



**TaxAudit Sponsors
Children’s Museum
for United Way’s
Week of Caring**
Page 2

**Upwards Sports
Basketball Season
Begins Practice**
Page 7



Citrus Heights Messenger

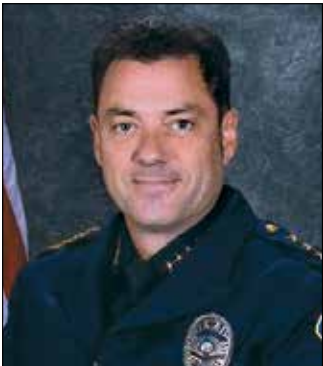
“Written by the people, for the people”

Volume 6 • Issue 19

Serving the City of Citrus Heights and Sacramento County

October 7, 2016

NEW POLICE CHIEF NAMED



Page 3

‘WE SUPPORT VETS’ SECOND BATTLE OF THE BANDS & BBQ’S A SUCCESS



Page 10

AEROJET INTERNS GAIN POWERFUL EXPERIENCE



Page 9

Citrus Heights Bowl Revived!



Mesa Verde Football Team (top photo). Mesa Verde coaches John Hilton and Jeff Reuber (at right).
Photos courtesy of Scott Nygard.

By Scot Nygard

CITRUS HEIGHTS, CA (MPG) - On October 14th Mesa Verde High School will once again play San Juan High School for football supremacy of Citrus Heights. Though each school has had a tough time finding wins lately, all prior football history goes out the window when these two schools get together.

Years ago a football trophy was awarded to the winner of the annual contest by the Citrus Heights Rotary Club. As league affiliations changed and the schools were placed in different divisions, and some years they didn’t play each other, the rivalry lost some interest. Now, each school is gearing up for the big game on October

14th with a renewed enthusiasm for re-establishing the “Citrus Heights Bowl”.

The coaching staffs of each school can’t wait for this game to happen. Coaches John Hilton of Mesa Verde and Greg Roeszler of San Juan are in agreement on the significance of this game. The schools have a rivalry yet they represent the same city. Coach Hilton emphasizes “the character of the team and of the players. It’s all about them. We want to win this game but we also want to demonstrate respect and friendship for our rival. It is definitely a teachable moment.”

“Coach Roz” reiterates Coach Hilton’s comments. “We even have a community service project planned in which players

Continued on page 3



Cooley Bill Protecting Historic Park Names Now Law

SACRAMENTO REGION, CA (MPG) - The California Heritage Protection Act (AB 2249) was signed into law on September 21st by Governor Brown. Assemblyman Ken Cooley (D-Rancho Cordova) has announced. AB 2249 ensures park concessionaires in California’s state parks cannot trademark historic place names simply due to their status as a concessionaire. The bill was introduced by Assemblyman Cooley and Assemblymen Frank Bigelow (R-O’Neals) and Adam Gray (D-Merced) in response to the U.S. National Park Service’s controversial renaming of several landmarks at Yosemite National Park due to a dispute with their ex-concessionaire.

“This bill makes clear that trademarking of historic names in state

parks by concessionaires without any independent basis for a claim is unacceptable and our state Department of Parks and Recreation cannot sign off on the type of trademarking conduct that produced the Yosemite dispute,” said Assemblyman Cooley. “With AB 2249’s signature, that kind of behavior will disqualify a concessionaire from receiving a concessions contract in California, which makes the bipartisan unanimity of the Legislature especially impressive.”

The Ahwahnee Hotel has been re-named the “Majestic Yosemite Hotel,” Curry Village is now “Half Dome Village,” the Wawona Hotel is “Big Trees Lodge” and Badger Pass Ski Area is now called “Yosemite Ski and Snowboard Area.”

AB 2249 ensures nothing of the same kind occurs in a California state park. To keep concessionaires from co-opting state landmarks, this bill adds to state law a prohibition on concessionaires claiming ownership of a name associated with a California state park and disqualifies a bidder from future contracts if they attempt such trademark claims.

“Our state parks are not like football or baseball stadiums, trading sponsorship deals to the highest bidder,” said Assemblyman Gray. “The people of California protect and preserve these landmarks as a part of our history, and it is the people of California who own their storied names.”

“I have the privilege of representing Yosemite National Park

and know first-hand how treasured these landmarks are by the people of our state,” said Assemblyman Bigelow. “I’m proud to co-author AB 2249 to protect historic sites up and down California.”

California’s Yosemite National Park is on the short list of America’s most magnificent parks and is filled with historic landmarks built decades ago—some date back to the 19th century. The Ahwahnee Hotel was built in the 1920s in a valley meadow with the sheer granite of Half Dome as its backdrop; its filing for the National Register



Assemblyman Ken Cooley (D-Rancho Cordova)

of Historic Places explains its name comes from a local Native American word meaning “deep, grassy meadow.” Nearby Curry Village is named after the couple who established a summer camp there in 1899. The Wawona Hotel, in the southwest corner of Yosemite National Park, was originally constructed 140 years ago, in 1876. All three were placed on the National Register of Historic Places in the 1970s.

Assembly Bill 2249 will take effect January 1, 2017.

Source: Office of Ken Cooley ★



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TaxAudit Sponsors Children’s Museum for United Way’s Week of Caring



Eight of United Way’s Day of Caring volunteers spent the day fixing up the Girl Scouts Heart of Central California facility in September 2015. The annual event has now expanded to a week and includes the Sacramento Children’s Museum in Rancho Cordova.

SACRAMENTO REGION, CA (MPG) - TaxAudit.com is sending 20 volunteers to the Sacramento Children’s Museum in Rancho Cordova on Oct. 3 as part of United Way’s Week of Caring where more than 1,500 local residents will spread out across the region to spend a day volunteering with nonprofits, schools and parks Oct. 3-8.

TaxAudit.com employees and other volunteers will spend the afternoon helping to kick off “Artober” at the Sacramento Children’s Museum. Volunteers will help prepare fall art projects for visitors by cutting out superhero templates, making fall leaves, sorting “googley” eyes and more.

