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ready to celebrate  
Sunday FunDay**

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# Citrus Heights Messenger

*"Written by the people, for the people"*

VOLUME 7 • ISSUE 17

Serving the City of Citrus Heights and Sacramento County

SEPTEMBER 1, 2017

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# Carriage Drive Elementary Proudly Raises New Marquee

**Story and Photo  
by Jacqueline Fox**

**CITRUS HEIGHTS, CA (MPG)** - After two years, countless fundraisers and a boundless supply of good, old-fashioned stick-to-itiveness, Carriage Drive Elementary school is now sporting a new \$17,000 digital marquee.

Jim Cowger, past-president of the Carriage Drive PTA, instrumental in leading the cause to raise funding for the school's new marquee, says he won't be missing the days when, rain or shine, he was outside hand-changing the messaging on the older sign to keep messaging to students, parents and staff up-to-date.

"I used to call it a gas station sign," says Cowger, who fought during his two-year tenure to convince the PTA board to spend the \$17,000 for the new marquee, surprisingly the middle bid for the new sign. "The old sign was just two pipes and a plastic board with stick on letters. I used to get out there every day or two and put up the new letters to change the messaging. We won't have to do that anymore."

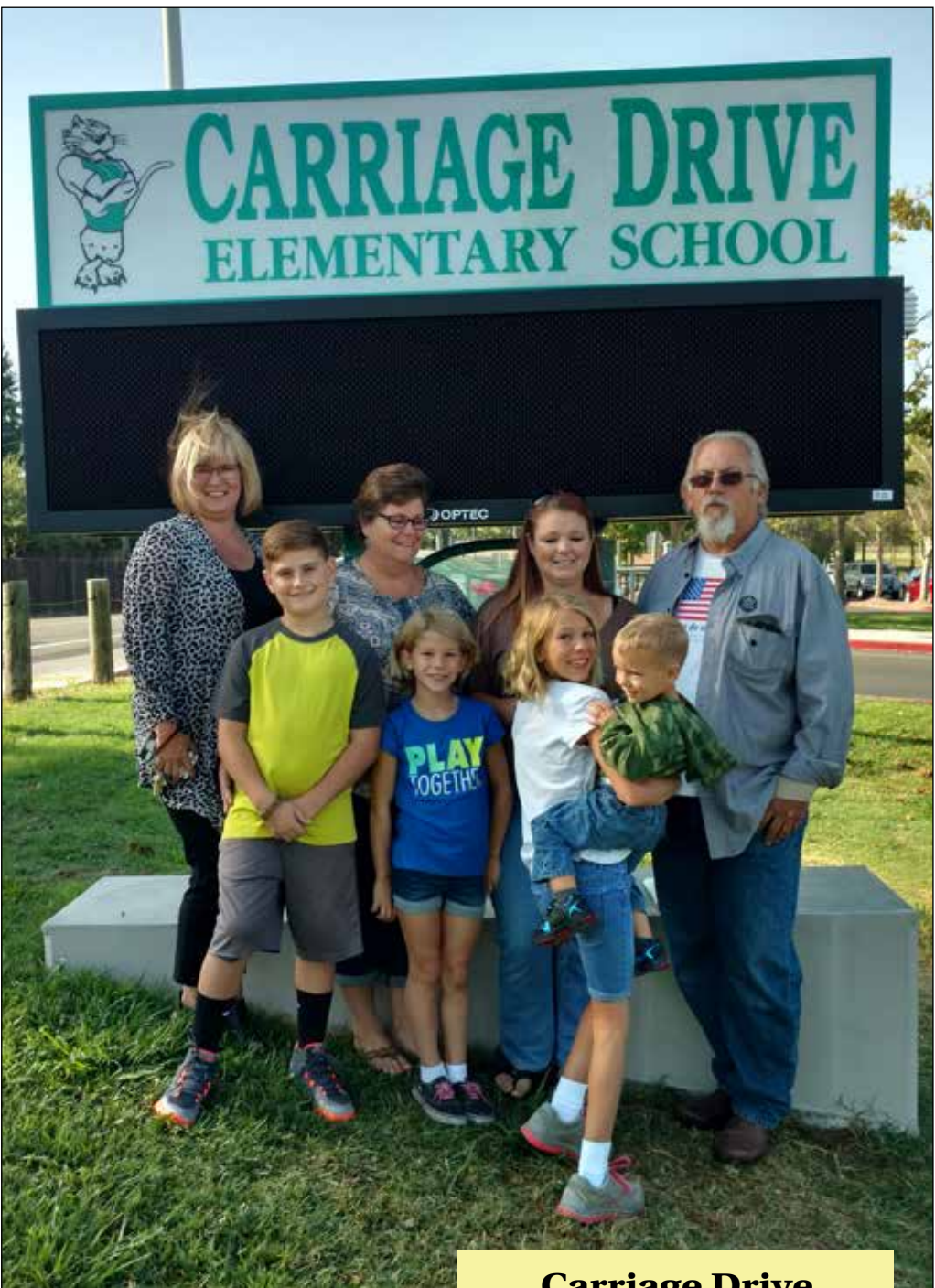
Cowger said he and other members obtained three estimates for a new marquee as they were shopping around. One bid came in higher than the \$17,000, one lower and, PTA officials are apt to do, the decision was made to go with the middle bid.

"Believe me they are not cheap, so I wasn't surprised by the sticker price," says Cowger.

Cowger, who has a fourth-grader currently enrolled in the school, as well as two children who previously attended, says it was the need for a new sign that spurred interest in serving on the PTA board, which he did from 2015 to 2016. During his tenure, Cowger learned that the school's budget for a new, digital marquee was nowhere near where it needed to be. He'd have to get busy finding a way to generate the funds.

"I ran for PTA for the purpose of getting involved and helping to get the money in place for a new sign," Cowger says. "But I learned that we couldn't take the money for it out of the PTA fund because we are required to leave a \$10,000 prudent reserve in place and that would have depleted the fund."

Once on board, Cowger and fellow PTA members rolled up their sleeves and started planning fundraisers for the new



**Carriage Drive Elementary School: We want to thank all of our sponsors for helping with the new marquee. This is also a wonderful way of showing our parents how their efforts are paying off.**

marquee. Ice cream socials and a sock hop were held. Box after box of See's Candy was sold, and funding for the new sign started to come in. In January of 2016, upon review of the effective fundraising efforts and a pending plan for a spring 2016 classic car show featuring The Classic Chevy Club, Cappuccino

*Continued on page 3*

## Carriage Drive Elementary Marquee Major Donors

<b>Bubba's Carwash</b>	<b>\$350</b>
<b>Bill McAnally Racing</b>	<b>\$500</b>
<b>Summit Racing</b>	<b>\$500</b>
<b>All Awards-Trophy &amp; Plaques</b>	<b>\$750</b>
<b>D.J.Services By the Hinsley Family</b>	<b>\$1,200</b>
<b>Messenger Publishing Group</b>	<b>\$1,700</b>

## County Working Toward No Place Like Home Grant

**SACRAMENTO COUNTY, CA (MPG)** - No Place Like Home (NPLH) is a new State program that will provide counties with grants in 2018 to provide critically needed housing for chronically homeless individuals who are also struggling with mental illness. Sacramento County will be applying for NPLH funding as an essential piece of our "housing first" approach to reducing homelessness.

As a first step toward pursuing those funds Sacramento County will be working with a consultant to lay the groundwork for a plan that will align with No Place Like Home specifications.

