

# Citrus Heights Messenger

"Written by the people, for the people"

Volume 6 • Issue 16

Serving the City of Citrus Heights and Sacramento County

August 19, 2016

NEW STATE-OF-THE-ART CITY HALL BUILDING OPENS FOR BUSINESS



Page 3

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Page 10

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## Mom Pays it Forward after Son's Transplant

By Margaret Snider

CITRUS HEIGHTS, CA (MPG) - Riggs Grassinger of Citrus Heights was a happy and healthy infant and toddler. Then, at the age of 17 ½ months he went into acute liver failure without any discernible reason. He was officially listed for a transplant on a Wednesday. "He was status 1A when he was listed," Riggs' mom Sarah Grassinger said, "which meant that his life expectancy at that point was measured in hours to days." A potential donor was located on Wednesday evening and the transplant took place on a Thursday morning in September 2012, at University of California, San Francisco Benioff Children's Hospital. The procedure was a success, and Riggs is now an active five-year-old. Riggs' brother, 14-year-old Simon, said he was too young at the time to fully realize the significance of his little brother's illness. "But at the same time I was also terrified," Simon said. The liver came from a teen girl who had died. Sarah said, "My heart just broke for some family out there that lost their child, yet in their worst moment decided



Riggs's dad, Mark Grassinger, fully supported his wife's decision to donate a kidney, which Sarah did in November of 2015. "It's like for us everything has come full circle," Sarah said. Photo by Noah Berger

to save mine." She sent a letter to the grieving parents via a third party, but never received a response and never felt fully at peace with their sacrifice.

That wasn't the end of the story. Sarah was in a wedding and another woman in the wedding was listed for a kidney transplant. "She's a mom and she has 2 kids

and so I just knew I wanted to do it," Sarah said. "I think the reality of it is I couldn't be in the presence of somebody that needed in

Continued on page 3

## Hot August Bites Sizzles in Citrus Heights

Story and Photo by Elise Spleiss

CITRUS HEIGHTS (MPG) - It was a family affair with parents pushing strollers with toddlers in tow, dogs enjoying all the smells and sights, music, classic cars, swimming and good food and drink. According to Kevin Donnelly with the Sunrise Recreation and Park District the 3rd annual Citrus Heights Hot August Bites brought out over 1,400 people despite the 100 degree temperature. The Rusch Park swimming pool's seven lifeguards were kept busy keeping watch over 270 swimmers who took advantage of the three hour free swim during the final day of operation for the year. Young and old alike moved to the classic rock sound of the 8-Tracks. The "Bites" part of the event offered something for everyone with cuisine from It's Nacho Truck, Good Dog hot dogs, the Cowtown Creamery, Ohana Shave Ice and the famous Squeeze Inn Roseville.

Continued on page 3



Sister and brother, Hannah R. (left) and Jacob R. (right) with friend Hannah W. (center) pause for some shaved ice at the 3rd annual Hot August Bites on August 9. Brother and sister Hannah and Jacob attend St. Marks Lutheran School. Hannah W. graduated from St. Marks earlier in 2016.

## New Fire Chief Selected for Metro Fire



Sacramento Metropolitan Fire District (Metro Fire) announced on August 5th their selection of Todd Harms (above) as the next Fire Chief.

MATHER, CA (MPG) - The Board of Directors for the Sacramento Metropolitan Fire District (Metro Fire) announced on August 5th their selection of Todd Harms as the next Fire Chief. After Fire Chief Mark Wells announced earlier in the year that he planned to retire later this year, the Board launched a nationwide search in May to recruit his successor. Given that Metro Fire is the largest fire agency in the Sacramento region and the 7th largest in California, the Board was seeking a dynamic and visionary leader in the fire service, with a passion for public safety, who would be energized by Metro Fire's fast pace and the diversity of service demands. "We are pleased to have Todd Harms

take the lead as our new Fire Chief," stated Board President Jack Scheidegger. "His expertise and leadership experience will add greatly to the existing excellent Metro Fire staff and provide expanded vision and perspective as we move into the future. We are fortunate to have this opportunity to build on the fine leadership provided by Chief Wells." Harms has 35 years of public safety service, of which nine were spent serving as an Executive Staff member for the Phoenix Fire Department. He is currently the Assistant Chief of Operations and has also been their Assistant Chief of Personnel and the Training Division, with oversight of the Training Academy, Command Training Center, Special Operations, Emergency

Medical Services, Technical Services, dispatch and the Regional 9-1-1 services. Harms began his fire service career in 1981 as a Firefighter Paramedic in Peotone, Illinois, and in 1987, became a member of the Phoenix Fire Department. He has progressed through the ranks as a Firefighter, Paramedic, Engineer, Captain, Battalion Chief, Deputy Chief of Special Operations and Shift Commander. He has been an Urban Search and Rescue (US&R) team member, with deployments to Hurricanes Katrina and Rita. Harms holds a Bachelor's degree in Fire Service Management and is a past adjunct instructor at Phoenix College in the Fire Science Program. Source: Sac Metro Fire

## FBI Warns of Phone Scam Targeting Northern and Central California Residents

SACRAMENTO, CA (MPG) - The Federal Bureau of Investigation (FBI) Sacramento field office has received numerous reports of individuals impersonating government agencies in an effort to scam the public. Currently, these unsolicited calls are placed by criminals who claim to be representatives of the FBI or other government agency and make demands for money. Several call recipients stated that Caller ID information falsely displayed the call as originating from an FBI office and the caller told the victim to check the internet to verify the number.

Federal agencies do not call or e-mail individuals to collect money. Government impersonation scams vary but most use intimidation tactics to coerce victims to hastily provide personal information or money. During calls, scammers often tell victims that charges have or will soon be filed against them and arrest or confiscation of property is imminent unless payment is made immediately by prepaid credit card or gift card. Often, if a call recipient questions the caller about the authenticity of the call, the caller becomes increasingly more aggressive. In some cases, Caller ID information was replicated to make calls appear to originate from a federal agency's legitimate phone number.

The FBI advises the public to always exercise caution when receiving unsolicited calls and never give personal information when such calls are received. Recipients of scam calls should hang up immediately and report the call. All types of telephone fraud schemes and scams can be reported to the FBI's Internet Crime Complaint Center (IC3) at <https://www.ic3.gov/complaint/splash.aspx>.