“We’ve held Day of Caring for the last three years and it’s been so successful at bringing the community together that we decided to make this year’s event an entire Week of Caring,” said Stephanie Bray, president and CEO, United Way California Capital Region. “We’re offering 40 volunteer projects across five counties that week so everyone can spend one day caring for their community.”

United Way’s Week of Caring, sponsored by Nationwide, will begin with a kickoff breakfast and rally at the new Golden 1 Center Plaza on Oct. 3 at 9 a.m. To sign up for Week of Caring: www.yourlocalunitedway.org/weekofcaring.

Other project sponsors include California North Chapter Community Associations Institute, Honey Agency, SAFE Credit Union, Safelite Auto Glass, Social Interest Solutions and Zurich. The Sacramento Kings are sponsoring the kickoff rally, and SMUD is a booth sponsor.

Last year, 954 volunteers – including 116 companies and groups – came out on United Way’s Day of Caring in September and completed projects with 40 local nonprofits in one day. They volunteered 4,305 hours collectively, valued at \$95,312.

Week of Caring is part of United Way’s Square One Project, which recognizes the importance of volunteers in making sure nonprofits and schools are equipped to provide a full support system for kids. The Square One Project is a

20-year promise to significantly increase the number of local students who graduate from high school ready for success in college and beyond. Through nine decades of work and research across Amador, El Dorado, Sacramento, Placer and Yolo counties, the local United Way now believes ending poverty starts in school and is working to ensure kids meet important milestones for success in college and beyond. To donate or volunteer, visit www.yourlocalunitedway.org.

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The Sacramento Children’s Museum’s mission is to spark a passion for lifelong learning. The 7,000-square-foot facility provides exploration and hands-on activities for children from birth through 8 years old, as well as their families. For more information, visit www.sackids.org. ★

New Standards Set to Improve Quality and Safety for Child Care in California

WASHINGTON, D.C. (MPG) - The U.S. Department of Health and Human Services’ Administration for Children and Families (ACF) announced new quality and safety standards aimed at providing for higher quality care and safer environments for millions of children, including our youngest learners.

The rule, which implements bipartisan legislation signed by President Obama in 2014, sets higher standards for states, territories and tribes receiving federal funds through the Child Care and Development Fund (CCDF) program in important areas such as health and safety requirements; training and professional development for child care providers; and eligibility rules that better support working families.

In 2016, California received \$601,597,737 in federal funding through the CCDF program, which each month serves 111,400 children (78,100 families).

Last year, the Federal government provided over \$5 billion to states, territories and tribes to help 850,000 working families pay for child care and to support quality improvements for providers that serve our neediest children. CCDF serves approximately 1.4 million children each month, a majority of whom are children under the age of five. The new rule protects the health and safety of children, helps parents make more informed consumer choices, supports early child development for our youngest learners, and enhances the quality of child care for all children. All children in one of the

370,000 child care settings across the country that participate in the federal child care program – not just those receiving direct child care assistance from CCDBG – will benefit from new health and safety requirements, staff training requirements, and criminal background checks for staff. In addition, CCDF quality investments can benefit all children in child care regardless of whether or not they receive federal funding.

We know from U.S. Census data that nearly 12.5 million children under the age of five are in some form of child care arrangement each week. They spend an average of 36 hours per week in care. Research, particularly in neuroscience, has shown how much this time matters to our youngest children. Providing safe, high-quality environments that nurture our youngest children’s healthy growth and development will help them grow, thrive, be successful in school, and even find better jobs and earn more as adults.

“Many parents rely on child care programs, and it is important that their children are cared for in safe learning environments with qualified providers,” said HHS Secretary Sylvia M. Burwell. “These new standards, which are the result of bipartisan legislation, include robust safety, screening, and training procedures to boost quality, empower parents, and ensure that child care programs promote healthy and positive early childhood development.”

The rule strengthens a number of new provisions in the law and provides needed guidance

to states, territories and tribes in a number of areas, including:

- requiring all staff in child care facilities have mandatory criminal background checks;
- enhancing the health and safety of children through more robust standards for CCDF providers, including requiring initial and ongoing training and professional development on 10 key topics (e.g. First Aid/CPR, medication administration, SIDS prevention) for the early childhood workforce;
- disseminating information to help parents choose child care, including through an accessible website;
- devoting more funding to improve quality across all child care settings; and
- ensuring CCDF programs are monitored at least annually so children are healthy and safe in child care programs.

“This rule continues the historic re-envisioning of the Child Care and Development Fund program and raises the bar so that low-income parents will know their children are safe, learning, and on the path to future success in school and life,” said Linda Smith, deputy assistant secretary for early learning at ACF. “Child care is both an economic support for working parents and an early learning program for millions of children. It’s critical to our nation’s future that we get this right.”

Source: U.S. Department of Health and Human Services ★



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Citrus Heights Bowl Revived!

New Police Chief Named



San Juan Football Team (top photo). San Juan Coaches Paul Weaver, Greg Roeszler, and Tony Trosin (at left). Photos courtesy of Scott Nygard.

Continued from page 1

from both schools will participate”. He is also proud that no player on his team has any academic deficiencies.

The principals of each school, Vanessa Adolphson of San Juan and Colin Bross at Mesa Verde, have made a “friendly wager”. The losing principal must wear the winning schools t-shirt Monday after the game. Principal Adolphson was very confident her school will prevail. “We are going to beat them and take the Citrus Heights trophy”.

Student organizations at each school are being encouraged to help promote the “big game”. The Citrus Heights Rotary club has agreed to match snack bar receipts up to a certain amount to be split by both schools. City representatives are being encouraged to attend. The restored trophy will be awarded to the winner of the contest by Mark Cimino, president of the Rotary Club, following the game.