"Permanent supportive housing options are critical to people experiencing homelessness and who are also in need of mental health services," said Patrick Kennedy, Sacramento County District 2 Supervisor and Governor Brown's appointee to the No Place Like Home Advisory Committee. "Securing these funds will be a critical component of success in addressing the needs of this vulnerable population in the Sacramento region."

NPLH funding is vital for the County because in order to fund NPLH, the State will be withholding the County's Mental Health Services Act growth revenues, which will create shortfalls in funding mental health programs.

However, through prudent use of reserves, the County will continue to sustain those programs while pursuing new opportunities the NPLH grant will provide to address chronic homelessness in the Sacramento region.

The permanent housing would be linked to on- or off-site flexible, voluntary and individualized services to retain housing, improve health, and live and work in the community.

The county's next step is submitting the grant application, due September 30. Project funding is anticipated to begin in 2018.

*Source: Sacramento County Media* ★

# Local Veterans Enjoy Food, Music at Annual Picnic



**Local "Blue Star Moms", mothers of active duty military personnel, with a few of the mini boxes of Girl Scout cookies they donated for the event.**  
Photo by Jack Mintz

**By Elise Spleiss**

**CITRUS HEIGHTS, CA (MPG)** - Several hundred veterans and their families braved 100 plus

Park in Citrus Heights to attend the 8th Annual Veterans Appreciation and Resource Picnic on August 26.

The inspiring music of the Citrus Heights Community

Marching Band signaled the official start of the event as the multi-generational ensemble crossed over the Veteran's Grove's covered bridge onto the picnic area. Tunes included an eclectic mix of popular music, patriotic pieces, and movie themes by Grammy Award winner John Williams, such as Star Wars, Jurassic Park and Cadillac of the Skies.

Additional music was provided by local disc jockey Carlos Verrett. A veteran himself, Verrett entertained his audience with popular songs to complement the speeches, awards and the raffle prizes provided by the community as they were handed out throughout the day.

The picnic featured the

traditional free BBQ lunch prepared by Wild Wade, chicken wings by Buffalo Wild Wings, and hundreds of Girl Scout cookies provided by the Blue Star Moms.

Dozens of resources for veterans and their families were available to assist attendees.

Activities for the kids included free woodwork workshops by Home Depot, face painting and crafts provided by the Citrus Heights pageant queens, and Grama 'V' creating her unique balloon animals and other creations.

New this year was the close-up magic of roaming magician Joshua Ray, surprising and amazing attendees with his sleight of hand story telling. Also new this year, Windows

to My Soul, an organization which uses horses to transform and heal veterans suffering from PTSD, addictions, and other trauma, brought two of their equine companions to meet picnic goers.

Two 'Missing Man Tables' were placed prominently as a reminder to attendees of fallen, missing or imprisoned military service members, and of fallen police officers.

This year's special guest, Captain MSC, USN (Retired) Rebecca L. Dunavent is a native Californian who served her country for 30 years in the Navy Reserve, entering the Reserve in a medical capacity in 1987. Through the years she worked closely with all of the

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# Leading the Leaders: DOVIA Sacramento Supports Non-Profit Volunteer Managers

Story and photos  
by Jacqueline Fox

## SACRAMENTO REGION, CA (MPG)

- With few exceptions, among the most important individuals behind any successful nonprofit organization, including its return on investment, are its volunteers. But how do you find them, keep them motivated and give them the tools to they need to effectively make an impact?

Enter DOVIA, or Directors of Volunteers in Agencies, which has chapters across the country, including Sacramento. The Sacramento Chapter is currently celebrating 40 years of service, providing some 100 volunteer managers from a vast range of non-profit agencies, most of whom are members, with the support they need to successfully build and serve their core of volunteers.

DOVIA workshops and trainings offer ideas for learning how to motivate volunteers, as well as avenues for members to connect with other volunteer leadership professionals and collaborate and exchange ideas.

Rachele Doty, is the volunteer coordinator for First Call Hospice in Citrus Heights. She also serves on the board of directors as vice chair for DOVIA, Sacramento. She views the organization as an indispensable resource, where, through workshops, trainings, networking and annual conferences, she can access an evolving and valuable exchange of information on relevant issues facing professional volunteer managers, no matter the size or scope of their agency's mission.

"I have just on-boarded 20 new volunteers at First Call Hospice, so I have been utilizing every tool and workshop



DOVIA members and presenters at the "Great Presentations" workshop held Aug. 10 at Bayside Church in Midtown, Sacramento.

or training I have under my belt through my membership with and my role on the board of DOVIA," said Doty. "The agency is absolutely critical for anyone who is working with volunteers. You get the support you need to promote your own growth but also the growth and development of your volunteers, whether you're part of an executive team or some other administrative department."

Dues for membership to DOVIA are \$55 for one year for those who are signing up as an employee of a non-profit agency, and that fee allows for the bundling of two employees from the same agency. For individual memberships, the annual fee is \$30.00, all nominal fees for access to support for trainings

that often non-profits themselves simply don't have the resources to provide, despite their dependence on volunteers.

Lynne Moore is a member support specialist with the Girl Scouts Heart of Central California Council, one of 112 councils in the nation. She and several colleagues from her agency recently attended a DOVIA workshop at Bayside Church in midtown, Sacramento focused on delivering effective presentations to volunteers. For her, the workshops and DOVIA membership provide unsurpassed support and education needed to oversee the some 300 volunteers that support her council.

"I get so much from my membership," said Moore. "I have a lot of moving parts in my job

and a lot of changing faces, so it's critical that I keep up with new trends in recruitment and retention of volunteers. We depend so much on our volunteers and they deserve the best leadership available to them."

The biggest challenge many non-profit organizations face with respect to volunteers, says Doty, is finding them.

"That's an ongoing battle for everyone in the capacity of recruitment," Doty said. "One of the things we focus on with our workshops and trainings is how to utilize all of the available tools out there to reach potential, new volunteers. That includes social media apps, creating events to attract volunteers and how to effectively get the message out to volunteers in the community about your organization and its mission."

Meredith Holkeboer is the Volunteer Services Assistant/Pet Therapy Coordinator at Shriners Hospitals for Children, Sacramento. To say she's landed her dream job would be an understatement. She also finds her membership with DOVIA as invaluable. It has provided her with the tools to network with other volunteer coordinators and share ideas for how to keep volunteers engaged and impassioned about their work.

"The unpaid volunteers that support us are critical to our mission, so I am always on the search for new tips and ideas for how to work more effectively with our volunteers at Shriners," Holkeboer said. "I get a lot out of my membership. I learn new things every time I attend a workshop or a conference and I am reminded that I'm a part of a unique group of leaders out there who are overseeing people who make a choice whether to keep showing up and helping out."

DOVIA will cap its 40th year with participation at the

upcoming annual conference on Tuesday, Oct. 24 at Shriners Hospital. The ALIVE Hybrid Conference: Take the Leap | Embrace Change, will feature presentations for DOVIA members by four internationally renowned volunteer leaders with workshops centered on

are open to both members and non-members. Next year, the chapter will be taking a deep dive into the world of corporate giving, offering members in-depth trainings centered on how to make and maintain strong relationships with corporate giving managers who oversee employee volunteer pools in the community.

Presentations are planned by the heads of corporate giving departments from various companies who will provide DOVIA members with insights on how to recruit from their employee base and what their companies look for when determining which non-profits to support—something that can shift from year to year, depending on the nature of the economy and community needs.

