



## Cooley Aids Citrus Heights in Winning Battle with The State

The Victory Saves the City More Than \$8 million in Redevelopment Funds

Page 2



## Easter Events...

See Page 2

# Citrus Heights Messenger

"Written by the people, for the people"

Volume 6 • Issue 06

Serving the City of Citrus Heights and Sacramento County

March 25, 2016

### TAKING A CLOSER LOOK AT HILLARY'S EMAILS



Page 8

### HERE'S A CARROT, PLEASE FILE YOUR TAX RETURN



Page 5

### POPPOFF! WITH MARY JANE POPP



Page 10



Scan our QR Code for a direct link to our online edition!

**GOT MORE LOCAL NEWS?**  
CALL 773-1111

**LEGAL ADS FOR SACRAMENTO COUNTY?**

We Can Do That!



To place your legal advertising, go to

CarmichaelTimes.com

## Sharing the Love of Photography

Story and photos by Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Ask San Juan High School's former photography teacher, Don Taggart, anything about photography, from its early history to the genesis of modern photography, how each of his aged cameras work, or how he and his students developed photos in the "old days," and he will have a detailed answer for you.

Taggart, 90, is an icon at San Juan High School (SJHS) where he taught photography to both students and adults from 1958 to 1991. Though long-retired he continues to be a presence at the school and is continually volunteering his time and talents in the community.

Augmenting Taggart's 30 years of teaching the art of photography to hundreds of San Juan students, was the recent donation of dozens of antique cameras and video cameras spanning the 1950s to 1970s to the SJHS Legacy Exhibit.

On February 25th, Taggart and SJHS principal, Vanessa Adolphson, accepted the generous donation from Lupe Barraza, a local photographer and long-time friend of Taggart's.

Continued on page 3



Don Taggart, former photography teacher, demonstrates how an old photo enlarger works to develop photos from roll film. This enlarger was used by Taggart during his 20 years at San Juan.

### SaveCalifornia.com Announces Prayer Tour

SACRAMENTO REGION, CA (MPG) - SaveCalifornia.com invites you to join national Christian leader Franklin Graham in Sacramento, Thursday, March 31st, for an important election-year rally supporting faith, family, and freedom.

As our nation hangs in the balance, the "Decision America Tour" is your opportunity to unite and take a public stand for Godly, moral values and for your constitutional freedoms. It's a time to pray for God to do what only He can do, and a time for you to commit to what He's called you to do.



Franklin Graham is traveling to all 50 states in 2016 to hold prayer rallies, to preach the Gospel, and to challenge believers to take a stand and take action. Photo courtesy SaveCalifornia.com

The vision: "Franklin Graham is traveling to all 50 states in 2016 to hold prayer rallies, to preach the Gospel, and to challenge believers to take a stand and take action. He'll be urging Christians to vote, to live out their faith in every part

Continued on page 3

## Gem and Mineral Show Set to Rock the Region

Story and photos by Anne Stokes

SACRAMENTO REGION, CA (MPG) - The Roseville Rock Rollers Gem and Mineral Society is set to host their 54th annual Gem and Mineral Show March 26th and 27th. The colorful event will take over the Placer County Fairgrounds with 60 vendors, lapidary demonstrators, and educational presentations for rock hounds of all ages. The Easter weekend event will run Saturday from 10 a.m. to 5 p.m. and Sunday 10 a.m. to 4 p.m.

With over 3,000 visitors in attendance last year, even more are expected this year. Actually, it's becoming one of the largest gem



A quartz amethyst crystal for sale from the Frank Zbierski Minerals booth at the Roseville Rock Roller's annual Gem and Mineral Show held at the Placer County Fairgrounds.

and mineral shows on the west coast, according to show chairman James Hutchings. But don't call it a gem fair. "It's not a 'fair,'" said Hutchings. "A gem 'fair' is a commercial thing; it has nothing to do with rocks and minerals."

Enthusiasts and

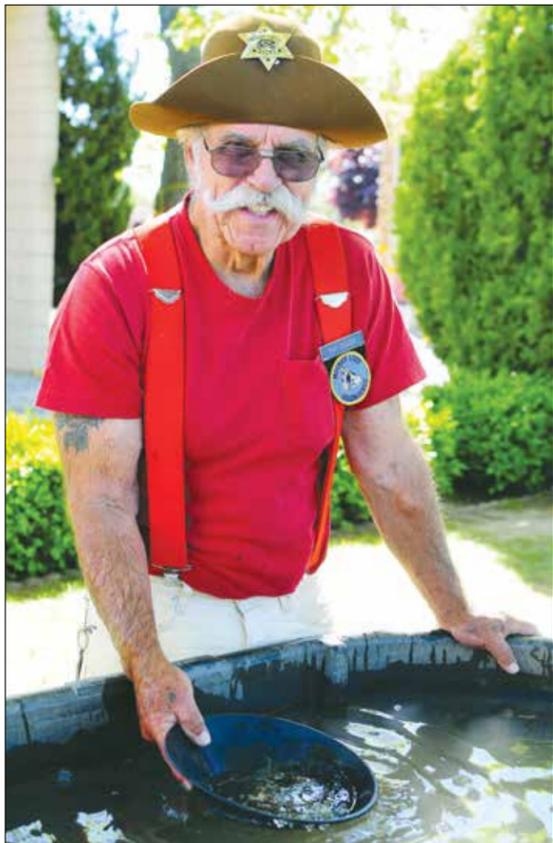
vendors from all over the west coast will bring their collections of rough and polished gem stones, mineral specimens, fossils, meteorites, and jewelry collected from all over the world to be put on display or put up for sale. Collectors are also able to bring

in rocks for expert identification.

"We've got mineral identification, so people can come and bring their rocks, their gemstones, we'll put them through the testing here and determine whether they have something really interesting, sort of like Antique Roadshow, and give them an idea of what they have," explained Hutchings.

The Roseville Rock Rollers started out in 1960 with a handful of rock hound enthusiasts who banded together over a shared love of earth sciences and an affinity for collecting. The group now includes over 280 adult and youth members who enjoy lapidary and jewelry-making

Continued on page 3



Ray Dodds of the Mother Lode Goldhounds gives gold panning lessons and tips at the Roseville Rock Roller's annual Gem and Mineral Show.

Sue Frost - a small business owner, local councilwoman & community volunteer.

www.ElectSueFrost.com

Sue Frost will make public safety the top priority, ensure budget discipline to protect taxpayers, use her business experience to help create jobs, and launch new efforts to reduce growing homeless problems.



**Sue FROST**

County Supervisor

Paid for by Sue Frost for Supervisor 2016

# Cooley Aids Citrus Heights in Winning Battle with The State

*The Victory Saves the City More Than \$8 million in Redevelopment Funds*

Story and photo by Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - It took two years, two law suits, and much collaboration but in the end the city of Citrus Heights won its battle to save \$8.6 million in redevelopment dollars it had been in danger of losing to the state since 2011.

On January 28th, 2016 the City of Citrus Heights honored Assemblyman Ken Cooley with a proclamation for his resilient effort to resolve its dispute with the State of California over redevelopment agency funds. Acknowledging the collaboration of many, Cooley credited Amanda Kirchner of his staff, City Manager Henry Tingle and staff, the Citrus Heights legal team, and city councils during the terms of several mayors. The City's work on this issue, aided by Cooley, ultimately saved the city and its taxpayers \$8.6 million dollars.

He commented following receipt of his award, "I greatly appreciate the recognition by Citrus Heights for the part I played in helping to bring this issue to resolution. I would also like to thank the Citrus Heights' staff for their tireless work on this issue without which we would not have been able to move forward."

Citrus Heights Redevelopment Specialist, Devon Rodriguez, explained in an email how city redevelopment works. "In California, redevelopment agencies began forming in the 1940s in order to eliminate blight and provide affordable housing. In

order to form, a redevelopment agency was sponsored by its local community, such as a City or County, with an initial start-up loan. Once formed, any growth in property tax for the redevelopment area became funding for the redevelopment agency.

The Citrus Heights Redevelopment Agency was formed in 1998, shortly after the city's incorporation in 1997. In 2008, the City, under the direction of City Manager Henry Tingle, made the judicious decision to fund its start-up loan for their redevelopment agency with monies from its own general fund instead of funding through a bond which would have cost Citrus Heights taxpayers nearly \$500,000 more in associated costs.

Upon receipt of their funds the City went right to work. According to Rodriguez, "the Agency's first project was the redevelopment of the northwest corner of Auburn Boulevard and Van Maren Lane. What used to be a run down, vacant and boarded up shopping center is now a bustling 24 Hour Fitness and Rite Aid serving the citizens of Citrus Heights."

The Citrus Heights Redevelopment Agency was also instrumental in the clean-up of Sayonara Drive and the Auburn Boulevard Complete Streets Project. The city purchased and tore down over a dozen decrepit housing units on Sayonara Drive where a state-of-the-art, environment friendly community center was later built. They also completed major two year revitalization



The City of Citrus Heights honored Assemblyman Ken Cooley with a proclamation for his resilient effort to resolve its dispute with the State of California over redevelopment agency funds.

and beautification project on a portion of Auburn Boulevard, moving all utilities underground and performing other much needed street improvements.

In June of 2011, following an audit of the redevelopment program, legislation was passed and signed by Governor Brown effectively dissolving these agencies, including the Citrus Heights Redevelopment Agency, and phasing out their activities into other local successor agencies over a period of years.

Part of this legislation and the clean-up bills that followed

created a complex, oftentimes frustrating set of rules and formulas for how cities should pay back or expend the funds they already had in their redevelopment agencies' accounts. Caught up in the new rules was the loan Citrus Heights made in 2008 which the Department of Finance ruled was actually money owed back to the state at nearly \$8 million dollars. The Department of Finance threatened to withhold local city tax dollars owed to the city unless the \$8.6 million was paid.

This demand resulted in the

City filing two separate lawsuits against the Department to protect their general fund and future tax dollars.

However, thanks to the intervention of Assemblyman Cooley, the City had a positive outcome. Beginning in 2013, Cooley worked diligently with Citrus Heights and Michel Cohen, director of the State Department of Finance, to find an equitable solution that did not harm Citrus Heights or its taxpayers. As a result, the City reached a successful settlement with the State Department of Finance; no City

funds will be distributed to the other taxing entities.

Cooley said of the agreement, "The city of Citrus Heights is exceptionally well-managed and financially prudent. Unfortunately, Citrus Heights was caught up in a punitive statutory formula that made no sense based on the facts. I advocated strongly with the Governor's office, the Department of Finance, and the Speaker's office that Citrus Heights should be protected and made whole." ★

**Holy Week and Easter Services** Join us in celebrating the resurrection of our lord!



**Saint Francis Episcopal Church**  
11430 Fair Oaks Blvd  
[saintfrancisairoaks.org](http://saintfrancisairoaks.org)

Palm Sunday, 9am  
Maundy Thursday, 6pm  
Easter Sunday, 9am

**Christ is Risen!**



## Union Gospel Mission

**Sacramento**  
(916) 447-3268  
400 Bannon Street  
Sacramento, CA 95811  
Exec. Director, Pastor Tim Lane

Go to [WWW.UGMSAC.COM](http://WWW.UGMSAC.COM) to donate online

Celebrate the resurrection of our Lord!



Happy EASTER

Ways to Give for Easter!

We will be giving 100+ food boxes and needs

- Turkeys • Canned Veggies
- Boxed Potatoes • Stuffing and Gravy



Union Gospel Mission serves Sacramento's homeless with shelter, meals, clothing, many essential items, and a men's rehabilitation program, always given with a life-changing Gospel message 365 days a year! Founded in 1962 by concerned Christians for men in need, we now serve women and children. God's amazing testament shines from the good that comes with committed volunteers, inspired leadership, and the community's support through financial and in-kind gifts.

Easter Meals Just \$1.92 Each

Please consider donating today!

EASTER @ Celtic Cross Presbyterian Church

**7:00 am** Sunrise Service, a casual Contemporary Service outside.

**9:30 am** Contemporary Service with the Praise Team.

- Children and Youth programs
- Easter Egg Hunt at 10:30 am

**11:00 am** Traditional Service with the choir and guest brass ensemble.

Share the Journey!

5839 Dewey Drive, Citrus Heights, CA 95621  
Between Madison and Greenback  
(916) 967-1414 [celticpc.org](http://celticpc.org)

California

MENTOR

Family Home Agency

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

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

Information Sessions held:

Tuesdays at 4 p.m. and Thursdays at 11 a.m.	7801 Folsom Blvd.   Suite 375 Sacramento   CA 95826
--	--

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

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

# Gem and Mineral Show Set to Rock the Region

*Continued from page 1*  
 classes, specimen collecting field trips, and monthly meetings with their membership. They early show not only covers the group's annual operating costs but also gives members the opportunity to display their prized personal collections.

