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Citrus Heights Messenger

"Written by the people, for the people"

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When Every Meal Matters

Church Program Blesses Both Guests and Volunteers



Bella Vista High School students help slice bread for the needy at Holy Family Catholic Church in Citrus Heights. In front are Bella Vista High School seniors Sydney Hart, 16 (left), Anna Lower, 17, and Sarah Dunham, 17. "I feel like I'm helping the community in a special way that not a lot of people realize," Sydney said. Photo by Margaret Snider

By Margaret Snider

CITRUS HEIGHTS, CA (MPG) - On nearly every Wednesday of the year, Holy Family Catholic Church hosts dinner for from 50 to 80 homeless or in-need guests. The program brings those who can provide a good meal together with those who really need one.

Nora Martinez started the Holy Family Wednesdays in 1991, but had her first exposure to feeding the needy in the 1980s. Coming home from church she said to her husband, "We go to church, we go to prayer meeting, but we're really not doing the Lord's work. We're really not visiting the sick, or feeding them." The following week, her prayer group forwarded her a letter saying that a soup kitchen was opening up downtown. Martinez's group was invited to the meeting and was the first to serve when that kitchen, Loaves & Fishes, opened. She helped there for five years.

After another five year stint in North Highlands, where she started another

kitchen, Martinez began the program at Holy Family Catholic Church. That was nearly 27 years ago. Martinez, 84, and the program are still going strong.

Stories abound of things that have happened on their Wednesdays. Martinez tells of a huge bowl of salad - it had everything but bananas. A couple of volunteers were driving to the church that day when a box fell off a truck in front of them. They stopped to get it out of the road, and threw it in the back of the car, unable to catch the truck. When they opened it up at the church, it was full of bananas.

Cook Grace Ngatia said a man who came seemed ashamed to take the free meal, in spite of volunteers' efforts to reassure them. After a couple of months the family stopped coming, but three months later the man came back. "Remember me? You used to feed me here," the man said. "At that time I had just lost my job." The man pulled out some money and said, "I can help with the next meals, can you use \$70? You helped

me through when I was having a hard time."

One of the regular guests is Thomas Cooper, who has been homeless for 45 years. "This program is good," Cooper said. "I've been going here for over 25 years. It's a long time." This is the only place locally he knows he can get a hot dinner each week.

All those in need are welcomed at Holy Family Catholic Church, no questions asked, no one turned away. Besides the hot meal, volunteer Ron Schaefer picks up donations each week of produce, canned goods, and baked goods donated by stores and restaurants in Citrus Heights and surrounding areas. The program gives these to guests attending the dinners.

Volunteers from many different churches or no church at all help with the program. Martinez still cooks for the program, and her "sidekick," as she calls Ngatia, helps her. "She's wonderful," Martinez said. "She loves to cook, so when she came to help it was a blessing." On a recent Wednesday, 85

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Chamber Names New Executive Director

By Jacqueline Fox

CITRUS HEIGHTS, CA (MPG) - Cendrinne DeMattei officially assumed her role as Executive Director of the Citrus Heights Chamber of Commerce in November, however, she's served in the position since spring following her predecessor's abrupt departure. As the Chamber prepares to turn 60 and inaugurate a new president in January, membership



Cendrinne DeMattei

is up from 260 in March to 285. Changes are already in place with respect to communication and there are plans for adding a signature event and Chamber festival. DeMattei recently shared with reporter Jacqueline Fox her plans for keeping momentum going and taking the chamber forward.

Q: Why did you want this position?

A: Two reasons. I felt that it would allow me to utilize all the skills and experience I have, and I love to be an agent of change and possibilities. Also, I'd already been a member and served on its education committee for three years, so I know it has value and purpose.

Q: With the Internet and social media so prevalent, is the chamber still relevant?

A: Yes, more than ever. Networking is a huge part of membership and business growth depends on it. In particular, with so many home-based businesses out there the need for accountability and social interaction and platform for promoting their businesses is greater than ever.

Q: What is the Chamber's current membership and what's been done to increase it?

A: We've been successful in boosting our membership from
Continued on page 10

Chris Boyd Honored for Twenty Years of Service

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - "All my favorite people (here) in the room at one time!" Those were the words of Citrus Heights City Manager Chris Boyd following his being presented with Stones Gambling Hall's second annual '21' Award on November 16.

Stones '21' Award is given to a member of the community who has made an outstanding long-term contribution to the City of Citrus Heights. Then Citrus Heights city councilmember and former mayor Mel Turner was honored with the first '21' award in 2016. Turner died while still in office in April of 2017.

Before a room full of family, City employees, and members of the community, Boyd was presented with a resolution read by Kermit Schayltz, listing in detail his myriad of accomplishments

throughout his career in Citrus Heights during the last 20 years. It closed with his receiving the award "as he has demonstrated exemplary commitment and dedication to the advancement of the City of Citrus Heights, a history of strong, effective leadership, and a passion for making a difference."

Boyd responded saying he is "thrilled to a part of this community", a "dream come true" for him. Tearing up for a moment, he spoke of his family who had always supported him, and his team at the City who makes what he does possible. He added that it is the vision of the city council and its work towards excellence that drives him.

Boyd (50) hit the ground running as he began his job as city manager last year, after serving as Citrus Heights' first police

Continued on page 9



Mark Pickens, Art Van Loon, Kermit Schayltz, Christopher Boyd, Marci Boyd. Photo courtesy City of Citrus Heights

Bridging the Gap with Loads of Love

Free Laundry Services Provided for the Homeless

Story and photo by Jacqueline Fox

CITRUS HEIGHTS, CA (MPG) - For the homelessness, sometimes it comes down to a simple choice between having the money for clean clothes or food.

When eating trumps hygiene, all kinds of social constructs are in play: Patronizing restaurants, grocery and retail stores, for example, become a challenge if your clothes are dirty and smelly. Enter, Laundry Love, a Southern California-based nonprofit creating a fast-spreading network of free laundry service hot spots for homeless and low-income individuals.

Launched roughly 14 years ago, Laundry Love's mission is to help homeless individuals redirect funds toward the necessities, such as transportation, food and medication, and still find a way to keep clothes clean. Local charities, churches and even individuals who want to help the homeless by giving them access to free laundry services can create a local, Laundry Love chapter, raise funds to pay for designated free laundry days and partner up with the owners of a coin-operated laundromat in their community to bring it all together.

Currently, Laundry Love has chapters up-and-running in roughly 250 laundromats across the country, 85 on the West Coast.

In Citrus Heights, Michael Holbrook and a group of friends from Divine Savior Catholic Church in Orangevale have taken on the cause and started their own local chapter. The group has partnered up with Deborah Dower, owner of Paradise Laundry on Sunrise Boulevard. Each second Saturday of the month from 8 a.m. to 11 a.m. since December of 2016, Holbrook and a team of four volunteer are onsite, handing out quarters to anyone who



Michael Holbrook, co-founder, Laundry Love, Citrus Heights chapter, and Deborah Dower, owner of Paradise Laundry work together each month to offer free laundry services to the homeless.

comes in for help with the costs of doing their laundry. They even provide the soap, if needed.