"We are very excited about our plans for working with corporate giving representatives next year," said Doty. "Corporate support is very important to every non-profit, regardless of the size or what their particular mission is, so that is one huge part of what we'll be focusing on next year."

Other areas of focus for upcoming workshops will include stress management, supporting volunteer managers with tips and tricks of the trade to keep their volunteers from



(L-R) Mariann Eitzman, volunteer coordinator, Bayside Church, Roseville, Rachele Doty, volunteer coordinator for First Call Hospice and vice chair, DOVIA, Sacramento, and Meredith Holkeboer, Volunteer Services Assistant/Pet Therapy Coordinator at Shriners Hospitals for Children, Sacramento, at a recent workshop lead by Eitzman on giving presentations.

navigating organizational and professional changes.

DOVIA, Sacramento offers two, two-day trainings each year as a part of its membership focus, as well as monthly workshops, speaker events and other educational sessions. These

overpowering or, in some cases, de-railing the mission. And, just as importantly, training support will provide members with ideas for keeping their sanity when volunteers drop off, a phenomenon that, unfortunately, "goes hand-in-hand with our profession," Doty said. ★

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# Carriage Drive Elementary Proudly Raises New Marquee

Continued from page 1

Cruisers and Ironworker’s Motor Cycle Club #118, the full PTA board approved the expenditure of \$15,000 for the sign. The car show ended up generating \$5,000 for the new marquee, Cowger said, and additional funding came from the other fundraisers and outside donors. “We showed the entire board, the school and district that we could get the funding in place for the new sign and they finally approved the purchase in January of last year,” Cowger said. “It was a long time coming.” Brooke Thomas, principal of the school and PTA board president said the new marquee will be used as a support tool for staff, as well as a way to offer and update school announcements more efficiently. “Were so proud of our PTA and all of our donors who made

this possible,” Thomas said. According to Cowger, the former president of the San Juan Unified School District made a promise in 2015 to pay for installation of the new marquee, once a purchase was made. Unfortunately turn-over within the district meant putting the new marquee in storage for roughly a year. Cowger and other PTA members meanwhile spent months pleading with the district to make good on their promise to pay for the marquee installation. Finally, with more determination, the district agreed to provide funding for the installation, which was completed in early August, just in time for the start of the new school year. Now, instead of seeing Cowger outside as they drive up, diligently spelling out words and dates one letter and or number at a time, a warm, red digital read-out will be reminding students

and parents alike about upcoming events, holiday dismissal times, and wishing a student a happy birthday, among other things. “The whole reason I got involved with the PTA,” says Cowger, “was to see the school get a new marquee. And we couldn’t have done it without the help of our supporters and the parents and families that make Carriage Drive the special place it is.” Those include All Awards Trophy and Plaques, Bubba’s Car Wash, Bill McAnally Racing and the publisher of this paper, Messenger Publishing Group. “We had D.J. services donated by the Hinsley family,” says Cowger. “Can’t say enough about D.J. Rob. He performed at every fund raiser we held and his ability to get the crowd involved is priceless. He even donated his tips back to the PTA.” ★

# Local Veterans Enjoy Annual Picnic

Continued from page 1

Armed Forces in many capacities, including Transportation; as Director, Global Patient Movement Requirement Center; and as senior officer for the Funeral Honors Detail at NOSC Sacramento where she performed over 300 military funerals. Her final assignment was in 2016 when she served at the Pentagon with Chief of Naval Operations. Dunavent retired in March of 2017. Police Sergeant David Moranz was also honored as Police Officer of the Year by AL Post 637 for his 26 years of service in law enforcement, including 10 years with Citrus Heights Police Department (CHPD). In his time with CHPD since its inception in 2006, Moranz has worked in the General Investigative Unit



Guest of Honor Capt. Rebecca Dunavent, US Navy (Retired) (center) with American Legion Post 637 Commander Paul Reyes and Vice Commander Sylvia Thweatt. Photo by Jack Mintz

as a detective, as a Problem-Oriented Police (POP) officer, and in code enforcement. He is also involved with field training, mentorship, peer support and media relations. This event was hosted by American Legion Post 637

with support from the community. Sponsors included the City of Citrus Heights, Sunrise Recreation & Park District, Citrus Heights Walmart, Citrus Heights Rotary, Citrus Heights Lions Club and Soroptimist International. ★



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District 4 County Supervisor

Sue was elected to the Citrus Heights City Council in 2012, and served as Vice-Mayor in 2015 and Mayor in 2016. On the Council, Sue has championed fiscal discipline, encouraged economic growth & job creation, community involvement and public safety. As Mayor, Sue not only led the City, but pioneered efforts to expand regional economic cooperation, support community

non-profits and help Veterans with three signature events: Regional Leadership Council, Community Leadership Conference and We Support Veterans Celebration. Sue Frost will speak on vote centers, homelessness and County budget at our next luncheon, at the North Ridge Country Club on September 12th, from 11:30 a.m. to 1:00 p.m.

### • City and Chamber Annual Business Walk •

The City of Citrus Heights and the Citrus Heights Chamber of Commerce will be visiting approximately 200 businesses in the City for the annual Business Walk. Through the Business Walk, the City and Chamber have learned first-hand about the business climate in the city and collected feedback from these visits to help shape efforts in the coming year. In the past, this effort helped businesses address signage questions, nuisances, parking and construction issues. This year’s walk will take place on September 27th, from 10:00 a.m. to 1:00 p.m., and will include businesses along Sunrise Blvd. from Woodmore Oaks to the Antelope Road areas.

### • Upcoming Meetings and Events •

**Brown Bag Breakfast Forum**  
Cybersecurity for Small Businesses  
Tuesday, September 19<sup>th</sup>, 8:00 a.m. – 9:30 a.m.  
City Hall- Large Conference Room

**Citrus Heights Monthly Luncheon District 4 County Supervisor Sue Frost**  
Tuesday, September 12<sup>th</sup>, 11:30 a.m. – 1:00 p.m.  
North Ridge Country Club

### • Sept 2017 Chamber Meetings & Events •

9/6	Multi-Cultural Career & Business Expo	11:00 a.m. – 4:00 p.m.
9/7	Government Issues	8:00 a.m. – 9:00 a.m.
9/8	Ambassadors’ Meeting	8:30 a.m. – 9:30 a.m.
9/12	Chamber Luncheon – Sue Frost, Supervisor	11:30 a.m. – 1:00 p.m.
9/14	Economic Development Meeting	8:30 a.m. – 9:30 a.m.
9/14	PAC Meeting	4:00pm – 5:00 p.m.
9/18	Leadership Meeting	4:00pm – 5:30 p.m.
9/19	Brown Bag Breakfast Forum	8:00am – 9:30 a.m.
9/21	Education Committee Meeting	8:00 a.m. – 9:00 a.m.

