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# Citrus Heights Messenger

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

Volume 6 • Issue 15

Serving the City of Citrus Heights and Sacramento County

August 5, 2016

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# Unity in the Community

Story and Photos  
by Susan Skinner

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

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

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

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

The event is Sheriff Scott



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

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

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

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



## New City Hall Scheduled to Open August 9

**CITRUS HEIGHTS, CA (MPG)** - Citrus Heights New City Hall is nearing completion and is scheduled to be open to the public August 9th at noon. The last day of business at the temporary City Hall location, at 7927 Auburn Boulevard, is August 4. City Hall will be closed August 5-8, and will reopen to the public at the new location at 6360 Fountain Square Drive on August 9 at noon.

As a result of a unique public-private partnership with Dignity Health, the City was able to acquire a new one-story, 35,000-square-foot City Hall at 6360 Fountain Square Drive, just north of the Post Office.

The new one-story building will consolidate 65 employees once housed in four separate buildings into a single energy-efficient City Hall. The state-of-the-art facility will feature a "one-stop" public counter providing community members convenient access to City services. The new building will reduce maintenance and operation costs while enhancing the City's ability to continue providing high-quality and economical services to the Citrus Heights community for years to come.

The City will host a Dedication Ceremony for the new City Hall on August 25th. More information will be provided at a later date.

Source: City of Citrus Heights ★

# SMUD Unveils Another Electric Vehicle Fast-Charge Station

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

**CITRUS HEIGHTS, CA (MPG)** - Electric vehicle (EV) drivers have a new resource in the Sacramento region—a fast-charge station located immediately adjacent to the Interstate 80 freeway at 7825 Lichen Drive in Citrus Heights. The fast-charge station is just the second in the region to accommodate most types of EVs manufactured by foreign and domestic automakers, and it's one of the first installed in the U.S. by a utility. SMUD installed the first electric vehicle fast charger in the region last year near at its headquarters at the 6200-block of S Street in Sacramento and plans to open more fast-charge stations in the coming years.

EV drivers will pay approximately \$2 per "gallon" to charge up using the station—about 40 percent less than the current price of gasoline. By using technology that charges vehicles at 480 volts—four times that of a standard household outlet—fast-charge-capable

vehicles such as the Nissan Leaf, Chevy Spark EV, BMW i3 and others can fill up about

80 percent of their batteries in 30 minutes or less.

"By installing another fast

charger near a major freeway, we're making it easier for EV drivers to travel farther from

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

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

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

Source: SMUD ★



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

[www.CitrusHeightsMessenger.com](http://www.CitrusHeightsMessenger.com)



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

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

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

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

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

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



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# Annual Vet’s Picnic Slated for August 27



The 7th Annual Veteran’s Appreciation and Resource Picnic will be held Saturday, August 27, at Rusch Park, 7801 Auburn Blvd. at the Gazebo/Pavilion from 10 a.m. to 3 p.m.

By Elise Spleiss

**CITRUS HEIGHTS (MPG)** - Citrus Heights American Legion Post 637 is hosting the 7th annual Veteran’s Appreciation and Resource Picnic to honor the area’s active duty servicemen and servicewomen, our retired veterans of past wars and conflicts, and their families.

This free event will be held Saturday, August 27, at Rusch Park, 7801 Auburn Blvd. at the Gazebo/Pavilion from 10 a.m. to 3 p.m. All veterans and their families and friends are welcome.

The day will begin with the award winning Bella Vista High School Marching Band, the Folsom Marine Corps Honor Guard, and recognition of our

veterans from members of city council and local veteran’s groups.

Guest of honor this year is Alejandro Jauregui of Williams, CA. Jauregui served two tours of duty in Iran and was on his second tour in Afghanistan in 2012 when he stepped on an IED, resulting in the loss of both legs.

A traditional “Missing Man Table” memorial is being created to honor those fallen soldiers who cannot be present.

Be sure to look for the horses and canines, a favorite of adults and children alike. Horses Healing Heroes and 4 Paws 2 Freedom will be present, sharing how their programs help our veterans, along with dozens of other veteran and non-profit resources.

