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Citrus Heights Messenger

"Written by the people, for the people"

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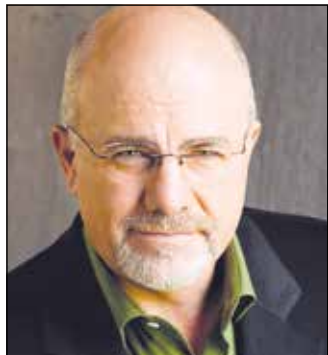
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FOUR REASONS YOU'RE STILL DISORGANIZED!



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POPPOFF!

WITH MARY JANE POPP



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Nostalgia on Wheels



Citrus Heights resident Steve Rainville is a collector of Studebaker automobiles. His pride and joy is this restored 1955 Studebaker Commander. It is the same model as his first car, purchased when he was 14 for \$65. To get this one in its present pristine condition it cost a great deal more than that.

Story and photos by Steve Liddick

CITRUS HEIGHTS, CA (MPG) - A half-century ago, when he was 14-years-old and still too young to legally drive, Citrus Heights resident Steve Rainville bought his first car. It was a 1955 Studebaker Commander. He paid \$65 for it. When he was in his 60s he found another Studebaker

of the same model. He bought it. To date he estimates it has cost him \$25,000 to turn it into the pristine gem that sits glowing in his driveway.

If that seems like a hefty price for a trip down memory lane, look at it from the viewpoint of someone who would like to recapture a small sliver of youth. Like anything else, it is worth exactly what the buyer is willing

to pay for it.

Why the vast price difference in a half-century in what would appear to be the same car?

For one thing, there are fewer of them now than when Studebaker was turning out 100,000 cars a year at its peak of production, compared with the millions of vehicles being built annually by the auto making giants. Rarity increases the

value of anything, from stamps to baseball cards. Consider, too, that Studebaker never enjoyed the popularity of its big brothers in Detroit. In fact, the company took a lot of ribbing when the 1948 model came out and detractors claimed you couldn't tell which was the front end and which was the back end, whether it was coming or going.

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SSWD Tips to Prep Your Yard for Summer

CARMICHAEL, CA (MPG) - Summer will be on us in no time at all, and spring is a great time to get your landscape ready for the hot days ahead. Sacramento Suburban Water District (SSWD) has put together some handy tips and advice to help you have a beautiful and water-efficient yard.

• Walk Your Yard

One of the first steps is to walk the zones of your sprinkler system. Turn them on one zone at a time and check each sprinkler to make sure it is not clogged, leaking, or damaged. Also make sure the sprinklers are watering your plants and not your driveway, the sidewalk, or causing runoff. Mark any problem sprinklers you find with a small flag so you'll know which ones require repairs or adjustments.

• Upgrade Your Equipment

You can improve your sprinkler system's efficiency by 25 to 30 percent by swapping out old sprinklers with water-efficient ones. Newer rotary pop-up sprinklers deliver water in a thicker stream than mist sprayers ensuring that more water reaches plants. Drip irrigation systems are even more efficient because they deliver water directly to a plant's roots, reducing water loss to evaporation, runoff, and wind.

Another important piece of equipment to add is a WaterSense

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Family Business Sweeps Chamber Awards

CITRUS HEIGHTS, CA (MPG) - The Best of Citrus Heights Contest is presented by Citrus Heights Chamber. This competition celebrates the best business members in good standing of the Citrus Heights Chamber. The 2015 Best of Citrus Heights Awards acknowledged numerous businesses, but one in particular saw the spotlight.

The Kniesel family businesses swept the prestigious awards and were honored to receive wins in three distinct categories:

- Best Automotive Collision - Kniesel's Collision Centers
- Best Automotive Parts & Repair - Kniesel's Auto Service Centers
- Best Property Management - Kniesel's Enterprises LLC

The awards luncheon was held in early March at the Citrus Heights Community Center to a sold out crowd, and a delicious buffet lunch was provided by Randy Peters Catering.

"Citrus Heights is the city where it all

started back in 1965, when my Grandfather, Richard Kniesel Sr. opened Kniesel's Sunrise Automotive," said Brent Kniesel, president of Kniesel's Auto Service Centers. "We've grown a lot since then, with multiple locations throughout the Sacramento area, but Citrus Heights is, and will continue to be our base of business operations. We are extremely blessed to live and work in such a vibrant community that has been so supportive over the years. Thank you to all of our faithful clients, to the Citrus Heights Chamber of Commerce, and to The City of Citrus Heights for supporting local businesses, and for making our continued success possible."

Kniesel's Auto Service Center of Citrus Heights was one of four runners up for "The Best of The Best" award, which is awarded to the company with the most overall votes. Congratulations to Republic Services for winning "The Best of The Best," and to all of the 2015 Best of Citrus Heights Winners!

Source: Kniesel's Auto Service

★



The Kniesel family businesses started opened in Citrus Heights in 1965. The family business was honored to receive wins in three distinct categories at the 2015 Best of Citrus Heights Contest. Photo courtesy Kniesel's Auto



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Christians Flock to State Capitol to Pray for America

By Elise Spleiss

SACRAMENTO REGION, CA (MPG) - American Christians are looking for a miracle to save this country through all levels of society and government: socially, economically, and politically.

On March 30th, 2016, a sea of 7,500 men, women, and children from all parts of California began to flow onto the Sacramento State Capitol grounds, hours before the noon starting time of the Decision America Tour 2016 with Franklin Graham. By midday the throng had wrapped around the front and sides of the capitol building. They were there to pray for America and to hear the Gospel message of evangelist Franklin Graham.

Since their first stop in Des Moines, Iowa, on January 5th, the Billy Graham Evangelistic Association has embarked on a journey of spiritual revival to all 50 state capitols. Sacramento was its 13th stop. Its mission is to provide Bible believing Christians a “real-world” means to bring about the miracle of restoration.

In this critically important election year, Franklin Graham (63) son of well-known evangelist of 67 years, Billy Graham (97) has set about to share the three vital components of this challenge with all who will listen: Pray, Vote, and Engage.

Graham’s program is modeled after the work of Nehemiah in the Old Testament



An estimated 7,500 people gathered at the California State Capitol—the largest Decision America Tour crowd to date. Photo courtesy Decision America Tour

whom God sent to Jerusalem to rebuild its walls and admonish the people to repent, turn away from their sins, and come back to God. Graham stressed throughout the hour that the fate of America is in the balance and depends solely on how Christians stand up and take it back from the immorality and wrongdoing prevalent in today’s society.

As with the people of Jerusalem who, after finally repenting, again won favor with God, Franklin preached that God will give America favor once more when its people stand up for the truth and

principles of the Bible and the “old fashioned” values on which our founding fathers established in America.

Franklin stressed that this shows the need to first confess and pray fervently for one’s own sins, those of their community and country and even for those of their ancestors.

He also stressed that, next to prayer, the most important thing a Christian can do is vote; pointing out that in the last election only 20 to 30 million evangelical (biblical) Christians voted. Franklin quoted the words of his father Billy, from 1952, the year he was born: “It is the duty of every individual at election time to study the issues and candidates..... and to vote.” He urged people to vote for those who are morally and spiritually in line with the Church and will protect the liberties we enjoy. Even if one must vote for the “lesser of two evils”...vote. “Unless America turns back to God, repents of its sin, and experiences a spiritual revival, we will fail as a nation. God honors leaders in high places who honor biblical truth

and principles and are willing to live by them,” Franklin recited.