Please check website for meeting & event locations: [www.chchamber.com](http://www.chchamber.com)

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## Citrus Heights Messenger

"Written by the people, for the people"

**Serving Citrus Heights and Sacramento County Since 2006**

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**MPG**

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**Crossword Puzzle on Page 5**

T	T	U	T	O	R		S	E	A			S	O	M	E
A	P	A	C	E		O	R	B			B	E	T	O	N
S	T	R	U	M		L	A	O			A	M	I	S	S
K	O	O	L	A	I	D			M	U	N	I	C	H	
					I	N	N		A	B	L	Y			
C	H	A			D	E	U	S		T	A	N	T	R	A
H	U	B	S		P	S	S	T		N	O	H	I	T	
I	R	A	N		T	S	A	R	S		D	E	V	A	
L	O	C	U	S		R	I	A	L		S	T	A	R	
E	N	I	G	M	A		L	Y	O	N		A	L	I	
					A	G	E	S		T	E	C			
	S	K	Y	L	A	B			T	H	E	O	M	E	N
A	N	N	U	L			O	W	E		D	R	A	P	E
G	A	E	L	S			N	O	R		L	E	G	I	T
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**Sudoku Puzzle on Page 5**

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

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# Our Future is Bright



Commentary by  
Senator Ted Gaines

To watch the news is to imagine a politically-obsessed America pulling apart at the seams, with opponents mobbing up and attacking each other at every turn and the two parties and their talking head proxies endlessly screaming at each other about the real meaning of President Trump’s tweets. It’s a phony picture. The essence of this country isn’t government at all and you might never see it on the news. It’s everyday people – hardworking people of every creed and age, living their lives the best they can regardless of what the government is doing – who make this state and nation what they are. It’s those people who make me believe that California’s future is bright.

Recently that belief was driven home to me when I met three very different groups of people in the North State. I came away inspired by their stories.

North State Ranchers have lived off this land for more than a century and have experienced every up and down imaginable, but they’ve persevered. Now, as the dry creek beds and barren mountains of years past have disappeared, they look forward to getting more water and getting their businesses back on their feet.

Illegal marijuana cultivation is stealing rancher water and

polluting land with indiscriminate pesticide abuse, making it harder for legitimate ranchers to thrive and breaking their hearts at the same time. These men and women are the original conservationists. It’s not just words with them; they depend on clean water and healthy soils for their livelihoods. It’s why they have such a deep connection to the land and are such careful stewards of their property. I know that a solid ranching economy in the north state will secure these lands for generations.

Despite these new challenges, the ranchers were ready to fight for their futures in California, and just asked me to try to get government out of their way. They were eager to roll their sleeves up and get to work! They weren’t looking for government handouts or help, just freedom, so they could continue the agricultural legacy their ancestors built.

In Placerville, I visited with the Executive Director of the privately-supported and volunteer-driven Court Appointed Special Advocates (CASA). CASA recruits and trains people from the community to serve as advocates for abused or severely neglected children as they seek justice in our court system.

The CASA advocates usually take one case at a time and build a relationship with the child they are representing. They bond with the child, learn about the child’s special, individual circumstances, and they use that knowledge to report to the judges overseeing these cases, so they can make informed, compassionate decisions about the most helpful services and support for each of these children.

The CASA volunteers, donors, and other supporters together serve as a solid foundation for these kids’ futures, helping during their crises and together forging a more successful life path. One child at a time, CASA is creating healthier,

more loving communities for us all.

But my favorite visit, one that brings a smile to my face even now as I think of it, was with 11-year old Preston Sharp, the Flag Planter. Starting in 2015, this young man started placing small flags on the graves of local veterans in Redding to honor their service. Since then, Preston has planted an amazing 28,000 flags on gravesites from Redding to Sacramento, and he’s branching out to Reno and wherever else his commitment takes him. I’m proud to know such a young patriot who shows such great empathy for veterans and their families.

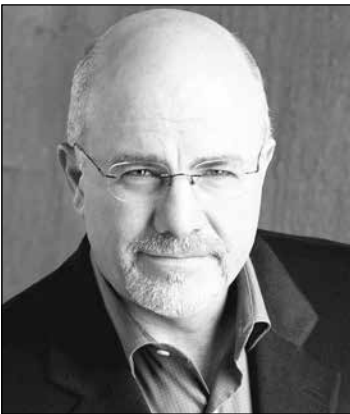
I wanted to recognize Preston, and gave him an award from my office to honor his efforts. He appreciated it! But in the end, he said he was not acting to get an award from the government, but because he wanted to give veterans the respect they had earned. He is a fine young man with the right priorities.

These three stories seem unrelated but they aren’t. They are all, in their way, stitching together a unified state - one child, one ranch, one flag at a time. Like a million little streams feeding into one mighty river, these Californians and others around the state are achieving on their own, with their individual accomplishments all pouring into a single California, robust and full of hope. Sacramento can’t mandate these acts, only get in the way.

Politicians come and go, and parties come into and fade out of power all the time. But the California spirit and the talents and desires of the builders, the achievers, the doers, is forever.

Our future is bright.

*Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties.* ★



## Turn this into a blessing!

Dear Dave,

We’re following your plan, and we’re in the middle of paying off all our debts except for the house. My wife just learned she’ll be losing her job at the end of the year. She’s a project manager for a software company in Seattle, and she will be receiving a severance package if she works until year’s end. We were curious as to how you think we should handle the next few months.

- Kevin

Dear Kevin,

I know you guys are scared right now, but from what you’ve told me this could be the kind of thing that turns into a blessing. First, she should already be looking for another job to start right after her current employment ends. That way, any severance pay will turn into a signing bonus of sorts.

I know there are always question marks and uncertainties when you’re job hunting, but this lady is a software project

# Dave Says

manager in Seattle, Washington. You’re not in the middle of a cornfield, dude. If she can’t find something in the next four-to-five months, there’s some other issue you’re not telling me about.

Now, in the very unlikely event she doesn’t land another gig, you guys are going to have to put Baby Step 2 on hold for a while, and cut your spending down to the bare necessities until something does come along. But your lady has a super-employable skill set. If she gets out there and really busts it looking for another job, I think you two are going to land on your feet and in even better shape than before!

—Dave

## Time to leave

Dear Dave,

My brother-in-law moved in with us several months ago. He’s 32, and he doesn’t have a job or contribute anything in terms of helping around the house or with bills. I think he needs to move out, but my wife is hesitant to say anything. She complains about the situation to me, but she knows her family will be upset if we do anything. How can we handle this?

- Chuck

Dear Chuck,

Responsible adults don’t

behave like bums, and I don’t care what the rest of the family thinks. This issue is between you and your wife. You two are the only ones dealing with this, so it’s easy for others to chime in about what should happen.

You shouldn’t just kick the guy out, but you do need to get busy formulating a plan that will allow him to get back on his feet. Have a gentle talk with him about the situation and his future, and tell him things aren’t going to continue on the same path. Let him know he must have a job within 30 days, and 30 days after that he has to move into his own place. Write it down on the calendar, if it will help, but make sure he understands why you’re doing this and the date he must move out.

I know these things can be difficult, but sometimes you’ve got to take the bull by the horns and make something happen. It’s what’s best for him – and both of you – in the long run.

—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.* ★

# Tax Pros Warned of New Scam to Steal Their Passwords

By David A. Tucker,  
IRS Media

The Internal Revenue Service, state tax agencies and the tax industry recently warned tax professionals to be alert to a new phishing email scam impersonating tax software providers and attempting to steal usernames and passwords.

This sophisticated scam yet again displays cybercriminals’ tax savvy and underscores the need for tax professionals to take strong security measures to protect their clients and protect their business. This is the time of year when many software providers issue software upgrades and when tax professionals are working to meet the Oct. 15 deadline for extension filers.

These types of phishing scams are why the IRS, state tax agencies and the tax industry, acting as the Security Summit, launched the 10-week Don’t Take the Bait campaign currently underway. This awareness effort highlights the many tactics

of cybercriminals as well as the steps tax professionals can take to protect their clients and themselves.

