



ISSUE 116 JUN 2016

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“and there you have it” IN THIS ISSUE

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I need to sit on my “thoughts” and “obsessions” (LOL) keep them under wraps, navigate out of situations that cause me stress, keep my peace, find alternatives to the “big boxes” and support the independent and wise business owners who do their own thing.

The object of my stress yesterday just really was silly. I have shopped Kroger for many decades, but no more. Their recent rebranding of lesser quality foods as “simple truth” makes me wretch, I check the labels and their “simple truth” is just a marketing scam. Who takes a brand of peanut butter, adds more sugar, then sells it with a “green” label under the title of “simple truth”... no one with integrity does that.

So on the way out of the Kroger parking lot last weekend I call the number on my receipt and rattle off the long list of grievances I have against the company, including their refusal to call me back with a solution to defective (and potentially increasing the risk of food-born illnesses) packaging, after repeated calls, and after asking the little girl who was on the phone to please act like a concerned empolyee and make a comment to the Kroger headquarters she said she would “not” because she “liked” the way Kroger --!!! I dare say, I rolled my eyes and immediately said to myself.... well “there you have it” if this is what the people want, then I need to change where I shop.

I did go online and write up my complaints on the “how are we doing” Kroger site, we will see if they ignore... well I don’t need to ask. If Kroger is trying to emulate K-Mart, Walmart, big box, will they are doing it. Ha ha. But it becomes clear that they don’t care about the health of their customers, just for their profit– and the right hand feedeth the left... ha ha... the pharmacy for the heart disease, type II diabetes, high blood pressure, and obesity are right in the same store.

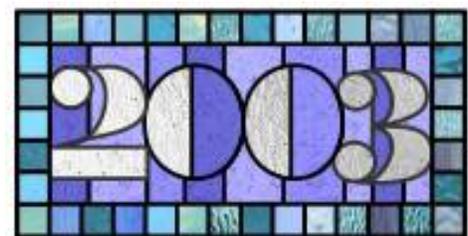
Are we blind, deaf and dumb?



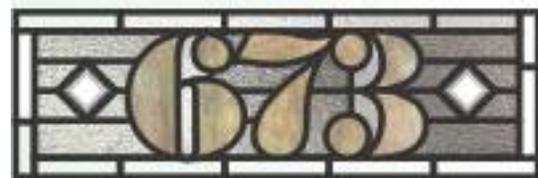
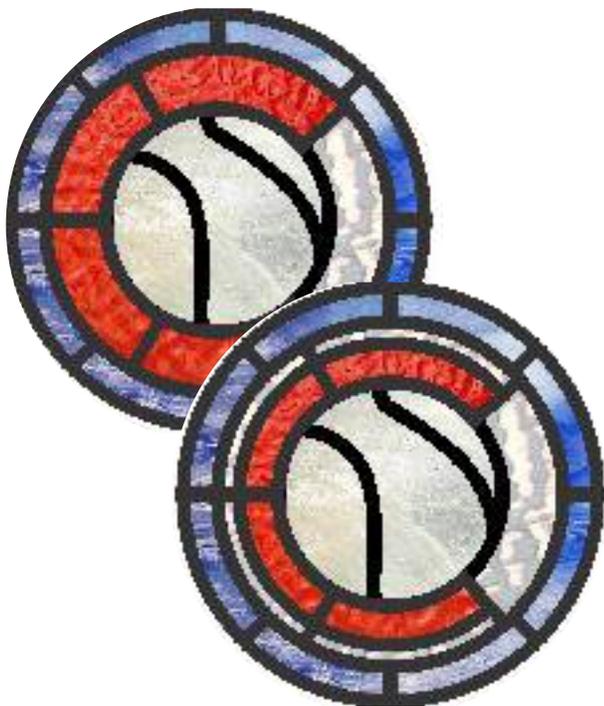
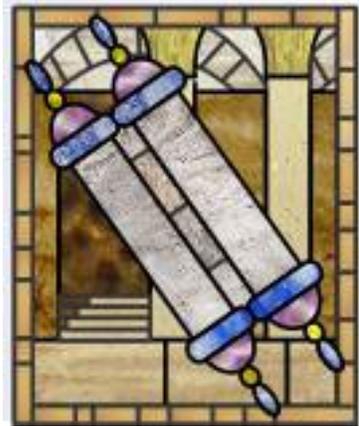
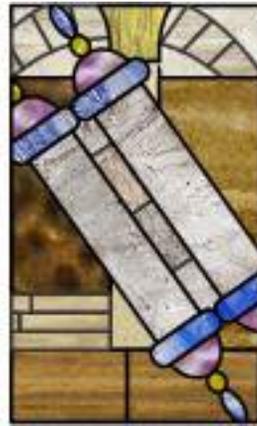
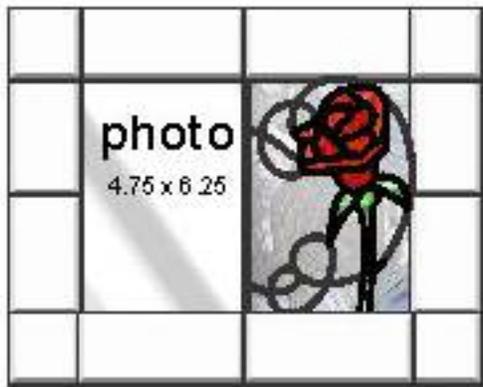
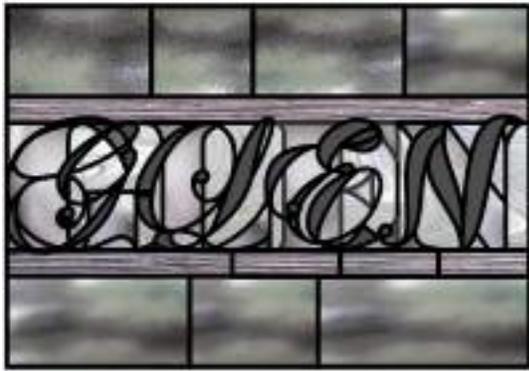
new stained glass patterns: march
at PDOpatterns.com

