

Citrus Heights Messenger

"Written by the people, for the people"

VOLUME 7 • ISSUE 22

Serving the City of Citrus Heights and Sacramento County

NOVEMBER 17, 2017

A TRUE HERO AND SURVIVOR



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FAT CHANCE, FAST CHANGE FOR MOTIVATED MEN THIS HOLIDAY SEASON



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A Playful Hall of Hope

Grand Oaks Palace On the Ball for Charity



Levetta Hulsey, left, and her friend, Winnie Leal (above), come from Wheatland together each week to play bingo at Grand Oaks Palace to support Society for the Blind. Diane and Arlie Treas (photo at right), recipients of care through Society for the Blind, are Tuesday regulars at Grand Oaks Palace.

**Story and photos
by Jacqueline Fox**

CITRUS HEIGHTS, CA (MPG) - Each Tuesday morning, rain or shine, Diane and Arlie Treas of Natomas catch a lift to the Grand Oaks Palace Bingo hall on Auburn Boulevard, where the coffee is hot, the energy high and the buy-in fees, which start as low as \$20 for some games, are pooled to support a cause hitting as close to home for the couple as it gets.

Diane, who is completely blind, and "her best friend for life," Arlie, partially blind, are regulars at Grand Oaks Tuesday matinee sessions, where buy-in fees go directly to charity, in this case, Society For The Blind, Sacramento (SFTB), which provides services for roughly 6,000

blind or low-vision clients across seven counties, including in-home life adaptability trainings, mentorship programs, and access to a low-cost vision clinic.

In fact, every day is charity day at Grand Oaks, where all proceeds from bingo game buy-ins benefit a different non-profit each day, in some cases two in one day. In addition to the SFTB, Grand Oaks' hosts bingo matinee and evening sessions supporting The Placer County Food Bank, Mesa Verde High School and Oakmont Performing Arts Boosters.

Volunteers from each of the nonprofits have their own posse of onsite volunteers managing the sessions. They are in charge of everything happening during their charity games, including selling bingo cards and daubers,



those brightly colored stamps used for marking paper cards, checking winning numbers, cranking out burgers and sandwiches in the snack bar, serving as the number "caller," and of course, keeping the coffee going.

Each charity pays rental fees for use of the space. Typically a daily sessions will include roughly 20 different bingo games, some using old-school paper cards or "sheets," while others are played on electronic

cards or screens, which make it possible to manage multiple cards at once, boosting the pot and increasing the odds of a winning round. Games vary, as do the payouts, but rarely exceed \$1,500 for most sessions at Grand Oaks.

"We've been playing here for three years," says Dianne, who figures her biggest win was about \$300 to Arlie's \$1,119. The two are inseparable, she says, and

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ACFP Relay Team Runs for Survivors

**By Colleen Robertson,
ACFP**

SACRAMENTO, CA (MPG) - A Community For Peace (ACFP) created a Community Team for the California International Marathon called 'ACFP Communities in Motion Relay Team'. The team will run Sunday, December 3, 2017. The team's goal is to raise \$26,000 to support survivors of domestic violence, intimate partner violence, and family violence which includes women, children and men.

This year, A Community For Peace has composed a team of four runners from our community. We are very excited about this marathon team this year because it reflects a true community of healing and peace.

The California International Marathon (CIM) is a marathon organized by runners, for runners! On Sunday, December 3rd, the scenic 26 mile route will start near the Folsom Dam in Folsom, then take the runners through the towns of Orangevale, Citrus Heights, right in front our ACFP office, then continues through Fair Oaks and Carmichael and finally, under a canopy of trees in full fall colors, into the city of Sacramento for the State Capitol finish.

ACFP and the community team ask everyone to pledge for the ACFP Communities in Motion Relay Team. You can pledge online at www.acomunityforpeace.org under the events CIM Run page.

A Community For Peace is a trauma-informed social justice crisis center for victims and survivors of domestic violence, family violence, and sexual assault. A Community For Peace's mission is to end all forms of violence to women and girls, men and boys, and to promote peace in our homes, schools and communities. A Community For Peace is a 501(c)3 nonprofit, Tax ID#68-0457704.

Source: ACFP

★

Co-Housing Project Finally Breaks Ground

By Jacqueline Fox

SACRAMENTO COUNTY, CA (MPG) - Following two years of planning, site tours, pot lucks, workshops and even wine tastings to celebrate baby steps taken along the way, the first shovel of dirt has been dug for a planned cohousing project with units sold on the promise of a "Family-friendly Green Neighborhood" for New York Avenue.

Future residents, of the Fair Oaks EcoHousing development, alongside individuals hoping to build something similar in other parts of Sacramento County, as well as construction and development representatives for the project, and the leading figures in its development and execution got a break in the rain long enough to snap a group photo in front of the 3.7-acre development site Nov. 3. Then they walked over, together, to Smokey Oaks Tavern on nearby Fair Oaks Boulevard for an official reception and speeches.

"I was thrilled to see how many people joined us for the groundbreaking,"



From left to right, Katherine McCamant, founder of CoHousing Solutions, Richard Rozumowicz, civil engineer, Charles Durrett, architect, Darryl Berlin, construction project manager, Marty Maskall, future resident and leading organizer of the project and Rachel Bardis and Katherine Bardis of Bardis Homes. Photo by Louise Mitchell

said future Fair Oaks EcoHousing resident and founder, Marty Maskall, who

has been working to get the concept for the project from her mind, on to paper and

to this point for most of the last decade. "Supervisor Susan Peters (who attended the event) complimented the future residents on our persistence to pursue our vision. I can't wait until the homes are built and we can move in."

That is slated to happen sometime in spring of 2019. Meanwhile, the Fair Oaks EcoHousing project has been endorsed by the Environmental Council of Sacramento (ECOS), which also honored Maskall as the 2016 Environmentalist of the year.

The celebration officially kicked off construction of the 30-unit, pedestrian-friendly neighborhood that will feature private townhomes and "flats" ranging in size from two to four bedrooms and priced between the mid-\$300's and the high \$600's, solar and sustainable energy sources and other green living features.

The village in the making already has owners for all but two of the 30 homes available, a sign of just how popular the idea of cohousing has become and how quickly folks are ready to buy in.

Continued on page 3

A True Hero and Survivor

Battle of Okinawa Survivor Part of Final Battle of World War II

By Elise Spleiss

SACRAMENTO REGION, CA (MPG) - At the age of 20, Bob (Junior) Mellor, had no way of knowing he was soon to be part of what would be known as ‘history’s greatest conflict on land and sea’, the Battle of Okinawa, also known as Operation Iceberg. Many who unknowingly become a part of history in the making often just see it as part of the job. It is no different for Bob Mellor, now 92.

His patriotic T-shirts and original Navy uniforms hanging in his closet, the glass case full of photos and other service memorabilia are silent reminders of his service while his extensive collection of World War II and other combat movies bring those days back to life for him. And Bob loves to proudly talk about those days to any fortunate enough to hear his stories.

Bob joined the U.S. Navy on October 6, 1944 in San Francisco. He took a train to San Diego Naval Training Center where he completed his basic training as a Seaman Apprentice Class on December 28, 1944. The same day he was transferred to Landing Craft School where he graduated three months later on March 6, 1945.