All alumni, booster club members, students and parents of both schools are being asked to attend the game. How long has it been since you attended a high school football game where all the kids are playing with all their heart? It’s a great night for family entertainment at a very reasonable cost for the best seats in the house. Game night – October 14, McArthur Field, corner of Mariposa and Greenback, in Citrus Heights. ★

CITRUS HEIGHTS, CA (MPG) - The City of Citrus Heights announces the appointment of Chief Ron Lawrence as its next Police Chief. Lawrence currently serves as the Chief of Police for the Rocklin Police Department, a position he has held for the last five years. Lawrence takes the helm of the police department from Christopher W. Boyd, recently selected as City Manager for the City of Citrus Heights.

“It is with great pleasure that I introduce Ron Lawrence as the next Chief of Police for Citrus Heights,” said Boyd. “I have tremendous respect for Chief Lawrence as a law enforcement executive and know his high standards in leadership, community service, and public safety will well lead the Citrus Heights Police Department into its next chapter. Twenty-seven years of law enforcement experience in the Sacramento and Bay Area regions have earned him an excellent reputation with law enforcement professionals industry-wide, and in the agencies and communities he has served. His empathy and compassion are values of utmost importance in today’s policing.”

Lawrence said, “Chris Boyd has been a mentor of mine for some time; I am honored and humbled that he asked me to oversee the exceptional police department he worked so hard to build. This opportunity is exciting for me both personally and professionally. While it may seem counterintuitive to leave a job at which I excelled and truly loved, I like to think I’m leaving Rocklin on a high-note, having contributed to the prosperity of the Department and City. I am ready for a new challenge and



Ron Lawrence takes the helm of the police department from Christopher W. Boyd, recently selected as City Manager for the City of Citrus Heights. Photo courtesy of City of Citrus Heights

am much looking forward to working alongside outstanding law enforcement professionals, that is, the men and women of the Citrus Heights Police Department.”

Ron is an Adjunct Professor with William Jessup University and a graduate of the FBI National Academy and California POST Command College. Lawrence holds a Master’s in Leadership and a Bachelor of Arts in Criminal

Justice. He currently serves as the 3rd Vice President of the California Police Chiefs Association.

Boyd was appointed City Manager upon the retirement of Henry Tingle who served in that capacity for 18 years. Chief Lawrence will begin his new post with the Citrus Heights Police Department on Monday, October 31, 2016.

Source: Citrus Heights Police Dept. ★

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NOTICE OF INTENT TO ADOPT A MITIGATED NEGATIVE DECLARATION

FORMER SYLVAN MIDDLE SCHOOL DEMOLITION PROJECT
OCTOBER 3, 2016

Notice is hereby given that the San Juan Unified School District, as lead agency, has prepared a Mitigated Negative Declaration (MND) for the below referenced project. The Draft MND analyzes the potential environmental effects associated with the proposed project in accordance with the California Environmental Quality Act (CEQA). In accordance with Section 15072 of the CEQA Guidelines, the San Juan Unified School District has prepared this Notice of Intent (NOI) to provide responsible agencies and other interested parties with notice of the availability of the Draft MND and solicit comments and concerns regarding the environmental issues associated with the proposed project.

LEAD AGENCY:	San Juan Unified School District, Facilities Services Division 5320 Hemlock Street Sacramento, CA 95841
CONTACT PERSON:	David Burke, Director of Planning and Property Management e-mail: david.burke@sanjuan.edu
PROJECT TITLE:	Former Sylvan Middle School Demolition Project
PROJECT LOCATION:	7085 Auburn Boulevard, Citrus Heights, California

PROJECT DESCRIPTION: The project would entail the demolition of the former Sylvan Middle School and associated facilities. All buildings on the school campus, including portable units, would be demolished and disposed of at an appropriate construction waste facility. The project would require demolition work, removal of demolished materials, and removal of vegetation, followed by site grading. Building foundations could be removed as part of the proposed project. The site would be leveled following building removal, so as to cover up any potential voids from foundation removal. The existing school parking lots and basketball courts may be retained. Non-native trees located near buildings would be removed, but native trees would be retained. Post-demolition, the project site would be graded and all building materials cleared

The project is not listed on the Hazardous Waste and Substances Sites List as set forth in Government Code Section 65962.5.

PUBLIC REVIEW PERIOD: A 30-day public review period for the Draft Mitigated Negative Declaration will commence on October 3, 2016 through November 2, 2016 for interested individuals and public agencies to submit written comments on the document. Any written comments on the Mitigated Negative Declaration must be received at the above address within the public review period. Comments can also be made during the public hearing. Copies of the Mitigated Negative Declaration and Initial Study are available for review at the District Offices at the above address (Hemlock Street address) and on the website at <http://www.sanjuan.edu/Page/554>.

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Citrus Heights Messenger

Serving Citrus Heights and Sacramento County Since 2006

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Crossword Puzzle on Page 5

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

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Sudoku Puzzle on Page 5

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

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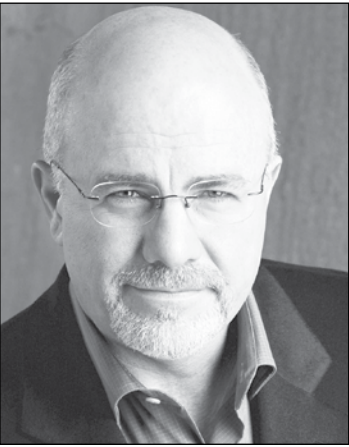
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Dave Says

Sold Dave three timeshares?

