

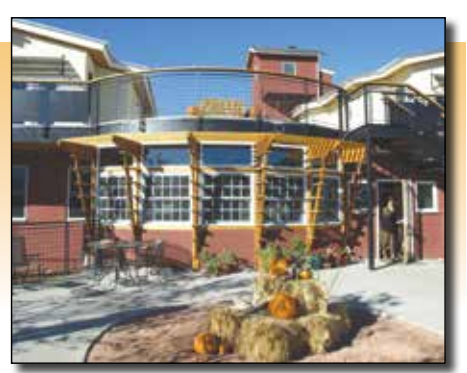


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Citrus Heights Messenger

"Written by the people, for the people"

Volume 6 • Issue 12 Serving the City of Citrus Heights and Sacramento County June 17, 2016

SAN JUAN EDUCATORS NAMED TEACHERS OF THE YEAR



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WORLD WAR II HERO PASSES



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POPPOFF!

WITH MARY JANE POPP



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Here Comes the Parade



Police Chief Chris Boyd takes a ride on the Wells Fargo stagecoach in a previous Citrus Heights parade (above). Come to the parade in Citrus Heights and you will see this one-of-a-kind float (right). You will have to witness what makes this float unique!

CITRUS HEIGHTS, CA (MPG) - Floats, vintage cars, and marching bands will once again line Sunrise Blvd on Saturday, June 25th. Participants in the City of Citrus Heights' 17th Annual Red, White and Blue Parade include the Wells Fargo Stagecoach, exciting dance teams and many supporting Citrus Heights' local businesses.

This annual event attracts thousands of local patriotic onlookers from surrounding communities. Be sure to arrive earlier to get a good seat! The parade starts at 9am and proceeds along Sunrise Blvd. north of Madison at Uplands Way to the northwest corner of the Sunrise Mall parking lot at Greenback and is sponsored by the City of Citrus Heights, Republic Services, Sunrise Mall, Sunrise Marketplace, 101.9 The Wolf, and Hot 103.5.

Some of the many musical highlights this year are the Capitol Pops Concert Band and the local Citrus Heights Community Marching Band. There will be a \$100 music gift certificate awarded to a musical entry courtesy of Tague Band Instrument Service.

From 8am to noon people can enjoy a delicious \$5 pancake



breakfast, sponsored by the Rotary Club of Citrus Heights in the Sunrise Mall northwest parking lot.

For more information call Michele Saario at 916-727-5400 or e-mail msaario@citrusheights.net

Source: City of Citrus Heights

New California Tobacco Laws Go Into Effect

SACRAMENTO, CA (MPG)

- Effective June 10th, the minimum age of sale for tobacco products in California increases from 18 to 21, and for the first time e-cigarettes are added to the existing definition of tobacco products. California is the second state in the nation, following Hawaii, to raise the minimum age for tobacco sales to 21.

"Today marks a significant moment in California history as new tobacco control laws go into effect statewide. This is the first time the Golden State has raised the age of sale for tobacco since the law first took effect 144 years ago," said Dr. Karen Smith, California Department of Public Health (CDPH) director and state health officer. "Our focus is on reaching more than 34,000 retailers with tobacco licenses and vape shops to provide them the information and resources needed to comply with the new tobacco 21 law."

To help retailers comply with these new laws, CDPH developed a series of educational materials, including age-of-sale warning signs, window clings reminding customers of the new law and tips to help clerks check identification.

About 34,000 Californians die each year from tobacco use. In addition, tobacco-related diseases cost Californians \$18.1 billion each year in both direct and indirect healthcare costs due to premature death and low productivity due to illness.

As part of the new law defining e-cigarettes as tobacco products, e-cigarettes, e-liquids including vaping devices and accessories can no longer be sold in self-service displays. E-cigarettes are also not allowed in locations where smoking has long been prohibited, including public transit, worksites, restaurants, schools and playgrounds. Approximately 217,000 California youth between the ages of 12 and 17 currently smoke traditional cigarettes or e-cigarettes.

"California is taking a big step forward in preventing a new generation of young people from becoming addicted to nicotine," said Dr. Smith. "The surge in e-cigarette use among teens and young adults is no accident. The tobacco industry's aggressive marketing of e-cigarette gadgets and candy flavors is jeopardizing the health of our young people."

Many e-cigarettes contain nicotine, a highly addictive neurotoxin. Research shows that the brain continues to develop until age 25, and nicotine exposure before that age may cause permanent brain damage and fuel a lifelong battle with addiction. According to the California Department of Education's California Healthy Kids Survey, middle and high school teens are currently using e-cigarettes at much higher rates than traditional cigarettes. Studies also show that teens who use e-cigarettes are three times more likely to start smoking traditional

Continued on page 3

Relay for Life Raises \$18K Towards a Cure

Story and Photo by Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Over \$18,000 has been raised so far for the 13th annual Citrus Heights Relay for Life event. Members of 20 relay teams from businesses, non-profits and the City of Citrus Heights took turns running and walking laps around the McArthur Ballfield at San Juan High School Saturday, June 11 to raise money to help fight the growing scourge of cancer it all its forms.

The opening ceremony included greetings from Relay Co-founders Diane Ebbitt and Bill Van Duker who spoke of their meager beginnings in 2004 with only three committee members to the event in 2016. Vice Mayor Jeff Slowey told of his own successful battle with cancer as he has been cancer free for sixteen months. However, he shared that two other city council members are presently battling cancer reinforcing the number of people we all know who are touched by cancer, and the need to fund cancer education, research, advancements in care of patients and the eventual cure of the disease.



Over two hundred survivors, caregivers, family members and friends, along with organizations also raising funds and sharing information on different cancers participated in the day which began at 11 a.m. and ended at 11 p.m.

Over two hundred survivors, caregivers, family members and friends, along with organizations also raising funds and sharing information on different cancers participated in the day which began at 11 a.m. and ended at 11 p.m.

Highlights of the day and evening included the presentation of Survivor Medals by Sac Metro Fire District Paramedic Captain Robert Bruce to cancer survivors, in celebration of their having fought the hard fight and come back to their families and friends. Survivors also

share with those newly diagnosed with others fighting cancer themselves. Caregivers of cancer patients, past and present were awarded sashes and recognized for what it takes to give of themselves in their care of all those they have cared for: those in remission, those still bravely battling their cancer and those who have lost their battle.

Pageant queens, princesses, and ambassadors with West Coast Pageants handed out the sashes to the caregivers and helped in many capacities where needed throughout the event. A

generous brunch was catered by Sammy's Restaurant.

A favorite booth was the Citrus Height's dunking tank featuring Sgt. Jason Baldwin who was dunked many times by young and old alike. Each paid \$1a ball to hit the orange target and dunk the Baldwin. Over \$160 was collected which represents 160 attempts made to dunk him.