During his training Bob took a leave to visit his older brother, Ray Mellor whose ship, the aircraft carrier U.S.S. Fanshaw Bay, had come in for repairs following a Japanese attack that had burned the flight deck. While on board Ray, a Gunner’s Mate on the ship, showed his brother the 5-inch anti-aircraft guns where he worked. Ray survived the war, thanks to the metal case covering his Bible when he took shrapnel to the chest during the Battle of Leyte Gulf in the Philippines.

Upon completion of Landing Craft School Bob Mellor was transferred to the West Pacific where he was trained to drive a 30-foot Landing Craft Mechanized (LCM) boat. He was immediately made a cockswain, in charge of the ship and its crew, and trained in the Pacific Ocean in 15 to 20-foot breakers. Mellor said he liked the training and “found it no harder

than plowing a straight furrow” back home on his family’s 156-acre ranch in Delhi, California.

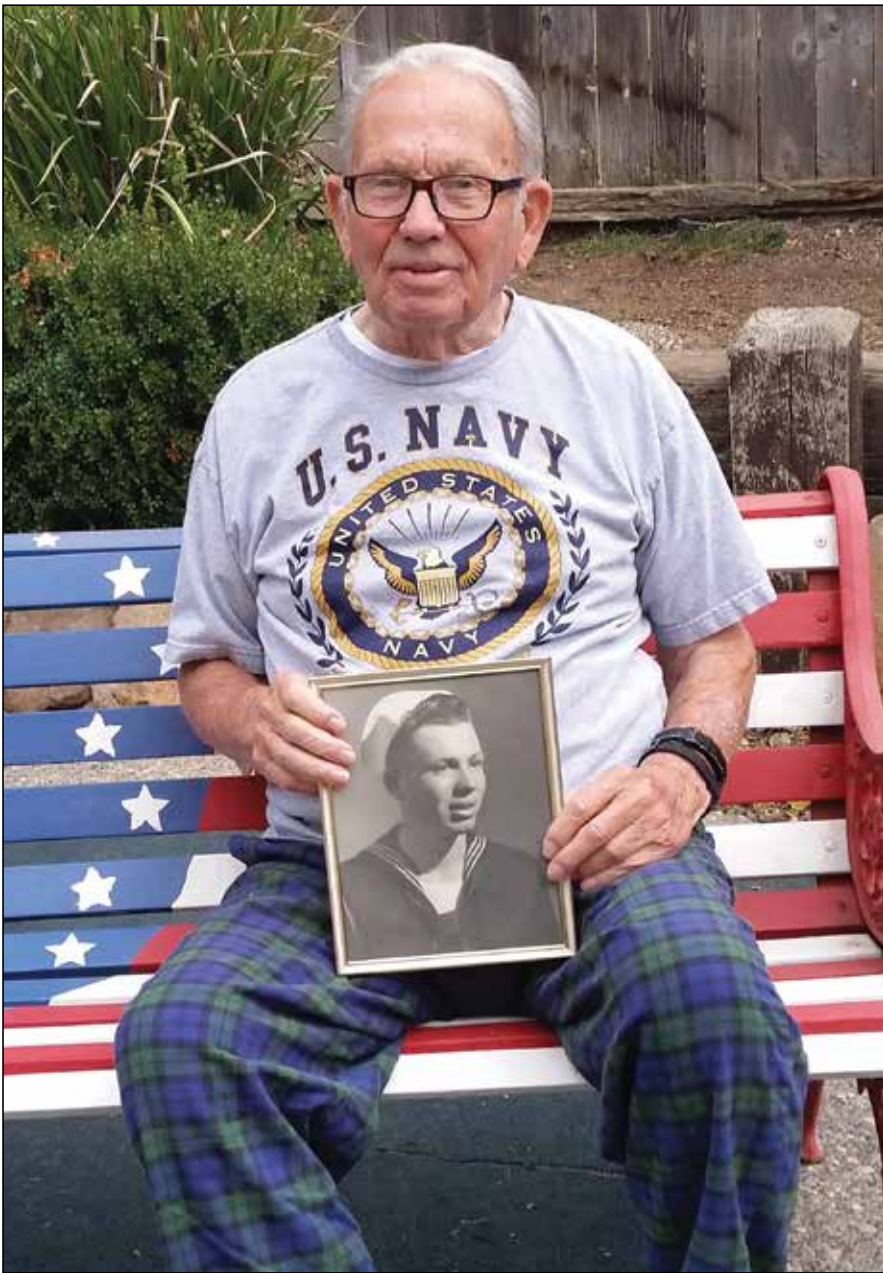
During his three-month training in preparation for the invasion of Okinawa, Mellor brought in supplies, hauled liberty parties and took sailor transfers to other ships on the high seas. He participated in a week-long shake-down cruise and amphibious landing off Catalina Island before boarding a Landing Craft Infantry (LCI) headed for Pearl Harbor where he trained in all the sea channels driving a landing craft.

On March 17, 1945 Mellor was assigned to LSM 424 (Landing Ship, Medium) and was sent to the south islands in the Pacific where he joined a larger fleet of landing craft and mine sweepers. At 203 feet-long, his ship resembled a small aircraft carrier and carried over 100 guns, mortars and rockets of various sizes. Mellor’s ship was part of the fleet that by the end of March would number 1,300 headed to the invasion of Okinawa. Only 325 miles from Japan, Okinawa was the last stronghold to defeat before reaching Japan.

Finally, on April 1, 1945 the U.S. and allied forces invaded Okinawa. Mellor and his men landed in Buckner Bay. By the end of the day, it had become the largest amphibious landing in the Pacific theater of World War II with 50,000 troops landing.

One of the pilots flying from the carrier U.S.S. San Jacinto was a young pilot by the name of George H.W. Bush. Bush and other pilots conducted bombing raids in their TBM Avengers to clear the way for Mellor and other landing crafts to land safely on Okinawa. However, attempting to prevent U.S. and Allied landings was the Imperial Japanese ‘super-battleship’ Yamato, along with its fleet of Japanese aircraft carriers and destroyers.

Mellor recalls that just after his ship had unloaded its pontoons and hardware for the floating docks, they were attacked briefly in a kamikaze attack by a Japanese Zero fighter plane. He and his men survived that attack and



Okinawa survivor Bob Mellor proudly displays his Navy photo, his Navy uniform and the American Campaign, Asiatic Pacific Campaign and World War II medals he earned during his service in the Battle of Okinawa.

with the equipment provided, three U.S. Army and three U.S. Marine Corps divisions aided in the successful completion of the assault on Okinawa.

On April 7, 1945 the Yamato, the largest battleship in the world at 80,000-tons was sunk by the Avengers after 10 torpedo hits. The Yamato had been the former flagship of Admiral Isoroku Yamamoto, mastermind of the Pearl Harbor attack.

The war ended on June 22, 1945 but Mellor had one more assignment to complete. On June 26, Mellor took his LSM 424 to the north end of Okinawa and picked up U.S. Marines from the 1st Marine Division at Hedo, and transported them to the North China Sea where they boarded 40 ships to go home.

More than 12,000 American servicemen were killed at Okinawa and over

38,000 wounded or missing. Japan lost 100,000 men, plus a loss of up to 150,000 civilian Okinawans.

