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M Citrus Heights Messenger

“Written by the people, for the people”

Volume 2 Issue 14

Serving the City of Citrus Heights and Sacramento County

Second Edition for July 2012

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Hey Hank, Blow Your Horn!

By Julie Parker

CITRUS HEIGHTS – Floyd Frank “Hank” Henderson, Jr. has a colorful ancestry: Sir Francis Drake, Jessie Drake (first Sheriff of Bullitt County, Kentucky, and the state’s first Representative), and Sarah Boone (Daniel’s sister).

He has authored several books on his family history, belongs to historical and genealogical societies, and Sons of the American Revolution.

Henderson’s story begins on April 1, 1924 in New Franklin, Missouri, where his father rode the rails of the Missouri-Kansas-Texas Railroad to visit his future wife. “One day, he got on the wrong train, which was heading back. He had to jump off the train in Booneville; a 50-foot-drop down to the Missouri Pacific Tracks.”

They married in 1922, and relocated to Sedalia. “We had to leave in 1930 or ‘31. The Depression was deep. I helped Dad carry empty bottles down to where they made ‘hooch.’

We lost the house, and moved into a three-room shack. You could see all the way through the roof. I planted potatoes and tomatoes. We had a cow, two pigs, two goats, white pigeons, rabbits, chickens. I had to stake the cows out on the way to



“I’ve learned a tremendous amount of things. I am still learning and re-learning,” says Henderson. Photo by Julie Parker.

school. There was a soup kitchen in the school basement.”

Henderson watched trains loaded with children whose families — unable to feed them — evicted them from their homes. “I wasn’t in that, because I could feed myself by delivering the paper — the Kansas City Star Times.”

Later, he delivered the Sedalia Democrat on motorcycles borrowed from a Harley Davidson

dealer/repair shop. “The motorcycle would be whatever happened to be in the shop that day. Usually, I had old bikes that had an angle iron basket hung over the rear to carry the papers. I liked the 1932 single cylinder Harley, because it had a stationary piston, and the bike went up and down.”

At age eleven, a lifetime passion for the trumpet took hold. For 50 cents, he received lessons

for a year, and a borrowed brass coronet. He played in parades, and with “a bunch of old German guys who had beer on Monday night.”

In high school, he started a 22-piece big band — The Rhythmaires. “We played for the local radio station on Wednesdays and Saturdays, usually half-an-hour.

Continued on Page 3

Well Now, That Didn’t Last Very Long. Gas Prices Up!

SACRAMENTO REGION – Average retail gasoline prices in Sacramento have risen 5.8 cents per gallon in the past week, averaging \$3.64/g yesterday. This compares with the national average that has increased 4.9 cents per gallon in the last week to \$3.49/g, according to gasoline price website SactoGasPrices.com.

“Gasoline prices continue to rise across much of the nation, which is precisely what we had forecast earlier this year, so it does not come as much of a shock,” said GasBuddy.com Senior Petroleum Analyst Patrick DeHaan. “Either way, I don’t expect the national average to break out of its mid-\$3/gal rut until mid-to-late September, then we may get some action to the downside,” DeHaan said.

GasBuddy operates SactoGasPrices.com and over 250 similar websites that track gasoline prices at over 140,000 gasoline stations in the United States and Canada. In addition, GasBuddy offers a free smartphone app which has been downloaded over 20 million times to help motorists find gasoline prices in their area.

Ballgowns Needed for Formerly Homeless Women to Wear at Annual Gala



A Women’s Empowerment graduate displays the ballgown she received from a community member to wear to the annual fundraising gala. Photo courtesy of Women’s Empowerment.

SACRAMENTO REGION – Women’s Empowerment is seeking used prom dresses, bridesmaid dresses or other formal gowns for formerly homeless women to wear at this year’s Celebration of Independence Gala. Plus-sized gowns are especially needed. Dresses can be delivered to Women’s Empowerment, 1400 North C Street, Sacramento, Monday, Wednesday, Thursday and Friday, 8:30 a.m.-4:30 p.m. Hours on Tuesday are 8:30 a.m.-2:30 p.m. Dresses are needed by Aug. 10 to allow time for alterations.

“This is a chance for women in the community to let their old dresses take on new life as they strengthen a formerly homeless

woman’s independence and self-esteem,” said Lisa Culp, Women’s Empowerment executive director.

The 11th Annual Celebration of Independence Gala will take place 5:30-8:30 p.m., Oct. 4, at The Grand, 1215 J Street, Sacramento, and will feature a formal dinner, live and silent auctions, live music, and presentations from the graduates and local community leaders. Tickets are \$85. For an additional \$85, local residents can sponsor a graduate to attend the gala. For tickets or sponsorship opportunities, call (916) 669-2307.

Women’s Empowerment offers the only comprehensive job-readiness program in the

Sacramento area designed specifically for women who are homeless and their children. The 2009 Nonprofit of the Year has graduated 939 homeless women and their 1,379 children. Last year, 94 percent of graduates found homes and 74 percent found jobs or enrolled in school.

The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women’s Empowerment is funded solely through private donations from the community. For more information and to donate online, visit www.women-empowerment.org.

Governor Brown Signs California Homeowner Bill of Rights

On Wednesday, July 11th, Governor Edmund G. Brown Jr. signed the California Homeowner Bill of Rights to halt the “abusive tactics” of loan servicers and protect struggling homeowners who are trying, in good faith, to renegotiate their mortgages.

“Californians should not have to suffer the abusive tactics of those who would push foreclosure behind the back of an unsuspecting homeowner,” said Governor Brown. “These new rules make the foreclosure process more transparent so that loan servicers cannot promise one thing while doing the exact opposite.”

“The California Homeowner Bill of Rights will give struggling homeowners a fighting shot to keep their home,” said

Attorney General Kamala D. Harris. “This legislation will make the mortgage and foreclosure process more fair and transparent, which will benefit homeowners, their community, and the housing market as a whole.”

The Homeowner Bill of Rights has four major components:

- 1) Prohibiting “dual track” foreclosures that occur when a servicer continues foreclosure while also reviewing a homeowner’s application for a loan modification;
- 2) Creating a single point of contact for homeowners who are negotiating a loan modification;
- 3) Expanding notice requirements that must be provided to a borrower before taking action on a loan modification application or pursuing foreclosure; and

- 4) Allowing injunctions against foreclosure until violations are corrected and permitting civil penalties against servicers that file multiple, inaccurate mortgage documents or commit reckless or willful violations of law.

These new laws make California the first state in the nation to take provisions in the National Mortgage Settlement, which covered the nation’s five largest mortgage loan servicers, and apply those rules to all mortgage servicers.

By prohibiting dual-track foreclosure, this legislation provides borrowers with certainty that their loan application will receive full review and consideration before any foreclosure occurs. These requirements also provide the borrower with

a legal remedy to challenge the actions of servicers that engage in dual-track foreclosure or other material violations of law.

The Homeowner Bill of Rights also requires a single point of contact for borrowers seeking loan modification. This requirement will make loan servicers more accountable and prevent them from repeatedly transferring applications and phone calls to various departments and employees.

Under the new law, servicers must notify borrowers when a modification application is due, if foreclosure has been postponed and if a modification has been denied. Each of these new rules increases transparency and helps to ensure that borrowers are properly informed of the actions taken by a servicer before

foreclosure activities begin.

Borrowers have a right to file private lawsuits under this new law to block foreclosure until the lender corrects any material violation. Borrowers can also receive treble damages up to \$50,000 if servicers act intentionally or recklessly in violating the law. These provisions protect the rights of consumers, while allowing servicers to correct unintentional violations.

The California Homeowner Bill of Rights, AB 278 and SB 900, was sponsored by California Attorney General Kamala D. Harris. AB 278 was authored by Assembly Members Eng, Feuer, Mitchell and John A. Pérez. SB 900 was authored by Senators Leno, Evans, Corbett, DeSaulnier, Pavley and Steinberg.

Wingstop of Citrus Heights to Host Atomic Wing Challenge July 28

CITRUS HEIGHTS – Get ready to heat things up! In celebration of National Chicken Wing Day July 29, Wingstop of Citrus Heights is hosting an Atomic Wing Eating Challenge Saturday, July 28, from 5 p.m. to 6 p.m. at 7947 Greenback Lane, Citrus Heights.

Wayne Bryan, head coach for the Sacramento Capitals, will emcee the event. Wingstop will award first and second place to the top contestants who finish the most Atomic-flavored wings in two timed rounds.

Additionally, all Wingstop guests will receive a special in-store offer during the contest – a choice of 5 free boneless wings with purchase of a 32 oz. fountain drink and regular order of fresh-cut seasoned fries, or a free glider sandwich with purchase of a 32 oz. fountain drink and fresh-cut seasoned fries.

“We are the wing experts, and an Atomic wing-eating contest featuring our spiciest flavor is the perfect way to celebrate National



Chicken Wing Day,” said owner-operator Bikram Randhawa. “We’re excited to see how many of our signature Atomic wings contestants can handle.”

Contestants can register in-store, or call Wingstop at 916-723-WING. The first 10 entrants will compete to eat the most Atomic-flavored wings in five minutes on Saturday, July 28. The top two contestants will move on to the Championship round. The contestant in the Championship round to eat the most Atomic wings in three minutes will be crowned the Wingstop Atomic Wing Champion and have their choice of prizes including:

- Wingstop for a year (a 10-piece wing order per week for 52-weeks)
- \$50 Wingstop gift card

- Box seats (4 tickets) to the final round of the Sacramento Capitals tennis tournament
- All contestants will receive a Wingstop T-shirt

Wingstop Citrus Heights is open from 11 a.m. to midnight daily. More information is available at www.facebook.com/wingstopsacvalley or call 916-723-WING.

