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"Written by the people, for the people"

Volume 2 Issue 10

Serving the City of Citrus Heights and Sacramento County

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A Shining Example

By Julie Parker

CITRUS HEIGHTS – Chuck and Joy Engvall have called Citrus Heights home for fifty years.

Although the mall may think it's the heart of the city, the Engvalls believe otherwise. "We [Area 4] have the City offices, post office, police department, library, and big box stores in our area," says Chuck, "so we are its heart."

After retiring from teaching in 1991, Chuck needed to keep busy, so he became involved in the formation of the Neighborhood Association, which included producing a business directory. (Chuck and Joy have both served as President. She now serves as Secretary, and he as advisor.)

A year later, Joy created a hand delivered, one-page newsletter, spotlighting businesses, apprising the community of events at the library and City Hall, and encouraging the neighborhood to get involved. After four years, it had grown to eight pages, and she was too busy to continue with it. Joy says, "Occasionally, someone asks, 'Where's that newsletter?'"

They've been in every Red, White and Blue Parade since its inception, and have won two blue ribbons. One of their winning entries was a silhouette of the historical Van Maren home – the original stage stop for miners – on the back of their truck. In fact, they have served with descendant Jim Van Maren on the Board of the Historical Society.

Chuck worked with the History and Arts Commission for eight years. Before his hip injury, Chuck volunteered at the Community Center as a receptionist, and visitor tour guide.



County Supervisor Roberta MacGlashan (center) presents a certificate of appreciation to Chuck and Joy Engvall at a recent Supervisors' meeting.

Now in their 80's, and facing health challenges, they've had to cut back on much of their volunteer efforts, but encourage others to reach out to their communities.

"You get to know the city, and the people around you," says Joy.

Chuck agrees. "I found out how a city works, because I volunteered from our Association to attend all the Planning Commission meetings. Many people who work at City Hall and the Police Department know me and Joy, so I felt that if our Association had something to say, they would listen to me a little bit more than just anybody else who might go up and talk."

Chuck and Joy were among those honored in a recognition ceremony held by The Sacramento County Board of Supervisors and the Sacramento County Adult and Aging Commission on May 8, 2012, as "Outstanding Senior Volunteer" for District 4.

The Engvalls were also part of the City of Citrus Heights' presentation of the Older Americans Month Proclamation on May 10, 2012.

"Chuck and Joy Engvall bring their passion, joy, and experience to every volunteer opportunity they participate in. I applaud them for finding ways to help build and foster a sense of old

fashioned values. Thank you for all you do for Citrus Heights. We are so much better, because you believe in 'paying it forward.'" Councilman Mel Turner

The Engvalls are a shining example of living a full life in their "elder years" by helping others.

There are many organizations who would welcome the wisdom and experience of elders. If volunteerism sounds appealing to you, Volunteer Center of Sacramento www.volunteersac.org or the City of Citrus Heights www.citrusheights.net may have the right opportunity for you.

Road Work for Auburn and Sunrise

By Leslie Carrara

CITRUS HEIGHTS – Two major boulevards will have traffic constrictions due to roadwork scheduled to start this summer right here in this city.

Sunrise Blvd from just south of Oak Ave. to just north of Antelope Rd. construction will begin in July and end in April 2013. The Sacramento Area Council of Governments (SACOG) recently awarded Citrus Heights a \$1 million grant to fund the project, which includes making sidewalks ADA curb compliant, reconstructing three bus stops (two northbound and one southbound), repaving and re-striping and new medians to reduce sections of left turn movement between the intersections, according to Management Analyst II Regina Cave. Also included is drought tolerant plants in the medians. Bids went out on May 14, 2012.

Meanwhile, the Auburn Blvd. Complete Streets Project Phase II is scheduled to begin in July and take a year to complete. This will run from Sylvan Corners to Rusch Park. Power sources will be placed underground in this area and also when complete, the boulevard will be more user friendly. Northbound lanes will be down to one lane for six months. City officials said that the construction manager will work with businesses during this time to make sure there is access to parking and that customer traffic will not be affected. Construction will start at Rusch Park and move south to Sycamore. Additionally, repaving will be done from Rusch Park north to the city line.

"The project has been designed beautifully," said David Wheaton, General Services Director.

Workers will be widening the boulevard, adding bus pull outs and planters and trees will be in place with the addition of designer LED lights.

With these two major sections of roadwork beginning at just about the same time, sections of the city will be a traffic mess. Devon Rodriguez of the Economic Development Department with Citrus Heights said, "This is not an ideal situation." Officials were not planning on both projects, but SACOG's funds have to be used within a specific time frame or the money goes back to them, according to Rodriguez. Of course, the Auburn project has been planned for some time.

Options for local traffic are using Greenback Lane to get around it and Antelope Road to Old Auburn.

Health Fair Fun for 100's



By Helen Brewer

CITRUS HEIGHTS - Several hundred people attended the Soar to Healthy Heights Health Fair on May 19th in the Fountain Square civic complex in Citrus Heights. The event was coordinated by Dr. Jayna Karpinski-Costa and the Sylvan

Old Auburn Road Neighborhood Association of Citrus Heights.

More than 60 exhibitors participated, giving out information about legal services, healthcare, housing, and medical topics as well as ideas and suggestions for leisure and fun activities. The scheduled date for next year's Health Fair is Saturday, May 4th.

Waterways Expect to See Big Crowds

SACRAMENTO REGION – The California Department of Boating and Waterway's urges boaters to be properly prepared for safe boating this Memorial Day weekend. California's waterways will be crowded with motorized and non-motorized vessels. People will boat in groups creating numerous distractions, which can have deadly consequences.

"Boating during Memorial Day weekend means being a more responsible boat operator," said DBW's acting Director Lucia Becerra. "Operators may have people on board their vessels who do not normally boat. Familiarizing passengers with the location of safety equipment and how to be safe aboard will decrease the likelihood of being involved in a boating accident."

Here are some suggestions from the DBW for boat operators to decrease the chances of being involved in a boating accident: 1) Always wear a life jacket. 2) Avoid alcohol. Everyone who drinks alcohol

on board is at risk. Passengers can easily fall overboard, swim near the propeller, or cause vessels to capsize. 3) Designate a person aboard the vessel to help you act as a lookout. 4) Carry the required safety equipment such as fire extinguishers, sound signals, navigation lights, and life jackets for every person on board.

Boat operators should inform everyone on board where the required safety equipment is located. Operators should also turn off the engine when the boat is not moving to avoid propeller injuries.

More information and additional life saving tips can be found in boating safety courses or at www.BoatResponsibly.com.

DBW enhances public access to California's waterways and promotes boating and aquatic safety through programs funded by vessel registration fees, boating fuel tax dollars and boating facility construction loan payments.

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Three Seniors Receive Outstanding Volunteer Awards from County



Peggy Spiegel (right) is congratulated by Susan Peters, Vice Chair of the Sacramento Board of Supervisors, at a recent Supervisors' meeting. Spiegel was lauded for "always making time to assist and comfort others who are dealing with difficult situations."

SACRAMENTO COUNTY – Chuck and Joy Engvall and Peggy Spiegel of Citrus Heights were named three of Sacramento County's Outstanding Senior Volunteers for 2012 and honored at a recent Sacramento County Board of Supervisors meeting.

Each year during Older Americans Month, the Sacramento County Board of Supervisors and the Sacramento County Adult and Aging Commission join together to recognize outstanding senior volunteers who are nominated by senior and neighborhood centers and other agencies.

The Engvalls were nominated by the City of Citrus Heights and REACH. The couple is very active in the Arcade

Creek Neighborhood Association (ACNA). For several years, Joy was the editor of the Creek Talk Bulletin that had a monthly circulation of 1,600 copies and was often cited as among the best in the City. Chuck is a founding member of ACNA. He was also instrumental in the first Citrus Heights City Council Candidate Forum Night and served on the History and Arts Commission. Their nomination said that the couple "have the 'pick me' attitude and will help in any possible but never look for the spotlight. Wherever there is a need, Chuck and Joy have had a hand in helping."

Peggy Spiegel was nominated by the Mission Oaks Community Center in Carmichael. Since

becoming active at the Center three years ago, she has served meals on Thanksgiving, Christmas, and St. Patrick's Day. Through the Citrus Heights Women's Club, she organized and hosted the annual Veteran's Appreciation Picnic and participated in the Christmas Adopt-a-Family program. She's been a member of the Citrus Heights Parade Committee for four years and also participates in the Community Marching Band and Tommie's Happy Tappers.

According to Terri McAdam, Mission Oaks Community Center Supervisor, "Peggy is a true inspiration to her many friends and acquaintances." The other outstanding 2012 Senior Volunteers and the agencies that nominated them are Theresa Davis, Cordova Senior Activities Center; Lyn Doiron, Folsom Senior Center; Florinda Garcia, HICAP Services of Northern California; Thelma Moore, Senior Center of Elk Grove; Lonnie Ratzlaff, Stanford Settlement Senior Center; Senon Valadez, Ethel Hart Senior Center; David A. Wilson, Samuel Pannell Meadowview Community Center; and Walt Yip, Asian Community Center.