Scheduled children’s activities include a bounce house, face painting and crafts.

Lunch will be a hot dog and hamburger barbeque with all the fixings prepared again by Wild Wade’s BBQ & Grill of Citrus Heights. Members of the American Legion Auxiliary Unit 637, GFWC Citrus Heights Women’s Club and the Lion’s club will provide dessert and drinks.

Covered, accessible picnic tables are available or bring your own chairs, blankets and umbrellas.

Our sponsors and members of the community are donating gift baskets and other opportunity drawing prizes to show their appreciation to our veterans. ★

# Grants Expand Natural Gas Vehicle Use



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

## From Sacramento County

**SACRAMENTO COUNTY, CA (MPG)** - To serve Sacramento County, a lot of ground needs to be covered. Whether it’s our Department of Transportation, Waste Management and Recycling or our Sacramento International Airport, king-sized vehicles integral to our operations, such as dump trucks, waste collection trucks and shuttle buses, can be expensive to buy and fuel.

Kelli Sequest from the Department of Waste Management and Recycling, aware of the need for this vital equipment and the investment, jumped at the chance to apply for the Natural Gas Vehicle Incentive Project, a first-come-first-served competitive grant from the California Energy Commission’s Alternative and Renewable Fuel and Vehicle Technology Program (ARFVTP). Kelli also made sure other County departments were aware of these incentives to reduce the purchase price of


their department’s natural gas vehicles.

“Thanks to the efforts of Kelli and other County staff, the County was awarded \$600,000. These funds were used toward the purchase of new Compressed Natural Gas (CNG) vehicles for three County departments. Because CNG is a lower cost fuel and better for the environment, our goal is to transition all of our Department’s fleet to alternative fuel vehicles,” said Paul Philleo, Department of Waste Management and Recycling Director.

Best fleet practices are always followed in managing the County’s more than 2,300 vehicles and pieces of equipment, and that includes smart purchasing and using the most economical and environmentally-friendly fuels. The California Energy Commission states that natural gas is the cleanest burning of all fossil fuels, cheaper than gas or diesel and contributes to significant reductions in greenhouse gas.

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

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



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**Crossword Puzzle on Page 5**

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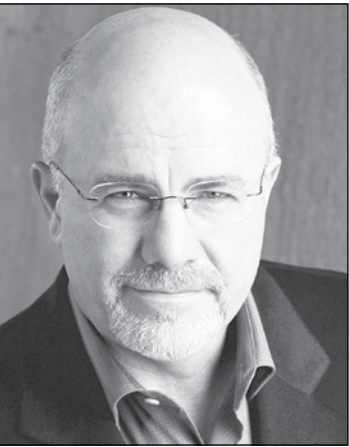
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# Dave Says