Founded in 1994 and headquartered in Richardson, Texas, Wingstop has more than 500 restaurants open across the United States and Mexico. With a sole focus on chicken wings, the Wingstop menu features 10 wing flavors including Original Hot, Cajun, Atomic, Mild, Teriyaki, Lemon Pepper, Hawaiian, Garlic Parmesan, Hickory Smoked BBQ and Louisiana Rub. Wings are made fresh, cooked-to-order and customers can also choose from homemade side dishes including Wingstop’s award winning fresh-cut seasoned fries.



By Christopher Robert Taylor

Conscious Business for the New Economy

not leaving them in the dark. I approach this process of ‘enlightenment’ by addressing the idea of ‘sustainable management’ of energy from the inside-out. It starts with the small business owner as I assist him or her in unveiling the truth regarding their unconscious relationship with themselves. From there, I address their business’ employee intra-office relationship dynamics and their business’ outside market relationships with vendors, clients and the natural environment; in that order.

I use a combination of ancient and modern tools to assist small business owners in re-aligning with their original intentions and passions that have gone by the wayside during the course of ‘business survival’ operations. The intentions behind my services include revealing hidden and unconscious blockages, recognizing original intentions and potentials and re-establishing conscious alignment between the business owner and their business.

The emerging economic paradigm has inspired me to utilize a non-traditional ‘relationship consulting’ model whereby my clients learn what they need from me and apply it under the direction of their own power. I am an educator first, and I aim to leave my clients with a sense of self-empowerment to enact change and with the personal responsibility to decide whether or not to take action on what they have learned.

Through my ‘relationship consulting’ model I provide temporary business advising services where I use my clients’ personal sense of empowerment and a steady stream of referrals for new business opportunities as the metrics for measuring my success. Unlike most traditional consulting models, I do not measure success by the length of time in which a clients need me or my services to survive. It is more important to me that my clients have truly learned how to adapt their business models toward the emerging economic paradigm and that they feel empowered enough to thrive on their own.

I also will not hold a business owner accountable for enacting change over time like a traditional business coach. I will only lead a horse to water but it is up to that horse to both decide whether the water is worth drinking and whether or not they choose to take a drink.

I embody the Sovereign Harmony relationship philosophy through my services and through my business model. I trust that I will continue to be lead in the direction of business owners in the greater Sacramento area who desire to optimize their small business products, services and operations through the pursuit of truth and personal responsibility.

For more information, visit my website at www.SovereignHarmony.biz or contact me via email at info@sovereignharmony.com.

Citrus Heights City Council Update

By Leslie Carrara

CITRUS HEIGHTS – The city council meeting on June 12, 2012 lasted approximately 50 minutes as business moved quickly on through.

It was noted that three road-work projects will be underway beginning toward the end of July.

These are on Sunrise Blvd. in the vicinity of Oak Ave., Auburn Blvd. north of Sylvan Corners up to Rusch Park and Antelope Rd. from Lauppe Lane to Auburn Blvd., where the work includes micro surfacing the street.

Also discussed at the meeting was the city’s landscape budget and how one zoned area is being

subsidized by the city at this time stemming from a land swap that was done in the past, according to Mayor Jeff Slowey.

At this time, the cost to Citrus Heights is just over \$3,000, brought down over the years from around \$10,000. The area in question is on Oak toward the eastern edge.

State Senate Commemorates 39th Annual ‘Eppie’s Great Race’ and Founder Eppie G. Johnson



Eppie G. Johnson stands with Senate President pro Tempore Darrell Steinberg (left), Senator Elaine Alquist (right) and family members after accepting two resolutions in his honor from the California State Senate. Photo courtesy of Anita Fitzhugh.

SACRAMENTO REGION — California State Senate presented two resolutions to recognize local businessman and restaurateur Eppie G. Johnson as well as

his 39th annual “Eppie’s Great Race.”

Senate President pro Tempore Darrell Steinberg (D-Sacramento) introduced one resolution to recognize the longstanding contributions of Eppie G. Johnson to the Sacramento region. The second resolution commemorated “Eppie’s Great Race,” Johnson’s longstanding run-bike-paddle triathlon celebrating its 39th year in Sacramento and Rancho Cordova.

“I am extremely honored and humbled to receive this recognition from the California State Senate,” said Johnson. “It is my privilege to be a part of the Sacramento community and continue the tradition of Eppie’s Great Race that will celebrate its 40th anniversary next year.”

Eppie G. Johnson has been a key contributor to the vibrancy of the Sacramento community for close to 50 years. Johnson opened the first of 27 successful “Eppie’s Restaurants” in 1964.

His restaurants became known for their innovative menu, state-of-the-art training and excellence in management. For decades, “Eppie’s Restaurants” contributed to the Sacramento economy by creating jobs and revenue.

As a way to promote his restaurants in 1974, Johnson established “Eppie’s Great Race” — making it the world’s oldest triathlon on record. “Eppie’s Great Race” has generated more than \$970,000 for race beneficiary Sacramento County Therapeutic Recreation Services that provides programs for area mentally and physically challenged.

Throughout the years, Johnson has held many important positions including an appointment by former Governor George Deukmejian to the California State Compensation Insurance Fund Board of Directors, and positions on the Salvation Army Advisory Board and the Small Business Advisory Council.

Johnson also has received numerous community service awards. Dedicated to his Greek heritage, Johnson received the Ellis Island Medal of Honor presented by the National Ethnic Coalition of Organizations as well as his faith’s highest honor in Christendom with an installation to the high office of Archon of the Ecumenical Patriarchate.

The 39th annual Eppie’s Great Race, presented by Eppie’s Great Race Foundation, will take place on July 21, 2012. Participants run 5.82 miles, cycle 12.5 miles and paddle boats 6.35 miles on a racecourse located on and alongside the American River. Teams and individuals can compete in a variety of divisions. Continuing this year is the US Bank Kids Duathlon, a 2-mile run and a 5.75-mile bike ride that provides kids with their own event. For more about Eppie’s Great Race, visit www.eppiesgreatrace.org, or call (916) 480-0270.

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Hey Hank, Blow Your Horn!

Continued from Page 1

I would fall asleep in class. For punishment, I had to play assembly for the entire high school every morning before classes. That was no punishment. That was a lark."

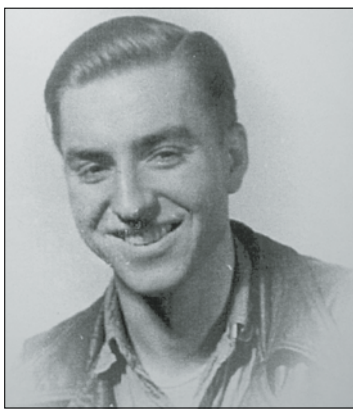
He joined the Navy in 1942, and a year later, married his first wife, Dorothy. "I was stationed in Oregon for a while, when they were commissioning the jeep carrier. It was freezing. Navy families lived in little tar paper, plywood shacks." They were married 31 years, until her death in 1974, from an auto accident.

He played in a seven piece band in the Navy, graduated from the U.S. Navy School of Music, and U.S. Navy Damage Control/Fire Fighting School.

After Pearl Harbor was attacked, his ship sailed in convoys carrying survivors to San Francisco, returning with Marines. "The band had left the ship. I stayed on board. We were in 18 out of 22 campaigns, as well as both Bikini Atoll tests."

After leaving the Navy, and entering the Reserve, he started a big band called The Naval District Big Band - 22 pieces.

Meanwhile, he had children to support. "I tried boat building, boat renovation; all different kinds of work. I ended up at the telephone company, where I stayed for 35 years." He was with the first hires at the headquarters on Watt Avenue, and the first at the agents' office.



In 1978, he and a friend rode motorcycles for six weeks around the four corners of the U.S., traveling to San Diego, Key West, Maine, and Bellingham, Washington. "I was on a 650."

He met his second wife, Patricia, at the phone company. The union lasted less than two years, but, they remained friends.

He met this third wife, Donella ("Donnie") at a club where he intended to approach Freddie Morgan about playing trumpet with his band. "I headed toward the stand, but, this woman yelled or got my attention somehow." He and Donnie were married for 23 years, until her death in 2004. They each brought three children into the marriage, which have resulted in a plethora of grandchildren.

For ten years, he and Donnie performed all over the country; he on the horn, and she on keyboard. After her death, he learned to play the keyboard with one hand, horn with the other.

Henderson ultimately played with Freddie Morgan's band, the Jazz Ensemble, American River Band, American Legion Band, became a gold member of the Sacramento Traditional Jazz Society, and organized and played with the Legionaires.

He moved into Auburn Oaks Senior Living (Cimino Care) as its first resident, five years ago August. His keyboard playing emanates from his room down the hallway.

"It's homey here; unpretentious. I think enough of the Cimino Family that I told Mark [Cimino] a couple of years ago that if he ever got this convalescent place going next door, I'd contribute financially to guarantee where I'm going to be if I get horizontal."

A prostate cancer survivor, Henderson has researched and discussed all aspects of spirituality. "I've studied every religion you could think of. I ask people, 'Which one is right? There's over 800 in the United States. What is the difference between the soul and the spirit?' I tell them, 'The soul's right here [taps his chest]. The spirit is right here in the nodule. It's energy. The spirit, the energy, stays forever.' Churches are buildings. I don't care what denomination you belong to, it's right here [taps chest again]. A building is a building.

"I've learned a tremendous amount of things. I am still learning and re-learning."

Relay for Life: Because of the Cause



By Leslie Carrara

CITRUS HEIGHTS - The American Cancer Society's annual Relay For Life was held this past weekend at San Juan High School, with the Citrus Heights Chapter raising over \$15,000 for cancer research.