Source: FBI



# Bera Announces Nearly \$800k Grant for Runway Upgrades to Mather Airport

SACRAMENTO, CA (MPG) - Congressman Ami Bera (CA-7) announced last week a major grant from the Federal Aviation Administration (FAA) for upgrades to Mather Airport's runways. The grant of \$788,500 will be used to rehabilitate and upgrade the taxiway to FAA standards and to install runway lights along the taxiway. Congressman Bera was joined by Airport Director John Wheat and Airport Chief Administrative Officer for Planning and Development TJ Chen, and will discussed other ongoing projects to improve the safety and efficiency of the airport.

"This investment in Sacramento Mather Airport is great news for our community," said Congressman Bera. "Improving the conditions of the runway and safety with lights is critical to attracting, maintaining, and expanding private investment and economic development in the area. Making our airport more convenient and efficient to passengers and businesses has a positive impact on our community and our economy."

"Sacramento County is grateful of the efforts made by the Congressman to secure Federal funding from the FAA to

improve the airfield at Mather Airport, which is a vital component of the aviation and cargo infrastructure for the Sacramento region," said Airport Director John Wheat.

This grant will fund the rehabilitation of approximately 670 feet of the existing connector Taxiway B-North that is needed to maintain structural integrity of the pavement. It will also fund the installation of a new Taxiway B-North edge lighting system to enhance safe airfield operations during low visibility conditions.

Source: Office of Ami Bera ★

# Unsecured Property Taxes Due

SACRAMENTO, CA (MPG) - Annual bills for Sacramento County unsecured property taxes for fiscal year 2016-2017 will be mailed on July 22, 2016 and are payable without delinquent penalties through August, 31, 2016.

Unsecured property tax bills are mailed to all owners of unsecured property in July of each year. If you owned unsecured property in Sacramento County, such as a boat or aircraft, or if you leased or owned fixtures and equipment related to a business on January 1, 2016, and do not receive a tax bill by August 15, 2016, please contact the Sacramento County Tax Collector's Unsecured Property Tax Unit at (916) 874-7833, between the hours of 9:00 a.m. and 4:00 p.m., Monday through Friday excluding holidays.

**NONRECEIPT OF A TAX BILL DOES NOT EXCUSE DELINQUENCY OR ALLOW THE TAX COLLECTOR TO CANCEL PENALTIES OR COLLECTION COSTS.**

Tax bills become delinquent if not paid in the Tax Collector's Office by 5:00 p.m. on August 31, 2016, or received by mail bearing a postmark of August 31, 2016.

If the tax bill is not paid by the delinquency date, a 10% penalty and collection cost will be added. DMV registration may be withheld on boats if unsecured property taxes are reported delinquent. If a tax bill remains unpaid after October 31, 2016, additional collection costs and monthly penalties at the rate of 1.5% will be added to the base tax.

Payments may be made by mail or in person at the County Tax Collector's Office located at 700



Tax bills become delinquent if not paid in the Tax Collector's Office by 5:00 p.m. on August 31, 2016, or received by mail bearing a postmark of August 31, 2016.

"H" Street, Room 1710, Sacramento, CA 95814, between the hours of 8:00 a.m. and 5:00 p.m., Monday through Friday, holidays excluded.

Contact Info: Unsecured Tax Unit: 916-874-7833. ★

# SB 1146 Turning Christian Colleges Upside Down

Commentary from SaveCalifornia.com

Democrats in control of the California Assembly Judiciary Committee have passed SB 1146 to redefine Christianity at Christian-format colleges by forcing support of the unnatural, unhealthy, unbiblical, and tyrannical homosexual-bisexual-transsexual agenda.

Thursday afternoon, SB 1146 was approved on a party-line vote, with Democrats in favor and Republicans opposed, with the exception of Republican Brian Maienschein of San Diego not voting.

"The First Amendment sets out religious and secular spheres, and we need to keep them separate," said committee member James Gallagher, a Yuba City Republican. "We don't want government involved in religion and we don't want religion controlling government, right? But with this bill, no matter what you do, you're going to infringe on a religious sphere and have the government deciding what is religious and what is not."

Another Republican committee member, Donald Wagner of Irvine, said SB 1146 "betrays a fundamental misunderstanding of what faith

is." Wagner said, "Faith is a way of life. Faith comes first," adding that SB 1146 "derives from a thoroughly flawed perspective" by prohibiting and punishing Christian colleges' religious principles and practices.

SB 1146 allows students to file lawsuits against their religious-based colleges, challenging the colleges' right to have Biblical standards on sexuality, gender, and marriage in admissions, housing, employment, student counseling, and outside groups allowed on campus.

For example, the bill forces Christian colleges to allow homosexual and transsexual activists on campus to challenge students' moral beliefs. SB 1146 would permit homosexual-couple housing and transsexual-policy restrooms on campus, and likely prohibit counseling a student to overcome homosexuality. And SB 1146 would prohibit Christian colleges from firing a professor who becomes a homosexual or transsexual activist, indoctrinating students to support sin.

"SB 1146 is passing because too many colleges and other well-meaning opponents of the bill have made the mistake of lobbying the author, who's made his

tyrannical bill a little less onerous with each amendment, enabling it to advance by sleight of hand," said Randy Thomasson, president of SaveCalifornia.com, a statewide pro-child, pro-family organization that promotes moral virtues for the common good. "If Christian colleges want SB 1146 defeated, they need to unapologetically mobilize every single supporter to call and demand SB 1146 be defeated. In this election season, they must launch bold religious-freedom campaigns with students in key Assembly districts this summer."

SB 1146 will next be heard in the Assembly Appropriations Committee in August when the Legislature returns from its month-long recess.

SaveCalifornia.com is a leading West Coast nonprofit, nonpartisan organization standing strong for moral virtues for the common good. We represent children and families in the areas of marriage and family, parental rights, the sanctity of human life, religious freedom, financial freedom, and back-to-basics education.

Source: Campaign for Children and Families ★

# Brown Signs Bill Providing Help for Those Claiming Refunds on Tax

SACRAMENTO, CA (MPG) -A bill sponsored by the Board of Equalization (BOE) to streamline and simplify refunds on tax liabilities is now signed by the governor and will become law January 1, 2017. AB 1856, authored by Assemblyman Matt Dababneh helps taxpayers making installment payments by only requiring they file one claim for refund, rather than one for each installment payment they have made on a single liability.

"Running a business is challenging enough without having

to keep track of multiple layers of paperwork," said BOE and Legislative Committee Chairwoman Fiona Ma. "It is my goal and that of all our members to simplify and streamline our taxpayers' dealings with government agencies so they can spend more time on achieving success in their business ventures."