### Snowball switch?

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

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

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

### It's not discrimination

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

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

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

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



# POPPOFF!

with Mary Jane Popp

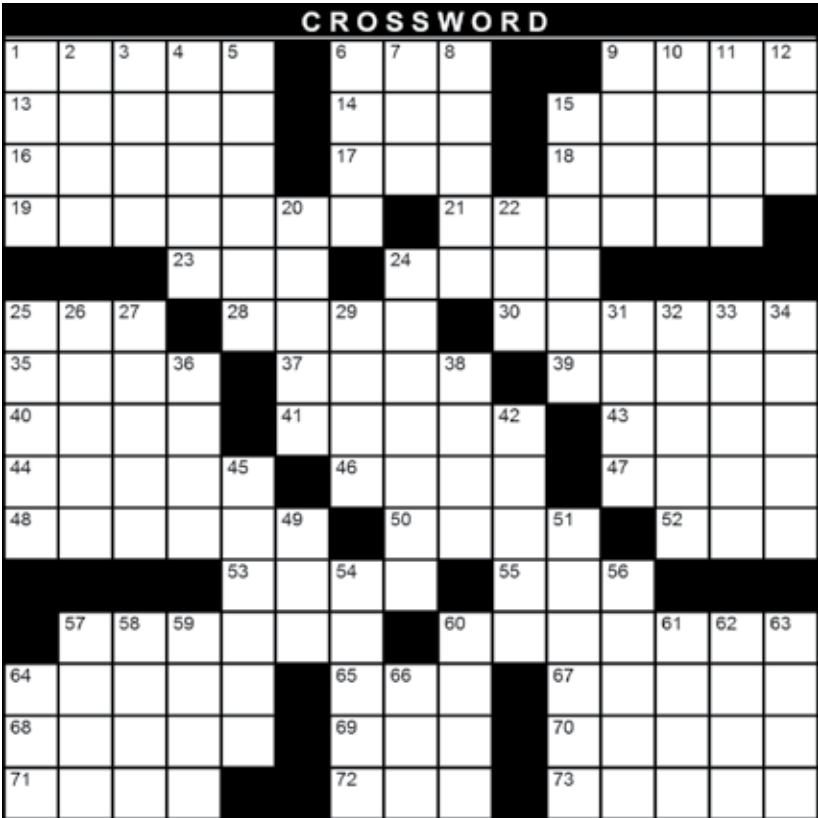
- to promote mood, memory, and healing. Sleep problems, although more common as we age, are preventable. The mind can be recharged through safe and natural mind-body approaches, including accessible self-hypnosis.
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- 7) EMPATHIC.** Our brains are wired to be compassionate and generous. Practicing empathic skills regulates one's own mind and behavior, promotes contentment, calmness, and satisfaction...and influences the brains of those with whom we interact.
- 8) CONNECTED.** It is important to connect meaningfully with others and develop a sense of belonging in the world. Mental and physical health depends on how well social connections provide meaning, purpose, and direction.
- 9) AUTHENTIC.** The true self may be found in all of life's experiences...triumphs and failures. By discovering one's true self through awareness, honesty, and discernment, we become fully embodied authentic individuals. Learn to stop “wearing other people's faces” or living out others' expectations to simply please them.
- Isn't it amazing? I'm sure common sense reigns supreme as we look at these ideas, but we sometimes ignore that common sense. If you want more information on their book “Staying Sharp” you can go to [www.StayingSharp.org](http://www.StayingSharp.org). Guess the old saying...“if you don't use it, you lose it” rings true. Guess we were not meant to be couch potatoes without a thought rolling around in our brains. Remember... STAY SHARP ALWAYS! ★

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



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Crossword Puzzle Solutions on Page 4

- “ \_\_\_\_ of the Roses”  
73. “Thou \_\_\_\_ not...,” in the Bible

- DOWN**
1. Common tropical marine fish  
2. Not to be mentioned  
3. At another time, to Romeo or Juliet  
4. Most frequent value, statistics  
5. \_\_\_\_ Aloysius Herman  
6. Competently  
7. Pastrami holder  
8. \_\_\_\_ and desist  
9. Opera house box  
10. Up to the task  
11. Between stop and roll  
12. Swerve  
15. Opening between esophagus and stomach  
20. Was sick  
22. Golf peg  
24. Like a certain Nellie?  
25. \*She's also known for workout videos  
26. Bedazzle  
27. Made over  
29. Toot your own horn  
31. Mountain valley

32. Dislikes intensely  
33. It's a fact  
34. \*This Maggie is a Dame  
36. Nostradamus, e.g.  
38. \*Magda, Zsa Zsa and Eva Gabor, e.g.  
42. Military blockade  
45. Be full of anger  
49. In the past  
51. Stanley and Helen on “Three's Company”  
54. Jon Voight to Brad Pitt  
56. African sorcery  
57. Bingo-like game  
58. Greek H's  
59. High school breakout  
60. Field worker  
61. Celestial bear  
62. Cambodian money  
63. Empty \_\_\_\_  
64. Shark part  
66. \*Mendez or Langoria



For Solutions See Page 4

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By Marlys Johnsen Norris,  
Christian Author

Did you know that the God who created everything there is, and He absolutely loves to hear your voice reach out and talk to Him? It is called prayer

## Prayer Blesses You And God!

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

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

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

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

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



By Pastor Ray Dare

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

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

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

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

## Pastor Ray's Encouraging Words

### Why Rest is so Important

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

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

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

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

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

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## How Many Mondays Are There in One Week?