Event Chairwoman for Citrus Heights Candy List said that the ACS decided to have a number of different locations in different cities and towns across the country, instead of hosting one large event in individual cities. In this area, relays were held in Loomis, Lincoln and Orangevale, as well as other cities in the region. Citrus Heights has been involved in the event for the past nine

years, while the ACS began the relay in 1985. Over 700 people participated in the Citrus Heights relay.

"My goal is to get the community back together for Relay For Life because of the cause," List said.

She said that being in charge of Citrus Heights was very rewarding and a learning experience. The relay started at 9 a.m. on July 21st and ended at 9 a.m. on July 22nd, with the Lyon's Club hosting a lunch for cancer survivors and their families on Sunday. The Lyon's Club also made and provided the purple ribbons, which have been on display in some store fronts. At

a recent city council meeting, Mayor Jeff Slowey proclaimed July as the "Power of Purple" month in honor of the event.

Also, she indicated it would be like a fair, complete with a watermelon eating contest and karaoke. Participants were able to set up tents for their breaks.

List explained that there are three key phrases surrounding the relay. The first is to "celebrate survivors," the second is to "remember" those who lost their battle to the disease, and the third is to "fight back" and attend events such as the Relay For Life to provide monies for funding cancer research.

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Air Force Reserve Airman 1st Class Peter Torres graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four

credits toward an associate in applied science degree through the Community College of the Air Force.

Torres is the son of Yolanda Lane of Yawl Court, Citrus Heights.

He is a 2001 graduate of Capital City High School, Sacramento. He earned an associate degree in 2004 from ITT Technical Institute, Rancho Cordova.

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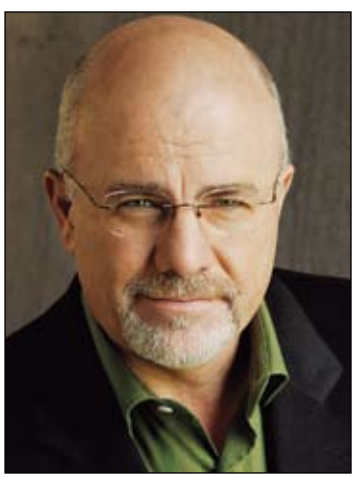
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Dave Says

giving me a job and a paycheck.

Do you know what the number-one cause of security clearance problems is in the military? It's debt. And financial irresponsibility is the third most prevalent reason for dishonorable discharge from the armed forces. And yet, with this kind of program, they're shoving debt into young people's faces right off the bat.

I appreciate the fact that he's trying to use an academic approach. I'm sure he sees a scenario where he can borrow money with low payments and a really low interest rate, invest it and make a ton of money. The problem is he's leaving risk out of the equation. What happens if the investments don't pan out? He could lose the money and still have to repay the loan.

Being older, and having a bit more wisdom, you and I realize things don't always work out the way they're planned. In other words, life happens. But don't be too hard on him. He's trying to use his intellect, and that's a good thing. Still, wisdom always trumps academia. And that whisper of wisdom is telling us this situation could be a mess waiting to happen!

- Dave

To Catch A Thief

Dear Dave,

My stepson is about to turn 18. I have reason to believe that his biological father has used his son's name to open credit

accounts. I've been told that you can't do a credit check on a minor, so what's the easiest way to go about checking this out?

-Tom

Dear Tom,

I'm not sure who told you that you can't do a credit check on a minor. I did it on all my kids when they were younger. There are three national credit reporting bureaus: Experian, Equifax and TransUnion. Just go online to each one, and pull his credit reports to see if anything is showing.

If you find anything, you'll need to file a police report in the locale where the offense occurred. After you file the report, get a copy and approach the business in question, explaining what happened. You'll have to make sure they understand this guy is not the kid's legal, parental guardian, and that he stole his son's identity to open the account. Then, provide them with a copy of the police report and make sure they take his name off the account.

Checking a credit report is pretty easy, and it will give you a wealth of information. The biggest hassle is making the contacts and explaining things to creditors and the reporting bureaus. But it's a lot bigger hassle for the identity thief once the companies that have been duped and the authorities know what's going on!

- Dave

*For more financial help, please visit daveramsey.com.

Dave Ramsey is America's most trusted voice on money and business. He's authored four New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover and EntreLeadership. The Dave Ramsey Show is heard by more than 5,000,000 listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

Just Another Form of Debt

Dear Dave,

My son is 22 and about to enter the Navy as an officer. He's been offered a Career Starter Loan. His plan is to invest the money and let it grow while he's in the service. I'm not sure this is a good idea. What do you think about it?

- Mary

Dear Mary,

The Career Starter Loan is just another form of debt, so it's something I can't recommend. Basically, it's the military trying to do a nice thing for its men and women. The problem is that it's still a loan that has to be repaid. It's not a signing bonus. In my mind, if you want to help me start my career, kick things off by

CDPH Warns Consumers Not to Eat Gold Plum Candy Imported From Taiwan

SACRAMENTO REGION – Dr. Ron Chapman, director of the California Department of Public Health (CDPH) and state health officer, today warned consumers not to eat Gold Plum candy imported from Taiwan after tests conducted by CDPH found the products contained levels of lead that exceed the state's standards. Consumers in possession of the candy should discard it immediately.

Recent analysis of this candy by CDPH determined that Gold Plum candy contained as much as 0.29 parts per million (ppm) of lead. California considers candies with lead levels in excess of 0.10 ppm to be contaminated.

Gold Plum candy is sold in a 6-ounce package that has black, gold, green and orange stripes at the top and bottom. In the top right corner there is an image of a small girl with a white face and brown hair, wearing an orange outfit. The name 'Gold Plum Candy' appears in the lower left corner. The individually wrapped candy has various Asian characters on the wrapping.

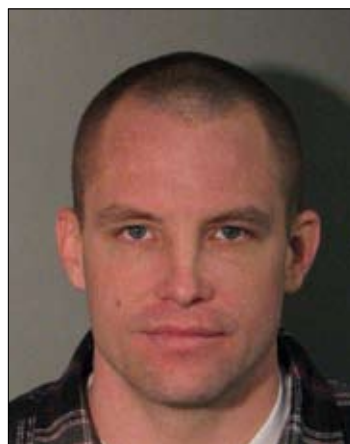
Gold Plum candy is imported and distributed by Roxy Trading Inc., Pomona, CA, which has initiated a voluntary recall after being notified of the test results by CDPH. CDPH is currently working with the distributor to ensure that the contaminated

candies are removed from the market place.

Pregnant women and parents of children who may have eaten this candy should consult their physician or health care provider to determine if medical testing is needed. Additional product information is available on the CDPH website.

Consumers who find this candy for sale should call the CDPH Complaint Hotline at 1-800-495-3232. For more information about lead poisoning, contact your county childhood lead poisoning prevention program or public health department.

Residential Burglary Arrest



Rayburn, Jesse James



Tucker, Robert

CITRUS HEIGHTS – On July 20, 2012 at approximately 1600 hours, Citrus Heights Police Officers responded to the 7100 block of Chesline Drive for a report of an interrupted residential burglary.

The victim had just returned home after being on vacation.

Upon returning home, the victim noticed an older white Chevrolet parked in front of the house. The vehicle was occupied by 39-year-old Robert Tucker. The victim saw the front door to their home was open and damage to the doorframe. Additionally, the victim could hear the sound of

someone in the house. Another male adult, later identified as 31-year-old Jesse Rayburn, came running out of the house carrying a pillowcase filled with the victim's property.

Rayburn ran to the waiting vehicle that was being driven by Tucker, entered the passenger seat, and fled the area. The victim's friend followed the suspects to a nearby area and relayed the information to police.

Citrus Heights Police Officers converged in the area and subsequently located and detained Robert Tucker and Jesse Rayburn. As a result of the police investigation, both were arrested for residential burglary and conspiracy and booked into the Sacramento County Jail. The victim's property was recovered.

Source: Sgt. Rich Wheaton
Citrus Heights Police Department



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Citrus Heights

Regional Chamber Of Commerce

www.chchamber.com



Upcoming Events

July 28, 2012 Time: 5:00 PM - 6:00 PM
Wing Stop Wing Eating Contest

July 30, 2012 Time: 9:30 AM - 4:00 PM
Past Chair's Golf Tournament

August 3, 2012 Time: 8:30 AM - 9:30 AM
Ambassador Meeting 2012

*Why be an Ambassador?
What are some of the perks and benefits?*

August 8, 2012 Time: 8:00 AM - 9:00 AM
Economic Development
Vice Chair - Dave Sikich,
Atlas Disposal Industries
The Economic Development Committee meets periodically.

August 8, 2012 Time: 3:00 PM - 4:00 PM
Elevate YPO: Advisory Council Meeting

The Citrus Heights Regional Chamber of Commerce, a unifying force for business, government, education and community involvement, is recognized as a vital resource for businesses in the Greater Sacramento Area, committed to promoting economic prosperity. Visit their website for more information.



Citrus Heights Regional Chamber Of Commerce

7115-A Greenback Lane, Citrus Heights, CA 95621

916-722-4545 Fax: 916-722-4543



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www.CitrusHeightsMessenger.com

US Telecom Fake Bills Fool Businesses

BBB warns businesses to double check invoices before paying

SACRAMENTO REGION – Better Business Bureau is warning of misleading advertisements being mailed to businesses across the Sacramento region by US Telecom.

The advertisements resemble an invoice or bill, complete with a description of services, rate, and total balance. The invoices received by BBB do not have any statements that the information is a solicitation.

U.S. Postal Service regulations require all mailings resembling bills or invoices include a disclaimer which states, in part, "THIS IS NOT A BILL. THIS IS A SOLICITATION. YOU ARE UNDER NO OBLIGATION TO PAY THE AMOUNT STATED ABOVE UNLESS YOU ACCEPT THIS OFFER."