In several cases, BOE taxpayers have been barred by the statute of limitations from recovering all of the installment payments they made to the BOE, even though their tax debt

was cancelled or reduced to an amount less than the total payments received—because they made payments after the original claim had been filed, but did not file additional claims to cover the later payments. The new law will allow taxpayers making installment payments to file a single claim for refund before the entire liability is paid in full.

For specific help, please contact the BOE at 1-800-400-7115.

Source: Board of Equalization ★

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# Open for Business

## New State-of-the-Art City Hall Building Opens for Business

By Elise Spleiss

CITRUS HEIGHTS (MPG) - It's business as usual once again at the new Citrus Heights City Hall located at 6360 Fountain Square Drive. On August 9, just 13 months following groundbreaking, 65 city staff moved from their temporary offices in the Grand Oaks Shopping Center on Auburn Blvd to their new state-of-the-art, energy efficient facility.

At five weeks ahead of schedule for completion of staff offices, the builders wanted to give the city the option to use their new space early in exchange for working around jobs still being completed on the interior and exterior of the 35,000 square foot building.



Citrus Heights City Hall, seen here under construction, is located at 6360 Fountain Square Drive.

Outside, crews were working feverishly to complete the front of the building including concrete and paving, painting, landscaping and artwork. A three tiered, 25 foot wide fountain will be the focal point of an attractive plaza area.

During a tour of the facility, Tyler Gahagan, project manager of



Larry Darling of Petkus Brothers, claimed the distinction of being the very first customer at the new city hall.

Ascent Builders, pointed out where the state-of-the-art acoustical wall panels and handsome wooden wall paneling in the new city council chambers will be. Many features in the new building grew out of input from the public during numerous community work sessions.

Artwork will be a focal point of the building from a large piece at the front entry way, to one at the heart of the main lobby, and many scattered throughout the facility, according to Gahagan.

Staff who were asked about their new surroundings all answered with variations of, “gorgeous”, “awesome”, and “spacious”.

Customers were enjoying the short sign-in process and the comfortable chairs in the large waiting area. One customer, Larry Darling of Petkus Brothers, claimed the distinction of being the very first customer at the new city hall. He was visiting the Planning Department to obtain a building permit.

By the end of the year there should be no question where any of the city of Citrus Heights services are. A 15' 10" feet tall by 12' 6" wide LED illuminated digital monument style sign is scheduled to be erected at the corner of Greenback and Fountain Square Drive, directing drivers and pedestrians to city hall, the police department, post office, and community center as well as the businesses in Regency Plaza.

And yes, the city will be holding its traditional Christmas tree ceremony with a permanent tree placed in a specially designated area across from the fountain.

This exciting project will be completed by the dedication ceremony scheduled for August 25 at 9 a.m. with public tours from 9:30 a.m. to noon. Doors will open for business at noon. Find out more at [www.citrusheights.net](http://www.citrusheights.net). Source: City of Citrus Heights, Ascent Builders, Inc. ★

## Hot August Bites Sizzles in Citrus Heights

Continued from Page 1

Dozens of classic cars, presented by Autos for Alzheimer's dotted the hills above the party area. New this year was a beer garden available for adults to relax and enjoy the good food, music and a brew.

Over 50 local vendors, City and community booths participated

in the event. The Community Emergency Response Team (CERT) reported only one minor injury; it was not heat related. Metro Fire and the Citrus Heights Police Department also mingled among participants during the afternoon.

This year's sponsors helping to make the event a success

were the City of Citrus Heights, Sunrise Recreation and Park District, Sunrise Marketplace, Republic Services, Consolidated Communications, Hot 103.5, and 101.9 The Wolf.

Plans for 2017 Hot August Bites will begin in January and promises to be even more tasty and entertaining. ★

# Citrus Heights City Council Appoints New City Manager

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights City Council announced that Christopher W. Boyd has been appointed city manager effective October 1, 2016.

The announcement was made during the regular Citrus Heights City Council meeting on July 14, 2016. Boyd currently serves as chief of police for the Citrus Heights Police Department. Earlier this year Boyd was designated to act in the capacity of the City Manager during his absence.

The City of Citrus Heights incorporated in 1997 and current City Manager Henry Tingle was appointed in 1999. Best known for his strong fiscal responsibility, Tingle announced in January that he would be retiring effective September 30, 2016, after 18 years of service. In 2005, Tingle hired Boyd as the city's first chief of police, tasking him with creating a new police department. Boyd did so within ten months and under budget, replacing the sheriff's department, which had been the contract policing agency for the first nine years of cityhood. Since then, the Citrus Heights Police Department has become known for its creative approach to community policing, employee leadership development, focus on youth, and innovative programs that have consistently reduced crime every year.

Boyd has earned the respect and support of the citizens of Citrus Heights and his relationships within the community are strong, therefore transitioning to the role of city manager will be seamless. "It has been an honor to serve the City of Citrus Heights as chief of police. I have come to really know and love this community over these last ten years," he said. "I am equally honored and excited to now have the opportunity to serve as city manager." Citrus Heights Mayor Jeannie Bruins commented, "Chris is



Boyd has served on numerous boards, associations, and commissions throughout his career, most notably the California Police Chiefs Association of which he was the president in 2014.

already well versed on the issues facing Citrus Heights; he understands the community and local challenges. His experience affords him a vantage point many city managers do not have. We really couldn't ask for a more ideal candidate and we look forward with great anticipation to working with Chris in his new capacity. We are confident the City of Citrus Heights will continue to be in very good hands."

Boyd has served on numerous boards, associations, and commissions throughout his career, most notably the California Police Chiefs Association of which he was the president in 2014. A tenured, accomplished executive, Boyd possesses broad, cross-functional experience in a variety of disciplines such as strategic-planning, system implementations, and business operations. He is a recipient of the prestigious Barbara Hammerman Award for distinguished leadership.

Boyd, 49, holds a Bachelor of Science degree in Criminal Justice and Sociology from the University of Idaho, and a Master of Public Administration degree from the College of Notre Dame. He is a graduate of California's

Supervisory Leadership Institute, the 197th session of the National FBI Academy, and the 62nd session of the Executive Development Seminar through the Federal Bureau of Investigation. He lives locally with his wife and two young sons. Source: City of Citrus Heights ★

## Mom Pays it Forward after Son's Transplant

Continued from Page 1

the way that we needed, and not do something about it."