Mellor continued his life following his Navy days with his high school sweetheart, Elma Louise Voyles. They married in 1946, following his discharge from the Navy and her graduation with honors from Livingston High School in Livingston, California. Their first home was a chicken house in the backyard of Clint Lovelady’s Ranch in Delhi, California. They converted the chicken house into their home of one year, then moved to a farm in Delhi where Bob work full-time plowing fields and milking the cows. Their toilet was an outhouse.

In 1950 Mellor took a job at McClellan Air Force Base in Sacramento where he worked for 34 years before retiring as a “Scheduler” for airplane repairs.

The Mellor’s had four children, three adopted over a span of fifteen years. After two children, they upsize from their home in North Highlands to 5-acres in Fair Oaks. After 54 years of marriage, Elma passed away in 2000.

Mellor now lives with his daughter, Lynne at her home in Roseville. He spends much of his time watching his extensive collection of WWII movies and other classics dating back to the 1930’s.

He enjoys his pastime, especially as, referring to his waning memory, each time he watches a favorite movie like Midway or Flying Tigers, it’s like watching it for the first time.

As the number of our surviving World War II veterans are rapidly dwindling, our younger generations are either never studied or are forgetting their sacrifices. Stories like these are a memorial to the thousands of people who worked, fought and died to preserve our way of life today. They cannot be forgotten.

Sources: Mellor Family History by Dr. Dennis L. Mellor

The Collings Foundation; World War II Day by Day by Antony Shaw ★

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Co-Housing Project Breaks Ground

Continued from page 1

Prices range from \$300,000 to \$600,000, depending on the square footage. Owners also will pay a monthly homeowner association fee, likely between \$300 and \$400.”

It is estimated that, over the last 25 years, more than 160 cohousing communities have popped up nationwide. Cohousing neighborhoods in the Sacramento region include Southside Park Cohousing downtown, Nevada City Cohousing in Nevada City, Wolf Creek Lodge in Grass Valley, and three communities in Davis.

“This is not a new concept,” says Kathryn McCamant, founder of Co-Housing Solutions and consultant on the Fair Oaks EcoHousing project. Her company is considered to have pioneered the development of cohousing in North America, including Sacramento County. “We modeled our cohousing projects initially on similar projects in Denmark that go back decades.”

She and her husband, Charles Durrett, who served as the leading architect for the Fair Oaks development, have co-authored two books on sustainable cohousing and collaborated on a number of cohousing developments. They also live in the Nevada City Cohousing development built in 2008.

McCamant said the concept is easy to sell as it attracts like-minded, conscious-living individuals who support community spaces and ideas for co-existence. Finding the construction funding for cohousing projects, however, she said, is not as straightforward, even though funds would be largely guaranteed by multiple mortgage payments, in this case, 30, upon the selling of the final two units.

“We ended up having to go all the way down to San Diego to Torrey Pines bank to get a loan approved for the Fair Oaks CoHousing project,” said McCamant. “We just couldn’t get lenders to understand, let



Marty Maskall (right), future resident and leading organizer of the project, Darryl Berlin (left), construction project manager describe how the EcoHousing project will look when completed. Photo by Louise Mitchell

“I feel as though we have somehow emerged as victors after a sustained battle with numerous obstacles. I am optimistic about all of our futures.”

ANNE BIRCHFIELD
FUTURE RESIDENT OF THE
FORTHCOMING FAIR OAKS
ECOHOUSING DEVELOPMENT

alone support the concept.”

That concept involves a place where residents share communal ethos and commit to a lifestyle that balances independent living with shared experiences. Residents can cook and share meals together, participate in group events and outdoor activities and nurture the spirit of communal living as they see fit. Tossing a wave to a neighbor three times a year while getting the morning paper, however, won’t cut it.

“Garage door communities, where people pull up at night, put their cars away and never go anywhere else in the neighborhood is not working so well,” said Durrett. “Cohousing affords an opportunity for shared living experiences using open, shared living spaces. They aren’t meant for someone who wants to isolate.”

Fair Oaks EcoHousing will offer 3.7 acres of outdoor living and play space, a community pool, spa, workshop, dining and entertaining facilities, a lounge, kids’ playroom, designated space for yoga and music, and two guest bedrooms for extra accommodations.

Some of the future Fair Oaks EcoHousing residents who attended the groundbreaking ceremony were not shy in expressing how long and sometimes difficult the process of getting from concept to construction has been. The shoveling of that first mound of dirt, they said, was significant on many levels, as it represented the first tangible move toward moving day.

“I feel as though we have somehow emerged as victors after a sustained battle with numerous obstacles,” said Anne Birchfield of Sacramento and a co-founder of the project. “I am optimistic about all of our futures.”

Obstacles aside, Fair Oaks EcoHousing already is being used as a model for other groups hoping to form a cohousing development.

“What an exciting day to see all of you there with your shovels, spades and smiles,” said Anne Geraghty, who is building a coalition to support development of the Washington House Cohousing project in west Sacramento. “We are looking forward to following in your

Antelope Christian to “Spread the Warmth”

By Melissa Kennedy

CITRUS HEIGHTS, CA (MPG)

- Antelope Road Christian Fellowship’s Women’s Ministries has put together an amazing way to help those in need of physical warmth. They call it Global Warming. While the name may raise an eyebrow, it’s meaning and value is apparent. Simply put, they aim to “Spread the warmth of God’s Love one stitch at a time”. This 12 month long ministry focuses each quarter on a part of the world. Two times per year, Spring and Summer, they focus on cold weather countries and are in contact with various missionaries. The other two quarters, Fall and Winter, they focus on domestic missions. Just last month they sent 2 large boxes containing over 200 hats,

40 scarves, and 10 various other items to Wounded Knee, South Dakota. All items are knitted, loomed, or crocheted by hand.

This quarter (October through December) their focus is the mission field of their own backyard – Citrus Heights and the Sacramento area. With plunging temperatures and many homeless, there’s no shortage of people who need a warm reminder that someone cares about them. While they still hand-make their hats, scarves, and blankets, there is a unique call this quarter to branch out. Since this is a local need, the consideration of shipping costs are not a hurdle for the non-profit, so they have decided to collect as much as they can.

The Global Warming Ministry is sponsoring a Coat and Blanket

drive to help in this cause. The drive will last from November 12th, through December 17th – to be distributed as needed to the homeless here in Citrus Heights, and to shelters and warming centers in the Sacramento Area. If you would like to donate, you may drop off your new or gently used coats and blankets during the week at their church office (Tuesdays – Thursdays 9am – 5pm, Fridays 9am – 12pm), before their Sunday services, or during their Holiday Boutique on December 2nd from 11am – 2pm.

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Citrus Heights Messenger

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Subscriptions should be mailed to *Citrus Heights Messenger*, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$28 per year in Citrus Heights. *Citrus Heights Messenger* is published twice monthly. Call (916) 773-1111 for more information. (ISSN # 1948-1918).