This statement must be in at least 30-point font in



US Telecom currently has an 'F' rating with Better Business Bureau after collecting over 450 complaints in the last year, some of which remain unanswered. BBB in Los Angeles contacted the company in September 2011 requesting US Telecom include a disclosure statement to let businesses know the mailer is an invoice. To date, BBB has not received a response.

BBB advises the following to avoid invoice scams:

- Alert accounts payable to be on the lookout for phony invoices.
- Carefully review invoices from businesses you do not typically do business with.
- If an invoice is questionable, contact the company and request proof of services rendered.
- Check out the business at necal.bbb.org to review complaint details for the company.

boldface capital letters.

North Dakota Attorney General's office filed a cease and desist order against the company and its principal, David Bell, on Feb. 17, 2012. The order, in part, prohibits the defendants from advertising, soliciting or selling to North Dakota consumers through use of mailings that could be reasonably interpreted to be a bill or invoice.

DEFENSIVE DRIVING CLASS

Our next Defensive Driving Class will be held on 19 and 20 Sep 2012 from 0930 to 1330 hrs. Class is open only to military retirees/spouses and widows of retirees. Location of the class is the Aerospace Museum of CA on Freedom Park Drive, McClellan

Park. Sign up must be accomplished in person in the Retiree Activities Office. For AARP members, cost is \$12. Non-AARP members, cost is \$14. Questions may be directed to our volunteer staff at 916-923-4979, Mon thru Thurs, 9 to 3PM.

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What's Coming Up In Citrus Heights

Compiled by Leslie Carrara

Saturday Mornings year round, Farmers Market, Sunrise Mall behind Sears in parking lot, 8 a.m. to 1 p.m.

July 26 - Citrus Heights City Council meeting, 7117 Greenback Lane, Citrus Heights, at 7 p.m.

August 2 - Citrus Heights Police Activities League Golf Tournament., Foothill Golf Course, 7000, Verner Ave., Citrus Heights, 8:30 a.m. to 1 p.m. Lunch served. Ages 8 and up. Room for 27 kids.

August 4 - Citrus Town Center Saturday Nite Concerts featuring Shadia and A BAAAD Band, free, 6 p.m. to 8 p.m. Citrus Town Center off Greenback Lane.

August 8 - REACH Area 9 Neighborhood Meeting, 7227 Canelo Hills Dr., 7 p.m. First Wednesday each month.

August 7 - REACH Area 4 Neighborhood Meeting, 6237 Fountain Square Dr., Trellis Hall, 7 p.m. First Tuesday each month.

August 10 - Sunrise at Night Concert Series featuring Lonestar and the Charlie Daniels Band, tickets \$37.50 - \$67.50, 8 p.m. Sunrise Mall Grandstand near Macy's.

August 14 - REACH Area 3 Neighborhood Meeting, 6237 Fountain Square Dr., Trellis Hall, 7 p.m. Second Tuesday each month.

August 18 - Citrus Town Center Saturday Nite Concerts featuring Four Barrel, free, 6 p.m. - 8 p.m. Citrus Town Center off Greenback Lane.

August 18 - Sunrise at Night Concert Series featuring Spyro Gyra and Lee Ritenour, tickets \$25.50 - \$46.50, 8 p.m. Sunrise Mall Grandstand near Macy's.

August 25 - Sunrise at Night Concert Series featuring Three Dog Night and America, tickets \$37.50 - \$67.50, 8 p.m. Sunrise Mall Grandstand near Macy's.

September 1 - Citrus Town Center Saturday Nite Concerts featuring The Funky Blue Devils, free, 6 p.m. to 8 p.m. Citrus Town Center off Greenback Lane.

September 1 and 2 - Sunrise at Night Concert Series featuring Doodlebops and Caillou Musical Playdate, tickets \$19.50 - \$39.50. Sunrise Mall Grandstand near Macy's

September 8 - Sunrise at Night Concert Series featuring Kool and the Gang and the Commodores, tickets \$39.50 to \$82.50, 8 p.m. Sunrise Mall Grandstand near Macy's.

September 14 - Sunrise at Night Concert Series featuring Blondie and Devo, tickets \$39.50 to \$82.50, 8 p.m. Sunrise Mall Grandstand near Macy's.

September 15 - Citrus Town Saturday Nite Concerts featuring PointDexter, free, 6 p.m. - 8 p.m. Citrus Town Center off Greenback Lane.

Sacramento County DA Reports

Recent cases of interest

CASE: Edward Bridgeman & Elsie Patty Edwards (07/20/12)

PROSECUTOR: Deputy District Attorney Nancy Cochrane, Special Assault & Child Abuse Unit District Attorney Jan Scully announced that Edward Bridgeman was convicted by jury of seven counts of child molest. Bridgeman's co-defendant, Elsie Patty Edwards, pled guilty to two counts of child molest.

Bridgeman molested a young boy during a 3 month time period in 2008. He had previously suffered two prior convictions for molesting a young girl.

Bridgeman faces a possible maximum sentence of 525 years to life in prison. His sentencing is set for August 16, 2012 at 9:00 a.m. in Department 42 before the Honorable Allen Sumner. Edwards will receive a sentence of 10 years in prison.

CASE: Javionne Flenory-Davis (07/20/12)

PROSECUTOR: Deputy District Attorney Leland Washington, Gangs & Hate Crimes Unit District Attorney Jan Scully announced that Javionne Flenory-Davis was convicted by jury for the first degree murder of Lanajah Dupree and the attempted murder of Chanderea Melson. The jury also found true all firearm and gang allegations relating to both charges.

On July 11, 2010, Flenory-Davis, a validated G-Mobb/Stick-up Starz gang member, attended an under age 18 club event on Auburn Blvd. While at the club, he got into a brawl with several rival gang members believed to be connected to the Gunz-Up street gang. He ran to a nearby car, retrieved a 9mm handgun, went back to the area near the front of the club and fired six shots into the crowd of teenagers. One bullet hit 14-year-old Lanajah Dupree in the chest and exited her back. A second bullet hit 16-year-old Chanderea Melson in the elbow and abdomen. Melson survived the attack, but Dupree died at the scene.

Sentencing is set for September 7, 2012 at 10:00 a.m. in Department 19 before the Honorable Patrick Marlette.

CASE: Jewel Carbone (07/18/12)

PROSECUTOR: Assistant District Attorney Albert Locher District Attorney Jan Scully announced yesterday that Jewel Taheerah Carbone, 34, of Citrus Heights, pled no contest to a felony violation of Penal Code section 508, embezzlement of employer's funds. In 2010-2011, Ms. Carbone was an escrow clerk at Fidelity National Title Company. As part of her duties, Ms. Carbone oversaw the collection and disbursement of monies from various escrow accounts. Ms. Carbone illegally diverted funds from twenty-two escrow accounts into her personal bank account. The total amount of Ms. Carbone's theft was \$42,950.14.

Sentencing is scheduled for August 31, 2012, before the Honorable Lloyd Connelly in Department 33. Ms. Carbone will be placed on five years of probation and ordered to serve up to one year in the county jail, of which 90 days must be served in custody and the remainder on a Sheriff's work release program. She will also be ordered to pay restitution.

This case was investigated and prosecuted by the Sacramento County District Attorney's Office Real Estate Fraud Unit.

CASE: Jessie Moore (07/16/12)

PROSECUTOR: Deputy District Attorney Jeff Harry, Domestic Violence Unit District Attorney Jan Scully announced that Jessie Moore was convicted by jury of attempted voluntary manslaughter and the use of a firearm allegation, discharging a firearm into a vehicle and the allegations of discharging a firearm causing great bodily injury and personally inflicting great bodily injury in a domestic relationship, and being a felon in possession of a firearm.

On August 12, 2010, Moore drove his car to the victim's friend's house on Sea Forest Way to retrieve money he believed the victim stole from him. Once arriving at the house, he parked his car outside in the street. The victim and her friends exited the house, got into the friend's car, pulled the car out of the driveway, and drove down the street. Moore pulled up next to the passenger side of the vehicle and screamed at the victim to give him his money. He then immediately pulled out a large caliber revolver, aimed it at the victim's head, and fired five to six shots into the vehicle. One of the bullets struck the victim in the right rear shoulder and became lodged in her left rear shoulder. Moore then fled the scene and was arrested seven months later in Redding, California.

Moore faces a possible maximum sentence of 32 years to life in prison. Sentencing is set for August 7, 2012 at 9:00 a.m. in Department 24 before the Honorable Raoul Thorbourne.

CASE: Anthony Smith (07/13/12)

PROSECUTOR: Deputy District Attorney Rob Gold, Adult Sexual Assault Prosecution Unit District Attorney Jan Scully announced today that the Honorable Russell L. Hom sentenced Anthony Smith to 25 years to life in prison for a home invasion sexual assault he committed in south Sacramento in September 1997. Smith was convicted in a May 2012 retrial.

Smith was originally convicted of the crime following a jury trial in 1998, but the charge was reversed in 2010 by the Ninth Circuit Court of Appeal on procedural grounds. Smith's case was noteworthy at the time because it was the first DNA case analyzed by the District Attorney's Crime Lab.