"We put out about 50 display cases of the most exquisite collections in the possession of individuals who have spent their lifetime collecting the best of the best," said Hutchings. "They keep them at home and once a year they bring these mini-museums to our show to show people what they collect."

The show is a family friendly event, with special attention to educational opportunities for young rock hounds at the Kid's Junction, which featured jewelry



Eric Lingo, age 7, inspects a mineral sample up close with father Shawn Lingo, at last year's event.

put a finger on where his love for rocks and minerals comes from.

"I've been collecting for years," he said. "I don't know, they're just cool things. I like fossils too, they're my favorite."

Cannon's father, Erick Hansen, who is also a Roseville Rock Roller member, brought his son to the show to cultivate his enthusiasm. "Cannon has always shown an interest in rocks; every time we go on a walk outside he's always looking on the ground trying to pick up rocks. He's kind of fascinated with that and it's a good way for us to teach him science," said the elder Hansen.

Hutchings hopes that such hands-on experiences with rocks, minerals, and geology will help to expand young minds. "Hopefully they're going to understand that the rocks in their back yard, the rocks along their driveway, are not the [same as the] rest of the rocks in the world," he said. "The rocks of the world are absolutely exquisite productions of Mother Nature. There are things you never knew existed, and that's the most common comment we get by people who have never been to a show: 'I had no idea that these things existed.'" ★



A cut agate slab show off the beautiful and colorful pattern within the rock. The slab was for sale at the Roseville Rock Roller's annual Gem and Mineral Show held at the Placer County Fairgrounds.

arts and crafts and a fossil exhibit courtesy of Sierra College. Last year, Junior Rock Roller member Cannon Hansen of Roseville, age 9, brought a selection of his already extensive rock collection to be identified but couldn't quite

# Sharing the Love of Photography



Local photographer Lupe Barraza (center) poses with San Juan High principal Vanessa Adolphson and some of the dozens of vintage cameras and video cameras he presented as a gift to the San Juan Legacy Exhibit. Barraza and former photography teacher Don Taggart (right) knew it was important for students to understand how today's highly technical products developed from their prototypes.

*Continued from page 1*

Adolphson said of the gift, "We are so fortunate to have received such rich history in our San Juan Legacy Room!"

Barraza was ready to downsize his large personal collection of cameras. Many had been a gift from a good friend who he knew like himself, would want the donation to go somewhere it would be appreciated. Barraza had hosted many of Taggart's classes at Barraza's studio in Fair Oaks, giving students a real-world hands-on experience in a professional studio environment. This was the perfect place.

At SJHS students in the Digital Media Pathway program are learning not only digital photography but also video production, how to develop websites, plus media arts, and T.V. and theatre production.

Barraza and Taggart saw the need for students to learn about life before the digital world; to understand how today's highly technical products developed from their prototypes: before pixels and thumb drives there was the box camera and the dark room.

Legacy Exhibit co-chairs Louise Brown, Elthia Hannum, and Jerry Still gratefully

accepted the donation to their collection of school history.

Taggart worked his students hard and expected a lot from them but decades of instilling his love for taking pictures and creating memories led many to not only earning extra money but to build successful careers for themselves.

Taggart's work ethics have taken him into his 90th year, and he shows no signs of slowing down. He continues to teach adults digital photography and has been volunteering at Kaiser helping patients navigate the campus and making them smile for over 20 years. His secret for a long life is, "Just keep moving, get out, and volunteer and help others." It seems to be working for him!

The donated vintage cameras and antique video cameras will be added to those found by construction workers in cabinets and closets during the school's recent renovation. Taggart also donated some of his own retired photo equipment which he had used in his classes.

Legacy co-chair Jerry Still said of the donation, "It's great to see the community and alumni getting more involved. With their help the Legacy Exhibit

will continue to thrive."

This irreplaceable photographic equipment and lots of other SJHS memorabilia can be viewed at the San Juan Legacy Exhibit open at 7551 Greenback Lane every Monday 10 a.m. to 2 p.m. and the 2nd and 4th Saturday of every month from 10 a.m. to 2 p.m. Sign in at the front office and access the exhibit through the cafeteria. Donations and loans of school mementos are always welcome. ★

## SaveCalifornia.com Announces Prayer Tour

*Continued from page 1*  
 of their lives, and to pray for our nation just as Nehemiah cried out to God to rebuild the walls of Jerusalem and restore hope to His people."

This totally aligns with the moral, family values of SaveCalifornia.com—and you!

"If people who know what is good are not the main influencers of government, how in the world can we have good government?" ~ SaveCalifornia.com President Randy Thomasson  
 Source: SaveCalifornia.com ★

# Grand Opening

# \$1 Car Wash

March 28th - April 3rd

for this week only!

# SUNRISE EXPRESS CAR WASH

7711 Sunrise Blvd  
 (Sunrise off of Antelope)  
 Monday - Sunday 8am - 8pm

FREE

- Vacuums
- Towel Dry
- Mat Cleaner

3 Minute Express Car Wash!

## 7 Flags Sunrise Express Car Wash \$1 Grand Opening

**CITRUS HEIGHTS, CA (MPG)** - After serving the Car Wash Community for more than 50 years, 7 Flags Car Wash is proud to present our newest and most advanced car wash yet! The 7 Flags Sunrise Express Car Wash is open for business, and we are offering \$1 car washes for the entire week, which includes a free towel dry. From Monday March 28th thru Sunday April 3rd our doors will be open from 8 am to 8 pm offering \$1 Car Washes to all customers. Car Wash packages normally range from \$6 to \$20 will be only \$1 to \$5 for the entire week.

7 Flags Sunrise Express Car Wash features the most advanced technology in the car wash business today. From the automated pay terminals, to brand new tunnel equipment, along with free vacuums for all paying customers to use as well as two free mat cleaners. 7 Flags also uses a new state of the art water reclamation system that captures all of the water that's used, allowing the reuse of over 80% of the recycled water captured in the wash process. 7 Flags uses less water to wash a vehicle than it takes to do a load of laundry.

Jack Anthony, owner of 7 Flags, could not be more excited: "We have worked extremely hard to get the perfect car wash experience for our customers, and I think we have nailed it. Not only does the car wash produce the cleanest car, but it is by far the most fun car wash I have ever seen." For more information about 7 Flags Car Wash please visit our website at [www.7flagscarwash.com](http://www.7flagscarwash.com).



7 Flags Sunrise Express Car Wash features the most advanced technology in the car wash business today.



By Sal Arrigo, Jr.

If you have ever experienced moving from one house to another, you know this can be a stressful time in your life. If you are someone with dementia, it only adds to the stress. I spoke about this with Carrin Jankowski, owner of Silver Lining Transitions, a company that assists families in moving older people from their homes to a new living environment. Often these senior citizens are moving from a home they have lived in for decades, and now, because of circumstances beyond their control (e.g. dementia, a loss of spouse, or the upkeep of residence that is too daunting), these seniors must move.

Carrin started Silver Lining Transitions in 2014 and is currently a student in the Gerontology Department at American River College. As Carrin made her way through the educational system she came into more and more contact with people who were facing the difficult task of transitioning loved ones to a new living environment. It was not just simple tasks, such as what should a person take or leave behind, but it was much greater than this.

A medical diagnosis called "Relocation Stress Syndrome" is affecting senior citizens. It causes "physiologic and psychological disturbances that are triggered by transferring a person from one environment to another." Symptoms may include exhaustion, sleep disturbances, depression, and disorientation. These symptoms are increased in someone who has dementia, or who is already in poor health. One of

## What Is All the Stress About?

the findings is this: people usually developed this syndrome when, without much notice, were moved into an assisted living facility. However, it is not just being forced to leave one's home, but findings show that people who are moving of their own choice are also developing relocation stress symptoms.

signals a loss of control in their environment."

Silver Lining Transitions provides a wide range of services that includes placement, geriatric counseling, downsizing, packing, removal, staging, move coordination, and setting up the new home. Carrin said she does this "with a sense of humor."



Carrin Jankowski, owner of Silver Lining Transitions

When Carrin is hired to help move an older family member, she told me: "This is more than dollars and cents." Carrin engages the family in all aspects of the move, from packing boxes to taking pictures of the new surroundings, and, as much as possible, "creating the exact setup of the living space from old to new." As Carrin told me about her business, she mentioned that "people have their whole life story in front of them, and this is unsettling, and

The move is tough enough she said, so maintaining some sense of normalcy is a positive for all. Silver Lining Transitions has a list of professional references, if needed, such as realtors, elder law attorneys or in-home care services.

If you or someone you know can benefit from the services that Carrin provides, you can contact Silver Lining Transitions at (530) 409-4614. You can find additional information at [www.sltransitions.net](http://www.sltransitions.net).

# HELP WANTED!

## Messenger Publishing Group INDEPENDENT SALES AGENT

MPG is seeking an advertising "ROCK STAR" to join our growing media company. Previous advertising or business-to-business experience required. The position pays an hourly rate and a commission on sales. To apply, call 916-773-1111 and email your resume to [Publisher@MPG8.com](mailto:Publisher@MPG8.com).



# RN CARE

expert board & care facilities for the elderly

Call us: (916)200-8067  
Fax #: (916) 560-9805  
Email: [RNcareHouse@gmail.com](mailto:RNcareHouse@gmail.com)  
[www.rncarehouse.com](http://www.rncarehouse.com)

## Are you looking for a care home for your loved one?



**RN CARE** housed provide 24 hour care with awake staff.

- Excellent set up for fall risk, wanderers, and incontinent seniors.

**RN CARE** house are overseen by licensed nurses who do regular senior health condition reviews to help anticipate medical needs and / or issues that may arise.

- Families will have piece of mind.

**RN CARE** house specialize in small HOME-Like setting that provides focused and timely care in a less chaotic environment.

- 1:5 Ratio of caregivers to senior residents.

**RN CARE** house charge a monthly FLAT RATE. there will be no extra daily charges for the special services or assistance.

- No overwhelming surprises for families.

**RN CARE** house assist families in insurance reimbursement, medication refill/pick up, setting of medical appointments, and coordinating with primary MDs.

- Free services, No extra charges.

Hurry!!! Huge discounts available for family-assisted placement/referral in our Carmichael, citrus Heights and Roseville Locations.

facilities LN#347005176/347005050/347005261/317005451

## Oakmont Performing Arts SATURDAY MATINEE BINGO

Grand Oaks Bingo Center 7919 Auburn Blvd, Citrus Heights  
(916) 723-2840

<b>Doors Open</b> @8:00	<b>Speed</b> @10:00	<b>Early Birds</b> @10:30	<b>Regular Session</b> @11:00
----------------------------	------------------------	------------------------------	----------------------------------

Buy-in includes 150 Cards in Electronics  
2 each Double Action & Bonus Line, 1 Club  
Upgrade your Electronics to include:  
Early Birds, Double Action (pays \$500)  
and 4-5-6-9 \$1,000 game

**Payouts on all regular six on games \$300**

Also Available:  
Flashboard Games & Strip Games  
\$1199 Flashboard game played every week!

for a **FREE Hot Ball**  
(At the time of purchase)

Valid Until 6/30/16

Serving Citrus Heights and Sacramento County Since 2006

It is the intent of the *Citrus Heights Messenger* to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The *Citrus Heights Messenger* is not responsible for unsolicited manuscripts or materials. The entire contents of the *Citrus Heights Messenger* are copyrighted. Ownership of all advertising created and/or composed by the *Citrus Heights Messenger* is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to *Citrus Heights Messenger*, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$28 per year in Citrus Heights. *Citrus Heights Messenger* is published twice monthly. Call (916) 773-1111 for more information. (ISSN # 1948-1918).

**Publisher, Paul V. Scholl**  
*Citrus Heights Messenger* is a member of **Messenger Publishing Group**

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: [Editorial5@mpg8.com](mailto:Editorial5@mpg8.com).  
**Be sure to place in the subject field "Attention to Publisher".**  
If you do not have email access, please call us at (916) 773-1111.

We are proud members of these newspaper associations.

# It's Good Friday, but Sunday's a Comin'

Dr. James L. Snyder

For those who follow the church calendar Good Friday is a special day, one of the high religious days among many Christians. Personally, I think it is a good one to remember and celebrate.

Overall, apart from a few exceptions, I do not like special days. As far as I'm concerned, every day I get up and take nourishment is a special day for me.