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Crossword Puzzle on Page 5

R	U	S	T	S		G	A	S		C	O	C	A
I	N	T	R	O		A	R	C		F	E	R	A
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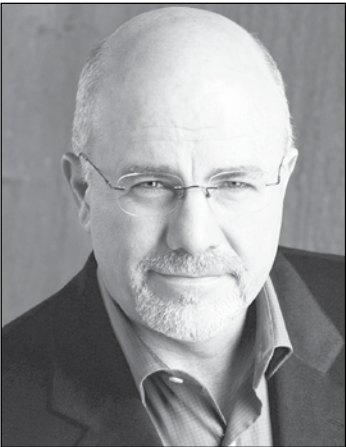
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Married or single, budgeting is the key

Dear Dave,
Do you have any tips for how single people can stay on track with their finances?
- Deb

Dear Deb,
The first thing I'd suggest is the same advice I give to married couples, and that is to spend less than you make, and live on a written, monthly budget. Sit down at the end of each month and write down — on paper — all your expenses and income for the upcoming month. Give every dollar a job, then spend everything on paper before the month begins.
When you think about it, budgeting isn't that difficult. All it takes is a little time and a few basic math skills. Some expenses, like your mortgage payment or rent, will be the same. If you have a car payment, it should remain constant, as well. Things like utilities and

Dave Says

groceries may fluctuate a little based on the time of year, but you can formulate pretty accurate estimates by looking at past months.
Another thing I would recommend is finding a mature, trustworthy friend or family member to act as an accountability partner. This person should also be good with money, and your relationship should be strong enough that they're not afraid to call you out if you start behaving irresponsibly with your cash.
Sit down, just the two of you, once a month and talk about your finances. You can even go over your income and budget line by line if it helps. The point in this scenario is to get support from someone who cares about you, and is willing to be there — and help hold you accountable — for the financial decisions you're making.
—Dave

Used car warranties?
Dear Dave,
What is your opinion of used car warranties?
-Anonymous

Dear Anonymous,
I'm not a fan of extended

warranties in general, and I especially dislike used car warranties. In my mind, they're bad because they're expensive and — on average — of little benefit to the buyer.
Did you know, in many cases, only about 12 percent of what you pay for used car warranties goes to cover the cost of repairs? That means around 88 percent goes toward profit, overhead, and commissions. In fact, some used car dealers make more money from the sale of extended warranties than they do on the sale of actual cars.
The best way to cover yourself is to buy smart and self-insure. Save up an emergency fund of three to six months of expenses, and stay away from stuff like used car warranties!
—Dave

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

California's Tax-and-Spend Cycle Continues



Senator Ted Gaines (R-El Dorado)

Commentary by Senator Ted Gaines

The California legislature has descended into policy madhouse where decisions defy every bit of fiscal and economic common sense and serve to put working class people in the poorhouse.
Case in point is this year's tax-heavy legislative session, where the ruling party took breaks from abusing President Trump only long enough to pass bills making California unlivable. In a state with the highest poverty level in the nation, legislators inexplicably set out to make absolutely everything more expensive.
California already has some of the highest gas taxes in the country, so what do the legislative Democrats do? They start by imposing a new gas and car registration tax, which added twelve cents to every gallon of

gasoline starting November 1, and increases vehicle registration fees by \$25-175 per car. And that twelve-cent tax will go up starting in 2021, adjusted for inflation, forever and ever.
This tax was sold as a way to repair our roads but we already have money for that and have simply not made the commitment to spend those funds where needed. California general fund spending increased by around \$25 billion over the past five years, but transportation spending stayed flat. Tell me why those funds could not have paid for roads?
Every year a billion dollars in truck weight fees are diverted away from transportation where they belong and into the general fund. California has the money! By putting this new tax on every mile regular people drive for work, for school, for family, the dominant party is simply charging you twice for road construction and repair. Would you rather see our road money spent where it belongs before paying new and higher taxes?
But even that was not enough. The big bamboozle came in the extension of the state's cap-and-trade scheme, which is alleged to fight "climate change" but really fights against prosperity in the working class. If you were angry over the 12-cent gas tax, how do you feel about the 73-cent increase on every gallon of gas due to cap-and-trade? And, the money raised by cap-and-trade will go to subsidize

California's legendary money burning High Speed Rail, which most ordinary Californians will only ever see from their cheaper, faster, more convenient seats on Southwest Airlines.
Lastly, in a state where housing prices are eating up 50- or 60-percent of many people's income, the legislature saw it fit to make housing even more expensive with a host of new fees and mandates that will add hundreds of dollars in costs to many real estate transactions, but many tens of thousands in costs for some new construction.
These housing taxes are not without consequence. For every \$1,000 increase in the median price of a home, an additional 15,000 Californians are priced out of the market. The legislature is creating a permanent renter class by making housing and staple goods unaffordable, cutting off a traditional lifeline to a middle-class life for too many in our state.
California seems as though it has many problems — budget deficits, unfunded pensions, bad roads, high taxes — but it really has just one: Politicians. Until Sacramento's tax-and-spend pirates change their ways, it's higher taxes from here on out.
Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties. ★

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CLUES

ACROSS

1. What car does over time
6. *Traveler's purchase
9. Kind of cola
13. Opening
14. ___ de Triomphe
15. Opposite of domesticated
16. Beer garden mug
17. Hula dancer's necklace
18. "Haste makes waste," e.g.
19. *Thanksgiving game day stars
21. *Peeps around the table
23. "But I heard him exclaim, ___ he drove out of sight ..."
24. Queen of Carthage
25. British broadcaster
28. Fungal spore sacs
30. Angry dispute
35. Rhine tributary
37. "Cogito, ___ sum"
39. Did like a star at night
40. Assortment
41. *Last float passenger
43. Larger-than-life
44. Like a neon sign
46. Catcher's catcher
47. Facts and figures
48. Nile and Mississippi
50. Plural of "forum"
52. State of no-mindness
53. Impose, as in tax
55. Rage
57. *Star of the show on Thanksgiving
60. *"The Thanksgiving Song" singer
64. Small, olive-gray bird
65. Kind of printer
67. Nose of a missile
68. Donated live-saver
69. Born, in society pages
70. Child-eating daemon, in Greek mythology
71. Do this at a funeral
72. Symbolized by elephant
73. Funny

DOWN

1. Reduced Instruction Set Computer
2. "Do ___ others..."
3. Hearty one-pot dish
4. *Squanto's Wampanoag, e.g.
5. Mexico City state
6. "Buffalo ___, won't you come out tonight..."
7. "Is" is to "she" as ___ is to "we"
8. "The Terminator" genre
9. Ghana monetary unit
10. Like word of mouth
11. Same as cagey
12. Stout relative
15. Kate Hudson's "Almost ___"
20. Those in favor
22. Sum it up
24. Make something seem worthy
25. *___-breasted variety
26. Pop out
27. Prepare white wine
29. Pack like sardines
31. Lose one's coat
32. November birthstone
33. Get together
34. *Pumpkin alternative
36. Dig like a pig
38. Bismarck's first name
42. Courtyards
45. Non-scholarship player
49. "___ Spot run"
51. ___ Palmer
54. Contending
56. ***Thanksgiving, ___ poem by ___
Albert Guest
57. Michelin product
58. Strong desire
59. * ___ harvest before giving thanks
60. Beehive basket
61. Stretched ride
62. Like a villain
63. Bona fide
64. Wedding promise, e.g.
66. "New" prefix

CROSSWORD

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68						69				70			
71						72				73			

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Crossword Puzzle Solutions on Page 4

Boy Scouts Host Italian Dinner Fundraiser

SACRAMENTO REGION, CA (MPG) - Boy Scout Troop 310 is hosting an Italian Dinner fundraiser on Saturday, December 2nd from 6 to 9 p.m. at Divine Savior Catholic Church, 9079 Greenback Lane, Orangevale. Enjoy all you can eat pasta,

salad, garlic bread and beverages. Chicken parmesan and Scout-made desserts will be on sale. The evening includes a silent auction and door prizes. Tickets are \$10.00 each (kids under 5 are free). All proceeds go to Boy Scout Troop 310's

program. For information, tickets or to donate to our silent auction, please contact Loree Johnston at (916) 601-5473 or lee-n-loree@sbcglobal.net. Thank you for supporting Boy Scouts! ★

Hazel Avenue Paving Project Moves Forward

By MPG Staff

FAIR OAKS, CA (MPG) - Hazel Avenue saw traffic delays during the weekend of November 10-13 and will see it again on the weekend of November 17-20. During these two weekends, a stretch of Hazel Avenue between Curragh Downs Drive and Sunset Avenue will be undergoing round-the-clock asphalt paving.

