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Citrus Heights Messenger

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OCTOBER 20, 2017

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Horns and Halloween

Howl-o-Ween Harvest Festival Features Parade, Dogs, Brassie, Surprise Guest



Kathy Cook watches her husband, Bill Cook, use a brazing torch to connect the musical dinosaur's teeth. After seeing a dinosaur made out of tubas on Facebook, Bill Cook decided to make a dinosaur to compliment the band's 2017 fanfare showpiece – the theme song from the "Jurassic Park" movie. Brassie, though, is made of 45 unusable trumpets, baritones, trombones, a clarinet, a flute, and a tuba. Photos courtesy CHCMB

By Helen Brewer

CITRUS HEIGHTS, CA (MPG) - A very special surprise guest will anchor the parade that will kick off the Howl-o-Ween Harvest Festival at 9 a.m. on Saturday, October 21st, in Citrus Heights. The parade will go down Auburn Boulevard, starting at Twin Oaks Avenue, and will end at Rusch Park where the Harvest Festival will be held from 10 a.m. to 3 p.m. The park is located at 7801 Auburn Boulevard.

"We are excited to announce that a holiday icon who is currently vacationing in Hawaii has confirmed that he plans to stop off here to be in the parade before returning to his home up north – way up north," announced Kathy Cook, Program Director of the Citrus Heights Community Marching Band (CHCMB) that coordinates the annual Howl-o-Ween event. In addition, the parade will include floats, the Keystone Cop Patrol, River City Ghost Diggers, antique and unique vehicles, queens and princesses, local dignitaries, lots of children and dogs, and the band.

The Harvest Festival with free admission will feature canine booths with dog treats, jewelry, and other goodies. SPCA will have a pet adoption booth and the City of Citrus Heights will sponsor a micro-chip service area. Other participants will include more than 50 craft vendors and martial arts, business, and food booths. A popular attraction will be the Kids Zone with special Halloween games. "And our surprise guest says he will stop by to talk to the children," said Kathy Cook.

Entertainment will include performances by



On display at the Howl-o-Ween Festival will be CHCMB's Brassie, a musical instrument dinosaur that is 7 foot 6 inches tall and 18 feet long. Brassie is made of instruments that were broken and beyond repair. Shown marching around the dinosaur are 83-year-old Bob Martinez (left), the oldest member of the band; Lynda Watson; Carson Boyd; Olivia Malone; Edward Stach; and 6-year-old Mason Boyd, the youngest band member.

Citrus Heights Kaia Fit and the Golden State Accordion Club. CHCMB will play music from their "Fanfare for a New Era" that includes music from Star Wars, ET, Jurassic Park, Cadillac of the Skies, and the Land Race. The Nor Cal Cruisers Car Club will have a display of unique automobiles and will donate proceeds from their car participants to the Citrus Heights Police Activities League (PAL)

program.

On display will be Brassie the Brassaurus, a 7+-foot tall by 18-foot long musical instrument dinosaur. Although the main attractions at the Festival are 4-legged animals, Brassie is similar to the extinct Tyrannosaurus and is 2-legged. The dinosaur was designed and built by Bill

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Mitchell Farms Report Near Set for Public Review

Story by Jacqueline Fox

CITRUS HEIGHTS, CA (MPG) - City officials say the long process for delivery of the draft of an environment impact report (EIR) on the viability of a planned 261-unit housing development by

Watt Communities is nearing completion and that the public will likely have its chance to review and submit all comments on the draft by the end of the year.

Colleen McDuffee, planning division manager for the city,

said a draft of the first EIR is being finalized and should be available for public review in the coming weeks. At which time, she said, the public will have a 45-day comment period to deliver feedback about the project being called "Mitchell

Farms," which is being touted as "the last large development site in the city." She anticipated the EIR public review process would be completed by December and that a final draft would follow, paving the way

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Studio Movie Grill Eyeing Kmart Site

Story by Jacqueline Fox

CITRUS HEIGHTS, CA (MPG) - While the city has yet to receive an official application from the company, officials and some local business owners say there is serious interest by Dallas-based Studio Movie Grill to occupy a portion of the 90,000 square-foot Kmart building on Auburn Boulevard.

Devon Rodriguez, development specialist with the city said there is nothing yet to share publically about Studio Movie Grill, but confirmed they have come forward as an interested tenant that would share the site with Big Lots, said to still be interested in taking up a portion of the site.

In late July, Rodriguez confirmed that Rebounderz trampoline fun center had pulled out of talks with the city to share the space with Big Lots. Rebounderz was set to take up approximately 55,000 square-feet on the site, with plans to bring in a 24-hour, extreme fun center and a goal to open alongside Big Lots sometime in 2018.

With those plans off the table, Big Lots remains the only confirmed tenant to be in negotiations with the city.

