



**Lifetime of Art
Showcased at Eskaton
FountainWood Lodge**

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**Fab 40's 5k Run
Brings Out
1,000 Runners**

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AMERICAN RIVER Messenger

"Written by the people, for the people"

Volume 11 • Issue 15

Serving Fair Oaks, Orangevale & Sacramento County

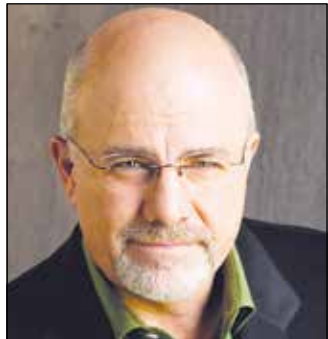
August 5, 2016

ELECTION CORRUPTION IS NOW WIDESPREAD



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DAVE RAMSEY: IT'S NOT DISCRIMINATION



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FAIR OAKS COMMUNITY UPDATE



Page 3

Unity in the Community

Story and Photos
by Susan Skinner

SACRAMENTO COUNTY, CA (MPG)
- Sacramento Sheriff's next-to-top cop can take the heat. Recently-appointed Undersheriff Erik Maness took a turn at burger flipping at his department's recent "Unity in the Community."

Maness (46) worked for McDonalds on Florin Road Before beginning his policing career. While studying at Luther Burbank High, his after-school job included cooking and serving at the franchise. By 20 years old, he was store manager. "The job was invaluable for my law career," he says. "It taught me customer service and leadership. Law enforcement is all about serving community." A private passion, Maness confides, is to start a restaurant in his retirement.

As well as free burger lunches Maness -- representing boss Sheriff Scott Jones -- hosted face-painting and bounce houses at the Howe Park picnic. Event highlights included a helicopter landing and canine displays. Families also got the lowdown on finger printing techniques and learned about law enforcement careers. SWAT teams were among units who shared off-duty time with the public. More than 300 guests enjoyed this outreach.

While high ranking officers sweated to grill hot dogs, K-9 Unit dogs were an even hotter attraction. Padded-out deputies demonstrated how German shepherds leap to action. Children observed the toothy law-keepers were also pussycats when off duty. The event is Sheriff Scott



Undersheriff Erik Maness (center) with Chief Deputy Phil Brelje and Sergeant John Martinez share burger-flipping duties during a "Unity in the Community" picnic at Howe Park.

Search and Rescue volunteers (photo at right) Jane Crue, Nichole Hinch and Michelle Hirt show off working canines Sacha, Tucker and Louise. Sheriff's mascot McGruff photo-bombs the line-up.

Jones' effort to humanize officers in his department. "We're showing people we want to be good neighbors," explained a spokesman. "We're all regular people who do regular stuff with our own families."

The "Unity" program has been staged at other communities in the County's unincorporated area. The next scheduled picnic is Sunday August 7 at Tetotom Park, Citrus Heights. Activities will begin at 10 a.m. ★



Expanding the Recall of P.F. Chang's Home Meals

SACRAMENTO REGION, CA (MPG)
- ConAgra Foods is expanding a voluntary recall of P.F. Chang's Home Menu Brand products due to the potential presence of small metal fragments (2-9mm) in the sugar used in the sauce. This voluntary action is being undertaken because of impacted sugar from a supplier.

Foodborne foreign objects that are not hard and sharp and less than or equal to 7mm in length may cause minor injuries such as temporary reflexive choking and irritation of the gastrointestinal system. There have been no reports of adverse reactions or injuries due to consumption of these products to date.

An initial recall was issued on July 7, 2016 after a ConAgra employee observed metal fragments while dispensing sugar from a supplier for a P.F. Chang's Home Menu Brand sauce ingredient. On July 14, 2016, ConAgra Foods was notified by the supplier of additional production lots of sugar that were impacted, such that the initial recall needed to be expanded to include additional P.F. Chang's Home Menu Brand meals.

Products covered by this recall were distributed throughout the U.S. No other ConAgra Foods are impacted by this recall and these products are not served in P.F. Chang's restaurants. Meals in P.F. Chang's restaurants are made fresh every day and in every restaurant.

Consumers who have purchased these items are advised

Continued on page 3

SMUD Unveils Another Electric Vehicle Fast-Charge Station

Drivers Can Charge Up To 80 Percent Of Their Car's Battery In Less Than 30 Minutes

SACRAMENTO REGION, CA (MPG)
- Electric vehicle (EV) drivers have a new resource in the Sacramento region—a

fast-charge station located immediately adjacent to the Interstate 80 freeway at 7825 Lichen Drive in Citrus Heights.

The fast-charge station is just the second in the region to accommodate most types of EVs manufactured by foreign

and domestic automakers, and it's one of the first installed in the U.S. by a utility. SMUD installed the first electric vehicle fast charger in the region last year near at its headquarters at the 6200-block of S Street in Sacramento and plans to open more fast-charge stations in the coming years.

EV drivers will pay approximately \$2 per "gallon" to charge up using the station—about 40 percent less than the current price of gasoline. By using technology that charges vehicles at 480 volts—four times that of a standard household outlet—fast-charge-capable vehicles such as the Nissan Leaf, Chevy Spark EV, BMW i3 and others can fill up about 80 percent of their batteries in 30 minutes or less.

"By installing another fast charger near a major freeway, we're making it easier for EV drivers to travel farther from home and worry less about finding their next charge," said

Ralph Troute, electric vehicle project manager at SMUD. "In the time it takes to have a cup of coffee, drivers using our new station can hit the road with their vehicles' batteries nearly topped off."

SMUD has also offered special electric vehicle rates for home charging since 1993. Today when drivers charge with one of SMUD's EV rates, they'll pay around 60 cents equivalent per gallon when charging after midnight. Overall, drivers can save upwards of \$1,800 per year by choosing an electric vehicle.

Environmental leadership is one of the SMUD Board of Directors' core values, and this project is the most recent result of a 25-year effort by SMUD to improve local air quality by advancing clean alternative-fuel transportation and cleaner power sources. Funding for this station comes from the sale of carbon credits.