Dear Dave,
My wife and I recently sat through a timeshare pitch at my mom and dad’s community as a favor to them. We’re trying to get out of debt and take control of our money, so when the salesman said we could put the whole thing on a credit card, I told him about you and your plan. He then said that he used to be your personal financial advisor and had sold you three timeshares in the past. Is this true, or are timeshares a bad idea?
- Jeremy

Dear Jeremy,
A timeshare salesman said he had been my personal financial advisor? Wow! It takes real guts, and a bunch of dishonest nerve, to spread that kind of crap around.
No, I’ve never in my life owned a timeshare. I’ve made just about every financial mistake known to man, except that one. I’ve also never made the mistake of

having a timeshare salesman as my financial advisor. This sounds like the kind of guy who you know is lying if his lips are moving!
I’m really sorry if your mom and dad already hooked up with this bunch. Timeshares, even with honest salespeople, are just straight-up stupid. Never buy a timeshare! The customer dissatisfaction rate with those things is sky-high, and you’re pretty much stuck once you buy one. They’re almost impossible to sell, because you don’t really own anything.
For the money you spend to buy a timeshare, you could take several nice vacations and stay in some pretty decent places. People get suckered in to these things all the time, Jeremy, but it’s a really bad idea. Don’t do it!
—Dave

Newlyweds buy house first year?
Dear Dave,
Why do you recommend that newlyweds not buy a house during the first year of marriage?
- Laura

Dear Laura,
Believe it or not, the first year of marriage is pretty tough. You’ll both have to make lots of adjustments and get used to the new schedules and habits, likes

and dislikes, that go along with marriage. You need to spend that first year getting to know each other even better, and exploring and developing your relationship as husband and wife. Running out and buying stuff like curtains and furniture — or making major life decisions like buying a house — can wait.
Devote the first year to deeper, more important things. In the process, make sure you’re on the same page emotionally and financially. Develop a plan to make your hopes and dreams come true, and start piling up a bunch of cash for the future. Then, a year or two down the road, you can start the house-hunting process. There will still be great homes at good prices, plus you’ll both have a better idea of what you want for the future!
—Dave

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



POPPOFF!

with Mary Jane Popp

Admit One

You land up in a hospital and you feel like you are in a maze. Do you have the correct information when you go in? Did you know that communication breakdowns in hospitals in the U.S. led to more than 1700 deaths over a five year period? Maybe that does not sound like a big number, but it is if it happens to you. What if I told you, you need a medical team? But let’s face it, in the trauma of being admitted, patients and family can easily become confused by the tons of information and instructions from these strangers. That’s why **Kati Kleber, BSN,RC, and CCRN** and nationally certified critical care nurse in the neurosciences intensive care unit at Novant Presbyterian Medical Center pulled together information you need to know before it all comes crashing down and you become one of those 1700 plus victims. It’s called **“Admit One”** with what you must know when going to the hospital, but no one actually tells you. From CNN to Dr. Oz **Kati** shared the insider information with me on POPPOFF.

- 1) BRING A LIST OF HOME MEDICATIONS.** Know what medications you take on a regular basis. When you are admitted someone will ask you to provide a list of your med and will put them in your chart. Your attending doctor will decide which to keep you on in the hospital. On this one, I asked **Kati** if it’s a good idea to have a list of vitamins and herbs you take, and she said absolutely because of interactions.
- 2) MAKE A LIST OF HEALTH CARE TEAM MEMBERS.** An extensive team of health professionals will come and go from your room. It’s hard to tell which is which...doc, nurse, consultant etc. You and your support person will want to write down who is who, along with their instructions.
- 3) KNOW YOUR CODE.** Your code status informs staff what to do if you stop breathing or your heart stops. Patients without chronic health issues who aren’t nearing the end of their life may want health professionals to do everything to revive them. Others with terminal diagnosis or advanced age may choose not to be revived. This is called DNR or Do Not Resuscitate.
- 4) ASSIGN A SPOKESPERSON.** Identify someone the hospital staff can

call when changes occur. It is important this person can be easily reached and that you trust.
5) WRITE DOWN QUESTIONS AS YOU THINK OF THEM. Except for nurses, most team members stop by your room once a day, review your care plan, and make adjustments. It’s not easy to remember all your questions.
6) ADVOCATE FOR YOURSELF. Let the nurse know of any changes in your condition so the information can be relayed to your health care team. Also, if for any reason, you are not happy with a member of your health care team, let your nurse know that you’d like to speak with a nurse manager.
7) LEAVE THE EQUIPMENT TO THE EXPERTS. Hospitals are full of elaborate, high-tech equipment. If any equipment becomes dislodged, always alert a nurse. Unfortunately, incidents have occurred where patients or family inflict irreparable harm when trying to fix things themselves.
That’s just the tip of the iceberg, lots more in **“Admit one.”** You can also check out www.nurseeyeroll.com. STAY WELL! ★



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CROSSWORD

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

CLUES

ACROSS
1. Rn, a health hazard
6. One noble or inert
9. Multitude
13. Port city in Japan
14. Pie _____ mode
15. Inflict a blow
16. *Prime Minister of India in the 1950s
17. Under the weather
18. Line in London
19. *49th state
21. *Space Race starter
23. **_____ Hunt” with Lloyd Bridges
24. First one on a ship
25. PC brain
28. Diva’s solo
30. Frustration, in print
34. RIP pots
36. Ben Affleck’s 2012 Oscar winner
38. Flax fabric
40. This and the other
41. Polynesian kingdom
43. Man Ray’s art movement
44. The inner self
46. Indian Lilac
47. Units of work
48. Scale model of Earth
50. *It was on Little Anthony’s pillow in 1958
52. Grazing field
53. Spiritedness
55. African tam-____
57. *Jackie Robinson’s and Duke Snider’s team
61. *_____ Khrushchev
64. Goodbye in Spanish
65. Commotion
67. Not active
69. Haunted house sounds
70. American cuckoo
71. Rocks at mountain base
72. Gaelic
73. *Thunderbird
74. Macho guy



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Crossword Puzzle Solutions on Page 4

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

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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

1. Actor/director Howard
2. Between ports
3. Willy Wonka creator
4. Ladies’ fingers
5. Post-roller coaster ride condition
6. Mother Earth, to Ancient Greeks
7. *_____ About Eve” starring Bette Davis
8. Pico de gallo, e.g.
9. Obscenity
10. Property right
11. Tiny purse or case
12. 168 hours
15. High-pitched cry
20. One of 24 in pure gold
22. “Every child. One voice.” org.
24. Ian McKellen in “X-Men” films
25. *Fulgencio Batista’s home
26. Fork tooth
27. *_____ death do us part”
29. *Like imaginary curtain
31. *Park and _____
32. Twist and distort
33. Neighbor separator?
35. Idiot, in Yiddish
37. Type of molding
39. *Aeronautics and aerospace research org.