Studio Movie Grill is considered an innovator in the in-theater dining movie concept, with roughly 24 locations across nine states, including California. Studio Movie Grill offers movie-goers an in-theater dining experience with classic cocktails, beer, wine, burgers, chicken fingers, pasta dishes, salads and of course popcorn.

Rodriguez also said previously that the property owners are unable confirm whether Big Lots was still a contender as a future tenant, but there have been no announcements about its departure, yet. Previous attempts to reach the company were unsuccessful and as vacancy rates seemingly rise at steady pace on the boulevard, there are concerns about that space taking so long to lease.

The site is viewed as a huge eyesore to many business owners on Auburn Boulevard and in the center itself, many of whom have jointly formed the Auburn Boulevard Business Association (ABBA), and are currently collaborating with the city to craft a vision for revitalizing the boulevard, which will, no doubt, carry heavy weight with city officials as they also move toward the completion of Phase II of the Auburn Boulevard Complete Streets Revitalization Project.

Phase II includes the stretch of the boulevard from Rush Park to the Roseville Boulevard and is not currently funded, according to city officials, and is not set to begin until 2019. ★

Nearly 4,000 Volunteers Celebrate Five Years of Caring



Volunteers celebrate as United Way collects school supplies for its Stuff the Bus campaign, one of dozens of projects that took place during United Way's 2017 Day of Caring in September. Photo courtesy United Way.

By Kristin Thébaud

SACRAMENTO REGION, CA (MPG)

- Since United Way California Capital Region held its inaugural 2013 Day of Caring, 3,692 volunteers have spent one day caring for their community over the last five years. Volunteers donated 18,054 hours of service, valued at \$366,572, for 182 projects with nonprofits, parks and schools across the region, including on United Way's 2017 Day of Caring that took place Sept. 22-23.

"In just five years, Day of Caring has become the single largest volunteer day in our region," said Stephanie Bray, president and CEO, United Way California Capital Region. "Thousands of volunteers have dug their hands in to help hard-working nonprofits, parks and schools that do so much for our community every day."

Hundreds of volunteers donated time for United Way's 2017 Day of Caring at dozens of volunteer projects, including building garden beds at schools, painting nonprofit program facilities and cleaning up parks. The event began with a kickoff breakfast and rally at Cal Expo that included an appearance by Mayor Darrell Steinberg. As part of this year's Day of Caring, United Way held its inaugural Stuff the Bus campaign, which raised more than \$11,000 in school supplies for Robla School District in Sacramento.

Nationwide has been the presenting sponsor for Day of Caring since it began in 2013. Project sponsors for 2017 included Dr. Pepper Snapple Group, ESM Prep, KPMG, Law Offices of Deon R. Stein, Nelson Staffing, SAFE Credit Union, SMUD, Social Interest Solutions, Sutter Health,

Syzmanowski Orthodontics, TaxAudit.com and Zurich. Media partners included Entercom Radio's ESPN Radio 1320 AM, 98 Rock, Eagle 96.9 FM and 106.5 The End.

Day of Caring is part of United Way California Capital Region's Square One Project, a 20-year promise to significantly increase the number of local students who graduate from high school ready for success in college and beyond. Through nine decades of work and research across Amador, El Dorado, Sacramento, Placer and Yolo counties, United Way believes ending poverty starts in school and is working to ensure kids meet important milestones for success in college or career. To donate or volunteer: www.your-localunitedway.org.

Source: Thébaud Communications ★

Metro Fire Rolls Out in Pink for Breast Cancer Awareness



For the last two years, Metro Fire has won the contest for most money raised for Movember's "First Responder Challenge," which involves fire departments and others across the region. Photo courtesy Sac Metro Fire



Albie Aware Breast Cancer Foundation, founded in 2007, offers assistance for life-saving diagnostic testing, patient advocacy, prevention education and compassionate support to individuals battling breast cancer. Photo courtesy Sac Metro Fire

Story by Jacqueline Fox

SACRAMENTO, CA (MPG) - The Sacramento Metropolitan Fire District (Metro Fire) kicked off Breast Cancer Awareness month with the debut of one of its Pierce manufactured fire trucks decked out in a pink wrap, ribbon and a touch of blue Oct 5, part of its two-month campaign to raise funds and awareness for breast and other forms of cancer.

The big pink truck made its debut at Metro Fire headquarters in Mather as part of the centerpiece of the campaign "All Cancers All People." Metro Fire has partnered with the Albie Aware Breast Cancer Foundation to promote Breast Cancer Awareness Month in October, and the Movember Foundation to put the focus on men's health and cancer awareness in November.

"The centerpiece of its multi-month campaign was the transformation of one of our Pierce Manufactured fire trucks from fire engine red to "October Pink" and just a touch of blue *ombre*," says Christopher Vestal, Metro Fire captain/paramedic and public information officer.