Riggs's dad, Mark Grassinger, fully supported his wife's decision to donate a kidney, which Sarah did in November of 2015. "It's like for us everything has come full circle," Sarah said. "I feel like this says thank you as well as I can say it."

UCSF Benioff Children's Hospital began pediatric kidney transplants in 1964 and pediatric liver transplants in 1989, making it one of the oldest children's transplant services in the country, according to Suzanne Leigh, Senior Public Information Representative at UCSF. ★

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## Citrus Heights Messenger

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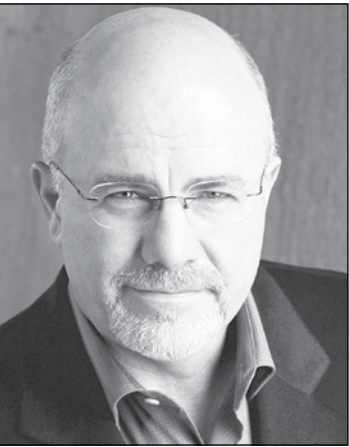
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# Dave Says

fully funded emergency fund sitting there.

It sounds like there's nothing to prevent you from selling it today, if you're sure that's what you both want to do. Just hold on to enough so that you still have an emergency fund in place, and use the remainder for your down payment. So if that equation works for you, sell the house. If not, you may need to completely save up your emergency fund before you sell in order to make it work.

Regardless, when you move I want you to have an emergency fund and be debt-free in addition to your down payment. That's what we're after!

—Dave

## Don't cut your safety net

Dear Dave,  
I make \$25,000 a year, and I'm single. I expect my salary to increase to \$35,000 next year, so can I get by with a \$500 starter emergency fund instead of \$1,000? I have about \$38,000 in debt right now, including student loans, and I don't know how to keep up with bills and everything if I try saving a bigger emergency fund.

- Jane

Dear Jane,  
You really need a starter emergency fund of \$1,000 if you're at a point in life where student loans are in the picture. It might seem like an

impossible task right now, but that should be your first big goal. A written, monthly budget will go a long way toward helping you achieve that goal.

Making a budget for your money isn't rocket science. It's a simple, written planning process where you give a name and destination to every dollar you make before the month begins. Food, shelter, clothing, transportation and utilities are necessities, so they come first. After you've taken care of those, make sure you're current on your debts. Once all that is out of the way, put every spare dollar you can into your emergency fund.

If you do this with a sense of urgency, and limit spending to necessities, it won't take very long. You'll be surprised by how quickly it can happen, and you'll love the newfound sense of security you'll have in knowing \$1,000 is sitting there ready to cover life's little emergencies!

*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.*

★



## Less Pain, Fewer Pills

Did you know that 28,000 Americans died of Opioid overdose in 2014? The Centers for Disease Control recently issued guidelines to severely limit prescriptions for Opioids like Oxycontin, Percoset, and Vicodin in response to the national epidemic of prescription drug overdose. Dr. Beth Darnall has researched the inadequacy of the medical establishment's current response to people with chronic pain. She is Clinical Associate Professor in the Division of Pain Medicine at Stanford University and treats individuals and groups at the Stanford Pain Management Center. On my radio show POPPOFF, Dr. Darnall told me that "pain is your harm alarm, and you need to be able to turn the harm alarm off." But the key is how to get off those pain killers. She tackles the issue in her book "Less Pain, Fewer Pills" Avoid the dangers of prescription Opioids and gain control over Chronic Pain. The good Doc truly believes you can taper off prescription Opioids, and she

# POPPOFF!

with Mary Jane Popp

shared seven tips for success.

**1) TALK WITH YOUR DOCTOR.** Always talk to your prescribing doctor before making medication changes. This is the first step in any opioid tapering program. Most doctors are happy to help their patients reduce their medication.

**2) TIMING IS EVERYTHING.** Plan to start to taper when life is relatively calm. Avoid the holidays or times when work or family stress are particularly high. You want to set yourself up for success. Stress creates challenges and worsens pain.

**3) OPIOIDS SHOULD BE YOUR ONLY MEDICATION CHANGE DURING THE TAPER.** Many people fall into the trap of trying to change more than one medication at a time. It's a setup for failure. Think of your taper as an experiment. When things are calm and you are clear about the result from that change, you can consider making changes to the next medication.

**4) GO S-L-O-W. THE TURTLE WINS THE RACE.** Some doctors will suggest a quick taper of 1-2 weeks. Just because you can doesn't mean you should. By tapering slowly, you can prevent symptoms of withdrawal, stress, and anxiety.

**5) USE YOUR MIND-BODY SKILLS.** Optimize success with opioid tapering by focusing on

calming your mind and body regularly throughout each day. Calming your mind and body needs to be your main priority during the taper period.

**6) WATCH YOUR CHOICES.** Resist the temptation to make many life changes during your opioid taper. If you decide to taper opioids, keep the rest of your life at a constant. If you already walk twice weekly for thirty minutes, stay with that if it is working for you. You can ramp up your activity level or make other changes once you are through with the taper.

**7) GET EXTRA SUPPORT.** Your medical or psychological circumstances may require more structure and support. If your doctor recommends additional support, or if you are running into problems, consider working with a medical professional who can closely supervise your taper.

