



M Citrus Heights Messenger

“Written by the people, for the people”

Volume 2 Issue 9

Serving the City of Citrus Heights and Sacramento County

First Edition for May 2012

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Hands Project Spruces
up Van Maren Lane**



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New Focus on Auto Theft



Preventing the rising trend of auto thefts in Citrus Heights is a primary focus of the Citrus Heights Police Department.

**By Larissa Wasilevsky,
City of Citrus Heights
Police Department**

CITRUS HEIGHTS – In the United States, a vehicle is stolen every 33 seconds. Over the last 6 months, over 300 vehicles have been stolen in Citrus Heights. Nearly half of those vehicles are Honda Accords and Civics, specifically early 1990’s models. The Citrus Heights Police Department is working hard to reduce the number of auto thefts in our community. We want to prevent any of our citizens from becoming a

victim of this inconvenient and costly crime.

You can help prevent auto theft by:

- Parking in well lit areas
- Locking all doors and windows
- Using a garage to park in instead of the street
- Never leaving your vehicle unattended while running
- Using anti-theft devices such as car alarms and steering wheel locking devices
- Never leaving items of value in plain view in your vehicle

The Citrus Heights Police Department encourages all

citizens to be on the lookout for suspicious activity in their neighborhoods. If you see a suspicious person using tools, a crowbar, hanger, or screwdriver, to get into a vehicle, consider that suspicious and a possible crime in progress. Call the police department immediately. Please get to know your neighbors and their vehicles so you know who belongs in your neighbor’s vehicle and who doesn’t.

If you have had a vehicle parked in your neighborhood that does not belong to any of your neighbors, call the non

emergency line (916) 727-5500 and report the abandoned vehicle. Have the license plate number or VIN ready to give to the police so we can run it to check if it has been reported stolen.

Anyone with any information about individuals involved in Auto Theft is encouraged to call Crime Alert at (916) 443-4357, or the Citrus Heights Police Department Crime Tip Line at (916) 727-5524. If you become a victim of vehicle theft, please call the Citrus Heights Police Department to report your vehicle as stolen.

**City of Citrus Heights
Participates in
Building Safety Month
An International
Celebration of Safe and
Sensible Structures**

CITRUS HEIGHTS – When you enter a house or building, most likely you assume that it is safe and was properly constructed in accordance with building codes. Fortunately, your local safety experts work hard to assure building safety and fire prevention every day. To help raise awareness of building safety, the City of Citrus Heights Building Department proudly celebrates Building Safety Month this May. The theme, “An International Celebration of Safe and Sensible Structures” highlights four areas: Energy and Green Building; Disaster Safety and Mitigation; Fire Safety and Awareness; and Backyard Safety.

Across the nation, leaders and communities are promoting the use and understanding of these topics to protect lives and property. A 2012 Presidential Proclamation declared May Building Safety Month across the Country.

“When building safety and fire prevention experts inspect buildings during and after construction, we help to ensure that the places where you live, learn, work, worship and play are safe,” said Greg Anderson, Chief Building Official for The City of Citrus Heights. “The important work we do is often overlooked until a catastrophic tragedy occurs”

Building safety and fire prevention codes address all aspects of construction, such as structural soundness of buildings, reliability of fire prevention and suppression systems, plumbing and mechanical systems, and energy efficiency and sustainability. To ensure buildings are safe requires the active participation of building safety and fire prevention officials, architects, builders, engineers and others in the construction industry, as well as property owners.

“Public safety is our number one concern,” said Anderson. “During Building Safety Month and all year long, building safety and fire prevention officials are here to help protect you, your family and our community.”

The International Code Council is a member-focused association dedicated to building safety, community and construction industry provide safe and sustainable construction through the development of codes and standards used in the design, build and compliance process. Most U.S. communities and many global markets choose the International Codes.

The City of Citrus Heights will have a Building Safety Month Kick-Off at City Hall, Monday 8:30 a.m. with Donuts and Coffee and a Free Raffle for those who attend. Prizes include a composter, Charcoal BBQ and much more. During the month of May come by City Hall for more information. 6237 Fountain Square Dr. Citrus Heights. Monday through Friday, 8 a.m. to 5 p.m. Call for more details (916) 727-4760.

Building Safety Month is sponsored by the International Code Council Foundation (ICCF), the non-profitsubsidiary of the International Code Council (ICC).

*Source: Greg Anderson,
Chief Building Official
City of Citrus Heights*

Relay for Life to Hold Launch Party



Join the Realy for Life Citrus Heights Team for 2012 Call (916) 435-2050 for more information. Photo courtesy of Relay For Life.

CITRUS HEIGHTS – On May 9, 2012 from 6 pm to 8 pm the American Cancer Society Relay For Life® of Citrus Heights will officially get underway as event volunteers, participants, survivors and any other interested individuals gather at the Citrus

Heights Community Center to launch their fundraising efforts for the year. The rally will feature a survivor speaker from the community who benefitted from the funds raised at Relay, will engage and educate the community about Relay For Life®

and will honor cancer survivors. There will also be an opportunity to register as a team, participant or survivor and hear more about the Relay For Life® event to be held on July 21-22 at San Juan High School.

The world’s largest grassroots

fundraising movement, Relay For Life mobilizes communities throughout the country to celebrate people who have battled cancer, remember loved ones lost, and provide participants with an opportunity to fight back against the disease. Relay brings together friends, families, businesses, hospitals, schools, faith-based groups . . . people from all walks of life – all aimed at furthering the American Cancer Society’s vision of creating a world with less cancer and more birthdays.

Relay For Life began in 1985 with one man who walked and ran around a track for 24 hours and raised \$27,000 for the American Cancer Society. This year, Relay For Life will take place in over 6,000 communities in the United States and 21 other countries and will raise funds to support the Society’s mission of saving lives by helping people stay well, by helping people get well, by finding cures and fighting back.

To join the Relay For Life of Citrus Heights, call our Event Chair, Candy List at (916) 435-2050, or visit us online at RelayForLife.org/CitrusHeightsCA



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Traffic Problems at Woodmore Oaks

By Leslie Carrara

CITRUS HEIGHTS - To say that traffic calming efforts on Woodmore Oaks is controversial is possibly an understatement. Residents either like the new round about with curb extensions or they literally hate it.

All of this has been presented to the Citrus Heights City Council and for the time being, they are going to continue to receive feedback from the community and take a "wait and see" approach for this much-traveled route connecting Sunrise Blvd. with Fair Oaks Blvd. to the east. One thing residents agree on is that the round about is deterring large trucks from barreling down the road as large trucks are having difficulty negotiating the curb extensions. At the council meeting on April 26, two residents spoke up in favor of the work done by the city and asked council to give it a year to see what happens next and to give residents time to use the street

and get comfortable with it. Councilwoman Dr. Jayna Karpinski-Costa said that perhaps the round about was put at the wrong end of the street and that maybe it needs to be down more toward Fair Oaks Blvd. She said that she initially was against the work, but she is willing to give it time for residents to become more educated on how to negotiate the turns. Additionally, she would like to see more police presence in the neighborhood warning or ticketing travelers speeding or not following the rules of the road. At the site, the right of way is to the right to make turns, but drivers have been seen ignoring the signs and turning left to get to their destinations.

In addition to the round about, the city striped lanes and put in bike lanes along Woodmore Oaks and Crux Dr. A left hand turn lane was also put in in an effort to further break up the traffic. Gifford Massey, president

of Residents' Empowerment Association of Citrus Heights Area 9 told the stranding-room only crowd at the Sunrise Oaks Neighborhood Association (SONA) meeting on May 2 that "double lanes on Woodmore Oaks does work."

Meanwhile, phase two of the Traffic Safety Accessibility and Walkability (TSAW) is funded after receiving a federal Highway Safety and Improvement Grant for \$900,000 and work will be starting at Sunrise Blvd. and Sungarden Dr. in the near future.

What is scheduled to be completed at a total projected cost of \$1.1 million, according to Principal Civil Engineer Stuart Hodgkins, is a traffic light placed at the intersection and as the intersection slopes downward, they are going to level it off and make it all one height. Signage and pedestrian walkways and more bike lanes are anticipated for the future as funding becomes available.

Senior Health Fair, May 19th



The Old Time Fiddlers will be back to entertain at this year's Health Fair as well as many other exciting and fun attractions. There is no charge to attend, to park, or to participate. Photo courtesy of Helen Brewer.