Albie Aware Breast Cancer Foundation Executive Director Cindy Love, alongside cancer survivors from Metro Fire and others who have been impacted by cancer attended the roll out for the campaign. Albie Aware, founded in 2007, offers assistance for life-saving diagnostic testing, patient

advocacy, prevention education and compassionate support to individuals battling breast cancer.

The Movember Foundation was founded in 2003 in Melbourne, Australia to essentially fund research and programs dealing with education and treatment for prostate cancer. In 2007, Movember launched in the United States with a partnership with the Prostate Cancer Foundation. Today, the foundation works to conduct outreach and fund research for men's cancer and various other health-related causes, including suicide prevention, with a global reach and roughly 5 million participants.

Metro Fire's pink truck, which has been named "All Cancers All People," got its makeover courtesy of Sacramento-based Vehicle Wraps Inc., with a little help from Sacramento Area Firefighters Local 522 and the Sacramento Metro Firefighters Association, Vestal said. In addition to the debut of the pink and pale blue truck, Vestal said Metro Fire was teaming up with the Sacramento Kings to conduct "surprise visits" to patients across the region and deliver free tickets to the Kings' Oct. 9 game against the Portland Trailblazers, during which Albie Aware breast cancer survivors will be participating in the half-time ceremony.

This is the fourth year Metro Fire has been involved in

promoting cancer awareness in the county. The way Metro Fire sees it, the outreach goes hand-in-hand with its normal duties.

"We view this as something that extends our mission to providing services to our community throughout the region, not just emergency situations, but also preventative outreach," Vestal said. "We have a duty to let people know about how early detection helps save lives and about the services available to those who are diagnosed with cancer."

For the last two years, Metro Fire has won the contest for most money raised for Movember's "First Responder Challenge," which involves fire departments and others across the region. Metro Fire collected \$32,000 in donations for 2016 and \$28,000 in 2015.

"Metro Fire will be working hard again to win Movember's "First Responder Challenge" for the third year in a row after setting a record in 2017 record of \$32,000," Vestal said.

Wanna join in the fun? You can engage, socially that is, with Metro Fire by sharing your cancer related story or message of support using the hashtag #AllCancersAllPeople on the department's social media pages on Facebook (Sacramento Metropolitan Fire District), Instagram (@metro_fire_sacramento), and Twitter (@metrofirepio).

For more information: visit www.metrofire.ca.gov ★

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City Eyeing Former Sylvan School Site



“We have had several parties express interest in the property,” said Keith Reid, communications specialist for the SJUSD Reid. “But at this time we are still not there yet.” Photo from CCH

Story by Jacqueline Fox

CITRUS HEIGHTS, CA (MPG) - The future for the roughly 13-acre parcel of open land left vacant with the February 2017 demolition of the former Sylvan Elementary School remains uncertain, but that isn’t because no one is interested in it.

In fact, the city of Citrus Heights is hoping to purchase the parcel for what would presumably be a development project of some type, although city officials are not saying what they would like to see happen there, only that they hope to own it and are in discussions with the San Juan Unified School District (SJUSD) to buy it.

Mayor Jeff Slowey recently announced during a meeting of the Auburn Boulevard Business Association, which is spearheading Auburn Boulevard revitalization efforts, that the city is vigorously working with the district as it makes a decision on what to do, if anything, with the site.

“There is nothing new from our end to

say,” said Mayor Slowey. “We would like to control what happens there and will continue to work with the San Juan Unified School District to that end, following their process to declare this site ‘excess property.’

Ownership of the parcel, located at 7085 Auburn Boulevard at the intersection with Old Auburn Road, would provide roughly 60,000 square feet of building space to a new owner. Adding the parcel to its real estate portfolio would give the city a gem of an opportunity for crowning the ongoing redevelopment work that began under Phase I of the city’s Auburn Complete Streets Revitalization Project completed in 2014.

As part of a sweeping plan to revitalize Auburn Boulevard from Sylvan corners to Interstate 80, Phase I involved moving utility cables underground, shoring up frontage easements, planting of some 230 new trees, 10,000 feet of new bike lanes and sidewalks for the stretch of the boulevard from Sylvan Corners to Rusch Park. Phase II would continue the same

improvements up to the I-80, but that portion remains unfunded and the city must first begin right-of-way purchases from building owners before work can begin, expected to commence in early 2018.

According to district officials, the land is now considered surplus property, deemed so in spring by an ad hoc 3280 Surplus Property committee. The committee held three public meetings between April and May and deemed the property as an excess parcel, making it available for sale. It was demolished in February.

In the meantime, the coveted site is being eyed by many entities, the city included, according to Keith Reid, communications specialist for the SJUSD.

“We have had several parties express interest in the property,” said Reid. “But at this time we are still not there yet.”