Weather permitting, the lane closures will begin on Friday, November 17 at 7 p.m. and will fully reopen at 6 a.m. on Monday, November 20. If work

is delayed due to weather, the paving will be rescheduled for a future date.
This work is part of the Hazel Avenue Improvement Project, helping to reduce congestion, increase safety and mobility for all modes of transportation along the two-mile stretch of Hazel Avenue between U.S. highway 50 and Madison Avenue.
During Phase 2 of the project, roads will be reduced to one lane in both directions as crews conduct the asphalt work. The northbound and southbound lane closures will also impact bicycle traffic, but every effort will be made to

provide access to riders. If you travel through the area, please be cognizant of these lane closures and the associated delays when planning your daily activities.
The anticipated completion of this second phase to widen Hazel Avenue is June of 2018. Sacramento County Department of Transportation appreciates your patience and cooperation as crews work to finish this project. For your safety and workers safety, please be aware of crews if you travel through the project area.
Source: Sacramento County Media ★

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By Marlys Johnsen Norris,
Christian Author

Many people claim to have good intentions about the affairs of their life. The end result always reveals if those intentions were honest and fair. Doing good things for self and others is the usual result of the efforts given to do them. When one does them without desiring a lot of praise for themselves, they do seek the help of an all knowing God. It is then, all those so-called good intentions become reality with help of the Holy Spirit of God. After all He

Good Intentions or Integrity?

knows the real and sincere intentions of everyone's heart and with His help the end result is always successful.

Helping others with a sincere and loving heart creates value and integrity of who everyone IS in Christ, as believers and followers of God's Word. It exemplifies His love and honors Him because one is not looking for a personal pat on the back for a job well done. Others are aware that the intentions are honorable, right and good for everyone concerned.

Good honest intentions ministered to others prove one's integrity, which is a long-term positive character trait, of the value they exemplify with actions because of their constant good intentions. Scripture puts it clearly. *Unless you are faithful in small matters, you won't be faithful in large ones. If you cheat even a little, you won't be honest with greater*

responsibilities. And if you are untrustworthy about worldly wealth, who will trust you with the true riches of heaven? (Luke 16:1-15)

One must realize, the adventure into heaven is not just automatic for everyone!

There are serious decisions to be made before God will open that gate for anyone! **Have you accepted the Heavenly Father's Beloved Son as your Lord and Savior?** He went to a cruel cross and died, shedding every ounce of His blood, to pay the penalty for everyone's sins, reconciling us back into the Father's graces and purchasing the gift of eternal life for those who accept and believe. Since Old Testament times, there is no forgiveness without the sacrifice of shed BLOOD.

Marlys Johnsen Norris
Author of 7 Books
SENIOR GLEANINGS
Marlysjn@gmail.com

★



By Pastor Ray Dare

We all want to be happy, but sometimes trying to find happiness can be a struggle. Often times we search for it in all the wrong places or ways, when the answer is much simpler- God. *"Happy are the people whose God is the Lord"* Psalm 144:15. As you grow your relationship with God your happiness grows as well. How do you develop a close relationship with God? One important way is through prayer.

There are a lot of faulty misconceptions about prayer, a lot of ignorance about how prayer works and why we pray and when to pray. The worst misconception about prayer is that prayer is simply a religious duty. If prayer is a duty for you, you have missed the total point of prayer. There are many purposes of prayer but here are the big three:

Pastor Ray's Encouraging Words

How Prayer Leads to Happiness

Dedication: I'm saying, "God you're #1 in my life... I'm dedicating my life to you." It is an opportunity to express your devotion to God and your dependence on God, saying "God, I need you." You have to be honest... "God I admit I am inadequate. I am helpless. I need your help in this situation... I need your help in my life."

Communication: It's simply talking with God; just like you would your best friend. You can talk to Him about anything. The problem is that we have a hard time believing God is really interested in us. We can't seem to conceive that the Creator of the entire universe is interested in house payments, the person at work who irritates you or that knee pain. When you understand how much God loves you, prayer will no longer be a problem for you. Why? Because we love to talk to the people who love us the most. If prayer to you is a duty, ritual or routine that you don't look forward to, it means you don't understand how in love God is with you, and how much He is interested in every detail of your life.

Supplication: More simply put - "Asking for something specific". Supplication means to make a specific request. The Bible says, "You have not because you ask not." James 4:2. Over twenty times in the New Testament the Bible says "Ask". "Ask, seek, knock, and keep on asking." Matt. 7:7. Why? Because He wants to answer you.

As I think back over the 38 years that I've known the Lord; the happiest days of my life were not happy because of the circumstances at the time. Regardless of circumstances, the happiest days of my life are the days I spend in Dedication, Communication and Supplication; just spending time with Him. Setting aside 30 minutes, here or there, just talking with Him and hearing Him talk to me. If you're not praying now, start with 10-15 minutes per day and spend time with Him. As you grow closer to Him your happiness will grow, as well.

Pastor Ray
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Guiding Veterans in Tough Times

Story and photo by Jacqueline Fox

SACRAMENTO REGION, CA (MPG) - Ed Outland is not a veteran. As a young man, however, he planned to serve his country, as did his father, a career serviceman. But those hopes were dashed when he developed an illness that disqualified him for enlistment.

“I was drafted in 1969 and I wanted to be a pilot,” says Outland, founder and CEO of Family Heritage Group, LLC in Fair Oaks. “I found out I had a form of spina bifida and that was it. I didn’t get to go.”

Flash forward several decades (and careers) later and Outland, 71, heads up a company offering financial estate planning and related services for individuals and their family members. He’s found a circuitous but important way to serve his country by providing pro-bono financial services

to aging, sick and injured veterans to ensure they receive, at minimum, access to a little known government entitlement benefit that a vast majority of his clients don’t even know they qualify for.

Sure, Outland has to keep the lights on, so his core company, which currently carries a portfolio of roughly \$11 million, centers on financial and estate planning services for the elderly, helping them navigate the wildly complicated qualification process for Medi-Cal benefits, the state’s Medicaid program for low-income individuals, and guiding clients on the purchase of life insurance, annuities and other investment and retirement vehicles.