In 1976, when Franklin was 27, two years after he became a Christian, his father preached that Christians need to get involved in the political process, including public service at all levels. He challenged all



“God hears prayer.” Franklin Graham reminded the crowd again and again the power of their conversations with God. Photo courtesy Decision America Tour

who have a good foundation in Jesus and the Bible to step up and offer themselves for public office, regardless of their party. There are many places they can seek votes, from city council where they can become mayor to serving on commissions, and

especially school boards, on up to the federal level.

Feeling the Holy Spirit standing amongst 7,500 hands joined in prayer gave attendees the assurance that they are not alone in this. Thunderous applause arose as Franklin sent the thousands of Californians home to their work by urging them to all “become community organizers for God and political activists for God!”

Instead of the traditional “altar call” the prayer rally ended with a call to text one’s decision to accept Christ, to make the Decision America Tour pledge and receive more information.

In an email, a spokesperson for the Billy Graham Evangelistic Association said, “Of the thirteen Decision America Tour events we’ve held so far, Sacramento was our largest with 7,500 people in attendance at the Capitol. This was a tremendous response. People really do care deeply about the direction of our country and believe that we need to pray for our nation and our leaders now more than ever.”★

SSWD Tips to Prep Your Yard for Summer

Continued from page 1

labeled weather-based irrigation controller. These controllers act like a thermostat for your sprinkler system and use local weather and landscape conditions to precisely tailor watering schedules. Replacing a standard clock timer with a WaterSense labeled controller can save an average home almost 9,000 gallons of water a year.

SSWD has rebates available for its customers for irrigation upgrades and WaterSense labeled weather-based irrigation controllers.

•Use the Soak and Cycle Method

Soak and cycle is a process of running your sprinklers in shorter increments spaced out over a period of time to allow for better absorption of the water by the soil. For example, if you’re running your sprinklers for six minutes, break the watering cycle into two increments of three minutes, spaced an hour apart. This allows the water to permeate through the soil and get to where it’s needed.

Running your sprinklers for one long period is like trying to eat breakfast, lunch and dinner all at the same time. Give your irrigation cycle some space and you’ll see less waste.

• Layer on Compost and Mulch

Adding a layer of compost and mulch around your plants and trees will make them healthier and stronger. Compost adds much-needed nutrients to the soil and helps to improve soil structure and aeration.

Mulch acts like a layer of insulation and moderates soil temperature helping to protect a plant’s and tree’s roots as the temperature rises. It also reduces the rate of evaporation and hinders the growth and germination of weeds.

And just like getting back into shape after not having worked out for a while, it’s best to take it slow to start. Spring’s cooler temperatures mean your yard doesn’t need as much water as it does during the hot days of summer. Start out watering in shorter segments and gradually increase the watering time as the temperature gets warmer.

Please keep in mind as you begin to turn on your sprinklers that SSWD’s current watering schedule is two days per week (odd addresses can water on Tuesday and Saturday and even addresses can water on Wednesday and Sunday) before noon and after 6 p.m.

Be sure visit www.sswd.org for more information about SSWD’s water use restrictions.

Source: SSWD

★



Franklin Graham addresses thousands who are fired up to pray for America. Photo courtesy Decision America Tour



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Citrus Heights Police Concentrate Efforts on Pedestrian and Bicycle Safety

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Police Department will step up Bike and Pedestrian Safety Enforcement Operations in the coming weeks with focused enforcement on collision causing factors involving motorists, pedestrians and bicyclists.

The Department has mapped out locations over the past two years where pedestrian and bike collisions have occurred, along with the violations that led to those crashes. Extra officers will be on duty patrolling areas where bike and pedestrian violations are occurring, including locations where traffic collisions occur, in an effort to lower deaths and injuries. Officers will be looking for violations made by drivers, bike riders and pedestrians alike that can lead to life changing injuries.

Special attention will be directed toward drivers speeding, making illegal turns, failing to stop for signs and signals, failing to yield to pedestrians in cross walks or any other dangerous violation.

Additionally, enforcement will be taken for observed violations when pedestrians cross the street illegally or fail to yield to drivers who have the right of way. Bike riders will be stopped and citations issued when they fail to follow the same traffic laws that apply to motorists. All riders are reminded to always wear a helmet—those under 18 years of age must wear helmets by law. Pedestrians should cross the street only in marked crosswalks or at corners.

Locally, the Citrus Heights Police Department has

investigated 156 injury or fatal collisions involving pedestrians and bicyclists during the past three years. In 2012, California witnessed 612 pedestrian and 124 bicyclists killed that year while nationally 4,743 pedestrians and 726 bicyclists were killed.

The Governors Highway Safety Association's and the National Highway Traffic Safety Administration 2012 Data reports reveal that California leads the nations in bicycle and pedestrian deaths. Funding for this program is provided by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration.

Source: Citrus Heights Police Department ★

Nostalgia on Wheels

Continued from page 1

Of his sleek pride and joy, Rainville said, "It's not completely stock." The car had gotten severely crunched in a violent freeway rear-ender. Steve and his girlfriend got pretty well crunched too. They suffered whiplashes. He had the structural damage repaired and made "a few" revisions. "I put in a 1963 engine, a heavy-duty transmission, bucket seats, a floor shift, head rests (a guard against possible future rear-ender whiplashes), front disc brakes, and rebuilt the front suspension." Not to mention an immaculate paint job and a thousand dollars' worth of white sidewall tires.

Other than that, it's the same car he had in his adolescence.

There is a second Studebaker in the backyard. It is a 1963 pickup truck. Not nearly in the show quality condition of the two-door jewel that is out where the world can see it.

You might think parts would



When Studebaker first came out with their "modern" model in 1948, people said you couldn't tell whether they were coming or going. If there was little respect for Studebakers in those days, members of a Sacramento area Studebaker Drivers Club are making up for it.

be scarce for the elderly classics. "Parts are easy to get for most models," Steve said. "There's a guy in Los Angeles with a warehouse full."

The Studebaker company has a California connection. There were five Studebaker brothers. John came west to Placerville at the height of the gold rush. But he didn't pan for gold in the wet socks sense. He made a hefty amount of money by building wheelbarrows and selling them to the miners. His brothers ultimately lured him (and the money he had saved), back east, where they went into the carriage and buggy business. Most notably, they supplied the beer wagons pulled by the Budweiser Clydesdales, and

a Studebaker buggy ordered by President Benjamin Harrison when he was in the White House.

The business eventually turned to battery-powered cars (the Studebaker Electric). When internal combustion engines became more reliable, they began building the smog-makers of the type we know today.