The former elementary school was deemed to be unsafe and in violation of ADA (Americans With Disabilities Act) code, said Reid. The new Sylvan Elementary school sits on the former site of Citrus Heights Elementary School, which was folded into Carriage Elementary.

Under strict guidelines for school property, the district is unable to simply install a “for sale” sign and offer it to the highest bidder. Instead, a special committee had to be formed to, first, officially deem the property as “surplus” or “excess property.” The next step is to decide who to sell it too, which may not come for some time.

“The property at Sylvan was deemed unacceptable and we demolished it,” said Reid. “As for next steps, there are a few and we can potentially sell it to the city or someone else, but there are other hoops to jump through now and they have to do that before a buyer can take the property. The city is extremely interested, but we are not at a point where we are ready to sell and we will be having discussions about selling, but it’s not going to be any time real soon.”

Mitchell Farms Report Near Set for Public Review

Continued from page 1

for construction of the multi-village housing project to begin in 2018 as planned.

“We are moving forward and hope to have all of the public comments on the draft EIR back to us in time to prepare a final report based on the comments by December,” McDuffee said.

The 55-acre housing development, which will include a large set-aside of land for park and outdoor activities, has will replace the former golf course on Arcadia Drive in Citrus Heights located near Sunrise Boulevard and Greenback Lane.

Watt Communities is currently planning 76 new single family homes for Mitchell Farms, as well as 72 so-called “cluster units” for seniors and other purposes, and 113 of what it calls “alley loaded units,” referring to houses built as “compact” cottage units built in close proximity to one another, one of the features of this project that raised concerns in its initial public unveiling.

Prices for the new homes have previously been reported to be set at a range between the \$200,000’s to the low \$400,000’s to accommodate first-time buyers, seniors and

buyers with families. The current iteration offers homes that will vary in size from 1,400 square feet to approximately 2,500 square feet. There is no plan to include low-income housing in this development, officials and Watt representatives have said.

Included in the Watt Communities plans is construction of a connector pass, which has also raised some concerns, however, Watt representatives have said there would be no impact on the 100-year flood plain associated with the nearby Arcade Creek. Roughly half of the 55-acre development project is expected to be put under management of the Sunrise Parks and Recreation District for open and recreational use and to include bike and hiking trails, park facilities and other, related features.

The land for Mitchell Farms is being offered by Ted Mitchell, whose family owns a significant amount of acreage in the area and has a long-history as land owners in Citrus Heights, including the Citrus Town Center property and the site built out in 2015-16 for the new, 46-home AutumnWood development on Antelope Road, also a Watt Communities project. ★

Horns and Halloween

Continued from page 1

Cook, CHCMB’s other Program Director. “We saw a picture of a dinosaur made out of tuba parts on Facebook and because we are using the Jurassic theme as our 2017 fanfare showpiece, we decided to build one . . . only we used old trumpets, baritones, trombones, one clarinet, and one flute as well as an 1880’s tuba for Brassie,” he said. CHCMB is made up of 60 musicians, 9 flag carriers, and a drum major. A non-profit organization,

the band raises funds with an annual spaghetti feed and the Howl-O-Ween event, at two major yard sales, and from community donations.

For information about participating in the Howl-o-Ween Parade and Harvest Festival or CHCMB membership and appearances, contact Kathy Cook at (916) 725-0198 or atabusycook@aol.com.

For more information about Brassie, CHCMB membership and appearances, and fund-raisers, contact Kathy Cook at (916) 725-0198 or at abusycook@aol.com. ★

Skyler Denning Chosen Student of the Month



Pictured are: (L-R) Vance Jarrard of Sacramento County Supervisor Sue Frost’s office, Citrus Heights Chamber Education Committee Chair Rosa Umbach, Landon Wolf of Senator Jim Nielsen’s office, October Student of the Month’s father Jeff Denning, Student of the Month Skylar Denning of Arlington Heights Elementary, Student of the Month’s mother Barbara Meyer, and Matthew Ceccato of Congressman Ami Bera’s office. Photo courtesy Citrus Heights Chamber of Commerce

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Chamber’s Education Committee honored Skyler Denning a fifth grader at Arlington Heights K-5 School, as the October 2017 Student of the Month. The award was presented at the Chamber’s October 10, 2017, luncheon held at the North Ridge Country Club in Fair Oaks.

Skyler Denning, 5th grade student at Arlington Heights Elementary, Skyler’s teacher, Mr. Fanchar, said that she is on task at all times and shows that being at

school on time and ready to learn is a key to success. What really stands out about Skyler is her willingness to take on any challenge, large or small. Not only does she rise to the occasion, she works hard whether it is the mundane, hard everyday lesson, or an in-depth STEAM project. Skyler is a well-rounded student who is also helpful in the classroom and compassionate towards her friends.

Skyler actively participates at school as part of the student team that makes daily announcements to the teachers and students and

as a cheerleader.