By Helen Brewer, Event Publicity Chair

CITRUS HEIGHTS - Seniors Invited to Healthy Heights Health Fair Entertainment; health screenings; and medical, housing, and information exhibits will be featured at the 5th annual award-winning Senior Health Fair on Saturday, May 19th from 9 a.m. to 1 p.m. in the Fountain Square Rose Garden complex located at 6237 Fountain Square Drive in Citrus Heights. There is no charge to attend or for parking. Attendees can get free massages from the Healing Arts Institute.

Dr. Scott Nygard will conduct complimentary vision screenings at the Lions Vision Van. Also available will be a diabetes screening test donated by Abbots Lab and blood pressure checking donated by Walgreens. Thomas Spencer, who owns a dance studio, will conduct his popular chair exercise class at 9 a.m. Scheduled at 10 a.m. is the Wellness Walk and Roll where participants take a leisurely walk from the Health Fair location to Van Maren Park where they are rewarded with a bag of goodies. "It's less than one-mile round trip and we welcome those who use walkers and wheelchairs," said Dr. Jayna Karpinski-Costa, president of SOAR (Sylvan

Old Auburn Road), the Citrus Heights neighborhood group that created the Health Fair four years ago. There will be more than 50 exhibits dedicated to senior issues and concerns.



Cordia and WalkWalk and Roll participants are shown at the half-way point at last year's Walk and Roll, a popular activity at the Health Fair. The leisurely-paced walk includes hikers and those with walkers as well as people in wheelchairs. Photo courtesy of Helen Brewer.

Exhibitors will include government, non-profit, and public service organizations with information about legal services, healthcare, in-home care, housing, and medical topics. Other exhibits will feature ideas and suggestions for leisure and fun activities. There will be free drawings and give-

aways but nothing will be sold at the booths. Entertainment will include Old Time Fiddlers at 10:20 a.m.; Gracious Ladies of Hui Lan Lima at 11:15 a.m.; and line dancing with Yvonne Johnson at 12:10 p.m. Special tribute will be given to American veterans at the event.

Because May 19th is also Armed Forces Day, the American Legion will post colors at 10 a.m. and flag lapel pins will be given to all participants as well as a complimentary bag. An award will be given to the "Senior Senior", the oldest attendee at the Health Fair. C.E.R.T. will give CPR demos at 9:30, 10:30, and 11:30 a.m. Attendees can also participate in a special theater reading.

County Supervisor Roberta MacGlashan, the honorary chair of the Health Fair, will give a special greeting and welcome at 10 a.m. Hank Henderson, Jr. will play the piano throughout the day near the Trellis Room. Sponsors of this year's Health Fair are SOAR, Northwest Neighborhood, REACH, Allied Waste, the City of Citrus Heights, Mercy San Juan Medical Center, SMUD, Sunrise Recreation and Park District, Walmart, Citrus Heights Lions, Healing Arts Institute, and the Sacramento County Adult and Aging Commission.

Mormon Helping Hands Project Spruces up Van Maren Lane



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Vehicle Collision into Power Pole

CITRUS HEIGHTS - On April 29, at approximately 4:45 P.M., Citrus Heights Police Department responded to reports of a solo vehicle collision on Auburn Blvd. just north of Greenback Lane.

When officers arrived on scene they learned the California Highway Patrol was assisting a disabled motorist on Auburn Blvd. While in the process of pushing the vehicle out of the roadway, the driver attempted to flee the scene. The vehicle drove into oncoming traffic and across Auburn Blvd. where it drove off the road and

into a high voltage power pole. The force of the collision resulted in live power lines surrounding the vehicle trapping the driver and sole occupant inside.

The Sacramento Metro Fire Department along with SMUD arrived on scene. The power was turned off to allow firefighters the ability to extricate the driver from the car. The 63 year old driver was transported to a local hospital for medical treatment. The extent of the driver's injuries is unknown at this time and the roadway is open

in both directions.

The Citrus Heights Police Department's Traffic Unit is currently investigating this as a driving under the influence of drugs/alcohol collision.

Anyone with information regarding this collision is encouraged to contact the Citrus Heights Police Department at (916) 727-5500 or the Traffic Tip Line at (916) 727-5525 in the event you wish to remain anonymous.

Source: CHPD, Jon Kempf, Public Information Officer

Hometown Heroes

Air Force Airman Jacob K. Warner 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.

Warner earned distinction as an honor graduate. He is the son of Scott Warner of Oakberry Way, Citrus Heights. The airman is a 2007 graduate of Mesa Verde High School, Citrus Heights.

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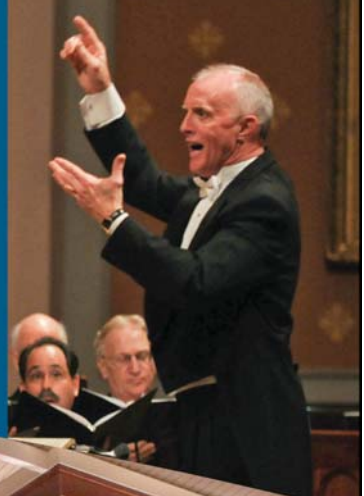
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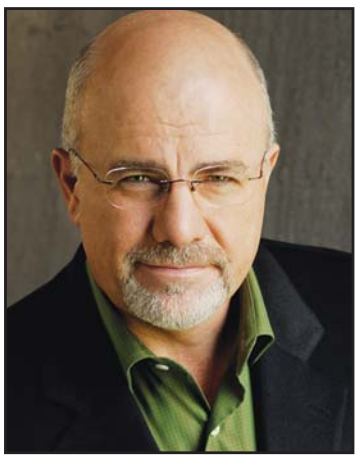
Judge Bogert is endorsed by:

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- Sheriff Scott Jones, County of Sacramento
- Police Chief Rick Braziel, City of Sacramento
- Police Chief Christopher Boyd, City of Citrus Heights
- Police Chief Cynthia Renaud, City of Folsom
- Sacramento County Police Chiefs and Sheriff Group
- Sacramento County Probation Association
- Sacramento County Deputy Sheriffs' Association
- Sacramento Police Officers Association
- Sacramento Area Fire Fighters Local 522
- Crime Victims United of California
- Crime Victims Action Alliance
- Citizens for Law & Order Inc.
- Sacramento Metro Chamber of Commerce

** Partial List*

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Dave Says

all your debts, except the house, from smallest to largest, and after that you finish out your emergency fund with three to six months of expenses. This is a real whirlwind of activity, because everything should be wrapped up in an aggressive, we've-got-to-get-this-done kind of attitude.

I guess if there's a letdown it could come from the feeling that once you're out of debt except for your house, things should kick into overdrive and you'll become instantaneously wealthy. That just isn't realistic. But it does remove a ton of stress from your life, and you'll experience a sense of freedom that you've never felt before.

As for frustrations, they'll be fewer because a huge cause of stress and frustration will disappear after you gain control of your money and get out of debt. You may feel like things aren't moving fast enough, but things never seem to move fast enough when you're intense and really into what you're doing!

- Dave

Time to Play it Smart!

Dear Dave,
Our son is 21, and he's embarking on a career as a professional soccer player. He'll only be making about \$30,000 a year, and we want to know how we can help him manage this

money and not get caught up in the idea that he has to live a glamorous lifestyle.

- Karen

Dear Karen,

"Glamorous" isn't the word I'd use to describe a \$30,000-a-year job, even for a 21-year-old. I think the biggest thing here is to make sure he develops some emotional maturity and uses basic, common-sense guidelines to help keep things in perspective. If he makes a habit right now of budgeting and living on less than he makes, he's going to have a lot easier time later on if he starts raking in the big bucks.

Help him prepare his heart for two things. First, that a career as a professional athlete will probably be a short run. Enjoy it, be smart, then prepare to move on to the next part of your life, and develop a different career track.

The second thing is that even if he beats the odds and ends up making a ton of money, he's got to view the money as a responsibility and a privilege. This is when the common sense and maturity really come into play. You can't run out and buy a bunch of houses and cars and expect even big money to last for long!

- 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.

Frustration Along the Way?

Dear Dave,
I'm about to complete Baby Step 3. I've been very intense about following your plan, but I was wondering if there's ever any kind of frustration or let-down after you've come this far.