History of Citrus Heights Told Through Photographs

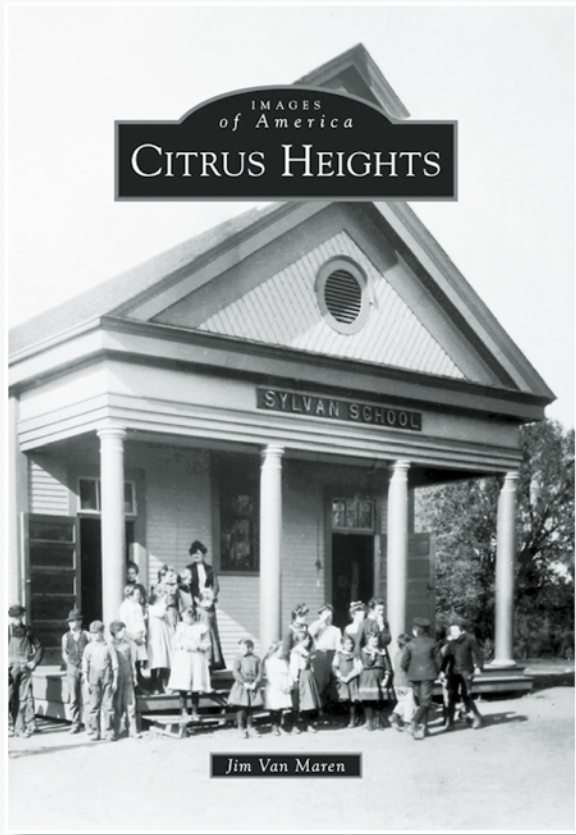


Images of Citrus Heights

Citrus Heights by James Van Muren, Images of America Series Price: \$21.99 128 pages/softcover

Highlights of Citrus Heights:

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- Land and early settlers
- Early government
- Education and worship
- Growth of the community
- War years
- Spirited people



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By Ronnie McBrayer

A man was going from Indianapolis, Indiana, to Louisville, Kentucky, when along the way he had a flat tire. Stranded on the side of the road, he was robbed, his car was stripped, he was shot, and left for dead.

A Baptist pastor, on his way home from the annual meeting of his denomination, saw the man. But he had a report to deliver to his congregation about the virtuous resolutions passed at the meeting he had just attended and an important sermon to preach about our culture's deteriorating family values. Besides that, his children were in the car, and he refused to traumatize them with this carnage. So he never took his foot off the accelerator.

A few minutes later, a Bishop of the Methodist church came driving by. A successful woman, she sat on the board of Focus on the Family, the National Association of Evangelicals, and Concerned Women for America. Considering the scene before her, she concluded that her work in these organizations must continue.

It was the only way to stop such meaningless acts of violence; violence most likely perpetrated by dangerous gangs of teenagers who were the products of broken homes and without the proper Judeo-Christian guidance. She was a

Like a Good Neighbor

mile past the scene of the crime before she called 911.

Then a third traveler came upon the victim: A cocaine dealer and cartel member. A man who was in the country illegally, who had booze on his breath and marijuana in his bloodstream, and who hadn't been to Mass since he was a child.

He saw the shooting victim and somehow his heart was broken with compassion. He steered his car to the side of the road and jumped out with a first aid kit and a bottle of water. He triaged the wounded man the best he could, loaded him into the back seat of his car, and drove him to the hospital.

There, this good neighbor checked his rescued friend into the Emergency Room. He arranged for the transport of what was left of the victim's car, and he then went to the hospital administrator with a pile of cash, saying "I don't know if this man has health insurance, but I will stand good for the bill regardless."

Now I ask you, "Which of these three do you think was a neighbor to the man who fell into the hands of robbers?" Of course this question is not mine and neither is the story. It is a question and story that belongs to Jesus. It is a retelling of the parable of the Good Samaritan.

Jesus framed as radical a possibility conceivable by the community of his day — far more drastic than anything I have said here. He took a known pariah, a well-established outcast and

no-gooder, and turned him into a moral and spiritual hero — all at the expense of the upright church-goers.

Jesus told such a story, not to define the boundaries of neighborly behavior, but to define what it means to love. Graphically, he showed his listeners that those who do not fit into our religious boxes, our precise doctrinal categories of right and wrong, and our church systems are sometimes more capable of acting like God than we professionals who pride ourselves in saying we know who God is.

After all, to act like God is simply to love. And to love, it is not necessary to have perfect doctrinal integrity, to get the details of church "right," or to be as religiously and moralistically pure as possible. No, to love like God is to dirty our hands by helping our neighbors — "to do to others what we would have done" for ourselves.

Clucking our tongues, shedding a few tears, and simply observing the pain of our world while keeping a religious and respectable distance from the suffering is no substitute for binding wounds, wiping tears, and embracing those in need. We might just need such an embrace ourselves one day — even if that embrace comes from the most unlikely of neighbors.

Ronnie McBrayer is a syndicated columnist, speaker, and author of multiple books. You can read more and receive regular e-columns in your inbox at www.ronniemcbrayer.net.

Whatever Happened to Old-fashioned Spankings?

By Rev. James L. Snyder

Sometimes watching the news on television gets rather disparaging. Now that we have 24/7 news, not only can we see the news any time we want to, but we can see it over and over and over again. It is particularly disheartening when there is a "slow" news day. I think all of us can remember O.J. Simpson's mad race down a Los Angeles highway.

I can remember the good old days when Uncle Walter brought us up to speed on the day's news inside of a 30-minute program. Oh, for those good old days.

Never has an American generation been exposed to so much and knows so little for so short a time.

This all came to me recently when the Gracious Mistress of the Parsonage and I were watching the news after our evening repast. I think it was the 9,999 times this particular news story had been played. Of course, we do not watch television that often and so we may only have seen a very short portion. The short portion that we saw was just about enough and my wife said so.

It was the news story, if you remember, of the bus lady who was bullied by children.

"I think those children," my wife said and then paused while she grit her teeth violently, "need a good old-fashioned spanking." And with that, she crossed her arms and set her face in a defiant manner. Luckily, I was not one of those children or I would have received the intentions of her mind at that point.

Her comment got me to thinking. There was a time, back in "the day," when spankings were rather normal. Someone once said that if you saw a young boy on the street you should stop what you're doing and give him a good spanking because he was either coming from trouble or headed for trouble. Raising children then was a community

affair. I am not sure that ever took place, but it does have an authentic ring to it.

I semi-fondly remember when I was a youngster I had the heebie-jeebies whaled out of me by my father on a regular basis. And I can testify that I have not missed those heebie-jeebies. My life is better for not having them.

Watching the video about the kids bullying that bus lady, I could not help but think that they were a rather spoiled bunch of little brats. Pardon my French. I think I would have taken it one step further than my wife. Not only do those youngsters need a good old-fashioned spanking but I think their parents do as well. Kids today are only a mirror of what they see and hear at home.

When I was young, the only spoiled brats around were the children of the rich folk. They could afford to be spoiled brats because their parents with their money bought their way into society. The only thing those kids ever earned was a bad reputation and disdain from the rest of us. The rest of us, having gone through the spanking rituals, could not afford to be spoiled brats. Good parents made sure of that.

I think of what my father use to say. "Son, I'm going to take this Board of Education and apply it to the seat of your learning." I can testify that he was very enthusiastic about his job. With all that education, I have had multiple degrees on my posterior. Even to this day, every time I sit down I am reminded of that education.

This "Board of Education" that my father was superintendent of, always hung by the door. Being the religious person that my father was, he had printed on this "Board of Education" the phrase from a favorite hymn, "I Need Thee Every Hour." It was a motto he lived up to all the years of my boyhood.

I often prayed my father would get weary of exercising that

"Board," but I must confess that my naughtiness wearied long before he did. Looking back, I am grateful.

I will not go as far as to say that I am a good person, only that I am not a spoiled brat. I have learned through the years, thanks to the energy of my father, to extend courtesy to everybody around me and be respectful.

Respecting other people is not something that comes naturally. Everybody needs to be taught that everybody deserves respect. Some people have earned more respect than others, I grant you. However, nobody deserves deliberate disrespect like those kids gave that bus lady.

With all the studies are being done through our governmental grant programs, I wonder why nobody has ever, at least to my knowledge, done a study on the importance of discipline in the home.

It is at this point I must agree most heartily with the scriptural injunction on this subject. Solomon, the wisest man in the world, had much to say about disciplining children. And if anybody should know about disciplining children, it was Solomon.

"Foolishness is bound in the heart of a child; but the rod of correction shall drive it far from him" (Proverbs 22:15 KJV).

"He that spareth his rod hateth his son: but he that loveth him chasteneth him betimes" (Proverbs 13:24 KJV).

Disciplining children to ensure they grow up to be proper adults demands a whole lot of energy especially from parents. Love sometimes carries a large stick.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at (352) 687-4240 or e-mail jamesnyder2@att.net. The church web site is www.whatafellowship.com.



By Pastor Ray Dare

How to Find Happiness

When I get married, when I get unmarried! When I have kids... when my kids leave home... Then I'll be happy! This is when and then thinking—circumstantial happiness. It's no wonder there are so many stress-out, overworked and dissatisfied people in society. God says, "You're looking for happiness in all the wrong places!"

In the Bible God says, "Why spend your money on something that is not real food? Why work for something that doesn't really satisfy you? Listen closely to me, and you will eat what is good; your soul will enjoy the rich food that satisfies." Isaiah 55:2 The first step is to realize what you're really hungry for. Most people really don't understand what's missing. The Bible says that we were created spiritual beings. God made you to love you and for you love Him back and nothing will ever take the place of that. Nothing.

When you were born, God created you with a physical appetite to keep you alive. If you didn't have an appetite, you would just waste away because you'd never know your need for food. Also when you were born, God also gave you a spiritual appetite. He's given you a spiritual appetite so you would get to know Him. Nothing else will truly satisfy that hunger. No situation,

no person, no circumstance, no event. Nothing else will satisfy that spiritual hunger. Money can't, fame can't, prestige can't, possessions can't, power can't, drugs or alcohol can't. None of those things will ultimately satisfy you. They can't! What's missing is spiritual.

You will never be happy in life living for yourself. You can't, because you were made by God and for a relationship with God and until you understand that life isn't going to make sense to you. Get to know God, if you do not know Him. Get to know Him better by going to church, prayer and reading the Bible. Only a relationship with God through Jesus Christ can ultimately fill that void, because that's why you were created in the first place. That's why Jesus said, "I am the bread of life. No one who comes to me will ever be hungry again." John 6:35a (NLT)

I'm NOT talking about religion. God couldn't care less about your religion. He wants a relationship with you.