There are more than 12,000 members in 100 Studebaker Drivers Clubs around the world. One club serves greater Sacramento area collectors. Since the cars are representative of an earlier era, so are most of their drivers. Steve Rainville is among the younger members. "At 65, I'm one of the kids," he said. ★

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George Runner Responds to Minimum Wage Deal

SACRAMENTO REGION, CA (MPG) - Board of Equalization Member George Runner issued the following statement in response to the Governor's announcement of a tentative deal to raise California's minimum wage to \$15 per hour:

"Contrary to conventional wisdom, this dramatic wage hike won't hurt millionaires and billionaires. It will hurt lower and

middle class Californians, especially those who live in inner cities and rural areas. Entry-level and low-skilled workers, including young people, will find it more difficult to find jobs, pay for childcare, and eat out. Employers will hire fewer workers and instead turn to automation.

"In a state as economically and culturally diverse as

California, it's a shame that our elected officials don't realize that a one-size-fits-all approach to combating poverty won't work in our state. Not every city is San Francisco."

For more information, visit www.boe.ca.gov/Runner.
Source: Office of George Runner ★

Governor Brown, Legislators, and Labor Leaders Announce Landmark Agreement to Raise California's Minimum Wage

Minimum Wage Increases (If No Increases Are Paused*)	
January 1, 2017 (2018 for small business):	\$10.50 / hour
January 1, 2018 (2019 for small business):	\$11 / hour
January 1, 2019 (2020 for small business):	\$12 / hour
January 1, 2020 (2021 for small business):	\$13 / hour
January 1, 2021 (2022 for small business):	\$14 / hour
January 1, 2022 (2023 for small business):	\$15 / hour
January 1 annually after wages reach \$15:	Increase wages 0 to 3.5%, to the nearest 10 cents, for any inflation

*Governor will determine by September 1 each year whether to pause a January 1 increase due to negative budgetary or economic conditions

SACRAMENTO REGION, CA (MPG) - Governor Edmund G. Brown Jr. recently joined legislators and labor leaders to announce a landmark agreement that makes California the first state in the nation to commit to raising the minimum wage to \$15 per hour statewide.

The Governor was joined at the announcement by: Senate President pro Tempore Kevin de León; California Labor Federation president Kathryn Lybarger; SEIU United Long Term Care Workers' Union president Laphonza Butler; Burger King employee Holly Diaz; Senator Mark Leno; California Labor and Workforce Development Agency secretary David Lanier; United Domestic Workers of America executive director Doug Moore; Teamsters Union International vice president Rome Aloise; and United Healthcare Workers West executive board member Georgette Bradford.

"California is proving once again that it can get things done and help people get

ahead," said Governor Brown. "This plan raises the minimum wage in a careful and responsible way and provides some flexibility if economic and budgetary conditions change."

Under the plan, minimum wage will rise to \$10.50 per hour on January 1, 2017 for businesses with 25 or more employees, and then rises each year until reaching \$15 per hour in 2022. This plan also recognizes the contributions of small businesses – those with fewer than 25 employees – to California's economy and allows additional time for these employers to phase in the increases.

The purpose of the plan is to increase the minimum wage over time, consistent with economic expansion, while providing safety valves – known as "off-ramps" – to pause wage hikes if negative economic or budgetary conditions emerge. The Governor can act by September 1 of each year to pause the next year's wage increase for one

year if there is a forecasted budget deficit (of more than one percent of annual revenue) or poor economic conditions (negative job growth and retail sales).

Once the minimum wage reaches \$15 per hour for all businesses, wages could then be increased each year up to 3.5 percent (rounded to the nearest 10 cents) for inflation as measured by the national Consumer Price Index.

This plan also phases in sick leave for In-Home Supportive Services workers starting in July 2018.

Governor Brown signed AB 10 in September 2013 to raise California's minimum wage 25 percent, from \$8 to \$10 per hour, effective January 1, 2016. There are approximately 7 million hourly workers in California, of which about 2.2 million earn the minimum wage.

Additional information on the minimum wage deal can be found here.

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

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Citrus Heights Messenger

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Peacefully Confronting the Bullies Out There

By Steve Liddick

CARMICHAEL, CA (MPG) - There are probably very few people who have never suffered bullying in some form in their lives. The small, the shy, the socially backward, the unattractive, sometimes even the popular are targets of those who would dominate them or bring them down in the eyes of others.

The short answer might be to fight back, to lash out at the bully. But Clint Robinson, a Grand Master in a Korean form of martial art and owner of Robinson's Taekwondo (with locations throughout the greater Sacramento area), says a violent response should not be the first alternative.

"Taekwondo is an effective means of self-defense," he said, "but it comes with a sense of responsibility."

Still, pity the mugger who tries to rob Clint Robinson.

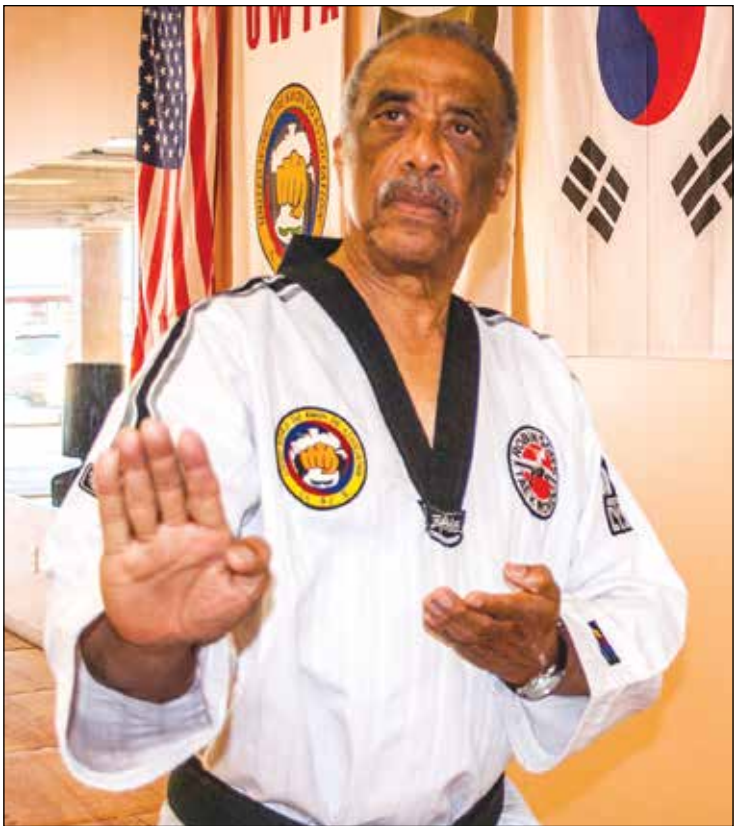
"Aggressive behavior is an imbalance of power," Robinson said. "The aggressors are out to swing the power their way." What he hopes to instill in his students is how to bring that power back to themselves and meeting violence with violence is not always the answer.

Speaking in the massive mirrored room that is his Marconi Avenue dojang (gym) in Carmichael where he teaches males and females of all ages, Robinson said, "First you have to identify bullying. Then we apply the four C's."

Caution: Observe the environment in which the bullying is taking place.

Control: Take control over our emotions and do not respond to petty things like name calling.

Confidence: Posture is important. Victims are often those who look scared. That's what the bully wants. Victims should try to look confident even if they are not. Don't slump and look defeated. Stand up and face the aggressor.