- Rasheed

Dear Rasheed
You're right. The beginning three Baby Steps are very intense. First, you get \$1,000 in the bank—\$500 if you make less than \$20,000 a year—for a beginner emergency fund as fast as you can. Then, pay off

Citrus Heights Marching Band is Recruiting



9/11 Memorial Ceremony at the State Capitol. The band participated in the Citrus Heights Red, White, and Blue and the Rancho Cordova 4th of July Parades and at two high school football games.

The group won several awards in 2011. Because of the band's supporting sponsors, there are no membership fees for band members or charges for uniforms. "Our only requirements are that you be able to play an instrument, read music, and be able to march," said Tickner.

Now in its seventh year, the band was organized to perform for the Citrus Heights Red, White, and Blue Parade. "Since then, the band has grown each year and we hope to have 80 members in this year's band," commented Tickner.

For more information about the band, contact Kathy Cook, the band co-founder and program director, at (916) 725-0198 or at abusycook@aol.com.

Source: K. Cook

CITRUS HEIGHTS – The award-winning Citrus Heights Community Marching Band invites interested musicians to become members of the 2012 band. Practices are on Mondays, from 6:30 to 8 p.m. at the Citrus Heights City Hall, 7115 Greenback Lane.

"We are looking for anyone who currently plays a musical instrument as well as those who

were in a school band in their youth and would like to find a place for music in their life as an adult," said Kody Tickner, director of the band. "We have complimentary loaners for those who don't have their own instruments." Last year's 54-member band ranged in age from 10 to 77 years.

The band performed at 20 events, including the prestigious



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Citrus Town Center Celebrates Grand Opening



CITRUS HEIGHTS - Citrus Town Center recently completed its new \$4 million remodel with a celebration on Saturday April 21. A large number of local dignitaries, businesspeople and people from the community at large also attended the ribbon cutting ceremony.

Kids enjoyed free rock climbing, a bounce house, face painting, choo-choo train rides and treats. "Funtastic Four" also performed live for the public.

Citrus Town Center is at the corner of Sunrise Blvd. and Greenback Lane. Come visit the center's many stores;

Sprouts Farmers Market, Carters, Panera Bread, Marshalls, Bev Mo, Staples and Petsmart.

At the opening patrons contributed some much needed food for the Sunrise Christian Food Ministry efforts.

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Where the Money Should Go



By Roberta MacGlashan

As the economic downturn persists, Sacramento County is working hard to ensure that your tax dollars are spent in a way that maximizes services available to the public. This has not been easy, as we have cut General Fund expenditures from over \$625 million in 2008 to around \$475 million this year. Yet, as proof that we are fighting to maximize services I am pleased to inform you that the Sheriff's Department has more deputies assigned to patrol services now than at any time in its history.

As we work to improve service levels, it is critical that management salaries and benefits be kept in line. As your supervisor, I have

worked to ensure that County management employees have not been given pay raises in over four years. In fact, we actually cut management pay by 5% in 2009. Additionally, I have ensured that managers are paying their full share of retirement contributions.

I also fought to get the Board of Supervisors to implement an ordinance in 2007 to allow me to cut my own pay, which I have done every single year since. Prior to my insistence on such an ordinance, Board member salaries were automatically tied to a percentage of the pay of a Superior Court judge, and individual Board members had no ability to reduce their own pay at all.

Sometimes, however, there are unelected boards that just don't get the message. Last month, the County Employees' Retirement System Board attempted to give its top, \$100k+ a year executives pay raises of up to 22%. And they did so without public outreach and the minimal public notice required by law.

When I found out about these raises, I was outraged. There is no excuse for such extravagant salary increases for publicly-funded management employees during these times.

What the retirement system did not plan on was that these raises

required approval by the elected Board of Supervisors. I immediately stepped up and brought a resolution before the Board of Supervisors, calling on the retirement system to rescind the raises and sending the message that the Board of Supervisors was prepared to reject them when they came to us. This resolution passed the Board of Supervisors unanimously, and to date the retirement system has not brought the matter forward for consideration.

My efforts on these fronts will continue in the coming years as I work to help lead the County through very trying economic times. However, there can be no doubt that discretionary County revenues should be directed towards providing services like Sheriff's patrols and prosecutors, not raising the salaries of well-compensated executives.

As always, I welcome your input in the public process. You can call my office at (916)874-5491 or email me directly at macglashan@sacounty.net.

Additionally, I meet monthly in every community I represent. In Citrus Heights, we meet the fourth Friday of every month at 7:30am in the Denny's at the intersection of Sunrise Blvd. and Greenback Lane. In May, I will be hosting Chief Ranger Stan Lumsden.

Carmichael Honda is Now Maita Honda

After 40 years in business Carmichael Honda is now officially Maita Honda, becoming the 7th brand in the Maita Automotive Group.

CITRUS HEIGHTS – After a big year of additions, upgrades & changes the Maita Auto Group kicks-off the summer adding a new member to the family.

In the last few months, group leaders have been in negotiations to purchase Carmichael Honda at 6151 Auburn Boulevard Citrus Heights, CA, 95621.

"We're extremely excited about having the Honda lineup available for our customers," said Steve Maita, President of the Maita Automotive Group. "The Honda brand offers an exceptional lineup of vehicles."

Chuck Baccarella who has been with the Maita Automotive Group for 8 years says he's ready

to serve the community with the Honda product.

"Maita Honda is looking forward to become apart of the city of Citrus Heights and its community," Baccarella said. "Carmichael Honda has many loyal customers. We intend to build on their tradition of service under the Maita banner."

Area 1 Building Safety Month

By Leslie Carrara

CITRUS HEIGHTS – The Northwest Neighborhood Association (Residents' Empowerment Association of Citrus Heights Area 1) met on Tuesday, April 17, 2012, celebrating a kick off of the international event Building Safety Month, beginning May 7.

City employee Susan Mclendon explained the four week event, beginning with Energy and Green Building week, which ends May 13th. She said that California has more stringent codes than the rest of the world. She added that the state has implemented new technologies. She reminded residents to close curtains and shades during the summer months. Also, she said that residents can recycle batteries at City Hall.

The second week of Building Safety Month is regarding Disaster Safety and Mitigation, with Mclendon telling the large gathering to be aware of your surroundings. May 14th through May 20th residents need to develop a preparedness kit, including a flashlight, water, protein bar and a plan.

Week number three is Fire Safety and Awareness, with international dates set at 5/21 through 5/27. Mclendon said to make sure everyone has working smoke detectors and the soon to be required carbon monoxide detectors as well. She said to have an evacuation plan and an escape route.

Perhaps the largest week is week four, Backyard Safety, running from 5/28 to 5/31.

"This is a huge international event for our industry," Mclendon told the crowd. She discussed barbecue safety, disposal of hot coals and pool and spa safety.

Anyone requiring more

information on the events can drop in at the City Offices on Fountain Square Dr. during normal business hours.

Also discussed at the meeting was bringing attention to foreclosure scams happening in the area. Apparently, someone poses as a renter of the foreclosed property, takes the deposit, the house is sold and the person who took the money is no where to be found, leaving the potential renter out the money fronted.

Next month's Area 1 meeting is added to the calendar on May 17, as City Manager Henry Tingle talks to all REACH Neighborhoods about the utility tax increase proposal.

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Dare to Live Without Limits

MISTAKES

by Bryan Golden

"He who never made a mistake never made a discovery." - Samuel Smiles

Although no one wants to, we all make mistakes. It's virtually unavoidable. Mistakes have a stigma associated with them. To many people, mistakes are synonymous with failure, and no one wants to be labeled a failure.

When faced with two or more options, mistake avoidance plays a significant role in the decision making process. So rather than analyzing which choice offers the greatest rewards, you limit yourself by gravitating towards the alternative with the least risk.

Then, when you make a mistake, which is inevitable, you become filled with regret. Mistakes are typically followed by spending too much time lamenting what you would do differently if you could only do things over.

The only way to avoid making mistakes is to attempt nothing. But that is in itself a mistake. Therefore, mistakes are an inevitable part of life. This is an important fact to accept since wisdom is attained only through mistakes.

Yet, you don't have to repeat the same mistakes others have already been through. True progress is made, and knowledge is advanced, when the experiences of others are used as a foundation for further discoveries.