Pastor Ray
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Limitless Love of God



By Marlys Norris, Christian Author

When we say to someone "God Loves You" it may or may not have meaning to them. Their idea of love might be totally different from our concept of love. Possibly we can help them understand what we mean by those words. For those who have grown up in the church and understand the depth of its "agape" (all encompassing) meaning, it is a magnificent emotion and expression described in I Corinthians 13 of the Bible. Read it in several versions to fully understand love.

New King James Version reads: "Though I speak with tongues of men and of angels,

but have not love I have become sounding brass or a clanging cymbal. Though I have the gift of prophecy, and understand all mysteries and all knowledge, and through I have all faith, so that I could remove mountains, but have not love, I am nothing. And though I bestow all my goods to feed the poor, and through I give my body to be burned, but have not love, it profits me nothing" Listen to these words! "Love suffers long and is kind, love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things".

It continues: "Love never fails, but whether there are prophecies, they will fail, whether there are tongues, they will cease; whether there is knowledge, it will vanish away. For we know in part and prophecy in part. But when that which is perfect has come, then that which is in

part, will be done away. When I was a child, I spoke like a child, I thought as a child; but when I became a man, I put away childish things. For now we see in a mirror dimly, but then face to face. Now I know in part, but then shall know just as I also am known. And now abide, faith, hope, love, these three but the greatest of these is love"

You are the apple of God's eyes and your name is written on His hand. The Bible is His book of love to all of us. The ageless, meaningful, abundant, abiding, limitless, endless, merciful, forgiving, unconditional and magnificent love of God wants you to know — He loves You and has a beautiful plan for your life! Submit and Commit your life into His hands and begin your lifetime adventure that will bring meaning and purpose into it.

Marlys Johnsen Norris
God Moves Mountains,
It was a Miracle
(True story about my brother's kidnapping)
Marlysjn@gmail.com

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POPPOFF!

with Mary Jane Popp

look at the above markers in the book. So how about a few of those simple lifestyle changes that can really make a difference. I can't get all 109 in this one column, but here are some helpful tips to get you started.

- 1) Take a vacation! People who don't take an annual vacation are 32% more likely to die of coronary heart disease than those who take time off each year.
- 2) Disguise your exercise. Get off the bus or subway a stop early and walk the rest of the way. Take the long way back from the restroom to your desk. Unload one grocery bag at a time from your car.
- 3) To make sure you start your exercise program off on the right foot, wait until the end of the day (when your feet are the largest) to shop for athletic shoes.
- 4) Floss! Flossing your teeth may help prevent inflammation and bacteria, which can cause injury to coronary artery walls.
- 5) Meditate. Studies at UCLA and Harvard show when you are asleep, you're oxygen level is decreased by 8%. With meditation, it's 12%, an indication that your body is equally if not even more deeply relaxed.
- 6) Turn off the TV. America is perhaps the most informed nation on earth. Unfortunately, what is presented on TV is often unbalanced, not necessarily in the "left or right" sense, but because TV news presents hyped-up versions of today's headlines that are invariably sensationalized and negative. Instead

- of producing clarity, it increases anxiety.
- 7) Rough up your diet. We should all be eating 20 to 35 grams of fiber a day, with at least 3 grams of soluble fiber.
- 8) Get your antioxidants from food. According to the American Heart Association, "It is preferable to get vitamins and minerals such as beta-carotene, vitamin C and vitamin E in a nutritious diet rather than through supplements.
- 9) Limit your caffeine. Americans consume about 33 million gallons of coffee a day, equal to 30 seconds of full flow at Niagara Falls. Too much caffeine has a negative impact on cardiac health.
- 10) Visit the mall. Exercise indoors when the temps are extreme like blistering heat, or simply anytime the weather is simply unpleasant. If you don't belong to a gym, walk at your local shopping mall. Many malls open their doors early just for this purpose.

That's just a small sampling of the 109 things to do. They go into much detail and they talk about testing and what to ask for and look for. It doesn't hurt that you can understand what your doctor is telling you either. You can also check out Joe's website at www.joepiscatella.com. It's called "Prevent, Halt and Reverse Heart Disease." Now the ball is in your court! Stay well!!!

Join Mary Jane for the **KAHI Noon News Monday-Friday and then again for POPPOFF 10 PM - Midnight.**

PREVENT AND REVERSE HEART DISEASE

There's a killer on the loose. Heart disease is the number one killer in the U.S. But what if I told you it doesn't have to be that way, and it's not so scary either? **Joseph Piscatella**, President of the Institutes for Fitness Health, and Dr Barry Franklin, say 80% of us can prevent heart disease by making some simple lifestyle changes. They have some 109 things you can do in "Prevent, Halt and Reverse Heart Disease." We let it sneak up on us, Piscatella told me on my POPPOFF Radio Show, but that can change right now. First of all, there are ten critical cardiac markers to assess your risk.

- 1) Cholesterol and other Lipids
- 2) Coronary Inflammation
- 3) Blood Clotting
- 4) Weight
- 5) Blood Pressure
- 6) Diabetes
- 7) Metabolic Syndrome
- 8) Aerobic Activity
- 9) Smoking
- 10) Personality

There's a whole cardiac marker profile you can assess after you



By Karen Anderson

We hear about how bad our economy is and the recession that is upon us. We have gone through so much in this great country of ours. Is it the time to really believe that everything is going to fall apart? This is God's country and we need to believe once again what our forefathers believed when this country was founded. We are a great country; once united, and we can be that way again. Now is the time to practice faith in the only one we can truly trust—GOD. Who else can we truly depend on 100%? If we try and

Never Fear, FAITH is Here

put our trust in the government, our businesses, families, friends, churches, we will be sadly disappointed. We can only trust the one true Father—GOD. When we turn from fear towards faith, we can move mountains. I know I am using a lot of old sayings but they are true.

In the face of overwhelming financial and other problems, have you found yourself in a panic or are you trusting God? At this crunch time you need to be living moment-by-moment with Him. I, too, have to trust Him for everything, but in reality I would rather be in His capable hands than any place else. It is a haven of peace and rest. He promises to help you, so don't panic and just BELIEVE that God will answer. Remember He is a God of details and all you have to do is rest in Him He will come flying to your aid. Remember that His word

says that He is sufficient for all YOUR needs. All we have to do is thank Him and TRUST.

I encourage you to not give up hope and heart—follow God's vision for your life and you will be able to move from fear of falling apart during the recession to being faithful to God through this bump in the road. Would you rather depend on you and your own means or depend on God? My answer is I BELIEVE IN AND DEPEND ON GOD!

"Now faith is being sure of what we hope for and certain of what we do not see."

PASSAGE: Hebrews 11:1 (NIV)

Karen Anderson is an accomplished speaker, author, and chaplain and has a local TV show, *Move Your Mountains*. Contact Karen at www.doab-lesteps.com, or 916-961-4765.

DMV: "Ask George"

Expert Answers to Common DMV Questions



By George Valverde - Director, California Department of Motor Vehicles

Do you have questions about general driving related requirements like registration and insurance?

Are you unclear about laws and restrictions related to driving?

The California Department of Motor Vehicles has answers.

"Save Time by Going Online," at www.dmv.ca.gov.

Q: My husband and I have started to take daily walks around our neighborhood for exercise. We live in an area with heavy street traffic and want to know if there are any rules we should keep in mind as pedestrians. Do you have any advice?

A: Thank you for seeking out information about how to be a safe pedestrian! One out of every six traffic fatalities is a pedestrian, so it is important for you to be informed. The California Driver Handbook offers these tips to pedestrians:

- Never "jaywalk," or cross a street between intersections. Always cross at a crosswalk.
- Do not suddenly leave a curb or other safe place and walk or run into the path of a vehicle close enough to be a danger to you.
- If there is no sidewalk, walk in the direction that faces the oncoming traffic.
- When a signal first changes to green or "WALK" for you to cross, look left, right, and then left again and yield the right of way to any vehicle in the

intersection before you cross the street.

- At night, make yourself more visible by wearing white clothing and retro-reflective materials or by carrying a flashlight.
- Most importantly, always be aware of what is going on around you!

You can view the California Driver Handbook online at www.dmv.ca.gov.

Q: I have decided that I want to be an organ and tissue donor. My license doesn't expire for another three years and I want to change my organ donor status now. How can I do this?

A: You do not have to wait until your license expires to update your organ and tissue donor status! Simply visit <http://DMV.ca.gov/about/donateLife/donateLife.htm>. From there you can become a registered donor, read answers to frequently asked questions and real life organ donor and recipient stories. Congratulations on your decision to become an organ and tissue donor!

Q: My brother recently purchased a motorcycle and though he has a motorcycle license, I do not. Am I allowed to drive his bike?

A: No. Driving any motor vehicle without the proper license is against the law. If you are interested in legally driving your brother's motorcycle you should obtain your motorcycle (M1 or M2) license.

The procedure for acquiring a motorcycle license varies based on age, but all applicants must pass a written test first. For a checklist of what is required, visit http://www.dmv.ca.gov/about/2011mc_lic.htm

The DMV is a department under the Business, Transportation and Housing Agency, which is under the direction of Acting Undersecretary Traci Stevens. The DMV licenses drivers, maintains driving records, registers and tracks official ownership of vehicles and vessels, investigates auto and identity-related fraud, and licenses car dealers, driving schools, and traffic violator schools. For more information about the DMV, visit www.dmv.ca.gov.