42. Stradivari competitor
45. Mother _____, “The Sound of Music”
49. Go wrong
51. Debonair
54. *_____ “Lucky Starr” series author Asimov
56. Kind of pie
57. Female equivalent of “sir”
58. O in B.O.
59. Buenos _____
60. 2014 movie “_____ Girl”
61. Dark, as in movie
62. *One of Ike’s two
63. Carpet layer’s calculation
66. *Crick/Watson/Franklin discovery
68. X

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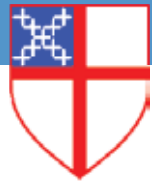
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By Pastor Ray Dare

Many people never enjoy today because they're worrying about tomorrow. Why are we afraid of the future? We don't know what the future is going to bring. It's beyond our control. But the Bible says it is possible to live without fear because of these three things:

God will guide you when you're confused. "Trust in the Lord with all you heart. Never rely on what you think you know. Remember the Lord in everything you do, and HE WILL SHOW YOU THE RIGHT WAY." Proverbs 3:5-6 (GN). The rest of your life is uncharted territory. But God has seen your future and God knows the best path for you. You're going to experience some new problems, new pressures, and new decisions. Where are you going to go for guidance?

Pastor Ray's Encouraging Words

Why You Can Worry Less

Ask someone who has already been there-- God.

God will provide for you when you have a need. Jesus said, "So don't worry about having enough food and clothing... Your heavenly Father already knows ...you need them and he will give them to you if you give him first place in your life and live as he wants you to." Matthew 6:31-33 (LB) When God is your Father, you don't have to worry about how you're going to make it. Remember how carefree life was as a child? I didn't worry about a thing! I didn't worry about how my father was going to pay the mortgage or the car payment or the SMUD bill. I trusted him to provide for my needs. That's the way God wants us to feel about Him. God wants us to trust in Him as a little child. God wants to care for you.

God will be with you when you feel alone. Abandonment is one of our greatest fears. But regardless of what you go through in the future, you won't go through it alone. There is never a

time in your life when God is not with you. He never leaves you. God will be with you no matter what you go through in the future. Isaiah 43:2, "When you go through deep waters and great troubles, I will be with you."

You can either face the future with negative thoughts, expecting the worst. Or you can face the future expecting God to be with you, His goodness and His mercy to follow you all the days of your life. In light of all that God has promised in the Bible, what is there to be afraid of? God says, "Listen! I have upheld you since you were conceived and I have taken care of you from your birth. Even when you are old, I will be the same. Even when your hair has turned gray, I will take care of you. I made you and will take care of you. I will carry you and save you!" Isaiah 46:3-5

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DOJ Should Block Bayer-Monsanto Merger

Commentary
by Brian Depew

The proposed merger between German pharmaceutical and chemical giant Bayer and U.S. biotechnology giant Monsanto would create the world's largest supplier of seeds and agricultural chemicals. A merged company would control a quarter of the world's seed and agrichemical market. This proposed merger follows two other mega-mergers in the agricultural input market. The Dow-DuPont merger and ChemChina-Syngenta deal both announced in the last year are reshaping an already highly consolidated market.

As giant transnational corporations increase their power over the market, independent farmers

are left with fewer options and suffer from less competition between input providers. Farmers have lost access to seed varieties and genetic traits while seeing the prices they pay for biotechnology traits skyrocket.

The Center believes in the power of a competitive marketplace and the role of government in guarding against unfair and anticompetitive market practices. Therefore, we're calling on the Department of Justice to block further mergers between any of the big six (quickly becoming the big four) agrichemical-seed companies. We encourage concerned citizens to stand with us and reach out to the Justice Department and your members of Congress to voice support for action to block further mergers.

Congress should also work to reverse the decades-long decline in investment in plant breeding as they take up a new farm bill in 2017.

The recent merger activity is a clarion call for the Department of Justice and Congress to act to protect a competitive market environment for independent farmers and ranchers.

Established in 1973, the Center for Rural Affairs is a private, non-profit organization working to strengthen small businesses, family farms and ranches, and rural communities through action oriented programs addressing social, economic, and environmental issues.

Brian Depew, brian@cfra.org, Center for Rural Affairs ★

Get Notifications if Disaster Strikes

SACRAMENTO REGION, CA (MPG)

- With fire season upon us and winter months approaching, there is no better time to prepare for a disaster - events that often occur with little to no warning - by registering with the mass notification system at any one of the following three URL's: Sacramento-Alert.org, Yolo-Alert.org or Placer-Alert.org.

Register now before a disaster hits, so public safety officials can call, text or email you in the event of a disaster.

Consider the state's historic drought causing elevated wild-fire danger, or winter storms and the many levees surrounding

our urban core. Both events can occur rapidly, sometimes forcing evacuations, shelter in place orders and road closures. The regional mass notification system is a critical link for you to immediately learn of required actions.

Sign up for alerts at either Sacramento-Alert.org, Yolo-Alert.org or Placer-Alert.org - it's easy and your information is protected. Officials will only text during an emergency or public safety event, or if public help is needed to find a missing child or adult.

The unique feature of the system is the ability to handle more

than one contact method for residents including cell phones, alternate numbers, text, email and even landlines. You choose the best notification method or chose them all. You can also register multiple locations, such as your work address, your parent's address or your children's school, in order to get alerts about the places that mean the most to you.

For more information or to register alternate phone numbers or e-mail addresses, visit www.sacramento-alert.org, www.yolo-alert.org or www.placer-alert.org.

Source: Sacramento County★

Upwards Sports Basketball Season Begins Practice Nov. 28th



Well-known college and high school coaches will hold sessions that will assist you in getting the best performance from your players in both practices and games.