Source: SMUD

★



SMUD Director Renée Taylor attaches a Nissan Leaf to the new SMUD electric vehicle fast charger at 7825 Lichen Drive in Citrus Heights, just off of Interstate 80. This new station can charge most EVs in less than 30 minutes. Photo courtesy SMUD



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Fab 40's 5k Run Brings Out 1,000 Runners

SACRAMENTO, CA (MPG) - The Annual Fab 40's Run/Walk to benefit the Alzheimer's Association drew close to 1,000 runners from around the Sacramento area on Saturday, July 30th at East lawn Memorial Park on Folsom Blvd.

This yearly event proves to be a tremendous gathering of people volunteering their time and efforts to help the cause against Alzheimer's disease and to honor their loved ones who have suffered or died from the disease.

The event draws many sponsors, vendors and contributors, all who support the work for a cure. It could not be possible without the huge effort provided by the entire staff at East Lawn.

These photos show the runners participating, from youngsters who get their own run, to the adults who take on the 5K run with as much enthusiasm as the children. Mia Lynn Fisher is the young lady opening the ceremony by signing the National Anthem.

Plan to attend next year's run now. Contact East Lawn to become a supporter or participant by calling 916-732-2020. ★



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By County Supervisor
Susan Peters

Through the generosity of the American River Messenger, this column serves to provide an update about matters affecting the unincorporated community of Carmichael.

August Office Hours
I started holding “Office Hours” in 2005 and now it is an on-going program that provides residents the opportunity to visit with me at local venues and talk about issues without the need of having to make an appointment downtown at the County Administration Center.
On Thursday, August 11, I will be setting up my “office” at Village Park before the free Thursday night Concert in the Park. I will be available to visit with residents starting at 5:30 pm until the show starts at 6:30 pm. The band that night will be Group Therapy playing classic rock.
Please come by for a chat. Visits will be handled on a first come basis.

FAIR OAKS COMMUNITY UPDATE

Fresh Fruits & Veggies

This summer enjoy the delicious fresh fruits and produce grown locally by visiting any of the two local Farmers Markets operating weekly thanks to BeMoneySmartUSA, a local non-profit training organization specializing in financial and business education for area youth. These local markets are open Sunday and Wednesday.
Shop Sundays from 9 am to 2 pm at Carmichael Park located at the corner of Grant Avenue and Fair Oaks Boulevard. This market hosts over 75 certified and organic farmers and specialty item vendors in a wonderful park-like setting making it a special occasion shopping for fresh fruit, vegetables, flowers, herbs and more.
Wednesday visit the Farmers Market in Fair Oaks between the hours of 3 - 7 pm. Located near the corner of Fair Oaks Boulevard and Sunset Avenue, the market is being operated at the New Life Church (8101 Sunset Avenue). And there’s plenty of parking.
In addition to the ones identified above, BeMoneySmartUSA sponsors markets at other locations. For a complete listing, go online to bemoneysmartusa.org.
Learn about Adult Protective Services
Please join me 7:30 a.m. on Wednesday morning, August 17, at my Community Coffee

Meeting in Fair Oaks featuring a presentation by representatives from Sacramento County’s Adult Protective Services Program that is dedicated to maintaining the health and safety of elders and dependent adults subjected to neglect, abuse, or exploitation, or who are unable to protect their own interests.
Sadly there are individuals including family members who abuse the elderly as well as dependent adults who have physical or development disabilities. APS social workers investigate allegations of physical abuse (assault/battery, constraint or deprivation, sexual assault, chemical restraint, and over or under medication), neglect (including self-neglect), financial abuse, abandonment, isolation, abduction, and psychological or verbal abuse. Learn what warning signs to look out for concerning your loved ones.
This meeting will be held at the Fair Oaks Water District’s conference room, 10326 Fair Oaks Blvd. near Winding Way. The meeting starts at 7:30 a.m. and I will give a brief update on what is going on with Sacramento County then introduce our guest speakers followed by questions and answers.
Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susanpeters@saccounty.net.

Grants Expand Natural Gas Vehicle Use



The California Energy Commission states that natural gas is the cleanest burning of all fossil fuels, cheaper than gas or diesel and contributes to significant reductions in greenhouse gas.

From Sacramento County

SACRAMENTO COUNTY, CA (MPG)
- To serve Sacramento County, a lot of ground needs to be covered. Whether it’s our Department of Transportation, Waste Management and Recycling or our Sacramento International Airport, king-sized vehicles integral to our operations, such as dump trucks, waste collection trucks and shuttle buses, can be expensive to buy and fuel.
Kelli Sequest from the Department of Waste Management and Recycling, aware of the need for this vital equipment and the investment, jumped at the chance to apply for the Natural Gas Vehicle Incentive Project, a first-come-first-served competitive grant from the California Energy Commission’s Alternative and Renewable Fuel and Vehicle Technology Program (ARFVTP). Kelli also made sure other County departments were aware of these incentives to reduce the purchase price of their department’s natural gas vehicles.
“Thanks to the efforts of Kelli and other County staff, the County was awarded \$600,000. These funds were used toward the purchase of new Compressed Natural Gas (CNG) vehicles for three

County departments. Because CNG is a lower cost fuel and better for the environment, our goal is to transition all of our Department’s fleet to alternative fuel vehicles,” said Paul Philleo, Department of Waste Management and Recycling Director.
Best fleet practices are always followed in managing the County’s more than 2,300 vehicles and pieces of equipment, and that includes smart purchasing and using the most economical and environmentally-friendly fuels. The California Energy Commission states that natural gas is the cleanest burning of all fossil fuels, cheaper than gas or diesel and contributes to significant reductions in greenhouse gas.