Everybody seems to have their own special day and I find it rather difficult to keep up on all of these "special days." If a person would honor and celebrate every "special day" posted on the calendar there would be no days to get any work done whatsoever. And, as luck would have it on my side, I would miss a very special "special day."

I am in favor of setting aside one day a month as the official "special day" of the month in which everything that anybody wants to celebrate during that month could be included. That way we could get the celebrating of special days done and then we can get back to business as usual.

One of the most frightening phrases a husband can hear is, "Do you know what anniversary it is today?"

Every husband has been backed into a corner like this sometime during his marital career. I for one say it is not fair. Because everyone knows special is as special remembers, which puts husbands at a great disadvantage.

It is not that men cannot remember, a man's memory is limited and so he must be very selective. And to be honest about this, anniversaries are simply not on any man's radar.

I learned this very early in my relationship with the young woman who graciously accepted my invitation of matrimony.

We had been dating for around a month and one night

when I picked her up to go out, she said something that confused me. "You know this is our first anniversary?"

My confusion lay in the fact that an anniversary had to do with something yearly. I had only known her for several months at the time. I know time gets away with a person, but this was rather ridiculous. In the short time we had known each other, it was impossible for us to have an anniversary of anything.

It was at this point I did something, although innocent enough at the time, that I have regretted the rest of my life. I looked at her and laughed. That was when I was introduced to the marvelously mysterious world of women-lore. With a woman, anniversaries are not something to laugh about, at least in their presence. An anniversary is something to celebrate whether it makes sense or not. When I realized how serious the situation was, I wiped that silly grin off my face and inquired as to what anniversary she was referring to. "Why, don't you know," she said as seriously as I have ever seen her up to that point. "This is the first month anniversary of our going out together."

Now, what do you do on the first month anniversary of going out as a couple? However, the thing that really frightened me was, do we celebrate this every month? What is the protocol for these monthly anniversaries? How do I keep track of all of this? What gift is appropriate? I was afraid that I would go broke before we got around to getting married. I would come to discover that these "monthly anniversaries" were to continue until they were superseded by a more important anniversary. Of course, her responsibility was to select the anniversary that would trump the monthly anniversaries.

My responsibility? To remember the latest anniversary. How is a husband to keep track of all of these anniversaries?

Once I mistakenly bought a special gift for what I thought was our fifth wedding anniversary. It turned out to be our seventh. Where those two years went, only my wife remembers.

I cannot remember all those anniversaries now, but they went something like this. The anniversary of when we first met. The anniversary of getting her the first Valentines box of candy. The anniversary of sharing our first hot fudge sundae together. The anniversary of giving her an engagement ring. Looking back over all those years I have a list of my own anniversaries I can never remember celebrating.

For example. The anniversary of when she slammed the car door on my finger. Ha, she probably forgot that one. (I wonder if Hallmark has a card for this?) I still have the gruesome scar on my finger reminding me of that anniversary. How about the anniversary of the day the diamond fell out of the first engagement ring I gave her? Fortunately, someone had a microscope and we were able, after diligent search, to find the rock. Then, there is the anniversary of the day she backed into my parked car. Enough said.

As we celebrate Good Friday, a very special day, remember that its goodness comes from the following Sunday when Jesus rose victoriously over sin and the grave. "For I delivered unto you first of all that which I also received, how that Christ died for our sins according to the scriptures; And that he was buried, and that he rose again the third day according to the scriptures;" (1 Corinthians 15:3-4 KJV).

It is Good Friday, but Resurrection Sunday's a comin'.

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. ★



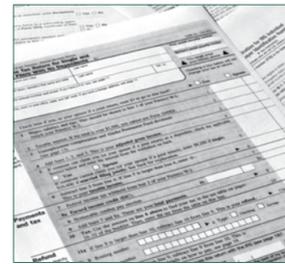
By Christian Montgomery

**SACRAMENTO REGION, CA (MPG)** - The Internal Revenue Service (IRS) recently announced that it is holding \$950 million in unclaimed refunds for tax year 2012. Maybe... This is not the first time the IRS has used a large estimated refund figure hoping to entice the public to file their missing tax returns. Last year's estimated refund figure for tax year 2011 was more than a billion dollars.

If you are enticed by the large refund figure, unfortunately the IRS doesn't have a large stack of \$950 million designated for taxpayers to just pick up. However, if you are owed a refund for tax year 2012 and you fail to file your 2012 tax return by April 18th, 2016, then your refund is forever gone. That's not an exaggeration. Unfortunately, there is a

## Here's a Carrot, Please File Your Tax Return

three-year window by which you can claim a tax refund from the IRS. If the IRS really cared about the estimated \$950 million being not refunded to the public, I'm sure it would have promoted the deadline sooner than just more than a month before the looming deadline.



According to IRS Commissioner John Koskinen as quoted in the IRS press release, "We especially encourage students and others who didn't earn much money to look into this situation because they may still be entitled to a refund. Don't forget, there's no penalty for filing a late return if you're due a refund."

The large estimated refund amount that was publicized was calculated by an estimated median refund potential of \$718 and an estimated 1,037,600 returns that need to be filed. The

IRS estimates 94,900 IRS returns in California returns need to be filed with a median estimated refund of \$656.

If you are not due a refund, the IRS has a process for that scenario too, even if you don't file your tax returns. If you don't file a tax return, the IRS may file a tax return for you, assess a balance against you, and pursue you for the assessed balance. This is called a substitute for return. Additionally, collections on the substituted balance may continue against you even if you eventually file your missing tax return. So, even if you were tricked into eventually filing your tax return by a likely exaggerated estimated refund figure, filing your missing tax return is still likely a good idea.

Christian Montgomery is a West Sacramento resident and a tax attorney at Montgomery & Wetenkamp, Tax Relief Attorneys, located in Sacramento and Modesto. For more information regarding tax matters contact Montgomery & Wetenkamp at (916) 452-7033 or online at www.mwattorneys.com. This article is not intended as legal advice, and cannot be relied upon for any purpose without the services of a qualified professional. ★



## LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!  
Call to place your legal advertising



483-2299

All Legal Ads Published in the Carmichael Times

**The Roseville Rock Rollers Gem and Mineral Society 501(C)**  
**54th Roseville Gem, Jewelry, Fossil & Mineral Show!**  
**FREE PARKING!**  
**March 26 & 27**  
 (Easter weekend)  
 Saturday 10 am - 5 pm • Sunday 10 am - 4 pm  
 Roseville (Placer County) Fairgrounds  
**The Big Show!!**  
**Family Fun!**  
**General Admission \$6.00**  
**Seniors 60+ \$5.00**  
**Kids 12 and Under FREE**  
 Rain or Shine • Inside & Outside  
**\$1 OFF ADMISSION WITH THIS AD**  
**www.rockrollers.com**

**60 Vendors**  
**Family Fun Exhibits**  
 • Crystals • Beads • Jewelry • Gemstones  
 • Gold Panning • Meteorites • Fossils  
 • Minerals • Free Door Prizes • Fabulous Food!

**Kids & Scout's "Education Station"**

**4th Annual Classic Car Show & Spring Swap Meet**  
**Saturday, April 23, 2016**  
**8:00 a.m. - 2:00 p.m.**  
**Rain Date: Saturday, April 30, 2016**  
 (Food and Beverages available for purchase)

**Free to Public General Admission**

**Street Rods • Pick Ups**  
**Muscle Cars • Special Interest Customs**  
**Model/Year '75 & Older**

**River Cats Mascot "DINGER"**  
 Appearance time (12:15-12:45)

**Carmichael Elks Lodge 5631 Cypress Ave., Carmichael, CA 95608**  
 Lodge Phone: (916) 489-2103 show info: Tom (916) 214-4952

Advertising Opportunities Available • Sponsorships from \$100 - Cash or Merchandise  
 Space Limited to first 200 cars. Vendor spaces also available.  
 Email: [information@carmichaelclassic.com](mailto:information@carmichaelclassic.com)

**Actress. Best-Selling Author. Health Advocate. Mother. Wife. Inspiration. Amazing Talk Show Host.**

**Marilu Henner: Weekdays 9am-12noon**  
**CITRUSHEIGHTSRADIO.COM**  
 Marilu is part of our "Ladies Lineup" that airs 9am-7pm Monday through Friday!

**CITRUS HEIGHTS RADIO**  
 A DIVISION OF MESSENGER BROADCASTING NETWORK MBN

**Adoption**

**PREGNANT? CONSIDERING ADOPTION?** Call us first. Living expenses, housing, medical, and continued support afterwards. Choose adoptive family of your choice. Call 24/7. 1-877-879-4709 (Cal-SCAN)

**Announcements**

**Hot Flashes?** Women 40-65 with frequent hot flashes, may qualify for the REPLENISH Trial - a free medical research study for post-menopausal women. Call 855-781-1851 (Cal-SCAN)

**Automotive**

**Does your auto club offer no hassle service and rewards?** Call Auto Club of America (ACA) & Get \$200 in ACA Rewards! (New members only) Roadside Assistance & Monthly Rewards. Call 1-800-242-0697 (Cal-SCAN)

**Autos Wanted**

**CASH FOR CARS**



We Buy Any Car, Truck or Van, Running or Not. **Sacramento Auto Transport 916.612.2998**

**DONATE YOUR CAR, TRUCK, OR BOAT TO HERITAGE FOR THE BLIND.** Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 800-731-5042. (Cal-SCAN)

**Got an older car, boat or RV?** Do the humane thing. Donate it to the Humane Society. Call 1-800-743-1482 (Cal-SCAN)

**WANTED:** Old Porsche 356/911/912 for restoration by hobbyist 1948-1973 Only. Any condition, top \$ paid 707-965-9546 (Cal-SCAN)

**Bathroom or Kitchen Remodeling?**

**WAIT!** Before You Spend More to Get LESS Call (916) 798-8388 License No. 998108 (MPG 12-30-16)

**Cable/Satellite TV**

**DISH TV 190 channels plus Highspeed Internet Only \$49.94/mo!** Ask about a 3 year price guarantee & get Netflix included for 1 year! Call Today 1-800-357-0810 (Cal-SCAN)

**Switch to DIRECTV and get a \$100 Gift Card.** FREE Whole-Home Genie HD/DVR upgrade. Starting at \$19.99/mo. New Customers Only. Don't settle for cable. Call Now 1-800-385-9017 (Cal-SCAN)

**AT&T U-Verse Internet** starting at \$15/month or TV & Internet starting at \$49/month for 12 months with 1-year agreement. Call 1-800-453-0516 to learn more. (Cal-SCAN)

**Electrical Services**

**RETIRED MASTER ELECTRICIAN,** problem solver! 30 yrs experience, senior discounts. Save big - don't replace panel - rebuild it. Lic.# 513168, 916-595-3052 (MPG 12-31-15)

**Classified Advertising**  
916-773-1111

**Financial Services**

**SOCIAL SECURITY DISABILITY BENEFITS.** Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-966-1904 to start your application today! (Cal-SCAN)

**For Sale**

**Sell your structured settlement or annuity payments for CASH NOW.** You don't have to wait for your future payments any longer! Call 1-800-673-5926 (Cal-SCAN)

**Classic Album Collection**

Get hours of fun and enjoyment out of this classic album collection. Over 150 used albums. Country (Haggard, Jennings, Robbins, Hank Williams, Johnny Cash), some Rock, some Pop, Classical Collections, unique soundtracks, many Christmas classics. Get all 150 for only \$200 cash. Call Paul at 916-773-7337. Pick up in Carmichael.