FAIR OAKS, CA (MPG) - Upwards

Sports Basketball, a nationwide youth Recreation League Basketball program, is designed to help young players develop athletically, mentally, socially and spiritually. The program has expanded tremendously in our local area, from 39 players in 2007 to 395 players last season. Why has it grown so much? Upward Sports promotes a positive sports environment where participants learn constructive

Registration: Available through October 22nd

Time: 9 a.m. - 3 p.m.

Price: \$30

Register: Online at upwardstarssacramento.org

Space is limited.

lessons of teamwork and cooperation, where the emphasis is on the child, not just the game. Life lessons and friendship are encouraged. Because

of the program's benefits, many families return each year and encourage others to join, which is a main contributor to the program's growth.

Upwards Sports Basketball is open to both girls and boys, serving youth in Kindergarten through 6th grade. Online registration is available through October 14th at www.fopc.org. For more information go to www.upward.org or call Ken Friedman at 916-838-6577. ★

Poll Workers Needed for Elections

Sacramento County's Office of Voter Registration and Elections is calling upon civic-minded citizens to work at polling places for the upcoming election on November 8.

No prior experience is necessary and training will be provided. Workers will be provided a stipend for their training and service on Election Day. And citizens fluent in Spanish, Chinese, Vietnamese, Tagalog, Hindi, Korean and Japanese are

strongly encouraged to apply.

To be a poll worker you must meet the following criteria:

- Be at least 18 years of age or be a high school student that is at least 16 years of age and in good academic standing.
- A resident of the State of California.
- Be able to read and write in fluent English.
- Available to work on Election Day November 8 from 6:00 a.m.

until all duties are completed (approximately 10:00 p.m.).

- Attend a mandatory training class prior to election (approximately 2½ hours).
- Have transportation to and from the training class and to the polling place on Election Day.

For more information, please visit the Office of Voter Registration and Elections website at www.elections.saccounty.net ★

Head-on Collision Kills Motorcyclist and Passenger on Madison

Special CHP Release

SACRAMENTO COUNTY, CA (MPG) -

On September 26, 2016, at 2:54 a.m., Brandon Ray Fernandez, a 28 year old male from Orangevale, was driving a 2015 silver Hyundai Elantra, eastbound on Madison Ave east of Lincoln Oaks Drive going the wrong way in the westbound #1 lane at an unknown speed. Mr. Fernandez was driving under the influence of alcohol. An unknown male was driving a

Yamaha motorcycle westbound on Madison Ave east of Lincoln Oaks Drive in the #1 lane, at an unknown speed, approaching Fernandez's location. The motorcyclist was carrying an unknown female passenger. The driver and passenger of the Yamaha were wearing motorcycle helmets. Both vehicles struck head-on causing both the driver and the passenger of the Yamaha to be ejected from the motorcycle. Both the driver and passenger of the Yamaha died at the scene.

After the collision the CHP responded to the scene and conducted an investigation. During the course of the investigation it was determined that Fernandez had been drinking alcohol. After a brief DUI investigation Fernandez was determined to be under the influence of alcohol and was arrested for 2 counts of felony DUI and 1 count of felony manslaughter. He was transported and booked into the Sacramento County Main Jail where he also submitted to a chemical test. ★

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More information at upward.org
or call Ken Friedman, 916-838-6577

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REGISTRATION



Back to School? Learn About Tax Credits for Education

If you pay for college in 2016, you may receive some tax savings on your federal tax return, even if you're studying outside of the U.S. Both the American Opportunity Tax Credit and the Lifetime Learning Credit may reduce the amount of tax you owe, but only the AOTC is partially refundable.

Here are a few things you should know about education credits:

The American Opportunity Tax Credit is worth up to \$2,500 per year for an eligible student. This credit is available for the first four years of higher education. Forty percent of the AOTC is refundable. That means, if you're eligible, you can get up to \$1,000 of the credit as a refund, even if you do not owe any tax.

The Lifetime Learning Credit is worth up to \$2,000 per tax return. There is no limit on the number of years that you can claim the

LLC for an eligible student.

You may use only qualified expenses paid to figure your credit. These expenses include the costs you pay for tuition, fees and other related expenses for an eligible student to enroll at, or attend, an eligible educational institution. Refer to IRS.gov for more on the rules that apply to each credit.

Eligible educational institutions are those that offer education beyond high school. This includes most colleges and universities. Vocational schools or other postsecondary schools may also qualify. If you aren't sure if your school is eligible ask your school if it is an eligible educational institution, or see if your school is on the U.S. Department of Education's Accreditation database.

In most cases, you should receive Form 1098-T, Tuition Statement, from your school by

February 1. This form reports your qualified expenses to the IRS and to you. The amounts shown on the form may be either: (1) the amount you paid for qualified tuition and related expenses, or (2) the amount that your school billed for qualified tuition and related expenses; therefore, the amounts shown on the form may be different than the amounts you actually paid. Don't forget that you can only claim an education credit for the qualified tuition and related expenses that you paid in the tax year and not just the amount that your school billed.

The education credits are subject to income limitations and may be reduced, or eliminated, based on your income.

To see if you're eligible to claim education credits, use the Interactive Tax Assistant tool on IRS.gov.

Source: IRS.gov



Fifth Annual "Brews & Boos" Comes to Citrus Heights

CITRUS HEIGHTS, CA (MPG) - The public is invited to join the Capitol Pops Concert Band to celebrate October with the fifth annual "Brews & Boos" event from 6:30 to 9 p.m. Friday, Oct. 21, 2016 at the Citrus Heights Community Center, 6300 Fountain Square Drive.

Doors to the free, family-friendly musical extravaganza open at 6:30 p.m. Guests are invited to purchase on-site tickets good for specialty German foods (a meal, including dessert), as well as sodas and water to support the Capitol Pops. Proceeds will go to support the CPCB's student scholarship fund and general expenses of the band.

