honor of the veterans who died during that war.

The men and women processing prior to the service

include the American Legion and American Legion Auxiliary, Veterans of Foreign Wars, 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.

The procession will last about 30 minutes, and will conclude at the gazebo where there will be a one-hour ceremony from 11 a.m. to 12 p.m. Many of the veterans marching will be in uniform — past and present — from the American Revolution to modern day. ★

Give Them Something to Talk About

Continued from Page 1

With the guidance of a mentor, new members take turns leading meetings and taking on different tasks weekly such as speaking, counting “ah’s” and “um’s,” evaluating speeches, and timing. Staying on time is an imperative to running a successful meeting.

A large component of TM is the opportunity to grow as a leader. Leadership skills begin to come naturally through participation in meeting and working on specialized leadership projects. These skills can be used in all walks of life. Learning to work comfortably in a competitive situation becomes easier by participating in speech contests held twice a year beginning at the club level. Whatever the task at hand, having fun is what keeps the meetings moving and members coming back.

New District 39 member Laurent Frazier shared in a Toastmaster’s Magazine interview recently that this program “bridges the gap between where you are and where you want to be” in your life. He continues, “The things I learned at Toastmasters began to subtly work their way into my everyday speech patterns and improve my ability to express myself and share information.” Giving and receiving evaluations is taught to give feedback to others in real life scenarios.

Sunrise Center president, Barbara Allen urges everyone to try it at least saying, “Your best day of the week is Thursday at 6:30 a.m. because you are able to socialize, have a good breakfast (first one is free on us!), enjoy laughter, and learn something. Please join us for a fun filled

morning!”

Sunrise Center Toastmasters will be celebrating its 40th anniversary on Thursday May 12th from 6:30 a.m. to 8 a.m. at Denny’s at the corner of Greenback and Sunrise in Citrus Heights. Please come see what the talk is all about. If a morning meeting doesn’t work for you can find the perfect time and place at www.district39.org.

Consider the advice of long time member Mary Euretig who reflects that “going to a Toastmaster meeting is a little bit like going to church because you are always inspired, a little bit like going to school because you learn so much, and a lot like being at a party because it is so much fun. Laughter permeates the room each week.” Come join the fun!

Contact Barbara Allen at (661) 444-1948 for more information. ★

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Citrus Heights Messenger

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Crossword Puzzle on Page 5

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

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Sacramento County DA Reports



Defendants Convicted of Human Trafficking, Insurance Fraud, and Sexual Assault

CASE: Quoc Pham & Amro Farhat
PROSECUTOR: Deputy District Attorney Sonia Satchell, Human Trafficking Unit

Twenty-eight-year-old Quoc Pham was convicted by jury of human trafficking, pimping a minor, and pandering a minor. Twenty-eight-year-old Amro Farhat was convicted of pimping a minor, pandering a minor, two counts of oral copulation of a minor, child pornography, and unlawful sexual intercourse with a victim more than three years younger.

The 16-year-old victim was a runaway from Contra Costa County. She came to Sacramento with a friend, who introduced her to Pham. Pham forced her to work as a prostitute on the stroll. He then took her to meet his friend, Farhat. Farhat took pictures of the victim and posted a prostitution advertisement on a website. Farhat also booked a room at the Travelodge so the victim could do dates. The victim was able to call her mom, who contacted law enforcement.

Pham faces a maximum potential sentence of 14 years, 8 months in prison. Faraht faces a maximum potential sentence of 8 years in prison. Sentencing is set for May 26, 2016, at 4:00 p.m. in Department 14 before the Honorable Donald Currier.

CASE: Timothy Sean McCrystle
PROSECUTOR: Deputy District Attorney Kelly Mulcahy, Insurance Fraud Unit

Forty-nine-year-old Timothy Sean McCrystle pled no contest to misdemeanor insurance fraud and misdemeanor reckless driving. He was sentenced to 30 days in county jail and 3 years probation. He will also be required to pay a \$250 fine plus penalties and fees.

On August 15, 2015, the victim drove past McCrystle, who was driving unusually slow with his two children in the vehicle. McCrystle sped up to catch the victim and then abruptly braked and slowed his car to match the victim's speed. As they continued to drive, McCrystle remained driving alongside the victim at the same pace for several blocks. Suddenly, he

edged into the victim's lane causing them to collide. He hit the victim's car a second time before exiting his vehicle. He then stood directly in front of the victim's car, blocking her way, and proceeded to yell at her and slam his hands on the hood of her car. McCrystle eventually let the victim leave when he became aware the incident was being videotaped with a dash-mounted video camera in a nearby vehicle.

McCrystle returned home and called 911 to report a hit and run. When interviewed by CHP, he stated the victim flipped him off as she sped up and passed him. After the collision, McCrystle admitted trying to block the victim's car and stated he was unable to get her license plate number. He also gave a recorded statement to USAA insurance and repeated the same false version of facts. McCrystle obtained the dash camera video of the evidence and provided it to his insurance company. After viewing the video, the case was turned over to the District Attorney's Office, Auto Insurance Fraud Unit.