Each year, the County’s 100 waste collection trucks consume more than one million gallons of the cleaner burning natural gas, which reduces diesel fuel consumption by more than 500,000 gallons per year. Substituting one petroleum truck with a CNG truck, the County reduces petroleum-fuel use by 270 barrels of oil per year. Thus far, Waste Management and Recycling has transitioned about 90% of its on-road fleet to use alternative fuels, with its entire

south area collection fleet now operating on CNG.
To support the use of CNG, the County opened a new natural gas fueling station in 2015 that allows multiple vehicles to fill up at the same time without waiting as vehicles fill overnight. It is also planned that the County will move to bio-methane Renewable Compressed Natural Gas to fuel the refuse fleet to achieve even more greenhouse gas emission reductions.

Expanding the Recall of P.F. Chang’s Home Meals

Continued from Page 1
not to consume them and return them to the store where originally purchased. ConAgra Foods is cooperating with both the FDA and USDA on this recall and is working with customers to ensure the packages are removed from store shelves and are no longer distributed. Consumers with questions should call our Consumer Affairs hotline at 1-800-252-0634, open 9 am through 7 pm CDT, Monday through Friday.

Tragic Chainsaw Accident in Fair Oaks

Special Report from Sac Metro Fire

FAIR OAKS, CA (MPG) - Shortly before 11 a.m. on July 29th, Metro Fire crews were called out to Hoffman Lane in Fair Oaks. Paramedics and firefighters arrived to find an unresponsive man suspended in a tree, approximately 40-50 feet high. The man was secured to the tree by a tree

trimming harness set-up, with a chain saw dangling nearby.
Firefighters attempted to reach the man with engine ladders, while quickly calling for a Truck and Rescue to respond. The truck’s aerial ladder was raised; firefighters quickly assessed the man, secured him with a harness, and carefully lowered him to the ground. Once on the ground, it was determined that

the deceased tree trimmer had been cut by the chainsaw.
A man lost his life in this tragic accident today, even with safety precautions in place. When using chainsaws or other dangerous power tools, your personal safety and the safety of those around you cannot be understated.
Our thoughts go out to the family and friends of this man.

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Crossword Puzzle on Page 5

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

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Sudoku Puzzle on Page 5

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

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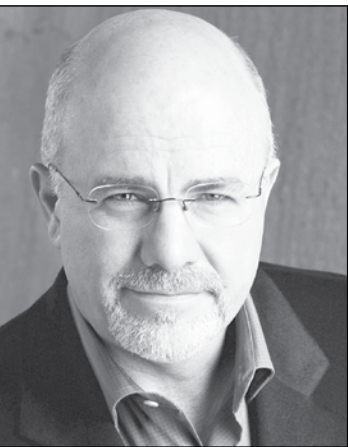
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Dave Says

Snowball switch?

Dear Dave,
We're working the debt snowball, and together my husband and I make \$93,000 a year. The amounts of our remaining three debts are so close we wonder if we should take interest rates into account. Two are student loans for \$2,970 and \$6,700, while the other is credit card debt in the amount of \$4,750. I also got a recent bonus of \$3,600. Should we put that toward our debt snowball?
- Robin

Dear Robin,
In a strictly mathematical sense, my advice of paying off debt smallest to largest may be wrong, but it's still the correct advice. Besides, if people were so good at math they wouldn't have debt in the first place, would they? If I'm in your shoes, I'd have that lowest student loan paid off in a heartbeat with the bonus you mentioned. I'd throw the remainder, along with your regular snowball payments, at the credit card and keep the debt snowball rolling just like I normally advise.
When you're pushing to get out of debt fast, interest rates don't really matter much when you add up actual dollars on interest spent. If you were

going to keep debt around for six or seven years, then we'd have something to talk about. But when you knock out the little debt and immediately plow through the others with a vengeance, it gives a real sense of accomplishment and confidence. Remember, personal finance is 80 percent behavior and only 20 percent head knowledge. So, mathematically speaking, the advice I'm giving you might be a few dollars wrong, but you'll benefit in other bigger, long-lasting ways by gaining a sense of closure on your debts, learning how to delay pleasure and staying on a plan!
—Dave

It's not discrimination

Dear Dave,
I'm in the middle of a Chapter 13 bankruptcy. I've worked for years in the automotive industry, but lately I've been thinking about a different line of work. The problem is I'm afraid I will be discriminated against when applying for jobs because of the bankruptcy filing. I think the government has given businesses the permission to look at my financial history. Do you have any suggestions?
- Joe

Dear Joe,
The government doesn't give businesses permission to look at your history. They had that right anyway. And it wouldn't be discrimination, because it's a part of their analysis as to

whether or not they want you working for them. That kind of thing is perfectly reasonable. It's not discrimination. A lot of this, however, depends on the job and how seriously the employer is considering you. If you'd be doing something where you have to be bonded, then you'll have trouble because the bankruptcy can prevent you from being bonded. If you would be handling large sums of money or be given access to large sums of money, the Chapter 13 bankruptcy would reflect poorly on you and make you a higher risk. Just be honest and disclose it, Joe. If they ask questions, explain things truthfully and the reasons behind why it happened. Also, don't carry around a chip on your shoulder about the bankruptcy. We all make mistakes, and the smart ones among us learn from them. I wouldn't necessarily have an issue with someone just because they had filed bankruptcy in the past, but it would create problems if they tried to hide it from me.
—Dave

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



POPPOFF!

with Mary Jane Popp

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- 4) CURIOUS.** Novelty, play, and wonder act as potent brain "fertilizers" that reboot the brain, keeping it fresh and vital by balancing knowledge with a desire to know more. People who remain curious and open to new experience tend to lead longer, healthier, and more fulfilling lives.
- 5) FLEXIBLE.** Neuroplasticity is the brain's amazing ability to rewire in the face of new experiences. Learning to adapt and respond more flexibly to change, through meditation and other means, allows people to thrive despite the challenges faced in the second half of life.
- 6) OPTIMISTIC.** Higher levels of optimism lead to measurable physical and mental health benefits. Cultivating the inner quality of optimism supports greater resilience against age-related challenges and set-backs.
- 7) EMPATHIC.** Our brains are wired to be compassionate and generous. Practicing empathic skills regulates one's own mind and behavior, promotes contentment, calmness, and satisfaction...and influences the brains of those with whom we interact.
- 8) CONNECTED.** It is important to connect meaningfully with others and develop a sense of belonging in the world. Mental and physical health depends on how well social connections provide meaning, purpose, and direction.
- 9) AUTHENTIC.** The true self may be found in all of life's experiences...triumphs and failures. By discovering one's true self through awareness, honesty, and discernment, we become fully embodied authentic individuals. Learn to stop "wearing other people's faces" or living out others' expectations to simply please them.
- Isn't it amazing? I'm sure common sense reigns supreme as we look at these ideas, but we sometimes ignore that common sense. If you want more information on their book "Staying Sharp" you can go to www.StayingSharp.org. Guess the old saying..."if you don't use it, you lose it" rings true. Guess we were not meant to be couch potatoes without a thought rolling around in our brains. Remember... STAY SHARP ALWAYS! ★