Dr. James L. Snyder

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

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

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

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

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

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

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

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

she was right.

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

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

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

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

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

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

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

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

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

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

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

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

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# Election Corruption is Now Widespread

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

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

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

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

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

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

### I See Dead People

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

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

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

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

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

### Los Angeles County Anomalies

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

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

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

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

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

### What Happened On California Primary Day?

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

“I’m not a non-partisan



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

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

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

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

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

My calls to the Secretary

of State’s office were not returned.

### Los Angeles County Test Ground

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

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

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

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

### Election Anomalies

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

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

### California’s Election Issues

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

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

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

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

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

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

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



## Union Gospel Mission Sacramento

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## IN MEMORIAM

### *James Al Hatfield*

09/14/1943 – 07/17/2016



James Al Hatfield of Citrus Heights, Ca., born on September 14, 1943, in Galena, KS., passed away on July 17, 2016. He is survived by his wife Adeline, his sons Jimmy and Chris, daughter-in-law Christine and granddaughters Maranda and Kymberly.

Jim proudly served his country in Vietnam. In addition to being a wonderful husband, father, and friend, he was a hard worker and loyal man who enjoyed volunteering in the community and spending time with his family.

Jim always had a handshake, a smile and a kind word to offer. He

He enjoyed classic cars and riding his motorcycle. Taken from us much too soon, he will be greatly missed, and forever in our hearts.

Visitation services were held Thursday, July 28, 2016 at PRICE FUNERAL CHAPEL, 6335 Sunrise Blvd., 725-2109.

Funeral services were held on Friday, July 29, 2016 at 10am at The Church of Jesus Christ of Latter Day Saints, 8056 Oak Avenue, Citrus Heights, Ca, 95610, with Graveside services held at Mount Vernon Cemetery, 8201 Greenback Lane, Fair Oaks, Ca 95628.

enjoyed a diverse career with time spent as a police reserve officer, a truck driver, and a marketing & public relations person. He loved all aspects of the radio control hobby.

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# Lifetime of Art Showcased at Eskaton FountainWood Lodge



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

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

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

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

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

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

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

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

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

Source: Eskaton

# Environmental Council Endorses Fair Oaks EcoHousing

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

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



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

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

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

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

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

Source: Fair Oaks EcoHousing

# Mesa Verde High School Juniors Learn About Government in Boys/Girls State Program

*The fundamentals of the American Legion Boys State and American Legion Auxiliary Girls State are basically the same. The program will be explained here by Alex Candela, American Legion Post 637, and Boys State Chair. Following that, Sophia Ercole, the Auxiliary’s delegate will describe in detail her daily activities, and what she learned participating in governing the city she helped create.*

in providing the funds to send these youth to Boys State. They covered the cost to send three delegates to Sacramento State.

**Aaron J Galben**, 16, is a three sport athlete who excels at baseball, football and wrestling. He loves the competition and the great feeling he gets when his team wins and the rigors of practice whether it be on the practice field or on the mat. He is a proven leader as Jr. Mavericks Football Offensive Line

McKenna College from June 27 to July 2, 2016 in Claremont, California. Unit 637American Legion Auxiliary’s delegate, Sophia Ercole, of Mesa Verde High School described the highlights and benefits of her educational week.