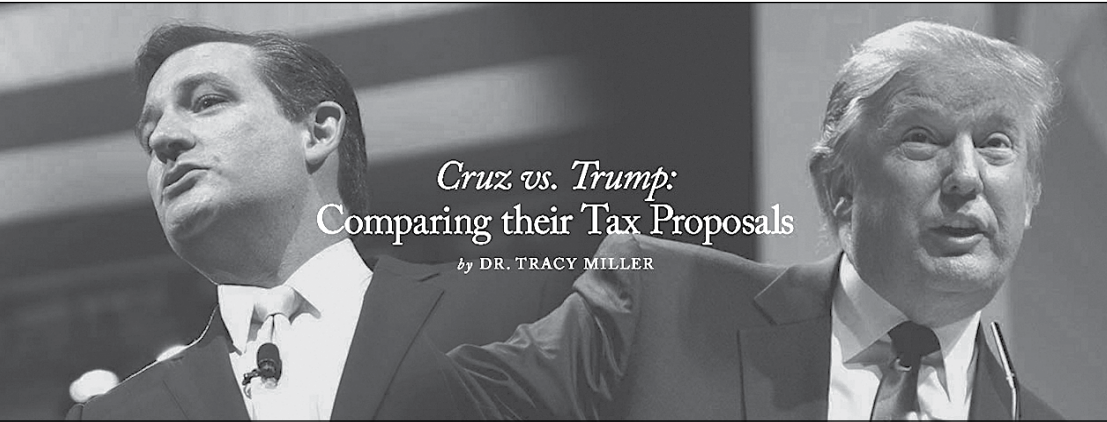
CASE: Miguel Ramirez
PROSECUTOR: Deputy District Attorney Matt Chisholm, Adult Sexual Assault Prosecution Unit

Thirty-three-year-old Miguel Ramirez was convicted by jury of 12 counts of sexual assault including continuous sexual abuse, committing lewd acts upon a child, unlawful sexual intercourse with a victim more than three years younger, oral copulation of a person under 18, and attempt to commit sodomy with a person under 18.

Ramirez molested a friend's daughter starting from when she was 13 years old until she was 16 years old. The victim's mother discovered the abuse when she returned home unexpectedly.

Ramirez faces a sentence of 22 years, 8 months in prison. Sentencing is set for May 13, 2016, at 8:30 a.m. in Department 21 before the Honorable Steve White. ★

Cruz vs. Trump: Comparing their Tax Proposals



Commentary by Tracy Miller

As Donald Trump and Ted Cruz battle to become the Republican nominee for president, it is time to closely consider their policies. Although both propose cutting taxes, the details of their plans are very different. Ted Cruz is proposing a drastic revision of the tax code that would replace the progressive income tax with a flat tax. Donald Trump's proposal, though it would lower the top tax rate, preserves higher rates on the rich. In terms of sound principles that should guide discussions of future tax policy, Cruz's proposal is better than Trump's.

Cruz's plan, which includes a 10-percent flat-tax rate on income and a value-added tax to replace the payroll tax, would reduce overall taxes paid by almost everyone. He proposes repealing the corporate-income tax, the payroll tax, estate taxes, and gift taxes and replacing those taxes with a 16-percent value-added tax. By altering incentives to work and save his plan could have a large positive effect on economic growth.

Trump's plan would also lower tax rates for most Americans, reducing top tax rates to 25 percent. Trump proposes a flat corporate-income tax rate of 15 percent and would also repeal federal estate and gift taxes. It would not change the payroll tax, which is used to fund Social Security and Medicare.

Trump's plan would reduce government revenue by more than Cruz's plan. It cuts middle-class taxes by more but reduces rates less for those with high incomes. The Tax Policy Center estimates that Cruz's plan would reduce revenue by \$8.6 trillion over 10 years, while Trump's would reduce revenue by \$9.5 trillion over ten years.

Cruz's tax plan also has some other positive features that are worth noting. It effectively exempts savings and investment income of the middle class from taxation. This incentivizes greater savings and investment, which are important for promoting economic growth.

Because each plan substantially reduces the amount of revenue collected by the federal government, it would raise the federal deficit unless Congress has the political will to enact similarly large spending cuts. The Tax Policy Center estimates that by 2025, the annual reduction in revenue from either plan would exceed the entire military budget.

Both candidates' plans are consistent with the view that people can make better decisions than the government about how to spend their own money. Both also are based on the premise that lower tax rates on the rich increase their incentives to save, invest, and create business. But in proposing a flat tax, Cruz goes one step further than Trump. With his plan, the wealthy get to keep the same percentage of each additional dollar they earn by working harder, as do the middle class. Those with more income would pay proportionally more, but would have the same incentive as everyone else to earn more.

The Tax Policy Center may be overestimating the revenue lost from each plan because it fails to account for all the ways that lower tax rates increase incentives to work longer hours, take risks, and start businesses. These effects will be particularly pronounced for high-income

earners, who are the most capable of starting businesses and investing in business expansions that can lead to more employment opportunities for low- and middle-income workers. By promoting faster economic growth, tax cuts may increase the amount of income earned before taxes, partially offsetting some of the revenue lost due to lower tax rates. Tax cuts are more likely to promote growth if they are financed by cuts in government spending rather than by increases in the deficit.