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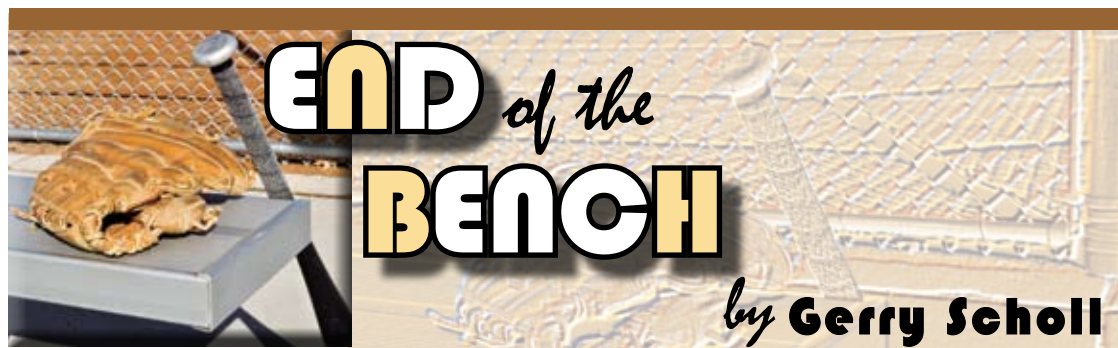
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Simply Amazing

The Oakland Athletics passed their mid-term exams with green and gold colors flying by coming out of the All-Star break to win eight of nine games, including five of six against a pair of powerful division-leading teams.

The A's won four straight one-run games over the Beasts from the East, the New York Yankees, who have the best record in the majors. That followed a two-game split with West leader Texas and now the A's and Angels are both within striking distance of the Rangers and/or playoff spots.

Sunday's 5-4, 12-inning victory was the A's' 11th walk-off win of the season. Their exciting resurgence calls for a rebirth of their long-lost nametag, The Amazin' A's.

When over 30,000 fans were going cuckoo for Coco Crisp when he singled in the game-winning Sunday, one couldn't help but notice a new dynamic. A's fans had regained "ownership" of their home park. In the past, New York fans (and Boston Red Sox fans) would routinely overrun the Coliseum to the point it seemed the visitors held the home-field advantage.

But three rookie starters, part of a seven-rookie staff currently, and a bullpen which has league-leading 2.71 ERA, limited the Yanks to ten runs in the series. The A's' lineups of young

unproven players and fringe-caliber players had just enough each day to take down Yankees lineups laden with big-money free agents. Two New York players, Alex Rodriguez and pitcher C.C. Sabathia, are paid more than the Athletics' entire 25-man roster. Go figure.

Over 100,000 fans attended the New York series, partly because it was the Yankees, but also because the Oakland BART train (Baseball Again Really Thriving) is really rumbling to the sound of a 14-2 record in July. Winning can produce amazing results.

You have to wonder if Oakland co-owner Lew Wolff might be a little upset with general manager Billy Beane. Could Beane's surprisingly successful personnel moves and manager Bob Melvin's guidance have temporarily derailed Wolff's ambitions of eventually moving the team? We'll see... He better get it done before another movie comes out!

Meanwhile, things are going pretty well across the bay. The San Francisco Giants returned from a 4-2 eastern road trip still in first place for a 10-game home-stand. Tim Lincecum seems to be returning to form, joining the party with the rest of the dominating starting staff. Despite a few hiccups, the bull pen is still one of the best around.

The offense averaged better

than six runs per game on the trip. All-Star MVP Melky Cabrera is still milking his season-long hot streak, leading the majors in hits. All Star catcher Buster Posey is busy validating the votes with a hot streak that has vaulted him into the top ten in hitting in the National League. All Star Pablo Sandoval has been a little off his game since his decisive three-run triple in the Mid-Season Classic, but his track record shows he should be productive.

Ryan Theriot has saved the day at second base, relatively nullifying the disappointing loss of injured Freddy Sanchez. Mildly disgruntled Nate Schierholtz gave the outfield a boost with strong play in Philadelphia. Angel Pagan and Gregor Blanco have been slumping. A three-man rotation providing plenty of playing time and rest, and energy off the bench could be a good solution.

The biggest issue is fewer baby giraffe hats in the stands and anemic production from first base. You may as well ask Abbott and Costello who's on first, because they could give as good an answer as anybody. The answer does not appear to be Brandon Belt, mired in a long, deep slump and looking much more like Lance Niekro or Damon Minor than Will Clark or J.T. Snow.



A Film Review by Tim Riley

THE DARK KNIGHT RISES (Rated PG-13)

Starting with "Batman Begins" in 2005, writer and director Christopher Nolan envisioned an epic trilogy for the story of Gotham's Caped Crusader, a superhero without any real superpowers.

The conclusion arrives in spectacular fashion with "The Dark Knight Rises," which begins at a point eight years after "The Dark Knight," notwithstanding the fact that the second film was released in 2008.

A lengthier passage of time allows for the consequences of actions taken by Batman and others, including Commissioner Gordon and D.A. Harvey Dent, to have percolated into a state of palpable anxiety.

Action begins with a daring opening sequence that would be the envy of any James Bond film. An incredible skyjacking of another aircraft gives us our first chilling glimpse of the evil embodied by terrorist Bane (Tom Hardy).

Meanwhile, Bruce Wayne (Christian Bale), having retired the Batman cape and cowl in his subterranean hideaway, has turned into a Howard Hughes-like recluse at Wayne Manor, absent the neurosis of keeping a germ-free environment.

To allow Gotham the veneer of law-and-order serenity on the surface, Batman slinked away into oblivion, taking the blame for the demise of Harvey Dent, whose martyrdom brought an end to crime in the metropolis.

The sensitive and sensible Commissioner Gordon (Gary Oldman), his conscience wracked by the truth, knows only too well that the crime-free status of Gotham is predicated upon lies. Soon enough, he will need Batman's return.

Trouble is quickly brewing from multiple sources. Corruption is evident below the surface. A slimy businessman is taking a run at a hostile takeover of Wayne Enterprises.

True malevolence arrives with tuggish terrorist Bane hatching a plan to undermine the institutions of the city, beginning with a violent assault upon the Stock Exchange.

A terrifying figure, Bane has his face covered in a strange mask that serves not to conceal his identity, but to regulate the transmission of painkilling medication. Bane resembles Darth Vader, but without the charm.

Riley Reviews

BATMAN'S "DARK KNIGHT" TRILOGY "RISES" TO GRAND OCCASION

Notwithstanding Bane's unvarnished villainy, the first bad guy to seize Bruce Wayne's attention is Selina Kyle (Anne Hathaway), a cat burglar he catches in the act of lifting family jewels from the Wayne Manor safe.

Of course, Selina represents Catwoman, but oddly enough she is never called Catwoman. For his part, Bruce is intrigued by the cunning sexy vamp's facile ease of delivering witty quips and sharp barbs.

Selina brings welcome humor to a film that is heavy on a dark, gloomy mood. She also helps get Bruce's Batman back into the game, considering that he's out of shape and still healing from old physical wounds.

In a way, Selina helps Batman to focus his attention on the bigger problem posed by Bane's terrorist plot to destroy Gotham with nuclear weapons, but not before bringing down the city's financial empire.

As if inspired by the French Revolution and the attack on the Bastille, Bane and his thugs launch an assault on the local prison to free those incarcerated by the Harvey Dent law that brought an end to crime.

Having rigged bombs in the city's sewer system, Bane figures a way to trap most of Gotham's police force below ground in subway tunnels and other passageways.

Few people outside of Batman and Commissioner Gordon grasp the immediate gravity of the situation, though rookie cop John Blake (Joseph Gordon-Levitt) displays earnest integrity and courage with great conviction, earning himself a leading role in the fight for Gotham.

Other key players are Wayne Enterprises CEO Lucius Fox (Morgan Freeman), the steady hand on the weapons programs needed to fight crime, and new Board member Miranda Tate (Marion Cotillard), a wealthy philanthropist interested in an environmental project.

During much of the early going, the angst-ridden Bruce Wayne is attended by his faithful butler Alfred (Michael Caine), who grows increasingly frustrated that his boss has retreated so fully from engagement with the outside world.

Egged on by the wisecracks of Selina and the dastardly acts of Bane, Bruce Wayne undergoes training to bring himself into fighting shape, as the inevitable showdown with the masked villain is a real doozy.

"The Dark Knight Rises" delves into social-political issues of the day, though one could reasonably come away with differing opinions or interpretations.

Corruption and treachery are not limited to the establishment. Bane's thugs run a kangaroo court where the death penalty is imposed freely and without due process by Scarecrow (Cillian Murphy).

One could ask if the violent attack on the Stock Exchange is an expression of discontent with income inequality or does it represent the Occupy Wall Street movement taken to the reprehensible violent extreme of mob rule anarchy?

Pondering the philosophical implications of perhaps conflicting points of view is a mental exercise soon overcome by brutish, sustained violence. To be sure, Bane is clearly a nihilist committed to destroying many innocents.

What does not appear so debatable is that "The Dark Knight Rises," with exciting chases, superior effects and spectacular stunts, is not far removed from the comic-book underpinnings created by Bob Kane and published by DC Comics.

Outdoor World

CRAPPIE COLORS
Lure color is a large part of the crappie game. At a given time, only one color will catch fish; another time, several colors will work equally well. Unfortunately, there are no precise rules to follow.

Some anglers start by matching the tint of the water—for instance, lime or metallic green in greenish water, motor oil or yellow on coppery lakes, white or blue when the water's clear. Other experts rely on the logic of contrast like bright colors in dark water and dark colors in light water. All carry a wide array of colors and experiment until the fish indicate what they prefer.

Moreover, crappies may hit a particular color for a time, then shut off of it. You think the fish have stopped biting or moved. Before pulling anchor, try switching colors. Many times that's all it takes. The fish are still down there and can still be provoked into striking but only on a different color, often something substantially unlike the color that worked well only a few minutes before.