This latest scam email variation comes with a subject line of “Software Support Update” and highlights an “Important Software System Upgrade.” It thanks recipients for continuing to trust the software provider to serve their tax preparation needs and mimics the software providers’ email templates.

The e-mail informs the recipients that due to a recent software upgrade, the preparer must revalidate their login credentials. It provides a link to a fictitious website that mirrors the software provider’s actual login page.

Instead of upgrading software, the tax professionals are providing their information to cybercriminals who use the stolen credentials to access the preparers’ accounts and to steal client information.

The Security Summit reminds tax professionals that software providers do not embed links into

emails asking them to validate passwords. Also, tax professionals and taxpayers should never open a link or an attachment from a suspicious email.

Tax professionals can review additional tips to protect clients and themselves at Protect Your Clients, Protect Yourself on IRS.gov.

Tax professionals who receive emails purportedly from their tax software providers seeking login credentials should send those scam emails to their tax software provider.

For Windows users, follow this process to help the investigation of these scam emails:

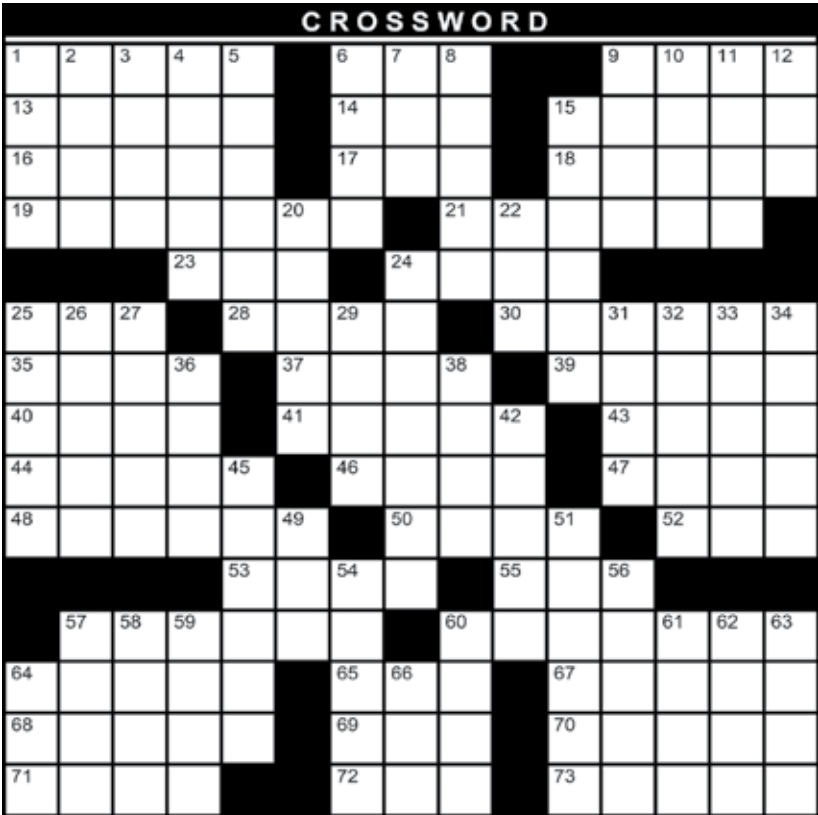
1. Use “Save As” to save the scam. Under “save as type” in the drop-down menu, select “plain text” and save to the desktop. Do not click on any links.
2. Open a new email and attach this saved email as a file.
3. Send a new email containing the attachment to the tax software provider, as well as a copy to Phishing@IRS.gov. ★

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### CLUES

- ACROSS
1. Private instructor
  6. It’s shining in “America the Beautiful”
  9. Not all
  13. Lickety-split
  14. Eyeball shape
  15. Take a chance
  16. Pull strings
  17. \* \_\_\_\_ People’s Democratic Republic
  18. Not quite right
  19. \*Poison to members of Peoples Temple
  21. \*Olympic massacre location
  23. Weary traveler’s destination
  24. Competently
  25. Cha-\_\_\_\_, dance
  28. \_\_\_\_ ex machina
  30. Buddhist doctrine
  35. Centers of activity
  37. “Hey ... over here!”
  39. Result of pitcher’s dominance
  40. \*Islamic Revolution locale
  41. Romanov rulers
  43. Deity, in Sanskrit
  44. Singular of loci
  46. Iranian coin
  47. The sun, e.g.
  48. Brain teaser
  50. France’s third-largest city
  52. \*Heavyweight champion
  53. Ice \_\_\_\_ or Middle \_\_\_\_
  55. Short for detective
  57. \*First U.S. space station
  60. \*Gregory Peck horror film
  64. Declare invalid
  65. Be in the red
  67. Blind alternative
  68. Gaelic-speaking Celts
  69. Neither
  70. In accordance with law
  71. Fencing weapon
  72. Old-fashioned “far”
  73. Declaration of Independence, e.g.

- DOWN
1. It needs to be done
  2. “ \_\_\_\_ no good”
  3. Hawaiian tuber
  4. Pantheon and Jefferson’s Rotunda windows
  5. Put behind bars
  6. Auctioneer’s final word
  7. \*Unsuccessful amendment to Constitution, acr.
  8. Manhattan Project invention
  9. Big rig
  10. Like ear infection
  11. Pit at a concert
  12. Lt.’s subordinate
  15. India’s national tree
  20. All thumbs
  22. Final, abbr.
  24. Goes after
  25. \*Pinochet’s home
  26. Great lake
  27. Primitive calculators
  29. \*Kabul invader
  31. Show of agreement, pl.
  32. Kappa Alpha \_\_\_\_
  33. One to beat
  34. \*Pong manufacturer



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Crossword Puzzle Solutions on Page 4

36. Like a bug in a rug
38. Cafeteria holder
42. Three-toed tree dweller
45. S on garment, pl.
49. Turkish military leader
51. Goad or provoke
54. Jet black
56. Like apple prepped for cooking
57. Ginger cookie
58. Proposal joint
59. Eggnog time
60. Seaside bird
61. New Testament sages
62. \*Record label of The Jacksons and ABBA
63. Post-deductions amount
64. “This is the dawning of the \_\_\_\_ of Aquarius”
66. Go a-courting



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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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By Marlys Johnsen Norris,  
Christian Author

Many many people have their own idea about who God is! Actually their god is one made up using their own particular value system of right and wrong. They may claim to pray or even worship "it" but "it" is not the God who created heaven and earth, including everything in it, you and I! The Word of God proves this! However isn't their god also a

## Worship God Only!

god spelled with a small g?

God IS so very much more! He is the great I AM! He is Love! He is a merciful God! He is the same yesterday, today and tomorrow and He never changes. He is our Creator/ Deliverer/ Healer and a Sovereign God who loves us completely and unconditionally..

A god of your own making is *not* good enough for any of us - but it is good that you recognize you do need the One true God. It is a beginning and when one does truly invites the God of the Bible into their heart and life, they will be amazed at the many ways He shows His perfect love just for them. It is only then His very Spirit comes to reside in ones heart and life, He forgives and promises never to leave or forsake you. He is

a healer, deliverer, transforming power that empowers and blesses your life in many many ways for many years!