**Handyman**

**QUALITY LABOR & MAINTENANCE**



Yard Work, Hauling, Gutter Clean, Odd Jobs  
**You Name It!**  
(916) 613-8359

**Need Work.** Can do anything inside your home. Fix and Repair anything outside your home. Please call 916-806-4657

**Health & Medical**

**Got Knee Pain? Back Pain? Shoulder Pain?** Get a pain-relieving brace - little or NO cost to you. Medicare Patients Call Health Hotline Now! 1-800-796-5091 (Cal-SCAN)

**Stop OVERPAYING for your prescriptions!** Save up to 93%! Call our licensed Canadian and International pharmacy service to compare prices and get \$15.00 off your first prescription and FREE Shipping. 1-800-273-0209 (Cal-SCAN)

**ELIMINATE CELLULITE** and inches in weeks! All natural. Odor free. Works for men or women. Free month supply on select packages. Order now! 844-703-9774. (Cal-SCAN)

**Tired of dieting? Lose up to 1 pound a day NATURALLY!** Ask for Chris and get \$100 off! Call for a consultation, 720.619.2950. www.ocskinny.com (Cal-SCAN)

**Help Animals**

**SPCA Thrift Shop Helpless animals need your donations.** The Real Non-Profit. Will pick up. Call 916-442-8118. 1517 E Street for donations-10-4pm (MPG)

**Help Wanted**

**ATTN: Drivers - \$2K Sign-On Bonus. \$\$ RECENT PAY INCREASE \$\$.** Make Over \$60,000 your first year! Newer KW T660 and T680's. CDL-A Req - (877) 258-8782 drive4mellon.com (Cal-SCAN)

**Home Maintenance**

**A Quality Home Maintenance**  
Gutters Cleaned  
By Gutter Dog  
(916) 613-8359

**Insurance/Health**

**Lowest Prices on Health & Dental Insurance.** We have the best rates from top companies! Call Now! 888-989-4807. (Cal-SCAN)

**Landscaping**

**CREATE YOUR PARADISE**



**Winter Yard Cleanups, Complete Landscape Design/Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls-All Types, Drainage Systems-all types, Landscape Lighting, Residential/commercial**  
American Landscape Design & Installation. Est 1987  
American Construction & Property Maintenance Company  
WE ACCEPT VISA & MASTER CARD  
**(916)612-0776**  
Lic#690968

**Legal Services**

**Xarelto users** have you had complications due to internal bleeding (after January 2012)? If so, you MAY be due financial compensation. If you don't have an attorney, CALL Injuryfone today! 1-800-425-4701. (Cal-SCAN)

**Medical Supplies / Equipment**

**Safe Step Walk-In Tub Alert for Seniors.** Bathroom falls can be fatal. Approved by Arthritis Foundation, Therapeutic Jets. Less Than 4 inch Step-in. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 800-799-4811 for \$750 Off. (Cal-SCAN)

**CPAP/BIPAP supplies** at little or no cost from Allied Medical Supply Network! Fresh supplies delivered right to your door. Insurance may cover all costs. 800-421-4309. (Cal-SCAN)

**Life Alert. 24/7.** One press of a button sends help FAST! Medical, Fire, Burglar. Even if you can't reach a phone! FREE Brochure CALL 800-714-1609. (Cal-SCAN)

**Miscellaneous**

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

**Moving Services**

**STEADY MOVES** You rent the truck... we will make sure it is loaded/unloaded PROFESSIONALLY! (Lic#322945) 916-206-3183. Email msmith2661@comcast.net (MPG 12-25-15)

**Music Lessons**

**Guitar Lessons - Beginner to Advanced.** \$10/half hour. \$15/hour. frediebba1bert1@yahoo.com. 530-263-6926 (MPG 12-31-16)

**Personals**

**MEET SINGLES RIGHT NOW!** No paid operators, just real people like you. Browse greetings, exchange messages and connect live. Try it free. Call now 1-800-945-3392.

**PAINTING SERVICES**

**Anni The Painter**  
One Room at a Time Okay!



- Perfectionist
- Fun Ideas • Kid's Rooms
- Cabinets • Bathrooms
- Kitchens • Etc.

New Molding Installs • Small Jobs OK!  
Lic # 733938 • Free Bids  
916-532-6194

**Pest Control**

**KILL BED BUGS & THEIR EGGS!** Buy Harris Bed Bug Killers/ Kit. Complete Treatment System. Available: Hardware Stores, The Home Depot, homedepot.com (Cal-SCAN)

**KILL SCORPIONS!** Buy Harris Scorpion Spray. Effective results begin after spray dries. Odorless, Long Lasting, Non-Staining. Available: Hardware Stores, The Home Depot, homedepot.com (Cal-SCAN)

**Pets/Animals**

**DOG RESCUE Gary** (916) 334-2841  
Please Adopt or Foster Because so many really great dogs are dying for a good home... ShelterMOU@hotmail.com

**Professional, Loving PET CARE**  
Established Reputation  
Kennel Free Environment  
Lots of TLC  
**Call Madeline**  
(916) 723-1608

**Plumbing**

**FRANK'S PLUMBING**  
LOCAL 25 YRS EXP  
SEWER & DRAIN CLEANING \$8900  
**LOW COST!**  
REPAIRS & INSTALLS  
• Faucets • Disposables  
• Toilets • Water Heaters  
"FREE ESTIMATES"  
SENIOR DISCOUNTS  
**916-988-1525**  
Lic#613102

**Psychic Reading**

**PSYCHIC READINGS**  
by April



Palm Tarot Cards • Love  
Crystal Ball Readings • Home • Business

**\$10 OFF WITH THIS AD**  
**916-900-4399**  
5736 Winding Way Carmichael, CA 95608

**GOT LOCAL NEWS?**

Call 773-1111

**Roofing**

**BERNARDINO ROOFING**  
Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER!  
"FREE ESTIMATES"  
SENIOR DISCOUNTS  
Lic.#817845 35 Years Experience  
**916.920.0100**  
www.bernardinoroofting.com

**RV Sales**

**Bill Eads RVs**  
We Consign & Buy RVs

"Results.... not Promises"  
Number 1 Consignment Lot in Northern California

**We Pay Top \$\$ for clean RVs!**  
Great, Secure I-80 Freeway Location.

Lic & Bonded - 29 Years Exp!  
Check out **BillEadsRV.com**  
4409 Granite Dr. Rocklin, CA  
**Office 916-624-7600**  
**Bill 916-878-0273**

**Schools**

**AIRLINE CAREERS** Start Here - Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance 877-205-4138 (Cal-SCAN)

**Senior Living**

**A PLACE FOR MOM.** The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-800-550-4822. (Cal-SCAN)

**Tax Services**

**Do you owe over \$10,000 to the IRS or State in back taxes?** Our firm works to reduce the tax bill or zero it out completely FAST. Call now 855-993-5796 (Cal-SCAN)

**Tractor Work**

**TALL WEEDS,** blackberries cut, dirt moving, discing, trenching, rototill, bobcat backhoe. Dave #571637 916-988-3283  
MPG 10-28-16

**Tree Service**

**BP TREE SERVICES**



**TREE & STUMP REMOVAL**  
TREE TRIMMING/ SHAPING  
FREE ESTIMATE  
10% OFF WITH THIS AD  
Insured. Workman's comp. Arborist  
**916-722-6321**  
bptreeservices.com  
VISA / MASTER CARD  
California Contractors Lic #831766

**Crossword Puzzle on Page 7**

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

**Wanted**

**SWANTED\$ CASH PAID** for Pre-1980 COMIC BOOKS & Star Wars Action Figures. Original Comic Art- Sports Cards & Autographed Memorabilia- 1990's MagictheGathering Call WILL: 800-242-6130 buying@get-cashforcomics.com (Cal-SCAN)

**CASH FOR DIABETIC TEST STRIPS!** Up to \$35/Box! Sealed & Unexpired. Payment Made SAME DAY. Highest Prices Paid!! Call Jenni Today! 800-413-3479. www.CashForYourTestStrips.com (Cal-SCAN)

**Work Wanted**

I do pruning, weeding and planting, interior painting, garage and house cleaning. And de-cluttering and organizing. I transport to medical, other appointments, shopping etc. and errands. No job too small. Health and Security background. References. College grad. **Tim 916-334-8903, 503-460-7149.** (MPG 12-31-16)

**White Elephant Sale**

April 2, 2016. 9am - 2pm  
Crosswood Oaks Senior Resid.  
6650 Crosswood Cir. Cit Hts

**Yoga**

**Your Fitness Genie**  
Making Your Fitness Goals Come True!



15 Years of Experience  
• Weight Loss • Injury Recovery  
• Senior Fitness • Yoga • Pilates  
Safe, Effective, Functional Resistance Training  
**Be Active, Call Today!**  
Jenn@YourFitnessGenie.com  
(916)768-8767

**WE SUPPORT OUR MILITARY**

**Sudoku Puzzle on Page 7**

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

**Baby Boomers**

A group for Baby Boomer Couples. NO FEES!!! and nothing to lose! Join for Gaining Fun, interesting scheduled events & friendships over age 50 God Bless!  
http://www.meetup.com/Baby-Boomers-Couples/

**For Sale**

**Glass Niche for Sale,** East Lawn Greenback Lane \$2,500 or best offer (916) 944-1548.  
MPG 4-22-16

**NOTICE TO READERS** California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752).  
**DISCLAIMER** Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

**Land For Sale**

**NORTHERN AZ WILDERNESS RANCH \$240 MONTH** - Quiet secluded 37 acre off grid ranch bordering 640 acres of State Trust land. Cool clear 6,400' elevation. Near historic pioneer town & fishing lake. No urban noise. Pure air, AZ's best climate. Mature evergreens & grassy meadows with sweeping views across wilderness mountains and valleys. Abundant clean groundwater, free well access, loam garden soil, maintained road access. Camping and RV use ok. \$27,900, \$2,790 dn, seller financing. Free brochure with similar properties, photos/ topo map/ weather/ area info: 1st United Realty 800.966.6690. sierramountainranch.com. (Cal-SCAN)

**AIRLINE CAREERS START HERE**



Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance.  
Call Aviation Institute of Maintenance  
**877-205-4138**

**CALL A PROFESSIONAL Business & Service Directory**

**LANDSCAPE SERVICES**

**SLS Superior Landscape Services**  
Landscaping and Maintenance

- Sprinkler Repair/Install • Pruning
- Mowing/Trimming • Fertilizing

Insured Lic#794551  
**(916) 728-5812 • Cell (916) 761-0999**  
Dave Cochran Owner • dave\_SLS@surewest.net

**COMMERCIAL JANITORIAL SERVICES**

**FRANCHISE OPPORTUNITIES AVAILABLE**

**Anago**  
OF SACRAMENTO  
Commercial Janitorial Service

The Superior Choice for Commercial Cleaning  
Call to schedule your FREE Quote  
**916.782.3300 • www.ANAGOSAC.COM**

**LAWN CARE AND LANDSCAPING**

**DC Unlimited Lawn Care** Will Beat Any Reasonable Price



One time basic service \$35.00 or less

**Need Affordable Landscaping?**

- Monthly Service
- Weekly Service
- Bark/Rock Installation
- Fence Repair
- Hauling
- Shrub Maintenance
- Bi-Weekly Service
- One Time Clean Ups
- Sprinkler/Drip Repair
- Gutter Cleaning
- Rototiller
- Lawn Care

**• FREE ESTIMATES • Call (916) 896-8413**

**PARALEGAL SERVICES**

**Living Trust • Living Will**  
Includes: Trust, Will, Powers of Attorney, Family Residence Deed  
**Single \$495 • Couple \$550**  
Call Lynda K. Knight (916) 214-1215  
1337 Howe Ave. Suite 103, Sacramento

**CUSTOM CABINETS**

**Everwood**  
Custom Cabinets

Custom built to your specifications by Charles Ferguson. over 30 years experience  
Contactors License No. 446488 C-6  
**(916) 455-1225**  
www.everwoodcabinets.com

**COMPUTER SERVICES**

**Zinsky's**  
PC Configurations  
"Don't replace it - REPAIR IT!"  
Custom Desktop Computer Configurations  
• PC Repair • Home Wireless Networking  
• Installations • Viri & Spyware Eradication

Alan Zinsky  
Phone: 916-622-2269  
Zconfig@sbcglobal.net  
Bus. Lic. # 305312 • B. E. A. R. Reg. #84416  
www.zinskyspcrepair.com

**DRUG AND ALCOHOL REHABILITATION**

**CLEAN & SOBER**  
LIVING  
CSTL, Inc.

HELPING PEOPLE AND THE COMMUNITY WITH THE ALCOHOL AND DRUG PROBLEM!  
18 YEARS IN BUSINESS!  
DETOX (916) 965-3386 SOBER LIVING (916) 961-2691

**HOUSE CLEANING SERVICES**

**Sparkle Clean Agency**  
Communication just as important as great cleaning



Ann Jackson, Owner

- Serving greater Sac since 1987
- Professional cleaners
- Detail oriented
- Floor cleaning on hands and knees
- Move ins/outs

Call for FREE estimates  
**916-483-2009**  
annspkcln@gmail.com  
residentialcleaningsacramento.com

**FAMILY LAW**

**BARBARA PEYTON & ASSOCIATES**  
Family Law Attorney  
**916.488.2701**

Divorce  
Domestic Partner Cases  
Custody & Support  
Serving Sacramento for over 30 years  
PeytonFamilyLaw.com



**BOOKKEEPING**

**Better Bookkeeping Solutions**  
Bookkeeping For Small Businesses

Theresa L. Kain  
**916.340.4350**  
theresakain22@gmail.com  
By Appointment Only.  
Call or Email for Details.