“When I arrived at Girls State all of us were divided into 4 counties and then different cities inside those counties. We received a handbook at the beginning of



The Citrus Heights Rotary awarded three Boys State delegates from Mesa Verde High School with scholarships to the CA Boys State at Sacramento State June 18-25, 2016. Left to right: Boys State Delegate Nicholas Hall, immediate past Rotary president Gail Moxley, American Legion Chaplain Jerry Smith, Delegate Aaron Galben, Rotary treasurer Jessica Mang, Delegate Ruvim Gavrilchik and American Legion Vice Commander, Alex Candela. Photo courtesy Sheila LaPolla

## By Alex Candela, Boys State

The 79th session of the American Legion California Boys State was held on the campus of California State University, Sacramento from June 18-26, 2016. More than 1000 boys from all over the state attended this year’s session. The American Legion Boys State Program is among the most respected and selective educational Programs regarding the operation of government for high school students in the country. It is a participatory program where students become part of the operation of local (municipal), county and state government. The Boys State Program was founded by the American Legion in 1935 to counter the socialist-inspired YOUTH PIONEER CAMPS. The program was the idea of two Illinois Legionnaires; Hayes Kennedy and Harold Card. They organized the first American Legion Boys State session at the Illinois State Fairgrounds in Springfield IL.

At the Boys State Sessions, participants learn about the rights, privileges and responsibilities of American citizenship. The training is objective and centers on the structure of the three branches of our government; Legislative, Judicial and Executive. This is carried out at the city, county and state level. The structure of the program is based on the California State Constitution. Every step is taken to make the experience for the delegates as real as possible. The American Legion sponsors Boys State programs in every state except Hawaii. While these programs differ slightly, the foundation is the same: teaching government through hands-on practice by allowing the delegates to “DO IT” themselves.

When nominees come before the interview panel they have to be prepared to speak on matters regarding their leadership potential, excellent character and citizenship, academics, ability to get along with others, capable of making a formal presentation etc. etc. They are also asked 11 questions they did not have an opportunity to prepare for like: What are your favorite classes and why you like them. Tell us about your family. Who is your hero and why? What is the last novel you read? The purpose of the American Legion is to serve God and Country. What are your thoughts about this philosophy? Etc. etc.

The three Delegates chosen to participate in this years’ California Boys State Session all came from Mesa Verde High School. We could not have been able to send these 3 students had it not been for the assistance and mentoring of Mesa Verde’s VP, Cindy Morarity-Kent. For the last 10 years, Ms. Morarity-Kent has taken it upon herself to recruit and screen the best 11th grade boys as potential Delegates. She is one of our strongest advocates for the American Legion California Boys State Program. The Citrus Heights Rotary was integral

Coach and Sylvan Middle School Assistant Wrestling Coach. Aaron has given back to the community by helping with the 16th Annual Red, White and Blue Parade and volunteering at the Citrus Heights Community Campout held at Rusch Park. Mayor Sue Frost presented Aaron with a Certificate of Appreciation for helping with the event in 2015.

**Nicholas D Hall**, 17. Nick is an accomplished athlete in Track and Field and Football. He was selected as Team Captain by his football coaches. Nick has been involved in many school activities like: mentoring to students who need extra help with their studies in the Bridges Program at Sylvan Middle School. He has given back to his community by volunteering at a local Elder care home. He

the week that described to us in detail what we would be doing throughout the week and all of the positions of government. The first couple days we focused on building up our cities and counties. Decided what we were and what made us all unique. We also chose a party to join.

There were Wigs and Tors; I chose to be a Tory. I was on my party’s platform committee, we created the general ideals of our party. Elections were then held and our governor was chosen. I then moved on to being my city’s recreation commissioner for the rest of girl’s State. We decided what activities to do each day such as a city scavenger hunt, and a water relay race. Throughout the week we all had extensive meetings for our county or city.



(left to right) Sandy Rice, Girls State Selection Committee, Sophia Ercole ALA Girls State delegate, Sheila LaPolla Girls State Chair Unit 637. Photo courtesy Sheila LaPolla

has been recognized academically, also, by receiving the President’s Scholar Award, American Legion Scholarship Award, 8th grade and the San Juan District Scholarship Award.