Holbrook said he learned about Laundry Love from his son, Gregg, a Danville resident, who launched his own Laundry Love "franchise" in 2015.

"There was a group of us meeting for breakfast every Thursday in the area and we had developed a heart for the homeless," says Holbrook. One day we were just talking about what we could do to offer more help. Then, two days later my son told me about Laundry Love. I went back and told the group and the lights went on. That was September of 2015."

It took a year to find a willing laundromat owner that understood the mission and was open to allowing the project in. Many laundromat owners, said Holbrook, are reticent, fearful the free service days will attract

vagrants and crime.

"It was tough finding a laundromat that was willing to put themselves out there like that," says Holbrook.

Cut back to Danville, where the owner of the laundromat partnering with Holbrook's son's chapter stepped up to help.

"The partner laundromat owner in Danville that had been working with my son's group said she knew a lot of laundromat owners out this way and she made a call to Deborah," said Holbrook. "I'd already been leaving Deborah phone messages. So she called and said she'd been getting my calls and was ready to help."

"I didn't see a downside," says Dower, who owns three coin-operated laundromats in Citrus Heights and two outside the city's borders. Dower purchased Paradise Laundry in 2014 for roughly \$200,000 and, so far,

has put roughly \$250,000 back into the business via renovations.

Dower said, although she is open to approving more Laundry Love days at one or more of her other facilities, for now, Paradise makes the best sense for a partner spot, as it remains the cheapest of her five laundromats for customers, the majority of whom are low-income and homeless.

Dower doesn't make any money in the process. "This is 100% about being of service," she said. All the funds collected through donations by the local chapter, whether from fellow church members, community events and other channels, is converted to coins and handed out to customers.

Laundry Love guests are given coins needed to operate up to three washers and dryers during the free sessions. Excess donations are used to pay for cookies

and coloring books for children who come in with their families.

"We want the parents to be able to relax so we make it inviting and fun for the children," said Holbrook.

While it isn't possible to confirm who is homeless and who isn't, says Holbrook, doing so would be beside the point. Anyone who comes in during the monthly wash days is offered support. It's up to them to take it or, in some cases, attach themselves to the cause.

"Most of the customers at Paradise are low-income at baseline, and others are truly homeless and in need of our help," said Holbrook. Of course not everyone needs the help, but in many of the cases where they get it, they'll walk over and make a donation once they figure out what it's all about."

The monthly laundry program can accommodate just over 30 guests and their family members, says Holbrook, adding that his chapter typically generates between \$600 and \$700 a month to pay for the services, close to what it costs to provide the service.

While barely breaking even, for now, the Laundry Love chapter is working locally, says Holbrook, to both support the area's homeless and low-income residents, but also build up connections between business owners, residents and homeless individuals all sharing space in the same community.

"We wanted to create a footprint for a community and we are seeing that start to happen as we help more and more people and get the word out," says Holbrook. "Most of our guests now know who we are, what the schedule for the free wash days is, and they are becoming regulars. And, now we have other groups getting involved. Even though the original idea came

"We wanted to create a footprint for a community and we are seeing that start to happen as we help more and more people and get the word out."

MICHAEL HOLBROOK
CO-FOUNDER, LAUNDRY LOVE,
CITRUS HEIGHTS CHAPTER

out of our church, we've invited other churches in the area community to join us and so far we have two supporting our project. This is what it's all about."

For now, there are no plans to expand to other laundromats, both Holbrook and Dower say. Keeping the footprint small makes it possible to strengthen the operation. That said, Holbrook's team is looking for love from other local groups who may want to sponsor monthly wash days.

"We want to keep it simple and sustainable," Holbrook said. "But we are looking for sponsors to support us if they can. I'm sure as the word spreads, we'll start to see other groups get involved and start their own Laundry Love operations and eventually take this thing all over Sacramento County."

For more information about Laundry Love or to start a chapter, visit www.laundrylove.org

To make a donation to Laundry Love locally, support a day of laundry, or get involved, contact:

Michael Holbrook at mich-holb42@gmail.com. ★

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Magical Christmas Events

Sunrise MarketPlace Holiday Events Kick off Across the District

Story by Jacqueline Fox

CITRUS HEIGHTS, CA (MPG) - The season to give thanks may have ended with Black Friday sales and mall-parking madness. But the season of love and joy is in full swing, and with the variety of holiday events planned across the Sunrise MarketPlace District, the city has you and yours covered.

"Each year we try to make this hectic shopping season a bit more fun and enjoyable, create memorable experiences for our shoppers and drive traffic to enjoy. Each night "Magical Moments" will deliver a unique, fun-filled holiday event. Photo courtesy Sunrise MarketPlace



Each night "Magical Moments" will deliver a unique, fun-filled holiday event. Photo courtesy Sunrise MarketPlace

On Thursday, Dec. 7 Sunrise Mall will feature the Nutcracker Interlude, featuring characters from the ballet, Nutcracker story time, roasted chestnuts and books for the first 50 kids

You won't want to miss the Intergalactic Holiday at Sunrise Village on Tuesday, Dec. 12 next to JoAnn Fabrics, where you can train to be a Jedi knight, polish up your lightsaber skills, watch battle recreations, enjoy a live appearance from 98 Rock and enter to win tickets to the latest Star Wars film "The Last Jedi."

Fiesta de Navidad celebrates the Christmas traditions and pageantry of Mexico on Thursday, Dec. 14 at El Tapatio, including live mariachi music, festive piñatas, traditional foods, and more.

On Tuesday, Dec. 19, the Marketplace at Birdcage features Christmas in Polynesia where you can celebrate the season island style with Moana and Maui and take part in Kakmora Coconut Warriors craft activities for all.

Don't worry. Furry friends get in on the fun, too. PetSmart will host a Fur Baby Christmas on Thursday, Dec. 21 to benefit shelter animals. Pet costume contests, a puppy lounge and photos with Santa are on the menu, as well as a chance to win PetSmart gift cards and Front Street Shelter adoption certificates.

Finally, Sunrise Mall once again will present sensory-friendly photo experiences with Santa exclusively for families of

children with special needs on Saturday, Dec. 3 from 9 a.m. to 10 a.m. Kids of all ages and abilities are welcome to enjoy this compassionate event, allowing families to enjoy an experience inside the mall before regular store hours in the JC Penny Court.

Sensory-Friendly Santa is held in partnership with Autism Speaks, the world's leading autism science and advocacy organization dedicated to funding research into the cause, prevention, treatment and cure for autism. Visits with Santa are free, but space is limited and families are encouraged to reserve a time online at www.autismspeaks.org/santa2017. Keepsake photo packages will be available for purchase during the event. Guests will enjoy complimentary refreshments, a coloring activity and takeaways.