Lunches for the student and guests are sponsored by local businesses. Many thanks to our Student of the Month lunch sponsor Sunrise Mall, courtesy of Christi Woodards. And, thanks also goes to Stones Gambling Hall, courtesy of Amanda Blackwood, for providing a gift certificate to Sammy’s Restaurant for the Student of the Month.

Submitted by Brent Fanchar, 5th Grade Teacher and Rosa Umbach, Education Chair. ★

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Applications are due by Monday, November 13, 2017.

For more info on how to apply, please visit the CHWD Website at <http://chwd.org/customer-advisory-committee/>

For questions, please contact CHWD by phone at (916) 725-6873 or by email at cac@chwd.org.



Publisher,
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Crossword Puzzle on Page 5

R	A	B	A	T		A	N	C			H	I	L	T	
A	B	I	D	E		H	A	H			S	O	N	A	R
P	U	R	I	M		O	B	I			O	L	D	I	E
	T	R	O	P	H	Y		N	E	W	Y	O	R	K	
		S	E	A			C	O	M	E					
B	B	C		R	I	C	O		S	T	R	I	K	E	
L	O	U	R		T	U	N	S		O	A	S	I	S	
A	U	T	O		I	B	S	E	N		N	A	N	S	
C	L	I	M	B		S	U	M	O		D	A	D	A	
K	E	E	P	O	N		L	I	N	T		C	A	Y	
			S	O	R	T		C	H	A					
T	O	R	O	N	T	O		H	E	I	F	E	R		
A	L	I	B	I		B	R	A			R	I	D	O	F
C	I	L	I	A		O	A	F			T	R	A	L	A
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Sudoku Puzzle on Page 5

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

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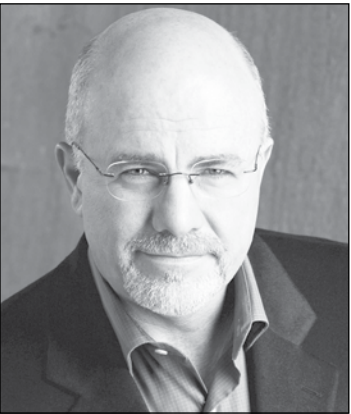
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He’s becoming a man

Dear Dave,
My son is about to go off to college, and I’m concerned about how he’ll handle his money when he gets there. We’ve taught all our children how to use your envelope system, and to save and give, but I’d like some advice on how he can safeguard his finances a little better.

- Ashley

Dear Ashley,
If you haven’t already covered it, he needs to learn to utilize a debit card and reconcile a checking account. Set the account up in your name and his, so you can follow what’s going on in the account. If there’s an issue, this gives you easy access so that a minor incident doesn’t become a huge problem.
Right now, the best way for him to learn is to make educated,

Dave Says

informed decisions on his own and to stand on his own two feet. You’re there for guidance at this point — not control. I’d let him use a debit card, cash, and have a few simple envelopes for expenses. Also, he needs to report back to you monthly what’s going on with the budget. What I’m talking about here isn’t control; it’s a simple, regular review and coaching session on finances. This is an exciting time in your lives. You’ve laid a foundation, and it’s time for this little one to spread his wings a bit. Together, you can make sure he’s learning and living the way a young man should!

—Dave

Leasing equals financing

Dear Dave,
What is your opinion on leasing cell phones?

-Monica

Dear Monica,
In most cases, leasing something is just another way of financing. I wouldn’t lease anything, apart from a building or office space for

a business in the short term.
There are almost always hidden conditions and a few “gotchas” hidden in the fine print of leases. Besides, leasing a cell phone? Really? Come on! If you can’t pay cash for something like a cell phone, it means you can’t afford the phone. It’s as simple as that!
—Dave

If you guys are on the same page when it comes to money, and you’re both willing to work together on paying off any debt after you’re married, there’s no reason to postpone the wedding. You two shouldn’t be paying each other’s debt before you get married, but once the rings are on your fingers, and you’re pronounced “as one,” then everything shifts from being “mine” and “hers” to “ours.”
Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 13 million listeners each week on 585 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey. ★

Virtual Tour Explains Challenges of Dementia



There are presently 5.5 million Americans with Alzheimer’s. Someone in the United States develops Alzheimer’s disease every 66 seconds (American Alzheimer’s Association). That is 500,000 additional Americans every year.

By Rick Beasley

SACRAMENTO REGION, CA (MPG)

- Dementia is not a disease. It is a broad term used to describe a slow, severe decline in memory and reasoning skills that impact and interfere with daily life. Even though the prevalence rate of dementia has fallen dramatically in recent years, there are still over 7 million American seniors today that have some form of dementia.