The high energy music of all genres by Mark von Thaden of Skool DJ, kept walkers and runners motivated for 12 hours as

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Charles Durrett and the Co-Housing Connection

By Seraphim Winslow

FAIR OAKS, CA (MPG) - Imagine a community where close friends and neighbors regularly share meals together; where children are free to roam and range where they will; where elders are safe and secure; where the pace of life is gentler; where an ideal balance between community and privacy reigns. Picture this place nestled under green canopies and copses, just a casual stroll from the American River, on a 4-acre plot of the Sacramento County village of Fair Oaks. If the people of the Fair Oaks Co-housing project have their way, this vision will become more than just a dream. By 2017, it will begin to be a reality.

Charles Durrett is a man with the vision, skill and experience that can bring this kind of community to architectural fruition. It was Durrett, along with his wife and partner, Kathryn McCamant, who coined the term co-housing, a type of intentional community which harmonizes the best aspects of both communal and private living. Durrett is the chief architect and grand inspiration behind 55 co-housing communities worldwide. Indeed, fewer than 25 years after Durrett and McCamant first conceived of the idea, co-housing communities have turned into a something like a social movement. Currently there are 161 established co-housing communities, completed or intended, globally. More than 30 of these are already up and running here in California.

The idea for co-housing first came to Durrett, who grew up in both Sacramento and Nevada Counties, on a trip he took to Denmark in 1980. He took a stroll through some rather dreadful conurbations that were very much like many of the Sacramento neighborhoods he had remembered: stale communities where there was nothing happening between the dead spaces of the housing and apartment complexes.

Suddenly, he stumbled upon a neighborhood where things were



A co-housing project blends the best aspects of a village, a suburb, a commune, and a hometown, while ingeniously doing away with some of most undesirable traits of all of these. Photo courtesy of Charles Durrett

different. “People stopped and chatted, and had tea together” remarked Durrett. “People conversed with each other. I went from a bunch of buildings where nobody seemed to live, to a community where everybody lived. I stopped and I asked them what’s going on here. They said they had grown up in a high-functioning neighborhood and that’s how they wanted their kids to grow up. So, I thought, if I ever move back to Sacramento I want to live in a place like this.”

A co-housing project blends the best aspects of a village, a suburb, a commune, and a hometown, while ingeniously doing away with some of most undesirable traits of all of these. The key is to cluster private dwellings strategically around a shared space. Co-housing is made up of an aggregate of private homes grouped around common grounds where there are gardens, walkways, a meeting house or play

areas for the children. Each of the associated single family homes resembles a normal house with the usual amenities, including a private kitchen and bathrooms. A co-housing community is not invasive and claustrophobic, like a typical commune; but it is not moribund and alienating, like a typical suburban housing tract. Indeed, co-housing incorporates the most desirable aspects of common living - like having neighbors who share resources like tools and appliances - while eliminating the more stifling aspects of a communal life. Co-housing makes it possible to preserve the integrity of a single family, while enjoying all of the blessings of a traditional community.

After his original inspiration, Durrett and McCamant went on to design dozens of co-housing communities, including their own group located in Nevada City, as well the co-housing on

1.25 urban acres in downtown Sacramento. Durrett said, “We initiated and designed that project on 5th and T Streets. If you go by there you will see a different life. When we planned that project, there were plenty of people who didn’t want to live in Oak Park, so they started talking about a suburban neighborhood. Unfortunately it took them a while to settle on a piece of property, but they finally did. And people came and went. They moved in 1992 and 1993.”

The Fair Oaks co-housing project has proven to be much more difficult for the initiating group to get off the ground, though not for lack of trying. What’s bedeviled the project most has to do with the high cost of living in this rather upscale bend on the American River, as well as the byzantine permit process which the County requires all building ventures to navigate. “The property was a fortune,” said Durrett, “When it comes to development in Sacramento County it’s extremely challenging. I haven’t worked in a county anywhere — even in Australia, New Zealand, Denmark — that was as challenging as Sacramento County. They figure out how to make everything cost as expensive as it possibly can. The bureaucracies are so big, so encumbered, and pretty darn inefficient.”

Nevertheless, in spite of the financial and bureaucratic challenges, the Fair Oaks co-housing project was worth it — or, at least, it will be once they are able to get enough members to buy into the dream. According to Durrett, they have the opportunity to live up to their eco-village aspirations with serious gardening aspirations, for instance, in perfectly suited conditions. “What makes Fair Oaks co-housing the most different, as far as I’m concerned,” continued Durrett, “and the number one thing that’s special about it is that the parking is rather remote. So when you get into this neighborhood, it’s zero car-orientation.

They don’t even have that at 5th and T because there’s an alley that goes through their project. So, that by itself is extremely unique from anything in Sacramento.”

With co-housing, Durrett and McCamant offer a way forward through so many modern dilemmas, chief of which is the devastation and unsustainability of living in an automobile-centered culture while trying to provide for the happiness and comfort of the young and the elderly. “Where we live,” said Durrett, “we had a 97-year-old woman who lived right next to her car. Because of the site plan, there were some cars right next to the units. When she moved in, she moved in right next to her car. A few years later, mostly because her kids talked her into it, she moved to a house that was 700 feet from her car. I stopped and chatted with her one day on the sidewalk and I said, ‘Meg, Why did you move 700 feet from your car?’ and she said, ‘Chuck, my relationship to my neighbor is a lot more important to me and my well-being than my relationship to my auto.’”

Durrett pointed out the stark difference in lifestyle for the elderly when there is a stable, close-knit community to lend immediate support. “In Nevada County, we have these huge, ridiculous buses called Telecare that are designed just to move seniors around; mostly to the pharmacy and to the doctors. Last year we had 64,000 trips for 2,000 seniors. But we have 20 seniors in my co-housing and we’ve never had one Telecare, because, like last night, I gave an 82-year-old senior a ride to her Lion’s function. It was easy. It was fun. It was no skin off my back — and that’s what happens in a village-like setting — or a co-housing community — and it happens all day. We’ve never had a Telecare, or Meals on Wheels or Nurses on the Go.”

Durrett points out that Americans drove 5 billion miles

last year just to get senior Meals on Wheels and Nurses on the Go. “So, we have to change, and the only sustainable solution is a more village-like setting. I’m dead surprised that the government is not running after this. I was in Spain a couple months ago and when I got off the plane my host said, ‘Chuck we had 12,934 people die in the last heatwave in just a couple of days.’ These were mostly seniors who were cast adrift. Now, all it takes to keep somebody alive is a damp towel and somebody who gives a damn. So, the issues are not so much can we connect with our car, it’s can we connect with our neighbor? And those seniors and disabled will be better served in that co-housing community in Fair Oaks than any other community in the whole of Sacramento County, except for the co-housing community downtown.”