Magical Moments

Tuesday and Thursday evenings through December 21, from 5 p.m. to 7 p.m.

For more information, visit: www.shopsmp.com/events.

or call (916) 536-9267

Sensory Santa: Saturday, Dec. 3, from 9 a.m. to 10 a.m.

Reserve at: www.autismspeaks.org/santa2017



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Cendrinne DeMattei
Executive Director

Chamber Supports Holiday Referral Program

The Citrus Heights Chamber is working hard to support the City's and Citrus Heights Police Department's 9th Annual Holiday Referral Program. This Program assists Citrus Heights families in need by partnering with service clubs, schools and community members. This is a referral program, so families must be nominated by friends, neighbors, counselors, and teachers, etc. to be eligible for the program. There is an application process for families who have experienced a hardship over the last year where they have been placed in a financial or other difficult situation.

This program relies on people in the community to make this holiday season a special one for those needing extra assistance. There is a need for donated gifts, food boxes items, gift cards, and new unwrapped toys. Chamber members collect much needed toiletries for the program and deliver them to City Police Department where they will be sorted and prepared for delivery or pickup by the families. There is also an option to adopt a family in need over the holidays. Won't you join us in making this holiday special to the families in our area? Information and details about this program can be obtained by calling Michelle Rose, Program Assistant, at (916)727-5564 or email: holidayreferral@citrusheights.net

• Upcoming Meetings and Events •

Due to the Holiday Season, the Chamber will not host a monthly Luceon or Coffee Networking Connections in December

• Welcome New Members •

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- Armenian Grill House
- Crossroads Diversified, Inc.
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Citrus Heights Messenger

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Crossword Puzzle on Page 5

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Sudoku Puzzle on Page 5

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

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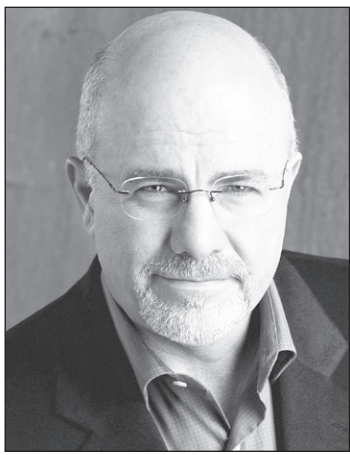
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Dave Says

You're under no obligation

Dear Dave,
Our son is about to graduate from law school. He took out a loan to cover the cost, but we've always been debt-free and have been paying on it to help him out while he finishes his studies. The balance on the loan right now is around \$30,000. He has a job waiting for him after he graduates, so we're thinking about telling him it will be his responsibility to finish paying off the loan at that point. Is that wrong?
-Pat

Dear Pat,
There's absolutely nothing wrong with a young law school graduate earning a living and paying off his own debt. I hope he appreciates how generous you both have been, but you shouldn't feel as if you're obligated to continue making these payments after he finishes school and begins working.
Now, if you decide to pay

it off for him as a gift for successfully completing law school — and you're in a financial position to do so without hurting yourselves or your future — that's fine, too. It would be another incredibly generous act. And in my mind, generosity of that magnitude should be met with gratitude and appreciation of equal measure.

If you choose this route, let him know how and why you were able to give him this gift. Don't hold it over his head or beat him up with it, but stress the importance of being wise with money, saving and investing, and staying out of debt in the future. Let him know if he'll follow your example, he might be able to do the same kind of thing for his kids someday. That would be a wonderful thing to see, wouldn't it?
—Dave

Used car mileage?

Dear Dave,
I know you advise most people to buy used cars. Do you have a rule of thumb for a mileage limit when it comes to buying a used vehicle?
-Paul

Dear Paul,
No, not really. Sometimes

mileage alone can be a good indicator of the quality of a used vehicle, but that's not always the case. I would also advise doing a little research, and maybe letting a trusted mechanic have a look to determine if there are any issues that might give you trouble soon.

The more inexpensive, and cheaply made a car is, the more likely it becomes that it would be worn down by higher mileage. Some vehicles start to get a little ragged at 100,000 miles, while others — some of the better makes — are just getting a feel for the road at that point. Of course, a lot depends on your budget, too.

Overall, I would advise you to look for something that has a good reputation, a solid history, and as little mileage as possible. There are good, used cars out there that will last for years!
—Dave

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 12 million listeners each week on 575 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey. ★

Addressing the Damage of Meth with Collaboration

Sacramento County Special Release

SACRAMENTO COUNTY, CA (MPG)

While the opioid crisis holds a high-profile spot in national news, methamphetamines (meth) are highly addictive and continue to be a serious issue across the country and for Sacramento County. Through persistent planning, tenacious understanding and far-reaching collaboration, Sacramento County has delved into the complex issues to tackle the devastating consequences of meth abuse on our friends, family and community.

On November 1, more than 130 gathered at the Sacramento County Methamphetamine Symposium. These participants from community-based organizations, public health, mental health, child welfare, homeless advocates, law enforcement, criminal justice, environmental management, hospital systems and members of the public joined together to better understand meth and the impact it has across these systems. The goals of the symposium were to also promote education, awareness and collaboration, explore funding for treatment, set community priorities and work together on addressing meth use and abuse.

"Drug abuse is a preventable behavior and drug addiction is treatable. Those who abuse or are addicted to meth have complex treatment needs that require concurrent and coordinated efforts to address medical, psychiatric and psychosocial problems," said Uma Zykofsky, Sacramento County Behavioral Health Director and Alcohol and Drug Administrator. "Recovery does happen with the right interventions and supports."

The Sacramento County Department of Health and Human Services, Alcohol and Drug Services Unit began working to meet abuse and addiction treatment needs by developing a strategic plan in 2015 with the development of a special workgroup that



This workgroup identified areas to bridge gaps, determine key points of impact and used data driven practices with the goals of increasing access to care, treatment and service capacity.

consisted of more than 20 participants from county departments and organizations. This workgroup identified areas to bridge gaps, determine key points of impact and used data driven practices with the goals of increasing access to care, treatment and service capacity. <http://www.dhhs.saccounty.net/BHS/Pages/Alcohol-Drug-Services/Alcohol-and-Drug-Services.aspx>

"One of the lessons we learned was that for us to get an effective response to methamphetamine use in our community, we had to leverage all community resources and work together to successfully assist people toward wellness and recovery," said Lori Miller, Sacramento County Health Program Manager for the Alcohol and Drug Services Unit.

Anyone who uses meth is susceptible to becoming quickly addicted and there is no particular socioeconomic status or cultural background the drug targets. However, what is all too common is the devastating impacts the drug has on those who use it and their children and families. Meth also has tremendous economic and social costs for our community, burdening our public health and social services programs, as well as our law enforcement agencies.