Mirrors line the walls of the dojang (gym) at Robinson's Taekwondo in Carmichael. Clint Robinson is a Grand Master of the Korean form of martial art. That is a Korean flag on the wall behind him. Photo by Steve Liddick

Courage: When all else fails, be prepared to take a stand. Sometimes there is no other choice but to fight back. If you're going to get into a fight anyway, don't just stand there. Hand out some of what you're getting.

No parent wants their child to get into fights. Robinson agrees and emphasizes that fighting, while sometimes necessary, should not be the first choice on the list.

Clint Robinson can identify with those who are the younger, smaller, and more likely to be bullied. In elementary school he was a small, rowdy kid. Teachers decided he was disruptive because he was capable of working well above his grade level and bored with what was being taught. School officials skipped him ahead several classes to where the work would be challenging and perhaps inspire him to put aside the mischief.

Skipping the young Robinson out of his age group made him

the youngest in his class. That also might have been fodder for bullies. The boy was as friendly and outgoing as he is today, and he made a lot of friends. "Nobody wants to beat up a friend," he said.

Now in his 50th year of practicing the martial art, Robinson says those who come to him to learn how to defend themselves are not always properly motivated at the beginning. Improving the skills of bullies or turning victims into bullies is not his goal. Taekwondo is a striking and kicking art, but there is a gentle side that is taught in tandem.

Which goes back to one of the four C's in particular: Confidence. Knowing with certainty that he can defeat a bully physically, gives the Taekwondo practitioner great confidence. Choosing not to fight means he can simply walk away from the problem.

Robinson has made several educational trips to Korea—the

birthplace of his chosen form of the martial arts. Just like many other professions, continuing education is a requirement. Why would a Grand Master need further schooling in a discipline in which he is already a proven expert who could give Bruce Lee, Chuck Norris, and Jackie Chan a few tips? "Research and development has come up with refinements," he said.

"Taekwondo is really simple," Robinson said. "With dedication a student can become fairly proficient in six months to a year." Practice and dedication are the key words here.

Of course, bullying does not stop at childhood. Every workplace seems to have someone who maneuvers to be the "top dog," even if it means weakening someone held in high regard by others.

While the striking and kicking aspect of Taekwondo probably would not be useful for



Now in his 50th year of practicing the martial art, Robinson says those who come to him to learn how to defend themselves are not always properly motivated at the beginning. Improving the skills of bullies or turning victims into bullies is not his goal. Taekwondo is a striking and kicking art, but there is a gentle side that is taught in tandem. Photo courtesy Robinson's Taekwondo

workplace bullies, whose tactics are generally more into the psychological realm, the peaceful application of the four C's would certainly come in handy.

Taekwondo offers colored belts to symbolize levels of

accomplishment, starting with white, then moving up the line to yellow, green, blue, red, and, finally, the coveted black belt. And, yes, Grand Master Clint Robinson wears the blackest of black belts. ★

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Crossword Puzzle on Page 7

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

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Sudoku Puzzle on Page 7

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

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By Marlys Johnsen Norris,
Christian Author

The many stories about Jesus in the Bible tell us He was always the expression of sincere and true love to those He came in contact. He was the clear expression of the Heavenly Father’s love for mankind regardless of what the problem might have been. As believers and followers we are to also be the same example of true and sincere love to those who cross our life’s path.

Many share they have accepted Jesus as their Savior and Lord

Jesus = Our Example For Living

of their lives. Our Bible teaches that when this happens His Spirit resides within. Then, our responses to all of life’s experiences should be like that of Jesus. God is the author to “True Love”. Under all circumstances His character and sincere expression of true love should be profoundly expressed throughout our life experience as one ministers His love to others.

It bothers me when I hear about older people who have been “forgotten”, yet were attendees and members of a church for years. This should never happen! During my journey a few people have been true examples of Jesus love to me. Receiving notes of encouragement always helped. Few times a personal phone call expressing they missed my presence really touched my heart. Having someone truly caring has encouraged my walk with God and it has made a significant difference to know I am loved and cared about from someone. This

should happen to everyone!

Lets not waste our life always thinking about ourselves but “IF JESUS LIVES IN OUR HEARTS LET US EXEMPLIFY HIS LOVE TO SOMEONE EVERY DAY THE REST OF OUR LIVES” How many times in your life experience have you shown you care about others? Write a note...Call someone to let them know you care... or visit them!

When we claim to have love in our hearts and/or belong to any church, this should be an unending occurrence to express God’s love daily to someone and light up their life with the love of God. Stop tooting your own horn and do something about it! One day every one of us will be accountable to God! No matter your circumstance you can be a healing vessel for the Lord by expressing His love to someone daily!

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



Dare to Live Without Limits
by Bryan Golden
True Friendship

There’s a big difference between acquaintances and true friends. You can know many people, but only a few will qualify as true friends. It takes little effort to be with you when times are good and you are happy. However, if you look around when times are tough, you will see that your true friends are still by your side.

A true friend is an irreplaceable gift. Life is filled with challenges and a true friend will stick by you through all of them. They have a knack for knowing what you need without your having to ask. A true friend is supportive without being judgmental.

A true friend accepts you for who you are. They appreciate your good points and overlook your flaws. They don’t try to change you. A true friend won’t impose their own beliefs on you.

A true friend will not always agree with you. They are honest with you, having no problem speaking their mind. At times, they will tell you things you don’t like. But true friends are never malicious. They always have your best interests in mind.

A true friend will not abandon you even if you treat them poorly. They overlook your shortcomings and appreciate your strengths. A true friend is patient with you even when you are impatient with them.

You can have complete trust

in a true friend. You don’t have to impress them or prove who you are. They know you and accept you for who you are. They won’t turn their back on you or shun you.

A true friend isn’t perfect. They also have failings. True friendship isn’t always balanced. Sometimes one person requires more understanding, and sometimes the other. For true friendship to be sustained, both people must be true friends to each other.

Friends are not something to accumulate. It’s not how many friends you have that is important, it is the quality of your friends that matters. Just one true friend is an invaluable gift. Dozens of friends that you can’t rely on are of little comfort when facing challenging circumstances.

Although true friends have lots of great qualities, every individual has their own idiosyncrasies.

A true friend will probably have quirks that you find really annoying. Always keep things in perspective. It’s not worth jeopardizing a true friendship over minor, insignificant irritations.


There are far too many situations where true friends become estranged over inconsequential issues. They may even wind up never again having any contact. It’s a real shame and a irreplaceable loss for both people when this occurs.

Life’s challenges demand your attention. It’s easy to get distracted by problems. When this happens, your focus is shifted away from the good things in your life and towards your difficulties. Although your troubles have to be dealt with, never neglect your true friends.

Connecting with your true friends only when you have problems is no different than someone being there for you only when you are OK. Your true friends have needs that are as important to them as yours are to you. You must contribute to the relationship with your true friends regardless of your own circumstances.

Don’t take your true friends for granted. A friendship requires input and energy from both people. It is all too easy to take someone for granted who is always there for you. As solid as your true friend may be, they still have feelings and sensitivities. You have to treat your true friends with as much consideration and concern as they show for you.