By Pastor Ray Dare

# Pastor Ray's Encouraging Words

## Surrender or Stress

stressed-out and hurts you physically, emotionally and mentally.

When Jesus rebuked the wind and the waves in Matthew 8, the disciples were amazed and asked each other, "Who is this that even the winds and the sea obey him?" (Matthew 8:27 LB). In that moment, they acknowledged God was in control. They realized there was no reason to worry because the God who commands galaxies with a word and holds molecules together with His power was right there in their boat.

"Everything in the heavens and earth is yours, O Lord... we adore you as being in control of everything." 1 Chronicles 29:11 (LB)

We think the answer to our stress is escape. I'm overloaded - I need a vacation. God says, no, that's not it because when you go on vacation, you take you with you, and you're the problem. You can go to Tahiti but your mind is going with you. We think the antidote to stress is escape. God says the antidote to stress is surrender. Every time I give up control, God gives me peace.

Don't become apathetic. Don't say, "God's in control so I'm not going to do anything. I'm not going to apply for that new job. I'm not going to try to mend

that relationship. I'm not going to try to keep this business deal together." No, that's not surrender; that's dumb. Surrender is when you do your best and you trust God for the rest. Surrender means you do what you can control, what you can do, but then you trust God for those things that are beyond your control.

How do you know when you've surrendered? Simple, you stop worrying about it. If you're still worrying then you're still trying to control the uncontrollable and you haven't surrendered control to God. When you surrender control to God, you don't worry about it anymore because now you know that He's controlling it.

What have you been stressed by lately? Problems with your finances? A relationship? Aging parents? Difficulty with your business or your health? The Bible says "Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken." Psalm 55:22 NIV. That's a promise you can claim. He will sustain you as you surrender.

New Beginnings Church  
YOU'RE INVITED,  
Sunday service at 10 am  
"We Do Church Differently"  
www.NBC4U.org



By Marlys Johnsen Norris, Christian Author

# Old and New Covenants

by good works working out ones salvation to enter heaven. It is conditional and it cannot bring righteousness. (Hebrews 8:8)

The new covenant was created when the prophecies of the Old Testament came into fruition and became reality. It is unconditional and can bring righteousness. (Hebrews 8:10,11) And it is written on human hearts. One by one the prophecies have been fulfilled as God's Son, Jesus came and shed every ounce of His blood providing forgiveness, grace and mercy to draw people into the knowledge of accepting the Heavenly Father's will for their lives. When they do, up to this very day, He provides "His Gift" to enter and live in His eternal home forever with Him. Jesus became the Truth, the Way and the Life.

Old Testament teaching about the blood sacrifice being the only way to gain God's approval continues into the New Testament

teaching. In Old Testament times the blood of animals were sprinkled on the altar. In New Testament teaching when Jesus shed every ounce of His blood, it is recorded the huge curtain in the Holy of Holies tore from top to bottom and blood sacrifices were now finished. Indicating that something wonderful had happened for all believers! Almighty God (Father-Son-Holy Spirit) had provided the supreme blood sacrifice for those who would accept the sacrificial death of His Beloved Son!

Ask God to remove the spirit of unbelief and then, invite Jesus Christ into your heart and life. Tell him that you repent of all your sins and accept he new life He desires to give you. Believe me, He forgives and loves you unconditionally and He will hear your prayers forever.

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

The secret to overcoming your problems, your difficulties, the hardships you're facing today is NOT to control it all, but to surrender it all. Surrender control to the One who can do something about it. To the One who IS in control. The only thing worry controls is you. Worry doesn't affect anything but you. It makes you miserable,

# YOU'RE INVITED!

Sundays 10:00a.m.

A Purpose Driven Church

"We do Church Differently"

www.nbc4u.org | (916) 992-1997





## Shred Day 2016

St. Vincent de Paul Fund Raiser  
"Help Us Help The Poor"

At: Our Lady of the Assumption School Parking Lot,  
2141 Walnut Ave. (Corner of Cottage and Walnut)

**April 23, 8:00 a.m. - Noon**  
Rain or Shine

**On-site Shred Truck ♦ You Can Watch!!**

- ✓ Bring all old or new tax records and/or any other old dust-gathering confidential documents for professional shredding
- ✓ Staples & paper clips OK
- ✓ All shredded paper is recycled

**For More Information Call (916) 481-6352**

Suggested Donation:  
**\$5<sup>00</sup>** for each paper grocery shopping bag  
or **\$10<sup>00</sup>** for each standard file box.

# STATEPOINT CROSSWORD • AMERICAN AUTHORS

## CLUES

### ACROSS

1. \*Science fiction author Asimov
6. Baby's apron
9. Arctic floater
13. Mexican revolutionary
14. Victorian, e.g.
15. Teeny-\_\_\_\_\_
16. Worry or cause anxiety
17. \*Bradbury of "The Martian Chronicles" fame
18. Perform on a dais
19. \*\*"The Call of the Wild" author
21. \*\*"A Good Man Is Hard to Find" author
23. Andrew Cuomo's title, for short
24. Angler's decoy
25. Refuse to comply
28. Late Scalia's garb
30. Type of coat
35. Dwarf buffalo
37. Vietnam's neighbor
39. Rosetta Stone, e.g.
40. Negatively charged particle
41. External
43. Skater's jump
44. Bert's best friend
46. "\_\_\_\_\_ Mial"
47. Confident answer
48. Old time playground staple
50. Reduced Instruction Set Computer
52. Limit, to some
53. \*\*"Ten Days That Shook the World" author
55. Café alternative
57. \*\*"Go Tell It on the Mountain" author
61. \*\*"The Executioner's Song" author
64. Greeting from Don Ho
65. Give it a go
67. Gigantic wrestlers
69. Kick back
70. Longest division of time
71. \*Wharton of "The Age of Innocence" fame
72. Auction off
73. DNA transmitter
74. River in Hades

### DOWN

1. I have
2. Outer layer of Earth's crust
3. Kind of sax
4. \*James Patterson's "\_\_\_\_\_ Came a Spider"
5. Open book?
6. Capital of Switzerland
7. Retirement investment
8. Louisiana swamp
9. \*Woodrow Wilson Rawls' "Where the Red \_\_\_\_\_ Grows"
10. Meat quality
11. Upon
12. Observer
15. Woman's suitors
20. Convex molding
22. Tube in old TV
24. Jane Fonda's 1980s garb
25. \*\*"The Turn of the Screw" author
26. Habituate
27. Trailblazer Daniel
29. \*Oz Creator

CROSSWORD												
1	2	3	4	5	6	7	8	9	10	11	12	
13					14			15				
16					17			18				
	19			20			21	22				
			23				24					
25	26	27		28		29		30	31	32	33	34
35			36		37			38		39		
40					41			42		43		
44				45		46				47		
48					49		50		51		52	
			53		54			55		56		
57	58	59	60					61		62	63	
64					65	66			67			68
69						70				71		
72						73				74		

**Want The Best Deal On TV & Internet?**  
Call Now and Ask How!  
**1-800-318-5121**

**Get DISH!**  
promotional prices starting at only...  
**\$19.99**/mo. for 12 months.  
**\$14.95**/mo. where available

© StatePoint Media

31. Greek H's
32. Connection in a series
33. Court employee
34. \*\*"Roots: The Saga of an American Family" author
36. Short for Anisette
38. Big rig
42. Haile Selassie's disciple
45. Canal junk
49. Yellow river tributary
51. Michelangelo's tool
54. Come in
56. Dodge
57. Criminal's barrier
58. Away from wind
59. Bum around
60. Lentil soup
61. Tropical Asian starlings
62. Do like exhaust pipe
63. \*\*"Portnoy's Complaint" author
66. Weasley of "Harry Potter"
68. Pronoun for George Eliot

**SUDOKU**

**GOT KNEE PAIN?**

Get a Free-Relieving Knee Brace. At Life or No Cost to You. You May Qualify for Free Shipping. We Do All The Heavy Lifting. Shoulder Braces, Ankle Braces, Back Braces Also Available.

Medicare Patients Call Us Right Now

**1-800-984-0360**

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

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 6



## Grace Baptist Church

*Come and Experience God's Amazing Grace*

**Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung.**

**Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible**

**Service Schedules**  
Sunday Schools (All Ages) 9:45am  
Sunday Worship 11:00 am  
Sunday Evening 6:00pm  
Wednesday Evening 7:00pm

**6724 Palm Avenue, Fair Oaks, CA 95628**  
(Located one block South of Madison; just East of Dewey)  
**Pastor Charles Carter (916) 967-3915**

*Call for more information*

## Antelope Church of Christ

Antelope Crossing Middle School

9200 Palmerson Drive  
Antelope, CA 95843

Send mail to: PO Box 1253  
No. Highlands CA 95660

Minister Larry McCullum  
916-223-2827

**Sunday Bible Class 9:45 a.m. Sunday Worship 10:45 a.m.**  
www.antelopecfc.org

**Earn \$200 per month for just a few hours delivery work per week!**

**CALL 773-1111**



# Exposing the Libyan Agenda: A Closer Look at Hillary's Emails



Commentary by Ellen Brown

Critics have long questioned why violent intervention was necessary in Libya. Hillary Clinton's recently published emails confirm that it was less about protecting the people from a dictator than about money, banking, and preventing African economic sovereignty.

The brief visit of then-Secretary of State Hillary Clinton to Libya in October 2011 was referred to by the media as a "victory lap." "We came, we saw, he died!" she crowed in a CBS video interview on hearing of the capture and brutal murder of Libyan leader Muammar el-Qaddafi.

But the victory lap, write Scott Shane and Jo Becker in the New York Times, was premature. Libya was relegated to the back burner by the State Department, "as the country dissolved into chaos, leading to a civil war that would destabilize the region, fueling the refugee crisis in Europe and allowing the Islamic State to establish a Libyan haven that the United States is now desperately trying to contain."

US-NATO intervention was allegedly undertaken on humanitarian grounds, after reports of mass atrocities; but human rights organizations questioned the claims after finding a lack of evidence. Today, however, verifiable atrocities are occurring. As Dan Kovalik wrote in the Huffington Post, "the human rights situation in Libya is a disaster, as 'thousands of detainees [including children] languish in prisons without proper judicial review,' and 'kidnappings and targeted killings are rampant.'"

Before 2011, Libya had achieved economic independence, with its own water, its own

food, its own oil, its own money, and its own state-owned bank. It had arisen under Qaddafi from one of the poorest of countries to the richest in Africa. Education and medical treatment were free; having a home was considered a human right; and Libyans participated in an original system of local democracy. The country boasted the world's largest irrigation system, the Great Man-made River project, which brought water from the desert to the cities and coastal areas; and Qaddafi was embarking on a program to spread this model throughout Africa.

But that was before US-NATO forces bombed the irrigation system and wreaked havoc on the country. Today the situation is so dire that President Obama has asked his advisors to draw up options including a new military front in Libya, and the Defense Department is reportedly standing ready with "the full spectrum of military operations required."

The Secretary of State's victory lap was indeed premature, if what we're talking about is the officially stated goal of humanitarian intervention. But her newly-released emails reveal another agenda behind the Libyan war; and this one, it seems, was achieved.

## Mission Accomplished?

Of the 3,000 emails released from Hillary Clinton's private email server in late December 2015, about a third were from her close confidante Sidney Blumenthal, the attorney who defended her husband in the Monica Lewinsky case. One of these emails, dated April 2nd, 2011, reads in part:

Qaddafi's government holds 143 tons of gold, and a similar amount in silver... This gold was accumulated prior to the current rebellion and was intended to be used to establish a pan-African currency based on the Libyan golden Dinar. This plan was designed to provide the Francophone African Countries with an alternative to the French franc (CFA).

In a "source comment," the original declassified email adds:

According to knowledgeable individuals this quantity of gold and silver is valued at more than

\$7 billion. French intelligence officers discovered this plan shortly after the current rebellion began, and this was one of the factors that influenced President Nicolas Sarkozy's decision to commit France to the attack on Libya. According to these individuals Sarkozy's plans are driven by the following issues:

1. A desire to gain a greater share of Libya oil production,
2. Increase French influence in North Africa,
3. Improve his internal political situation in France,
4. Provide the French military with an opportunity to reassert its position in the world,
5. Address the concern of his advisors over Qaddafi's long term plans to supplant France as the dominant power in Francophone Africa.

Conspicuously absent is any mention of humanitarian concerns. The objectives are money, power and oil.