**Ruvim Gavrilchik**, 16, belongs to a soccer club, Christian Club, Key Club, Link Crew, 3D Printing Club, and the Biology Club. He has participated in the Science Olympiad, is a long distance runner in Track and Field and runs Marathons and has medaled in five. Academically, he has received an Academic Scholar Varsity Badge and 2 Junior Varsity Badges. He also attends a weekly Bible Study group and attended Christian Camp last year and is very proud to be a good role model for his school, church and the Citrus Heights Community.

In closing, all the boys came away from the session better informed with a clearer understanding of the political process and a better appreciation for the responsibilities and duties that belong to all of us as citizens in our communities. These boys are involved in our community and I have great expectations that they will all contribute and make positive changes for our future.

**By Sophia Ercole, Girls State Delegate 2016**

More than 500 girls attended the 2016 Girl’s State at Claremont

Most of the days however were filled with information and many elections and speeches for the positions from city to state level. We learned about filing for offices, government official’s positions and the many bills that each girl wrote during one day. We had an entire period for state filing which was incredibly hectic and sad for the girls who got disqualified for filing wrong.

We also had a city expo, where each city set up a booth with games and information about their city. My city was Marshall in South West California (the Marshall Miners). We were big on mining, entertainment, and had a strong naval force. We had city friendship time where we got to know the girls of our city and we all grew incredibly close. In our meetings with everyone at Girls State, we had guest speakers, sing along time, friendship times, and ongoing information on our week.

My time at Girls State was one of the most incredible experiences I have yet to have. It was filled with strong women and the support of each and every one present. We had fun activities, a sense of community, and an appreciation for government. It was an experience I will always remember and carry with me, along with the knowledge I came away with and those who I hope to be life-long friends.”

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# Molina Medical Celebrates Opening of New Clinic

CITRUS HEIGHTS, CA (MPG) - Molina Medical recently hosted a ribbon cutting ceremony to celebrate the opening of its new clinic in Citrus Heights. At the event, Molina kicked off its Immunizations 4 All/Vacunasa para Todos campaign, in which Molina Medical members can receive free immunizations through August 31.



Landon Wolf (right), district representative from the office of Senator Jim Nielsen joins Zackary Sanabia (left), vice president of Molina clinic operations and new initiatives, to celebrate the opening of Molina's new and largest Citrus Heights clinic.

The new facility is more than three times the size of its former location and now the largest of Molina's clinics in Sacramento County. The clinic



Joined by members of the Sacramento County community, Zackary Sanabia, vice president of Molina clinic operations and new initiatives, and Richard Chambers, plan president of Molina Healthcare of California, prepare to cut the grand opening ribbon of Molina's new and largest clinic in Citrus Heights.

offers behavioral health services and pain management. It is also proud to be one of the few medical offices that offer accommodations for patients with disabilities and activity limitations, such as an adjustable exam table, a digital 800-pound wheelchair scale and low reception counters. Additionally, the facility will feature a Kids' Corner, a complimentary on-site supervised play room for patients with appointments, in the near future.

Special guests included Landon Wolf, District Representative from the

office of Senator Jim Nielsen, Councilmember Sue Frost from Citrus Heights and Citrus Heights' Chamber Representative Renee Larscheid. Zackary Sanabia, vice president of Molina clinic operations and new initiatives, and Richard Chambers, plan president of Molina Healthcare of California, spoke at the event. Dr. Cleo, Molina's popular cat doctor mascot, was also at the celebration to greet the approximately 40 community members who attended.

Source: Molina Medical ★

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Limit 1 Item Per Family. Limit 1 Coupon Per Family. Effective 7/27/16 - 8/2/16

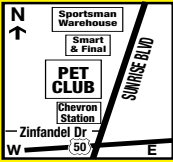
Look for Advertised Sale Items Everyweek at [www.petclubstores.com](http://www.petclubstores.com)

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

## PET CLUB

FOOD AND SUPPLIES  
EVERYDAY LOW PRICES  
Super Discount Prices! Hot Specials & Coupons  
(No Membership Fees)