Older Americans Month was established in 1963 by President Kennedy and every president since has issued a formal proclamation during or before the month of May asking the nation to pay tribute to older Americans in their communities. The theme of this year's celebration, "Never Too Old to Play!", recognizes the value that older adults continue to bring to their communities through spirited participation in social and faith groups, service organizations, and other activities.

Citrus Town Center Summer Concert Series Announced

CITRUS HEIGHTS – Come and enjoy FREE live music during the summer months at Citrus Town Center. Bring your own camp chairs and listen to free concerts beginning each date at 6pm. Musical events range from top 40, soul and funk to classic rock, country and blues.

The Summer Schedule includes: 6/2-Tragically White (dance hits), 6/16 -Dave Russell (country), 7/7-Pinkie Rideau & Blind Resistance (blues), 7/21-



Dave Russell

The Indestructibles (80's), 8/4 Shadia (soul/funk), 8/18 Four Barrel (classic rock), 9/1 The Funky Blue Devils (blues), 9/15 PointDexter(rock).

No alcohol or glass bottled beverages, please. Visit one of the Citrus Town Center restaurants before the concert. Parking is plentiful and free, with easy access.

Citrus Town Center is located at the corner of Greenback and Sunrise.

Capitol Pops Celebrate 15 Years



Cowboy concerto. Celebrating 15 years of concerts, trumpeters from the Capitol Pops Community Band blew a little country into the mix at Rusch Park Community Center. A recent performance featured movie themes, pop, swing standards and marches. Led by director Jerry Lopes, the 60-piece ensemble used the Citrus Heights event to kick off a busy 2012 season of public concerts in Carmichael, Fair Oaks, Roseville and Citrus Heights. For information, visit www.capitolpops.org. Photo and text by Susan Maxwell Skinner.

City Hall is a Vote-by-Mail Drop-off Site

CITRUS HEIGHTS – Beginning Monday, May 14 voters in Sacramento County have been able to choose to drop off their 2012 Statewide Primary Election ballot at City Hall, 6237 Fountain Square Drive, anytime from 8:00 am to 5:00 pm

The service will be available

through June 1, 2012. Voters may also deposit their ballots 24 hours a day, until 9:00 pm on Election Day, at the Elections Office located at 7000 65th Street, Sacramento.

To view your sample ballot for the June 5, 2012 Statewide Primary Election, visit the

Sacramento County Voter Registration and Election Web site.

For more information regarding voter registration and absentee voting, contact the Voter Registration and Election Office at (916) 875-6451.

What's Coming Up In Citrus Heights

By Leslie Carrara

MAY 23 – Planning Commission Meeting, 7117 Greenback Lane, Citrus Heights, at 7 p.m.

JUNE 23 – Red, White and Blue Parade, Sunrise Blvd. between Madison Ave. and Greenback Lane, 9 a.m.

JUNE 30 – Self Defense, Self Awareness and Self Esteem free workshops presented by the Domestic Violence Intervention Center, 6060 Sunrise Vista Dr., Citrus Heights. Girls 13-17, young women 18-25 and women 25+. Age 13-17 at 10 a.m. to 1 p.m. and 25+ from 2 p.m. to 5 p.m.

JULY 7 through **AUGUST 4** – Saturdays only Youth Summer 2012 Flag Football presented by the Citrus Heights Police Activities League and Sunrise Recreation and Park District. For boys and girls, grouped by age. Mesa Verde High School Gym 7501 Carriage Drive, Citrus Heights. Fee is \$35. For more information, contact Brady at 599-9993 or SRPD at 725-0186.

JULY 14 - 15 – Citrus Heights Community Campout, Registration open now, space is limited. \$7 per person. To register, visit www.sunriseparks.com or call (916) 725-1585. Presented by SRPD, REACH and the City of Citrus Heights.

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Mesa Verde High School Scholars

By Leslie Carrara

CITRUS HEIGHTS – When Mesa Verde High School was approached to produce two students for scholastic and academic achievements throughout high school careers, they couldn't. They produced three.

With graduation just around the corner, please be introduced to three up and coming professional people – Leigh Sanders, Leah Turcotte and Benjamin "Ben" Munoz.

First, Valedictorian Sanders will be attending the University of California Los Angeles starting in the fall. She said her most challenging class at MVHS was Advanced Placement biology, which she must be glad she took as she plans on getting a bachelor of science in biology and a minor in business. She will not know until May 22nd if she received a scholarship as MVHS presents all senior awards that evening. Her grade point average earning her the top spot in this 2012 class is 4.38.

Sanders explains that she went to a number of elementary schools as a youngster, ultimately settling in Citrus Heights and attending Sylvan Middle School. At Mesa, she is in the AVID program as well as AP courses, as are the remaining two students to be presented.

She is president of the California Scholarship Federation Club, a member of the Key Club, which provides community service and she is involved in the Link Crew, which is a freshmen transitional club helping the younger set with high school. Also, she was in the French Club.

As are all three students, she was also involved in sports while attending Mesa.

"For track, I was in the long



Valedictorian Leigh Sanders

track for two years and joined the French Club and the CSF Club. "I enjoyed the sports," Turcotte said of her years in high school.

While she was growing up, she attended Sierra View Elementary School in North Highlands and Don Julio Middle School, now known as the Academy of Arts and Design. She said that it took her a couple of years to find her spot in high school with the sports as it came with aging.

Third is Munoz, 18. He played defense on the Mesa Verde football team and was named defensive Most Valuable Player one year. He also played basketball and joined track, running the sprints, including the 4x4 relay. He won second place for All League in track for the 100 meters and first place in the 200 meters.

Academically, he achieved a 4.25 grade point average and was scouted for track by Cal Poly San Luis Obispo, where he will attend college. He is planning on majoring in electrical engineering but might branch into robotics.

"AP calculus was the highlight of my academic career," he said. "Math has always been easy for me and this was challenging. It was fun."

While in high school, he joined the Key Club, the CSF Club and the Link Crew. Additionally, he spoke to the California Legislature for Boys To Men about how to treat women correctly and is currently on the web internationally for Women Escaping a Violent Environment (WEAVE) as a spokesman against domestic violence.

Many kudos to the three of you!

jump both 400 meter and 200 meter and the 400meter 4x4 relay," she said. During junior year, she placed second in the Golden Empire League overall. This year, she placed third in the 4x4. Also, she and boyfriend Munoz have two marathons behind them, the River City Marathon and the California International Marathon.

Next is Turcotte, 17, named to the Academic All League, for students who excel academically while playing sports. Her grade point average is 4.29, and she has been named Scholar Athlete 10 times during her years at Mesa Verde. Her two choices of sports are basketball and volleyball.

She said she will attend Norwich University in Vermont, and she has learned that she will receive a \$25,000 scholarship each year she is there. She will be majoring in sports medicine with health concentration and athletic training, and she wants to minor in nutrition.

"I've met their coach and all the players and they are pretty cool," she said.

In addition to the awards mentioned, she has also received the Maverick Award (school mascot name) for volleyball and the Coach's Award for basketball. While in high school, she did

San Juan High School Top Students

By Leslie Carrara

CITRUS HEIGHTS – San Juan High School is proud to present two outstanding graduating seniors this year; one is in academics and the other is top-notch in sports.

Possible Valedictorian Suzanna Muradyan is graduating with a cumulative total grade point average of 4.3. The 18-year-old senior is 5 feet tall, but she sure packs a punch with her education. She said she applied for college at eight schools, and the highlight of the last four years for her was getting accepted to UC Berkeley.

She decided not to start there but to attend Berkeley for law school where she plans to study corporate law. Meantime, she is going to Sacramento State University for starters. She received a \$20,000 Dell scholarship award as well as a \$1,500 scholarship from the San Juan High School Alumni Association.

While at SJHS, she was involved in many activities. First, she is the head of the Blood Drive Committee, which is happening soon. She is the Associate Student Body President. She knows how to play the piano and joined the



Suzanna Muradyan

Music Club. Muradyan did community service through the Key Club and also volunteers at her church on Sundays by teaching kids, ages 5 to 12. She was in drama and was the Assistant Director of the play "Anne Frank and Me." She also had a small role in the play while her 16-year-old sister Silva played the lead. When you talk to her face-to-face, you pick up on her energy.

"It's important to cherish every moment in high school and beyond," she said, "because you can't ever get those times back."

Muradyan attended Skycrest Elementary School and Will Rogers Middle School.

By contrast, the senior sports

star Kevin Daniels, 17, is 6'4" and more laid back. He played basketball and football while at San Juan High School and he is the Most Valuable Player in the San Juan Unified School District for basketball. He averages 19 points per game, and his high is 32 points in one game and 16 rebounds. He played quarterback on the football team He broke two records at San Juan - passing yards in a game and passing yards in a season. Additionally, he was the MVP at San Juan High School for football. He said he might try football in college, but he has not decided yet.

"I like basketball the most," Daniels said. I love to play basketball. It's more fun." Yuba City Junior College and Sierra College in Rocklin have approached him for recruiting to play shooting guard at the schools.