NOW AVAILABLE: “Dare to Live Without Limits,” the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columlist.com or write him c/o this paper. © 2011 Bryan Golden. ★



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ACROSS

1. Santa and Uncle Sam have this in common

6. Be in a cast

9. Plural of cecum

13. “**_____beaver”

14. “**Pitching_____”

15. Sacrificial spot

16. Less than 90 degrees

17. Grass bristle

18. Had in mind

19. “**Retail_____”

21. “**_____it”

23. Bruin legend Bobby

24. Forbidden fruit, e.g.

25. “**_____, humbug!”

28. Ready and eager

30. Foot part

35. Mosque V.I.P.

37. Indian restaurant staple

39. Bodies

40. Part of cathedral

41. Binary digits code

43. Interest_____

44. Writer behind a writer

46. Rodeo Drive tree

47. Cold War’s Warsaw Pact, e.g.

48. Protective embankment

50. “**You _____ what you sow”

52. King Kong, e.g.

53. Kick out

55. India’s smallest state

57. *Add this to injury?

60. *Disorderly person or thing

64. Ice cream amount

65. Roswell subject

67. Figure with vertex and rays

68. Coastal town in southern England

69. Animal’s nose

70. Leg of lamb

71. Actress Hathaway

72. “**A bird in the hand is worth _____ in the bush”

73. Cardinal compass point at 90 degrees, pl.

DOWN

1. “**Don’t _____ around the bush”

2. “**To _____ his own”

3. Chills and fever

4. Old but in

5. Like rainy afternoon?

6. “**An apple a day keeps the doctor _____”

7. “**Don’t have a _____!”

8. Polynesian kingdom

9. Horsefly

10. Short for “and elsewhere”

11. C&H crop

12. Product of creativity

15. Quantity

20. Vital life, in Sanskrit

22. _____Wan of “Star Wars”

24. Server on wheels

25. “**_____watch” a lot of TV

26. Wet nurses

27. “**Wreak _____”

29. Coarse file

31. Kind of apple, gritty and acidic

32. _____-la

33. Bar by estoppel

34. “**_____of cake”

36. Table in Mexico

38. African river

42. Idealized image

45. Group of performers

49. Afghan monetary unit

51. Thick soup

54. Dangerous movie trick

56. Plural of amnion

57. Desktop picture

58. Lunch time?

59. Worn from walking

60. Great Depression drifter

61. *Don’t put these into one basket

62. Vegas bandit

63. They make up a tennis match

64. R&R spot

66. “The _____. The Proud. The Marines”

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For Solutions See Page 6

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MPG

Is It in the Genes? Trump as Businessman

Commentary
by Dr. L. John Van Til

Donald Trump was, of course, famous long before he began his presidential run. That fame rested on his decades-long career in real estate. Though there are heated arguments currently between Trump and commentators regarding his net worth, there is no question that he has made tens of millions of dollars. Before dealing with that controversy, I would like to note how his father and paternal grandfather each made a fortune before him, largely in real estate. Thus, the question, “Is it in the genes?”

Donald’s grandfather, Frederick Trump (1869-1918), was born in the Palatinate region of Germany, apparently into a family of vintners. At age 16 he migrated to New York where he practiced hair-cutting for six years. He then moved to Seattle where he opened a restaurant, known locally as a “decadent restaurant” because it also provided prostitution services. He went on to open several more such establishments along a path that eventually ended up with a huge restaurant/hotel in Whitehorse, Yukon. Sensing that the Gold Rush was declining by 1903, and that there was a movement to limit prostitution, he sold his business and returned to Germany.

Frederick stayed there long enough to marry a former neighbor, Elizabeth Christ. The German government would not allow him to stay, however, because he had failed to pay his taxes before he emigrated to the United States, and had avoided serving in the military. On returning to the United States, he began to invest in real estate in Queens, New York. He died at the age of 49 in the 1918 flu epidemic. His wife, who

also possessed business acumen, managed the real estate and in 1927 incorporated it as Elizabeth Trump & Son.

The son in Elizabeth Trump & Son was Fred Trump (1905-1999). By that time, young Fred was in his early 20s and showed great real-estate investment instincts. He began building large numbers of single-family dwellings in Queens, hundreds of them, at about \$4,000 each. As WWII came, he began building thousands of houses and apartments near the numerous military bases along the East coast. Some were rented and some were sold. Once the war was over, he continued the same process in the boroughs of New York, renting most of them. By the early 1950s he got into trouble with a U.S. Senate committee that was investigating abuses of the Fair Housing Act.

In 1968, Fred’s son Donald — one of five children — joined him in the business. Donald took to the real-estate business with great energy and enthusiasm. The Trump Organization, the successor name to the one his grandmother had formed, continued to grow rapidly in the 1970s, building more houses and apartments which were rented. The firm, also under Donald’s leadership, entered the commercial real-estate business in Manhattan.

Working largely in Manhattan, he negotiated the purchase of dozens of foreclosed or bankrupt properties, creating much wealth in the process. For example, as rail travel slowed dramatically during these years, 100-year-old Penn Central Transportation went into bankruptcy. The Trump Organization acquired a huge tract of land surrounding the Grand Central Terminal for \$60 million. An additional factor in this deal was a 40-year tax abatement. His Grand Hyatt Hotel was subsequently built



on this property. Meanwhile he was involved in dozens of other real-estate deals in New York City.

Donald ran into trouble, however, when he sought to expand his casino holdings in Atlantic City. Debt mounted. By 1989 the Trump Organization was unable to meet loan payments. After several attempts to restructure the debt and rescue these properties, the Trump Organization entered bankruptcy in 1991. Partners and

investors reportedly lost hundreds of millions of dollars in the process.

Financial conditions improved for the Trump Organization later in the 1990s, leading Donald to expand the range of investments beyond real estate. He bought golf courses, beauty pageants, and more — often highly leveraged financially. A particularly fascinating venture was in branding and licensing. The basic premise of this venture was that his

name and likeness were so well known that it could be licensed to all kinds of businesses in the belief that the name and picture would generate huge sales for the licensee.



The range of licensees included hotels, restaurants, villages, vodka, buffets, catering services, ice cream parlors, bars, health drinks, steaks, a line of coffee, fragrances, chocolates, board games, home furnishings, a line of clothing, bottled water, and, of course,

Trump University, eventually re-named and then closed. (A small caveat here: One cannot always tell whether the Trump name and picture is based on a license because Donald Trump also owned some firms that licensees were permitted to mimic.) Donald Trump also had a speaking service, Learning Annex. At one time he gave a series of three speeches, charging \$450,000 for each.

The big question is: What is Donald Trump’s net worth? In 2015, Forbes suggested Trump’s wealth was about \$4 billion. At the same time, the Bloomberg Index pegged Trump’s wealth at \$2.9 billion. Any research on this topic turns up dozens of opinions with all kinds of qualifications. Trump, for the record, values his licensing business at about \$3.5 billion. The essence of it is, of course, largely intangible — his name and image. Whatever claims are made about Donald Trump’s wealth, it seems prudent to discount it based on the intangible nature of the licensing business.

In conclusion, we return to the premise implied in the title of this article. Donald Trump has indeed made a lot of money, though some of it flowed from loans provided by his father Fred, whose estate was valued at \$300 million. Grandfather Frederick also made substantial money in real estate during the Gold Rush. It’s difficult to avoid the conclusion that Donald Trump followed in the footsteps of his father and his grandfather when it came to the “Art of Making the Deal.” Indeed, it seems that making such deals is in the Trump genes.