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CLUES

ACROSS

1. *Grace Kelly was first actress on a U.S. one
6. Brow shape
9. *Audrey Hepburn starred in "My Fair"
13. Dugout vessel
14. Ciao in the U.S.
15. Post-employment insurance
16. "Welcome to my humble"
17. *Thompson of "Some Kind of Wonderful"
18. Like a neon sign
19. *She portrayed Crawford
21. *Actress with most Oscar nominations
23. Hawaiian wreath
24. Pauper's permanent state
25. A great distance away
28. River in Bohemia
30. Crazy ____ card game
35. Words from Wordsworth
37. Makes mistakes
39. First sound of the day?
40. Lymphatic swelling
41. *Geena or Bette
43. Red carpet purse
44. Turns grape into raisin
46. Mongolian desert
47. Post-deductions amount
48. Singer ____ Bocelli
50. One on drugs
52. "Be quiet!"
53. Shining armor
55. Gloppy stuff
57. *Star of seven Woody Allen movies
60. *Katharine or Audrey
64. "Bring back!" to Fido
65. *Kate Winslet starred opposite him in "Titanic"
67. Suggestive of the supernatural
68. Absurd
69. As opposed to St. or Blvd.
70. Dismantles
71. Facial protrusion
72. *Kathleen Turner star of

DOWN

1. Common tropical marine fish
2. Not to be mentioned
3. At another time, to Romeo or Juliet
4. Most frequent value, statistics
5. ____ Aloysius Herman
6. Competently
7. Pastrami holder
8. ____ and desist
9. Opera house box
10. Up to the task
11. Between stop and roll
12. Swerve
15. Opening between esophagus and stomach
20. Was sick
22. Golf peg
24. Like a certain Nellie?
25. *She's also known for workout videos
26. Bedazzle
27. Made over
29. Toot your own horn
31. Mountain valley
32. Dislikes intensely
33. It's a fact
34. *This Maggie is a Dame
36. Nostradamus, e.g.
38. *Magda, Zsa Zsa and Eva Gabor, e.g.
42. Military blockade
45. Be full of anger
49. In the past
51. Stanley and Helen on "Three's Company"
54. Jon Voight to Brad Pitt
56. African sorcery
57. Bingo-like game
58. Greek H's
59. High school breakout
60. Field worker
61. Celestial bear
62. Cambodian money
63. Empty ____
64. Shark part
66. *Mendez or Langoria

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By Marlys Johnsen Norris,
Christian Author

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Prayer Blesses You And God!

and His greatest desire is to commune with each one of us individually and for us to come to really KNOW AND LOVE Him. To hear us talk to Him, we bless His heart and out of His perfect love for us blessings flow as living water into our lives.

It may surprise you to know - God knows all (everything) about us and nothing is a secret to Him. So often many turn away and go their own way and do not understand God's love, grace or His power. He desires to pour abundance into all lives. God blesses over and over those who seek His ways. We have many opportunities to return

blessings to God, but do we? It can be a simple prayer of thanks and/or just telling Him you are listening and love Him.

We can bless our Creator when we commune with Him through prayer. It brings Him both joy and blessings when we LISTEN and hear and do recognize His voice. Even more so, when we act in obedience to what He speaks to us. This kind of prayer life opens the gates of heaven - to everyone who listens and learn to know how to abide in His great love for them.

Marlys Johnsen Norris
Christan Author of 6 books
Marlysjn@gmail.com ★



By Pastor Ray Dare

One of God's Ten Commandments you're supposed to obey is about rest. It's in Exodus 20:9-10 (GN) "You have six days in which to do your work but the seventh day is a day of rest dedicated to Me." Rest in your life as a human being is so important that God put it in the Big Ten, right up there with "Don't murder, don't steal..."

He says every seven days you are to take a day off. That's how important He considers rest. We would never think of murdering somebody or stealing, but we violate the 4th Commandment all the time. God says it's just as important. It's in the top ten. Six days you're able to work. But every week, take one day off to recharge.

This is called a Sabbath. Sabbath simply means a day of rest. When should you take your Sabbath? Jesus said it didn't matter. Colossians says, one day is as good as the other. What matters is you take one off every week.

What are you supposed to do on your Sabbath? What we usually do is play catch

Pastor Ray's Encouraging Words

Why Rest is so Important

up on all the things we didn't get done during the week. But that's not taking a day off. You should use your day off, your weekly Sabbath, for three things:

1. Rest your body. Physical rest, because you're not wired to go 24-7, every day, work, work, work, no relaxation, no break. Your brain, your body was not built for that. You're wired to take a weekly day off. To rest your body and your mind. Have you discovered that if you don't take time off, your body will make time off? It will shut down. My best requires rest.
2. Recharge your emotions. You can't keep charging without recharging. You're going to drain your battery dead. You need to know what recharges your emotions. Quietness recharges emotions. Solitude recharges emotions. For some people, being with other people, people they love, recharges emotions. For other people, hobbies, recreation recharges emotions. Some people feel guilty when they relax. Jesus didn't. He's a good model.
3. Refocus your spirit. I do a spiritual tune-up. I refocus my spirit. It's reconnecting with God. God says you need to do that once a week in worship with

other believers, at church. Resting doesn't mean you sleep-in on Sundays... skip church, no. Your spirit needs recharging just as much as your body does. God says don't get disconnected. You also need private time alone with God, not just at church. You need private time with God daily. The more time you spend alone with God, the more relaxed you're going to be. If you're upset and stressed out, you're not spending enough time with God. Where Jesus is there is peace and the more time you spend with Jesus the more peace you're going to have.