Daniels attended Arlington Heights Elementary School and Sylvan Middle School. He indicated that while at San Juan High School, he was an average student and took the construction pathway toward a career. The school offers different career paths for students as part of the "new" school, including baking and auto repair.

Local Student Graduates from Creighton University

(readMedia) – Madeline Athey of Citrus Heights earned a Bachelor of Science in Business Administration degree magna cum laude. Madeline was awarded her degree from Creighton University during the spring commencement ceremony

on Saturday, May 12, 2012.

About 1,500 degrees were conferred during Creighton's commencement ceremony.

CNN news anchor and former White House correspondent Suzanne Malveaux was the commencement speaker and received

an honorary Doctor of Humane Letters.

Creighton University, a Catholic, Jesuit institution located in Omaha, Neb., enrolls more than 4,100 undergraduate and 3,200 professional school and graduate students.




Hometown Heroes

Air Force Airman Trenton D. Smith 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.

Smith is the son of Karen and Robert Smith of Autumn Avenue, Citrus Heights. He is a 2008 graduate of Casa Roble High School, Orangevale.

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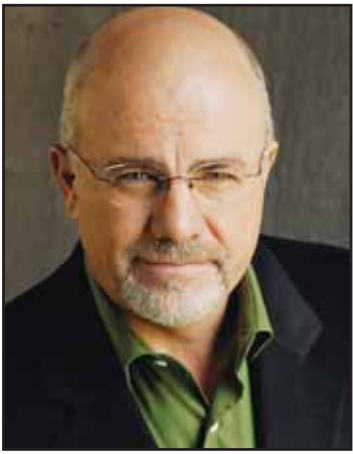


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Dave Says

based on their ability to perform well in life. To the extent they behave and show some sense, you lengthen then rope and give them more freedom and privileges. If they act like doofuses, you shorten the rope. Remember, no is a complete sentence. Can you tell I've raised teenagers?

If it were my son, I'd sit him down and gently explain that he doesn't have the capacity or knowledge to manage this idea by himself just yet. You wouldn't turn your child lose behind the wheel of a car the moment they wanted to drive, right? So make yourself a part of the experience by teaching him to handle money wisely. Then, as he matures in financial understanding, you can give him more leeway.

If he wants to go dramatic on you, let him. And remind him that for every minute he's in drama mode, that's less leeway he's getting in this matter and every other one in his life. In other words, the more mature you act, son, the better your existence is going to be.

No, at 15 he's not opening a checking account on his own.

- Dave

The Point of Life Insurance

Dear Dave,

I have a 20-year level term life insurance policy. I noticed the other day that the cost would increase to \$4,000 per year at the end of the term. Is that because it's the end of the policy coverage or something else?

- Tate

Dear Tate,

Technically, the policy will expire at the end of the term. But most companies that sell term life insurance will let you renew it, if you can't get any other insurance, at a ridiculously high rate. But let's face it, 20 years down the road your probability of death has also increased. The older you are, statistically speaking, the more likely you are to die.

If it were me, and I'm near the end of that policy, I'd go buy another 20-year level term policy, and let the old one run out. The only time you might run into trouble with a policy like that is if you were in the last year of coverage, and were diagnosed with a terminal illness. Then you're really going to be paying through the nose to keep your coverage intact.

But the real point of a 20-year level term policy is to ensure that your family is taken care of while the kids are at home and your mortgage is covered if you die prematurely. If you follow my plan, you'll have \$500,000 to \$1 million your retirement account when the policy runs out and the kids are gone. Plus, you'll have taken a 15-year mortgage, and your house will be paid off too. If something happens then, your spouse will be okay financially.

The further along in life you get, assuming you do the stuff I teach, the less need you'll have for life insurance!

- 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.

My Food, My Roof

Dear Dave,

I'm a single dad with two teenagers at home. My 15-year-old son wants to open a checking account of his own, but he doesn't want me or anyone else to have access to it. Should I just let him do this and suffer the consequences I know are coming?

- Tim

Dear Tim,

When it comes to 15-year-olds, as a parent you have every right to say, "My food, and my roof. You do what I say." With kids this age you never know what you're getting. Half the time you're talking to a 35-year-old, and the other half they're 5 again.

At that age, I think you let them do, or not do, these things

Capitals Add Sam Querrey to This Year's Roster

The Sacramento Capitals will feature a fourth marquee tennis star this summer, adding American standout Sam Querrey to the team's roster.

Querrey, who was acquired from the Washington Kastles for financial considerations, will compete in his first Capitals match at Sunrise MarketPlace Outdoor Pavilion on Monday July 16 against the New York Sportimes. He will then travel with the team to compete on the road July 18, 19 and 20, versus Washington, Springfield and Kansas City. Querrey returns to Sacramento for a final match against the Springfield Lasers on Sunday July 22.

"Adding Sam to our team gives us a huge advantage in the second week of the season," said Ramey Osborne, Capitals Managing General Partner. "He is a very talented American player with a big smile and a big

serve who has played tennis at the highest level of the game. He has trained and played with Mark Knowles and is quickly moving back up the world rankings. Sam brings a strong work ethic and gives our team another top tour player for an already exciting schedule at Sunrise MarketPlace Outdoor Pavilion."

The Sacramento Capitals will also feature world-renowned tennis star Mardy Fish as their marquee player during the team's home opener on Thursday July 12 against the Kansas City Explorers and the following night on Friday July 13 versus the Orange County Breakers.

Visiting marquee players are Lindsay Davenport of the Orange County Breakers on July 24, and Mark Philippoussis and the Philadelphia Freedoms on July 27.

Querrey joins a Caps roster that includes Fish, Mark

Knowles, Coco Vandeweghe, Yasmin Schnack and Asia Muhammad. The Capitals' second round selection Jean-Julien Rojer has withdrawn from World TeamTennis for personal reasons. His replacement is yet to be announced.

Sacramento Capitals individual match tickets and three match packages will go on sale online beginning Friday, May 18 at www.saccaps.com. Prices for individual tickets start at \$25 and three-match packages begin at \$60. Children's tickets will be available for \$15. All matches are played at Sunrise MarketPlace Outdoor Pavilion at Sunrise Mall in Citrus Heights. Doors open at 6pm for Happy Hour, Match time is 7:35pm.

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A Case in Point

The Case of the Unlucky Driver

By David Graulich, Esq.



There's a tug-of-war in society between technology, which changes rapidly and constantly, and the law, which changes gradually and infrequently. Technologies such as cell phones or "tweeting" alter the social patterns of everyday life. The law struggles to catch up and stay relevant.

That's brings us to the story of Carl Nelson, the unlucky driver.

Mr. Nelson was driving his car in the city of Richmond, California on the morning of December 28, 2009. He stopped at a red light and decided, like many of us, to make use of the waiting time. Mr. Nelson opened his "flip-style" cell phone and began dialing to check email.

At this precise moment, a police officer pulled up on a motorcycle directly next to the driver-side door. The officer saw Mr. Nelson holding a cell phone to his ear and dialing. Mr. Nelson looked over, saw the police officer, removed the cell phone from his ear and closed it. We don't know Mr. Nelson's thoughts at this point, but they probably consisted of a two-word expression beginning with "Oh."

When the light turned green and Mr. Nelson drove through the intersection, the officer pulled him over and ticketed him for using a cell phone while driving. In traffic court, the ticket was upheld and a fine of \$103 was levied.

Most people would have given up and paid the \$103. Mr. Nelson, however, was sufficiently disturbed that he retained a law firm and appealed. The

California Appellate Court, First District, agreed to hear the case.

Mr. Nelson's lawyer made an interesting argument. He acknowledged Vehicle Code, Section 2313(a), which says, "A person shall not drive a motor vehicle while using a wireless telephone unless that telephone is specifically designed to allow hands-free listening and talking..."

That's the key, argued the lawyer. Mr. Nelson wasn't driving a motor vehicle. He was stopped at a red light and posed no risk to anyone. To quote the legal lingo: "The term 'drive' requires evidence of volitional movement of the motor vehicle as an element of the offense."

To use a cell phone while stationary was no more hazardous than various other things people do while waiting for a light to change - putting on make-up, eating a messy sandwich, reading a map, or changing radio stations, according to the argument.

The lawyer cited a 1991 decision, *Mercer v. Department of Motor Vehicles*. Police found a man asleep over the wheel of a car that was legally parked at the curb. The car had its lights on and engine running. The defendant was fined for driving under the influence - but on appeal the fine was overturned. Yes, *Mercer* was drunk; however, when police observed him, he wasn't driving. He was legally parked and asleep.

That gets us back to the Nelson case. When the Court announced its decision, it turned out that Mr.

Nelson's luck hadn't improved. He lost again.

"Driving" a car, said the decision, meant the same as "operating" a car. The court cited various cited California laws that used the words "drive" and "operate" interchangeably.

The drunk driver in *Mercer* was in a different situation. *Mercer* wasn't going anywhere, nor was he about to. However, drivers at a red light are still "operating" a car, and could pose a hazard if distracted - by their feet letting up on the brakes, for example, or by failing to promptly move as required by the traffic laws.