Other explosive confirmations in the newly-published emails are detailed by investigative journalist Robert Parry. They include admissions of rebel war crimes, of special ops trainers inside Libya from nearly the start of protests, and of Al Qaeda embedded in the US-backed opposition. Key propaganda themes for violent intervention are acknowledged to be mere rumors. Parry suggests they may have originated with Blumenthal himself. They include the bizarre claim that Qaddafi had a "rape policy" involving passing Viagra out to his troops, a charge later raised by UN Ambassador Susan Rice in a UN presentation. Parry asks rhetorically:

So do you think it would be easier for the Obama administration to rally American support behind this "regime change" by explaining how the French wanted to steal Libya's wealth and maintain French neocolonial influence over Africa—or would Americans respond better to propaganda themes about Gaddafi passing out Viagra to his troops so they could rape more women while his snipers targeted innocent children? Bingo!

## Toppling the Global Financial Scheme

Qaddafi's threatened attempt to establish an independent African currency was not taken lightly by Western interests. In 2011, Sarkozy reportedly called the Libyan leader a threat to the financial security of the world. How could this tiny country of six million people pose such a threat? First some background.

It is banks, not governments, which create most of the money in Western economies, as the Bank of England recently acknowledged. This has been going on for centuries, through the process called "fractional reserve" lending. Originally, the reserves were in gold. In 1933, President Franklin Roosevelt replaced gold domestically with central bank-created reserves, but gold remained the reserve currency internationally.

In 1944, the International Monetary Fund and the World Bank were created in Bretton Woods, New Hampshire, to unify this bank-created money system globally. An IMF ruling said that no paper money could have gold backing. A money supply created privately as debt at interest requires a continual supply of debtors; and over the next half century, most developing countries wound up in debt to the IMF. The loans came with strings attached, including "structural adjustment" policies involving austerity measures and privatization of public assets.

After 1944, the US dollar traded interchangeably with gold as global reserve currency. When the US was no longer able to maintain the dollar's gold backing, in the 1970s it made a deal with OPEC to "back" the dollar with oil, creating the "petro-dollar." Oil would be sold only in US dollars, which would be deposited in Wall Street and other international banks.

In 2001, dissatisfied with the shrinking value of the dollars that OPEC was getting for its oil, Iraq's Saddam Hussein broke the pact and sold oil in euros. Regime change swiftly followed, accompanied by widespread destruction of the country.

In Libya, Qaddafi also broke the pact; but he did more than just sell his oil in another currency.

As these developments are

detailed by blogger Denise Rhyné:

For decades, Libya and other African countries had been attempting to create a pan-African gold standard. Libya's al-Qadhafi and other heads of African States had wanted an independent, pan-African, "hard currency."

Under al-Qadhafi's leadership, African nations had convened at least twice for monetary unification. The countries discussed the possibility of using the Libyan dinar and the silver dirham as the only possible money to buy African oil.

Until the recent US/NATO invasion, the gold dinar was issued by the Central Bank of Libya (CBL). The Libyan bank was 100 percent state owned and independent. Foreigners had to go through the CBL to do business with Libya. The Central Bank of Libya issued the dinar, using the country's 143.8 tons of gold.

Libya's Qadhafi (African Union 2009 Chair) conceived and financed a plan to unify the sovereign States of Africa with one gold currency (United States of Africa). In 2004, a pan-African Parliament (53 nations) laid plans for the African Economic Community – with a single gold currency by 2023.

African oil-producing nations were planning to abandon the petro-dollar, and demand gold payment for oil/gas.

## Showing What Is Possible

Qaddafi had done more than organize an African monetary coup. He had demonstrated that financial independence could be achieved. His greatest infrastructure project, the Great Man-made River, was turning arid regions into a breadbasket for Libya; and the \$33 billion project was being funded interest-free without foreign debt, through Libya's own state-owned bank.

That could explain why this critical piece of infrastructure was destroyed in 2011. NATO not only bombed the pipeline but finished off the project by bombing the factory producing the pipes necessary to repair it. Crippling a civilian irrigation system serving up to 70 percent of the population hardly looks like humanitarian

intervention. Rather, as Canadian Professor Maximilian Forte put it in his heavily researched book *Slouching Towards Sirte: NATO's War on Libya and Africa*:

[T]he goal of US military intervention was to disrupt an emerging pattern of independence and a network of collaboration within Africa that would facilitate increased African self-reliance. This is at odds with the geostrategic and political economic ambitions of extra-continental European powers, namely the US.

## Mystery Solved

Hillary Clinton's emails shed light on another enigma remarked on by early commentators. Why, within weeks of initiating fighting, did the rebels set up their own central bank? Robert Wenzel wrote in *The Economic Policy Journal* in 2011:

This suggests we have a bit more than a rag tag bunch of rebels running around and that there are some pretty sophisticated influences. I have never before heard of a central bank being created in just a matter of weeks out of a popular uprising.

It was all highly suspicious, but as Alex Newman concluded in a November 2011 article:

Whether salvaging central banking and the corrupt global monetary system were truly among the reasons for Gadhafi's overthrow... may never be known for certain—at least not publicly.

There the matter would have remained—suspicious but unverified like so many stories of fraud and corruption—but for the publication of Hillary Clinton's emails after an FBI probe. They add substantial weight to Newman's suspicions: violent intervention was not chiefly about the security of the people. It was about the security of global banking, money and oil.

Ellen Brown is an attorney, founder of the Public Banking Institute, and author of twelve books including the best-selling *Web of Debt*. Her latest book, *The Public Bank Solution*, explores successful public banking models historically and globally. Her 300+ blog articles are at [EllenBrown.com](http://EllenBrown.com). Listen to "It's Our Money with Ellen Brown" on PRN.FM. ★

## Healthy, Wealthy & Wise



**Fair Oaks Sunset Farmers Market**  
WEDNESDAY, 3 PM - 7 PM  
8101 Sunset Ave, Fair Oaks  
OPENS MARCH 16  
Seasonal, Rain or Shine

**Historic Folsom Farmers Market**  
SATURDAYS, 8 AM - 1 PM  
915 Sutter Street, Folsom  
Year Round, Rain or Shine

**Carmichael Park Farmers Market**  
SUNDAYS, 9 AM - 2 PM  
5750 Grant Ave., Carmichael  
Year Round, Rain or Shine

**SATURDAYS, 8 AM - 1 PM**  
**Sunrise Mall Farmers Market**  
6196 Sunrise Blvd.,  
Citrus Heights (behind Sears)  
Year Round, Rain or Shine

- ⇒ Live Music & Entertainment
- ⇒ Certified Farmers & Organic Producers
- ⇒ Specialty Gourmet Foods
- ⇒ Chef Demos
- ⇒ Artisans/Crafters
- ⇒ EBT/WIC & SNAP Accepted
- ⇒ FREE PARKING



Bring this flyer with you to any market location and receive **FIVE raffle tickets** to enter to win our **Monthly Farmers Market Gift Basket!!** (mpg)

**ILoveMyFarmersMarket.com**

**Sacramento CHORAL SOCIETY & Orchestra**

Donald Kendrick, Music Director

SCSO  
20<sup>th</sup>  
SEASON

## European Masterworks

Franz Joseph Haydn | *Harmoniemesse*  
Vaughan Williams | *An Oxford Elegy*  
Antonín Dvořák | *Psalm 149*

Sara Duchnovnay, Soprano  
Malin Fritz, Mezzo Soprano  
Christopher Bengochea, Tenor  
Matt Boehler, Bass  
Narrator: Phillip Ryder

Haydn's rarely performed last major masterpiece

SATURDAY, MAY 14 AT 8:00 PM

7:00 PM Pre-concert talk by Conductor  
Donald Kendrick

Community Center Theater

PROJECTED SUPERTITLE TRANSLATIONS

SACRAMENTOCHORAL.COM

TICKETS CCT Box Office  
916.808.5181 or TICKETS.com



**Lisa West**  
Community  
Outreach Director



**Funeral  
Pre-Planning  
Made Easy**



Memorial Parks  
Mortuaries & Crematory

By Lisa West

Death and taxes...ugh! Two things we love to put off as long as possible. I don't know about you but April 15th comes and goes every year without my taxes being done and I always file an extension. Typically there is a mad dash in early October for me to do it before the final, final deadline of October 15th.

The same is true about funeral pre-planning. Most people say, "I really need to get that done..." but it just keeps getting postponed. If I can give you ANY incentive at all – let me tell you these three things that will benefit you the most.

One, by doing it now, you can pay over time instead of coming up with a big lump sum at the time of a death. Two, by doing it now, you save money because you lock in today's pricing and shouldn't have to pay anything additional in the future. And three, peace of mind. Who doesn't need more of that these days?

Not only peace of mind for you, but for your family as well. When the time of death does occur, your family will be so grateful you made all of

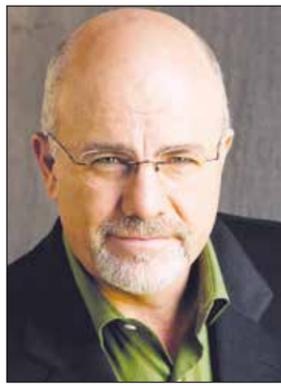
your arrangements ahead in advance. You will save them a tremendous burden while they are grieving. You will also take the decision making out of their hands ensuring you have the disposition and services you wanted.

Here's another incentive, how about a free lunch to go with it? Each month, we offer a free luncheon seminar. It is not a sales seminar. It is a nice catered lunch with a quick 20-minute presentation on all the options available to you. It also contains valuable key consumer advice for when the moment comes that you are ready to make a purchase. It's important to know you are comparing apples to apples.

So go for it. Get off the procrastination band wagon and RSVP for one of our free luncheon seminars. You can find all the dates/times and locations on the events page of our website at [www.EastLawn.com](http://www.EastLawn.com).

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

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



# Dave Says

couple your age in San Diego. Now, let's talk about something else for a moment. I would love for you to listen to your dad for advice, but I would not be *arguing* with him about what you are going to do with *your* money. You're a man. I don't know if you just used the incorrect word there for how the discussion went down, but if not, I wanted to correct that as a boundary issue in your family.

Keep up the good work, Ricky!  
—Dave

## Staying Away From Scams

Dear Dave,  
I've always wanted to work from home. How can I separate the scams online and on television from the real jobs where I can make money?  
- Randy

Dear Randy,  
The vast majority of things you see in late-night infomercials and online—except of course for legitimate job hunter sites—are scams. I'm talking about the business-in-a-box kind of stuff and everything else. And I know you've seen the postings online that go something like, "My sister-in-law makes \$50 an hour from home, and you can, too!" These scammers are the worst of the worst. Don't waste a second of your time on that garbage.  
My biggest worry is that

you're looking at your career the wrong way. Just making money shouldn't be the measuring stick of success in your professional life. Whether you're going to start a home business or work in an office for someone else, your work should engage you in doing something you know about and love.

You spend too many hours of your life at work to be miserable in what you do. Shuffling day after day through a job you don't like—even one with a big paycheck attached—is also a bad idea. Sooner or later the fact that you don't like your work is going to catch up with you on the job and at home.

Think of something you love to do, then get creative and find a way to make money at it. It may mean turning a hobby into a part-time gig nights and weekends for starters. Who knows, with a lot of hard work and a little creativity, you could be your own boss in no time!  
—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](http://daveramsey.com).* ★

**Earn \$200 per month for just a few hours delivery work per week! CALL 773-1111**



**Senior Produce Market**

**Saint Francis Church Center Parish Hall**  
11430 Fair Oaks Blvd. Fair Oaks, CA 95628

**Every Tuesday 10 - 11am**  
Outstanding quality produce at low wholesale prices!  
**CASH ONLY**

For more information, go to [saintfrancisfair Oaks.org/senior-produce-market](http://saintfrancisfair Oaks.org/senior-produce-market)

**25 Minute Educational Presentation and a Free Luncheon**

**East Lawn Funeral Homes, Cemeteries & Crematory**

Reservations Required  
Please RSVP for the day of your choice.  
Seating is limited to 30 attendees per seminar.

This is not a sales seminar. It is a 25-minute educational presentation that focuses on the importance of advance funeral planning and all of the options available, including Veteran's benefits, cremation, and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a FREE Emergency Planning Guide.