There are a large number of recognized diseases associated with dementia—Huntington’s disease, Parkinson’s, Wernicke-Korsakoff Syndrome, Lewy bodies to name just a few. Alzheimer’s disease is by far the most prevalent and recognized form of dementia. There are presently 5.5 million Americans with Alzheimer’s. Someone in the United States develops Alzheimer’s disease every 66 seconds (American Alzheimer’s Association). That is 500,000 additional Americans every year. By 2050, that number of Americans with Alzheimer’s disease is expected to increase to 16 million.

Alzheimer’s disease results in the loss of brain cells and cognitive functioning abilities. Even though it is a progressively degenerative and ultimately fatal disease, Alzheimer’s can be managed with treatment, care and changes to in daily environment and living conditions.

Alzheimer’s disease is not a normal part of the aging process. However, increasing age is the

number one risk factor involving the disease-with the vast majority of afflictions occurring in people 65 and older.

Family histories and genetics are not a major factor in the development of Alzheimer’s. Some rare forms of dementia (such as Huntington’s disease) are inherited, but having a parent or grandparent with Alzheimer’s does not increase your overall risks compared to the rest of the population. Less than 1% of all Alzheimer’s cases are thought to be linked genetically (Dr. Nick Fox, Institute of Neurology in London).

There are ten generally recognized warning signs of Alzheimer’s, that range from daily memory losses to decreased difficulties completing familiar tasks, to dramatic changes in moods and personalities. Typical and normal age related changes, such as occasionally forgetting some names or appointment or misplacing items from time to time are not considered markers for Alzheimer’s. A normal age related question would be: “Where are my car keys?” An Alzheimer’s warning sign might be: “What are these keys for?”

There are a number of educational programs and seminars relating to Alzheimer’s research, care and development. One such program is the Virtual Dementia Tour (developed by Second Wind Dreams), which briefly simulates dementia on a user in a controlled environment. This tour is

approximately 20 minutes long and consists of a 5 minute guided tour segment where the user is instructed to perform simple, household tasks while having simulated dementia characteristics, followed by an overview, cool down and debriefing period that explains what they had just experienced. This program is intended to help provide understanding and empathy towards those afflicted with Alzheimer’s.

Carlie Beasley, of Summerset Assisted Living in Rancho Cordova, has been effectively using this program and finding immediate results, commenting: “Our staff and family members have had dramatic experiences after going through this tour. It has made a noticeable difference on how our staff interacts with memory care residents and how much more tolerant and empathetic family members are in dealing with their loved ones.” Beasley is so impressed by the initial results of the tour, that she has offered to have her Summerset team provide this tour to anyone interested within the general public, adding: “This is a compelling and possibly life-changing event that anyone remotely associated or touched by the effects of dementia should experience”. Beasley can be reached at (916) 330-1300 or by visiting Summerset Rancho Cordova Assisted Living and Memory Care center at 2341 Vehicle Drive in Rancho Cordova. ★

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17. Kimono sash
18. Blast from the past
19. *Commissioner's ____
21. *Yankees' home
23. Little Mermaid's domain
24. Command before "in"
25. U.K. broadcaster
28. Puerto
30. *Why 1994 World Series was canceled
35. Displeasure on one's face
37. Barrels or casks
39. Desert wanderer's hope
40. Aries or Taurus, e.g.
41. "A Doll's House" playwright
43. Grannies
44. Conquer, as in Everest
46. Overweight wrestler
47. Man Ray's art movement
48. "____ Truckin'"
50. Laundry room fire hazard
52. One of Florida Keys, e.g.
53. Database command
55. ____-cha-cha
57. *Blue Jays' home
61. Young domesticated ungulate
64. Cover story
65. Victoria's Secret purchase
67. Free from
69. Locomotive hair
70. Big galoot
71. ____-la
72. The big one and little one, e.g.
73. Explosive
74. Red Sea nation
DOWN
1. Ice Cube's genre
2. Go up against
3. Ethiopian currency
4. Goodbye to amiga
5. Difficult for Beast to control
6. Sailor's call
7. Nail a criminal
8. Trouser fabric
9. Like Roman Empire
10. ____China
11. Animal house
12. "Star ____"
15. Site of a 1976 uprising, South Africa
20. Hispaniola republic
22. First responders
24. Give advice
25. *____ Sox Scandal, 1919
26. Round loaf, in Paris
27. Type of mandarin
29. *Overcame Curse of the Billy Goat
31. "Atlas Shrugged" author
32. Asimov or Mizrahi
33. Sorta
34. Bacon piece
36. "Where the Wild Things Are" rollick
38. Big rig
42. Time being
45. Herzegovina's partner
49. "As if!"
51. *Number of teams in MLB
54. R2-D2, e.g.
56. Flambé
57. Diplomat's forte
58. Mixture or medley
59. Make someone angry
60. #17 Across, pl.
61. Synonym to #9 Across
62. Dutch cheese
63. Thespian's part
66. *What Rickey Henderson did best?
68. *World Series ticketholder

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Crossword Puzzle Solutions on Page 4

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For Solutions See Page 4

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By Marlys Johnsen Norris,
Christian Author

“TRUTH” actual TRUTH (not opinions of man) always originates from the heart of God. For most of us, truth most often brings conviction that needs correction in an area of our life that needs change. Possibly it is an area of sin that a person enjoys and does not want to change, which makes accepting our wrong behavior very hard to accept. It is offensive especially if it is mentioned by friend or family member.