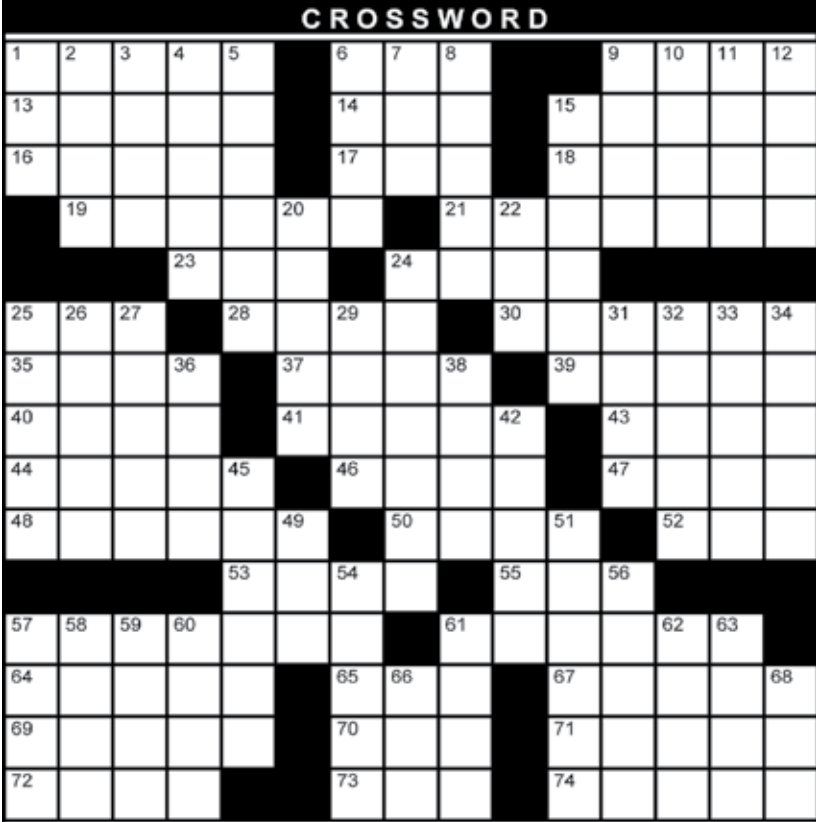
The problem with past cuts in federal income-tax rates, such as those implemented by Presidents Reagan and George W. Bush, was that they were not accompanied by comparable reductions in spending. If spending is not reduced by the same amount as revenue is reduced, tax cuts may do more harm than good. It is much easier for a candidate to propose large tax cuts than it is for Congress to enact even modest cuts in federal spending.

Of the two proposals, Cruz's is better because it is simpler and because it treats additional income earned by the wealthy the same way as income earned by everyone else. Either Cruz's or Trump's plan would improve incentives by reducing personal income-tax rates and reducing or eliminating the corporate-income tax, which is much higher in the United States than in other countries. If one of them is elected, the large tax cuts he is proposing should only be implemented if Congress approves drastic cuts in spending. Otherwise, we won't have to wait very long before the federal government can no longer pay the Medicare bills and send out the Social Security checks it has promised.

Cruz's plan is the preferable of the two, particularly if it is used as a starting point for a discussion about principles to consider in fixing the federal government. But cutting spending also needs to be a part of that discussion. ★

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- CLUES**
- ACROSS**
- Type of room
 - Pop-ups, e.g.
 - Plural of serum
 - One up
 - Hawaiian wreath
 - Pandemonium
 - "Frozen" hairdo
 - Hold title to
 - Like Siberian winters
 - Sheep's wool
 - *Earl of Grantham's last name
 - Modern address
 - Close an envelope
 - Louisville Slugger
 - Cozy corner
 - Like directory pages
 - *What the "Brady" kids did before our eyes
 - "Dark" movie
 - Mold a mind
 - Jack of all trades' sphere of expertise
 - *Kardashian sister
 - Purse at the Emmy Awards
 - Swedish money
 - Smelting waste
 - Celt, alternative spelling
 - Famous existentialist
 - Trend-setting
 - Will Ferrell's "Funny or ..."
 - *Alice in "the Brady Bunch"
 - *Ewing family business in "Dallas"
 - *Tim the tool man and family
 - *Windy city real ones
 - A do-nothing
 - Acid
 - City on Rhone River
 - Literature in metrical form
 - To increase, commonly used with "out"
 - Monocot's alternative
 - Doctrines
 73. "_____ the season ..."
 - Like a mountain top
- DOWN**
- Have a brawl
 - Gang land
 - And others, for short
 - French farewell
 - *Like Pritchett clan
 - Burn-soothing plant
 - Blade drops
 - From then on
 - Playwright George Bernard _____
 - James _____ Jones
 - *McGowan, starred as sister in "Charmed"
 - Grayish
 - Swiss structure
 - Thump
 - *Marie and Frank Barone's son
 - Like an expert
 - *Uncle Philip or aunt Vivian
 - Ancient market
 - Andrea Bocelli, e.g.
 - Sounds of amazement
 - Onion's kin
 - Archaic word for belated
 - Round openings
 - *Walter or Skyler or Walter Jr.
 - Bad impression
 - Cormac McCarthy's "The _____"
 - Incite
 - Arsenal storage
 - Organ of balance
 - Lets pedestrians go first
 - Small body of land
 - Hoard like a squirrel
 - Cone-shaped quarters
 - Fusses
 - Original matter
 - Not as much
 - Lyric poems
 - Crazy, slang
 - President of Panem
 - Glide in Aspen
 - Hog haven





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By Marlys Johnsen Norris,
Christian Author

When we plan a road trip by car we have a destination. We generally use a map to help us plan the best way to travel. The most direct way proves to be the best route and we will not get lost or end up taking many detours. The Holy Bible is God's guiding light to help us live a life that is blessed by our Heavenly Father/God. Trillions of testimonies today prove how He loves every one of us and provided forgiveness for all our sins and redemption through His Beloved Son.

"For God so loved the world (you and I) He sent his only Beloved Son into the world to die, shedding every ounce of His blood on a cruel cross to purchase complete forgiveness of sin for those

One Way to God

who will believe" (John 3:16) There is no remission of sin without the shedding of blood!

Possibly you are planning to one day live eternally in heaven. Traveling this path through life, our infinite and loving heavenly Father desires us to look to Jesus. He IS God and the Old Testament prophecies recorded about the coming Messiah; while the New Testament records His miraculous arrival and how He (Father/Son/Holy Spirit) poured THEIR LOVE INTO OUR WORLD.

The Holy Bible records seven figurative descriptions Jesus used about himself.