To KNOW and LOVE God - is an exciting adventure and He is the only One who can take you on the greatest adventure of your life. He EMPOWERS ones life as they read His Holy Book (Bible) of instruction and then to, SEEK HIS PERFECT WILL, live and do it - giving a testimony to bless others lives as well. (Matthew 6:33)

Marlys Johnsen Norris  
Christian Author of 6 Books  
*God Moves Mountains,  
It Was A Miracle!*

Marlysjn@gmail.com



By Pastor Ray Dare

Your time is God's gift. You don't earn the time you have and what you've got right now. It's all a gift. You wouldn't have any time if God didn't give it to you. What do you do with a gift? Enjoy it. God wants you to enjoy your life not just endure it.

Appreciate all the time you have. Live each moment with an attitude of gratitude. "Be grateful for every year you live." On your birthday, are you grateful for every new year?

Every morning, God deposits 86,400 seconds into a daily time account. You get to choose how you use it. But if you don't use it, you lose it. You don't get it again. It is a gift to be used for good and to be enjoyed. Philippians 4:11 says, "I've learned, in whatever state I'm in, to be

## Pastor Ray's Encouraging Words

### The Purpose behind the Problem

content." This is Paul talking. We know he was a southerner. He says, "I thank God for you all..." But we know he was not a Californian because he says "I've learned, in whatever state I'm in, to be content." He could not have been a Californian!

The secret of happiness is the ability to accept life as it comes to you, not always be longing for something else. Accept life and enjoy life as God gives it to you, as it comes to you.

Paul says, "I've learned to be content". Contentment is something you learn. It doesn't come natural. I'm not naturally content and neither are you. We're always wanting something else. We need to learn to be content. The Bible says, one day, at the judgement when we stand before God to give an account of our life, God is going to evaluate you on how contented you were with the times He gave you. God is not going to ask for your list of accomplishments. But He's going to say, "Did you enjoy the life I gave you? Were you

content with the blessings I did give you or were you always comparing yourself to somebody else? Were you always complaining that you didn't have enough time or money or whatever? Were you always griping and ungrateful, taking what I had given you for granted? Or did you learn to be content?"

I have just enough time to do God's will. I have just enough time to do what God wants me to do with my life -- no more, no less. What God has planned for your life, He has given you the exact amount of time for that. If you say, "I don't have enough time", it means a) you're doing something that God never intended for you to do, or b) you're doing the right thing in the wrong way. You have just enough time to do God's will. Enjoy the gift time God has given you by learning to be content.

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## WIDOWED PERSONS ASSOCIATION OF CALIFORNIA



The Widowed Persons Association of California encourages men and women to come to Sunday Support each Sunday from 3:00pm - 5:00pm. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service. Participants do not need to be members and there is no charge.

**OFFICE HOURS 10:00am - 3:00pm**  
**Monday - Friday (916) 972-9722**  
In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Ave., Ste D-18

**Sunday Support - Any and all widows or widowers are invited.**  
Every Sunday from 3:00pm - 5:00pm



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# POPPOFF!

with Mary Jane Popp

## The Relationship Fix

Like to improve communication, connection, and intimacy in your relationship? Would you like to do it in six-easy steps? Count on **Dr. Jenn Mann**, author of “**The Relationship Fix**,” and psychotherapist. She is a regular on “The Today Show” and more. She wants to make it easier to make you the master of the skills, and that’s what she shared with me on POPPOFF.

Begin with **CREATE A CONNECTION**. Connection is the greatest vaccination against infidelity. There will always

be someone younger, hotter, thinner, perkier, fitter and better endowed than you are. But if you are nurturing a sense of connection with your partner...striving to make him feel loved and adored, and providing something unique that no one else can provide overnight, or provide it the way you do...

you have the home court advantage. Next is **FIGHT FAIR**. Conflict in a relationship is inevitable. How this conflict is handled often determines whether or not a relationship lasts or goes down in flames. All of us have said things we regret. When we get hurt, angered, triggered or scared, we are most likely to lash out. The goal is to learn to recognize those moments and have the impulse control to stop yourself so you can turn a difficult moment into a productive discussion, instead of escalating it. Then **NEGOTIATE**. Once we get past the honeymoon stage of a relationship, we move into the negotiation stage. This usually occurs sometime between six and eighteen months. We start to let go of the fantasy person with whom we’ve fallen in love and begin to see who our partner really is. While this awakening may be jolting, it is not unhealthy...in fact, it is necessary for a couple, in order to forge a mature, emotionally intimate, connected relationship. And **WORK THROUGH YOUR CHILDHOOD**. The single most important, poignant, and dramatic group session **Dr. Mann** does every year with her Couples Therapy clients is what she calls the

“childhood trauma group.” It’s often the turning point for couples. The experience of sharing their childhood pain, trauma, and struggles opens the door for connection, compassion, and understanding in their relationships. Of course **FORGIVE AND MAKE AMENDS**. **Dr. Mann** is not one who blindly believes in forgiveness. Too many people have been guilted into “forgiving” because someone told them it was the right thing to do. Forgiveness in a partnership is unique because of the special, multilayered bond two partners have with each other. We are invested in our relationship, our future, and in many cases, share our finances, work, or family. There is a due process needed to heal and move past the offense. Finally, **IGNITE YOUR SEX LIFE**. Most people underestimate the importance of sex in a relationship. If you are in a monogamous relationship, sex is something you do only with your partner. It is an activity that forges a connection and sets that person and the relationship apart, making it special.

Go with “**The Relationship Fix**” and Check out [www.doctorjenn.com](http://www.doctorjenn.com) for the good life! ★

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# A New Inconvenient Truth



Louis McNerney

One can only keep their blinders on for so long. If you've been in denial about the state of our economy and the effects it's having on the job market, now is the time to face the truth. Inconvenient, yes, but it's a reality and pretending that it doesn't exist is no longer an option.

It's highly likely that you or someone you're close to is already a victim of the New Career Economy. Downsizing and the impending threat of layoffs are forcing many people to reevaluate their current professional situations.

For example:

- "Am I really happy with my career choice?"
- "Am I where I thought I would be 10 years ago?"
- "Where do I see this career path taking me in the next 10 years?"

Is the road you are on getting you closer to your Income, Lifestyle, Wealth and Equity expectations?

These are some things to keep in mind when you're considering a possible change. Remember how big and limitless your dreams were when you were a child? You were able to focus on the end result without being daunted by the journey to get you there. You never considered failure

to be an option. What if you could think that way again?

You can! Let the New Career Economy be your catalyst. This is your chance to revisit those dreams you may have set aside at some point in the past. Even if you still have the same personal and family goals you originally set out with, who says you can't alter the journey to get you there? Remember, nothing is set in stone—you can begin to transform your future today.

That's right, the onion, with all its intricate layers, can be likened unto the needs, wants, likes, dislikes and desires that make you who you are. To "peel the onion" is to take a mini journey in self-discovery to uncover your core – we can help you to discover what motivates you along your own personal journey.

By discovering what motivates you, you can begin to decipher what you may need to change. Another way we open possibilities at The Entrepreneur's Source is the determination of your I.L.W.E. (Income, Lifestyle, Wealth, Equity). These are key components that contribute to your overall happiness and satisfaction with life.

Once you begin the discovery process, so many factors come to the surface that you'll reach a point of clarity about what you want your life to look like. At that point, the solution, or, really a way to get where you want to go ultimately presents itself. We provide the tools, you draw the conclusions. Since this is a discovery process, you are in charge of how fast or how slow you want to go through the process.