As far as youth is concerned, co-housing is quite possibly the best thing that can happen to a childhood. All of the communities are integrally designed so that kids have ample space and opportunity to have the kind experience that most of us had back before life became so strangely intimidating that we never let our youth roam free anymore.

But the uniquely conceived safety of co-housing can bring back those carefree days. Durrett mentioned an 18-year-old young woman who had grown up in his co-housing village. He said, “She is writing a report right now that says she has never heard of one single kid who grew up in co-housing who used drugs.”

In reference to the essential meaning of life, British Author E. M. Forster pithily said, “Only connect.” When we consider the multiple social and environmental crises facing our nation and our world, we are often at a loss as to how to confront these challenges by restoring the vital connections that once linked us to that invisible web of communal concern, engaged compassion and mutual aid which is only dimly reflected in the digital shadow of the internet. The devastating problems of homelessness, drug abuse, suicide, emotional alienation will not go away until we figure out real, practical ways to structure our communities and the society emerging from them, in more insightful and sensitive ways.

Thoughtful and forward-thinking visionaries like Charles Durrett and Kathryn McCamant design proven architectural solutions which help preserve our need for privacy and individuality while, at the same time, laying down those lines of palpable connection and human communion which are so essential the meaning and purpose of our being here, on this little blue planet Earth. Co-housing can connect us through intricate harmonization of personal family identity with communal integrity, and in so doing it is one of the brighter paths to a better future. ★

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Mesa Verde High, Kingswood K-8 Educators Named Teachers of the Year

CITRUS HEIGHTS, CA (MPG) - San Juan Unified has selected Nichole Harshbarger, a first-grade teacher at Kingswood K-8, and Bradley Ward, an English and AVID teacher at Mesa Verde High School, as the district's 2017 teachers of the year. Harshbarger and Ward will be formally recognized by the board of education in the fall, and their names will be forwarded to the Sacramento County Office of Education for the countywide Teacher of the Year program. Harshbarger has worked for San Juan Unified for the past 12 years, starting out at Skycrest and Dyer-Kelly elementaries. She has taught at Kingswood since 2006, and holds a Masters in Educational Management from La Verne University as well as a National Board Certification in Early Childhood Literacy. Ward has been teaching in San Juan Unified schools for nine years, beginning at Will Rogers Middle School and moving to Lichen K-8 before coming to Mesa Verde in 2012. Teaching is his second career, after retiring from owning a fireplace company in 2005. Retirement lasted a mere six months, and then his wife urged him to find another avenue for his energy. Congratulations to these two exemplary teachers! *Source: San Juan Unified School District* ★

New California Tobacco Laws Go Into Effect

Continued from page 1
cigarettes within a year. For those struggling with nicotine addiction, resources are available at www.nobutts.org. Californians who want help quitting can call the California Smokers' Helpline at 1-800-NO BUTTS. The California Tobacco Control Program was established by the Tobacco Tax and Health Protection Act of 1988. California's comprehensive approach has changed social norms around tobacco-use and secondhand smoke. California's tobacco control efforts have reduced both adult and youth smoking rates by 50 percent, saved more than one million lives and have resulted in \$134 billion worth of savings in health care costs. Learn more at TobaccoFreeCA.com. The California Department of Public Health, Food and Drug Branch is charged with enforcing the Stop Tobacco Access to Kids Enforcement Act, and conducts ongoing illegal sales enforcement operations. California retailers caught selling tobacco products to minors during these enforcement operations are subject to fines up to \$6,000. *Source: California Department of Public Health* ★

Relay for Life Raises \$18K Towards a Cure

Continued from page 1
they circled the field including music for the Congo Line Lap, the Superhero Lap and 70's Disco Lap. With darkness hundreds of luminaries surrounded field creating a somber but hopeful mood as illuminated white bags spelled out the words "Hope" and "Cure" high in the stands. Bags were purchased for \$10 each in memory of those lost to cancer and to honor survivors. Donations are still being collected by teams towards the final goal of \$20,000. If you would like to donate mail you donation to American Cancer Society at 1545 River Park Dr. Suite 100, Sacramento, CA 95815, or contact Tamika Stove with the American Cancer Society at Tamika.stove@cancer.org. ★

RT Proposes Major Cuts to Bus Service in Citrus Heights

CITRUS HEIGHTS, CA (MPG) - Regional Transit is proposing major cuts to bus service/public transit in Citrus Heights. Some of the proposed cuts include Routes 21, 24, 25, 93, and 95 that provide bus service in Citrus Heights and the Citrus Heights City Ride dial-a-ride service. You can voice your thoughts and concerns about the proposed cuts. Residents and public transit riders can contact RT by email at customeradvocacy@sacrt.com. You can contact them by mail at Customer Advocacy Department, Sacramento Regional Transit District, P.O. Box 2110, Sacramento, CA 95812-2110. You can also call them at 916-557-4545. (Language Assistance: 916-557-4545) *Source: City of Citrus Heights*★

World War II Veteran and Long Time Hero Passes



Morgan Wade Jones (left) of Wild Wade's BBQ and World War II veteran and American Legion member George Marks (center), with honored picnic guest and original Tuskegee Airman Judge Albert (right) at the fifth Citrus Heights Annual Veteran's Appreciation Picnic on August 23, 2014. Photo by Elis Spleiss

ORANGEVALE, CA (MPG) - George David Marks, Sr. died peacefully in Orangevale, CA on May 24 at age 94 years. He is survived by his loving wife of 66 years, Sharon Marks, and cherished children G. David Marks, Jr. and Roxana Rhodes. Beloved "Pappy" of grandchildren Sarika and Nandan, he is also survived by his younger sister Mildred Lombardo of North Carolina. George was born in New Castle, PA on August 22, 1921, the seventh of twelve children. Following Pearl Harbor, George was drafted by the Army. He had used his self-taught knowledge of Morse code to get accepted as a radio operator intercepting and interpreting German transmissions for G2 Intelligence in the 117th Signal Intelligence Company. He served in the Army for 32 months, in five campaigns, followed by 25 years in civil service at McClellan Air Force Base. He had taught himself French, Italian and German during the war, and following the war became fluent in Spanish and American Sign Language (ASL). After the war had ended, George rediscovered his love of folk dancing. It was during this activity that he met Sharon. He often joked that he moved to California so he "wouldn't have to marry a cousin." They started dating and married in March 1950. He later found work at McClellan Air Force Base, retiring in 1985. He also served 19 years as an ASL interpreter working with sheet metal workers at McLellan. George was a dedicated husband and father to his two children. Camping and swimming were popular family activities. A constant presence at antique car swap meets; he was also a charter member of the Root Cellar, Sacramento Genealogical Society. George's "computer" memory allowed him to memorize thousands of names, dates, and relations, which consistently amazed those he met. He also loved getting to know people, their names, and guessing where their accent came from, and happily greeting them in over half a dozen languages. In recent years, he joined the American Legion Post #637 of Citrus Heights. George and several of his fellow WWII veterans had also become regulars at the annual Citrus Heights Veterans Appreciation Picnic since 2012 where he would often sport his Army dress uniform, dance with the ladies and tell his much-loved stories. Donations made in memory of George Marks can be sent to the Citrus Heights American Legion Post 637, P. O. Box 1 Citrus Heights, CA 95611. *Source: Marks family with Price Funeral Chapel*
This modified obituary appeared in the Sacramento Bee Newspaper Obituary Saturday May 28, 2016 ★