1. In John 14:6 Jesus said, "I am the way and the truth and the life. No-one comes to the Father except through me".
2. In John 10:10 "I am the good shepherd. The good shepherd lays down his life for the sheep". Remember Psalm 23
3. In John 6:35 "I am the bread of life. He who comes to me will never go hungry".
4. In John 8:12 "I am the light of the world. Whoever follows me will never walk in darkness".
5. In John 10:9 "I am the gate, whoever enters through me will be saved".
6. In John 15:1 "I am the true vine, and my Father is the Gardner.

7. In John 11:25 "I am the resurrection and the life. He who believes in me will live, even though he dies.

Every single one of us have sinned in our lives. Sin is an entrapment of the enemy of God. We have all been born of the flesh once, however our Heavenly Father desires that we be "born-again" and have His Spirit reside in our hearts forever.

How do you do that? You pray sincerely and ask God's forgiveness and tell Him you want to accept Jesus as your Savior and Lord of your life. Savior is accepting what Jesus accomplished on the cross by dying for your sins and making Him Lord of your life means you will follow God's teaching found in the Holy Bible.

You will make decisions to include Him in your life daily by reading the Bible, attending church and a Bible Study, have fellowship with other's who have also prayed this prayer and be faithful to what you learn. You will be given a brand new start in life and I promise you, it is a brand new beginning and bless you abundantly!

Marlys Johnsen Norris is the Christian author of seven books. You may contact her at Marlysjn@gmail.com. ★



By Pastor Ray Dare

Never waste a problem, instead give it to God because He's in control. There is no attribute of God that is more comforting to the Christian than God's sovereignty, which simply means God is in control.

The fact that God is in control means that your prayers have impact and your problems can have deeper purpose. "And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them." Romans 8:28 (NLT)

Life is not a series of random events that have no meaning. If you are a child of God, nothing can come into your life without your Heavenly Father's permission. Nothing. I am not saying everything that happens to you is God's will. It is not. There are many things that happen in life that are not God's will. Sin is not God's will. Evil is not God's will. Someone gets cancer and someone says, "Must be God's will..." Oh, really? Someone dies in an accident and someone says, "Must be God's will..."

Who said? Not everything that happens on earth is God's will. That's why Jesus taught us to pray, "... Thy will be done..." Why would Jesus tell us to pray that? God's will isn't always done. I'm not saying that

Pastor Ray's Encouraging Words

God Is In Control

everything is God's will and I'm not saying that God causes everything. He doesn't. God doesn't cause all your problems. He doesn't have to! You do a good enough job of that yourself! You bring enough problems on yourself and other people bring enough problems on you. What I am saying is this: God allows problems and then He uses them for a greater purpose. God is a pro at turning bad things into good. He's the expert at taking problems and bringing a greater purpose out of them.

Give your problems to God through prayer. If it's worth worrying about, it's worth praying about. Are you complaining about your situation or are you praying about your situation? Are you worrying over things or are you praying over things? Turn your despair into prayer. The things that are beyond your control are not beyond God's control. You may think your situation is a mess, totally falling apart and hopeless. How big do you think God is? He's big enough to handle your mess. You can't unscramble an egg but you can make an omelet. God knows how to bring a purpose out of a problem.

Never waste a problem. Give it to God and let Him use it in your life, because He is in control. When you're worried sick and don't know what to do, say, "God is in control!" When you feel defeated and discouraged and like a total failure, say, "God is in control!" When you're sick and flat on your back, say, "God is in control!" When you're standing by the casket wondering "Why this... why now?"

say, "God is in control!" When you read the headlines about international chaos, say, "God is in control!"

When you don't know how God is going to meet your need, say, "God is in control!" He's a good God and He's a great God and He is in control. That means in your present situation that you don't have any control over, whatever that maybe, pray about it. God can control it and He can use it and bring a greater purpose out of it. That is the power of prayer.

Do you look for God's purpose in your problems or do you throw a pity party? Instead of asking, "Why me?" ask, "What do you want me to learn?" Maybe you won't actually see the purpose at this point; that might come later on. Maybe God just wants you to learn to trust Him.

The most intelligent, rational decision you will ever make in life is to say, "God you are sovereign. I recognize You are in control and have the right to call the shots in my life and I want to cooperate with that." When you do that, you will find so much meaning, fulfillment and satisfaction. You'll find your niche and all of a sudden think, "This is why I'm here; this is why I'm on earth." Now you're cooperating with the plan of God instead of fighting it and He will use everything that happens to you in life for a greater good. I encourage you to pray that today.

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Laying My Mother's Day Cards on the Table

Dr. James L. Snyder

I am not one given over to gambling unless you call life a gamble and then all bets are off. Only one area of my life where I indulge in a certain amount of gambling. That area is Mother's Day cards?

I can remember when the Gracious Mistress of the Parsonage and Yours Truly were first married. It was so long ago that I do not have enough fingers or toes to count it. When we were first married, we bought two Mother's Day cards; one for her mother and one for my mother. Oh, how I long for those simple days.

A little over a year after we were married a little tyke came into our lowly domicile. Our first daughter was born in the month of August and I really did not understand the significance of it until the following Mother's Day.

That year we had to buy three Mother's Day cards; one for my wife's mother, one for my mother and one for my daughter to give to her mother.

Several years later, we had a new addition to our family. Our son was born.

You will not believe this, but a few years later, a third child became

a member of our family. Our second daughter was born. And you guessed it; my Mother's Day card buying went up.

Now I need to buy a Mother's Day card for my mother, one for my wife's mother, one for my first daughter to give to her mother, one for my son to give to his mother and one for my second daughter to give to her mother.