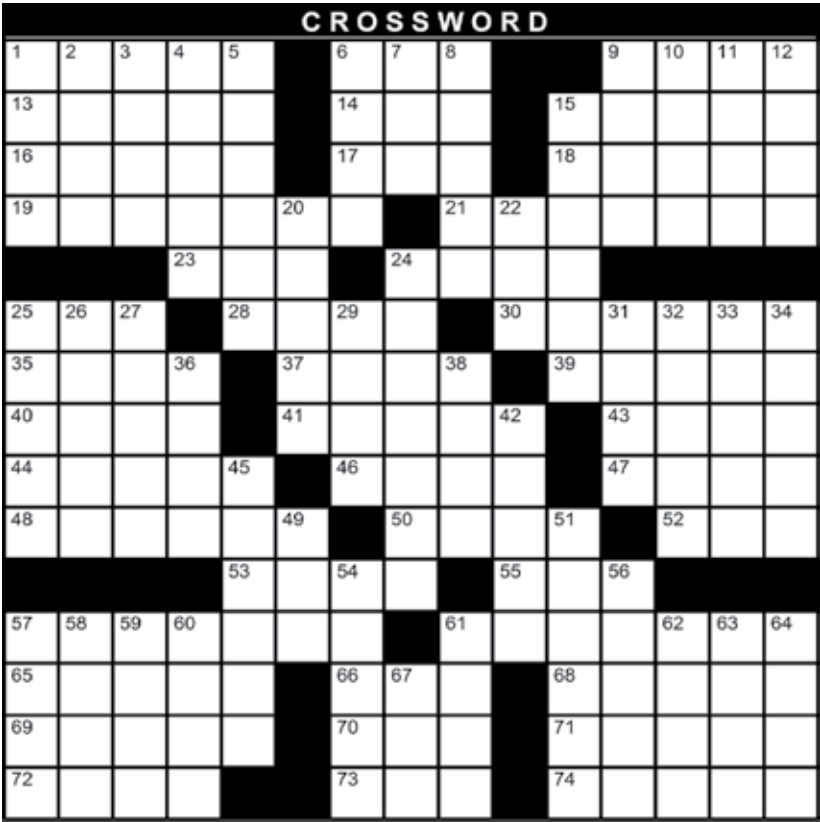
To date, more Americans have died from prescription drug overdoses than died in the Vietnam War. According to Dr. Darnall this constitutes a national emergency. So far only Ibuprofen and Tylenol are the only alternatives, yet chronic pain affects more Americans than heart disease, cancer, and diabetes combined. Check out [www.BethDarnall.com](http://www.BethDarnall.com). "Less Pain, Fewer Pills" might give you new insight. STAY WELL! ★

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- CLUES**
- ACROSS**
1. "Peter, Peter Pumpkin"
6. Lawyers' league
9. Versus "Wall" street?
13. Less than 90 degrees
14. Eric Stonestreet on "Modern Family"
15. Beautiful, in Spanish
16. Overthrow an argument
17. It comes with or without seeds
18. "\_\_\_\_\_ for the courage of the fearless crew, the Minnow would be lost"
19. \*Ingalls' homestead setting
21. \*a.k.a. American bison
23. Junior
24. Tom, not Tabby
25. Cathode-ray tube
28. Deity, in Sanskrit
30. Belonging to Cree, e.g.
35. Cambodia's neighbor
37. \*An outlaw does it to his horse
39. Zzzz
40. Miners' passage
41. Tom Petty and the Heartbreakers' guitarist Benmont
43. "The Man Who \_\_\_\_\_ Too Much"
44. Angers
46. "The Way We \_\_\_\_\_"
47. Abominable humanoid
48. It's meant to be
50. Display displeasure
52. Word for a nod
53. Oration station
55. Type or kind
57. \*\_\_\_\_\_ Murrieta, a.k.a. the Robin Hood of El Dorado
61. \*Cowboy's biannual trip
65. Loathing
66. Flying saucer
68. Oceanic trenches
69. Caffeine-containing nut tree, pl.
70. Hard to escape routine



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71. Hanukkah coins
72. At one time, formerly
73. "\_\_\_\_\_ he drove out of sight..."
74. "The Waste Land" poet
- DOWN**
1. \*Wyatt or Virgil
2. Tennis serving whiz
3. Lowest brass instrument
4. Lady's pocketbook
5. Retread, past tense
6. \*Homesteader's purchase, sing.
7. \*Hudson's \_\_\_\_\_ Company
8. Naked protozoa
9. State of irritation
10. Karenina or Kournikova
11. Object of worship
12. Post WWII military alliance
15. Inmates without hope of freedom
20. Like helium
22. Last, abbr.
24. March tradition
25. \*Corps of Discovery explorer
26. Half of diameters
27. Works hard
29. Whoopi Goldberg's opinion, e.g.
31. Pac Man's blue ghost
32. 1970s disco band "\_\_\_\_\_ M."

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For Solutions See Page 4

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By Marlys Johnsen Norris,  
Christian Author

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God is great, powerful and wonderful and actually created you to know and love Him receiving from Him a love that is beyond a mother's love. The "secret" is for you to choose to be adopted by Him and discover His perfect will for your life. You are loved and so very special and He desires you to discover His sovereign loving plan for your life. If you were the only person on earth, He would have done it all "just for you". He loves you that much!

We all desire to be loved to the "utmost" but many of us never individually grasp the depth of our Creator's love for us. What God loves, He also provides venues for us to learn and discover. He has scribed hundreds of loving promises in the Bible and if we grasp just one of them, we only begin to appreciate His divine love and care for each one of us.

We all need to begin somewhere. God promises that "if" you seek Him with your whole heart you will find Him! A Discovery that will transform your whole life - giving you a new beginning! Power to become more than you always dreamed to be with God's help.

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



By Pastor Ray Dare

You can summarize the Bible in four words: Love God, love others. That's what it's all about. I don't have a difficult time with the first part of that, loving God, but do I really have to love everyone else? Yes. Can't I just leave some people out of that equation? No I can't do that.

Jesus never said we have to "like" everybody; but He did say we have to love everybody. How do we do that?

**Experience God's love yourself.** The Bible says, "... may you be able to feel and understand how long, wide, deep and high His love really is, and experience this love for yourselves." *Ephesians 3:18 (LB)* You may have head knowledge that God loves you, but He wants you to feel it in your heart. Why is this so important? Because unloving people are people who feel unloved. The starting point is to feel and understand how much God loves you and that there's never a moment in your life when God doesn't love you.

**Forgive others who have hurt you.** "*Forgive as the Lord forgave you.*" *Colossians*

## Pastor Ray's Encouraging Words

### How to Love People You Don't Like

*3:13.* It's impossible to love a person and at the same time be resentful or bitter; resenting something from the past. You have to forgive as Jesus forgives you.

**Think loving thoughts.** If God's going to teach you to love, what's He going to do? He's going to put you around some unloving people. How do you learn to think loving thoughts towards those kinds of people? You think about their hurts, their problems, their needs. "*Don't think only about your own affairs, but be interested in others... your attitude should be the same as that of Christ...*" *Philippians 2:4-5 (NLT)* Ask yourself, how are they hurting? What have they gone through? Because hurt people hurt people. When somebody's hurting you, it's because they're hurting in some way. Those who deserve your love the least are those who need it the most.

**Begin acting in loving ways.** But would that be hypocritical if I act loving when I really don't feel loving. No, that's not hypocritical. That's called loving in advance, loving by faith. It's easier to act your way into a feeling than feel your way into an action. Here are two practical ways you can begin acting in a loving way. First, pray for them. When you pray for that person you're having difficulty with, it will not only change

them, but it will change you. It will soften your heart towards them. You cannot pray for a person and hate a person at the same time. Second, give them mercy. We tend to judge people on how far they have to go, instead of realizing how far they've already come. You must realize that God is not finished with that person. We're all works in progress, none of us are perfect.