Did you know that God WANTS you to rest and enjoy your rest? Psalm 127:2 (Mes)

"It is useless to rise up early and go to bed late and work your worried fingers to the bone. Don't you know that God enjoys giving rest to those He loves?" God loves you and He wants to give you His rest today. Don't feel guilty for resting. Sometimes the most spiritual thing you can do is take a nap! Let God restore you and rejuvenate you. He enjoys giving your rest. Your best requires rest.

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How Many Mondays Are There in One Week?

Dr. James L. Snyder

As usual, my week started on a Monday morning and I thought I would use the latest technology and order something online from Staples and then go over and pick it up.

I must say it was very easy to give them my money online, just a little too easy for my comfort.

Then I went to Staples to pick up my order and discovered I had ordered the wrong product.

I went to the customer service window and explained to them my problem, which they were most gracious and cancel the order and refunded my money. Being elated I then went and picked up the black ink for my printer.

I remember my grandmother saying, "As your Monday starts, so shall your week end." Driving back to my office, I chuckled to myself thinking that maybe good old grandmother was wrong on this one.

Getting to my office, I put the ink cartridge in my printer only to find out that, although I had black ink, I had the wrong ink cartridge!

Now I had to go back and exchange the cartridge for the right one.

Driving back from the store I thought again of my dear old grandmother. Perhaps,

she was right.

Back at the office I remembered I had an appointment to take my truck in for a check up and new tires which ended up costing me an arm and a leg. How do they expect me to drive my truck without an arm or a leg?

The next day I had my annual doctor's visit. As much as he examines me, he can never find anything wrong with me. I am sure glad he is not a psychiatrist.

Looking at his chart, he looked up at me and said, "You haven't had a blood test in over a year." With one of those Dr. Smiles he said, "I'll have my nurse set up an appointment for you."

Of course, it would have to be the next day because of what they call their "fasting rules." I asked the nurse if that included coffee. Of course, it did and then I said, "Are you sure you want to see me before I have my morning coffee?"

I came in the next morning feeling a little nervous because, one, I didn't have my morning coffee, and two, Ms. Dracula was going to poke me with a needle the size of the Empire State building and suck all the blood out of my body. Talk about being a nervous wreck!

Settling down in my office I began to think that this week is

over as far as the problems are concerned. As I drove home for lunch, I noticed the new wheels on the truck shivered and so I had to take it back and have them check it.

I would like to see a week that has no Monday in it at all, but that is not going to happen.

Some days may be better than other days, but there are really no perfect days for us. Just when you think you got everything organized, something happens that puts everything in a disheveled mess.

Solomon spoke of a perfect day. "But the path of the just is as the shining light, that shineth more and more unto the perfect day" (Proverbs 4:18).

Everybody has their definition of a perfect day, but I choose to rest in God's definition of a perfect day.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, in Silver Springs Shores. Call him at 352-687-4240 or e-mail james-snyder2@att.net. The church web site is www.whatafellowship.com. The Rev. James L. Snyder is pastor of the Family of God Fellowship, in Silver Springs Shores. Call him at 352-687-4240 or e-mail james-snyder2@att.net. The church website is www.whatafellowship.com. ★

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Election Corruption is Now Widespread

Commentary
by Katy Grimes
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Thousands of voters in the June 7th California Primary election showed up at the polls across the state to discover their political party registrations had been changed.

Hundreds of “dead voters” were recently uncovered in Southern California, the majority of them in Los Angeles County. Some of these deceased voters have even been voting for years, the Los Angeles Times reported.

Fraudulent dead voters are concerning, but voter fraud is an even bigger problem in close races where election outcomes are decided by only a handful of votes, says Linda Paine, founder of the Election Integrity Project.

But after the June 7th primary, dead voters may be just the tip of the iceberg.

Thousands of Republican and Democratic voters reported to the Election Integrity Project that they arrived at their designated polling stations on June 7th to find that their party affiliation was changed. Most reported being re-registered “No Party Preference,” California’s version of “Decline to State.” Others said their registrations were dropped, or they received the wrong ballot, which in many cases prevented them from voting for President in the primary.

The Election Integrity Project’s Linda Paine said they noticed a pattern in several Southern California counties during Election Day. However, as the polls closed, Paine said they were contacted by large numbers of voters throughout the state upset that their party affiliation was changed, and had to vote using a provisional ballot. What Election Integrity Project wants to know is how many other voters this happened to.

I See Dead People
In 2014, California State Senator Alex Padilla, D-Los Angeles, was elected Secretary of State. But his race caught the attention of the Election Integrity Project when not one of the 4,681 Los Angeles County polling stations had the vote-by-mail indicators on the check-in rosters on Election Day. Linda Paine said volunteers described chaos at the polls as Inspectors and Coordinators realized there was no way to crosscheck who had already voted.

Election inspectors reported they received a list of 700 names of vote-by-mail voters they were to manually enter onto the check-in roster on Election Day morning. “It is difficult to understand just how this could have happened,” Paine said. “All responsible businesses have procedures in place to ensure quality control so that materials printed on behalf of their company or organization are accurate.” But this did not happen in LA County.

Election Integrity Project volunteers reported that some Inspectors gave up the effort to determine

who voted by mail before Election Day and simply gave every voter a regular ballot. Reports also indicated that without time for the Inspectors to ensure the vote-by-mail indicator was in fact placed next to the correct voter, mistakes were made and voters who were regular voters were forced to vote provisionally.

“Provisional ballots are simply regular ballots that are placed in a special Provisional envelope that must be processed after Election Day,” Paine explained. “The processing of Provisional ballots often takes up to 30 days after Election Day. Voters who want their vote to count on Election Day will be disappointed if they vote provisionally. All Vote-by-Mail and Regular ballots are counted before their ballots are counted.”