If Mr. Nelson wanted to use a cell phone at a red light, the Court concluded, he should install a hands-free wireless system and be in compliance with the law.

My guess is that California will have more litigation like this. What if I am stuck in dense traffic and call home to alert my family? What if I am in line at the McDonald's drive-thru and use the time to check email or call the office? Technology and law are destined to continue skirmishing in the courtroom.

David Graulich, Esq. of Fair Oaks is an attorney with The Law Firm of Tim O'Connor. David welcomes comments on "A Case in Point" columns at (916) 932-2312 or by email: David@timocconnorattorney.com. This column is not intended as an offer of legal advice. Contact a qualified attorney to obtain advice with respect to any particular issue or problem.

REACH Meeting Discusses Tax Proposal

By Leslie Carrara

CITRUS HEIGHTS - It was nearly standing room only as the Residents' Empowerment Association of Citrus Heights held an all neighborhood inclusive board meeting to hear city officials discuss the utility tax proposal coming up for vote by the Citrus Heights City Council on June 14th.

City Manager Henry Tingle, General Services Director David Wheaton, Finance Director Stefani Daniells and Chief of Police Christopher Boyd all presented to residents as to the reasoning behind the proposal. The program was similar as to what was presented to the council recently.

Tingle is requesting a 1.75 per cent utility tax increase to raise \$3 million a year to help fund street paving, four additional police detectives because of AB109 aftermath, police electronic equipment and two additional youth officers for potential early intervention on potential gang/crime involvement.

If voted for approval by

council then passing with 2/3 of public support in November, the tax would reach Sunset (expire) in 10 years because that is when the city can start collecting property tax revenues. Note that initially, Tingle had also asked for a property tax of \$50 per dwelling, however he said that due to the complexity of the potential tax, including property values and property sizes of residential and business properties, the request has been removed.

When asked what the city would do if the tax does not pass, Tingle told the crowd that the city would probably spend \$1 million per year out of the General Fund for paving, rather than the \$3 million needed for the 65 percent of fair to poor residential streets and additional police services. Note that he said that it would cost \$3 million a year (\$2 million from proposed tax increase and \$1 million from the General Fund) is what is actually needed to get the residential streets of Citrus Heights in much better shape.

As for the police department, he said they would probably

redeploy some officers.

One resident asked if the reason some streets are so bad off could be from aging and leaking underground pipes. Wheaton said the city is addressing this particular issue.

Also speaking at the meeting were representatives from Sunrise Marketplace. The executive director of the Sunrise Marketplace Business Improvement Board indicated there will not be a fireworks display this July 4th. Instead, this year they are trying out "Everything Under the Sun", offering other family oriented events, such as a summer concert series beginning August 10th with the Charlie Daniels Band and Lonestar.

Included in this series is Three Dog Night and America at one show and The Commodores and Kool and the Gang scheduled for another show. They also reminded the crowd about the Farmer's Market held every Saturday morning from 8 a.m. to 1 p.m., and will offer a carnival at the Sunrise Mall from June 28 through July 1.

City Council Greet Mayor from Ukraine

By Leslie Carrara

CITRUS HEIGHTS - The agenda was not very large so the Citrus Heights City Council meeting wrapped up early on May 10, 2012, however, there were a few highlights.

First, Cub Scout Troop Den 1 Pack 310 presented the flag and the salute. They did an awesome job.

Next, nominated by the Residents' Empowerment Association of Citrus Heights, Joy and Chuck Engvall received the Proclamation of Older Americans Month. The theme is "never to old to play."

The Engvalls were named this area's seniors of the year at a recent County Supervisors' Meeting. Also receiving an award was Peggy Spiegel, who serves meals on Thanksgiving

and St. Patrick's Day each year.

Next, Greg Anderson of the city's building department reminded the council that May is Building Safety Month, and he invited all down to city hall to view a display and grab some hand outs.

But perhaps the most interesting was a visit from Mayor Viktor Sapozhnikov from Novovolynsk City, Ukraine. He came to Citrus Heights as there is a large Ukrainian population here and to see how the city government works. Back home, he heads a 40-member council and they have zero unemployment. He brought gifts to the council, and the council reciprocated on Thursday night, honoring him with a plaque, a Citrus Heights paper weight and a book showing the images of Citrus Heights.

"I was pleased to meet with the mayor and city council," he said through an interpreter. "We have a lot of people here from our city. They tell us how Americans do city management. I came here to share in the experience and knowledge."

He invited Mayor Jeff Slowey to visit his city in September.

Also of note, the Citrus Heights City Campout was nominated for the best neighborhood program award, previously received by Sylvan Old Auburn Road (Area 10) in 2009. This year's campout will be on July 14 - 15 at Rusch Park. The campout is presented by Citrus Heights, Sunrise Recreation and Park District and REACH. The winner of the Neighborhood USA award will be announced at a later date.

History of Citrus Heights Told Through Photographs

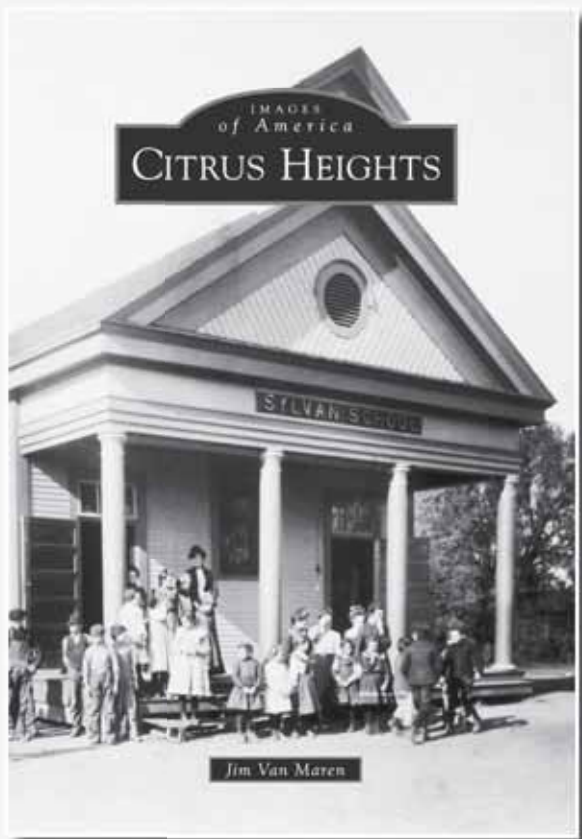


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By Ronnie McBrayer

I have heard some Mennonites use the term "non-violent evangelism." It is a way of sharing faith that does not harm those with whom they share. It is built on mutual respect, love for others, and a commitment to the other person's freedom. People are treated as seekers, not potential converts, without pressure, arm-twisting or coercion; and no manipulation of words or emotions.

Seekers are not vilified, targeted, pursued, or argued with. They are simply invited into radical hospitality where questions and exploration are not only tolerated, but encouraged and expected. These non-violent evangelists share their faith with a "come and see" attitude, opening their arms and hearts to others, leaving the rest to God.

The church could learn a lot from these quiet souls. Many of us, overtly and subtly, have taken a very militant approach in sharing our faith with others. We corner people. We demand immediate decisions. We use emotionally charged environments to wrangle decisions. We are sometimes disrespectful. We say, "Follow Christ and we will let you in." But maybe we need to learn to say, "Come on in, and learn what it means to follow Christ."

You Are Welcome

Here is an example: My friend Sabrina, and her husband Blake, live in a Christian community on a working farm. By "Christian community" I mean a group of people who are attempting to live out the way of Jesus while sharing life, space, and the same values. It's not a commune - Sabrina, Blake and the other two dozen folks living there are definite individuals - it is a community: A group of people helping the world and welcoming others.

Welcome, in fact, is what brought Sabrina to the farm. She wasn't a Christian when she arrived. Actually, she was rather hostile toward faith. But she loved the earth, she was trying to stay sober, and she and Blake wanted to give self-sustaining, organic farming a try while they were still young enough to pull it off.

Through a series of inexplicable events, but mostly because of the dramatic welcome others at the farm gave them, this couple found themselves moving out of the city and into the cornfields. Sabrina was going to farm with gusto, but she had no intention of getting involved with what she called, "the Jesus stuff." And her co-farmers respected that.

But one day, after being surrounded by all this grace and love, and having begun to pray again and study the way of Jesus, she woke up in half panic, in half celebration, and all surprise: "Oh, my God, I think I'm a Christian!" It was a beautiful conversion; one made possible by giving plenty of margin, not plenty of manipulation.

Maybe it is because I

hang around with too many Mennonites now, because I long ago defied my own coercive religious upbringing, or because of precious people like Sabrina, but I have come to the core conclusion that we need to give people some space. Should we share and live our faith? Absolutely! But I believe every person is capable of relating directly to God without coercion or interference by others.

In the words of that old Baptist from Oklahoma, Herschel Hobbs: "The Church cannot fasten its iron grip upon anyone's soul... This is the worst of all tyrannies. And it is made worse by its claim to be in the name of God who created men and women to be free."