GOD’S TRUTH is registered and written in the Holy Bible in many different ways, so we can understand its concepts and

God is The Author of All Truth

follow them. Hence receive the blessings of God. The words of God are full of instruction to help us eliminate areas in our lives that ultimately will destroy our lives in one form or another. Conviction comes as a “still small voice within (Holy Spirit)” speaks to our conscience about areas our life.

Confession:

I have been a Christian for 49 years (as of July 24th) and this happened to me recently! I FINALLY BECAME AWARE OF SOMETHING I HAVE DONE FOR YEARS YET I HAVE ALWAYS BEEN A VERY SENTIMENTAL AND GIVING PERSON. I grew up with very little materially and then, in my 40’s I inherited some money. Escaping my problems, I began to shop till I dropped and collected a lot of “gifts” for someone. However, now I have the two closets full of boxes of gifts! “Conviction” is helping me to curb those ideas and stop going shopping. I finally

realize what I have done! I sat down and talked to God about it. Prayer opened some new ideas of how to bless others I do not know with those gifts which I intend to follow this year. God forgave me and I am grateful.

Conviction is not bad – if we listen and heed it, God has a way of transforming our sin and misdeeds into a blessing in our lives. The words of the Bible are Holy, Pure and Just and serve as a protection to enrich and increase our happiness and blessing,

Just like a loving parent, God desires His “T R U T H” TO BE THE THE “KEY” OF LOVE THAT OPENS THE DOORS OF OUR LIVES THAT NEED SOME HOUSE CLEANING!! It will happen at just the perfect time, then enjoy!

In His Magnificent Love
Marlys Johnsen Norris
Christian Author of 6 Books
& American River Messenger since 2006
Marlysjn@gmail.com

★



By Pastor Ray Dare

As you read the headlines and listen to the news reports there are a lot of things to be afraid of. We don’t like to admit our fears, but we all have our private phobias and inner insecurities. We may try to fake it, pretend they don’t exist, medicate them, but the fact is we all have them. And if you don’t deal with them, eventually they lead to other emotional problems. How do you break free from worry? The Bible tells us in Phil. Chapter 4.

Pray about everything. How do you overcome the habit of worrying? You replace it. Instead of worrying the Bible tells us to pray. “Don’t be anxious about anything..... but in everything by prayer....” If it’s worth worrying about it’s worth praying about. You say, “But I don’t have time to

Pastor Ray's Encouraging Words

3 Keys to Stop Worrying

pray!” Do you have time to worry? Then you have time to pray. Turn your cares into prayers because if it’s worth worrying about, it’s worth praying about.

Thank God in all things. “...with thanksgiving...” The Bible does NOT say be thankful FOR everything. It says, “In every circumstance give thanks.” Not for every circumstance. What’s the difference? Even out of bad God can bring good. In every circumstance, no matter how bad it is, I can give thanks to God because (a) I know He has a purpose bigger than the problem (b) He will give me the power to overcome the problem, and (c) I will grow through the experience if I allow it to help me grow.

Think about right things. “Finally, whatever is true and noble and right and pure and lovely and admirable, think about such things and the God of peace will be with you.” None of us use our brain to the potential God has given us. Whatever you put in your brain is what’s going to come out. It’s like a computer. Garbage in, garbage out. So, if you want

to change your life, you need to change what you’re thinking about. What’s the result? The result is peace, God’s peace. How do you get the kind of peace that helps you to trust in the tough times? You don’t worry about anything, you pray about everything, you give thanks in all things, you think about right things and the peace of God will be yours as you trust in Jesus.

Would you pray this prayer in your heart? “*Dear Lord, help me not to worry about anything but to discuss them with You rather than worry. Help me to thank You in every situation, realizing that there’s always something to be grateful for. Help me to think about the right things, to spend some time with You, reading the Bible to fill my mind with positive things, not the negative garbage that’s out in the world. I ask for Your peace in my heart, in Jesus name, Amen*”.

Pastor Ray
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Filete de T-bone

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OLSON

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Sunday, October 22, 2017 @ 4pm

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**Wednesday,
November 1, 2017
2:00 - 3:30 p.m.**

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Sacramento County DA Reports



Defendant Sentenced for Apartment Complex Shooting

DATE: September 29, 2017

CASE: Bryant Fields (Case #16FE007858)

PROSECUTOR: Deputy District Attorney
Kristen Andersen, Targeting Armed Recidivist
Gang Enforcement Team (TARGET)

The Honorable Michael Bowman sentenced Bryant Fields to 51 years in prison. On August 2, 2017, a jury convicted Fields of attempted murder, two counts of assault with a semi-automatic firearm, two counts of shooting into an occupied vehicle and felon in possession of a gun. The jury also found true multiple allegations that Fields personally used a gun and that he intentionally discharged a firearm.