Beer and wine will be for sale by the Citrus Heights Kiwanis in support of their charities. Numerous raffle prizes and silent auction items

will be up for grabs.

Guests are invited to dress in their finest Bavarian/German attire or their scariest Halloween costume as the event marks the best of October – Oktoberfest and Halloween. The Oktoberfest atmosphere will be enhanced by the AlpenBand California, which has been performing German folk music throughout Northern California since 1988.

The Sacramento Capitolaire will kick things off with a 6:30 to 7 p.m. performance. The men's chorus has a tradition dating back to the immediate post-World War II era, featuring music that appeals to all ages.

The Capitol Pops' musical performance, starting at about 7 p.m., will include some traditional German music, plus some spooky Halloween tunes.

The youth dance team from the Creative Connections Arts Academy of North Highlands, part of the Twin Rivers Unified School District, will perform the classic Ghoul Dance from Michael Jackson's timeless "Thriller" hit, in addition to the Calypso classic, "Jump in the Line."

Started in 1997, the CPCB has performed a diverse portfolio of high-quality, well-prepared music heard by thousands of concertgoers throughout Northern California. Based in Citrus Heights, the self-supporting, nonprofit community band of about 65 musicians represents a wide cross-section of the Sacramento area. For more information on the Capitol Pops, visit www.capitolpops.org or its Facebook page. ★

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For Democrats, First Amendment Rights Stop at Climate Change

Commentary by Jeff Stier

Democrats’ grand plan for this election year doesn’t seem to include free speech. The group that drafted the Democratic Party platform recently called for the Justice Department to prosecute energy companies that don’t agree with Democrats on climate change.

But is that wise? If the government is allowed to punish those who merely question climate change, it should also be allowed to punish climate alarmists for false doomsday predictions.

That reasoning doesn’t make sense. Democrats should end their crusade before they start feeling the brunt of their own logic.

Unfortunately, silencing climate dissenters with laws didn’t start with the DNC platform. It’s part of a growing trend.

Twenty state attorney generals nationwide have started investigating oil companies. The AGs allege that to maintain high profits, Big Oil purposely misled investors and the public about climate change consequences.

Right- and libertarian-leaning policy centers -- such as the Heartland Institute and Competitive Enterprise Institute -- are also facing scrutiny. My employer, the National Center for Public Policy Research was even targeted on the Senate floor. The green crusaders claim we were all accomplices in helping oil

companies obscure environmental threats.

Meanwhile, Attorney General Loretta Lynch recently acknowledged that the Justice Department may use a federal law originally created to fight organized crime to prosecute climate skeptics. In the Obama administration’s distorted reality, the analogy isn’t much of a stretch.

Ironically, the state AGs unveiled their crusade at a press conference in March with former vice president and climate Svengali Al Gore. Gore, who predicted that the North Pole would be ice-free by 2013, has repeatedly cried wolf about the coming environmental apocalypse -- while snatching millions by promoting dubious green investments.

But what’s to stop a newly formed league of climate-agnostic attorneys general, emboldened by the strategies of their green colleagues, from prosecuting those like Gore who have become rich off doomsday predictions?

Gore isn’t alone. In 2008, ABC News predicted that because of climate change, New York City would be submerged by 2015. Concurrently, the United Nations warned that there were only eight years left to prevent a “dangerous” rise in global temperatures.

In 2007, the head of the organization’s Intergovernmental Panel on Climate Change cautioned that it would be “too late” by 2012 without immediate global

action. Previously, the UN warned that global warming was about to usher in a huge period of population disruption, creating 50 million climate refugees by 2010.

These are just a smattering of inaccurate predictions from environmentalists. Some utilized flawed models. Some were propaganda to influence public opinion and legislation. Others just wanted to get rich off government-subsidies for green technology.

Those motives are no better than the ones said to be driving oil companies. Were the tables turned and green zealots held accountable for misleading the public, many of the prosecutors would be the prosecuted.

Realistically, investigations like the one the state AGs are now pursuing are about harassing political opponents -- not protecting the public.

The investigation into these oil companies and think tanks is a flagrant attempt to bypass the Constitution and stifle political speech. It should be opposed regardless of their stance on climate change. It’s shameful that a major political party has so little regard for free speech.

Jeff Stier is a Senior Fellow at the National Center for Public Policy Research in Washington, D.C., and heads its Risk Analysis Division.

Source: Keybridge Communications ★

Aerojet Interns Gain Powerful Experience

SACRAMENTO REGION, CA (MPG)

- Aerojet Rocketdyne hosted its largest group of college interns this summer with 79 students. In the past three years, Aerojet Rocketdyne has hired 196 interns from more than 50 different universities across the nation.

“Our internship and co-operative education programs are central to transferring knowledge within the company to the next-generation. We are also able to take advantage of their fresh perspective and incorporate new thoughts and ideas into the company,” said Aerojet Rocketdyne CEO and President Eileen Drake.

Aerojet Rocketdyne offers internships to students pursuing many areas of study, including finance, economics and business; however, the majority of the opportunities are in the engineering field. The company matches its interns with a mentor who provides guidance and assigns them a project based on their abilities, college courses completed and area of study. Interns are also included in a program called “Launch” which was created to ease the transition of newly hired recent graduates from college to the work environment through mentoring, social networking and identifying potential leadership opportunities

“As an intern at Aerojet Rocketdyne I had the opportunity to work alongside some of the most experienced and talented engineers in the aerospace industry,” said Bryce Chanes about his experience this summer working as a Project Engineer Intern at Aerojet Rocketdyne’s Los Angeles facility. “With their guidance and mentorship, I was able to hone my engineering skills and enhance my professional toolset in a way that no other experience can.”

Chanes worked on the important AR1 engine, which will end



“As an intern at Aerojet Rocketdyne I had the opportunity to work alongside some of the most experienced and talented engineers in the aerospace industry,” said Bryce Chane.

reliance on the Russian-made RD-180 rocket engine, currently used to power the nation’s most reliable launch vehicle. AR1 is taking advantage of the latest manufacturing processes, materials and technology to be able to rapidly develop and certify an engine by 2019 that will be more capable than the RD-180.