Los Angeles County Anomalies

Paine said Alex Padilla’s challenger, Pete Peterson, a Republican, lost by about 400,000 votes, of which approximately 350,000 came just from Los Angeles County.

The Election Integrity Project had documented more than 60,000 anomalies and irregularities on the voter rolls in Los Angeles County in 2013. Because the county did not respond to the report, it can be assumed that nothing was done about it, Paine said.

By 2014 the Election Integrity Project provided additional reports to the LA County Registrar. Countless citizens and citizen groups also contacted their representatives on the Board of Supervisors about voting irregularities. The Board authorized an internal audit, prior to the November 2014 election. The audit was ironically underway during the November election when the vote-by-mail data failed to make it to the polling locations.

Linda Paine was contacted by a whistle blower who told her someone in authority must have discovered that the vote-by-mail indicators were missing, but did nothing about it. There are too many checks and balances in place for it to be missed.

Following the 2014 election, armed with five years of data of voting irregularities and anomalies (2011 – 2015), the California Committee for the US Civil Rights Commission reviewed the Election Integrity Project’s research and determined that a public hearing was warranted. On August 28, 2015 California citizens from across the state testified of their eyewitness accounts of “how chaos and corruption was destroying the integrity of California’s election process,” Paine said.

What Happened On California Primary Day?

When Mary (not her real name), a Republican Pacific Palisades Southern California resident, checked in at her polling location Tuesday June 7th, she was told she was registered “No Party Preference.”

“I’m not a non-partisan



There is more than one entity eyeing every vote and every voter in the State of California.

voter,” she said. In fact, Mary said many voters at her polling location – Republicans and Democrats – were told they were registered NPP.

Mary challenged the poll workers, and even showed them her Republican Party registration card and Republican Voter Pamphlet she had recently received by mail. “They said ‘Listen lady, you can’t vote. You’re not a Republican,’” Mary said.

Mary said she demanded their names and a signed document saying she couldn’t vote. She demanded the poll workers’ superiors’ name. And then she said it got weird. Mary said the three female poll workers told her they weren’t even from California; they said they had been flown in from Rhode Island to work the California Primary.

Several other voters who also asked for anonymity each said they witnessed poll workers opening the privacy sleeve of voters’ ballots to read the ballot. Instead of putting the ballot through the reader, the poll worker placed the ballots in a box marked “ballots” under the table. Linda Paine said she received many reports of this happening at polling stations throughout the state.

My calls to the Secretary

of State’s office were not returned.

Los Angeles County Test Ground

Paine said this pattern was documented in 2012 in Los Angeles County, but not on the large scale as the California Primary Election June 7.

In the 2014 Primary, approximately 1,200 poll workers in Los Angeles “changed their mind about working at the polls,” all at the same time, resulting in a poll worker crisis. Linda Paine said she happened to be at the Los Angeles County Registrar’s office for a meeting, when she overheard two citizens being told they had to speak Spanish if they wanted to be poll workers. She inquired and was told it must have been because all the poll worker positions were filled and they were just looking for interpreters. At the time Linda Paine was told this, robo-calls and emails were being sent to people all over the county looking for poll workers. Something did not add up for Paine.

The Election Integrity Project members called out their volunteer force and asked them to report when they got the emails and calls in order to determine what areas were impacted so that they could provide

volunteers in those areas to help. But despite the calls for help in finding poll workers, Paine’s volunteers were turned away and told the positions had already been filled.

Election Anomalies

Paine said the Election Integrity Project members documented June 7 Primary Election Day anomalies, and found disturbing, consistent patterns. “We believe the problem is the Secretary of State’s with Vote Cal system,” she said. “It’s the same problems all over the state.”

The Election Integrity Project is going to compare polling data in the counties with the statewide data, but they are required to purchase this data from every California County, as well as the data from the Secretary of State.

California’s Election Issues

Following the hanging chads incident in Florida in the 2000 presidential election, Congress passed the Help America Vote Act in 2002, which mandated sweeping reforms, including a statewide voter registration system that would eliminate ineligible voters.

But California failed to comply, and for 12 years was the only state that was still not compliant with the act. In 2014, newly elected Secretary of State

Alex Padilla announced upon being elected that he planned to have California compliant within the year.

“In California, the attendants relied upon to watch the election system are failing its citizens,” the Election Integrity Project said in a 2014 report. Election watchers are now volunteers, trained by the Election Integrity Project to carefully monitor California’s elections to ensure that each vote is lawfully cast and accurately counted.

The 2014 report by Election Integrity Project found California’s election system had serious vulnerabilities, no centralized computerized system, no statewide voter registration list, poor National Voter Registration Act list maintenance, non-compliance with statutes protecting lawful voters, and suspected voting fraud.

The report also found key election officials were roadblocks to election integrity. “Whether this stems from negligence or design, or a misguided central focus on ‘voter experience,’ the result is the same: Corruption. The injury to lawful voters is patent.”

Katy Grimes is a regular contributor to FlashReport. Read more at <http://www.flashreport.org/blog>. ★



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IN MEMORIAM

James Al Hatfield

09/14/1943 – 07/17/2016



James Al Hatfield of Citrus Heights, Ca., born on September 14, 1943, in Galena, KS., passed away on July 17, 2016. He is survived by his wife Adeline, his sons Jimmy and Chris, daughter-in-law Christine and granddaughters Maranda and Kymberly. Jim proudly served his country in Vietnam. In addition to being a wonderful husband, father, and friend, he was a hard worker and loyal man who enjoyed volunteering in the community and spending time with his family. Jim always had a handshake, a smile and a kind word to offer. He enjoyed a diverse career with time spent as a police reserve officer, a truck driver, and a marketing & public relations person. He loved all aspects of the radio control hobby.