Bill Dance is Host of "Bill Dance outdoors" TV Show

For more tips, log onto basspro.com

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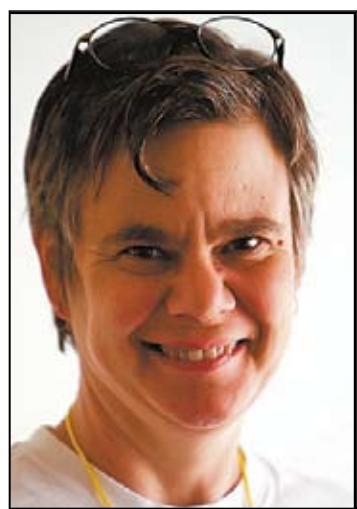
- Like smell of burning rubber, e.g.
- Known for its brown trucks
- Given name of Russian Gymnast who competed in 1970s
- "The Red Badge of Courage" author
- Cul de _
- Landowner
- It fits into a mortise
- Ostrich-like bird
- "Or else" in music
- "_ Higher, Stronger"
- *Boxing weight class
- A great distance
- Suite cleaner
- Comes from pine tree
- Italian currency, pl.
- Type of deodorant
- William Simmons was a founder of this infamous group
- Piece of metal covered by leather and used for hitting
- Not a soul
- Hipbones
- On a cruise
- Dante's Beatrice, e.g.
- A mood disorder
- *Sprinting and long jumping great
- Spawned
- *Most-decorated gold medalist
- Thick, messy substances
- Wilbur's home
- Connecting point
- _-been
- *Ancient Olympia site
- *Decathlon event
- One of Indian languages
- Pigeon call
- Fully informed
- "Dressed to the _"
- Pooh's wise friend
- *Medal holders
- Short for engineer
- Soak a fiber, e.g.
- Rendezvous

DOWN

- Parts of play
- *a.k.a. rowing
- Hindu princess
- _ and out; on and _
- Relating to teeth
- Substance abuser
- *_ Shriver, gold medalist tennis star
- Aqua-lung
- Kiln for drying hops
- *Gold medalist and WNBA star, _ Leslie
- Sinister
- Dental group
- *2012 Olympics site
- "Fear of Flying" author Jong
- On _
- Stuffed in a bottle?
- Pinch to save
- Muslim God
- Founding Father Thomas
- Officer training program
- Bausch's partner
- Glowers or frowns
- Beginning of illness
- Always demanding attention
- Victim of nervous biting
- Villain's rival
- Central Pacific greeting
- Pause in breathing, pl.
- Socialist, abbr.
- Idiot _
- Interior designer's concern
- Waste water pipe
- Smiley face
- It represents a continent
- Looker or ogler
- Sudden impact
- Like a tanning product
- Irritates
- No kids or empty _
- *Bermuda and Iraq each previously won this many Olympic medals
- Be in debt

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ROCK DOC

By Dr. E. Kirsten Peters

Hot enough for you? I've been thinking about heat lately, and not just because of the nation's mostly torrid weather.

We all can easily verify that hot air rises – when you change a light bulb near the ceiling of your living room, you find the air up there is warmer than it is near the floor. Another fact about heat rests on a simple experiment. If you rub your palms together you'll feel some warmth. Then, if you bear down on your hands, pressing them together hard, you'll create quite a bit of heat.

Early scientists tried to understand the basic facts of heat with general theories. One such theory stated that heat was something like a fluid. After all, it seemed that it could flow from warm bodies into cold ones, equalizing over time so that both were at the same temperature. It sometimes affected the size of the bodies it inhabited, for example making hot air take up more volume than cold air – creating the reason that hot air rises.

But heat was an odd substance in some ways. It had no mass, a fact verified by weighing a solid object, then heating it up, and finding it still weighed the same.

Benjamin Thompson was an early scientist who studied heat.

Heat Long Puzzled Science

Born in 1753 in Massachusetts, he later moved to continental Europe where he was ultimately named Count Rumford of the Holy Roman Empire in recognition of his scientific accomplishments.

Count Rumford is famous in the history of science for a heat experiment. Back in his day, it was known that boring (grinding) out cannons made for a great deal of heat. Count Rumford immersed a cannon in a water bath, then ground out the hole as he measured the rise in temperature of the water. The change was so great the water actually boiled after two and a half hours of the heavy work. Count Rumford argued that the heat wasn't a fluid at all, but something quite different that had been created by the vigorous motion of the grinding.

Count Rumford's work revived a theory of heat that had been put forward much earlier by Francis Bacon. As Bacon had put it, the "very essence of heat is motion and nothing less." Heat and cold garnered Bacon's attention in a way that may have cost him his life. As the story has it, he was riding in a coach in March of 1626 when he had the idea that cooling meat might delay its decay. He gathered up some snow with his bare hands and stuffed it into poultry. Shortly after that experiment, it's said that Bacon caught cold and then died of bronchitis.

Bacon's idea that heat was motion started to gain more adherents after Count Rumford's work with the cannon. It fell to a man named James Prescott Joule to show that work of any kind can be transformed into heat. That included mechanical work – like rubbing your hands together

or grinding out a cannon hole – or chemical work or electrical work. When heat became recognized as something that could be equated to work, the modern science of energy began to come into focus and the unit of energy we call a "joule" was not far off.

Even apart from rubbing your hands together, you'll be an example of energy relationships today as you go about your daily life. You'll take in chemical energy from food. As you know, if you eat more than you expend, you'll gain a little weight – fat that later can be converted into energy.

No matter what else you do, you'll burn energy today to meet the basic demands of keeping your body functioning. Even converting the food you eat into useful energy demands energy. So part of what you eat gets used up doing exactly that.

Beyond maintaining yourself and digesting your food, exercise can lead to significant energy expenditure. A gentle walk will use 150 to 300 calories per hour, while vigorous work like running or shooting some hoops can burn 500 to 700 calories per hour.

Best wishes managing your personal energy balance today. Remember, no matter how you do with it, you'll come out ahead of Francis Bacon and his unfortunate experiment with the snow.

Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. Follow her on the web at rockdoc.wsu.edu and on Twitter @RockDocWSU. This column is a service of the College of Agricultural, Human, and Natural Resource Sciences at Washington State University.



TAX HELP from a Tax Pro

Dean Alexander Sr.

IRS Demands Compliance but Withholds Information

Let us first talk about compliance as defined by the IRS. Compliance according to them is filing your income taxes. If taxpayers owe back taxes, they are prohibited from reaching a tax resolution if they have not filed their tax returns.

Some of the taxpayers need to file several years at a time. The source of income may not be available to taxpayers. So we usually go to the IRS to order transcripts to obtain such information. One of the benefits of having those transcripts is to match exactly the tax returns that need to be filed with IRS records.

Matching, in addition to establishing the correct liability and accuracy, also saves the IRS time and effort. The reason behind this is the fact that the IRS will chase the taxpayer if there is underreporting. They discover underreporting by matching what is filed with what they have

in their records. That is why we save them the agony of sending notices such as CP2000 and following up on the case that will remain open until it is resolved after possible correspondence back and forth.

You would think that the IRS would have invested interest to provide the needed tax help by giving you the old years for those reasons. But alas, the IRS would establish a cutoff beyond certain old years which is understandable. The bones that we have to pick with the IRS are the year they choose for cutoff after which they refused to give you wage and income transcripts.

The tax problem that we face is the following: the IRS requests that we file a certain old year. If they had matched the available transcripts with the tax returns that still need to be filed that would have made the life of the taxpayers much easier. There is a way to obtain the transcripts

differently. I have tried that way. Sometimes you get the transcripts and sometimes you don't. And above all it may take sometimes months when time is of the essence.

I have had revenue officers give me a deadline before collection action such as levy and wage garnishment was to start. During that time I had to file tax returns for which I did not have the information. The time he gave me was not sufficient to obtain what I needed. So you are left on your own.

Summary: Transcripts are important to provide the tax help needed to prepare returns and proceed to a tax resolution such as an offer in compromise.

Dean has 30 years experience as a CPA and tax consultant and he is currently on two radio shows. He is the managing director of National Financial Advisors (NFA Tax Help), a national firm headquartered in Houston. He is also a Chartered Financial Consultant and Chartered Life Underwriter. He consults exclusively on tax matters particularly tax audits and tax collections at both the federal and the state levels.

MONTHLY MILITARY RETIREE/SPOUSE MEETING

Our next monthly meeting is scheduled for 14 Aug at the North Highlands Park and Recreation District, 6040 Watt Ave, North Highlands. Meeting time is promptly at 1030 hrs.

Our speaker for this event is John Mitchell, Sunset Lawn Funeral Home. Should be very informative. Please direct any questions to our volunteer staff at 916-923-4979, Mon thru Thurs 9 to 3PM.

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8/4	6-8pm	Shadia and A BAAAD BAND
8/18	6-8pm	Four Barrel
9/1	6-8pm	The Funky Blue Devils
9/15	6-8pm	PointDexter

Sunrise Blvd & Greenback Lane

Your Center

CLASSIFIED MARKETPLACE

Reach Over 300,000 Readers Each Month



A great way to buy, sell, or jump-start your new business!



Place Your Classified Ad in the MPG Classified MarketPlace and reach over 300,000 people throughout Sacramento County and Placer County for one low price!

What Do You Get ?

30 Days in print in 4 local newspapers. 5 lines with a photo.
30 Days online in 12 local news sites. 5 lines with up to 5 photos.

What Does it Cost?

You pay only \$129 for the entire 30 Day package! Just \$4.30 per day!

How does it Work?

- Go to MPG8.com.
- Click on the banner for the newspaper in your area.
- Click on the bright yellow Classified Marketplace banner.
- Click on Place an Ad, and follow the instructions.
- You are not charged until you create and approve your ad!

It's Easy. It's Fast. It Works.



Messenger Publishing Group



Print publications include: Carmichael Times, Citrus Heights Messenger, American River Messenger, Placer Sentinel. All other publications are online.