I once suggested that I buy one Mother's Day card for my three children to give to their mother. I was quickly and soundly outvoted on that issue. And so, I begin saving up my allowance right after Christmas for my Mother's Day card extravaganza.

I thought I had reached the height of my Mother's Day card purchasing, but then in a few years it took on a different perspective.

Not only was I to buy all of these Mother's Day cards, but I was to take the respective children along with me and allow them to personally pick out the card they wanted to give to their mother. And of course, their mother could not be along to supervise these purchases. Taking two toddlers and one semi-toddler into a store to select appropriate Mother's Day cards is as close as I have ever come to gambling away

my fortune.

Looking back on that time I realize that my children had an ingenious strategy all worked out. After four hours of going through all of these cards I would say to them, "If you pick a card right now I'll take you all to get some ice cream."

Now, those children are all grown up and married which has added to my long list of Mother's Day card purchases.

Solomon had it right when he wrote, "Many daughters have done virtuously, but thou excellest them all. Favour is deceitful, and beauty is vain: but a woman that feareth the LORD, she shall be praised" (Proverbs 31:29-30 KJV).

Of all the thousands of Mother's Day cards I have purchased throughout the years, I must honestly confess they have all been worth it.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife, Martha, 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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POPPOFF!

with Mary Jane Popp

All the debate so far is about how to save a dime here and a dollar there, but it won't work. We need to change the terms of the debate to how to prevent disease. We need to teach people how to choose health...no disease, no costs. Unfortunately, health is a choice not yet chosen.

So, it is possible to choose health? Yes, says Francis. The science is there. We already know how to prevent and reverse almost all disease. We have to put to use what we already know. Raymond Francis is a chemist and MIT graduate and has spent sufficient time around chemicals. So when plagued with a chemical sensitivity as a result of his acute chemical hepatitis, he knew he had to do something to save his life and fast! The first step: identify the root of the problem. It was here he discovered that these issues derive from the significant changes in lifestyle, diet, and environment that have occurred over the past hundred years. Many advances have been made, but not all of them are beneficial to our bodies and their delicate chemistry. Harmful toxins can be found in a myriad of places besides prescription drugs like carpets, cookware, building materials, even appliances.

Now it's all about diet, right? No, says Francis, it's a very holistic approach to health with what he calls the Six Pathways to health

and disease. You can get yourself moving toward health on all Six Pathways and you will remain biologically young, healthy and vigorous. We do not know all of the many factors that can be affecting your health, which is why using all six at the same time is important. They are:

- 1) NUTRITION
- 2) TOXIN
- 3) MENTAL
- 4) PHYSICAL
- 5) GENETIC
- 6) MEDICAL

I don't have enough time to tackle them all, but I was curious if there were any foods we should not eat. He said, yes. Get off processed foods. The average American diet consists mostly of processed foods, and this diet will not support healthy life...even in rats. In his book, he lists what he calls the Bad four. These are the four most dangerous foods people eat...sugar, wheat, processed oils, and milk and dairy products. He also told me on the air no corn, no soy or tofu either. Guess it has to do with GMOs. You can check out all the other things we do to live an unhealthy life in **The Great American HEALTH HOAX** The Surprising Truth about How Modern Medicine Keeps You Sick. You can also check out his website www.BeyondHealth.com. Stay well! ★

Great American Health Hoax?

Is there a health hoax happening in the U.S.? It is according to Raymond Francis author of **Never Be Sick Again** and his latest book "The Great American Health Hoax." He claims healthcare in America is pretending to be something it is not. He added on POPPOFF that the definition of healthcare is the maintenance or restoration of health. But our healthcare system is not about maintaining or restoring health... it's about managing the symptoms of disease. This is disease-care, not healthcare. In addition to the possibility of a hoax, he claims it is threatening to bankrupt the United States with an aging population...10,000 people retiring daily and we have promised to pay for their healthcare. There won't be enough young people working to cover the costs. But he thinks there is a way out of this economic mess. Choose health!



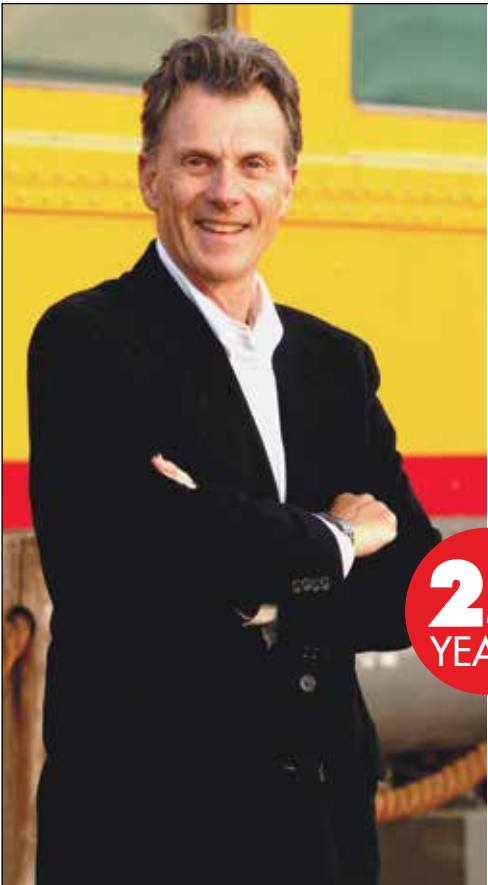
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Ellen Herrle

Listen weekdays 12n-1pm on Money,
The Wall Street Business Network, 105.5 FM

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

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

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

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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Thriving as a Team, Focusing on Greatness

By Jim McCue | SportStars Magazine

SACRAMENTO REGION, CA (SPORTSTARS/MPG) - Practice can't necessarily make perfect, particularly in golf. But, practice can make permanent — and that kind of consistency on the course is what makes players great.