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custom dog stained glass pattern, wine glasses, thunderbird, house
number transoms custom

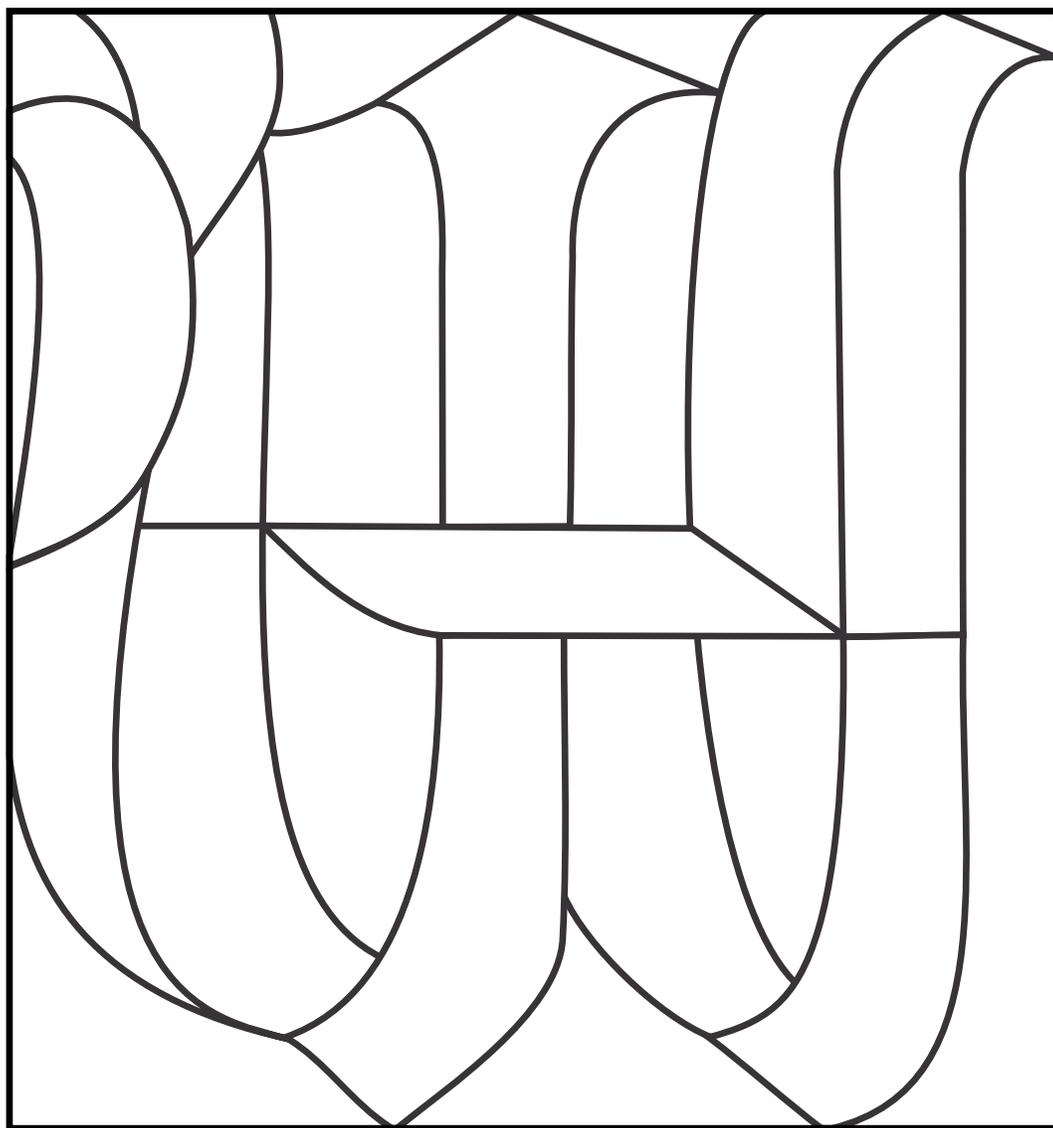


scroll and temple columns alphabet stained glass patterns



baseball alphabet stained glass patterns

free stained glass pattern: june



COUPON

MEMORY BEADS, MEMORY JEWELRY and
PEYOTE STITCH BEADING PATTERNS



eStainedGlassPatterns

GOSPELGLASS



Google plus, or like, or tweet or write a review or “like” of facebook,
ON ANY SITE linked here and you get a free pattern of your choice.
(you must email me what you did and the name of any pattern, and I
will send it)