So here are your objectives. Don't take reckless chances. Learn from the mistakes of others. Armed with knowledge, move forward with the goal of success. Don't be afraid of mistakes. Instead, accept them as part of the learning process. When you do make a mistake, you will gain wisdom.

Surprisingly, there are those who don't learn from their mistakes. They keep repeating the same actions that produced the undesirable results the first time. Making

the same mistake over and over is a sign you are not paying attention to cause and effect.

The concept is really simple. If you want different results you must change your behavior. When you make a mistake, you need to take responsibility for your actions. You can't blame someone or something else. If you refuse to take responsibility for your behavior, there is virtually no chance of obtaining different results. You are the only one in charge of the direction your life takes.

Is it possible to correct a mistake? Yes and no. No, you can't change the past. There are no do overs. Yes, you can make changes that prevent you from repeating the past. Suppose someone gets fired because they were constantly late. They can make sure they are always early or on time at their next job.

Perhaps a person has bad credit because their payments are often late. They can improve their financial situation by starting to make their payments on time. An individual who is gaining weight because of his eating habits and lifestyle isn't relegated to being overweight and out of shape. All it takes is a change in diet and exercise.

Everyone who achieves success has made many mistakes. After

each mistake, they assess what went wrong and why. Then they pick themselves up, make the necessary adjustments, and keep going. They repeat this process as often as necessary until their goals are reached. With each cycle, their knowledge grows.

The journey to success is filled with falls, bumps, and bruises. Perfection, if it exists, is only achieved as a result of numerous mistakes. Anyone who claims never to have made a mistake has not realized any meaningful accomplishments.

Welcome mistakes as the opportunity for growth they are. Learn from each one. Don't become discouraged. Ignore any criticisms others may offer. Never, ever give up because something you attempted didn't have the desired results. A mistake is an opportunity to try again with more knowledge.

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2007 Bryan Golden.

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By Ronnie McBrayer

Love, Mom

would love to have a fish stick to eat." You can also guess my unwise answer: "Well," I said, "Why don't you send those children my fish sticks, because I can't stand to eat another one." I discovered that a fish stick tastes pretty good with a fat lip.

My mother shared a lot of other well-worn but accurate expressions with me as well (usually not as forcefully as the whole fish stick episode turned out). You heard these words of wisdom too: "Money doesn't grow on trees... When you have your own house you can make your own rules... Quit running with that or you will put your eye out... If you can't say anything nice, don't say anything at all... Don't put that in your mouth; you don't know where it has been... Close the door - were you born in a barn... Always wear clean underwear... If everyone jumped off a cliff would you do it too... Your face is going to freeze like that."

We've all heard these things because children of all generations need words of wisdom and correction; because children of all generations like to run with scissors in their hands, object to their mother's cooking, and leave the door standing wide open. Words of correction (even those that are a bit unorthodox at the dinner table) are expressions of a mother's love, and all children need love.

We Christians emphasize the Father-like love of God. And yes, he is our Father. But this emphasis on the paternal, can give us a blind spot so that we fail to see and emphasize the deep mother-

quality to God's love for us. God is also Mother, with a love that is warm, deeply affectionate, and unconditional. In many ways, a mother's guiding, nurturing, compassionate love is best reflective of whom God is.

I like how John Killinger, in his book *Lost in Wonder*, puts it. He writes, "I believe in the love of all mothers, and its importance in the lives of their children. It is stronger than steel, softer than down, and more resilient than a green sapling on the hillside. It closes wounds, melts disappointments, and enables the weakest child to stand tall and straight in the fields of adversity. I believe that this love, even at its best, is only a shadow of the love of God, a dark reflection of all that we can expect of him, both in this life and the next."

Certainly, not everyone has experienced this kind of love from their parents, and are thus quite suspicious of a God who offers to love us without manipulation, abuse or ill-treatment. Still, as the Psalmist said, "Even if my father and mother abandon me, the Lord will hold me close" (Psalm 27:10). And hold us he/she will, because we all need love.

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.

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.

My Mother Was Wrong About Spinach

By Rev. James L. Snyder

One of the great joys of getting older, and there is at least one joy involved in this grueling process, is discovering that you were right all the time. I try not to boast here because, well, that's just the kind of person I am. And, I'm not going to make a list of all of the things I was "right" about. No sense in boasting, but I just can't resist one.

Some of these things centered on my relationship with my mother. One advantage a mother has over her children is that sense of authority and being right all the time. Looking back, I can see that she was not right all the time.

As a young person, my mother told me things I have since learned not to be true. For example:

It takes more than clean underwear to survive an accident.

The boogiemer under my bed does not exist... any more.

None of my friends wants to jump off a bridge.

I will grow up even if I don't clean up my plate.

And, it's almost impossible to behave yourself and have a good time simultaneously.

My mother, like other mothers, was not a bad mother. She just had bad information, much of which she got from her mother. I'm not sure where grandmother got her information, but it too was wrong. And, when you have bad information, there is nothing more you can do but inflict it upon your children. And my mother inflicted away at us children.

This week another one of these "not true things," was revealed. This one was the mother of all untrue things mothers tell their children.

I must confess there is a bit-tersweet sense of victory in this recent announcement. I can't tell you how many times my mother told me to "Eat

your spinach. It's good for you." When I would protest she would further admonish me by saying, "Finish all of your spinach on your plate, it won't kill you."

Boy was she wrong. I hate to say, "I told you so." However, the temptation is beyond my ability to resist. After all, I'm only a man. I guess I never ate enough spinach for the strength to resist everything.

For years, I told my mother that spinach was not good for me. Now, I have scientific proof as well as verification from the United States government that spinach can kill you.

Where was all this information and government verification when I was young and being force-fed spinach? Some things should be retroactive. If I could find a way to give back all the spinach I have eaten from my mother's table I certainly would do it right now. (Could someone find me a porkbarrel?)

Of course, there is always the idea that my mother knew this and was simply trying to kill me. No, after further thought, I'm sure that is far from being true. But don't think I haven't been pondering this, lately. She had plenty of evidence to incite this kind of attitude toward me, I assure you.

My mother used everything she could think of to get me to eat my spinach. She used intimidation, arguments and a gold old-fashioned thrashing. None of it seemed to make her spinach taste any better.

One of the arguments my mother used to get me to eat spinach was good ole Popeye. "Popeye eats spinach," my mother would taunt me. "Look at all of the things he does because of eating spinach."

Of course, from my observation, Popeye only ate spinach when he was in extreme trouble and his life was being threatened. I tried to have an agreement with my mother that I would eat spinach

every time my life was threatened. Then she threatened my life.

Her arguments continued. "Certainly you want to be like Popeye, don't you?" my mother pleaded.

To which I responded, "Yes, and he smokes a pipe too. Can I smoke a pipe?" I did not think it fair for my mother to make me eat spinach and then not allow me to smoke a pipe. If you choose one the other comes too.

At the time, my mother was not too amused with my argument concerning Popeye's pipe. I tried explaining that Popeye's use of spinach was only occasionally but his use of the pipe was continuously. This argument had no effect upon my mother, but it did cause severe pain in my left ear as she led me by my ear back to the table to finish my spinach.

At the time, my mother had a one-track mind, which led to a plate of spinach. I, on the other hand, had a one-track mind, which led as far away from that plate of spinach as possible. Nothing would do but clean up my plate of spinach. Only one mind could win, and it sure wasn't mine.

I listened with amusement to all this news concerning spinach this past week. Reflecting upon this incident from my past, a verse of Scripture came to my mind. "Therefore to him that knoweth to do good, and doeth it not, to him it is sin." (James 4:17 KJV).

At the time of my spinach eating frenzy, my mother thought she was doing the right thing. At the time she was, much to my consternation. It's not so much, what we do, as it is what we know.

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.

I was smacked away from the dinner table on one occasion. Calm down, I was never abused, not even close. But my parents did believe in the effectiveness of that proverb, "Spare the rod, spoil the child." Thus, I was definitely not spoiled.

Even if corporal punishment had not been practiced in my childhood home, I still would not have been over-indulged. Our family was quite poor. My father often worked two jobs in the textile mills to pay the bills and keep the roof over our heads, and my mother cared for my youngest sibling who was very ill. There was always more month than money, and my wardrobe of patched blue jeans and worn-out tennis shoes proved as much - and sometimes, so did our diet.