But Heritage Group has a niche market serving veterans with critical medical issues, ensuring they and or their spouses receive assistance through the Aid & Attendance program (A&A) offered through the US Dept. Of Veteran’s Affairs (VA). The

benefit, which can be combined with social security and Medi-Cal, can be used to pay for non-service related medical expenses, including long-term care fees and other expenses due to a catastrophic illness.

Outland does not charge for helping veterans get this benefit. For those veterans who may have assets exceeding qualifying levels, Outland works with them to redirect their assets in order to meet the requirements.

“Roughly 96 percent of the financial services and catastrophic illness planning we do with veterans is pro-bono work,” says Outland. “We help them or, if need be, the spouse, apply for the A&A benefit so they can deal with medical expenses with dignity and not have to go broke doing it.”

There are fewer and fewer financial advisors willing to dive into the tangled web of entitlement benefits, according to Outland, who has been working with veterans for about 11 years. Over that period, he’s established good relationships with the skilled nursing facility community, working with staff and ensuring residents are signed up for and receiving the full range of government entitlements needed to pay for their care and board.

“This work is not for the weak willed or faint of heart,” says Outland. “Believe me, the VA doesn’t like us very much.”

To qualify, a veteran must have served at least 90 days of active duty with one day during a time of war and a clean discharge from service between Dec. 7, 1941 and Dec. 31, 1946 for WWII; June 27, 1950 to Jan. 31, 1955 for the Korean Conflict, and between Aug. 5, 1964 to May 7, 1975 for the Vietnam War. Veterans with at least two years of active duty service during the Persian Gulf War from Sept. 2, 1990 up to present day, also qualify.



There are fewer and fewer financial advisors willing to dive into the tangled web of entitlement benefits, according to Ed Outland (above), who has been working with veterans for about 11 years.

While most of his VA pro-bono clients do not have much money saved, Outland works to help all who apply for the A&A benefit to qualify. The VA stipulates applicants can have only a maximum \$30,000 in assets if single, \$50,000 if married.

But for most, the A&A benefit represents the last option for financial aid to cover medical care costs. Few have wealth management portfolios to break apart and redirect.

“Many of our veterans come in the door with \$50 in their savings accounts,” says Outland. “Getting these benefits is life-changing for them.”

Part of Outland’s work with others also involves dispelling myths, the biggest one being that if you have money you can’t qualify for Medi-Cal. And that myth is widely prevalent among a good majority of WWII veterans and their family members who are struggling to balance paying for medical care without depleting their assets and robbing their children of an inheritance.

“The greatest generation of veterans is dying off,” says Outland. “So our job is to make sure that the \$10 trillion that roughly comprises their total wealth is passed on to their families and not sucked up by the ever-increasing

costs of long-term medical care and expenses.”

Outland said of the roughly 16 million veterans who served in WWII there are roughly 750,000 still living. He estimates there also are roughly 2.5 million WWII widows still living who are entitled to the benefit and can apply for it. They just need to know it’s there.

“That’s a lot of veterans and widows out there and most of them don’t have a clue the benefit is there for them,” Outland says.

Receiving the Aid & Assistance benefit has made it possible for veterans from all backgrounds to fill the gap between Medi-Cal coverage, Social Security and pension payments and costs of long-term care, among other things, which amounts to an average of close to \$7,000 a month in many places. As of January 2015, a veteran and spouse could qualify for as much as \$2,126 a month through the program. The A&A benefit for single veterans is currently set at \$1,794 a month, and for surviving spouses the benefit is \$1,156 a month.

“It truly can mean that someone can age with dignity in a good facility and pay for it without having to lose everything they’ve spent their lives saving up,” Outland said.

Outland also has an hour-long, weekend radio program offering listeners financial and estate planning guidance. He’s successfully parlaying a long, first career in radio advertising sales and station management into a passion helping people manage their money, preserve their family’s wealth and plan for the future.

“I’m self-taught,” said Outland. “I got tired of doing radio sales day in and day out. I have been doing this for 28 years now and I guess you could say it really is a second career.”

Outland said when he “discovered” the Aid & Assistance benefit was available there were reportedly roughly 400 recipients in the Sacramento County region signed up for and receiving it. As of January of this year, he estimated his firm had successfully completed roughly 6,000 A&A cases for veterans.

“It was like the sky opened up,” Outland said. “We’ve got to get the word out there that these benefits are available.”

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Lyon Real Estate-Fair Oaks Office Gives \$5,000 Grant to Alzheimer’s Association



Local Lyon Real Estate agents and staff gather with staff from the Alzheimer’s Association to offer the grant. Photo courtesy Lyon Real Estate

By Cathy Harrington

FAIR OAKS, CA (MPG) - The Lyon Cares Foundation announced today that Alzheimer’s Association is the recipient of a \$5,000 grant. Their mission is to eliminate Alzheimer’s disease through the advancement of research, to provide and enhance care and support for all affected, and to reduce the risk of dementia through the promotion of brain health.

Operated by Lyon Real Estate, the Lyon Cares Foundation offers time, talent, and treasure to local nonprofits that make their communities a better place. Funds are raised through

escrow and payroll contributions by Lyon agents and staff in addition to Lyon’s annual Golf Tournament.

“The donation that was given by Lyon will be used to continue our mission to eliminate Alzheimer’s disease,” said Denise Davis, Program Coordinator for Alzheimer’s Association. “We are so grateful for this wonderful and generous donation.”

“It gives us great pride to give this grant to Alzheimer’s Association,” said Lyon Real Estate president Pat Shea. “They are doing very important work.”

In 2017, each of Lyon’s 14 offices, in addition to their

headquarters office will be giving two \$5,000 grants to organizations of their choice, totaling \$150,000. Lyon’s Fair Oaks chose Alzheimer’s Association to be the recipient of their grant.

The Lyon Cares Foundation provides time, talent, and treasure to local nonprofits that make their communities a better place. Our partner in giving is the Sacramento Region Community Foundation. In 2016, Lyon Cares gave grants totaling \$80,000 to 15 organizations in the Greater Sacramento Area and will be giving grants totaling \$150,000 in 2017.

Source: Lyon Real Estate ★

Fat Chance, Fast Change for Men this Holiday Season

By Rick Reed

Like the Titanic’s meeting the iceberg, our holiday excess with gravy is disaster, dead ahead! For men sitting all day at work then watching sports season after season on the couch, the nachos are not our friends. The holiday meals ahead are like that proverbial iceberg in our diet. How did thirty-five year old Jason Ray Broumley get so cut and recapture his younger self? He says it was three things, two of them will power and Taekwondo.

Not TNT, but Taekwondo blew inches off his waist, as Jason describes his once sorry state, “Way too heavy, walking around it was awful my back was aching, short of breath, it actually felt like I was never going to be able to do anything physical, you know, ever again.”

That kind of mental stress can make it worse for many men as they end up eating from the guilt felt in being too heavy and unhealthy. A vicious cycle sped up as hearty fat loaded meals are the centerpiece on the holiday calendar. WebMD reports obesity as 20% over your normal weight for your height. They also tie heart disease, stroke, high blood pressure and many other potentially life-threatening ailments to being overweight.

How did Jason break the cycle? He says determination was his key, “I definitely wanted something different, I wanted to change my life.” And with time, training and support it has. “I feel healthier now than I ever have in my life because of Taekwondo” he said. From 260 to 180 with four inches less to carry around the middle, Jason says TKD has been an inspiration to also improve his diet. “I make better food choices, and haven’t eaten fast food in years, so training is more than just a workout. It’s incentive to live better.”