Jesuit senior David Laskin has been practicing and playing since he was 6-years old, and that dedication is paying dividends as his final high school season begins to wind down. Laskin is among the Sac-Joaquin Section's top golfers and his steady game gives him a chance to do great things at the Section Masters tournament and beyond.

"The strength of my game is consistency," he said. "A lot of junior golfers can shoot 64, 65, 66, but then they might shoot in the 80s. I generally don't shoot in the 80s and stay around par all of the time, but I can go low."

Earlier this week, Laskin shot a season-best 66 at Wildhawk Golf Club in Sacramento to earn individual medalist for the second time in as many Delta League Tournaments, helping the Marauders take top team honors after Davis won the first league tourney at El Macero. He shot a 70 in the first Delta League tournament and currently leads the points race for Delta League MVP.

But, despite the individual honors that he earns in high school and junior amateur competitions, Laskin's primary focus right now is the Jesuit team. Under the direction of first-year coaches Pete Baichtal and Father Aaron Engebretson, the Marauders rely on Laskin for more than just his low scores.

"He is obviously a very good golfer, but what we have been most impressed with is his leadership," Baichtal said. "He has embraced his role as a leader, and he is a team-first guy." While some junior golfers cruise through their final high school season after accepting a college scholarship, Laskin has been more focused on his team than ever, according to his coaches.

"He embodies what we want in a leader at Jesuit," Engebretson said. "He is humble; he gives himself to his team; and he is a solid student. He finds a way to fit this in and makes it a priority to help the younger guys."

When the Jesuit golfers were asked to list their goals for the 2016 season, Laskin's top three goals were team goals, and he has never wavered on those priorities despite signing to play golf at the University of Arizona next year.



Despite the individual honors that he earns in high school and junior amateur competitions, Laskin's primary focus right now is the Jesuit team. Photo courtesy James K. Leash / SportStars

The process of earning a Division I golf scholarship goes through junior amateur tournaments rather than high school matches, but Laskin wants to enjoy his final season as a Marauder with his teammates.

"As a team, I want us to make it as far as we can," he said. "We have had some good finishes of late, and I think that maybe we can make a deep run in the postseason. I want to make it to state, but I would love to make it there as a team."

Laskin has his own team at home that has played a huge role in his success on the course. His parents, Alan and Julie, have guided both David and his older sister Emily — a 2014 St. Francis-Sacramento grad who is playing at the University of San Francisco — through the trials and tribulations of junior golf with impressive success.

"My wife is amazing with the organization and coordination to get them everywhere they need to be," Alan Laskin said. "I'm more concerned with how he handles himself as a gentleman on the golf course than I am if he shoots 62 or 82."

That support has helped David thrive as a student-athlete, and allowed him to spend the needed time practicing and refining his game. Laskin practices or plays four days during the week with Jesuit, and then practices with either private coach Phil Dawson or on his own for about six-to-eight hours a day on weekends. Well, weekends when he is not competing in junior amateur tournaments.

"He is a determined player," said Dawson, who coaches numerous high school, college and amateur golfers. "He puts in the time to be great, and that's what separates him from

the pack."

Laskin has always strived to separate himself from the rest of the field, admitting to first dreaming of playing on the PGA Tour — and especially at The Masters — before he even turned 10. But, it was not until he started high school that

he realized his dreams could come true with plenty of hard work and sacrifice. The senior still finds time to succeed in the classroom and give back to the community. Laskin has fulfilled community service hours required by Jesuit by volunteering at a South Sacramento after-school

River Cats Release All-City Team Winners

Annual Event to be Held at Raley Field

SACRAMENTO REGION, CA (SPORTSTARS/MPG) - If an athlete accomplished something on a field, court or track in the Sac-Joaquin Section over the last six months — and it was noteworthy — then there's a greater than, likely chance that athlete is being recognized as part of the River Cats All-City Team.

SportStars Magazine has partnered with the Sacramento River Cats for the fourth straight year to select and honor the best high school sports talent in the Greater Sacramento area and beyond. And when it came to choosing the deserving athletes for the 2015-16 season, it was no easy feat.

The banner athletics year for the SJS included team state champions, individual state champions and the No. 1 girls basketball team in the nation for most of the winter (Saint Mary's-Stockton).

At more than 475 athletes, this is the largest River Cats All-City Team to date. Many of those athletes will



Bella Vista HS cross-country star Kaitlin Derry. Photo courtesy James K. Leash / SportStars

be recognized by the River Cats in a pre-game ceremony at Raley Field at 10 a.m. on May 8. The ceremony will include naming the winners of the V Award that honors the Female Athlete of the Year, and the Art Savage Award for Male Athlete of the Year.

program, serving meals to the homeless and less fortunate, and to helping rebuild homes destroyed by Hurricane Katrina in New Orleans this past Summer. He believes that his friends and family understand his need to give lots of time and energy to golf.



"To be the best, you have to work hard and make (golf) your focus," Laskin said. "I think that my friends understand that and know that's what I need to do to achieve my goals." If he does not achieve his goals of individual and team recog-

“As a team, I want us to make it as far as we can, we have had some good finishes of late, and I think we can make a deep run in the postseason.”

Jesuit golfer David Laskin

niton as a senior at Jesuit along with success at the collegiate and professional level, it will certainly not be for a lack of work. Because Laskin is determined to practice to make permanent and to realize his golf dreams.


"David is redundantly good from tee to green all of the time," Dawson said. "This game is all about organization and discipline. He takes a holistic approach to the game that makes him a highly proficient player." ★



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Public Library to Shake Taboo on Death

Caitlin Doughty's Memoir "Smoke Gets in Your Eyes" to Aid Community Discussion

SACRAMENTO REGION, CA (MPG) - Sacramento Public Library will shake the taboo off of death during the second session of its new community discussion series called "Let's Talk About."