We Only Accept ATM, Cash, & Checks



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



**\$2.00 OFF**  
ANY 28 LBS OR MORE  
PREMIUM DRY DOG  
FOOD PLU #336

**\$1.00 OFF**  
ANY 14 LBS OR MORE  
PREMIUM DRY CAT  
FOOD PLU #337

Nutra, Science Diet, Eukanuba, Avochew, IAMS, Nature's Recipe, Natural Balance, Wellness, Pro Plan. Limit 1 Bag.  
(Cannot be used in conjunction with similar dollar off, percentage off coupons, or advertised sale items)  
Limit: 1 Coupon Per Family CHM  
Effective 7/27/16 - 8/2/16

**SPARKLE**  
PAPER TOWELS  
**39¢**  
Regular Roll

With any Purchase of any  
Pet, Fish Food or Supply  
Limit 1 Pkg. PLU 326  
Limit 1 Coupon per Family  
Effective 7/27/16 - 8/2/16 CHM

**AVODERM**  
NATURAL DRY DOG FOOD  
24-26 Lb Bag Limit 2 Bags Per Family

- Lamb Meal & Rice **\$31.99**
- Chicken Meal & Rice **\$32.99**
- Lite **\$32.99**
- Original **\$33.99**
- Large Breed Adult **\$33.99**

Effective 7/27/16 - 8/2/16

**DIAMOND NATURALS**  
DRY DOG FOOD  
40 Lb Bag

- Chicken • Lamb • Beef
- Senior 35 Lb • Light 30Lb **\$29.99**
- Large Breed **\$31.99**
- Large Breed Lamb **\$31.99**
- Ex-Athlete **\$36.99**

Effective 7/27/16 - 8/2/16

**EARTHBORN**  
HOLISTIC DRY DOG FOOD  
Natural Grain-Free 28 Lb Bag

- Primitive Feast • Great Plains Feast
- Meadow Feast • Coastal Catch

Limit 2 Bags Per Family **\$39.99**  
Effective 7/27/16 - 8/2/16

**PURINA**  
CAT CHOW  
DRY CAT FOOD  
• Regular • Indoor 16 Lb Bag

Limit 2 Bags Per Family **\$11.99**  
Effective 7/27/16 - 8/2/16

**9 LIVES**  
CANNED CAT FOOD  
5.5 Oz All Varieties

Limit 1 Case Per Family **35¢**  
Effective 7/27/16 - 8/2/16

**FANCY FEAST**  
GOURMET CANNED CAT FOOD  
All Varieties 3 Oz

Limit 2 Cases Per Family **20/\$11.00**  
Effective 7/27/16 - 8/2/16

**WORLD'S BEST**  
CAT LITTER  
14 Lb Bag Limit 2 Bags

- Original **\$11.99**
- Extra Strength **\$12.99**

Effective 7/27/16 - 8/2/16

**SCOOPAWAY**  
CLUMPING CAT LITTER  
20 Lb Box

- Multi-Cat • Unscented

(Fresh Step Scoop, 20 Lb Box - \$7.49)  
Limit 2 Boxes Per Family **\$5.49**  
Effective 7/27/16 - 8/2/16

**PURINA PRO-PLAN**  
CANNED DOG SALE

Limit 2 Cases • Dog Food Grain Free \$1.29 13 Oz **99¢** • Cat Food **63¢**

**MEOW MIX**  
DRY CAT FOOD

- Original Choice 16 Lb Bag

Limit 2 Bags Per Family **\$10.99**

**PEDIGREE**  
DRY DOG FOOD

- Adult • Large Breed (36 Lb \$21.99)

46 Lb Bag Limit 2 Bags Per Family **\$23.99**

**WELLNESS**  
DRY CAT FOOD

- Chicken (12 Lb) • Indoor (12 Lb)
- Healthy Weight (11.5 Lb) (Salmon, 12 Lb - \$34.99)