Jason Ra Broumley, before his “Fast Change” with Robinson’s TKD. Photo courtesy Rick Reed

Jason says he tried gym work, but found it mind-numbing and uncomfortable, “Kind of monotonous, same old thing every time, boring!” His choice to become healthier with TKD was influenced by his father studying martial arts at a time he wasn’t interested. Another factor was making time to get his health in order, The Black Belt says, “I wanted something challenging. I was going to be learning a skill. It’s something different every time I go. I’m learning something new every time so I think that’s why I chose Taekwondo.” Whatever form of exercise, getting off that couch, up from that seat and away from the screen are the first steps for men losing and controlling weight.

Rust may be good patina on old pickup trucks, but bad for men who ‘rust’ when they rest too much, and modern society keeps us sitting more often. A bridal services business owner often working at his computer, Jason Broumley found Robinson’s Taekwondo as his choice for healthy fitness, and founder Grandmaster Clint Robinson an inspiration. Movement is the key, flexibility the door to better days as

body, mind and spirit are welded in the desire to lose weight and be healthy. According to the slimmed down Ray, “A better state of mind, physically sure, and spiritually too I think. Taekwondo has done that for me, for sure.”

Making the decision to get healthy is critical, but Jason says, just showing up to train is half the battle. “I didn’t think I was going to come back. After class I was down on the mat thinking I might not get up! But, I just kept going back.” That determination proved to be self-fulfilling as weight loss, muscle and a better state of mind gives life new vigor. Jason’s wife Bundi says, “His stress level has gone way down. He’s more relaxed.” And yes, men being relaxed and healthy is sexy. “Yes,” Jason testified, “I would definitely say it is.” That’s the third thing!

So, enjoy the holidays, eat in moderation then get up, get busy with movement and take a fat chance on a fast change! Gain more from life like Jason, whatever exercise works for you. If you would like to try Taekwondo drop by a Robinson’s TKD location for three free lessons, compliments ★

Sacramento County DA Reports



Defendant Sentenced for Murder of Disabled Man

DATE: October 30, 2017

CASE: Joshua Lowery (Case # 14F01574)

PROSECUTOR: Deputy District Attorney William Satchell, Homicide Unit

The Honorable Steve White sentenced Joshua Lowery to 16 years to life in prison. On August 16, 2017, a jury convicted Lowery for the second-degree murder of Christopher Sorgani. The jury also found true the allegation that Lowery personally used a deadly weapon.

On October 23, 2013, Christopher Sorgani took light-rail and a bus home from work. Mr. Sorgani was physically disabled and often walked the last stretch of his trip home for exercise. As Mr. Sorgani walked down Greenback Lane, Joshua Lowery approached him from behind and struck him in the head with a hammer multiple times, killing him. Mr. Sorgani and Lowery had no connection with each other and there was no apparent motive for the murder.

Defendant Convicted of Child Sexual Assault Charges

DATE: October 31, 2017

CASE: Peter Nicholas (Case #16FE016102)

PROSECUTOR: Deputy District Attorney TeriAnn Grimes, Special Assault & Child Abuse Unit

Peter Nicholas pled no contest to two counts of sexual assault of a child 10 years old or under, and admitted to a 2003 prior strike for sexually assaulting a child under 14 years of age.

Nicholas was a friend of the victims’ family and would often stay at their house on weekends. Nicholas would sexually assault the two girls who lived in the house whenever he had the opportunity. The assaults occurred over a seven-year period when the victims were between the ages of 3 and 12. Neither victim knew the other was also being assaulted. The oldest victim disclosed her abuse to her mother after receiving encouragement from her friend.

Nicholas faces a maximum sentence of 60 years to life in prison. Sentencing is set for November 17, 2017, at 1:30 p.m. in Department 24 before the Honorable Shelleyanne Chang.

Former High School Teacher Convicted for Sexual Relationships with Students

DATE: November 1, 2017

CASE: Byron Wallace (Case #15F06533)

PROSECUTOR: Deputy District Attorney Maria Wilson, Adult Sexual Assault Prosecution Unit

Byron Wallace was convicted by a jury of four counts of committing sex acts with a person under the age of 18, communicating with a minor with the intent to commit a sex act, molesting a child under the age of 18, three counts of unlawful sex with a minor, and dissuading a witness.

Wallace was a popular math teacher at Inderkum High School. He also ran the Christians in Action club as well as the HOPE program. A high school freshman met Wallace when she was a student in his geometry class. She got to know Wallace throughout her high school years from math classes and as an active member of the Christians in Action club. During her senior year, Wallace and the victim began exchanging flirtatious text messages. Eventually, they began meeting before and after school and became physically intimate. Over the course of their relationship, the victim spent more than \$3,500 on Wallace – buying him expensive shoes, belts and watches. Another student met Wallace her senior year when she asked him for help in math. She also became active in the Christians in Action club. Wallace and the victim began exchanging flirtatious text messages. Soon after, their relationship became physically intimate. Wallace also sent nude photos of himself to both victims.

Wallace faces approximately 8 years and 4 months in prison. Sentencing is set for December 15, 2017, at 9:00 a.m. in Department 10 before the Honorable Laurel White.

Marijuana Robbery Ends in Murder

DATE: November 3, 2017

CASE: Shaquille Huston & Dayvon Stroupe (Case #14F07830)

PROSECUTOR: Deputy District Attorney Caroline Park, Homicide Unit

Shaquille Huston and Dayvon Stroupe were convicted by a jury for the first-degree murder of Vincent Amaya with a special circumstance of committing the murder during the course of a robbery.

On November 17, 2014, the victim met Shaquille Huston, Dayvon Stroupe and two additional unidentified assailants at the Florin Meadows Apartments to sell them marijuana. Huston, Stroupe and the two unidentified individuals attempted to rob the victim of his marijuana. During the course of this robbery, one of the four robbers shot and killed the victim.

Huston and Stroupe face a maximum sentence of life in prison without the possibility of parole. Sentencing is set for December 1, 2017, at 9:00 a.m. for Stroupe and December 19, 2017, at 4:00 p.m. for Huston in Department 33 before the Honorable Michael Savage. ★

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Natural Blood Pressure Control

It's holiday time and craziness! Did you know that High blood pressure, also known as hypertension, kills over nine million people worldwide each year? That's 100 times more lives than all natural disasters. Millions more are permanently crippled by pressure-related strokes, heart attacks, kidney failure, and blindness. Here's an even worse fact. One in every three people in the United States presently has hypertension with as many as 75% of us being destined to develop the condition as we age. But **Dr. David Rose** shared information with me on my POPPOFF Radio Show that has ten easy steps that anyone can do today to lower your blood pressure and no drug-side effects. He gives us the insider information in his book **"30 Days to Natural Blood Pressure Control."** It's the No Pressure Solution. **Dr. Rose** is a board-certified specialist in

internal and preventative medicine. Thirty days doesn't seem like a long time when it can save your life, so I asked him for the abbreviated version for this column.