Thus, every person should be given the right of free choice in his or her relationship with God (or without God). Every individual should be given the dignity as image-bearing creations of God to arrive at their own spiritual conclusions, choosing to be Catholic or Coptic, a Methodist or a Muslim, a Buddhist or a Baptist, a Jew or a Jainist, an Anglican or an atheist, without heavy-handedness of any kind.

No, not everyone will "convert" to our way of thinking or adopt our ideas about faith. But faith isn't about force; it is about being set free. God entrusted people with that freedom. Let's do the same.

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.

Giggle The Pounds Away With Laughter

By Rev. James L. Snyder

Finally, someone has come up with a weight loss program I can sink my teeth into without guilt. And, I say it's about time. I can't speak for anybody else, but I'm fed up with diet programs that simply beat me to death.

I'm tired of starving myself under the pretense of dieting, and exercising my body to the brink of absolute exhaustion. It's about time someone looked on the lighter side of dieting.

According to a study in Athens, Greece, scientists have found a good laugh is a calorie burner not to be ignored. You can be sure this gained my attention.

Some American researchers found that 10 to 15 minutes of genuine giggling can burn off the number of calories found in a medium square of chocolate. These scientists discovered a way to measure how many calories people burn when they laugh.

When I read this, I laughed for 39 minutes, allowing me to eat two medium squares of chocolate. At this rate, I'll be able to eat several pounds of chocolate a day.

Now that's what I call a diet.

According to their findings, the average person burns 20 percent more calories when laughing, compared to not laughing. If somebody laughs for 10 or 15 minutes a day they would burn up to 50 calories, depending on body size and the intensity of the laughter.

This means if I laughed for 10 to 15 minutes a day, I would burn enough calories to lose 4-1/2 pounds in a year. That's nothing to laugh at.

This means in 50 years I would completely disappear from the face of the earth. Which poses a question; when a person loses weight, where does that weight go?

I'm not one to jump on the latest bandwagon but there is nothing funny about carrying around extra weight. For some it's like having a monkey on their back, for me it's more like a gorilla.

Up to this point, my weight loss program has been a laughing matter. Little did I know my laughing was burning calories!

My exercise program has been a real joke, which may have done me good and I didn't know it. To be honest, my regimen has not produced the results I desired.

Just a few years ago, I exercised my right as an American citizen to vote for the president of my choice, which has been quite taxing on me, you can be sure. This kind of exercise takes more out of a person than realized at the time and must be good because I lost a great chunk of money in paying my taxes this year.

Every day I exercise my right to remain silent when the Gracious Mistress of the Parsonage is giving me a piece of her mind. Although I have not lost any weight with this exercise, I haven't lost any arguments, either. Personally, I think it's a good trade-off.

Now, with this new information I shall change my whole approach to dieting. Instead of working hard, exercising every day and watching what I eat, I shall throw caution to the wind and laugh all day long.

I shall laugh off all criticism with good humor. I shall roll in the aisles with uncontrollable mirth. My only concern is that I don't die laughing.

For the observant person, like Yours Truly, each day provides plenty of things to laugh about. My only problem is to know exactly where to start. I could start laughing at my Beloved but I'm sure I would lose something other than weight, so I don't want to go there, if you know what I mean.

A good guffaw, I've discovered, carries more than just personal benefits. An old proverb says, "Laugh, and the whole world laughs with you." So, I can see where my laughing is going to help other people lose weight.

Why didn't somebody think of this before? I may have lost some time; but be assured I am determined to giggle my way to

supreme health in the days and months ahead.

To begin my regimen of laughter, I only need to wake up in the morning. Believe me when I say, not waking up in the morning is no laughing matter.

When I wake up, I yawn, stretch and then go to the bathroom. One look in the mirror is good for a good belly laugh, which helps start the day in the right direction.

For the next laugh, I turn to the early morning news programs, which is good for a laugh-a-minute. We truly live in a funny world, at least for the person who takes the time to see the funny side of the street.

All those people on early morning television seriously think what they say is important. When in reality, very little of what they say makes any difference in anyone's day. If they only knew how insignificant their opinions are, they probably wouldn't get up in the morning and go to work. They give, on any given morning, sidesplitting, rib-tickling, laugh-a-minute exercises.

If you happen to see me walking down the street with a smile all over my face, don't be alarmed. I am engaged in my Laughtercise for the day.

"A merry heart doeth good like a medicine; but a broken spirit drieth the bones" (Proverbs 17:22). 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.

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By Marlys Norris, Christian Author

One very important day is not too far off in the distant future. There will come a day when God will come for those who trust and believe in Him. We do not know the day or the time but we do know that all the prophecies have already been fulfilled about that day according to Scripture. Therefore we are assured the day is nearing. Many are already announcing "It is time to get ready!"

Scripture records these truths: Jesus said, "I am the resurrection and the life. He who believes in Me, through he may die, he shall live. (After death they will take on immortality) And whoever lives and believes in Me shall

never die. (Will immediately take on immortality) Do you believe this?" (John 11:25-26)

Now this I say, brethren, that flesh and blood cannot inherit the kingdom of God, nor does corruption inherit incorruption. Behold, I tell you a mystery: We shall not all sleep, but we shall all be changed - *In a moment, in the twinkling of an eye*, at the last trumpet. For the trumpet will sound, and the dead will be raised incorruptible and we shall be changed. For this corruptible must put on incorruption, and this mortal must put on immortality. So when this corruptible has put on incorruption, and this mortal has put on immortality, then shall be brought to pass the saying that is written: "Death is swallowed up in victory." "O Death, where is your sting? O Hades, where is your victory?" (I Corinthians 15:50-55)

For if we believe that Jesus died and rose again, even so God will bring with Him those who sleep in Jesus. For this we say to you by the word of the Lord,

that we who are alive and remain until the coming of the Lord will by no means precede those who are asleep. For the Lord Himself will descend from heaven with a cloud, with the voice of an archangel, and with the trumpet of God. And the dead in Christ will rise first. Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air. *And thus we shall always be with the Lord.* Therefore, comfort one another with these words.. (I Thessalonians 4:15-18)

For you yourselves know perfectly that *the day of the Lord comes as a thief in the night.* (I Thessalonians 5:2) These events are called the "Rapture of the Church".

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In A Twinkling of An Eye

You'll Never Go Wrong by Loving



By Pastor Ray Dare

You will never go wrong living a life of unconditional love. You say, Yeah, Ray, but I've got some people in my life that I can't stand. Man, they're not serving the Lord. They don't treat me right. They're disrespectful. God surely doesn't expect me to love them and treat them good.

But friends, Jesus said that we are to even love our enemies. He said if your enemy's thirsty, give him a smoothie. He said if he's hungry, give him a Big Mac. He said if he wants your shirt, go ahead and give him your coat. He said by doing this, the Lord will reward you.

During the South Korean war, a Christian father was arrested by the communists and ordered to be killed. But when the young communist leader

heard that this man was a head of an orphanage and he was taking care of all of the children in that area, he decided to spare his life and instead kill his son. So they brought this man's teenage son out and right before his very eyes, they shot him at point blank range and executed him.

Years later, the fortunes of war changed. This same young communist leader was arrested and tried by the United Nations and sentenced to death for these horrible crimes. But before the sentence could be carried out, this same father whose son had been murdered by this man pleaded and pleaded with the courts to spare the life of this killer. He said he was too young. He didn't know what he was doing when he committed all those crimes. He begged them. He said, "Please just give him to me. Let me have him. I'll train him. I'll help him make something of his life."

Strangely enough, the United Nations granted this man's unbelievable request. He took the

murderer of his own son into his own home and raised him and loved him and cared for him. To make a long story short, that young communist gave his heart to the Lord. Today, that former communist murderer is a pastor of a church in another nation. Love never fails.

I challenge you again to let your life overflow with God's love and God's mercy. Life is too short to get caught up in petty differences or bound up in bitterness and grudges. Give people the benefit of the doubt. Give them a little room to be the person God's called them to be. Nobody's perfect. Overlook their faults and be quick to see the best in everybody. Be quick to show God's mercy because we know we're going to need it one day. My prayer today is that all of us from this day forth will make up our minds and determine in our hearts that we are going to live a life of mercy and unconditional love.

Pastor Ray

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Memorial Day Scams Target Military, Family and Supporters

SACRAMENTO - Memorial Day is a time to honor those who serve and remember those who have died in war. Sadly, it has also become a key opportunity for scammers to target those who are serving or have served their nation, especially elderly veterans. BBB is urging consumers and donors to be on the lookout for deals that seem too good to be true, and for disreputable charities.

"The unique lifestyle of our service members makes them prime targets for scammers," said Gary Almond, president of BBB serving Northeast California. "It's imperative that we educate our service members and ensure that the support we give to them equals the effort they make every day on behalf of us." Almond said scams can include those that target service personnel and their families directly, but also those that appear to be helping military members via charities.

"Donors need to watch out for questionable charities that raise funds on behalf of military organizations," adds Art Taylor, President and CEO of the BBB Wise Giving Alliance.