At the November Symposium, several courageous people told their stories of meth abuse and their successful treatment to battle addiction — one of whom was Wes Colter. Wes, raised by an alcoholic father, endured neglect and abuse where he ended up on the streets

at age 12. He was then introduced to meth, becoming a daily user and seller at the age of 15 and was in and out of Juvenile Hall, the County Jail, and ultimately was in prison by age 19. Just before turning 29, Wes began Sacramento County services for alcohol and drug treatment, mental health, homeless/transitional housing and self-help, all of which helped him become clean and sober. "I still have battles and I still struggle, but now I have the help and support to maintain a healthy lifestyle," said Colter. Wes now has more than 10 years of sobriety, is married, a father and stepfather, member of his church and is working in the field of substance use disorder treatment.

Prevention and education are key. Learn the signs and symptoms of meth abuse; take the time to talk with your kids about alcohol and drugs; and if you see something in your neighborhood that you are concerned about, contact your law enforcement agency, or if your concern involves children, contact Sacramento County Child Protective Services. These partner agencies have the knowledge to assess the situation to get them the services they need.

Learn more about Sacramento County Department of Health and Human Services, Alcohol and Drug Services and review a compiled list of resources on the Centers for Disease Control and Prevention (CDC).

See <http://www.saccounty.net/news/latest-news>

Source: Sacramento County Media ★

STATEPOINT CROSSWORD • PEARLS OF WISDOM

CLUES

- ACROSS**
- "No way" partner
 - Lending letters
 - Basketball star Nowitzki
 - "Love," à Paris
 - _____ date
 - Kind of chisel
 - Infamous Ford model
 - Stuff in a tray?
 - Romanov's edict
 - Bony chest plate
 - *It makes the heart grow fonder
 - *You can't make an omelet without breaking one
 - Border
 - Prune
 - Block of granite, e.g.
 - Whacko one
 - Eye layer
 - Author Murdoch
 - Paparazzo's quest
 - Common allergens
 - *Sure sign of fire
 - Like nay-sayers
 - Rid of obstructions
 - Done to trouble
 - Asian weight unit
 - Cold sore, e.g.
 - Object of worship
 - 9 to 5, e.g.
 - Not of the cloth
 - Famous frat house
 - *Louder than words
 - *They can't be choosers
 - Allocated quantity
 - Famous T-Rex
 - Cereal killer
 - Prodded
 - *No _____ crying over spilt milk"
 - Recycle, in a way
 - H or O in H2O, e.g.
 - *You can't make a silk purse out of a sow's _____
 - Make tea, e.g.
- DOWN**
- Midday slumbers
 - Fail to mention
 - Use a whetstone
 - Grossly unconventional
 - *Two of these do not make a right
 - Genesis man
 - Pimple fluid
 - _____ center for help
 - Home of Blue Devils
 - Ali Khamenei's domain
 - CISC alternative
 - Genueflecting joint
 - Serious quarrel
 - Tangerine-grapefruit hybrid, pl.
 - Ballerina's do
 - Non-living
 - *No such thing as a free one
 - Egg cell
 - _____ Cottontail
 - Picture on a coat?
 - Not this
 - Actor Hill
 - Weasel's aquatic cousin
 - *A watched pot never does this
 - Hurry up!
 - Row of vagrants
 - With a jagged margin
 - Follows aim and shoot
 - _____ Diego
 - They're usually golden or amber

CROSSWORD													
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

For Solutions See Page 4

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in one religious denomination or another and as they grew older discarded any thought of it. There is an obvious reason why all religions seem to bring some form of "conviction" into a person's life. It is human nature to be threatened and demonstrates we all were created with a conscience to know right from wrong. God's plan is to guide and help each one of us in life's experience to become ALL we can become to help and build up our world.

God is not only the Creator of every life, but He is also the Divine Director who has designed a specific plan for each life and He seeks to be known and heard. When we grow-up we realize that our Creator's Divine plan is for each individual to become exactly "WHO" He desires us to become. And unless we know and recognize that fact, we will strive in many different directions that will take us away and off the path our

Director planned when He created us. (Note: the enemy of God does everything possible to cause separation to occur. Do not listen to him.) Yet, God's Holy Spirit is there and will do everything possible to help us move in the right direction. Our Creator desires an intimate personal relationship with us. One - that will last forever throughout all eternity.

Because we do not have to do-it-alone, we can accept that when God is in it, we will become more than we ever imagined we would be. Our Divine Director is also our best friend, helper, encourager and inspiration. His promise in His book, the Bible and tells us that He will never leave or forsake us!

Marlys Johnsen Norris
Christian Author of 6 Books
God Moves Mountains,
Marlysjn@gmail.com

By Marlys Johnsen Norris,
Christian Author

Many people have never heard and/or realized Almighty God is interested in them. They have never considered that it was out of love - God created them, and/or in fact everything. He recognized His own need to experience love and acceptance from intelligent human beings. Often people never consider God and/or don't know about Him at all. Knowing a magnificent God is an abundant experience full of blessings.

Maybe others were raised



Pastor Ray's
Encouraging Words

You Can Learn Happiness

would God allow you to live at this point and time in the history of the world, in this place? God blesses you so you can be a blessing to others.

God doesn't want to just bless your life. He wants to use you in a great way. God doesn't want to just bless you so you can feel good and go, "Isn't God good...I feel so blessed." No! He wants to make you a blessing to others. The more you share the more God is going to bless your life. "God can bless you with everything you need, and you will always have more than enough to do all kinds of good things for others." 2 Cor. 9:8 (CEV) God says, "I've blessed you abundantly so you can bless others abundantly." You may think, "Pastor Ray I don't have an abundance." Oh yes you do! You have more than 92% of the world! You live in the richest nation in the world and most likely you have more than most in this nation. So you can't give that excuse.

Here's how it works. You start with what you've got. You start blessing others with what

you've got and God will give you more. I've practiced this in my own life for over 37 years. You start sharing what you've got and God will give you more. You don't say, "When I get to a certain level...When I achieve a certain thing...When I get more time...When I get this paid off." No! You start with what you've got and God will give you more. God wants to bless you so you can bless others so He can bless you more...so you can bless others more...and on and on.

Here are some things to ask yourself: What am I good at, that I could do for other people? Just to be a blessing. What do I have that I could give to somebody who needs it in order to be a blessing? Not loan somebody, but give expecting nothing in return. If you want God's blessing start being a blessing to others.

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Grinch, Children, Puppets, Headliner, Orchestra and Chorus Star in SCSO's December Celebration at Memorial Auditorium

SACRAMENTO REGION, CA (MPG) - SCSO Conductor Donald Kendrick and the Sacramento Choral Society & Orchestra are once again setting a joyful scene for their magical *Wells Fargo Home for the Holidays* celebration in downtown Sacramento. This premier Christmas celebration has become a standing-room only area tradition when families converge in Sacramento's venerable landmark Memorial Auditorium (15th & J Street) to salute the season in fine style.



The SCSO is enjoying a strong collaboration with KVIE for their December 9th performances and their PBS documentary is gaining lots of airtime leading up to the concerts. Photo courtesy SCSO

You Spoke – The SCSO Listened
“Last year’s inaugural matinee concert played to a full house so we are definitely running a 2 PM matinee performance again this year on Saturday, December 9,” says SCSO Marketing Director Jeannie Brown. “That will be followed by a 7:30 PM evening performance to accommodate our loyal patrons.”