12 Lb Free Wellness Cat Can 5.5 Oz With Each Purchase **\$32.99**

**PRECIOUS CAT**  
CLUMPING CAT LITTER

18 Lb Bag Limit 2 Bags Per Family **\$5.99**

**JONNY CAT**  
PREMIUM CAT LITTER

10 Lb Bag Limit 2 Bags Per Family **\$1.69**

**CAT'S PRIDE**  
FRESH & LIGHT PREMIUM CLUMPING CAT LITTER

15 Lb Jug Limit 2 Jugs **\$5.99**

**SCIENCE DIET**  
IDEAL BALANCE DRY DOG FOOD

- Adult • Mature Adult 30 Lb Bag
- (Lrg Breed Adult \$39.99) Limit 2 Bags

**\$35.99**

**WELLNESS**  
CANNED DOG FOOD

Natural 12.5 Oz Can, Limit 2 Cases Full Case (Reg. Price - Reg. \$2.39 Stew \$2.49 Core \$2.49) **15% OFF**  
OUR REGULAR LOW PRICES

**SCIENCE DIET**  
SMALL BITES DRY DOG FOOD

- Adult • Light • Mature 17.5 Lb Bag

Limit 2 Bags **\$22.99**

**CANIDAE**  
GRAIN FREE PURE ADULT DRY DOG FOOD

- Lamb • Bison • Duck • Salmon

24 Lb Bag Limit 2 Bags **\$6 OFF**  
OUR REGULAR LOW PRICES

**WILDERNESS**  
DRY CAT FOOD

- Chicken • Salmon • Duck • Indoor

11-12 Lb Bag Limit 2 Bags **\$5 (in store coupon)**  
OUR REGULAR LOW PRICES

**HAMILTON PET LEASHES**

- Collars • Harnesses • All Varieties
- Leads • Nylon
- Leashes • Leather

**20% OFF**  
OUR SUPER LOW PRICES

**PET n SHAPE**  
HEALTHY DOG TREATS

Including:  
• 100% Freeze Dried Treats  
• All Natural Treats

**20% OFF**  
OUR SUPER LOW PRICES

**CARDINAL**  
GOLD MEDAL PET SHAMPOO 8 - 20.5 Oz

- Regular • Dries Faster Formula
- Viva La Dog Spa • Furever

**20% OFF**  
OUR SUPER LOW PRICES

**CHUCK IT FETCH GAMES**

- Ball Launchers
- Flying Squirrel • Tennis Balls
- Glow Balls • Ultra Balls

All Varieties **20% OFF**  
OUR SUPER LOW PRICES

**BIO-SPOT**  
Flea & Tick CONTROL PRODUCTS

- Spot On • Spray • Biogard Shampoo

**20% OFF**  
OUR SUPER LOW PRICES

**MARINELAND POWER FILTER SALE**

MODEL	TANK SIZE	PET CLUB SALE
PENGUIN 100B	20 Gal.	<b>\$19.99</b>
PENGUIN 150B	30 Gal.	<b>\$29.99</b>
PENGUIN 200B	40 Gal.	<b>\$39.99</b>
PENGUIN 350B	75 Gal.	<b>\$49.99</b>

**TETRA BOXED 10 GALLON TANK**  
With Economy Kit

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

**KORDON WATER CONDITIONERS**

- Amquel 16 Oz **\$5.99**
- Amquel Plus 16 Oz **\$5.99**
- Novoqua Plus 16 Oz **\$5.99**

**INSTANT OCEAN SEA SALT**

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

**FANCY FEAST**  
ELEGANT MEDLEY CANNED CAT FOOD

Selected Varieties - 3 Oz  
Limit 6 Cans with Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 7/27/16 - 8/2/16

**59¢** CHM PLU 568

**PURINA**  
WHISKER LICKINS CAT TREATS

- Soft & Delicious - 2.5 Oz
- Crunchy & Yummy - 1.7 Oz

Limit 2 Pouches with Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon. Effective 7/27/16 - 8/2/16

**69¢** CHM PLU 446

**ARM & HAMMER**  
CAT LITTER DEODORIZER

20 Oz Box  
Limit 2 Boxes with Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 7/27/16 - 8/2/16

**\$1.49** CHM PLU 422