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Crossword Puzzle on Page 5

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

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Sudoku Puzzle on Page 5

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

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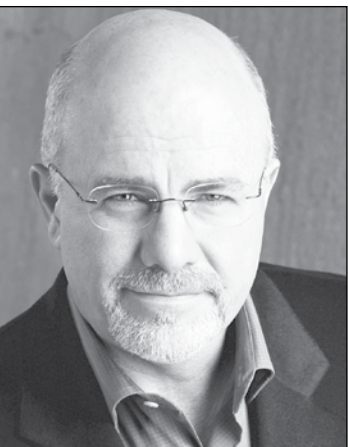
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Can I negotiate?

Dear Dave,
I've had a judgment filed against me for an old, unpaid medical bill. The original amount was \$2,500, but now it has increased to \$3,200. Can I negotiate this with the lawyer? I've asked him for a detailed statement of the account several times, but all I've gotten is a payment booklet.

-Bill

Dear Bill,
When it comes to paying off bills or debt, you should always pay what's owed if you have the money. There's a moral, as well as legal, responsibility involved. That being said, if you don't have \$3,200, offer him whatever you've got — \$2,000 or the original \$2,500 as a settlement. Make sure he understands that you're not offering to pay the amount you have on the debt, but that it's being offered as settlement in full if the debt is cleared.

The reason you haven't gotten what you've asked for so far is you may have been talking to some low-level staffer or

Dave Says

paralegal. If you have been talking directly to the lawyer, then he's probably running a small debt collections or debt lawsuit machine. That means you're just one of dozens of widgets coming down the line. To you, this is very personal. But to him, you're just another account. You might have to do something to get his attention and wake him up.

If this is the case, he probably gets a piece of whatever he collects. So, if he gets a third of \$2,000 or \$2,500 it might make his house payment this month. You could also talk to the hospital administrator, too, and let them know you'll bring a couple thousand down there today if they'll accept it as payment in full. At this point, you've just got to do something to get off the conveyor belt!

—Dave

Annuities for long-term retirement?

Dear Dave,
Are annuities good for long-term retirement?

-Quincy

Dear Quincy,
The short answer is no. There might be a rare exception when I'd use a variable annuity — which is a mutual fund inside of an annuity — but as a rule I don't use annuities. And I certainly don't use fixed annuities for anything, because they're

just crap. Basically, they're a CD with a huge set of fees. It's just an insurance agent's product, really.

The place for variable annuities might be when you've got everything else maxed out and your house is paid off. If you've reached that point, you can talk to your advisor about some of the possible benefits of a variable annuity. You can leave a beneficiary on it, so that it passes outside of probate, and you've got some principle guarantees and return guarantees that are decent. The returns are a little lower, though, because you'll get hit with both the annuity fee and the mutual fund fee.

So, by and large the answer is no for most people, because they don't have their house paid off and aren't maxing out all other retirement options. If you're doing all that, and you want to do something in this area, then I might think about it.

—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.



POPPOFF!

with Mary Jane Popp

and why "eating healthy" and healthy eating" are not the same. He goes on to say processed foods weaken your immune system. That's why he created **Nutri-90**, a wellness program that has helped thousands of medical professionals and laypeople alike reach and maintain weight loss, health, and wellness goals. So I asked him to share the Top Ten Tips for successful wellness.

- 1) Just because it is liquid does not make it water. Pure water really is the elixir of life. Drink one-half of your body weight in ounces every day.
- 2) Eating the RIGHT stuff only matters if you eliminate the WRONG stuff.
- 3) Calories are a distraction. Look only at the "ingredient label. If an ingredient does not belong in your body, don't put it there.
- 4) Everyone is telling you to boost your metabolism. Why not take the time to learn what your metabolism really is and really does, and then nourish it accordingly.
- 5) You can never have too many leafy greens; they are nature's vitamin powerhouses.
- 6) Marketers lie. Their job is to manipulate you and make you buy stuff. It's not their job to look after your best interests.

Don't choose a food by its advertising.

7) Diet, lo-cal, sugar-free, fat free, and heart healthy are all euphemisms for a poisonous, toxic cesspool of disease.

8) Do not accept obesity and disease as normal. It isn't, and you deserve better.

9) As a nation: The more products we have, the sicker we become. The more we spend fighting calories the fatter we become. Maybe it's time to stop buying products and just learn to eat right.

10) **MOST IMPORTANT**, and whether you believe life got here by creation or evolution, you have to arrive at this same conclusion; Pills, powders, shakes, and elixirs did not evolve, and neither were they created. Real food, the kind that comes from farms, is for nourishment. Products are for corporate profit. There are no exceptions...EVER!

If you' like more information about **"No One Ever Got Fat From Calories"** and more information about **Nutri-90**, you can check out www.Nutri-90.com. "The evidence is all around us," says **Belldon Colme**, "the proper balance of food types does." Remember bikini vs. moo-moo. Your choice! ★

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ACROSS

1. Beaten as punishment in some countries
6. Tai's partner
9. Suite cleaner
13. Savory taste sensation
14. Time delay
15. *Colonial money: pounds, shillings and ____
16. Dyed fabric
17. Pooh's wise friend
18. Can't stand
19. *Grilled July 4th favorite
21. *The Washington Monument, e.g.
23. Confession subject
24. Under a fig leaf?
25. Talking Heads' "And She ____"
28. New Zealand fruit
30. *At center of the American Revolution
35. Crumbs
37. Before "saw" and "conquered"
39. Butterfly, pre-metamorphosis
40. Curved molding
41. Each and all
43. Pinocchio's claims
44. Albrecht ____, Renaissance artist
46. Alleviate
47. Legal wrong
48. Pined
50. Hibernation stations
52. Pig's digs
53. Worker's reward
55. Two-year-old sheep
57. *Washington and Jefferson's Mt. Rushmore neighbor
61. Holy Hindu
64. Foreign Language Oscar winner, 2012
65. **All men ____ created equal"
67. Arm bones
69. Equipped with feathers
70. Famous T-Rex
71. Spritelike
72. Famous cookie brand
73. "For ____ a jolly..."
74. City in France