SCSO attendees also requested that the Grinch and the life-size Puppets return to regale children young and old at this year’s events. Christopher Cooke and the Green Valley Theater Company will once again create the puppet magic and baritone Matt Hanscom will once again make Dr. Seuss’ *The Grinch Who Stole Christmas* jump off the page and into the hearts of the audience. (As an aside, it’s hard to believe that *The Grinch* is celebrating its 60th birthday this year.)

The SCSO is once again proud to partner with Wells Fargo to help Sacramento area families celebrate the season in a meaningful way. “It is our pleasure to collaborate with Wells Fargo to offer such an exciting choral/orchestral program to so many people,” says Board President James McCormick. Wells Fargo and the SCSO are partnering to offer tickets for the underprivileged and for Veterans. “Sacramento’s venerable Memorial Auditorium was built in 1927 and it is celebrating its 90th birthday this year. The performance venue was dedicated to Veterans back in 1927, so our Veterans and their Families feel a special kinship for this Sacramento landmark” says SCSO Board Member Amanda Johnson.

The SCSO is enjoying a strong collaboration with KVIE for their

December 9th performances and their PBS documentary is gaining lots of airtime leading up to the concerts. “We also have a close partnership with *Make-A-Wish* this year,” says Board Member Jeannie Brown. “We hope to grant not one but three wishes for our young stars at this year’s performances.”

SCSO Artistic Director Donald Kendrick has added some extra special magic for children young and old at their December 9th performances. Says Kendrick, “People love to hear stories at Christmas and we intend to share a stunning arrangement of American composer Randol Alan Bass’ *The Night Before Christmas* featuring the orchestra and narrator Matt Hanscom.

“The warm atmosphere created by Memorial Auditorium’s u-shaped seating plan fosters a very strong sense of community at the concert itself. For most people attending, witnessing the power of such a large chorus and orchestra, and even singing along with the orchestra on the second half of the program leaves an indelible impression, one sparkling with hope and joy,” says

SCSO Board Member Derek LaCrone.

SCSO Conductor Donald Kendrick has once again drawn together another refreshing and sparkling program designed to capture the magic and spirit of the season, providing seasonal surprises and merriment for the whole family. “We are working hard to provide a festive and celebratory mood for our *Wells Fargo Home for the Holidays* concert as we plan to welcome families who come together to celebrate this joyful season,” says SCSO Conductor Donald Kendrick. “It is a time to experience a wonderful sense of old-fashioned community and camaraderie brought about by the thrilling music of the season.”

Music, Mystery, Children, Guest Artist and Narrator, Audience Singalong

The concert’s special guests will once again be the **Sacramento Children’s Chorus** under their new director Alexander Grambow. The program begins with a sense of mystery in darkness with the entire large 180-voice combined SCSO/SCC Choruses surrounding the audience with candles

in the first balcony, singing a *cappella* from memory. *This sound around* effect is stunning and moving for both the performers and audience members alike,” says SCSO patron Lynn Estabrook. “The candlelit procession to the stage during Leroy Anderson’s *Christmas Festival* will make for a magical opening to our performance.” Following the intermission, the large audience will rise to its feet and fill Sacramento’s Memorial Auditorium with a joyful noise when they join Kendrick and the large SCSO Chorus and orchestra in an exciting audience singalong. “The sound of such a large chorus and the looks of inspiration and joy on people’s faces during the sing along really add to the sense of community that great music brings to us all,” says SCSO Bass Zane Brown.

Kendrick has once again chosen a mixture of outstanding choral/orchestral works celebrating the true meaning of Christmas, a mixture of traditional carols that people have come to love tinged with new arrangements by such well respected composers as British composer John Rutter and young

American composer Barlow Bradford along with a stunning arrangement of Robert Wendel’s *Holiday Greetings*. **Baritone Matt Hanscom** will serve as the evening’s headliner, rounding out the evening with solos in arrangements by Randol Alan Bass, Matthew Naughtin and Robert Wendel.

Christmas CDs Available at the December 9th Performance

The SCSO’s December 9th performances will offer patrons an opportunity take the SCSO’s Christmas CDs - great stocking stuffers - home with them. “Nothing compares to the joy that live music brings, especially at Christmas,” says SCSO Alto Tonia Hagaman. “Our large orchestra excels in these sparkling arrangements that Don serves up and the energy on stage is definitely contagious.

Come celebrate the true spirit of the Christmas season at the SCSO’s 2017 *Wells Fargo Home for the Holidays* performances at the Memorial Auditorium in Sacramento. We guarantee merriment.

Wells Fargo Home for the Holidays 2017 At a Glance
Event: Sacramento Choral Society & Orchestra’s *Wells Fargo Home for the Holidays* at Memorial Auditorium, Donald Kendrick Conductor

Guests: The Sacramento Children’s Chorus, Alexander Grambow, Director Matt Hanscom, Guest Artist and Narrator

Puppets by Green Valley Theater Company – Christopher Cook, Designer

Lobby Entertainment – Vibrance Barbershop Quartet

Date/Times: Saturday, December 9 - 2 PM matinee - 7:30 PM evening concert

Location: Memorial Auditorium – 1515 J Street, Sacramento

Tickets: \$35 - \$40 - \$50 – Students with ID: 50% discount

Sacramento Community Center Box Office: 916-808-5181

Information: SCSO: (916) 536-9065 or sacramentochoral.com

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SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM

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Beets 69¢/lb	Yellow Onions 3 lb Bag 99¢/bag	Pineapples 1.99/ea	Roma Tomatoes 89¢/lb	Pickling Cucumber 79¢/lb	Russet Potatoes 10 lb Bag 2.29/ea
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Public Reminded to “Be Flood Ready” Before Winter Storms

SACRAMENTO, CA (MPG) - The California Department of Water Resources (DWR) recently commemorated California Flood Preparedness Week by encouraging residents to prepare for flood season.

“Extreme weather and natural disasters are a way of life in California,” stated Jon Ericson, acting chief of the state’s Division of Flood Management. “Taking the right steps now can mean all the difference to you and your family if flooding occurs.”

More than 7 million California residents are at risk of flooding, and many don’t realize it. Flooding happens throughout the state, from rural communities to urban areas, at the base of hills and along the coast. In fact, every California County has received a flood-related emergency declaration in the past twenty years.

This year many communities

are at an extra risk for flooding because of wildfire damage. Flooding after wildfire is often more severe, as debris and ash left from the fire can form mudflows. These mudflows can cause considerable damage that is not covered by homeowner’s insurance, however if the mudflows are related to flooding then NFIP flood insurance may cover the damage. Please check with your insurance provider for details.