On what felt like the umpteenth night in a row that my mother served us the culinary delights of macaroni and cheese and fish sticks, I just could not eat another serving of the Gorton's Fisherman. So, not knowing the economic pressures of feeding a family on a meager income, I voiced my complaint: "Fish sticks, again! Is that all we have?"

You can guess the response. She said, "Why don't you learn to be thankful! There are children all over the world who



By Marlys Norris, Christian Author

A Word No One Likes

speaks unfruitful words to others. Their words bring division and destroy unity. Satan attacks believers in many different ways and if someone is immature in their walk with God unkind words will devastate their lives.

For instance: Satan may even come as an angel of light, gently approaching someone who has not yet matured in the faith. He will cunningly persuade and convince them, that what they once knew and believed is childish and immature. They assure them they have a better idea and to put aside everything they have previously believed. If they do this Scripture warns that God will take them home to heaven early rather than lose them to His enemy. Backsliding is not an option in the mind of God. (see O.T. Deuteronomy 30:17-18)

Satan also uses people who are not sincerely committed to God, to do his bidding and to hopefully destroy lives and/or their testimony. Satan's focus is especially on anyone who is a faithful follower of Jesus Christ.. Depending on a person's

knowledge of God's Holy Word and their personal practice of prayer - will govern both their response and personal ability to acknowledge where the hateful words originate.

One day everyone will be accountable! Scripture clearly tells us - "... for all have sinned and fall short of the Glory of God". (Romans 3:23) Jesus death purchased our forgiveness and salvation. When a believer is faithful, their life is fruitful. They live to buildup and edify everyone in their personal journey and knowledge. The authority of their lives comes from God. They live in an attitude of forgiveness and live according to all the instructions in the Word of God, The Holy Bible.

Marlysjn@gmail.com

God Moves Mountains, It was a Miracle!

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Sin is a word most people do not like because it means they must face responsibility and be accountable to someone for our actions. Sin is some action a person does they know God, their parents and society disapprove and they feel helpless to stop.

The enemy of God uses sin to destroy ones life and relationships. Any form of sin causes a person to come into a form of "bondage" that cripples their life when they continue to yield to it. The longer one allows a sin to rule the actions of their life - the harder it becomes to break away from.

One who continues to yield to their sinful nature becomes Satan's advocate as he/she

Why Am I Having So Many Problems?



By Pastor Ray Dare

Once you become a believer, God uses everything that happens in your life. God doesn't cause everything, but God will use everything that happens to you to help grow you. "For those who love God everything that happens fits into a pattern for good. For God... chose us to bear the family likeness of his Son...." Romans 8:28-29 (Ph). One of the most common ways God grows you is through problems.

How do you know if you are growing spiritually? You learn to trust God through a problem. You trust God in spite of the circumstances. You don't demand explanations because there are some things that we will never understand on this side of eternity. In the Bible, there's a book called Job. It's all about one thing: Will a person continue to trust God if he loses everything; if everything

goes wrong in his life? Job's answer was a resounding, "Yes!" But allow me to make this personal - would you? Would you continue to trust God if everything went wrong in your life?

There's a story in the Bible about the Disciples of Christ going through a terrible storm. After Jesus calmed the storm, He turned to His disciples and asked, "Don't you have faith in me yet?" (Mark 4:35-41) The fact is, you will go through some storms in life. You're going to lose loved ones. You may lose a job, your marriage, your health. But will you continue to trust God in spite of the circumstances?

That's what spiritual maturity and faith really are: facing the facts without getting discouraged by them. Faith is not the absence of problems or pretending that everything's great when it's not. Faith is facing the facts without losing your confidence in God. This is the ultimate test of spiritual maturity. It is the point of surrender - you give up control. Part of that trust is realizing the fact that God doesn't always deliver you from the problems of life, but He always

has a greater plan beyond them.

God has a purpose behind every problem. "For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all." 2 Corinthians 4:17. He uses circumstances to develop our character. In fact, God depends on circumstances to mold us into Christ-likeness even more than the Bible, because we experience circumstances 24 hours a day. Even if you read your Bible an hour a day, it would still leave 23 hours of circumstances for God to use.

Life is a school and problems are the curriculum. Every time you solve one problem, another one is waiting to take its place. Not all of them are big, but all are significant in God's growth process for you. If you are facing trouble right now, don't ask, "Why?" Ask, "What?" Not, "Why me?" Instead ask, "What do you want me to learn?" Then trust God and keep on doing what's right. Never give up - but allow God to grow you up!

Pastor Ray

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City Council Discusses Rate Increases

By Nicole Coleman and Leslie Carrara

CITRUS HEIGHTS – On April 26, the Citrus Heights City Council discussed sewer rate increases needed to fund new requirements by 2020/21, and Sunrise Marketplace representatives discussed summertime programs coming up at the stadium at the Sunrise Mall, including the Sacramento Capitals' Tennis Team and a series of four concerts, including the Charlie Daniels Band and Kool and the Gang.

First, however, Mayor Jeff Slowey informed the gathering that beginning July 1, 2012, mandatory furlough days of one Friday per month will hit Sacramento County Public Libraries due to budget cuts. He said that on slated closure days, they will rotate which libraries are open and which ones will be closed.

In other words, all library branches will not be closed on the same day.

Regarding the anticipated sewer rate increase, Regina Cave, management analyst II for the city of Citrus Heights, gave a report at the council meeting about her participation in the

Sacramento Regional County Sewer District's Technical Review Board. The following is what she reported at the meeting as written by SRCSD Communications and Media Officer Nicole Coleman:

The SRCSD provides wastewater conveyance and treatment services to much of Sacramento County, including Citrus Heights and West Sacramento. SRCSD owns and operates the Sacramento Regional Wastewater Treatment Plant in Elk Grove, which is regulated by a National Pollutant Discharge Elimination System Permit (discharge permit) issued by the state-appointed Central Valley Regional Water Quality Control Board. In December 2010, SRCSD received a much stricter discharge permit that would require about \$2 billion in projects at the Sacramento Regional Wastewater Treatment Plant by 2020. Due to this, significant hikes in customers' monthly rates and connection fees paid by new development will be needed over the next nine years.

SRCSD appealed portions of the permit to the State Water Resources Control Board (State Board) in January 2011. By law, the State Board had until

December 23, 2011 to issue a decision on the appeal, however, it did not. Instead, it invoked a procedural option that allows it to consider the appeal with no statutory timeframe. On December 30, 2011, SRCSD filed a lawsuit requesting relief from filtration, disinfection and ammonia removal requirements contained in the discharge permit.

Depending on the outcome of the appeal and lawsuit, SRCSD's customers' rates could increase from the current \$20 per month to about \$67 per month by 2020.

"We have to prepare to do this massive upgrade," said Councilwoman Jeannie Bruins, who also serves on SRCSD's Board of Directors. "None of this is good news for us."

For more information, and to see information as it becomes available on the outcome of the permit appeal and lawsuit, visit SRCSD's website at srcsd.com.

Also announced at the council meeting was the addition of two new employees to the city, working in the new Animal Services Control department. The city will assume full responsibility for field services on May 1, 2012. Ruben Hernandez is the full time animal services officer and Tanya Strong is part time.

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with Mary Jane Popp

MOTHER'S DAY SPECIAL

How can you show MOM you really care on her special day? You can do the usual... flowers, candy, dinner. Wait a minute! What did Mom do for you when you were growing up? Remember the time she held your hand when you missed that home run pitch? And the time she kissed that boo-boo after you toppled off your bike? Or the time she stayed up all night to help mend that broken heart? It's not how much you spend for Mom on any day. It's more like doing something from hand and heart that will leave an impression she'll long remember. Easier said than done? Not really. I checked out a couple of sources and jotted down a few ideas that will make you her kid hero all year 'round!

From Susan Stone's Book "Memories In Moments"...cherished ideas for every holiday and season including Mother's Day like:

1) Freeze edible flowers in ice cube trays. Fill each cube halfway with water, place flowers and freeze. Then fill each to the top and freeze. It'll warm her heart.

2) Plant your favorite bedding plant in a small basket. Tie on a gift tag with a checkered ribbon.
3) Bake bread in flower-shaped tubes.
4) Surprise Mom with a quiet retreat in her own bathroom. Make sure it's clean first. Bring in scented candle, flowers, new magazine or book, a cold drink, and a portable stereo with soothing music. The most important part would be a sign on the door reading "JUST FOR MOM... PLEASE DO NOT DISTURB!"