“I am so impressed with our current class of Aerojet Rocketdyne summer interns and the exciting projects they were able to work on, like AR1. They are our future leaders in engineering, science and business,” said Aerojet Rocketdyne CEO and President Eileen Drake. “I cannot wait to see what they do next.”

“I believe every college student should have the opportunity to try out the career they think they want to pursue as early as possible to get a feeling about what it’s like to walk in those shoes. I am lucky in that I knew from an early age that

this is what I wanted to do,” said Chanes about his experience.

Aerojet Rocketdyne’s internship program currently has interns at eight of its 14 sites and plans to grow the internship program to meet the increased need for qualified employees with real world experience.

Aerojet Rocketdyne is an innovative company delivering solutions that create value for its customers in the aerospace and defense markets. The company is a world-recognized aerospace and defense leader that provides propulsion and energetics to the space, missile defense and strategic systems, tactical systems and armaments areas, in support of domestic and international markets. Additional information about Aerojet Rocketdyne can be obtained by visiting our websites at www.Rocket.com and www.AerojetRocketdyne.com.

Source: Aerojet Rocketdyne ★

Howard Jarvis Taxpayers Association Endorses Sue Frost

CITRUS HEIGHTS, CA (MPG) - California's leading tax-fighting organization, the Howard Jarvis Taxpayers Association (HJTA), has endorsed Sue Frost for Sacramento County Supervisor.

Frost was one of only seven local candidates across the entire state of California to receive the highly sought-after endorsement.

City Councilwoman Sue Frost finished nearly 10 points ahead of her nearest competitor in the June Primary, and since has been endorsed by all three of the other candidates who ran in the Supervisor race.

Sue Frost currently serves as Councilwoman in Citrus Heights, and recently completed her term

as Mayor. She’s a business owner and former nurse who will make public safety the top priority, she will stand up to wasteful spending, demand accountability for road repairs, and champion new efforts to empower neighborhoods, help veterans and reduce homelessness.

Source: TABcommunications.com ★



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‘We Support Vets’ Second Battle Of The Bands & Battle Of The BBQ’s A Success



All funds raised will assist the post in providing emergency and other assistance throughout the year.
Photo by Elise Spleiss

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - The Historic Rusch Home in Citrus Heights was again the site of the second “WE SUPPORT VETS - Battle of the Bands and BBQ’s” fundraiser on October 1.

Hosted by the Citrus Heights American Legion (AL) Post 637, the fundraiser was a successful collaborative effort between veteran’s resources, the City, and local businesses and service organizations. All funds raised will assist the post in providing emergency and other assistance throughout the year to some of the over 15,000 veterans in need living in Citrus Heights.

Funds have been used to help

with needs including help with car repairs, to provide temporary housing for homeless prevention, and assist with emergency rent, car and utility bills.

Three local bands and five of the top BBQ restaurants in the region donated their time and talents for a day of music and good food, while battling for the best in their category.

Opening ceremonies featured the Folsom Marine Corp Color Guard and a special Ghost Soldier Tribute. The Singh family was honored with a “KIA” flag in memory of their son, U.S. Marine Corporal Gurpreet Singh, 21, who was killed in action in Afghanistan on June 22, 2011. He was from Antelope, CA.

This year organizers expanded their use of the lush grounds of the Rusch Home making it more comfortable for attendees as they enjoyed the perfect weather and relaxed under the majestic trees. For the price of \$15 attendees enjoyed the music of the bands along with delicious Bar-B-Que samples and other food, beer, wine and non-alcoholic beverages. The AL Auxiliary Unit 637 and GFWC Women’s club again hosted the dessert table.

At the end of the day the nearly 500 attendees had voted for their favorite BBQ restaurant and band, with the honors going to Wild Wade’s BBQ and Mojo Jones.

For information go to: www.chalpost637.com ★

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•Loungers •Orthopedic Beds •Cat Beds **20% OFF OUR SUPER LOW PRICES**

ALL VARIETIES EXCEPT: ORTHOPEDIC MAT 30"x 40" - \$23.99

GIMBORN FREEZE DRIED DOG TREATS

•Beef & Liver •Chicken & Liver 3-4 Oz **\$5.99** 11.5-14 Oz **\$16.99**

MULTI-PET SOFT DOG TOYS

All Varieties **20% OFF**

OUR SUPER LOW PRICES

BRAMTON SIMPLE SOLUTIONS TRAINING PADS

23" x 24" 100 Ct. Box **\$19.99**

SCOOP FREE LITTER TRAY CARTRIDGE

(Automatic Litter Box - \$99.99) **\$15.99**

PENN-PLAX CASCADE POWER FILTER SALE

MODEL TANK SIZE PET CLUB SALE

CASCADE 100 20 Gal. **\$13.99**
CASCADE 150 35 Gal. **\$19.99**
CASCADE 200 50 Gal. **\$24.99**
CASCADE 300 100 Gal. **\$29.99**

Revolutionary Bio-Falls Quad Filtration System

TETRA BOXED 10 GALLON TANK With Economy Kit

Just add Heater For Tropical Fish **\$36.99** Limit 1 Per Family

TETRA FISH FOOD SALE

Tetrafin Goldfish 7.06 oz. **\$7.99**
Tetrafin Goldfish 7.06 oz. **\$11.99**
Tetra Ruby Color 7.06 oz. **\$11.99**

INSTANT OCEAN SEA SALT

50 Gal. Salt Mix **\$14.99**

BONUS COUPON FRISKIES BUFFET CANNED CAT FOOD

5.5 Oz. All Varieties Limit 12 Cans With Coupon Limit One Coupon Per Family Price Valid Only With Coupon **41¢**

Effective 10/5/16 - 10/11/16 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 **\$1.19**

Effective 10/5/16 - 10/11/16 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 **\$1.89**

Effective 10/5/16 - 10/11/16 CHM PLU 449