Our love for others proves to the world that we really know Jesus. The influence of our churches is not about attendance, or buildings, or programs. Our influence with the community is based on our love for them. It's sad to think that we are more often known for what we're against than what we're for. We are meant to be points of love and light in the darkness of the world. We're to let our "light shine so that others will see the good..." and praise our heavenly Father, Matthew 5. People are less impressed with our words than they are with our actions of love for others. Your love for others, even people you may not like or get along with, speaks about God's love for them. How loud is your voice?

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## So, This is Summer, is it?

Dr. James L. Snyder

It was just another day and I was indulging a carefree moment of complaining about the weather. "I can't believe it's so hot today," I muttered. I thought I was talking to myself but obviously, I had an audience.

Have you ever said or did something not realizing somebody was watching you?

I thought in my own special way of thinking that I was alone only to find out the Gracious Mistress of the Parsonage was within earshot of my remarks. I must say she is rather remarkable. Those "earshot moments" are quite extensive. I will not go as far as to say that she can read my mind, although I think she can, but she seems to know what I am thinking even before I go through the effort and labor of thinking.

Getting back to my moment of complaining, "I can't believe," I muttered, "it's so hot today." To which, my wife said, "Don't you know it's summer? And don't you know that it's supposed to be hot during the summer?"

"If," my wife said rather sternly, "you can't stand the heat get out of the kitchen."

What the kitchen had to do with it being hot outside is way beyond my pay scale. There was a brief moment when I almost threw caution to the wind and asked my wife what she meant by that comment. Boy, am I glad I didn't.

"If I remember correctly," my wife said as she stared at me rather intently, "a few months ago you were complaining about how cold it was." She was right. It was not but a few months ago, I was complaining that it was so cold outside that I just could not bear it.

"You're going to have to make up your mind." That was a serious admonition from her. For her to tell me to make up my mind sends some very contradictory messages to me. After all, she is forever making up my mind for me

"Either," she continued, "it's too hot or it's too cold. Now make up your mind."

Later on in the evening, we were watching television. It was the local news and special report of the day had to do with the record heat wave across our country. "It's been a long time," the weatherman said, "since we've seen temperatures this high. Boy, is it hot out there."

I glanced in her direction as

covertly as possible and noticed she was staring at me, just daring me to say something.

There is a time to say something and then sometimes something should not be said at all. I concealed my infectious grin as much as possible knowing that someone was watching me. Under my breath I whispered, "I can't believe it's so hot today." After all, it is summer and it is supposed to be hot. I just believe that everybody has the right to complain about the weather. I also believe that some people have the right not to hear me complain about the weather.

It is a well-noted mark of wisdom to know when to speak and when not to speak.

Solomon in the Old Testament had it right when he said, "Even a fool, when he holdeth his peace, is counted wise: and he that shutteth his lips is esteemed a man of understanding" (Proverbs 17:28 KJV).

So, this is summer, but you did not hear it from me.

*The Rev. James L. Snyder is pastor of the Family of God Fellowship, in Silver Springs Shores. Call him at 352-687-4240 or e-mail jamesnyder2@att.net. The church website is www.whatafellowship.com. ★*



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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**  
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# Sue Frost Endorsed by Sac County Probation Association

CITRUS HEIGHTS, CA (MPG) - Sacramento County Probation Association announced their strong support and endorsement of Sue Frost for Sacramento County Supervisor in District 4. "In the race for Sacramento County Board of Supervisors District 4, the Sacramento County Probation Association (SCPA) would like to formally endorse Sue Frost. This vote by the SCPA Board of Directors was unanimous and without reservation," stated SCPA President Greg Stuber. "We concluded Frost is highly qualified, motivated, and very knowledgeable about public safety issues, especially with regards

to Probation," said Stuber. "She understands the important role Probation Officers play in our community, particularly under realignment (AB 109). She will make a great addition to the Sacramento County Board of Supervisors - we look forward to working with her for a safer community. SCPA proudly represents Sacramento County Probation Officers in the Youth Detention Facility, Adult Field Supervision, Juvenile Field Supervision, Community Corrections, Placement, Adult Court Services, and Juvenile Court Services. "From day 1, I have said that

keeping our communities safe would be my top priority as County Supervisor," said Frost. "That's why I am so honored to have earned the support of Sacramento County Probation Association, whose members are on front-lines, keeping us safe." Frost also announced endorsement from former Supervisor candidate and current Folsom Cordova School Board Member Teresa Stanley, "I am supporting Sue Frost for Supervisor - she has the independence, courage and commitment to stand up for our communities." Source: Sue Frost for Supervisor★

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SPOTLIGHT ON BUSINESS

## Senior Computer School (50 +)

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Are you a Senior Citizen (50+)? Do you have a Microsoft Windows computer and want to learn how to use it? Senior Computer School offers computer classes exclusively for Seniors. Core courses include Computer Fundamentals, Word Processing, Internet, and Excel. Each of these classes is six 2 ½ hour sessions, which meet either in the morning or afternoon on MWF or TTH.

The cost for these core courses is \$30 total for all 6 sessions. The cost includes lessons/manuals. Additional one or two 2 ½ hour session workshops are offered for \$5 per workshop. Workshop titles include: Digital Cameras, Computer Maintenance, E Bay, Greeting Cards, Downloading, Windows 7, Storage and Backup Files, Flash Drives, etc, and Database.

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

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



**Courses Offered:**  
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**Also Workshops: (1 or 2 2 ½ hr Sessions)**  
Digital Camera, Computer Maintenance, Greeting Cards, Downloading, Organize and Edit Digital Camera Photographs, I Pads etc.  
**Workshops \$5 for each session. Everyone is welcome.**

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



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**GREAT Chicken Contest**  
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**12:00 pm**

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<b>Jim Anderson &amp; the Rebels</b>	<b>1:00 p.m.</b>
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This presentation will be  
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**Wed, September 21** Dinner

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What a difference spending 25 percent more makes. That was the takeaway after this self-paying travel writer took a 10-day Italy & Greek Isles cruise aboard the Celebrity Reflection out of Rome.