Dr. L. John Van Til is a fellow for humanities, faith, and culture with The Center for Vision & Values at Grove City College. His latest books are Thinking Cal Coolidge and The Soul of Grove City College: A Personal V ★



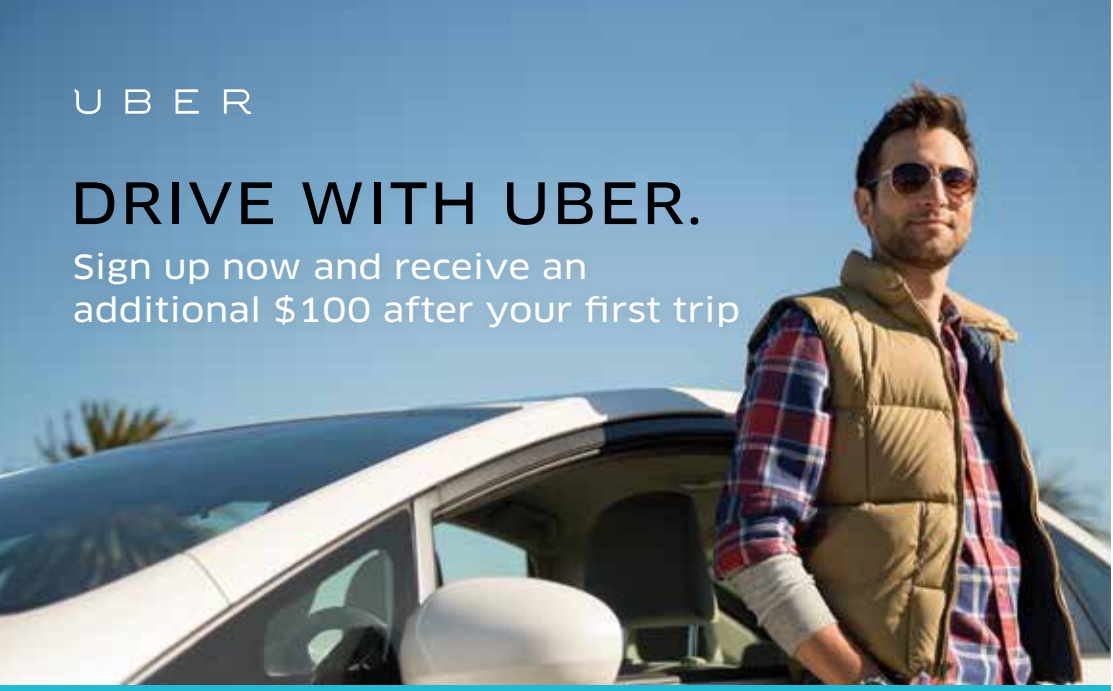

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Lisa West
Community Outreach Director

Where Will Your Loved One End Up



Memorial Parks
Mortuaries & Crematory

By Lisa West

Cremations are happening with such frequency, it’s hard to keep up with all of the new products and services available. Did you know that you can have human cremated remains compressed into a diamond? You can have them sanitized and made into tattoo ink. You can even have them shot into space.

Often families choose to take the cremated remains home in a decorative urn and display them on the mantel or scatter them in a person’s favorite place. If you choose to take the urn home for a period of time before deciding on a final disposition, keep a few of these ideas in mind.

While scattering of cremated remains can be a meaningful choice, it is wise to wait at least one year before scattering. When considering this choice, it is important to remember that it is irreversible and the land where you scatter can have it’s usage changed in the future (in other words, something could be built there that you don’t like and you may no longer enjoy visiting your loved one in that place). By holding off for one year, you are in a better frame of mind than when the loss was new and you were grieving the most.

Be very cautious when scattering. You are required by law to obtain a permit for scattering and there are many places where it is illegal to scatter cremated human remains. Again, another good reason to wait one year.

Many people choose to scatter only a

small portion of the cremated remains and keep the rest at home. Some spouses choose to keep their partner at home until they themselves pass away, then both sets of cremated remains are buried together in a grave or cremation garden.

If you have not made pre-arrangements for the final disposition of cremated remains, ask yourself this question. What will happen to that urn (that person), 10, 25 or 50 years from now?

Sadly, unidentified cremated human remains are often found in abandoned houses, in the trunk of impounded cars, at garage sales and even in landfills. The coroner is then called to take possession of these unknown cremated remains because there are no family members left to claim them.

Memorializing cremated human remains in a cemetery or memorial park, a cremation garden or a niche are wise decisions to ensure long-term security for your loved ones cremated remains and to have a place to visit them regularly. It will also bring you tremendous peace of mind.

Lisa West is the community outreach director for East Lawn and her column appears monthly. You can reach her at lisaw@eastlawn.com or (916)732-2020. For previous articles, please visit www.EastLawn.com. ★

www.EastLawn.com



Dave Says

What causes overspending?

In your opinion, what causes overspending?
-Kristin

Dear Kristin,

Overspending is, 100 percent of the time, a choice. It’s a decision. Most of the time it’s linked to immaturity, although there can be other issues at play.

People who habitually overspend are saying that they’re unwilling to act like a mature adult, and delay pleasure in order to win with money. This kind of thing is made even worse, because we live in a culture fueled by extreme debt marketing. And when things like credit card offers are constantly in the face of immature people, those two things can combine to make a real mess.

Good question, Kristin!
—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, Entrepreneurship 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. ★

are prepaid tuition, and I never recommend those. You don’t want the state managing anything for you, because you won’t get anywhere near the returns you’d get if you managed it yourself. Other types of 529s lock you into a certain kind of investment the whole time, or they move the investment based on the age of your kid. I don’t want anybody doing that crap. I want you controlling your money.

Most of the 529s vary somewhat from state to state, but the majority have flexibility that allows you to control the investment while contributing up to \$10,000 a year. Both those and the ESAs grow completely tax-free on the growth as long as they’re used for higher education. They can also be transferred to a sibling if the kid doesn’t go to school, so a little brother or sister can use the money. If they get scholarships, make sure you keep up with the value of these. You’ll be allowed to withdraw that amount and refund yourself for the scholarship amount without penalty or taxes on the amount withdrawn.

In short, both the ESA and 529 are fine ways to save for college. Just make sure if you’re doing a 529 that you choose the kind you control from top to bottom!


—Dave



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The Secret
to Being Organized

Pam Young’s Corner

Four Reasons You’re STILL Disorganized!

By Pam Young

- 1. You are denying disorganization is affecting your life in a negative way.
- 2. You are comparing your organizational skills to reality show hoarders.
- 3. You are blaming your family for the mess you’re in.
- 4. You are minimizing the problem and the gifts you possess to solve them.

In Alcoholics Anonymous (AA) it speaks of the four defenses an alcoholic uses while he/she continues to drink. In *Get Your Act Together*, I wrote how SHEs (Sidetracked Home Executives) use the same defenses to remain in a mess.

There is really no difference except for the outcome... drunk or disorderly. Like an alcoholic, once a SHE stops using the four defenses, she is then able to change. Could one of these defenses be holding you back from the life you want to live?