The discussion will focus on why our society doesn't openly talk about death. Facilitating the discussion will be author Caitlin Doughty and local law enforcement Chaplain Jenny Ebinger.

In her memoir, Smoke Gets in Your Eyes, Doughty helps to demystify death by sharing her experience working in a Bay Area crematorium. Today, as a modern mortician, she has founded the death acceptance collective, The Order of the Good Death, and reaches nearly 75,000 people with her "Ask a Mortician" YouTube series.

Chaplain Jenny Ebinger helps local families to acknowledge and cope with death. As an active law enforcement chaplain volunteer, she supports local officials, families and victims as they deal with death.

The discussion takes place on Sunday, May 15th from 1 to 2:30 p.m. at the Tsakopoulos Library Galleria located at 828 I Street in

A Day to Be a Superhero

Citrus Heights Heroes to Raise Funds for Low-Income Pregnant Women

Continued from Page 1
situations they're faced with. They're just so inspiring. So I'm running for them."

Though some of her family will be out of town the day of the walk, Lucas is recruiting as many family members and community members as possible to dress up as superheroes and join the Supers. She does not expect other teammates to run, but she does hope they will come in costume. She has not finalized her costume yet, but she knows for sure it will involve a cape.

People can still sign up for the Supers or their own team and dress up as their favorite superheroes for the Sacramento Life Center's Heroes Walk for Life. The family-friendly event will take place from 8:30 a.m.-12:30 p.m. and will include a 2K and 5K walk and fun run, rally, toddler dash, costume contest, bounce houses, a carnival and more. Registration is \$25, but free for kids ages 12 and under. For more information, to sign up or to make a donation, visit www.saclife.org or www.walk-ingerheroes.org.

"This is a great opportunity for families, individuals and teams to be heroes for mothers and babies in need of care," said Marie Leatherby, executive director, Sacramento Life Center. "This will be a fun day celebrating the amazing work being done in our community to ensure low-income pregnant women and teens are well cared for."

The Sacramento Life Center's mission is to offer compassion, support, resources and free medical care to women and couples facing an unplanned or unsupported pregnancy. The Sacramento Life Center's licensed Sac Valley Pregnancy Clinic includes a primary clinic and two Mobile Medical Clinics that provide all services for free, including pregnancy testing, STI testing, ultrasounds, advocacy for men and women, education and resource referrals. The nonprofit also offers a school-based teen education program, a 24-hour hotline and a program for women seeking support after having an abortion. For more information about the Sacramento Life Center's Sac Valley Pregnancy Clinic, visit www.svpcclinic.com. For more information about the Sacramento Life Center or to make a donation, visit www.saclife.org.

Source: Kristin Th baud Communications

Sacramento. Seating is limited. Register for the event at www.letstalksacramento.org.

Sacramento Public Library's new discussion series called, "Let's Talk About" is designed to engage the local community in the lost art of conversation. It's a meetup for your mind.

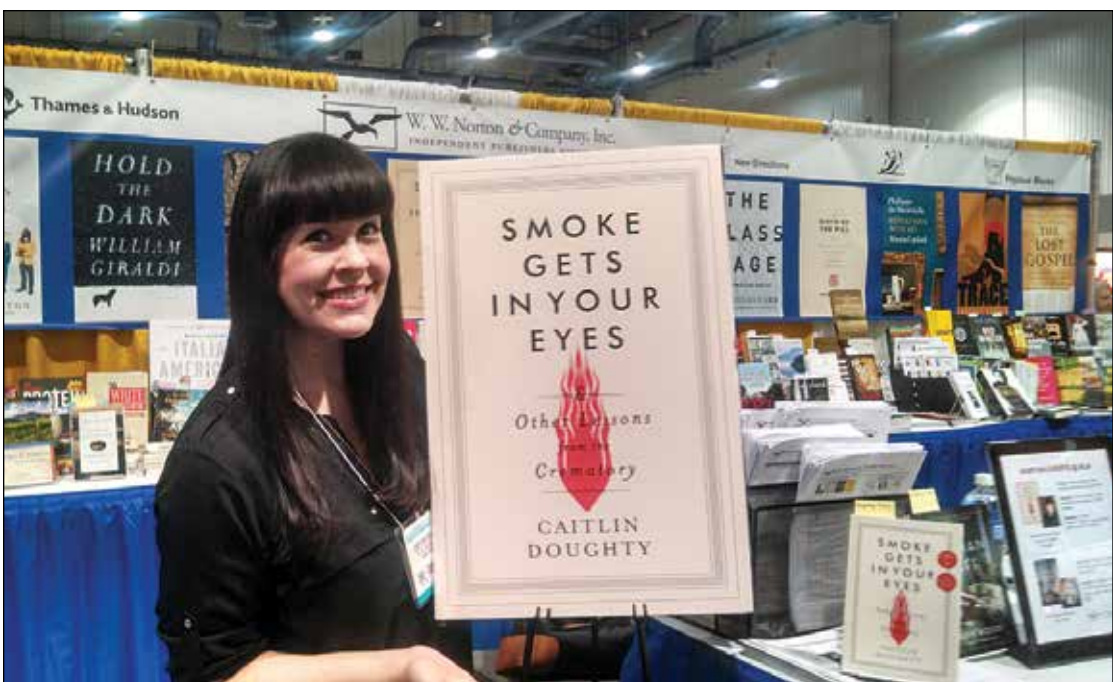
The series addresses topics society doesn't often discuss and provides resources for people to educate themselves on those topics. Sacramento Public Library will

provide a respectful environment for the discussions to take place. The community is invited to join the discussion as an observer or a thoughtful contributor.