Then I turned to Casey Kellar for some wonderful tips to complete the picture from one of her books "The Good Earth Bath, Beauty, And Health Book" with more than 75 easy-to-make formulas for self-pampering and gift-giving like:

1) Luxurious Scented Bath Oil.

You Will Need:

- ½ Cup apricot kernel oil
- 1 teaspoon jojoba oil
- 2 tablespoons olive oil
- one 400 unit Vitamin E capsule (pierce it with a needle and squeeze oil into mix)
- 3-6 drops essential oil (your choice)

Mix all together. Use 1 tablespoon per bath. Store in bottle in cool place. Shelf life: 4-8 months

2) Super Moisturizing Massage Oil

You will need:

- ½ cup sweet almond oil
- ¼ cup coconut oil
- 4 tablespoons jojoba oil
- 1-½ tablespoons avocado oil
- 3-5 drops essential oil of your choice (either one or a combination)

Mix all together. Store in cool dry place. Shelf Life: 3-6 months

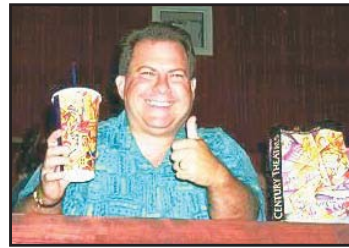
3) All-in-one Linen and Sweater Protector And Cedar Chest Revitalizer, you will need:

- 1 cup white rice
- 6 drops cedar wood essential oil
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Add essential oil to the rice and blend with spoon about 30 seconds. Shelf Life: Approximately 6-8 months (then can be re-fragranced again)

Remember, the best gift you can give your Mother is love. Spend time with Mom. Let her know you care. There will come a day when she is gone, and you don't want to be saying...if only! I know. My mom is gone now, but her memories will always be in my heart. I know they will be in yours too. Happy mother's Day in the sweetest way...giving of yourself!

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



by David Dickstein

Family Films

"The Raven"

Now playing, rated R imdb.com/theraven

Edgar Allan Poe's dark and brooding 1845 poem, "The Raven," has been adapted as a movie roughly two dozen times for a century, from silent screen versions to a recent direct-to-video spin set in the 1920s. So much for what the bird said about "nevermore."

Since always more seems to be in style when it comes to movies inspired by one of the most famous poems ever written, it's that time again to add another to the already vast collection. After all, the new release is titled "The Raven." Uh, not so fast, Poe fans. This "Raven," to borrow from the anti-macabre "Sesame Street," doesn't belong with all the others.

Rather than basing the movie on a single literary work, this entertaining though flawed piece of historical fiction is a Poe's "greatest hits," of sorts, centered on a serial killer whose victims die in ways straight out of the American writer's genius. The protagonist isn't one of Poe's characters, but Poe, himself, played by John Cusack. The writer is reluctantly brought into the murder case as a criminal profiler, and things get personal fast. Not only does Poe's lady love find herself in grave danger, but he is subjected to seeing his grisly tales come to life at the hands of a homicidal maniac whose identity is expectedly revealed very late in the game. Think "Saw," "Se7en," "Misery" and "Silence of the Lambs" all mixed together.

Cleverly worked into the film, directed by James McTeigue ("V for Vendetta"), are "The Tell-Tale Heart," "The Pit and the Pendulum," "The Masque of the Red Death," "The Cask of Amontillado" and several other tales, plus a reading of "Annabel Lee" for good measure. Those unfamiliar with Poe's work will be the lesser for missing the ceaseless references, and it helps to know some aspects of Poe's bizarre final hours going in.

For a movie based on one of the greatest literary writers ever, Poe's memory deserves better than a script with plot holes the size of Baltimore. Plus,



Movies and DVDs for the Whole Family

there's a fair share of historical errors, one being that "serial killer," used for a newspaper headline in 1849, wasn't coined until the 1970s. Also weighing down an otherwise engaging thriller is the makeup, or lack of, used on Cusack. The actor's healthy-looking face, boundless energy and sharp-as-a-tack mind fail to bare even a hint of the personal torment and addition to opiates and alcohol suffered by the man being portrayed. Quoth the movie-going raven, "Best you check your logic at the door." *3 of 5 Stars*

"Moonlight Kingdom"

Opens May 25, rated PG-13 focusfeatures.com/moonrise_kingdom

The rating suggests that tots should steer away, but parents of tweenish-aged children cool on coming-of-age movies are probably in for a treat. Writer-director Wes Anderson's ("The Fantastic Mr. Fox") story, set off the New England coast in the 1960s, follows a young boy and girl in puppy love. When he goes AWOL from summer camp and she runs away from home to rendezvous in the wilderness, the



"Marvel's The Avengers"

Opens May 4, rated PG-13 avengers.marvel.com

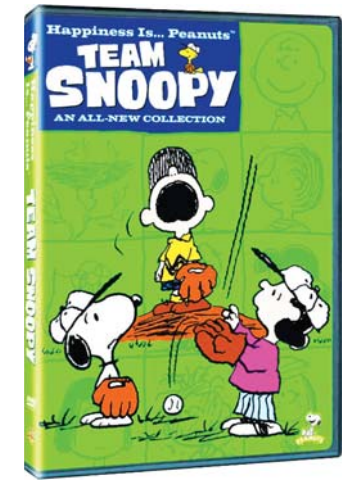
What do you get when you mix Iron Man, The Incredible Hulk and Thor with Captain America, Hawkeye and Black Widow? Probably a huge pre-summer hit. Robert Downey Jr., Scarlett Johansson and unceasing special effects head up this popcorn flick that finds an unexpected enemy threatening global security. Our only hope is in a superheroic dream team assembled by an international peacekeeping agency known as S.H.I.E.L.D.

town is turned upside down. The loaded adult cast includes Bruce Willis, Bill Murray, Frances McDormand and Tilda Swinton.

Family DVDs

"Dougie in Disguise" Volumes 1 and 2 (ages 2-5, now available, not rated): Sold separately, these two discs teach preschoolers about different jobs, animals and parts of the world. Dougie and his dog Tim move from vignette to vignette with the help of young viewers who "choose" stickers from an album. *Grade: A*

"Happiness is ... Peanuts: Team Snoopy" (ages 2-7, released May 8, not rated): The 2003 special "Lucy Must Be Traded, Charlie Brown," the first U.S. DVD release of the multi-skit "Snoopy's Brother Spike" from 1985 and two half-hour shows highlight a good sports-themed mix on a single disc. The newer stuff isn't up to snuff animation-wise, but, hey, it's still Peanuts. *Grade: B+*



"Men in Black III"

Opens May 25, rated PG-13 meninblack.com

Fifteen years since the original and 10 since the nearly successful sequel, Will Smith and Tommy Lee Jones are back in a world where humans and aliens co-exist fairly peacefully. Unfortunately, there's one alien set on killing Agent K (Jones), and for some reason Agent J (Smith) must travel back in time to stop this from happening. Josh Brolin plays a young Agent K, a tasty add-on in what is Smith's first film in 3 ½ years - overexposure resolved.