- 1. Denial
You probably don’t deny you’re in a mess, but I know when I was living in chaos, I acted like it didn’t, bother me. Haven’t you heard the classic messy person’s excuse for a messy desk say, “I know where everything is on

- 2. Rationalization
If you find yourself making excuses by comparing yourself to someone you know who is more disorganized than you, it probably makes you feel better, but it won’t help you change. Don’t watch those reality shows featuring hoarders and extremely messed up people. You are not like that. (If you are, my writing will not help you very much. The hoarders I’ve seen in my career helping SHEs, have severe mental disorders and I’m not a psychiatrist so I have no business trying to help those people.)
I think you just want to be organized just enough to have a neat, cozy, peaceful home to play in with your family.
- 3. Projection
Blame is a great defense. “I didn’t do it, he did it!” Blame the mess on the kids. Blame it on your husband.
Blame it on your mom because she didn’t teach you. Blame will give you years of status quo.
- 4. Minimization
I’m guilty of minimizing

disorganization, but mainly because I’ve learned that most of us SHEs make such a big deal about it, we can afford a little of this defense as long as we seek to be organized just enough to please us.
On the same subject, we SHEs tend to minimize our talents and God-given gifts of creativity, and fun-loving spirits. I knew in the depths of my pigpen days that if I used my creativity, I could get out of the mess I was in and have enough money to hire a person to help with the houseworkpart of running a home.
If you’ve made the decision to get organized (I hope it’s going to be just enough to please you) and you drop your defenses, take on the project with joy. Decide to have fun on this project.
Treat it like a hobby. Ask for help from BOs (Born Organized) who come by it naturally. Don’t allow anyone to cause you do doubt your ability to succeed. Change for selfish reasons...to be free to play, and enjoy the liberation of knowing you are on top of the game, not floundering somewhere underneath it.
For more from Pam Young go to www.cluborganized.com. You’ll find many musings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, ways to lose weight and get your finances in order, all from a reformed SLOB’s point of view. ★



POPPOFF!

with Mary Jane Popp

that has held you back, knowing that now you are choosing to overcome that fear of social judgement.

100 Ways
To Overcome
Shyness

No, I can’t include all 100 in this column, but I can get you started going from self-conscious to self-confident.
You say no way? Way, if you check in with **Dr. Barton Goldsmith** and his “**100 Ways To Overcome Shyness**.” Dr. Goldsmith is a multi-award-winning psychotherapist, syndicated columnist, author, and former NPR radio host, and a top blogger for “**Psychology Today**.” He shared a powerful collection of useful information and case studies on how to manage your shyness with me on my POPPOFF Radio Show. Maybe a few of them will get you started.

- 2) **Get some emotional support.** The energy you get from people who care about you is a gift. It’s important to remember that people who have close relationships and friendships generally live longer and fuller lives.
- 3) **Posture can help you beat shyness.** Remember your parents and teachers always told you to sit up straight and stand with your shoulders back and your head held high? They weren’t trying to train you for the military. They probably knew that practicing good posture would have a positive effect on how you perceived yourself and how others perceived you.
- 4) **Self-care makes you confident.** Do you go out of your way to avoid drawing attention to yourself? Do you eschew makeup, bright colors, and fashionable clothes? Is your favorite color gray? Grooming and adorning yourself can affect your mood in a positive way, so don’t be too shy or afraid to experiment.
- 5) **Nonverbal communication.** There are many ways to communicate that do not involve speaking such as gestures, posture, and facial expressions. Shy people often avoid communicating through eye contact and facial expressions, as well as physical touch. But nonverbal

forms of communication is easier to practice. For example, try using facial expressions such as nods and smiles to send positive messages to others. Facial expressions have the same meanings across many if not most cultures.
6) **Feeling all alone.** Mother Teresa once said that “the greatest disease in the West today is not TB or leprosy; it is being unwanted, unloved, and uncared for.” Have you ever felt so lonely that you thought your heart would break in two, and that you wouldn’t make it through the night? It’s very important to make connections with other people. Isolating yourself is only going to make you feel worse.
7) **Giving to others helps alleviate shyness.** When **Dr. Goldsmith** was young, he wanted to be a philanthropist, but had no money to start a foundation. Writing has made a difference in his life...a way of giving back. All you need to do is find a way to give from your heart. It’s hard to feel shy when someone or something you care about is in need.
There’s so much more, but not enough time to share. So, go to www.BartonGoldsmith.com for more information or check out “100 Ways to Overcome Shyness.” Just reach out and touch life! ★

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

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

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

Sacramento County DA Reports



“Non-Violent Second-Striker” Early Prison Releases: March 2016 Update

In January 2015, the Department of Corrections and Rehabilitation (CDCR) began a new parole determination process, evaluating “non-violent second-strikers” for early parole. If early release is granted, they are released after serving only 50% of their sentences. Under existing law, they would otherwise have to serve 80% of their sentences before being eligible for parole.

Upon receipt of inmate names from CDCR with a recommendation for release, the Board of Parole Hearings [BPH] conducts an administrative review to determine if the inmate should be released early from prison as a “non-violent second-striker.” BPH forwards the names of these eligible inmates to District Attorneys’ offices and invites input in making their determination about the inmate’s potential early release. Unlike parole hearings, where the prosecution, defense attorney, and victim may appear, there is no public hearing for these administrative reviews. Rather, the decision is made purely by CDCR administrative staff. Additionally, prior to consideration for early release, no evidence-based “risk assessment” is conducted to determine if the inmate poses a danger to the public.

In November 2015, the Sacramento County District Attorney’s Office began posting on its website information about “non-violent second-strike” offenders who have been granted early release from prison.

As of March 30, 2016, 122 inmates sentenced from Sacramento County have been granted early prison releases. Given the number of violent offenders who continue to be granted early release, DA Anne Marie Schubert began monthly updates to provide the public with a sampling of the noteworthy criminals who appear to pose a risk to public safety, but are being granted early release into our community as “non-violent second-strikers.”

In the month of March 2016, inmates granted early prison release includes, but is not limited, to:

Robert William Adams – Adams has a 2008 strike conviction for first-degree residential burglary. In that offense, Adams went to the home of a mentally disabled classmate. When the victim opened the door, Adams pushed his way into the apartment and began taking items of value, knowing his disabled peer could not stop him. Adams then demanded the victim go with him to the bank so the victim could withdraw money for Adams

to purchase methamphetamine. When the terrified victim refused, Adams brutally assaulted him and then ripped the phone cord from the wall before he left. The victim suffered mental and physical damage from the incident, and a significant increase in seizures. Adams was sentenced to 5 years, 8 months in prison for this violent assault. Adams’ other past convictions include second-degree burglary, multiple vehicle thefts, and ID theft. In his current committing offense, Adams attempted to evade officers who tried to stop him for driving a stolen car. Adams lost control of the vehicle and crashed into the side of a home. He exited the vehicle and took off on foot. He was eventually apprehended with the help of a K9 unit. Officers found more than 17 grams of methamphetamine in Adams’ possession along with a loaded firearm. He was convicted of vehicle theft, possession of methamphetamine while armed with a loaded firearm and evading officers with wanton and willful disregard for public safety and sentenced to 9 years, 4 months in prison.