Be Flood Ready by following these steps: Talk to your insurance agent about buying flood insurance, or contact the National Flood Insurance Program for information. 1-800-427-4661; Make an evacuation kit. Tips are available at: www.redcross.org/; Make an evacuation plan. Familiar routes may not be accessible during a flood; Stay informed during heavy storms; Don’t walk or

drive through flood waters. Just 6 inches of moving water can knock you down, and one foot of moving water can sweep your vehicle away.

More information is available at: <https://www.ready.gov/floods>

DWR also cautions the public not to wait if they are told to evacuate, as first responders may not be able to reach residents later.

The state, through DWR’s Emergency Rehabilitation Program, is coordinating with local, state and federal agencies to support repair and rehabilitation work on project levees damaged during the 2017 storm season. The state has committed \$80 million to repair 30 critical sites this year, prepare designs for 10 more future sites, and jointly prepare contingency plans for 100 additional sites in preparation for this year’s rainy season.

Source: DWR ★



POPPOFF!

with Mary Jane Popp

Life Journaling

Would you like to access the more expansive spaces in your mind? Would you like to tap into positivity to boost happiness and confidence? Would you hope to achieve internal and external healing resulting from awakening to a higher consciousness? What if I told you that you can find personal meaning by journaling? Lots of questions, and Briana Borten and Dr. Peter Borten told me on POPPOFF you can do it. Their book “Rituals for Transformation” tells us how in a 108 day journey to your sacred life. Briana is a Mastery coach and certified practitioner of Ayurvedic medicine and Peter is a Doctor of Asian medicine. According to both, studies show that a regular writing practice enhances self-awareness, helps release and reframe the past and supports goal achievement.

Sitting down with a blank sheet of paper can be daunting.

To get past that first step of putting pen to paper, you can use any of the following topics to get you started. 1) **DESCRIBE YOUR GOALS AND RECORD YOUR PROGRESS.** You’re much more likely to achieve your goals if you simply write them down. The process of writing your goals signals your brain that they are important, and then your brain organizes and prioritizes based on that information. Journaling also lets you expand upon those goals and push yourself to dream more. Then, write about your progress. 2) **EXPLORE AND RESOLVE CHALLENGING EXPERIENCES AND EMOTIONS.** We all face difficulties in our lives and relationships, but it’s what we do during these times that make the difference in our overall happiness. Journaling can relieve the stress of these situations and put things into context so you can process and release the emotions. 3) **TAKE TIME FOR SELF-REFLECTION.** Tap into what’s going on with you. How are you feeling? What’s taking up room in your thoughts? Putting your musings, ideas and feelings onto paper will help you understand and assimilate them so you can move forward with more joy and grace. 4) **DEVELOP YOUR INTUITION.** Journaling is like speaking to yourself and listening at the same time. If you have any concerns, issues or questions, write them down and ask your unconscious to come on board while you’re meditating or sleeping to bring answers beyond your normal awareness. You might be surprised what creativity and inspirations come to you. 5) **REFLECT ON THE POSITIVE THINGS IN YOUR LIFE.** Writing about a positive experience lets your mind relive it, which boosts confidence in your ability to create happiness. Start by simply making a list of five things for which you are grateful. As you do this, you’ll become aware of the awesomeness that’s already present in your life. Writing about good experiences changes your orientation from scarcity and stress to abundance and peace.

Naturally this is the just the tip of the iceberg for achieving happiness and peace. The rest of the story is in “Rituals for Transformation.” Check out www.dragontree.com. The next step is taking that 108 day journey to your sacred life. HAPPY TRAILS! ★

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 12th Annual Celtic Christmas Celebration
 With Vocalist Christa Burch And Irish Dancers
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Chris Boyd Honored for Twenty Years of Service

Continued from page 1

chief for 10 years. He was appointed police chief in 2006 by then city manager Henry Tingle. Tingle retired after 17 years in 2016. City council unanimously appointed Boyd as city manager on July 14, 2016. Those 10 years as police chief gave Boyd invaluable knowledge and experience in all areas of the city to assist him in his new job. Rocklin Police Chief Ron Lawrence followed as the city's new police chief on October 31, 2016.

In a news release at the time of his appointment to city manager in 2016, then mayor, Jeannie Bruins commented that Citrus Heights "really couldn't ask for a more ideal candidate", he is "well versed on issues facing the city" and understands the community and local challenges". Boyd holds a degree in Master of Public Administration from the College of Notre Dame.

In his talk, Boyd commented, "We knew we had a winner here from the beginning", referring to the ongoing partnership between Stones and the City since Stones opening in 2014. Helping make Citrus Heights a better place to live, their sponsorships include the CH Police Heights Police Activities League (PAL) which works with youth, and the CH Chamber Leadership Academy. They also hold an annual 'Chip in For Charities' poker tournament to raise funds for Lilliput Families, a private adoption agency in citrus Heights.

In an email, Boyd said of the award, "I'm honored to receive this award. This is especially meaningful to me as Councilmember Mel Turner was the first recipient. He was a great Councilmember and friend, and I hope to carry on his legacy. While I'm proud of what I've been able to do in this city, I didn't do it alone. Anything I've

accomplished is because of the hard work and dedication of city and police department employees. We have a great team here and we work hard for residents every day. My team and I also appreciate we work in such a supportive and collaborative community, and we don't take this for granted. It's because of strong partnerships we are able to build successful programs and services."

Boyd's executive assistant Melanie Randel said of her boss, who she also served under in the same capacity at the police department, "It has been an honor working alongside Chris these last nine years. He is a gifted mentor and truly cares about the people he serves. His leadership style inspires, encourages, and emboldens; his commitment to excellence contagious. I am incredibly grateful for the many opportunities our partnership has afforded me. ★



Holiday Treecycling



December 26, 2017 to January 12, 2018
Citrus Heights residents can recycle their live Christmas Trees for free!

Simply put your tree out on the curb on your regular collection day, and Republic Services will pick it up and recycle it.

Artificial trees, flocked trees, or trees containing ornaments and other decor will not be accepted.

REMINDER: No collection will take place on Christmas Day (12/25) or New Year's Day (1/1). Collection will be delayed by one day for these holidays and the remainder of the week.

For more information, please call Republic Services at (916) 638-9000 or (916) 725-9060

When Every Meal Matters

Church Program Blesses Both Guests and Volunteers

Continued from page 1

homeless or needy men, women, and children received dinner and additional food. Around 16 volunteers helping that day found the project on JustServe.org and joined the 15 volunteers who serve there regularly, such as Martinez, Ngatia, and Schaefer.

You can sign up to volunteer for the Holy Family Catholic Church Food Service to the Needy project by going to the JustServe website at <https://www.justserve.org/projects/c26eaa1b-31c7-48a3-99f6-2fb6311ea6f7>. Or go to www.justserve.org and enter your town or zip code to find a variety of projects and ways to



Volunteers are ready to prepare and serve at Holy Family Catholic Church Food Service for the Needy, hot dinner and food distribution held every Wednesday. Photo by Margaret Snider

serve in your community.