**FREE LUNCHEON SEMINARS**

<p><b>East Lawn Memorial Park &amp; Crematory</b> 4300 Folsom Blvd., Sacramento, CA 95819 RSVP: (916)732-2000 or on-line at <a href="http://www.EastLawn.com">www.EastLawn.com</a> <b>Friday, February 5 @ 11:30 a.m.</b> <b>Friday, April 8 @ 11:30 a.m.</b></p>	<p><b>Andrews &amp; Greilich Funeral Home</b> FD136 3939 Fruitridge Road, Sacramento, CA 95820 RSVP: (916)732-2026 or on-line at <a href="http://www.EastLawn.com">www.EastLawn.com</a> This presentation will be in <b>English and Spanish</b> <b>Wed, February 17 @ 11:30 a.m.</b> <b>Wed, April 13 @ 11:30 a.m.</b></p>
---	--

UBER

**DRIVE WITH UBER.**  
Sign up now and receive an additional \$100 after your first trip

**FLEXIBLE HOURS** **GREAT MONEY** **MORE FREEDOM**

[T.UBER.COM/MESSENGERGROUP](http://T.UBER.COM/MESSENGERGROUP)

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



## Make It Fun and It Will Get Done!

The Secret to Being Organized

### Pam Young's Corner

**Beware of the Wicked 3-Week Wizard of Self-Improvement**

**By Pam Young**

There's a wicked 3-week wizard out there (his name is Status Quo) who has a very sophisticated e-calendar that keeps track of every person who has decided to change, whether it's to lose weight, get organized, quit drinking, stop swearing whatever. As the third week comes into play for the self-improver, Wizard Quo gets ready to pounce with all his wicked might. Note: this is not scientific, but too many people have been affected by this evil doer for it NOT to be true. Just think back on failed attempts to change and see if they failed around the three-week mark. A good date to look at is January 21, 2016 to see if by then you'd dumped your intentions in your New Year's Resolution.

**6-week Get Organized Class**

The first 6-week, get organized class my sister and I conducted was the first time we ran into this evil wizard's work. The class consisted of 23 lovely women who came once a week for two hours to learn how to get organized at home with our soon to be famous 3x5 card file system. The energy in the class was astounding. These happy women were excited about the changes that were taking place in them and in their homes and families in that first week and after two weeks each had a glow

about them. They looked better and felt better and were eager to share the miracle that getting organized brings. And then there was the THIRD WEEK!

Almost every woman came to class cranky and discouraged. The third class felt like a recovery unit at a hospital. There was complaining, moaning, grumbling and commiseration. It caused us to put our heads together and question what was wrong. We weren't prepared for this, because we'd forgotten about the third week in our own transformation from pigen to paradise. That's when we remembered there was something that happened when we reached the third week of progress. The wicked wizard of progress took his wand and spewed discouragement, doubt, and frustration and if we hadn't had each other we'd have quit and gone back to our old ways.

**What's behind the Wicked Wizard?**

Scientists say it takes 21 days to establish a new habit so once you've consciously refused that glass of wine with dinner for three weeks, on the twenty second day you won't even have to think about having to turn it down because you won't even think of it in the first place. We guessed that there must be something in us that fights progress to the finish. In the beginning of any intention, we

have the excitement of the new idea and we see it as almost a production, especially because we're SHEs (Sidetracked Home Executives). The enthusiasm carries us for at least two weeks, but heading to the third week and a permanent change put's an alarm on the Status Quo's calendar and he's off to make sure the change doesn't take place.

**Be Prepared**

When you decide to change something in your life for the better, just be prepared for that third week and you'll be fine. It really helps to have a partner, not so you have someone to be accountable to, but so you have someone to share the ups and downs of your adventure with.

I hope you find this helpful. It's not easy to change something you've been doing for a long time, but it's possible and there is great help here at Club Organized. If getting organized is your mission get organized just enough to please you. A little organization goes a long way.

*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

## Dump Your Fast Food Addiction Part Two

I'M BAAAAACK with more tips on how ditch your fast food lifestyle with Wellness expert Dr. David Magnano.

It's all for getting rid of those aches, pains, and degenerative diseases. At least that's what he told me on my POPPOFF Radio Show at KAH1 Radio. He had seven tips that can get us going. Here are the ones we covered in Part One.

- 1) EAT ONLY WHEN YOU ARE HUNGRY
- 2) DON'T MIX FOODS AND EAT FOODS IN THE PROPER ORDER
- 3) DON'T EAT WHEN YOU ARE FEELING STRESSED, ILL, OR INJURED. Okay. Now let's get to the other four so we can get you going on your way to dumping those fast food

cravings and give you better health. So here they are.

4) CHEW 22 TIMES—INCLUDING PROTEIN DRINKS. Many people gulp down those big protein drinks thinking it's a good thing to do, but the reality is, it's like swallowing steak whole. You have to chew protein, or the signals to the brain won't be there. If you don't chew along the way, you're shocking the system. Got to be honest. This one kind of floored me. How the heck do you chew ice cream?

5) DON'T EAT OVERLY-COOKED AND OVERLY-PROCESSED

FOODS. Because we don't know what's added to the food we buy, when we take it home, we tend to over process it because we're afraid we'll get sick if we eat something raw. Meat should never be heated in excess of 118 degrees, as the enzymes in that protein are destroyed when they are heated. This one makes me kind of nervous.

6) GIVE YOUR FOOD A BACKGROUND CHECK.

Learn how to be a food detective and know the history of what you are putting in your mouth. Where did those apples come from? Have they been colored or sprayed with glazes and preservatives? The more fresh,

locally grown meat and produce you consume, the fewer chemical additives you are likely to encounter. Start your own small garden. Make sure whatever you are consuming is the finest you can purchase or grow.

7) USE SPICES AND NATURAL DIGESTIVE AIDS TO HELP BREAK DOWN WHAT YOU EAT. Certain cultures add ginger to their food, which is super for digestion. Others add hot peppers, a stimulant to the digestive tract which helps secret more hydrochloric acid. There are cultures that use a lot of turmeric which is good for digestion. There are other aperitifs that get the digestive enzymes flowing. Some people add pineapple to their meat dishes to help break it down and you can always use formulated enzyme supplements like AbsobAid.

There you have what the good Doc thinks will help wean us off those delightful fast foods that beckon us on with their titillating tastes. Perhaps they will wear off if we do the Docs way. If you need to know more about Dr. David Magnano, you can go to www.naturesources.com. I have to be honest with you. I might sneak a Big Mac once in a while. Hey, you only live once! Stay well! ★

## It's Good Friday, but Sunday's a Comin'

Dr. James L. Snyder

For those who follow the church calendar Good Friday is a special day, one of the high religious days among many Christians. Personally, I think it is a good one to remember and celebrate.

Overall, apart from a few exceptions, I do not like special days. As far as I'm concerned, every day I get up and take nourishment is a special day for me.

Everybody seems to have their own special day and I find it rather difficult to keep up on all of these "special days." If a person would honor and celebrate every "special day" posted on the calendar there would be no days to get any work done whatsoever. And, as luck would have it on my side, I would miss a very special "special day."

I am in favor of setting aside one day a month as the official "special day" of the month in which everything that anybody wants to celebrate during that month could be included. That way we could get the celebrating of special days done and then we can get back to business as usual.

One of the most frightening phrases a husband can hear is, "Do you know what anniversary it is today?"

Every husband has been backed into a corner like this sometime during his marital career. I for one say it is not fair. Because everyone knows special is as special remembers, which puts husbands at a great disadvantage.

It is not that men cannot remember, a man's memory is limited and so he must be very selective. And to be honest about this, anniversaries are simply not on any man's radar.

I learned this very early in my relationship with the young woman who graciously accepted my invitation of matrimony.

We had been dating for around a month and one night when I picked her up to go out, she said something that confused me. "You

know this is our first anniversary?"

My confusion lay in the fact that an anniversary had to do with something yearly. I had only known her for several months at the time. I know time gets away with a person, but this was rather ridiculous. In the short time we had known each other, it was impossible for us to have an anniversary of anything.

It was at this point I did something, although innocent enough at the time, that I have regretted the rest of my life. I looked at her and laughed. That was when I was introduced to the marvelously mysterious world of women-lore. With a woman, anniversaries are not something to laugh about, at least in their presence. An anniversary is something to celebrate whether it makes sense or not. When I realized how serious the situation was, I wiped that silly grin off my face and inquired as to what anniversary she was referring to. "Why, don't you know," she said as seriously as I have ever seen her up to that point. "This is the first month anniversary of our going out together."

Now, what do you do on the first month anniversary of going out as a couple? However, the thing that really frightened me was, do we celebrate this every month? What is the protocol for these monthly anniversaries? How do I keep track of all of this? What gift is appropriate? I was afraid that I would go broke before we got around to getting married. I would come to discover that these "monthly anniversaries" were to continue until they were superseded by a more important anniversary. Of course, her responsibility was to select the anniversary that would trump the monthly anniversaries.

My responsibility? To remember the latest anniversary. How is a husband to keep track of all of these anniversaries? Once I mistakenly bought a special gift for what I thought was our fifth wedding anniversary. It turned out

to be our seventh. Where those two years went, only my wife remembers.

I cannot remember all those anniversaries now, but they went something like this. The anniversary of when we first met. The anniversary of getting her the first Valentines box of candy. The anniversary of sharing our first hot fudge sundae together. The anniversary of giving her an engagement ring. Looking back over all those years I have a list of my own anniversaries I can never remember celebrating.

For example. The anniversary of when she slammed the car door on my finger. Ha, she probably forgot that one. (I wonder if Hallmark has a card for this?) I still have the gruesome scar on my finger reminding me of that anniversary. How about the anniversary of the day the diamond fell out of the first engagement ring I gave her? Fortunately, someone had a microscope and we were able, after diligent search, to find the rock. Then, there is the anniversary of the day she backed into my parked car. Enough said.

As we celebrate Good Friday, a very special day, remember that its goodness comes from the following Sunday when Jesus rose victoriously over sin and the grave. "For I delivered unto you first of all that which I also received, how that Christ died for our sins according to the scriptures; And that he was buried, and that he rose again the third day according to the scriptures;" (1 Corinthians 15:3-4 KJV).

It is Good Friday, but Resurrection Sunday's a comin'.

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. ★



## Foster Care

The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens

We offer free training, fingerprinting, CPR/1st aid, 24 hr support, monthly reimbursement



(916) 338-7156

## FIXED RATE LOANS

PURCHASE • REFINANCE

TERM	RATE	APR
10YR	2.375	2.89
120 Monthly Payments of \$9.37 per \$1,000 Borrowed		
15YR	2.500	2.73
180 Monthly Payments of \$6.67 per \$1,000 Borrowed		

Check the El Dorado Advantage:

✓ No Application Fee ✓ No Prepayment Penalty ✓ Local Processing and Servicing



## EL DORADO SAVINGS BANK

Serving our local communities for over 58 years

www.eldoradosavingsbank.com

CITRUS HEIGHTS • 7895 Lichen Drive • 729-1100

Se Habla Espanol • 800-874-9779

Maximum loan \$417,000.00, primary or vacation residence. 20% minimum cash down payment on purchase. 25% equity required on refinance. Other loans available under different terms.



LOAN TERMS SUBJECT TO CHANGE WITHOUT NOTICE



# BAUER car wash

Monday - Saturday 8:30-5 • Sun 9-4

We accept all competitors' coupons!  
Locally owned & operated.  
Professional auto detailing.  
No extra charge for trucks, vans or SUV's that accommodate our automatic car wash!



5927 San Juan Ave. Between Madison & Greenback  
Citrus Heights • 916.967.3083

**coupon**  
**\$3.00 OFF** Any Car Wash  
BAUER San Juan Car Wash  
Citrus Heights • 916.967.3083

Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp. 05/31/16

**coupon**  
**\$5.00 OFF** Any Car Wash Package  
BAUER San Juan Car Wash  
Citrus Heights • 916.967.3083

Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp. 05/31/16



CALL 773-1111 TO ADVERTISE



LIVE BIG. BUILD SMART. HAVE FAITH.

**25 YEARS**

COACHING, MENTORING & BUSINESS ADVICE FOR **ENTREPRENEURS, LEADERS & COACHES**

**COMPANY CULTURE EXPERTS > TRANSFORMING LEADERS WORLDWIDE SINCE 1989**

Since 1989, BusinessCoach.com has been transforming businesses and lives. Our holistic relationship-oriented approach to creating vibrant and healthy workplaces comes from a core belief that every human being has greatness inside them. Our passion is to work with companies that have a commitment to be great and want to learn how to create and implement a culture where people are thrilled to work.



2830 G Street, Suite 210, Sacramento, CA 95816 USA  
Office: 916-922-7766 | Email: info@businesscoach.com



# Sacramento County DA Reports



## Recent cases of interest

**CASE:** Sean Kelly  
**PROSECUTOR:** Deputy District Attorney Shauna Franklin, Homicide Unit  
The Honorable Matthew Gary sentenced 20-year-old Sean Kelly to 72 years to life in prison. On December 3, 2015, a jury convicted Kelly of second-degree murder and attempted murder. The jury also found true that Kelly personally used a firearm in the commission of those crimes.