DOWN

1. Mowgli to Raksha in "The Jungle Book"
2. Nanjing nanny
3. North Atlantic Alliance, acr.
4. Gives off
5. Tiny antelope
6. Heidi's "Magic Wooden Shoe"
7. TV variety show "Hee ____"
8. Icy hut
9. One of three square ones
10. Opposed to
11. Frosts a cake
12. Office furniture
15. ____ red, pH indicator
20. On the rocks
22. Baby's apron
24. Lemonade cousin
25. *Guthrie of "This Land Is Your Land"
26. Lock horns
27. "Private Parts" author
29. **...star-spangled banner yet

CROSSWORD

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		8			3			
7	5		9				2	
8	4						9	1
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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

Sacramento County DA Reports

Felony Insurance Fraud, Stemming From Hit & Run; Defendent Convicted for Murder of Gardening Store Owner Multiple; Sexual Assault & Kidnapping Charges

CASE: Michael Bridges & Jenifer Brumfield
PROSECUTOR: Deputy District Attorney Kelly Mulcahy, Insurance Fraud Unit

Fifty-two-year-old Michael Bridges and his wife, 50-year-old Jenifer Brumfield, pled no contest to felony insurance fraud charges. Bridges also pled to felony hit-and-run with injuries and Brumfield pled to filing a false police report.

On May 28, 2015, Bridges was driving Brumfield's car when he rear-ended a car that was stopped at a red light on Truxel Road. The collision totaled both vehicles and left the victim with injuries, which still require medical treatment. After the crash, Bridges pulled up to the driver's side of the car and told the victim, "I didn't just do that" before driving away without providing his driver's license or insurance information. The license plate number was obtained by witnesses and the front license plate left at the scene of the accident.

On May 29, 2015, Brumfield reported her car stolen to the Sacramento Police Department and filed a claim with her insurance company. Bridges was an excluded driver on Brumfield's car insurance policy. She stated she had no idea who stole her car and that she still had the only key to the car. The car was located on June 26, 2015, one-half mile from the defendants' residence. The vehicle's transponder anti-theft system was intact and undamaged. The windows were also intact, but the vehicle had sustained major front-end damage.

Witnesses identified Bridges as the driver of the hit-and-run vehicle. Cell phone records also indicated that on the day of the collision Bridges drove Brumfield to work in her car, which was contrary to her story that a nephew had driven her to work.

Bridges was sentenced to serve 3 years in state prison. Brumfield was sentenced to 150 days county jail and 5 years probation. Both defendants were ordered to pay \$19,625 in restitution to the victim and the insurance company.

This case was investigated by the Sacramento County District Attorney's Auto Insurance Fraud Unit.

CASE: Marlon Palmer
PROSECUTOR: Deputy District Attorney Andrew Smith, Homicide Unit

Marlon Palmer was convicted by jury for the second-degree murder of Hoa "Rickey" Tuyen.

On February 25, 2014, Mr. Tuyen was found face down on bags of soil in the back of his business, Discount Indoor Gardening. He was pronounced dead shortly after arriving at the hospital. The autopsy report revealed Mr. Tuyen died from asphyxia due to

neck compression. There were no witnesses or surveillance video. The District Attorney's Crime Lab developed a DNA profile from fingernail scrapings from Mr. Tuyen. Detectives were notified a cold hit on the DNA profile matched Marlon Palmer.

Palmer was interviewed and denied knowing or having any contact with the victim. He also denied visiting or being in the area of the store, even though cell tower information placed Palmer's phone in the area of Mr. Tuyen's business during the timeframe of the murder.

Palmer was on parole at the time for multiple counts of robbery and assault with a deadly weapon. The Honorable Matthew Gary found two prior strike allegations true, making Palmer a three striker.

Palmer faces a maximum potential sentence of 45 years to life in prison. Sentencing is set for July 15, 2016, at 9:00 a.m. in Department 13 before the Honorable Matthew Gary.

CASE: Joseph Lee Bonderer
PROSECUTOR: Deputy District Attorney Quirina Orozco, Adult Sexual Assault Prosecution Unit

Joseph Lee Bonderer was convicted by a jury of two kidnapping charges and multiple sexual assault charges, including rape and sodomy. The jury also found true that Bonderer kidnapped and transported the victim to commit the sexual assaults — a one strike allegation.

On October 30, 2013, the victim was in her car and about to leave the Walmart parking lot on Greenback Lane when Bonderer forced entry into her car. He pointed something in the victim's direction under his shirt and told her to do everything he demanded or he would kill her. After forcing the victim to drive to a dark desolate field area in Placer County, he raped, sodomized, and digitally penetrated her. Bonderer then ordered the victim to drop him off at the Walmart where he first kidnapped her.

Sacramento Sheriff's deputies and detectives canvassed the vicinity. Employees at a bar across the street from Walmart disclosed that Bonderer had been inside the bar just moments before the incident. Walmart surveillance video showed Bonderer loitering in the parking for at least 30 minutes before the assault. He followed at least two other women before finally choosing to attack the victim.

Bonderer faces a maximum potential sentence of 107 years to life in prison. Sentencing is set for July 8, 2016, at 9:00 a.m. in Department 15 before the Honorable Kevin McCormick. ★



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 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

One of the fundamental truths of life is this: You belong to God. You do not belong to your job or career, or your past, things your regret, or to other people. You were made by God for a relationship with God. That's what Christianity is all about. It's about connecting with God and staying connected to God.

The problem is many things happen in life which distracts us from connecting with God. Things get chaotic. Life is not all good times. There are often disappointments. There are often unfulfilled expectations. There are problems. There are hurts. There are confusing times. There are sad times. There are times when you have no idea what's going to happen next and you feel afraid. How do you handle times when you face an uncertain future? Where do you find peace when things get chaotic in your life?

Pastor Ray's Encouraging Words

What to Do When Life Gets Chaotic

Here's where you find peace and confidence. David writes, "The Lord is my light and my salvation-- so why should I be afraid? The Lord protects me from danger--so why should I tremble? When evil people come to destroy me, when my enemies and foes attack me, they will stumble and fall. Though a mighty army surrounds me, my heart will know no fear... if they attack me, *I remain confident.*" Psalm 27:1-3 (NLT)

God wants to give you hope and confidence when situations seem hopeless in your life. God wants to give you joy when you feel sad or depressed. We need that type of hope and joy. "May the God of hope fill you with all joy and peace *as you trust in him*, so that you may overflow with hope by the power of the Holy Spirit." Romans 15:13. Hope, joy, peace- all three of these things come from trusting God. The more I trust God, the more my life is filled with joy. The more I trust God, the more my life is filled with His peace. The more I trust God, the more my life is filled with hope. If I don't have hope and I'm feeling hopeless, if I don't feel joyful,

if I don't feel peaceful it means one thing: I am not trusting God, because He is the source of all those things.