Holy Family Catholic Church is located at 7817 Old Auburn Rd., Citrus Heights. The

program is closed only on the Wednesday before Thanksgiving and the Wednesday between Christmas and New Year. ★

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Wed., March 7
11:30 am to 12:30 pm

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www.EastLawn.com

Chamber Names New Executive Director

Continued from page 1
260 to 285 in the last year. We put in a concentrated effort to enhance the communication to business owners in the city about the benefits of being a member and showing its value. We also put a lot of energy into reaching out to entrepreneurs who need a chamber more than anything because many are one-man or one-woman teams who can benefit from a network."

Q: What is the composition of the Chamber's membership?

A: Roughly 65 percent of our members are small business owners with fewer than 10 employees. We are seeing a continuation of that trend, but also a growth in the number of women-owned small businesses.

Q: What does your job entail?

A: My job is to implement what the board wants. I was brought on to provide continuity and consistency for the remainder of 2018 and, as the board meets to define and design goals for three to five years out, I will be tasked with implementing programs and projects to support them.

Q: What changes have you implemented since spring?

A: We have revived the printed membership directory for one thing, which is something that a lot of our members said they wanted. I'm also putting the finishing touches on a new, bi-monthly e-newsletter that will feature photos from events, information about upcoming monthly meetings and spotlights on chamber members. Also, we revived the new member orientations to engage and retain members. We use the platform for the orientations to both leverage our connections within the city and the business community, and second, we offer new members an opportunity to ask us questions and tell us what it is we can do for them. We will hold one in March and a second one each fall.

Q: What are your own plans for expanding and retaining membership?

A: I'd like to keep the momentum going with our partnership



Cendrinne DeMattei was brought on to provide continuity and consistency for the remainder of 2018 and, as the board meets to define and design goals for three to five years out, and will be tasked with implementing programs and projects to support them. Photo by Jacqueline Fox

with the city to train future entrepreneurs through our leadership program and bring them in as new members. We also have goals to increase attendance at our own events by making sure the subject matter pertains to members' needs. We want our events to showcase their businesses and give them tools they need. We also are increasing our use of social media to highlight our activities and use it as a promotional tool for our members. So our hope is that our members will share their positive experiences and pass those experiences on to their own contacts and associates. Also, we are looking at adding a signature event in the fall that reflects the culture and profile make up of our membership and aligns with the city's new branding to convey Citrus Heights as a business friendly destination city where it is as much fun to work as it is to live and play.

Q: Your Chamber is preparing to install new leadership. What will that look like?

A: We have Amanda Blackwood from Stones Gambling Hall coming in January to take over as the new board president. Right now the board is very focused on bringing in diversity in terms of occupation, business size and experience and industries to create a culture whereby new ideas and new ways of doing things are embraced. We are

in a period of change. The chamber is looking at its 60th year in January, so we see the year ahead as a fresh new beginning, with a new president, new board members and tasking ourselves with bigger and better events.

Q: What makes Citrus Heights a great place to do business?

A: I'm invested in this community and have been for years. I remember when they built Sunrise Mall and I've watched the economic growth and seen the city evolve into a solid, mature and appealing community. So I'm excited to see more new events and a more engaged membership base that will attract other businesses to the area.

Cendrinne DeMattei, Executive Director, Citrus Heights Chamber of Commerce

Born: France, came to California in 1968

Education: Golden Gate University, BS business administrative management

Professional Career: Telecommunications and residential real estate

Family: Married, one child, 17

Favorite Book: To Kill a Mockingbird, Harper Lee

Citrus Heights Police Take Life Changing Workshop

Emotional Support for Law Enforcement

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - On Saturday November 18, 2017 more than 220 Citrus Heights Police Department (CHPD) police officers, staff and family members gathered at Sierra College in Rocklin to hear a presentation by Dr. Kevin Gilmartin on a topic that will help extend the life of Citrus Heights police officers up to 19 years and will make Citrus Heights a safer place to live and work.

Police work is one of the most stressful jobs in the country. It is the prolonged stress experienced by officers that sets it apart from other professions. The purpose of this training was to produce self-awareness in officers to understand what is going on in their minds and bodies both on and off duty. With this knowledge they will be able to make the best use of their 'down time', leaving their job 'at the office' and taking back their lives with their families. It could also save their life in the long run.

Gilmartin, a nationally renowned behavioral scientist specializing in issues related to law enforcement, gave an intensive four-hour workshop based on his book, "Emotional Support for Law Enforcement", considered the handbook for all law enforcement personnel.

Gilmartin made an immediate connection with his audience. Having been in law enforcement himself for 20 years he knows personally the mindset and the unique lingo of the police officer.

A major part of the training was teaching participants the changes that take place in their brain every time they go on shift and how those changes affect their body. If at the end of that shift they cannot stop and regroup for a long period of time their health and relationships will suffer in the long run.

Gilmartin explained through a power point from his book, exactly what changes take place in the brain of a person is

hypervigilant and must be constantly on alert on their job.

Police and other first responders produce adrenaline which goes from their brain into the bloodstream and to the parts of the body they will need for their 'fight or flight' response to possibly have to fight, chase someone, or deal with whatever a situation requires. However, getting continual adrenaline with no recovery time is not healthy.

Because of their training police are always on alert, being aware not only of their surroundings at all times but also aware of the worst that could happen. They subconsciously extend this hypervigilance into their off time, often with negative consequences to their physical and emotional health and that of their relationships.

The new officer graduating from the police academy ready to 'save the world' is rarely the officer he or she thought they would be by the end of their career. They stop doing the things they love like hobbies, sports and being with their family.

It is also important for the spouse and other loved ones and friends to be aware of what is going on with their officer so they can be a support and not become a victim of their moods. Understanding why their spouse is always tired, agitated and not wanting interaction with others is important.

To combat the rigors of their job, sleep, exercise and maintaining healthy activities outside the job are essential to the officer's well-being.

It is important to get at least seven hours of sleep a night. Those with no or little sleep are much more likely to have less reaction time and show poor ethical judgement during the daily situations they face, partially as a result of not getting enough oxygen to the brain.

Another important aspect of physical and emotional health in officers is exercise, as studies

are showing that their waist size is increasing. Heart disease has become a "presumptive disease" and Type II Diabetes (the "cop's disease") is on the rise among police who have gone from being alive, alert, energetic and involved in life to being tired, detached, isolated and apathetic. Just losing five to seven percent of body weight and exercising at least 22 minutes a day can save a life.

Gilmartin was impressed that Citrus Heights has work out equipment available for officers to use for up to one hour during each shift.

Finally, Gilmartin urged his audience to "get back to what you love doing", and used to do like worship, fishing, cooking, sports, coaching, and spending time with friends and family.

Following these steps will help those who protect Citrus Heights maintain or get back their balance of work, life and family needed to be a better officer and member of their family.