"When you make a donation, always check www.give.org to see that the group meets BBB charity standards, especially around Memorial Day. Too many solicitors that fail to meet BBB standards call and say they help veterans, service members or their families, and little of the money donated will serve that purpose."

Among the scams to watch out for:

- *Posing as the Veterans Administration to convince veterans they need to update their credit card, bank or other financial records with the VA;*
- *Charging service members for services they could get for free or less expensively elsewhere, such as military records and benefit filing assistance;*
- *Offering "instant approval" military loans ("no credit check," "all ranks approved") that can have high interest rates and hidden fees;*
- *Advertising housing online with military discounts and incentives, and then bilking service personnel out of the security deposit;*
- *Trying to sell things like*

security systems to spouses of deployed military personnel by saying the service member ordered it to protect his or her family;

- *Selling stolen vehicles at low prices by claiming to be soldiers who need to sell fast because they've been deployed;*
- *Posing as government contractors recruiting veterans and then asking for a copy of the job applicants' passport (which contains a lot of personal information);*
- *Posing on online dating services as a lonely service member in a remote part of Iraq or Afghanistan, and then asking for money to be wired to a third party for some emergency.*

BBB advises service members, veterans and all consumers never to give personal identification information (Social Security, bank account, military identification or credit card numbers, etc.) to anyone who contacts you by phone or e-mail, and to be wary of any solicitations that involve purchasing something or transferring money. Consumers can check out businesses and charities for free at www.bbb.org.

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POPOFF!

with Mary Jane Popp

ACHIEVE YOUR WILD GOALS

Do you have some wild goals you dream about, and never told anyone? You probably think you can never achieve them, so why try? How would you like the map to get there in four steps? **Sean Covey**, along with co-authors **Chris McChesney** and **Jim Huling**, have put together **"The 4 Disciplines of Execution"** to change your behavior and achieve your wildly important goals. I had Chris on my POPPOFF Radio Show and he led me through these disciplines. So put aside your old ideas and get ready for some new ones. Here is the capsulated version right from their book.

1) Focus on the Wildly Important. Basically, the more you try to do, the less you actually accomplish. This is a stark, inescapable principle that we all live with. Somewhere along the way, most leaders forget this. Why? Because smart, ambitious leaders don't want to do less, they want to do more, even when they know better. Isn't it really difficult for you to say no to a good idea, much less a great one? And yet, there will always be more good ideas than you and your

teams have the capacity to execute. So, Discipline 1 requires you to start by selecting one, or at the most, two extremely important goals, instead of trying to significantly improve everything all at once. Failure to achieve it will make every other accomplishment seem secondary, or possibly even inconsequential.

2) Act on the Lead Measures. This is the discipline of leverage. It's based on the simple principle that all actions are not created equal. Whatever strategy you're pursuing, your progress and success will be based on two kinds of measures: lag and lead. Lag measures are the tracking measurements of the wildly important goal, and they are usually the ones you spend most of your time praying over. Revenue, profit, and market share are all lag measures, meaning when you receive them, the performance that drove them is already in the past. Lead measures are quite different in that they are the measures of the most high-impact things you must do to reach the goal. Once you have identified your lead measures, they become the key leverage points for achieving your goal.

3) Keep a compelling Scoreboard. People play differently when they're keeping score. This is the discipline of engagement. In principle, the highest level of performance always comes from people who are emotionally engaged and the highest level of engagement comes

from knowing the score...that is, if people know whether they are winning or losing. And you must know the scoreboard. If the scoreboard isn't clear, the game you want people to play will be abandoned in the whirlwind of other activities.

4) Create A Cadence of Accountability. This is where execution really happens. The first 3 disciplines set up the game, but number four is based on the principle of accountability: that unless we consistently hold each other accountable, the goal naturally disintegrates in the whirlwind. The secret to Discipline 4, in addition to repeated cadence, is that members create their own commitments. Because they make their own commitments, their ownership of them increases.

This is a very condensed version of what **"The 4 Disciplines of Execution"** is all about. The good thing is when I asked Chris if this works for team participation or for single achievement, he told me absolutely for both. If you want more info on what these disciplines are all about, you can check out www.4DXBook.com. Press on. Now it's all up to you. It begins with you and it ends with you and your desire to succeed. But know you can make it happen!

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



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
 Director, Mary Purvis • 721-3824

19th Annual a Taste of Fair Oaks

Presented by the Fair Oaks Chamber of Commerce

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 Hand-Crafted Ales & Lagers
 Silent Auction, Raffle & Art Show
 Live Entertainment

June 1, 2012
 6pm ~ 9pm
 Pre-Event Tickets: \$35
 Tickets at the Door: \$45

North Ridge Country Club
 7600 Madison Avenue
 Fair Oaks, CA

For Advance Tickets & Additional Information:
 Call (916) 967-2903 or Visit www.fairoakschamber.com
 Must be 21 or over to attend

The New Christy Minstrels®

to Perform Benefit Concert under the Stars

Under the direction of Randy Sparks in concert



Featuring many of their best sellers, like *Green, Green, This Land Is Your Land, Ramblin'*, and many others.



Saturday July 28th & Sunday July 29th

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

Tickets \$20

Available online fairoakstheatrefestival.com

Program information available at 916.966.3683

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.

MANNY MANIA

MANNY RAMIREZ @ RALEY FIELD

Memorial Weekend, May 25-28

Catch the feeling. rivercats.com
 Triple-A Affiliate For tickets call 371.4487(HITS)

Fri, 5/25: Wine in the Park Ticket Package, \$25
 Sat, 5/26: Showdown Hoedown Pre-game Block Party @ 4 p.m.
 Sun, 5/27: Run, Bike, Swim Night Collapsible Water Bottle Giveaway (1st 2,500 fans)
 Mon, 5/28: Military Appreciation Day presented by U.S. Army

Mormon Helping Hands Project Spruces up Van Maren Lane



CITRUS HEIGHTS – On April 28th, the members and fellow citizens of the Citrus Heights Stake of the Church of Jesus Christ of Latter day Saints performed service in cleaning up a 4 acre area along Van Maren Lane in conjunction with the City of Citrus Heights. Working jointly with the city, the members worked two week ends to clean and clear debris, scrap wood, garbage, cement and blackberry bushes from this nature area. Men with power tools came and worked on April 21st to prepare for the clean up. About 80 men participated in this portion of the project lead by Jon Dresser, Director of Public Affairs for the stake.

Then on the 28th, members (with families) gathered together, signed in and received identifying vests and went to work. The 9 wards of the stake participated. They were cheerful, and

dedicated to doing the work to help the city and our community. They cleared, hauled and cleaned up the area and gave encouraging cheers for each task completed. The dumpsters were provided by the City and safety traffic signals were in place to keep all participants as safe as possible. New oak trees (23) provided by the

Sacramento Tree Foundation were planted in designated areas by members, including Stake President Ned Telford, counselor David Simmons and Mayor Jeff Slowey. A dedication ceremony honoring Mayor Slowey and past mayor Jeanne Bruins for their service to the City and recognizing MHH day followed. Citrus Heights' first mayor was Bill Hughes (deceased) and member of the Citrus Heights Stake. President Ned Telford presented a plaque to the Mayor and the City. Many leaders and members

were present for the clean up and the presentation of the plaque.

The church prepares each year to do a project for their community in April involving its members world-wide. It is estimated that about 500 members participated this year in our area. A new cable fence was built and installed under the direction of Clare Teerlink.

Advising the church included CH General Service Manager, David Wheaton and his Landscape Director, Armando Velasquez. This joint project was a huge success.

Citrus Heights City Manager, Henry Tingle, will be present at the next Public Affairs event—a concert on May 19th at the Stake Center on Van Maren Lane

Submitted by Tony Rego, Public Affairs Citrus Heights Stake

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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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.

Law Enforcement, California Pawnbrokers Join to Solve Crimes

Pawnbrokers would Electronically Report Transactions to Law Enforcement

SACRAMENTO – The State Senate Committee on Public Safety has unanimously passed AB 391, a bill authored by Dr. Richard Pan (D-Sacramento) that would create a statewide partnership to build an online reporting system allowing law enforcement, pawnbrokers and secondhand dealers to work together more effectively to track potentially stolen items.

"I would like to thank the California Pawnbrokers Association and law enforcement leaders like Attorney General Kamala Harris and Los Angeles Sheriff Lee Baca for working to open a new front in the effort to keep our families and our property safe," Dr. Pan said. "AB 391 will help law enforcement, pawnbrokers and secondhand dealers to work together by creating an online database where they can talk to each other and track the movement of stolen property."

"I want to congratulate Dr. Pan for his work on AB 391 and thank all the members of the Senate Committee who voted for this bill," said Wayne Bilowit, Lieutenant, Los Angeles County

Sheriff's Department. "Its successful passage brings us this much closer to enacting a law that is much overdue and will help all of law enforcement better serve our communities."

"Nothing disturbs pawnbrokers more than the chance that stolen property is entering our stores," said California Pawnbrokers Association President Diane Taylor. "Less than one-tenth of one percent of items taken in a pawn transaction turn out to be stolen and we look forward to decreasing that number even further. That is why CAPA is working hard to get this database up and running."