Messenger Publishing Group

# TRAVEL

# The Ghost of Mark Twain

Celebrity is to Royal Caribbean what Lexus is to Toyota. Premium ships, marketed as a more personalized alternative for an upper-middle-class demographic, are typically smaller, and that holds true here; the 3,046-passenger Reflection is the newest and largest in Celebrity's fleet, yet dwarfed by every Royal Caribbean ship launched in the past decade. The next generation of Celebrity ships is scheduled to debut in 2018, and it has big hulls to fill thanks to the feature-rich Solstice class now gracing many of the Seven Seas. When Reflection debuted in 2012, it immediately set itself apart from its four older siblings with an



out pretentiousness, a vibe running throughout much of the ship, welcomes all passengers. Like the main dining rooms on less expensive competition, Opus' menu includes prime rib, salmon, pork chops, escargot —

Of the Reflection's specialty restaurants, the most unique is easily Qsine (\$45 cover), serving up a whimsical "dining journey" that begins with ordering from iPads and ends with picking your own chocolate-covered strawberry from a field of grass strapped to your "tour guide" (don't call them servers at Qsine). In between are the shareable courses of tasty tapas you selected, but how they come out is out of your hands in this guided journey. When the effervescent Nathan scampered to our oceanview table, bringing with him a tray of signature sushi lollipops, I pointed

In between meals are many non-caloric ways to get your fill, starting with the impressive array of entertainment. "Broken Strings" is a standout production show, featuring a talented, tireless and attractive cast singing and dancing to music from this actual decade – a rarity on cruises. Mainstage shows still feature a live band, and consider yourself fortunate if trombonist Mike Daigau is your cruise's band director. The affable "Big Mike," who just left the Reflection for a new contract

Through at least spring 2018, Celebrity Reflection is making Italy and Florida home. Six months of 7-day Caribbean cruises out of Miami begin on Nov. 5, then she returns to Rome for Mediterranean itineraries of 10 to 15 days from May to October 2017. Reflection resumes service in Florida, this time Fort Lauderdale, in November 2017 with a range of itineraries to the Caribbean, Mexico and Central America. Information on staterooms and bookings is available by calling Celebrity Cruises at 800-647-2251. ★



Parking for this event is free. ★



With over a dozen eateries, including six specialty dining venues and a buffet that blows away those on the megaships, going hungry is one activity never on the daily program. Bright and cheery Oceanview Café is a buffet that gets it right, offering sumptuous made-to-order pasta, pizza and stir-fry alongside other international fare. The carving station actually has leg of lamb, and nearby is hand-scooped gelato ranging in flavors from pistachio to tiramisu. We climbed the mountain

Well above average for “regular folk,” dining on Celebrity gets kicked up a notch, along with service, at the two restaurants dedicated to passengers splurging on AquaClass or suite accommodations. For suite guests, Luminæ serves breakfast, lunch and dinner in an intimate, opulent atmosphere. The gourmet selections and slightly lower density of the table configuration are appealing. Blu, open for breakfast and lunch, befits the AquaClass brand by serving spa cuisine that is appropriately portioned, high in quality, taste and flavor, and

Other specialty restaurants of note include the posh Murano (\$50) for a contemporary bent to classic French cuisine, the Italian steakhouse Tuscan Grille (\$45), the open-air Lawn Club Grill (\$45) where you can be the grill master, The Porch (\$25) for fresh seafood,

SATURDAY, SEPTEMBER 3

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RC VS SACRAMENTO ZOO

First Pitch 7:05 pm

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**MONDAY, SEPTEMBER 5**

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Meet Sacramento River Cats Players at Opening Gates!

**RC** VS **GRIZZLIES**

First Pitch 1:05 pm

**BBQ package available**



# Assemblyman Cooley Honors Local Non-Profit CEO as 2016 Veteran of the Year

SACRAMENTO, CA (MPG) - Assemblyman Ken Cooley (D-Rancho Cordova) honored Kevin Cameron as the 8th Assembly District's 2016 Veteran of the Year. Each year, the Assembly Veterans Committee hosts the Veteran of the Year Awards to recognize veterans with distinguished military careers or those who have continued to serve making significant contributions to their communities.

"Following his distinguished service in the U.S. Army, Kevin founded a one-of-a-kind non-profit that honorably serves the nation," said Cooley. "He uses his expertise in dog training, as well as military ethical standards, to provide for Americans in need" continued Cooley.

Cameron served in the United States Army from 1997 until his honorable discharge in 2011, after receiving a Purple Heart. As a Military Working Dog Trainer, Cameron designed numerous programs that produced Working Dog Teams successful in many explosive and narcotic finds. Using his experience in the Army, Cameron founded Alpha K9, a non-profit organization that provides service dogs to veterans, people living with PTSD, domestic and sexual abuse victims, and children.

"It is a great honor to be recognized as the Veteran of the Year," said honoree, Kevin Cameron. "I am able to receive this honor because of Alpha K9 and the Service Dogs we have been able to provide to our wonderful veterans. Without the generous support for our program providing service dogs to our veterans



"It is a great honor to be recognized as the Veteran of the Year," said honoree, Kevin Cameron, shown at left with Assemblyman Ken Cooley (D-Rancho Cordova). Photo courtesy Ken Cooley

would not be possible," continued Cameron. Assemblyman Ken Cooley represents the 8th Assembly District which includes the communities of Arden-Arcade, Carmichael, Citrus Heights, Rancho Cordova, Rancho Murieta, Rosemont, Wilton and other portions of unincorporated Sacramento County. Source: Office of Ken Cooley ★

# Calling all Republican Women!

By Kay Burton

SACRAMENTO, CA (MPG) - Do you enjoy talking to other like-minded women? Would you enjoy getting together with these ladies once a month for lunch, and new friendships? If so, please join us and check out our lunch bunch!

We are the Sacramento Republican Women Federated (SRWF). We are a great group of ladies, and some husbands, that meet on the first Wednesday, every month except July and August.