He enjoyed classic cars and riding his motorcycle. Taken from us much too soon, he will be greatly missed, and forever in our hearts. Friends are welcome for visitation on Thursday, July 28, 2016 from 4 – 8pm at PRICE FUNERAL CHAPEL, 6335 Sunrise Blvd., 725-2109, and are invited to attend funeral services on Friday, July 29, 2016 at 10am at The Church of Jesus Christ of Latter Day Saints, 8056 Oak Avenue, Citrus Heights, Ca, 95610, with Graveside services will follow at Mount Vernon Cemetery, 8201 Greenback Lane, Fair Oaks, Ca 95628.

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Lifetime of Art Showcased at Eskaton FountainWood Lodge



Ruth Duff, (left) and Eskaton FountainWood Lodge activity director, Sharon Wold surrounded by over 80 pieces of art. Photo courtesy Eskaton

ORANGEVALE, CA (MPG) - Ruth Duff, LaVon Browner and Irene Lester are three of 12 resident artists who showcased their creations at Eskaton FountainWood Lodge’s Taste, Sip and Stroll art show in June. Over 80 pieces of art were enjoyed by art lovers from all over the area.

Ruth, 102 years old, says she can’t remember when she wasn’t creating art. “I’ve always liked making things look pretty,” she says. Her talents also include sculpting bronze castings, copper etchings and silk screen. As

a prolific artist, Ruth’s age hasn’t slowed her down. Recently she completed 300 watercolor and acrylic paintings, which feature bright, bold colors.

LaVon, a close friend of Ruth, has dozens of her acrylic paintings on display in her apartment. Although she doesn’t paint any more, she has fond memories of the European-inspired landscapes she captured throughout the decades.

Irene worked out of her studio and gallery in Fair Oaks for years. She is known for her

lifelike chalk pastels of birds and animals, and has been featured in several magazines. Many of her framed pieces adorn her apartment walls.

Ruth’s advice to people who are intimidated by the thought of trying make art: “Do your best and ignore the rest.”

Come join us at Eskaton FountainWood Lodge for an arts and crafts class. Call (916) 988-2200 or visit eskaton.org.

Source: Eskaton

Environmental Council Endorses Fair Oaks EcoHousing

SACRAMENTO COUNTY, CA (MPG) - The Environmental Council of Sacramento (ECOS) voted unanimously on July 18, 2016 to endorse Fair Oaks EcoHousing. According to Brandon Rose, ECOS Board President, “One of the key objectives of ECOS is to promote and reinforce Smart Growth principles. We are pleased to endorse Fair Oaks EcoHousing as an example of a sustainable infill project that will enhance the Fair Oaks Community.”

Fair Oaks EcoHousing, soon to be built on New York Avenue near Fair Oaks Boulevard, will be a cohousing community. Cohousing neighborhoods are composed of privately-owned homes clustered around shared open space and common facilities. A central clubhouse is the heart of the neighborhood for a variety of activities and typically includes a dining room, kitchen, lounge, workshop space, kids’ playroom and guest rooms. Cars are kept to the edge of the site, thus making the neighborhood pedestrian-friendly and safe for children. Future residents are involved in the design and development so that it reflects their needs and priorities, creating a truly custom neighborhood. Marty Maskall, Project Manager & Future Resident, says: “I’m looking forward to living in a friendly and sustainable neighborhood close to Fair Oaks Village. We plan to break ground in early 2017, with move-in scheduled for spring 2018.”



Marty Maskall (left), Project Manager, and Brandon Rose, ECOS president, stand next to a perspective sketch at the site of the future Fair Oaks EcoHousing site, their future residence.

There are now more than 160 cohousing communities in the United States, including 32 in California. Cohousing neighborhoods in the Sacramento Region include Southside Park Cohousing in Sacramento, Nevada City Cohousing, Wolf Creek Lodge in Grass Valley, and three communities in Davis. A new community called Renaissance Village Homes is being formed in West Sacramento, close to Raley field. According to Dr. Alex Kelter, Co-Chair of the ECOS Land Use Committee, “I am excited to see cohousing coming to West Sacramento, and I have joined forces with the group to do my part to help create this special neighborhood.”

Environmental sustainability is a core value in cohousing neighborhoods, which combine

Smart Growth, Green Design, and Quality of Life. Community is the secret ingredient of sustainability because people help each other learn to be good stewards of the land. On-site activities enable residents to socialize close to home and reduce their need to drive as much for day-to-day activities. The Fair Oaks property offers close proximity to the American River Parkway, Fair Oaks Village, Bannister Park, the Sacramento Waldorf School, and Rudolf Steiner College.

Fair Oaks EcoHousing is welcoming prospective residents at free site tours, offered twice a month. For more information, visit www.FairOaksEcoHousing.org.

Source: Fair Oaks EcoHousing

From Boys to Men

By Ben LaPolla, Past Commander

FAIR OAKS, CA (MPG) - The American Legion Boys State is a unique educational program of government instruction for U.S. high school students completing their junior year. Each state has its own Boys State. It is a program in which students experience the operation of local, county and state government. Boys State activities include participation in legislative sessions, court proceedings and law enforcement presentations among others. In 2016, American Legion Posts statewide sponsored 984 delegates where they gained practical experience in State Government. For one week this summer, the California Boys State delegates convened at California State University, Sacramento, for this experiential learning opportunity.

American Legion Post 383, Fair Oaks, sponsored two outstanding delegates to California Boys State 2016: Paul Boucher from Casa Roble High School, Orangevale, and Sam Spinner from Belle Vista High School, Fair Oaks.

Sam achieved the ultimate success at California Boys State being elected by his peers to the office of California Boys State Governor, an astounding achievement for any delegate. Sam then went on to be one of two delegates selected by a commit-



Sam Spinner in action at Boys Nation.

Sam Spinner or Paul Boucher in public office representing the American people in one way or another. Kudos is well deserved for their outstanding achievement and love of country. We are proud of you!