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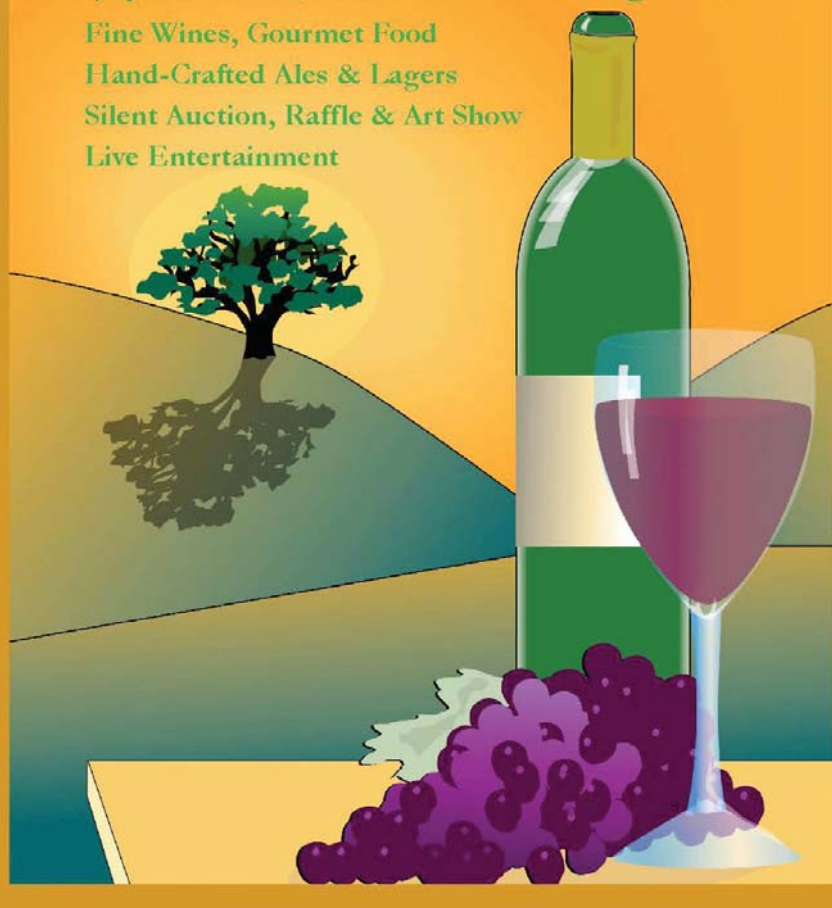
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Red White & Blue Parade Committee Kick-off Meeting



Would you like to be a part of the planning committee for the 2012 Citrus Heights Red, White & Blue Parade?
It is scheduled for June 23, 2012.

Please contact Michele Saario at (916) 727-5402 or email to msaario@citrusheights.net

Meetings are held at the Citrus Heights Community Center, 6300 Fountain Square Drive. More volunteers are needed to make this a terrific success for Citrus Heights.

California State Youth Pageant

11 Categories: Baby Darling to Mrs./Ms Northern California Rep.
Scholarships: \$1000.00 - Miss • \$500.00 - Teen

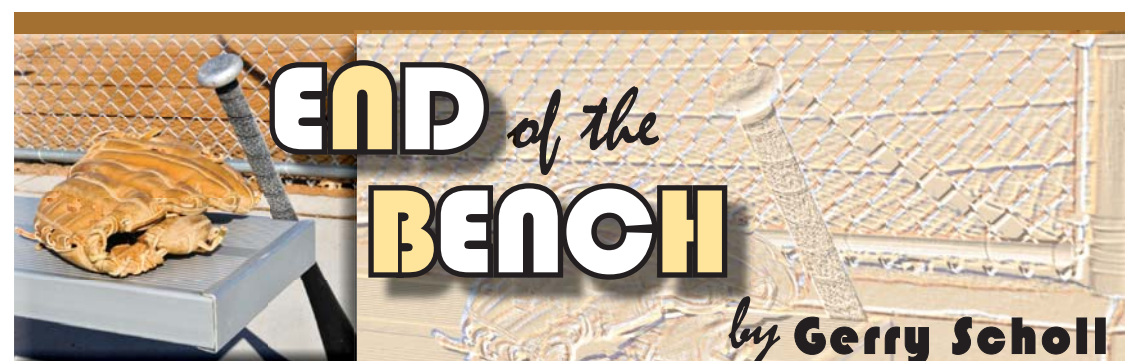
All contestants receive free training in ramp walking, public speaking, skin and hair care.

Tickets at the door:

Seniors and children 12 & under can bring at least 5 cans of food or school supplies in lieu of a ticket to pageant

We will be collecting the food and school supplies for needy families in our area.

June 16th, 2012 10:00am • Holiday Inn Express & Suites Cal Expo, Sacramento
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World Peace Suspended

World Peace has a lot of history that isn't very pretty. This is his 14th suspension, a number of them for flagrant fouls. He went through a divorce which resulted from domestic abuse issues. There was the infamous "neglected dogs" episode. And of course, the big one, when he was suspended for 73 games and the playoffs after the craziness of the Palace Brawl in the stands with Detroit fans in 2004. I don't know if I'd wish this kind of world peace for anyone.

However, by several accounts, World Peace has been making efforts to improve his behavior and image, and has been involved in a public campaign for mental health awareness (remember, he gave props to his therapist after his Lakers won a title in 2010). Lakers general manager Mitch Kupchak referred to him as "for the most part... a model citizen."

When Artest changed his name last year he said he was doing so to inspire youth. He chose the name Metta because it stands for "loving kindness and friendliness toward others." It doesn't appear as though he has fully grasped the concepts.

World Peace still seems to be struggling to find inner peace, peace of mind, a condition shared by San Francisco Giant Aubrey Huff, unfortunately.

Huff, who recently left the team abruptly citing a "family emergency," eventually revealed that he was suffering from an anxiety disorder.

"I didn't know what was happening. You can't control it. It's scary," Huff was quoted as saying in the San Francisco Chronicle. "...I was always taught that people who had anxiety issues were just weak-minded people. Now that it has happened to me, you can see you can't control it."

The stories around these two men are playing out under the scrutiny of the public eye. In their world of sports entertainment they have been successful enough to have attained a privileged existence, but their travails are subjects of plenty of discussion.

Many pundits and scribes before, for sure, have pointed out how sports seems to be a microcosm of life. Certainly, there are many, many people who can identify with issues similar to what Huff is going through, though they may do so in anonymity, with or without help or treatment. Perhaps Huff's tale will help to bridge a gap in understanding.

Alas, we have oh so many gaps to bridge.

I was struck by the great contrast in two stories in The Sacramento Bee the past two weeks. In the sports section this week there were stories about the sport of kings, horse racing. The Kentucky Derby, with all of its pomp and circumstance, was won Saturday by a horse named I'll Have Another. The Derby is a celebration for some of the most well-heeled in sports. A photograph showed the winning colt's well-dressed owner, J. Paul

Reddam, with a huge grin standing beside his trophy-kissing jockey and The Roses. The story goes that his horse was so named because it reflected his normal response to his wife's offerings of chocolate chip cookies.

The week prior, in the Bee Forum section, there was a very poor Kenyan man hoisting his trophy on his shoulder, his scavenged bag of trash he had collected from the toxic garbage of the municipal dump. Below there was a shot of Rahab Ruguru and the prizes she had rounded up to aid in her survival and that of her six children. Those poor people probably never have a single moment of peace of mind.

I wonder what it would take to get Mr. Reddam to send Ms. Ruguru a bouquet of roses and a box of chocolate chip cookies for her children. That would be quite a bridge to gap. You may say I'm a dreamer, but that's the sort of understanding we need. No need for greed or hunger, a brotherhood of man. Imagine that!

Ultimately, it will be a good thing to see Huff overcome his demons and get back on the field, because that may give others hope.

And, despite all the wrong turns through history, we still have to hope for the best and keep giving World Peace another chance. I'm okay with Metta's suspension only being seven games. I wouldn't care to see the sad irony of a headline like, World Peace Suspended Indefinitely.

Outdoor World

CRAPPIE TRICK
Having trouble catching spring crappies? Here's a little trick that could help you put a mess of good eating crappie in your boat.

Attach a minnow to a #4 style hook about 3 or 4 feet under a small-to medium-size bobber and without any other kind of weight. When you cast it out, the minnow will drop very slowly through the water.

If you don't get a bite, gently sweep the rod tip 3 or 4 feet, pulling the minnow right back to the surface so it can fall through the water again. The sight of that slowly falling, struggling minnow is usually more than even the most finicky crappie can resist.

*Jimmy Houston is Host of "Jimmy Houston Outdoors" TV Show on ESPN2**

For more tips, log onto basspro.com

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

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.
Come back every week for Sudoku! For Solution See Page 7.

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Grand Opening for New Rusch Park Outdoor Basketball Court

CITRUS HEIGHTS – The Sunrise Recreation and Park District held a grand opening ceremony for the newly renovated Rusch Park Outdoor Basketball Court on April 27th. The event was open to the public and included presentations from local dignitaries, a ribbon cutting ceremony and an exhibition basketball game between local youth teams.

The Rusch Park Outdoor Basketball Court was awarded a \$20,000 grant from Coca-Cola's "Sprite Spark Parks" program. The Court was one of only 14 parks in the nation to be awarded a 1st place grant in 2011 based on the number of community votes; it was nominated by the local community because it is Citrus Heights' favorite place to play basketball.