Michael Charter – Charter has a 2013 strike conviction for committing battery causing great bodily injury when he was in prison. In that case, Charter participated in an unprovoked, ruthless group beat down of another inmate, who was targeted because he did not want to associate with the white pride gangs. Charter and two other inmates repeatedly punched and kicked the victim in the face. The victim was knocked unconscious, suffered several lacerations to his face, and sustained two orbital fractures. Charter was sentenced to 2 years in prison for this attack. In 2001, Charter was convicted of assault and battery in the state of Virginia. In 2005, he was convicted of burglary in Virginia. In 2009, he was convicted of misdemeanor domestic violence. In that case, Charter pushed his then girlfriend onto a bed, slapped her, pulled her hair and head-butted her several times during an argument. While on probation for that offense, he failed to enroll in the Batterer’s Treatment Program as ordered by the court. He was convicted of 4 more felonies from 2011 to 2013. Charter committed his current offense while on parole for his prior strike offense. He was caught driving a stolen car that had another car’s license plate and was in possession of several shaved keys. He was sentenced to 2 years, 8 months in prison. Opposition Letter

The Early Prison Releases webpage can be found at www.sacda.org/early-prison-releases. ★

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5.5 Oz.

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- Duck Breast
- Bully Sticks

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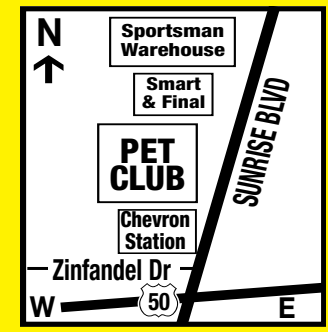
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COUPON

PIG'S EAR

29¢

with any purchase of pet, fish food or supply.
Large Size. \$1.49 value.
Limit 1 PLU323 CHM
Limit 1 Coupon per family
Effective 4/6/16 - 4/12/16

COUPON

ANGEL SOFT

TOILET TISSUE

69¢

4 Roll Pkg.
With any Purchase of Pet, Fish Food or Supply
Limit: 1 Pkg PLU 325
Limit 1 Coupon per Family
Effective 4/6/16 - 4/12/16

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AVODERM

NATURAL DRY DOG FOOD

24-26 Lb Bag Limit 2 Bags Per Family

- Lamb Meal & Rice **\$31⁹⁹**
- Chicken Meal & Rice ... **\$32⁹⁹**
- Lite **\$32⁹⁹**
- Original **\$33⁹⁹**
- Large Breed Adult **\$33⁹⁹**

Effective 4/6/16 - 4/12/16

IAMS

DRY DOG FOOD

26 - 30 Lb Bag

- Lamb Meal & Rice •Weight Control
- Mini-Chunk •Lrg Breed Adult

Limit 2 Bags Per Family **\$25⁹⁹**

Effective 4/6/16 - 4/12/16

DIAMOND NATURALS

DRY DOG FOOD

40 Lb Bag

- Chicken •Lamb •Beef
- Senior 35 Lb •Light 30Lb **\$29⁹⁹**
- Large Breed **\$31⁹⁹**
- Large Breed Lamb **\$36⁹⁹**
- Ex-Athlete **\$36⁹⁹**

Effective 4/6/16 - 4/12/16

NUTRO

NATURAL CHOICE DRY DOG FOOD

15 Lb Bag •Lamb & Rice (Adult & Small Bite)
•Senior (Small Breed Adult \$21.99)

Limit 2 Bags **\$19⁹⁹**

Effective 4/6/16 - 4/12/16

9 LIVES

CANNED CAT FOOD

5.5 Oz All Varieties

Limit 1 Case Per Family **35¢**

Effective 4/6/16 - 4/12/16

FANCY FEAST

GOURMET CANNED CAT FOOD

All Varieties 3 Oz

Limit 2 Cases Per Family **20/\$11⁰⁰**

Effective 4/6/16 - 4/12/16

PURINA

CAT CHOW DRY CAT FOOD

•Regular •Indoor 16 Lb Bag

Limit 2 Bags Per Family **\$11⁹⁹**

Effective 4/6/16 - 4/12/16

SCOOPAWAY

CLUMPING CAT LITTER

20 lb Box

- Multi-Cat •Unscented

(Fresh Step Scoop, 20 Lb Box - \$7.49)

Limit 2 Boxes Per Family **\$5⁴⁹**

Effective 4/6/16 - 4/12/16

PURINA PRO-PLAN

CANNED FOOD SALE

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

NUTRO MAX

MAX CAT DRY CAT FOOD

Selected Varieties 6 Lb Bag Limit 2 Bags **\$8⁹⁹**

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

MEOW MIX

CAT FOOD

Market Select 2.75 Oz Cup Limit 1 Case **49¢**

WORLD'S BEST

CAT LITTER

14 Lbs Limit 2 Bags **\$11⁹⁹** Original **\$12⁹⁹** Extra Strength

PRECIOUS CAT

CLUMPING CAT LITTER

18 Lb Bag Limit 2 Bags Per Family **\$5⁹⁹**

JONNY CAT

PREMIUM CAT LITTER

10 lb Bag Limit 2 Bags Per Family **\$1⁶⁹**

CAT'S PRIDE

FRESH & LIGHT PREMIUM CLUMPING CAT LITTER

15 Lb Jug Limit 2 Jugs **\$5⁹⁹** **SUPER BUY**

MERRICK'S

GRAIN FREE DRY DOG FOOD

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

MEOW MIX

DRY CAT FOOD

•Original Choice 16 Lb Bag Limit 2 Bags Per Family **\$10⁹⁹**

PEDIGREE

DRY DOG FOOD

•Adult (Large Breed Adult 36 Lb \$21.99) 46 Lb Bag Limit 2 Bags Per Family **\$23⁹⁹**

WILDERNESS

DRY CAT FOOD

•Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags **\$5 OFF** in store coupon **AS MARKED**
OUR REGULAR LOW PRICES

HAMILTON PET LEASHES

- Collars •Harnesses All Varieties
- Leads •Nylon
- Leashes •Leather

20% OFF

OUR SUPER LOW PRICES

BARKWORTHIES

ALL NATURAL DOG CHEWS

NEW •Bully Sticks •Antlers •Treats All Varieties **20% OFF**
OUR SUPER LOW PRICES

VITTLE VAULT

AIRTIGHT Food Containers except (30 gal \$19.99 50 gal \$27.99)

20% OFF

OUR SUPER LOW PRICES

PRESTIGE

CABLE TIE OUT, AERIAL RUN & STAKE TIE OUT

All Sizes **20% OFF**
OUR SUPER LOW PRICES

JOLLY PETS

JOLLY BALLS

- Tug 'n Toss •Teaser Ball
- Romp 'n Roll •Soft Toys
- Bounce 'n Play •Tug

All Varieties **20% OFF**
OUR SUPER LOW PRICES

MARINELAND POWER FILTER SALE

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

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

KORDON CORAL SEA

50 GAL SALT MIX WITH AMQUEL

\$11.99

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 4/6/16 - 4/12/16

59¢

CHM 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 4/6/16 - 4/12/16

\$4⁹⁹

CHM 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 4/6/16 - 4/12/16

\$1⁴⁹

CHM PLU 422