I don't know what you've been going through but God does. Things may be very difficult right now for you personally. You may feel like you've been unable to function. You may feel like you're in limbo. You may feel sad. You may feel under pressure. You may feel like giving up. God wants to say to your heart today, "Don't give up, look up; I am your light; I am your salvation; I will help you." I don't know what you're going through, but I do know this. God is not finished with you. God has a plan for the rest of your life. "Stop your crying and wipe away your tears..." *There is hope* for your future... Jeremiah 31:16-17 (TEV)

God has a plan for each day of your life. He will make the rest of your life the best of your life, if you will trust Him even when things get chaotic. *New Beginnings Church YOU'RE INVITED, Sunday service at 10 am "We Do Church Differently"* www.NBC4U.org ★

Ready, Set, Now Go for It

Dr. James L. Snyder

As far as I'm concerned, summer is the best time of the year. I look forward to it while withstanding the chilly shivers of wintertime and the erratic damp weather of spring. Summer is my time of year!

This is where the Gracious Mistress of the Parsonage and I cross swords.

For some reason she believes summer is the time to catch up on all the work around the house. There is yard work to be done. The garage needs to be cleaned out and reorganized. That is only the start. Thinking about all that stuff makes me tired.

I will not say she is a "workaholic," at least out loud. Her saying is, "Early to bed and early to rise gives you plenty of time to work."

My philosophy along this line is, "The harder you work the quicker old age catches up with you." If that is true, and I am hoping it is, old age will never catch me.

As we begin the first stage of summer, I want to get ready to exercise as much loafing as I possibly can.

Loafing has several stages to it. The first stage is just doing

nothing. I have graduated with high honors at this stage. It took me a lot of hard work to get to this point of mastering the art of doing nothing. And I must say I have mastered it quite well

My wife wants to convince me that doing yard work is something we can enjoy doing together. I certainly do not enjoy working hard, sweating and getting tired. Those three things do not go very well with my idea of enjoying myself.

She enjoys working, slaving away and sweating. She gets up early, works so hard and needs a shower before breakfast while I am just getting my peepers to unpeep. As long as she has a smile and is enjoying herself, I will never interfere.

What I object to is her assuming that what she enjoys doing is what I enjoy doing.

"Come on and help me in the yard," she says so cheerfully, "you will enjoy it. It's a beautiful afternoon."

My idea of loafing has nothing at all to do with "enjoying work."

Another stage in this area of loafing is practicing the art of horizontal extension. Here is an area where I excel. Nothing is more

enjoyable than sitting on the back porch with my feet stretched out as far as possible, my head and shoulders reclined back and a glass of iced tea in my right hand. That is what loafing is all about.

Between my wife's working and my loafing this summer is going to be a wonderful time. Both of us are doing what we enjoy doing and hopefully, not getting in each other's way. I make it a rule not to interfere with her working and I am working on getting her to make a rule not to interfere with my loafing. We are halfway there.

I think David understood my position exactly. "And I said, Oh that I had wings like a dove! for then would I fly away, and be at rest" (Psalm 55:6).

I am poised, and ready to face the summer with all the loafing I can experience.

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 james-snyder2@att.net. The church website is www.whatafellowship.com. ★





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2016 FIREWORKS BUYERS GUIDE

Season Boasts Strongest Freshman Class in Years

By David Dickstein

SACRAMENTO REGION, CA (MPG) - With the Fourth of July just around the corner, non-profits throughout the region are hoping that red, white and blue turns into lots of green. The great news for fundraising groups and California consumers is the freshman class of fireworks is the strongest in over a dozen years. This would be the season to spend more of your disposable income in the name of charity and country.

Firework stands in Greater Sacramento open for business starting June 28, and when they do patriotic, philanthropic and pyrotechnics-passionate purchasers will want to know the five basic questions of fireworks buying: What's new? What's loud? What's colorful? How long does it last? What gives me the most bang for my buck?

Messenger Publishing Group has the answers, having put every new state-approved firework to the test. Our annual fireworks buyers guide also

includes returning favorites that scored at least 4 of 5 stars on a scale based on performance, value, duration and distinctiveness.

Sacramento Valley is dominated by TNT and Phantom, both of which have regional headquarters based here and a long history of splitting profits with hundreds of churches, athletic clubs, youth groups and other area non-profits. Discount Fireworks Superstore (DFS), which expanded from Oregon to mostly Central California a few years ago, makes its Sacramento County debut this season with three church-run stands in Elk Grove.

Judges this year included firefighters of Sacramento Metropolitan Fire District, Station 65 in Rancho Cordova, where the test was conducted. Fireworks are listed by price, highest to lowest. Every firework sold individually in California has been rated for the guide since 2003, so whatever isn't listed wasn't forgotten – it just didn't make the grade.

Let the sparks fly!

new for 2016

• **WICKED STRONG (TNT), \$59.99** - Combines the best of a fan fountain and a bona fide finale. A surge of sparks at the 90-second mark truly gives this newcomer its name. A price drop of \$10 would give it a rare perfect rating. 105 seconds. ★★★★★

• **GRAND ILLUSION (DFS), \$40.99** - Long-lasting 500-gram fountain from Showtime took 7 years to reach California, but you didn't miss much with its mundane crackles, whistles and height. 195 seconds. ★★★

• **SEA SERPENT (PHANTOM), \$34.99** - Crowd-pleasing crackles, whistles, darting silver sparks and height that pushes the 10-foot legal limit. 100 seconds. ★★★★★ 1/2 Stars

• **FLIGHT OF FANCY (DFS), \$29.99** - Brand new flower-shaped fountain from Brothers packs a dazzling display of multicolored showers and pearls, silver glitter, crackling, pine needles and golden flowers. 123 seconds. ★★★★★

• **CORE REACTOR (PHANTOM), \$24.99** - It's Phantom's popular Firecracker Fountain on steroids, featuring raucous silver crackles from start to finish. Incredible height for the price. 73 seconds. ★★★★★

• **SPARKNADO (TNT), \$24.99** - Crackle-happy fountain comes alive with a unique effect that has geysers of sparks breathing in and out before going into a frenzy. 85 seconds. ★★★★★

• **SHUT UP! (DFS), \$24.50** - Volcanic-like surges of multi-colored sparks and flares give this year-old fountain high marks. Includes crackles, so this item isn't as "low noise" as Black Cat describes and the name suggests. 75 seconds. ★★★★★

• **FROM THE HEART (DFS), \$20.40** - Debuting last year outside California, this heart-shaped fountain from Black Cat would delight with red flares, chrysanthemums and pink sparks if not for the fleeting burn time and heart-stopping price. 50 seconds. ★★

• **GOOD VS. EVIL (TNT), \$19.99 (FOR BOTH)** - Silly marketing gimmick has the mediocre Rocketman Fountain bundled with the even less impressive Rage Monster Fountain, and for no reason this combo is called "Good vs. Evil." Despite coming in a few seconds shorter, "Good" gets the nod with a darting sparks, or fish, effect. Rocketman, 81 seconds; Rage Monster, 87 seconds. ★★ 1/2 Stars.