Additional funding came from the City of Citrus Heights (\$25,000) and from the Hearts for Parks Foundation (\$5,000). The Court is located behind the Rusch Park Community Center at 7801 Auburn Boulevard in Citrus Heights.

The Sprite Spark Parks Project is a multi-year initiative in which Sprite hopes to provide a 'spark' to different active spaces within communities across the country.



Court renovations funded by Coca-Cola's "Sprite Spark Parks" grant, City of Citrus Heights & Hearts for Parks Foundation.

In 2011, Sprite invested \$2 million to construct, refurbish and creatively refresh more than 150 neighborhood parks, athletic fields, playgrounds and basketball courts through 3 phases of the project.

Presentations were given by Roberta MacGlashan, Board of Supervisors, Jeff Slowey, Mayor of City of Citrus Heights, and Bob Brown, Chief Financial Officer Coca-Cola.

Source: Sunrise Recreation and Park District

Raley Field Brewfest to be Held on May 18

WEST SACRAMENTO – Raley Field's sixth-annual Brewfest event will take place on Friday, May 18, 2012, from 7-10 p.m., with the VIP portion of the event set for 6-7 p.m. For the first time in the event's history, all of the festivities will take place on the Raley Field outfield, with vendors set up in a quarter-mile semi-circle around the perimeter of the playing surface and a stage set up near second base.

The 2012 Brewfest—a partnership between Raley Field and the Northern California Brewer's Guild—is expected to be the largest in the event's history, with nearly 70 beer vendors set to attend. As in years past, there

will be live music throughout the event, with food available for sale. Tickets are \$30 in advance or \$35 on the day of the event, with VIP tickets available for \$50.

VIP tickets include 18 tastings instead of the 10 tastings offered in the regular ticket package. In addition, VIP ticket holders can gain entry into Raley Field an hour prior to the 7 p.m. regular entry time. Additional tastings are available for purchase at the event for both regular and VIP ticket holders. Tickets will be available at Raley Field's Round Table Ticket Office beginning at 10 a.m. on Saturday, March 10. Tickets are also available online at Ticketmaster.com.

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U.S. GEOGRAPHY

CLUES


ACROSS
1. Felipe _____, Formula One racer
6. Holiday helper
9. "This Harvard team rows on Boston's Charles River"
13. "Get _____ job!"
14. Be a witness
15. "East side of Jersey"
16. Catherine Middleton's new accessory
17. _____ capita
18. "Native of Des Moines"
19. Like a black-tie event
21. "In the middle of the U.S."
23. Often comes before "out"
24. 8 to Caesar
25. Rudyard Kipling novel
28. _____-de-camp
30. To produce within
35. Black tropical cuckoos
37. Elton John and Bono, e.g.
39. Lined with crystals
40. Anything half-moon shaped
41. Brother of a certain secret order
43. Largest continent
44. It usually wafts
46. Farmer's storage
47. Short for "dictionary"
48. Navy rank
50. Like #44 Across, this also wafts
52. _____ degree
53. Birdbrain
55. Small protuberance
57. "Steamboat and Old Faithful, e.g."
61. PBS street
64. German submarine destroyer
65. Philosophical system
67. "On a _____ of 1 to 10"
69. Averages
70. Water in Paris
71. Tiny amounts
72. Bent when genuflecting
73. Decay
74. Beside, archaic
73. Commotions

DOWN
1. Dojo pad
2. "Like Mohave Desert"
3. Popular cooking method for Ahi tuna
4. Hindu woman's dress
5. "Mount McKinley state"
6. Oscar of sports
7. _____ Harvey Oswald
8. Nobel-winning physicist
9. Grub
10. U.S. furniture maker
11. Time periods
12. Moved or exited
15. Building side
20. Temblor or quake
22. Mad King George, or George _____
24. Particular rendering
25. "Southernmost point of U.S."
26. Contain the ashes
27. King of ancient Crete
29. Buenos _____
31. Necklace pearl, e.g.
32. Violinist's pine resin
33. Court order, e.g.
34. End of the road?
36. 18-wheeler
38. Auctioneer's exclamation
42. Not a soul
45. Ends of shoe laces
49. And not
51. "Western neighbor to #5 Down"
54. Twig of a willow tree
56. Comes in bits for salads
57. Thick messy substance
58. Jet black
59. Yesteryear
60. Equal
61. Plant fungus
62. Friend from Down Under
63. Distinctive elegance
66. _____ Paolo
68. "Three ahead of PST"

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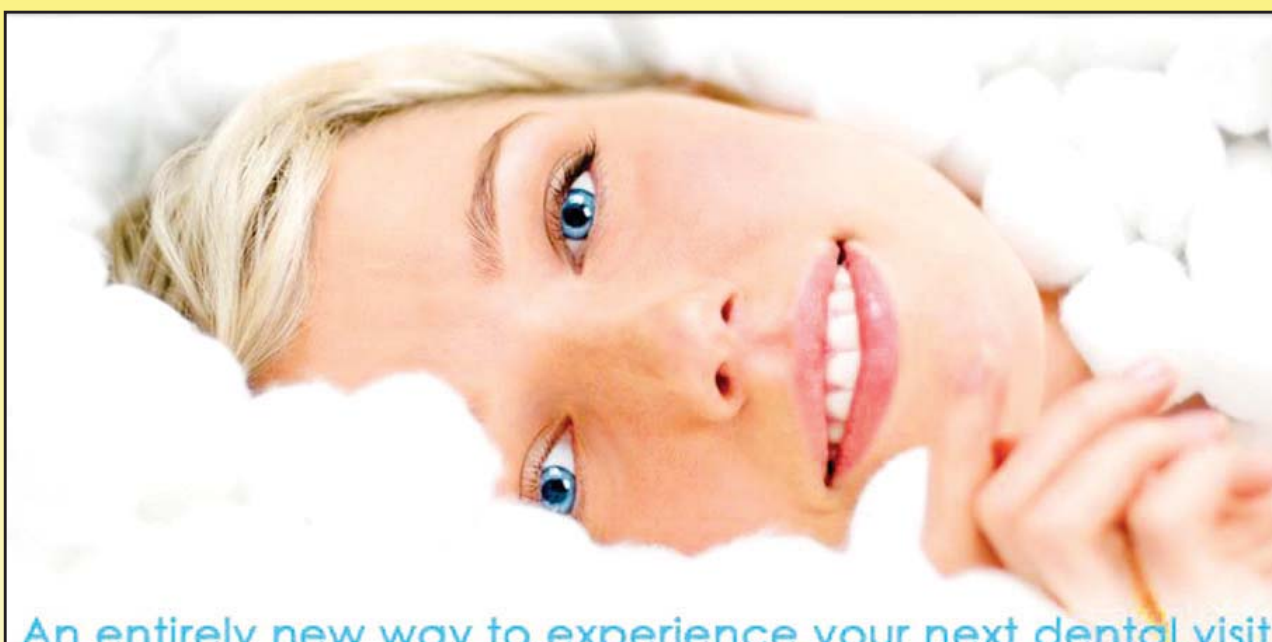
Veteran's Memorial Amphitheatre
7991 California Ave, Fair Oaks
Gates open @ 6:30 pm

Tickets may also be purchased in the Village at American River Bank, Oaks Hardware, BBQPro, Bella Fiore Florist and the Recreation and Park District office.

Proceeds from the concert go to the Fair Oaks Theatre Festival, a non-profit summer theatre company, and the New Christy Minstrels Foundation providing music education, concerts and music to schools throughout the country. Both organizations are Charitable/Education entities under Federal law.

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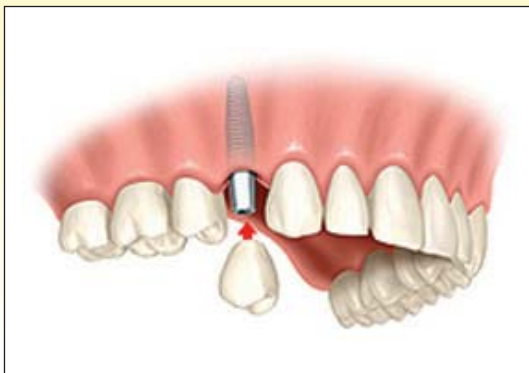
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