With over 80 Democratic and Republican co-authors in the State Legislature, Dr. Pan's AB 391 is widely expected to be sent to the Governor's desk this summer. The bill would allow the California Department of Justice to create and administer an online database to which pawnbrokers would electronically report their transactions the day they occur.

Attorney General Harris is a sponsor of AB 391. By

comparing pawn and second-hand dealer transactions reported to the database with recently reported thefts, law enforcement can identify the stolen property, anywhere in the state, putting them on the trail of those who stole the property. The California Pawnbrokers Association, representing over 700 pawnbrokers throughout the state, supports the fee AB 391 would call on pawnbrokers to pay in order to fund the database.

Dr. Richard Pan is a father, pediatrician, educator, small business owner and first-term Assemblymember who lives in Sacramento. He also represents the Cities of Citrus Heights and Folsom and surrounding areas. Website of Assemblymember Richard Pan: www.asmdc.org/pan

Sexual Assault Suspect Sought

SACRAMENTO – On May 7, shortly before 8 p.m., a female adult was parked on Verner Avenue near Greenback Lane, waiting for assistance after her vehicle broke down.



The female victim was approached by a man who offered to assist her. When the victim refused the suspect's offer for assistance, he grabbed her and pulled her a short distance to a nearby wooded area. The suspect (see attached composite sketch) had a large knife sheathed at his side, secured on a belt loop, but did not brandish it at the victim.

The suspect exposed his private parts to the victim and said that he intended to sexually assault her. This incident was interrupted by the arrival of the victim's friend, which caused the suspect to flee the scene. A search of the area was conducted, but the suspect was not located. The suspect in this case is described as a black male

adult, between 40-42 years old, approximately 6'4" tall and weighing about 220 pounds.

He has a stocky build, dark complexion, and short, curly hair. He had a full beard during this incident, and was wearing a dirty, white T-shirt and camouflage pants. Anyone recognizing this suspect, or having information regarding this incident, is asked to call the Sheriff's Sex Assault Bureau at (916) 874-5070.

STATEPOINT CROSSWORD

MOVIE QUOTES

CROSSWORD

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CLUES

ACROSS

- Balanced ride
- Mythical giant bird
- Iranian monarch
- Her face "launched a thousand ships"
- Lawyer group
- Abu ____, United Arab Emirates
- It describes the siege of Troy
- "Thank you ____, may I have another."
- Churns
- "I'm ready for my ____."
- Whitman's craft
- __-been
- Italian money
- An NBA game can never end with this
- Bumpkin
- Bald Eagle to Americans, e.g.
- Party request
- Crucifix
- Outburst of firearms
- One who employs something
- "Revolutionary Road" novelist
- In the near future
- Mortise and ____ joint
- Corpulent President
- Youngster
- The Terminator, e.g.
- Whiskey grain, pl.
- Laurie Partridge actress
- __ Piper
- Tote
- Team spirit
- "What we've got here is ____ to communicate."
- Shariah-approved meat
- What Salinger's catcher was in
- Weighed
- One of three hipbones
- Charged particle
- Bornean ape
- It preceded the violin
- Defensive ____ in football
- 4 x 4 race, e.g.

DOWN

- Elegant and stylish
- Holler
- Greek muse of history
- Fido's restraint
- Make lovable
- Wood file
- "Help me ____, Wan Kenobi"
- Plural of "carpus"
- Heard round the world?
- "Give me down to there ____, Shoulder length or longer"
- Completely
- __ and her towels
15. "The stuff that ____ are made of."
- Shylock's line of work
- Metal-bearing mineral
- Olga Korbut's outfit
- "You can't handle the ____!"
- Nisei's parent
- Movie premiere, e.g.
- "You're gonna need a bigger ____"
- Cat-headed Egyptian goddess
- Silent film comedian Harold ____
- Call forth
- "Show me the ____!"
- High school ball
- Confront
- Ancient stone slab with markings
- "I love the smell of ____ in the morning."
- Zip
- Bachelor on "The Bachelorette," e.g.
- Suggestive of the supernatural
- Sunlight distraction
- a.k.a. French Sudan
- Medley
- Ralph in Spanish
- Manage without help
- Eurasian mountain range
- Actress Sofer
- Trend-setting
- Human immunodeficiency virus
- Old-fashioned "far"

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For Solution See Page 7

“Hey Dad, Don’t Blink”

By Paul V. Scholl

You are a child of the Universe, no less than the trees and the stars, you have a right to be here. And whether or not it is clear to you, no doubt the Universe is unfolding as it should. – Desiderata

They say “It goes really fast” when you have children. Faster than anyone can even imagine. My son, Gabriel, is now 18 and heading to college. Wasn’t it just yesterday...?

We spent many hours driving when he was very little from the East Bay to the Sacramento area when he came up to stay with me a couple times each month. We would spend some of time learning math. “2 plus 2 is 4. 4 plus 4 is 8. 8 plus 8 is 16. 16 plus 16 is 32...16,384 plus... Dad, that number’s too big for me right now.”

I remember two times when he said something to me that was truly stunning. Once, when he was about four, he said “Dad, this time, I’m the boy and you’re the Dad.” Silence. He leaned over and went to sleep. He really did get it.

Another time, as he was looking out the window and studying the clouds. He looked over at me, touched my hand with his and said “Dad, God’s a hand. He just holds you.” Again, silence. And he leaned back and went to sleep.

How many times can you watch Lion King? I would watch it a hundred times more for one more Saturday morning on the couch together.



Celebrating the Fourth of July and my birthday together with family and friends. One of our best patriotic photos ever.

There was one particular play that was above all the rest. He was catching in an All-Star game, and it was close. There was a runner on third, then the pitcher threw a wild pitch that bounced off to the right

He played a bit more after that one.

Another moment that thrilled this dad’s heart was when he was playing linebacker on the high school football team. Goal line stand, and here comes the running back, and he just drilled him and drove him back, saving the touchdown. Now that was fun to watch!

His dream though was to be a big league baseball player. One summer we took “The great baseball road trip” which included seeing games in St. Louis at the old ballpark before it was torn down, Kansas City, and Denver. We saw the Royals, the Blue Jays, the White Sox, the Mets, the Rockies, the Cardinals, the Cubs, the Brewers and the Phillies all in a 10-day span in three different ballparks. We went with my wife Trish, who was also a big baseball fan, and they were a total blast together. This was the “maximum exposure” trip to big league baseball outside of the Bay Area, which was all he had known about it at that time. If you are going to dream big, learn big.

The day I heard that they were officially closing the old Yankee Stadium I decided I would make sure he had the chance to see it before it closed. We were able to make the trip out for almost a week, getting to see four games, a sweep of the Minnesota Twins.

He learned a lot about baseball fans that week. He also learned a lot about the real heart and soul of the game. It just warmed my heart when he leaned over to me during the first game and said “Dad, I think I’m a Yankees fan.”

During our trip to New York City we visited the Metropolitan Museum, Central Park, Ground Zero, the Bethesda fountain, the top of the Empire State Building and ran up Broadway in the rain. I showed him where I used to live on the Upper East Side, and one of my favorite places in the world, the East River at John Finley Walk.

We also went out to the Statue of Liberty, just taking it all in. We visited the museums there and were enthralled by the history lessons. We even found family names engraved in the monument of those who had passed through as immigrants decades ago. It was a great father-son trip.

When he returned to Manhattan later with his class on a school performance trip he was the one showing everybody else about the Big Apple.

High School JV baseball proved a little bit different world. He found favorites do get played more, and there is such a thing as politics. After his first year the dream had

soured, never getting to play the position he truly loved.

After his last game, which I was surely not going to miss, it was the end of a dream. And not only his. It wasn’t about his ever “making it”, it was about the journey together, the learning, the pep talks when he had a bad game, the strategies, the teaching. After we talked and hugged and he had to go on his way, I remember getting back to my car and having a good cry. Something big was over.

We took a trip up the California coast one weekend to Fort Bragg. I took him out to a great little first-class restaurant in town and taught him how to act properly when out on a date with a young lady. I let the waitress know what we were there for, and she joined in with a couple of tips of her own. She even had the cook, the long-time owner, come out and introduce himself and add his personal touch.

Later that trip we visited my favorite beach for the day. He went for a long and solitude walk while I just hung back and took time to write. It was a great example of how we could be together, yet enjoy our own space.

Over the years we loved to go to movies together, seeing many of the big movies when they came out. We also saw plenty of duds. I remember seeing one, one of the big “animated” movies that was so bad, we got up and left before the halfway point. That’s when I taught him how to get your money back for really bad entertainment. Funny thing, he later worked at the same movie theatre.

This last year he worked two jobs to save up enough money to buy his own car, while taking on AP classes and aiming for college. We visited a few lots one week and talked about deciding just what kind of car he was looking for to get him around town. He did the research, found the car, and made the deal. Then he learned about used car repairs.

When my wife Trish passed away suddenly in 2009, he was so supportive and strong. They had their own special relationship, and we both shared a loss that I’ve yet to figure out. As we both have learned, life does go on.