So here goes. We start with 1) Nutrition and eating your way to lower blood pressure. There are three principles to follow...Increase consumption of Whole Plant Food, Control calories (lose weight if overweight) and Decrease Salt intake. 2) Eliminate or drastically curtail soft drink consumption. Water might be your substitute. And yes, avoid alcohol if you want the best blood pressure. 3) Social Support and the blood pressure benefits of social connectedness. Why? Actual measurement has been done and researchers discovered that low social support was associated with higher levels of the stress hormone epinephrine (adrenaline) a compound known to raise blood pressure. 4) Movement lowers blood pressure. Pooled studies (called meta-analyses) show that regular exercise typically lowers systolic blood pressure by 4-6 points and diastolic BP by 3 points. 5) Sleeping your way to better blood pressure. Sleep and rest may seem like passive, relatively unimportant activities,

but **Dr. Rose** assured me that's not true. 6) Environment: Fresh air, quiet, sunshine, and nature itself as hypertension remedies. So unplug and relate to nature. 7) Stress management. It's a critical ally in hypertension control. I'm not surprised since I've had many docs on who tell me stress can cause all sorts of health problems. 8) Use of natural adjuncts like herbs and supplements as aids. But, he added that we must be careful because some natural things could be harmful with serious side-effects. 9) Refraining from pressors and excesses and avoid "false friends." Greek philosopher Xenophon used the word temperance to connote "moderation in all things healthful; total abstinence from all things harmful." 10) Exercising faith in God and spiritual connections to high blood pressure. The topic of spirituality, and its impact on blood pressure, is complex and powerful, but the link is undeniably there, and therefore must be addressed.

There is so much more to share, but you'll have to get the rest of the story in **"30 Days to Natural Blood Pressure Control: The no Pressure solution."** It's a start to taking control of your health! ★

Grand Oaks Palace On the Ball for Charity

Continued from Page 1

bingo is their "date day."

"We are best friends. We were best friends for 30 years and we've been married for 10, and this is what we look forward to each week."

For Arlie, it's also an outlet.

"Blind people have few things they can really do," says Arlie. "This is a great way for us to be together and have fun."

Founded in 1954, SFTB has benefited from charity bingo sessions at Grand Oaks for 35 years, said Executive Director Shari Roesler, who estimates her organization nets close \$270,000 from Grand Oaks bingo each year.

"We are incredibly grateful for the bingo contributions," said Roesler. "Funds from bingo at Grand Oaks make it possible for us to run our vision clinic and provide exams for our clients, pay for occupational therapist visits and do in-home trainings for newly blinded individuals and others."

Unfortunately, while Grand Oaks seemingly continues to thrive alongside a dramatic fall off in business at the other handful of bingo halls across Sacramento County, indeed the country, the numbers are not looking good for the charities served. Players are either aging out or, more critically, being romanced by bigger payouts at casinos.

At Thunder Valley Casino in Lincoln, for example, Pano Hall's 500-seat bingo parlor offers a range of 27 different bingo games, as well as "Mega and Power packages" with payouts into the thousands for standard games, and as high as \$128,000 for progressive games, such as the Thunder Jackpot rounds.

The competition, says Roesler, is taking a bite out of proceeds and making it increasingly more difficult to justify the monthly rental fees, even with evidence of a resurgence in interest in bingo by young people who like the electronic card option.



Rhonda Schmidt, center, enjoying the Tuesday bingo matinee session at Grand Oaks Palace with her parents, Allen and Carol Summers.

"Thunder Valley and other casinos have taken a precipitous amount of our business," said Roesler. "We are monitoring it very closely and, for now, we are OK. But we have to consider whether it's viable for us to go forward. Payouts could never be as high as what they offer at Thunder Valley."

She said, as far as she knows, payouts at Grand Oaks haven't increased in years.

Paul Colbert manages bingo sessions benefiting for Mesa Verde, which has been running games three days a week at Grand Oaks for the last 15 years. He also has seen the numbers change and knows the hall's attendance could use a shot in the arm.

"We count on the games here to help support our school," says Colbert. "The money is used to buy equipment for the sports teams and other school facility needs. So, it's important for us to get the word out to support us."

For now, the balls keep turning and there are no planned changes at Grand Oaks. That's good news for Rhonda Schmidt of Citrus Heights who plays the Tuesday matinee sessions each week, alongside her dad, Allen

Summers and mother Carol, who suffers from macular degeneration, a progressive form of blindness caused by the growth of "blind spots" on the eyes.

While Carol has relatively good partial vision, her daughter says she knows the time is coming when services through the SFTB will be needed, so the three are not only having a good time together, they are making an investment in Carol's future care.

"We've played other bingo halls around the area, but this is our preferred spot now," said Schmidt. "We come together each week, with our lucky dollar bears that mom makes, our daubers and the attitude that we are playing for a good cause. The time will come when mom will need help from Society for the Blind, and it feels good to know we are putting our support behind them now for when she does."

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Real Heroes Don't Wear Capes



Left to right: Lou Borovansky (94 yrs.) and Doug Borges (90 years), each eagerly shared their memories of their days serving during WWII with those they met at the Sylvan Cemetery Veteran's Day service on November 11. Photo by Hiede Borges

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Veteran's Day, or what was formerly Armistice Day is celebrated every year on November 11. Services begin at 11 a.m. on the 11th day of the 11th month. This is the exact date and time during World War I (WWI) when the armistice or cease fire was reached between the Allied countries including the United States, and Germany in 1918. An act of Congress changed the name to Veterans Day in 1954 to honor all who had served in the U.S. military since its birth.

The traditional procession through the cemetery prior to the ceremony at the gazebo was led by the Citrus Heights Police (CHDP) motor brigade, followed by CHDP Honor Guard, American Legion (AL) Post 637, Boy Scout Troop 228, members of the police department, Sons of Union Veterans of the Civil War (SUVCW) rifle team, and members of the community. The Folsom Harmony Express

chorus paused their patriotic songs while the CHPD color guard presented the colors. Acting Post 637 Chaplain Al Schuler said a prayer and led the pledge of allegiance.

Representing the Citrus Heights City Council members present, Mayor Jeff Slowey greeted attendees and thanked the veterans for their service. Police Chief Ron Lawrence noted the close bond between the military and police officers, resulting from the nature of their work to protect the public often at the risk of their own lives. He recalled the inspirational story of Captain Charlie Plumb, a former Navy Fighter Pilot who, after 74 successful flights over Vietnam, was shot down on his 75th mission, only five days before the end of his tour. He was 24 when he parachuted into enemy territory over Hanoi and was captured.

Plumb served his 6 years as a prisoner of war (POW) in an 8x8 windowless cell with no books, paper or pens. He was tortured and dehumanized. His

wife, believing him to be dead, remarried while he was gone. Lawrence noted that Plumb had come out of this experience stronger, recognizing that all adversity is an opportunity to be ones best self. Plumb continues to carry his message of what he has learned from his imprisonment to audiences around the world.

AL Post 637 Commander Paul Reyes thanked Boy Scout Troop 228 for faithfully volunteering at every Memorial and Veterans service at Sylvan to put up the many flags lining the Avenue of Flags.

American Legion member and Master of Ceremonies Jim Monteton gave a brief history of World War I (WWI) and of America's 13- month involvement in the four-year war. He spoke of WWI being known as the "War to End All Wars", as our country had no idea there would be a 'sequel' in twenty years. Monteton quoted the Greek philosopher Plato's ironic words, "only the dead have seen the end of war." ★

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