Want to start your journey today? Give me a call. Lou McNerney, 916-335-1126

For More Information contact Louis McNerney,  
Contact Lou at (916) 335-1126 or Visit his Website [www.theEsource.com/LMcnerney](http://www.theEsource.com/LMcnerney)

# Capitol Pops and more at Music Festival

By Linda Glover

SACRAMENTO COUNTY, CA (MPG)

The Capitol Pops Concert Band continues its landmark 20th anniversary season with a free, public concert from 7 p.m. to 8 p.m. Saturday, Sept. 9, 2017, at Christ the King Lutheran Church, 5811 Walnut Ave., in Orangevale.

The band's performance is part of the church's second "Songs of September Music Festival" event, which will be held outdoors on the church grounds, from 5 p.m. to 8 p.m.

Also scheduled to perform is the RC Swing Dance Band out of Rancho Cordova. The 17-piece swing band performs all the big band and swing standards, great dance music for multiple generations. RC Swing's concert is scheduled from 5 p.m. to 6 p.m.

From 6 to 7 p.m., festival attendees will be entertained

by the Guemmer & Myers Trio. Composed of Scott Guemmer, pastor of Christ the King Lutheran Church; Jenny Guemmer and Owen Myers, the trio specializes in inspirational, passionate music.

Under the baton of Director Emeritus Jerry Lopes, the CPCB performance will include some of the band's traditional American favorites that have entertained Northern California audiences for nearly 20 years.

There is no admission charge to attend the event. Voluntary donations will be accepted on-site by both the CPCB and Christ the King Lutheran Church.

Hot dogs, chips and beverages will be available for purchase. Attendees are encouraged to bring lawn chairs and blankets to enjoy the show on the church green adjacent to CTK's patio area.

Started in 1997, the CPCB has performed a diverse portfolio of high-quality, well-prepared music heard by thousands of concertgoers throughout Northern California. The Citrus Heights-based, self-supporting, nonprofit community band of about 60 musicians represents a wide cross-section of the Sacramento area. Christ the King Lutheran Church is the band's rehearsal site.

For more information on the Capitol Pops, visit [www.capitolpops.org](http://www.capitolpops.org) or its Facebook page. The Guemmer & Myers Trio website is <http://guemmerandmyers.weebly.com>. The RC Swing Dance Band website is [www.rcswing.com](http://www.rcswing.com).

More details on the Sept. 9 event can be obtained at [www.christthekingov.com](http://www.christthekingov.com), on the church's Facebook page or by calling 916-988-2484. ★



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**Thurs., Aug. 3** (Dinner @ 6:30 pm)  
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**Wed., Sept. 13**  
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**Pam Young's Corner**

## Let's Try to Be More Tolerant

### Let's Try to Be More Tolerant

A few years ago my son Michael and his wife Meredith were invited by the FOX network to go to the Super Bowl and Terry and I were invited to babysit our two grandchildren Jack, age eight, and Brooklyn, age eleven. I have such fun with these two!

The first night we were with them, when it was bedtime they both wanted me to tell them a bedtime story. Since they slept in separate rooms I sat in the hallway with the light on so they could both see me if they sat up and it was easy for them to hear me. I love to make up bedtime stories because I never know what I'm going to say myself. I guess I should say Nelly (my inner child) loves to hear my stories or maybe she's the one who makes them up? Whatever, I love to do it.

Here's the story I told that night:

### Rabbit Ears, Elephants, and Donkeys

Once upon a time there was a wonderful family that was happy and healthy. There was a mom and a dad and a boy, eleven and a girl eight. (I reversed the ages for the story so the kids wouldn't think this story was about them.) The family lived way out in the country and the mom homeschooled the two children (neither of them knew what that was). There was one small, genetic problem with the family; they were born with bunny

ears. Beautiful, long soft bunny ears. The parents raised the children to be thankful for their ears. They showed them pictures of human ears and of course their ears were much better looking because human ears are just plain ugly!

One day the parents told the children that Mom was going to have to go to work and she would no longer be able to home school them and they would have to go to public school. They explained to the children that when they got in school there probably would be some children who would be mean and tease them about their bunny ears, but that they should just ignore them.

Sure enough, on the first day of school, the boy was out on the playground and a nasty, mean girl came up to him and said, "Hey rabbit ears, want a carrot?" The boy ignored the wicked girl, but she wouldn't relent. "Hey, can't you hear with those big ears or are you just stupid?" She was just one of those people who is intolerant of people's differences.

At this point in my story, Jack, my sweet eight-year-old love, said, "Was she a republican?"

Now I was already sitting on the floor so I didn't have far to fall in my hysterics! I laughed till I couldn't breathe and then I said, "Jackie, did you know I'm a republican?" Both children sat up in bed and stared at me as if I'd said, "Did you know I'm a witch

and I'm going to eat you alive?"

When their liberal parents came home, I forgot to tell them about the incident, but a few weeks later I was on the phone with Michael and remembered to tell him what happened. He laughed and said, "You know Jack came to me a few days after you guys left and said, 'Dad, did you know Gramma's a republican?' I told him I did."

Then I said, "Michael, you know it might just be the right time to explain to the children that we need to respect each other's differences. You'd have thought I'd confessed to murder with the shocked reaction I received." It was quiet on the phone.

I love America! I am a republican and some of my best friends are democrats. My husband is a democrat and our votes probably cancel each other out, but that's what makes this country great! We can never go too far left or right. If you are a democrat, be nice to a republican today. If you are a republican, be nice to a democrat today. That's all I'm ever going to say about politics.

For more from Pam Young go to [www.cluborganized.com](http://www.cluborganized.com). You'll find many musings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, lose weight and get your finances in order, all from a reformed SLOB's point of view. ★

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CALIFORNIA

saluting  
bold  
stripes,  
bright  
stars,  
brave  
hearts



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**PATRIOTIC PRIDE**

AS WE SHOWCASE ALL BRANCHES OF THE UNITED STATES ARMED FORCES



**SEPTEMBER 9-10, 2017**  
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*Through the generosity of the **Citrus Heights Messenger**, this column serves to provide an update about matters affecting the community of Citrus Heights.*

To fill you in on the backstory, there is a federal grant that local municipalities can apply for called "Whole Person Care," which would fund a program designed to help move the homeless people who use emergency rooms the most into more appropriate facilities for treatment. Sacramento City wanted to partner with Sacramento County to accept the money and jointly run a program. Sounds great, right?

## Free Money Doesn't Exist

Instead of risking our money on this program, Sacramento County has focused its time and resources on programs that will offer more of what the homeless actually need. To help mental health we are investing in three new mental health crisis centers, opening a mental health urgent care center that can service

*Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murietta, North Highlands, Carmichael, Foothill Farms, and Fair Oaks. ★*

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Super Discount Prices\* Hot Specials & Coupons  
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**(No Membership Fees)**

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**2344 Sunrise Blvd. 318 N Sunrise Blvd.**  
**Rancho Cordova, CA Roseville, CA**  
**916 635 5008 916 781 8500**

**F 9-8, SAT 9-7, SUN 10-7 Effective 8/30/17 - 9/5/17**



**LO** **NATURAL BALANCE**  
New Low **ULTRA-PREMIUM**



**COUPON**

**\$250 OFF**

**ANY PURCHASE OF \$7.00 OR MORE OF PET OR FISH SUPPLIES**  
(Excluding Pet Food or Litter)

Cannot be used in conjunction with similar dollar or percentage off coupons & advertised sale items.