We meet on the first Wednesday at 11:30 am at the North Ridge Country Club on Madison Avenue in Fair Oaks. We mix and mingle until 12:00 when we sit down for a full service lunch. Lunch includes a



We are the Sacramento Republican Women Federated (SRWF) and we meet on the first Wednesday at 11:30 am at the North Ridge Country Club on Madison Avenue in Fair Oaks.

delicious entrée, ice tea, coffee, and a yummy dessert, all for \$25, and that includes tax and tip. We have a guest speaker every month that includes some of our legislators, political pundits and other local leaders that give us updates on local issues that concern everyone. We have

a great time, delicious food, entertaining speakers, and an opportunity to make new friends. For more information, check out our website at: www.sacramentorwf.org, or call our Club President, Suzanne Jones at 916-947-9241. We look forward to seeing you in September! ★

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Douglas Blvd

NATURAL BALANCE

DRY DOG FOOD

•Lamb & Rice •Sweet Potato & Fish

•Sweet Potato & Venison •Sweet Potato & Bison •Sweet Potato & Chicken

26-28 Lb Bag

SUPER BUY

\$5 OFF

Limit 2 Bags Per Family

Our Super Low Prices

Effective 8/17/16 - 8/23/16

FRISKIES BUFFET

CANNED CAT FOOD

5.5 Oz

All Varieties

Limit 2 Cases Per Family

4/\$1.69

Effective 8/17/16 - 8/23/16

NUTRO

NATURAL CHOICE

ADULT DRY DOG FOOD

Lamb Meal & Rice

•Adult •Small Bites (Lrg Breed \$8 Off Orig Price)

30 Lb Bag

Limit 2 Bags Per Family

\$10 OFF

OUR ORIGINAL LOW PRICE!

Effective 8/17/16 - 8/23/16

ARM & HAMMER

SUPER SCOOP

CLUMPING CAT LITTER

20 Lb Box •Unscented •Double Duty

(Clump 'n Seal Regular 19lb \$8.99)

Limit 2 Boxes Per Family

\$5.99

Effective 8/17/16 - 8/23/16

EUKANUBA

DRY DOG FOOD

30 Lb Bag

•Large Breed Adult

Limit 2 Bags Per Family

\$31.99

Effective 8/17/16 - 8/23/16

SCIENCE DIET

CANINE MAINTENANCE

CANNED DOG FOOD

13 Oz Can

All Varieties except Ideal Balance

Limit 2 Cases Per Family

\$1.39

Effective 8/17/16 - 8/23/16

FRISKIES

GRILLERS BLEND

DRY CAT FOOD

16 Lb Bag

Limit 2 Bags per Family

\$9.99

Effective 8/17/16 - 8/23/16

SCOOPAWAY

CLUMPING CAT LITTER

42 Lb Bag

•Multi-Cat Formula

Limit 2 Bags Per Family

Super Buy

\$9.99

Effective 8/17/16 - 8/23/16

FANCY FEAST

DRY CAT FOOD

(Purina One All Varieties 3 lb. \$5.99)

3 Lb Bag Limit 2 Bags

\$5.49

NATURE'S MIRACLE

CLUMPING CAT LITTER

"Natural Care"

10 Lb Bag Limit 2 Bags

\$7.99

PURINA

BENEFUL DRY DOG FOOD

\*Original •Healthy Weight 31.1 Lb

(Selected Varieties 15.5 Lb \$13.99) Limit 1 Bag Per Family

\$24.99

PRECIOUS CAT

CLUMPING CAT LITTER

20 Lb Box Cat Attract

Limit 2 Boxes

\$11.99

Touch of Outdoors

\$7.49

9 LIVES

DRY CAT FOOD

•Grilled Tuna & Egg

12 Lb Bag Limit 2 Bags Per Family

\$7.99

CORE GRAIN FREE

DRY DOG FOOD

3 FREE Core Dog Food 12 Oz Can With Each Purchase

22-26 Lb Bag

Original \$53.99

•Ocean •Reduced Fat

\$58.99

PREMIUM CHOICE

SCOOPABLE CAT LITTER

All Natural Unscented, 50 Lb Bag

Limit 2 Bags

\$10.99

HEINZ

PUP-PERONI DOG TREATS

•Beef •Lean •Bacon •Chicken •Prime Rib

25 Oz Pkg Limit 2 Pkgs

\$9.49

PURELY FANCY FEAST

CANNED CAT FOOD

All Varieties 2 Oz. Limit 1 Case

\$1.09

BLUE BUFFALO

NATURALLY FRESH CAT LITER

14 Lb Bag

Limit 2 Bags Pellet

Clumping

Multi-Cat

Super Buy

\$5.99

\$9.99

\$10.99

EARTH BORN

HOUSTIC DRY CAT FOOD

•Primitive Feline •Wild Sea Catch •Feline Vantage

14 Lb Bag Limit 2 Bags Per Family

\$19.99

MERRICK'S

BG (Before Grain) DRY CAT FOOD

•Chicken •Salmon Only 11.1 Lb bag

Limit 2 Bags

ON SALE

PET-MATE COMPASS PET KENNELS

19" 24.99 (5.00 OFF) ..... \$19.99

24" 35.99 (5.00 OFF) ..... \$30.99

28" 69.99 (15.00 OFF) ..... \$54.99

TRUE CHEWS

PREMIUM JERKY CUTS

All Varieties 12 oz Pkg

100% Natural Dog Treats

\$7.99

STOKE'S SELECT

BELLE FLEUR

Hummingbird & Wild Bird Feeders All Varieties

20% OFF

OUR SUPER LOW PRICES

J&W

DOG & CAT TOYS

All Varieties

20% OFF

OUR SUPER LOW PRICES

JW GRIPSOFT

Grooming Products

•Brushes •Flea Combs •Deshedding Tool •Nail Clippers

20% OFF

OUR SUPER LOW PRICES

TETRA BOXED GLASS TANK

WITH STARTER KIT

10 Gal Economy ..... \$36.99

10 Gal LED Deluxe ..... \$53.99

MARINELAND POWER FILTER SALE

PET CLUB SALE

MODEL TANK SIZE

PENGUIN 100B ..... 20 Gal. .... \$27.99

PENGUIN 150B ..... 30 Gal. .... \$32.99

PENGUIN 200B ..... 50 Gal. .... \$33.99

PENGUIN 350B ..... 75 Gal. .... \$45.99

KENT MARINE

WATER SUPPLEMENTS

20% OFF

OUR SUPER LOW PRICES

REEF CRYSTALS

50 Gal. Salt Mix

\$15.99

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 8/17/16 - 8/23/16

53¢

CHM PLU 361

BONUS COUPON

JONNY CAT

PREMIUM CAT LITTER

20 Lb Bag

Limit 1 Bag With Coupon

Limit One Coupon Per Family

Price Valid Only With Coupon

Effective 8/17/16 - 8/23/16

\$3.29

CHM PLU 362

BONUS COUPON

FRISKIES

PARTY MIX CAT TREATS

2.1 Oz •Selected Varieties

Limit 2 Pkgs with Coupon

Limit One Coupon Per Family

Price Valid Only With Coupon

Effective 8/17/16 - 8/23/16

\$1.09

CHM PLU 573