After only a few days at Boys Nation, when asked to comment on his experience, Sam responded in part: “Boys Nation is going extremely well... Aside from the legislative experience ... I have also gained a deeper appreciation regarding service and what it means to be a veteran.... The most influential monument in my opinion was the black reflective wall that honors the troops lost in Vietnam. Ultimately, this experience is fostering a broadened knowledge of government and its role in citizenship...Please convey to the people of Post 383 my immense gratitude. The motto of Boys Nation is, "A week that shapes a lifetime." It has truly been one of the most formative experiences of my life, and I will not take for granted the continued sacrifice the American Legion undergoes to provide young men like me with the gift of opportunity and drastic personal growth....”

His response clearly shows the caliber of students we have representing American Legion Post 383 and District 6 at Boys State and Boys Nation.

Ben LaPolla, Past Commander
Boys State Chairman 2016
American Legion Post 383
Fair Oaks, California



Paul Boucher at Boys State orientation

tee of counselors to represent California at Boys Nation in Washington, D.C., where he once again participated in a hands-on learning experience receiving an education on the structure and function of federal government.

Boys Nation graduates, as well as Boys State graduates, have been elected to public office, including presidents, congressmen, state governors and state legislators. We may one day see

Sacramento County DA Reports

Defendant Sentenced for Murder of Garden Store Owner
25-Year Career Criminal Sentenced for Bank Robbery
Defendant Convicted of 18 Counts of Child Molestation
Woman Sentenced for Child Sexual Assault



DATE: July 15, 2016
CASE: Marlon Palmer
PROSECUTOR: Deputy District Attorney Andrew Smith, Homicide Unit

The Honorable Matthew Gary sentenced Marlon Palmer to 50 years to life in prison. On June 8, 2016, a jury convicted Palmer for the second-degree murder of Hoa “Rickey” Tuyen.

On February 25, 2014, Mr. Tuyen was found face down on bags of soil in the back of his business, Discount Indoor Gardening. He was pronounced dead shortly after arriving at the hospital. The autopsy report revealed Mr. Tuyen died from asphyxia due to neck compression. There were no witnesses or surveillance video. The District Attorney’s Crime Lab developed a DNA profile from fingernail scrapings from Mr. Tuyen. Detectives were notified a cold hit on the DNA profile matched Marlon Palmer.

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

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

DATE: July 22, 2016
CASE: Rome Robert Dennis
PROSECUTOR: Deputy District Attorney Amber Walter, Career Criminal Prosecution Unit

The Honorable Sharon Luercas sentenced Rome Robert Dennis to 35 years to in life in prison. On June 13, 2016, a jury convicted Dennis of two counts of second-degree robbery.

On January 29, 2015, Dennis went to the Chase bank on Florin Road and requested assistance from an employee for a “charged off” account. Once he was seated at the banker’s desk, he wrote a note on a business card that it was a robbery and demanded money. He told the victim not to press anything, not to do anything stupid, and to stay calm because he had a gun and a bomb that could explode. The victim did not have access to cash at his work station, so he approached a fellow employee and told him that they were being robbed. Dennis then approached both victims, threatened them, and demanded money. They complied and gave him nearly \$3,000 in cash. Dennis then fled the bank, but was apprehended less than a mile away by law enforcement.

Dennis has a lengthy criminal history dating back to 1990, including two prior strike convictions for assault with intent to commit rape and attempted robbery. He also has prior convictions including recklessly fleeing from police, failing to register as a sex offender, and indecent exposure. Dennis had been returned to prison multiple times on parole violations.

DATE: July 27, 2016
CASE: Richard Lee Betz
PROSECUTOR: Deputy District Attorney Nancy Cochrane, Special Assault & Child Abuse Unit

Thirty-seven-year-old Richard Lee Betz was convicted by a jury of 18 counts of committing lewd and lascivious acts with a minor under the age of 14 years old.

Between 2003 and 2011, Betz molested a female family member in numerous residences within the county of Sacramento starting when the victim was six years old until she was 13 years of age.

Betz faces a maximum potential sentence of 42 years in prison. Sentencing is set for August 26, 2016, at 11:00 a.m. in Department 19 before the Honorable Patrick Marlette.

DATE: July 29, 2016
CASE: Stormy Mollissa Myers
PROSECUTOR: Deputy District Attorney Quirina Orozco, Special Assault & Child Abuse Unit

The Honorable Sharon Luercas sentenced Stormy Mollissa Myers to 15 years to life in prison. On September 23, 2015, Myers pled guilty to committing a sex act with a child under 10 years old and committing lewd acts upon a child.

In January 2013, a citizen tried to text a photo of her 8-year-old daughter to a family member. The photo was instead received by Jason Wymer, who was unknown to the sender. Wymer began texting the sender requesting more photos and began communicating in a sexually explicit manner to who he thought was an 8 year old. The FBI began an investigation, which revealed thousands of images and videos of child pornography taken from 2010 to 2011 in Sacramento and San Joaquin counties. The images included children and toddlers engaged in sexual acts with adults. Several images showed a 3-year-old child being sexually abused by Wymer and Myers.

On October 9, 2015, a jury convicted Jason Wymer of multiple sexual assault and exploitation charges. Wymer received a sentence of 100 years to life plus 9 years, 8 months in prison. ★

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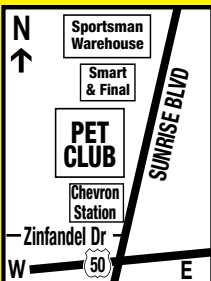
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•Bully Treats •Filler Bones •Bully Nuggets All Varieties except Mammoth Bone \$6.99 **20% OFF** OUR SUPER LOW PRICES
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BONUS COUPON
JONNY CAT PREMIUM CAT LITTER
10 Lb Bag
Limit 2 Bags With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 8/3/16 - 8/9/16
\$1.59 RCG PLU 365

BONUS COUPON
WHISKAS ALL NATURAL TEMPTATIONS CAT TREATS
•All Varieties - 2.4 Oz
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 8/3/16 - 8/9/16
\$1.29 RCG PLU 423

BONUS COUPON
FANCY FEAST GOURMET CANNED CAT FOOD
3 Oz - All Varieties except Elegant Medley
Limit 1 case with coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 8/3/16 - 8/9/16
53¢ RCG PLU 361