In a phone call with Officer Gutierrez following the event, it was explained that Citrus Heights presently has a robust peer support and debriefing program in place for officers following major or traumatic incidents. They also have access to their Employee Assistance Program which provides many services for officers and staff.

CHPD Commander Gina Anderson and Darla Buechner, president of General Federation of Women's Club (GFWC) Citrus Heights Women's Club worked together to bring Gilmartin to this area. A 'Taste of Citrus Heights' fundraiser held on April 28 raised \$8,000, which made it possible to also purchase books for each officer. Buechner was presented with a plaque for the women's club in appreciation for its contribution to making this day possible.

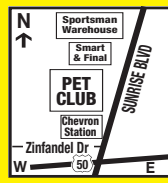
Additional funds were donated by the Citrus Heights Rotary, the American Legion Post 637, and an anonymous donor.

Look for Advertised Sale Items Everyweek at www.petclubstores.com

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FOOD AND SUPPLIES

EVERYDAY LOW PRICES
Super Discount Prices • Hot Specials & Coupons
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(No Membership Fees)

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

COUPON
1 FREE PEDIGREE DOG FOOD
22 Oz Tin All Varieties
With Any Purchase of Pet, Fish Food, or Supply PLU 321
Limit: 1 Coupon Per Family CHM
Effective 11/29/17 - 12/5/17

COUPON
\$7.50 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 11/29/17 - 12/5/17

TASTE OF THE WILD GRAIN FREE DRY DOG FOOD
•Wetlands •Sierra Mountains •Pacific Salmon •High Prairie •Southwest Canyon
30 Lb Bag **\$39.99**
Effective 11/29/17 - 12/5/17

NUTRO MAX ADULT RECIPE DRY DOG FOOD
•Regular Max •Large Breed Adult •Beef •Senior •Lamb Meal & Rice •Mini Chunk
NEW SIZE 25 Lb Bag **\$21.99**
Limit 2 Bags Per Family
Effective 11/29/17 - 12/5/17

BLUE BUFFALO WILDERNESS DRY DOG FOOD
•Chicken (\$10 Off Reg Price) •Duck •Salmon •Large Breed Adult •Healthy Weight
24 Lb Bag **NEW \$8 MARKED OFF**
100% Grain Free **LOW PRICE**
Limit 2 Bags
Effective 11/29/17 - 12/5/17

FRISKIES DRY CAT FOOD
16 Lb Bag
•Surfing & Turfing •Seafood •Indoor
Limit 2 Bags **\$9.99**
Effective 11/29/17 - 12/5/17

9 LIVES CANNED CAT FOOD
5.5 Oz All Varieties
Limit 1 Case Per Family **35¢**
Effective 11/29/17 - 12/5/17

FANCY FEAST GOURMET CANNED CAT FOOD
All Varieties except Elegant Medley
3 Oz Limit 2 Cases per Family **20/\$11.00**
Effective 11/29/17 - 12/5/17

JONNY CAT PREMIUM CAT LITTER
20 Lb Bag
•Regular •Multiple Cat Formula
Limit 2 Bags **\$3.29**
Effective 11/29/17 - 12/5/17

FRESH STEP SCOOPABLE CAT LITTER
42 Lb Bag
Limit 2 Bags per Family **\$12.99**
Effective 11/29/17 - 12/5/17

PRO-PLAN DRY DOG FOOD
30-35 Lb Bag Limit 2 Bags Per Family **\$3 OFF**
•Chicken & Rice •Lamb & Rice •Beef & Rice •Sensitive Skin & Stomach •Lite •Bright Minds
OUR SUPER DISCOUNT PRICE

FUSSIE CAT PREMIUM DRY CAT FOOD
Market Fresh Recipe
•Chicken & Turkey •Salmon •Salmon & Chicken
2 Lb, 4 Lb, 10 Lb bag As Marked **20% OFF**
OUR REGULAR LOW PRICES

WELLNESS CANNED DOG FOOD
Limit 2 Cases Natural 12.5 oz. Regular **\$1.89** •Stew **\$1.99** •Core

FELINE PINE HEALTHY CAT LITTER
20 Lb Bag Limit 2 Bags **\$7.99**

EARTHBORN HOLISTIC CANNED CAT FOOD
•Grain Free •Selected Varieties
Limit 1 case 3 Oz. **79¢** 5.5 Oz. **\$1.29**

CAREFRESH PET BEDDING
60 Liter (Ultra Not Included) **\$12.99**

CAT COUNTRY PREMIUM ORGANIC CAT LITTER
Limit 2 Bags 20 Lb **\$7.49** 40 Lb **\$13.99**

SCIENCE DIET DRY DOG FOOD
28.5 lb-33 lb Bag Limit 2 Bags **\$4 OFF**
•Lite •Active Maturity •Perfect Weight •Healthy Mobility •Sensitive Stomach •Oral Care
OUR DISCOUNT PRICES

MEOW MIX CAT FOOD
Market Select 2.75 Oz Cup Limit 1 Case **49¢**

PRECIOUS CAT CLUMPING CAT LITTER
20 Lb Box Limit 2 Boxes Cat Attract **11.99** Touch of Outdoors **\$7.49**

MERRICK'S WHOLE EARTH FARMS DRY DOG FOOD
25 Lb Bag **ON SALE**
•Adult •Grain Free Chicken & Turkey •Grain Free Beef & Lamb •Grain Free Salmon & White Fish Limit 2 Bags per Family

MARINELAND POWER FILTER SALE
MODEL TANK SIZE PET CLUB SALE
PENGUIN 100B .20 Gal. **\$17.99**
PENGUIN 150B .30 Gal. **\$24.99**
PENGUIN 200B .50 Gal. **\$29.99**
PENGUIN 350B .75 Gal. **\$39.99**

CAT FURNITURE 20% OFF
•CRS •Alpine Cat Trees LOTS OF SELECTIONS ASSORTED STYLES
(C & D Products not Included) **OUR SUPER LOW PRICES**

DINGO MEAT & RAWHIDE CHEWS
•Meat in the Middle •Bones •Chip Twister All Varieties **20% OFF**
OUR SUPER LOW PRICES

OUR PETS/ COSMIC CATNIP PRODUCTS, TOYS & TREATS All Varieties **20% OFF**
OUR SUPER LOW PRICES

ZUKE'S NATURAL TREATS All Varieties **20% OFF**
•Z-Bones •Mini Naturals •Power Bones •Hip Action •Jerky Naturals •Z-Files
OUR SUPER LOW PRICES

STOKES SELECT BELLE FLEUR Hummingbird & Wild Bird Feeders All Varieties **20% OFF**
OUR SUPER LOW PRICES

TETRA BOXED TO GALLON TANK
With Economy Kit Just add Heater For Tropical Fish **\$36.99**
Limit 1 Per Family

PENN PLAX PLASTIC AQUA-PLANTS **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 1 Case With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 11/29/17 - 12/5/17 **45¢** 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 11/29/17 - 12/5/17 **\$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 11/29/17 - 12/5/17 **\$1.89** CHM PLU 449