Limit 1 PLU 331 CHM

Limit: 1 Coupon Per Family

Effective 8/30/17 - 9/5/17

[illegible]

**COUPON**  
**FREE**  
**PURE NESS**  
**PET BOWL**

with any purchase of pet,  
fish food or supply. Limit 1.  
99¢ Value PLU 338 CHM  
Limit: 1 Coupon Per Family  
Effective 8/30/17 - 9/5/17

DATE: 9/3/17

**NATURAL BALANCE**  
**ULTRA-PREMIUM**  
**DRY DOG FOOD**

- Potato & Duck, 26 Lb
- Reduced Calorie, 28 Lb
- Regular, 30 Lb

**SUPER BUY!**

Limit 2 Bags  
Per Family

**\$5 OFF**

Our Super Low Prices

Effective 8/30/17 - 9/5/17

**MERRICK'S**  
**GRAIN FREE**  
**DRY DOG FOOD**  
25 Lb Bag

- Chicken/Sweet Potato
- Duck/Sweet Potato
- Buffalo/Sweet Potato
- Salmon/Sweet Potato
- Venison/Sweet Potato

**ON SALE**

Limit 2 Bags

Effective 8/30/17 - 9/5/17

**PURINA**  
**KIT N' KABOODLE**  
**DRY CAT FOOD**  
16 Lb Bag

Limit 2 Bags  
Per Family

**\$8.99**

Effective 8/30/17 - 9/5/17

**FRISKIES  
BUFFET**  
**CANNED CAT FOOD**  
5.5 Oz  
All Varieties

Limit 2 Cases  
Per Family **20/\$9.00**

Effective 8/30/17 - 9/5/17

**FUSSIE CAT**  
**PREMIUM**  
**CANNED CAT FOOD**  
Black Label 2.8 Oz  
(Gold Label 2.8 Oz. 20/\$14.00)  
Limit 2 Cases  
Per Family  
**20/\$13<sup>00</sup>**  
Effective 8/30/17 - 9/5/17

**TIDY CATS**  
**SCOOPABLE**  
**CAT LITTER**  
20 Lb Jug

- Regular
- Multiple Cat Formula

Limit 2 Jugs  
Per Family

**\$6.99**

Effective 8/30/17 - 9/5/17

**HI-COUNTRY**  
**WILD BIRD SEED**  
 20 Lb Bag  
 (Kaytee, 20 Lbs - \$8.99)  
 (Audubon Friends, 20 Lbs - \$4.99)

Limit 2 Bags  
 Per Family

**\$4.99**

Effective 8/30/17 - 9/5/17

**MERRICK'S**  
GOURMET CANNED DOG FOOD

13.2 Oz. All Varieties Limit 2 cases

**On Sale**

**EVERCLEAN**  
**PREMIUM CAT LITTER**

•ES Unscented •US Ever Fresh •Multiple Cat  
25 lb. Box Limit 2 Boxes **\$10.99**

Limit  
2 Bags

**SIGNATURE** **NEW**

**LIMITED INGREDIENT FORMULA DRY DOG FOOD**

• Turkey • Lamb • Duck • White Fish  
• Trout/Salmon • Essential • Venison

**20% OFF** **OUR REGULAR LOW PRICES**

**WHISKAS**  
**DRY CAT FOOD**

With Savory Nuggets  
15 Lb Bag Limit 2 Bags Per Family

**\$9.99**

**PESTELL**  
**CLUMPING CAT LITTER**

40 Lb. Bag  
Limit 2 Bags

**\$8<sup>99</sup>**

**NUTRO MAX**  
**MAX CAT DRY CAT FOOD**

•Adult •Indoor/Chicken •Salmon  
16 Lb Bag Limit 2 Bags Per Family

**\$17<sup>99</sup>**

**KAL KAN CESAR**  
**SELECT DINNERS DOG FOOD**  
All Varieties,  
3.5 Oz Limit 2 Cases **69¢**

**FRESH STEP**  
**CAT LITTER**  
21 Lb Bag (14 Lb Bag – \$4.19)  
Limit 2 Bags **\$5<sup>99</sup>**

3 FREE Core Dog Food 1 2 Oz Can With Each purchase

**CORE GRAIN FREE DRY DOG FOOD**

22-24 Lb Bag

Original **\$54<sup>99</sup>**

Ocean Reduced Fat **\$59<sup>99</sup>**

**NEW** • Regular • Soft Step 11-13 lb **OKOCAT** CLUMPING WOOD LITTER **SUPER BUY** Dust Free Natural Paper 12-13 lb \$4.00 OFF

**\$3.00 OFF** 16.7 lb **\$4.00 OFF** 19.8 lb

**OUR SUPER LOW PRICES**

**WELLNESS DRY DOG FOOD**  
(3 Free Wellness 12.5 Oz Can Dog Food With Each Purchase)

30 Lb Bag (Lrg Breed Adult \$57.99)	•Chicken •Healthy Weight 26lbs	<b>\$51.99</b>	•Lamb •White Fish •Senior	<b>\$52.99</b>
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**SCIENCE DIET**  
**CANNED CAT FOOD**

Selected Varieties  
5.5 Oz Limit 1 Case

**95¢**

CASUAL PET BEDDING PRODUCTS			
<b>• Loungers • Orthopedic Beds • Cat Beds</b> <b>ALL VARIETIES EXCEPT:</b> <b>ORTHOPEDIC MAT 30"x 40" - \$23.99</b>		<b>20% OFF OUR SUPER LOW PRICES</b> <b>PILLOW BED (Small) - \$18.99</b> <b>PILLOW BED (Large) - \$23.99</b>	
<b>TRUE CHEWS</b> <b>PREMIUM JERKY CUTS</b> All Varieties 100% Natural Dog Treat 12 oz pkg		<b>SENTRY</b> <b>FIPROGUARD</b> •Dogs •Cats <b>&amp; ADVANCE GUARD 2</b> Flea Control & Treatment •Regular •Plus •Max All Sizes	
<b>VAN NESS</b> <b>CAT PAN</b> <b>LINERS</b> All Sizes •Regular •Drawstring		<b>20% OFF</b> <b>SCOOP FREE</b> <b>LITTER TRAY</b> <b>CARTRIDGE</b> (Automatic Litter Box - \$99.99)	
<b>\$7.99</b> <b>OUR SUPER LOW PRICES</b>		<b>\$15.99</b> <b>OUR SUPER LOW PRICES</b>	



## FLUVAL FILTER SALE

MODEL.....TANK.....	PET CLUB SALE
106 ... 25 GAL.....	<b>\$84.99</b>
206 ... 40 GAL.....	<b>\$99.99</b>

## FLUVAL FILTER SALE

MODEL.....TANK.....	PET CLUB SALE
306 ... 70 GAL.....	<b>\$129.99</b>
406 .. 100 GAL..	<b>\$174.99</b>

## TETRA BOXED 10 GALLON TANK

### With Economy Kit

Just add Heater  
For Tropical Fish

**\$36.99**

Limit 1  
Per Family

### REPTILE SUPPLY SALE

Zoo Med Reptibark 8 Qts.....	<b>\$5.49</b>
Tetra Reptomin 3.7 Oz.....	<b>\$3.79</b>
Tetra Reptomin 10.9 Oz.....	<b>\$8.49</b>

### O.S.I. PREMIUM FISH FOOD

ALL VARIETIES

• Freshwater	• Goldfish
• Marine	• Spirulina

**20% OFF**

**OUR SUPER LOW PRICES**

**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 8/30/17 - 9/5/17

**\$1.59**

CHM  
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 8/30/17 - 9/5/17

**\$1.29**

CHM  
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 8/30/17 - 9/5/17

**53¢**

CHM  
PLU 361