• **RAISE YOUR FLAG (TNT), \$17.76** - Long may this fountain wave with wide-spreading crackling sparks, whistle and a patriotic price. 65 seconds. ★★★★★

• **NUCLEAR PHYSICS (DFS), \$15.99** - Mushroom cloud-shaped packaging is the most unique feature of this 2-year-old fountain from Brothers. That said, pretty gold flowers, silver chrysanthemums, noisy crackles and a fair price should give this item a warm welcome in California. 66 seconds. ★★★★★

• **CAT FIGHT (DFS), \$13.25** - A late arrival to California is this 3-year-old fountain from Black Cat that mesmerizes with multi-colored fish effect. 72 seconds. ★★★★★ 1/2 Stars.

• **HULL-A-BLUE (Phantom), \$12.99** - Low on height, but high on beauty with a non-stop vibrant gold shower. Expected more blue due to its name. Good burn time for the price. 60 seconds. ★★★★★ 1/2 Stars.

• **BEE'S KNEES (DFS), \$12.49** - Vibrant fan fountain from Brothers is fun while it lasts, but doesn't last long. Debuted two years ago outside the

Golden State. 35 seconds. ★★★★★

• **MAD MONKEY (DFS), \$12.25** - Intense crackling sparks and glowing eyes and mouth make for a lot of fun at a small price. From Showtime. 32 seconds. ★★★★★

• **PHANTOM SPARKLES OF PRIDE (PHANTOM), \$8.99** - Nifty opening of gold sizzling sparks is followed by routine crackles and chrysanthemum. 40 seconds. ★★★★★ 1/2 Stars.

• **PIRATE SWORD (DFS), \$7.69** - Unique handheld fountain from Showtime is a step up from boring morning glories, but the cost of swashbuckling fun requires too much booty, even for the pricey California market. 24 seconds. ★★

• **NEON FORCE (TNT), \$6.99** - Height, crackles and color are all solid, as is the price. 55 seconds. ★★★★★

• **JALAPENO POPPER (TNT), \$3.99** - Strong crackling silver sparks and, to be expected at this price point, no altitude. 49 seconds. ★★ 1/2 Stars.

BEST OF THE REST (4-5 STARS)



• **DELIRIUM (TNT), \$49.99 AND CORAL REEF (PHANTOM), \$49.99** - TNT's is the granddaddy of finales, a long-lasting, 500-gram fan fountain that wows with radiant colors and clamorous whistles and crackles. No wonder Phantom came out with the indentially performing Coral Reef last year. Best finale for the money since TNT's Opening Show (\$69.99, 130 seconds) went up \$10, dropping it to 3 Stars. 105 seconds.

• **APACHE FIREDANCE PREMIER (PHANTOM), \$49.99** - A former "Best New Firework," this fountain scores with seven effects, including some of the best crackles, strobes and height on the safe and sane market. 140 seconds.



• **PEACOCK TAIL FAN (PHANTOM), \$34.99** - The former "Best New Firework" builds excitement with each dazzling stage. Works out to 65 cents per second, but the audience's "oohs" and "ahhs" are priceless. 54 seconds.

• **MOONDANCE PREMIER (PHANTOM), \$29.99** - It's Phantom's value-priced Moondance Fountain on steroids. Terrific height, lots of purple - a real crowd pleaser. 100 seconds.

• **FUNKY MONKEY (PHANTOM), \$24.99** - Pyrotechnic primate features red pearls and a solid overall performance. 90 seconds.



• **ZOMBIE APOCALYPSE (TNT), \$21.99** - Sensational medium-priced fan fountain, one of the most promising rookies last season, has large-sized intensity. 62 seconds.

• **O-BLIVION (TNT), \$19.99** - Lord of the ring-shaped fountains emits multi-colored chrysanthemums with pine and impressive titanium crackles. Sweet burn time. 125 seconds.

• **SERENITY (PHANTOM), \$15.99** - Noiseless fountain opens with lovely lava lamp-like lumps and peacefully pleases with seven colors and white chrysanthemums. 59 seconds.

• **KING OF BLING (PHANTOM), \$14.99** - Crackles heard during the final third sound just like popping popcorn. Burn time and chrysanthemum and whistle effects are majestic for the price. 90 seconds.

• **LUMINESCENCE (PHANTOM), \$14.99** - Starts out as a run-of-the-mill multi-effect fountain, but then surprises with an eruption of wide-spreading sparks. 73 seconds.

• **TWILIGHT MAGIC (PHANTOM), \$12.99 FOR TWO** - A former "Best New Fountain," now a 2-for-1 item, has three exciting rotations of crackle-and-whistle and wide-spreading sparks. 57 seconds.

• **SURFS UP (TNT), \$12.99 FOR TWO** - TNT is making this a buy-one-get-one for just \$2 more - a super new deal. Gorgeous globs lead to a wave of multiple effects and some of the best and widest-spreading titanium rain and crackles for the price. 58 seconds.

• **FIRECRACKER FOUNTAIN (PHANTOM), \$9.99** - Lives up to its name with an awesome crackling barrage alongside multi-colored pearls. 76 seconds.

• **PHANTOM DRAGON SLAYER (PHANTOM), \$9.99 FOR TWO** - Solid buy with pretty white, blue and lemon chrysanthemums, rowdy crackles and red stars. 66 seconds.

• **CRYSTAL SKIES (TNT), \$9.99** - 2014's "Best New Fountain" has great height, striking gold glitters and white pines, and loud crackles. Better than many fountains sold at double the price. 68 seconds.

• **LIL RED DEVIL (TNT), \$9.99 FOR TWO** - Packs plenty of heat for the size and price. Ends strong with wide-spreading titanium crackling sparks. 35 seconds.

• **RAINBOW RAYS (TNT), \$5.99** - Terrific value-priced item, delivering on burn time, height and crackle. 56 seconds.

• **PURPLE RAIN (TNT), \$5.99 FOR TWO, AND MOONDANCE (PHANTOM), \$2.99 FOR ONE** - Identical little dynamos emit loud crackles, purple pearls and glittering gold and white sparks. 45 seconds.