For more information, visit www.letstalksacramento.org.

Source: Sacramento Public Library

In her memoir, Smoke Gets in Your Eyes, Doughty helps to demystify death by sharing her experience working in a Bay Area crematorium. Photo courtesy The Order of the Good Death



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Limit 2 Bags Per Family

\$11.99

Effective 5/4/16 - 5/10/16

SCOOPAWAY CLUMPING CAT LITTER

20 Lb Box •Multi-Cat •Unscented (Fresh Step Scoop, 20 Lb Box - \$7.49)

Limit 2 Boxes Per Family

\$5.49

Effective 5/4/16 - 5/10/16

PURINA PRO-PAN CANNED FOOD SALE

Limit 2 Cases • Dog Food Grain Free \$1.29 • Dog Food 13 Oz 99¢ • Cat Food 3 Oz 63¢

WORLD'S BEST CAT LITTER

14 Lbs Limit 2 Bags •Original \$11.99 •Extra Strength \$12.99

FANCY FEAST DRY CAT FOOD

(Purina One All Varieties 3 lb. \$5.99) 3 Lb Bag Limit 2 Bags \$5.49

MERRICK'S GRAIN FREE DRY DOG FOOD

•Chicken/Sweet Potato •Duck/Sweet Potato 25 Lb Bag •Buffalo/Sweet Potato Limit 2 Bags ON SALE

PRECIOUS CAT CLUMPING CAT LITTER

18 Lb Bag Limit 2 Bags Per Family \$5.99

WELLNESS CANNED DOG FOOD

Natural 12.5 Oz Can, Limit 2 Cases Full Case (Reg.Price - Reg. \$2.39 Stew \$2.49 Core \$2.49) 15% OFF OUR REGULAR LOW PRICES

EARTHBORN HOLISTIC DRY DOG FOOD

Natural Grain-Free •Primitive Feast •Great Plains Feast •Meadow Feast •Coastal Catch 28 Lb Bag Limit 2 Bags Per Family \$39.99

JONNY CAT PREMIUM CAT LITTER

10 Lb Bag Limit 2 Bags Per Family \$1.69

MEOW MIX DRY CAT FOOD

•Original Choice 16 lb Bag Limit 2 Bags Per Family \$10.99

PEDIGREE DRY DOG FOOD

•Adult (Large Breed Adult 36 Lb \$21.99) 46 Lb Bag Limit 2 Bags Per Family \$23.99

CAT'S PRIDE FRESH & LIGHT PREMIUM CLUMPING CAT LITTER

15 Lb Jug Limit 2 Jugs \$5.99 SUPER BUY

MEOW MIX CAT FOOD

Market Select 2.75 Oz Cup Limit 1 Case 49¢

ADVANTAGE FLEA CONTROL & TREATMENT

Dog 1-10 Lbs. (Green) Dog 55+ Lbs. (Blue) Dog 11-20 Lbs. (Teal) Cat 1-9 Lbs. (Orange) Dog 21-55 Lbs. (Red) Cat 9+ Lbs. (Purple) Limit 2 Per Family. Cannot be combined with any other offer \$4.00 OFF OUR REGULAR LOW PRICE

DOGSWELL DOG & CAT TREATS

•Chicken Breast Jerky •Bars •Grillers •Veggie Chew 20% OFF OUR SUPER LOW PRICES

VAN NESS ENCLOSED CAT PANS

REGULAR Hi-Sides Large CR2 \$3.49 Large CR2HS \$5.49 Giant CR3 \$5.99 Giant CR3HS \$6.99

PENN-PLAX CASCADE POWER FILTER SALE

MODEL TANK SIZE PET CLUB SALE CASCADE 100 20 Gal. \$13.99 CASCADE 150 35 Gal. \$17.99 CASCADE 200 50 Gal. \$20.99 CASCADE 300 100 Gal. \$27.99 Revolutionary Bio-Falls Quad Filtration System

NYLABONE Products

•Dura Chew •Flexi Chew •Healthy Edibles •Dental •Puppy All Varieties 20% OFF OUR SUPER LOW PRICES

BRAMTON SIMPLE SOLUTIONS

Stain & Odor Remover 1 Gallon \$9.99 Super Buy

TETRA BOXED 10 GALLON TANK

With Economy Kit Just add Heater For Tropical Fish \$39.99 Limit 1 Per Family

KORDON WATER CONDITIONERS

Amquel 16 Oz. \$5.99 Amquel Plus 16 Oz. \$5.99 Novaqua Plus 16 Oz. \$5.99

O.S.I. PREMIUM FISH FOOD

ALL VARIETIES •Freshwater •Goldfish •Marine •Spirulina 20% OFF OUR SUPER LOW PRICES

BONUS COUPON

FANCY FEAST ELEGANT MEDLEY CANNED CAT FOOD

Selected Varieties - 3 Oz Limit 6 Cans with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 5/4/16 - 5/10/16

59¢

ARM PLU 568

BONUS COUPON

GREENIES DOG TREATS

Chewy Texture Easy to Digest •Teenies 22 Ct •Petite 10 ct •Regular 6 ct •Large 4ct 6 oz Pkg. Limit 2 Pkgs with Coupon Limit One Coupon Per Family Price Valid Only With Coupon. Effective 5/4/16 - 5/10/16

\$4.99

ARM PLU 355

BONUS COUPON

ARM & HAMMER CAT LITTER DEODORIZER

20 Oz Box Limit 2 Boxes with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 5/4/16 - 5/10/16

\$1.49

ARM PLU 422