He served as my best man, twice. There really was no other choice for me. He is my strongest bond on this planet, my reason for doing so many things.

I was so very proud of the toast he gave when I married Gwen a year ago January. He displayed his maturity and grace in a way that not many others in the room had noticed before. Compliments were many.

disagree, I always let him know how important it is to come up with his own conclusions and that life itself will teach him whether he is right or wrong or somewhere in between.

He also hears that what might be right right now for him could be very wrong later in life. What is important is to be aware in life, and to act accordingly. He knows that it is about always trying to do the right thing, even if it doesn’t seem to turn out that way.

This page is written to honor a job well done by my son, for his diligence towards school and his grades, to working and practicing hard, to his willingness to make and keep good friends, and to his being a wonderful son.

It is also written for all those divorced and separated dads that may not know what to do with their kids through all the pain of their own broken relationship. Get over or around it enough to nurture your children the best you can. Do what you can to participate, even if it means just being there to watch the game, the play, the dance, the speech. Being there always matters.

All the struggles, financial or otherwise, will pale in their significance over the years to the memories your children will hold of your participation. My son knows the path we’ve taken together, and now he’s find-

He graduates in just a few short days. Then it is off to USF



“Dad, I think I’m a Yankees fan” during our visit to old Yankee Stadium



To the Best Best Man a father could have on wedding day.

and the rest of his life. I remember the first time I held him. I remember holding his hand on the first day of school. I remember how excited he was when he declared his independence from diapers. He said “No Dad, I’ll do it myself. I want my private-seat.”

It has been both a joy and sometimes a pain watching him grow his independence. More than just the normal teenage “I know everything” attitude, he’s developed a side that he really does take much more into consideration when making decisions. When we differ on our opinions and we agree to

ing his own path. If life ended today, knowing that, I would be OK with it.

Gabriel has his own relationship with God. He has a good foundation. He is defining what he believes in. He has all the tools to be a success. I do not know if I am capable of loving any other human being more than I love my son Gabriel.

And I am proud to know that when the day comes, he will understand fully just what it means when his son says “Hey Dad, Don’t Blink”.

“I love you to the moon and back Gabe.” - Dad



One our trip to Fort Bragg. Another great Father-Son trip alone.



Holding Gabriel for the very first time. Life changes now.

When he asked me once how much I loved him, spreading my arms wide didn’t seem like enough. I looked up to the moon and said “I love you to the moon and back Gabe.” He said “I love you to the moon and back Dad.” We repeated that many times over the years.

The importance of being there for his first baseball game, his

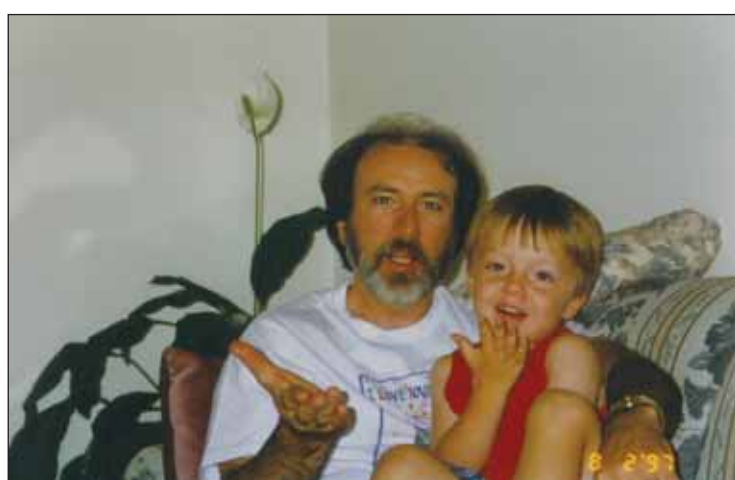
towards the backstop. Gabe bolted towards the ball, sliding to it as it closed in on the fence. He grabbed it bare handed and instinctively turned and tossed it perfectly to the pitcher covering home right where he didn’t even have to move to tag the runner out. Pure instinct at the perfect time. Wow.



One-on-one instruction about the Spirit of baseball.

first t-ball hit, being able to help coach for the first few years, will live in my heart as one of the best decisions I’ve made. Looking back, I can’t imagine doing it differently.

He played basketball too. He once had a big game that opened his coach’s eyes a bit. His team had a few players hurt, so he got more than his regular playing time. He walked away with 22 points and 12 rebounds.



“Blowing Kisses” to grandma during one of our many visits.

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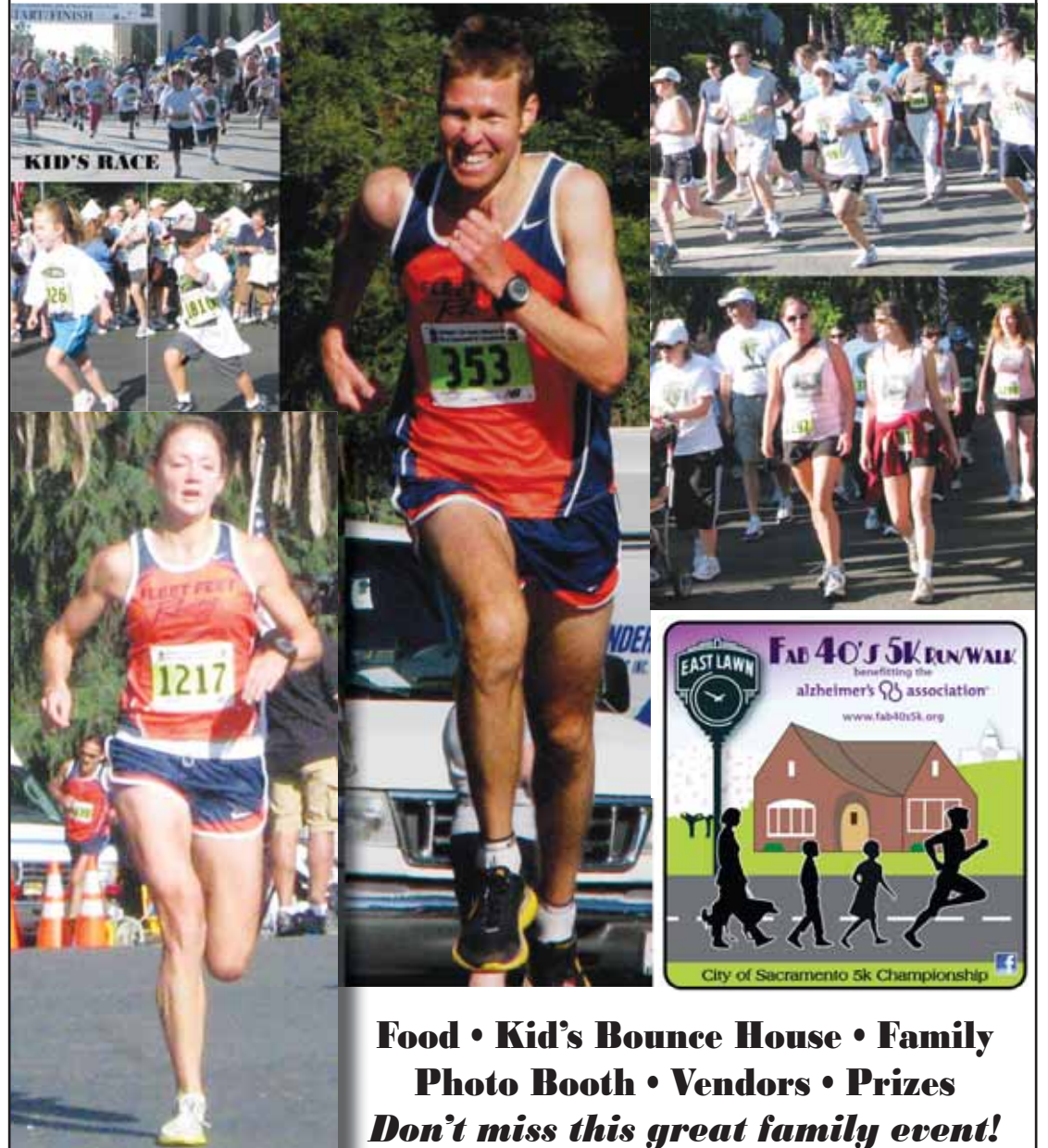
Learn more about how it works on the registration page

Fab 40's 5k Run/Walk

Benefiting the Alzheimer's Association City of Sacramento 5k Championship

Saturday July 14, 2012

Start and finish lines at historic East Lawn Memorial Park, 4300 Folsom Blvd.



Food • Kid's Bounce House • Family Photo Booth • Vendors • Prizes
Don't miss this great family event!

Alzheimer's is the 6th leading cause of death in the United States and there is no cure. Our vision is a world without Alzheimer's. Come help us make that a reality. Run, walk, or just sit and enjoy the atmosphere. For more info: www.Fab40s5k.org



Citrus Town Center



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Upcoming June Concerts

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|------|-------|-----------------------|
| 6/2 | 6-8pm | Tragically White Band |
| 6/16 | 6-8pm | Dave Russell |



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