For stand locations and additional product information, visit the retailers' websites: TNT, www.tntfireworks.com; Phantom, www.fireworks.com; and Discount Fireworks Superstore (three Elk Grove locations), dfsfireworks.com. ★



Area non-profits kick off their fireworks fundraisers on June 28. Photo by David Dickstein



Friends and neighbors keep up the tradition of celebrating America's birthday with fireworks. Photo by David Dickstein



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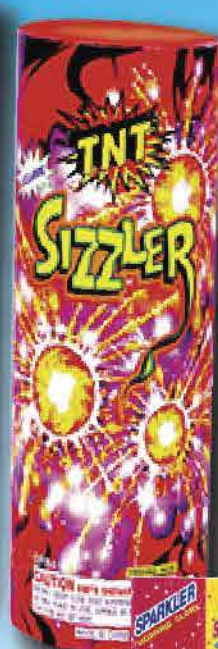
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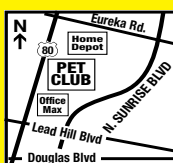
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30 Lb Bag **\$39.99**
Effective 6/15/16 - 6/21/16

**9 LIVES
CANNED CAT FOOD**
5.5 Oz All Varieties
Limit 1 Case Per Family
35¢
Effective 6/15/16 - 6/21/16

**NUTRO MAX
ADULT RECIPE
DRY DOG FOOD**
•Regular Max •Large Breed Adult •Beef •Senior •Lamb Meal & Rice
NEW SIZE
25 Lb Bag **\$22.99**
Limit 2 Bags Per Family
Effective 6/15/16 - 6/21/16

**FANCY FEAST
GOURMET CANNED
CAT FOOD**
3 Oz All Varieties
Except Elegent Medley
Limit 2 Cases Per Family
20/\$11.00
Effective 6/15/16 - 6/21/16

**PRO-PLAN
DRY DOG FOOD**
•Chicken & Rice 30-35 Lb Bag
•Beef & Rice •Lamb & Rice
•Sensitive Skin & Stomach
•Lite•Bright Mind
\$3 OFF
Limit 2 Bags per Family
OUR SUPER DISCOUNT PRICES!
Effective 6/15/16 - 6/21/16

**JONNY CAT
PREMIUM CAT LITTER**
20 Lb Bag
•Regular •Multiple Cat Formula
\$3.29
Limit 2 Bags per Family
Effective 6/15/16 - 6/21/16

**FRISKIES
DRY CAT FOOD**
16 Lb Bag
•Surfing & Turling •Seafood •Indoor
\$9.99
Limit 2 Bags Per Family
Effective 6/15/16 - 6/21/16

**FRESH STEP
SCOOPABLE
CAT LITTER**
42 Lb Bag
Limit 2 Bags per Family
\$12.99
Effective 6/15/16 - 6/21/16

**NUTRO
CANNED CAT FOOD**
Limit 1 Case 3 oz • Selected Varieties Max **55¢** Natural Choice **75¢**
Limit 2 Bags Per Family **30 Lb Bag**
**NUTRO
NATURAL CHOICE DRY DOG FOOD**
•Chicken, Brown Rice & Oatmeal Formula (Adult & Lrg Breed Adult) •Lite (Chicken Only) \$6 Off Orig Price **\$8 OFF** OUR ORIGINAL PRICE!
**BLUE BUFFALO
WILDERNESS DRY DOG FOOD**
•Chicken •Duck •Salmon •Large Breed Adult •Healthy Weight 24 Lb Bag Limit 2 Bags **\$49.99**
**FRESH STEP
CRYSTALLINE CAT LITTER**
8Lb Bag Limit 2 Bags **\$10.99**

**FELINE PINE
HEALTHY CAT LITTER**
20 Lb Bag Limit 2 Bags **\$7.99**
**SCIENCE DIET
INDOOR (Adult & Mature)**
7 Lb Bag • Sensitive Stomach • Hairball (Adult, Lite & Mature) • Sensitive Skin & Stomach • Adult • Lite • Senior Age Defying **\$14.99** • \$19.99
**BLUE BUFFALO
CANNED DOG & CAT FOOD**
•Homestyle •Blue's Stev •Wilderness 12.5 oz •Spa Select •Wilderness 3 & 5.5 oz Selected Varieties **20% OFF** OUR REGULAR LOW PRICES
**GRAVY TRAIN
DRY DOG FOOD**
35 Lb Bag Limit 2 Bags **\$13.99**

**NUTRO
CANNED DOG FOOD SALE**
Limit 1 Case 12.5 oz • Selected Varieties Max **89¢** Natural Choice **\$1.25**
**SOLID GOLD
DRY DOG FOOD**
•Hund n Flocken •Wolf King Bison •Holistique •Millenia 28.5 Lb Bag Only Limit 2 Bags **\$6 OFF** OUR REGULAR LOW PRICES
**CAREFRESH
PET BEDDING**
60 Liter (Ultra Not Included) **\$12.99**
**PRECIOUS CAT
CLUMPING CAT LITTER**
20 Lb Box Limit 2 Box Attract **\$11.99** Outdoors **\$7.49**

MIDWEST METAL PRODUCTS
•Exercise Pens •Crates All Varieties **20% OFF**
•Ovation Trainer •iCrate Varieties OUR SUPER LOW PRICES
**ARCTIC PAWS
CHUMMY CHUMMIES
DOG TREATS**
Wild Wild Alaska Salmon 20oz **20% OFF** OUR SUPER LOW PRICES
**PETMAE
POP & GO**
All Sizes Portable Pet Homes •Light Weight •Pop-Up **20% OFF** OUR SUPER LOW PRICES
**ZUKE'S
NATURAL TREATS**
•Z-Bones •Mini-Naturals •Power Bones •High Action •Jerky Naturals •Z-Fillets All Varieties **20% OFF** OUR SUPER LOW PRICES
**PENN PLAX
BIRD LIFE
BIRD PRODUCTS**
•Regular & Natural Toys •Ladders •Perches All Varieties **20% OFF** OUR SUPER LOW PRICES

PENN-PLAX CASCADE POWER FILTER SALE
MODEL TANK SIZE PET CLUB SALE
CASCADE 100 20 Gal. **\$13.99** ~~\$19.99~~ Revolutionary Bio-Falls Quad Filtration System
CASCADE 150 35 Gal. **\$17.99** ~~\$24.99~~
CASCADE 200 50 Gal. **\$22.99** ~~\$29.99~~
CASCADE 300 100 Gal. **\$27.99** ~~\$34.99~~
TETRA BOXED 10 GALLON TANK
With Economy Kit Limit 1 Per Family **\$39.99**
Just add Heater For Tropical Fish
TETRA FISH FOOD SALE
Tetrafin Goldfish 7.06 oz. **\$7.99**
Tetrafin Staple 7.06 oz. **\$11.99**
Tetra Ruby Color 7.06 oz. **\$11.99**
**INSTANT OCEAN
SEA SALT**
50 Gal. Salt Mix **\$14.99**

BONUS COUPON
**FRISKIES BUFFET
CANNED CAT FOOD**
5.5 Oz All Varieties Limit 12 Cans With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 6/15/16 - 6/21/16 **43¢** CHM 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 6/15/16 - 6/21/16 **\$1.19** CHM 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 6/15/16 - 6/21/16 **\$1.89** CHM PLU 449