In April 2014, Kelly and the victim, Romainia Tyson, were involved in a verbal altercation where firearms were displayed on both sides. On the morning of April 23, 2014, Kelly was hanging out at a barbershop operated out of the garage of a Natomas residence. Mr. Tyson and his friend drove by, turned around and parked in front of the driveway of the home. Mr. Tyson got out of the car and headed up the driveway toward where Kelly was seated. Kelly removed his firearm from his waistband and began firing, striking Mr. Tyson a number of times, killing him. Mr. Tyson's friend who was driving the car was also struck in the arm. Kelly fled the scene and was arrested the next day.

**CASE:** Salvador Martinez, James Wallace & Tana Dania

**PROSECUTOR:** Deputy District Attorney Casey Newton, Gangs & Hate Crimes Unit

The Honorable Delbert Oros sentenced Salvador Martinez to 40 years to life in prison. On December 3, 2015, a jury convicted Martinez of murder. The jury also found true the allegation that Martinez personally used a firearm causing death. James Wallace was convicted of being a felon in possession of a firearm and sentenced to 4 years in prison on January 8, 2016. Tana Dania was acquitted of all charges.

Close to midnight on July 12, 2014, Tyrell Hall went to the Hookah Lounge on Fulton Avenue with several friends, including Martinez. Outside the lounge, a verbal dispute escalated into a fistfight and then a gunfight among several people,

including Martinez, Dania, and Wallace. Martinez was one of the shooters, setting off the gunfight. Mr. Hall was hit by gunfire, killing him.

**CASE:** Ryan Roberts

**PROSECUTOR:** Deputy District Attorney Eric Kindall, Homicide Unit

The Honorable Gerrit Wood sentenced Ryan Roberts to 26 years to life in prison. On September 21, 2015, a jury convicted Roberts of first-degree murder. The jury also found true a use of knife enhancement.

Thirteen-year-old Jessica Funk-Haslam was murdered in a dugout of a baseball field in the Rosemont Community Park in March 2012. DNA consistent with Roberts' genetic profile was found on eight cigarette butts found near Jessica's body and on her belt.

**CASE:** David Earl Billoups

**PROSECUTOR:** Deputy District Attorney Nicholas Johnson, Felony Bureau

The Honorable Matthew Gary sentenced David Earl Billoups to 5 years in county jail prison. On February 18, 2016, a jury convicted Billoups of felony animal cruelty. Billoups has a prior 2006 conviction for evading police officers and a prior 2009 conviction for burglary.

Billoups and Lynda Witherspoon were in a romantic relationship. On February 19, 2015, Billoups went to Ms. Witherspoon's residence and the two argued in her bedroom. When Ms. Witherspoon told Billoups she wanted to end the relationship, Billoups walked out of the room. Ms. Witherspoon then heard Billoups curse at her two-month-old Pit Bull puppy "Baby" followed by a thumping noise. When she ran out of her bedroom, she saw Baby twitching. The dog died at the residence.

Sacramento Animal Care Services performed a necropsy of Baby and determined the dog had two broken vertebra, a fractured skull, and bruising on the skull. ★

### SPOTLIGHT ON BUSINESS

## Senior Computer School (50 +)

*Non Profit, All Volunteer Organization teaches to use the computer in a relaxed, even-paced atmosphere.*



Are you a Senior Citizen (50+)? Do you have a Microsoft Windows computer and want to learn how to use it?

Senior Computer School offers computer classes exclusively for Seniors. Core courses include Computer Fundamentals, Word Processing, Internet, and Excel. Each of these classes is six 2 ½ hour sessions, which meet either in the morning or afternoon on MWF or TTH.

The cost for these core courses is \$30 total for all 6 sessions. The cost includes lessons/manuals. Additional one or two 2 ½ hour session workshops are offered for \$5 per workshop.

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

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

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

**Courses Offered:**

(6 2 ½ hr Sessions) Computer Fundamentals I, Word Processing, Internet, Excel, Graphics

**Also Workshops: (1 or 2 2 ½ hr Sessions)**

Digital Camera, Computer Maintenance, Greeting Cards, Downloading, Organize and Edit Digital Camera Photographs, I Pads etc.

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



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

## Free Yourself from Payroll



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

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

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

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

Call Now 916.760.7227

www.pinnaclehro.com

\*Offer valid for new PES clients only.

# Load your events up!

Go to [www.CitrusHeightsMessenger.com](http://www.CitrusHeightsMessenger.com), click on **EVENTS** and add your **EVENTS** to our calendar. We make it easy!

You can reach 175,000 readers for just \$68!  
(916)- 773-1111



**Special Coupons - Good Only at Roseville & Rancho Cordova Stores**

**FUSSIE CAT PREMIUM CANNED CAT FOOD**

Black Label 2.8 oz (Gold Label 2.8 oz) **20/\$11.00**

Cannot be used in conjunction with similar dollar off or percentage off coupons. Price Valid Only With Coupon. Good at Roseville and Rancho Cordova Stores Only. Limit 1 Case Per Family. Limit 1 Coupon Per Family. Effective 3/23/16 - 3/29/16

**NATURE'S MIRACLE STAIN & ODOR REMOVER PRODUCTS**

•All Varieties Including Pads & Litter

**30% OFF**

**Our Super Low Prices!**

Cannot be used in conjunction with similar dollar off or percentage off coupons. Price Valid Only With Coupon. Good at Roseville and Rancho Cordova Stores Only. Limit 1 Item Per Family. Limit 1 Coupon Per Family. Effective 3/23/16 - 3/29/16

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

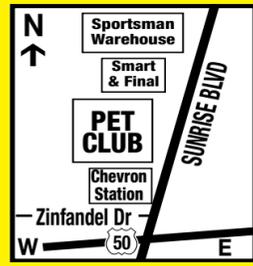
**PET CLUB is Excited to Offer: Blue Buffalo, California Natural, Chicken Soup, Earth Born, Evo, Innova, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin Pet Foods**

**PET CLUB**

**FOOD AND SUPPLIES**

**EVERYDAY LOW PRICES**  
Super Discount Prices\* Hot Specials & Coupons  
\*Short term promotions from vendors (No Membership Fees)

**We Only Accept ATM, Cash, & Checks**



**2344 Sunrise Blvd. Rancho Cordova, CA 916-635-5008**

**318 N Sunrise Blvd. Roseville, CA 916-781-8500**



**COUPON**

**FREE** 2 CANS OF CAT FOOD (5.5 Oz Tin All Varieties Friskies (Selected Indoor Included) & 9 Lives) OR 1 CAN DOG FOOD (13 - 13.2 Oz Tin All Varieties Pedigree & Alpo)

With Any Purchase of Pet, Fish Food, or Supply Limit 1 PLU 321

Limit: 1 Coupon Per Family CHM

Effective 3/23/16 - 3/29/16

**COUPON**

**\$1.50 OFF** ANY PURCHASE OF PET OR FISH SUPPLY (Excluding Pet Food or Litter)

Cannot be used in conjunction with advertised sale items or similar percentage or dollar off coupons. Limit 1. PLU 324

Limit: 1 Coupon Per Family CHM

Effective 3/23/16 - 3/29/16

**TASTE OF THE WILD GRAIN FREE DRY DOG FOOD**

•Wetlands •Sierra Mountains •Pacific Salmon •High Prairie •Southwest Canyon

30 Lb Bag **\$39.99**

Effective 3/23/16 - 3/29/16

**NUTRO NATURAL CHOICE DRY DOG FOOD**

Chicken, Brown Rice & Oatmeal Formula (Adult & Large Breed Adult) •Lite (Chicken Only) •Senior

**Super Buy** 30 Lb Bag **\$8 OFF**

Limit 2 Bags Per Family **OUR REGULAR LOW PRICE!**

Effective 3/23/16 - 3/29/16

**PRO-PLAN DRY DOG FOOD**

•Chicken & Rice •Beef & Rice •Lamb & Rice (•Sensitive Skin & Stomach •Lite- \$41.99) (•Bright Mind 30 Lb Bag \$47.99)

Limit 2 Bags per Family **\$39.99**

3 Free 13oz Dog Food (Savor & Focus only) w/ each purchase

Effective 3/23/16 - 3/29/16

**FRISKIES DRY CAT FOOD**

16 Lb Bag

•Surfing & Turfing •Seafood •Indoor

Limit 2 Bags Per Family **\$9.99**

Effective 3/23/16 - 3/29/16

**9 LIVES CANNED CAT FOOD**

5.5 Oz All Varieties

Limit 1 Case Per Family **35¢**

Effective 3/23/16 - 3/29/16

**FANCY FEAST GOURMET CANNED CAT FOOD**

3 Oz All Varieties Except Elegant Medley

Limit 2 Cases Per Family **20/\$11.00**

Effective 3/23/16 - 3/29/16

**JONNY CAT PREMIUM CAT LITTER**

20 Lb Bag

•Regular •Multiple Cat Formula

Limit 2 Bags per Family **\$3.29**

Effective 3/23/16 - 3/29/16

**FRESH STEP SCOOPABLE CAT LITTER**

42 Lb Bag

Limit 2 Bags per Family **\$12.99**

Effective 3/23/16 - 3/29/16

**NUTRO CANNED CAT FOOD**

Limit 1 Case • Selected Varieties 3 oz Max **55¢** Natural Choice **75¢**

**FELINE PINE HEALTHY CAT LITTER**

20 Lb Bag Limit 2 Bags **\$7.99**

**CANIDAE DRY DOG FOOD FOR ALL LIFE STAGES**

•Chicken Meal & Rice •Lamb Meal & Rice 30 Lbs. •Platinum 30 Lbs. •All Life Stage - 44 Lbs Limit 2 Bags **\$7 OFF**

**OUR REGULAR LOW PRICES**

**BLUE BUFFALO WILDERNESS DRY DOG FOOD**

100% Grain Free •Chicken •Duck •Salmon •Large Breed Adult •Healthy Weight 24 Lb Bag Limit 2 Bags **\$49.99**

**BLUE BUFFALO CANNED DOG & CAT FOOD**

As Marked **20% OFF**

•Homestyle •Blue's Stew •Wilderness 12.5 oz •Spa Select •Wilderness 3 & 5.5 oz Selected Varieties **OUR REGULAR LOW PRICES**

**CAREFRESH PET BEDDING**

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

**GRAVY TRAIN DRY DOG FOOD**

35 Lb Bag Limit 2 Bags **\$13.99**

**MILK-BONE DOG BISCUITS**

Large 10 Lb Box **\$9.99** Flavor Snacks 7 Lb Box **\$8.99**

**Super Buy** **FRESH STEP CRYSTALS CAT LITTER**

8Lb Bag Limit 2 Bags **\$10.99**

**WELLNESS DRY CAT FOOD**

•Chicken (12 Lb) •Indoor (12 Lb) •Healthy Weight (11.5 Lb) (Salmon, 12 Lb - \$34.99) (3 Free Wellness Cat Can 5.5 Oz With Each Purchase) **\$32.99**

**NEW FRESH STEP CLUMPING CAT LITTER PLUS CRYSTALS**

25Lb Box Limit 2 Boxes per family **\$8.99**

**NUTRO ULTRA DRY DOG FOOD "Nature's Best Ingredients"**

•Adult •Large Breed Adult 30 Lb Bag **\$37.99**

**CAT FURNITURE 20% OFF**

•CRS LOTS OF SELECTIONS ASSORTED STYLES **OUR SUPER LOW PRICES**

(C & D Products not Included)

**DINGO MEAT & RAWHIDE CHEWS** "Meat in the Middle" "Chicken in the Middle" All Varieties **20% OFF** **OUR SUPER LOW PRICES**

**NATUR VET PRODUCTS** •Vitamins •Supplements •Grass Saver All Varieties **20% OFF** **OUR SUPER LOW PRICES**

**VAN NESS PURE NESS** All Sizes **20% OFF** **OUR SUPER LOW PRICES**

**PET CORRECTOR** STOPS BARKING **\$4.99**

**MARINELAND POWER FILTER SALE**

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

**TETRA BOXED 10 GALLON TANK With Economy Kit**

Just add Heater For Tropical Fish **\$39.99** Limit 1 Per Family

**KENT MARINE WATER SUPPLEMENTS 20% OFF** **OUR SUPER LOW PRICES**

**KORDON CORAL SEA 50 GAL SALT MIX WITH AMQUEL \$11.99**

**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 3/23/16 - 3/29/16 **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 3/23/16 - 3/29/16 **\$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 3/23/16 - 3/29/16 **\$1.89**

CHM PLU 449