On April 18, 2016, Sacramento police officers responded to a shot spotter notification at an apartment complex, where they found 10 spent shell casings. Video of the shooting and witness interviews revealed that Bryant Fields got into a short verbal altercation with the victim. When the victim got into his car to leave, Fields followed him out of the complex on foot and shot at the victim's car 10 times. One round hit another vehicle as it passed by the scene. On April 23, 2016, officers located Fields at a residence along with items that connected him to the crime, including the gun used in the shooting. The Court found that Fields had suffered a prior strike conviction for felony assault with a firearm on November 19, 2009.

Three Gang Members Convicted of Attempted Murder

DATE: September 29, 2017

CASE: Joseph Castaneda,

Manuel Labrasca & Ray Ramirez

PROSECUTOR: Deputy District Attorney
Satnam Rattu, Gang & Hate Crimes Unit

Joseph Castaneda, Manuel Labrasca, and Ray Ramirez were convicted of two counts of attempted murder and enhancements for causing great bodily injury and participating in a criminal street gang.

On March 17, 2016, Castaneda, Labrasca and Ramirez were in the parking lot of an apartment complex in the Lemon Hill area. All three are validated Norteno gang members. The two victims were in a car that entered the parking lot. When the passenger got out of that car he was immediately attacked. The driver attempted to intervene in the assault and was also attacked. Both victims suffered extensive stab wounds but they were able to get into their car and driver was able to drive to a local hospital.

Castaneda and Labrasca face a potential prison sentence of up to 30 years. Ramirez has a prior strike conviction for robbery and participating in

a criminal street gang and faces a minimum sentence of 50 years to life. Sentencing is set for November 3, 2017 10:00 a.m. in Department 22 before the Honorable Russell Hom.

Defendant Convicted of Child Sexual Assault

DATE: October 3, 2017

CASE: Jose Contreras (Case #16FE011439)

PROSECUTOR: Deputy District Attorney TeriAnn Grimes, Special Assault & Child Abuse Unit
Jose Contreras was convicted by a jury of two counts of committing a sex act with a child under 10 years of age and two count of committing a lewd act upon a child.

On June 8, 2016, the victim's parents left their 6-year-old daughter in the care of Contreras, who is a family member. When the victim's parents returned home, they found Contreras naked from the waist down in their daughter's room. The victim was crying and had thrown up and urinated on herself. The victim's father immediately called 911 to report the crime. The victim later told the police how Contreras sexually assaulted her.

Contreras faces a maximum sentence of 50 years to life in prison. Sentencing is set for November 17, 2017 at 1:30 p.m. in Department 29 before the Honorable Timothy Frawley.

Defendant Convicted for Murder of 13-Month-Old Girl

DATE: October 6, 2017

CASE: Guyland Washington (Case #14F04826)

PROSECUTOR: Deputy District Attorney Dawn Bladet, Homicide Unit

Guyland Washington was convicted by a jury for the second-degree murder of 13-month-old Leila Shehadeh, and child assault causing death.

On the morning of July 11, 2014, Guyland Washington's then girlfriend left her 13-month-old daughter, Leila Shehadeh, in Washington's care. When the girlfriend returned that afternoon, she discovered her daughter was not breathing and unresponsive. Paramedics brought Leila to the UC Davis Medical Center, where she was pronounced dead shortly after her arrival. When doctors observed bruising and multiple injuries to Leila's head, body and anal areas, they reported suspected child abuse to law enforcement. An autopsy showed Leila suffered a skull fracture with associated brain swelling, rib fractures and significant bruising on various parts of her body. Her cause of death was determined to be intentionally inflicted blunt force injuries.

Washington faces a maximum sentence of 25 years to life in prison. Sentencing is set for December 8, 2017, at 9:00 a.m. in Department 12 before the Honorable Maryanne Gilliard. ★



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POPPOFF!

with Mary Jane Popp

have devastating consequences for your physical and mental wellbeing, affecting your emotional and physiological circuitry in powerful ways. Upgrade your thoughts by noticing when you think the original painful thought. Catch yourself thinking and replace the painful thought with an upgraded belief that brings relief and prompts better actions. Repeat the new belief over and over until it becomes an embedded belief. Next, **Exude Authentic Confidence**. Truly confident people exude both warmth and strength. Aligning your outward appearance and actions with who and how you want to be in the world can improve your self-perception, as well as other's perceptions of you. You can make changes to improve your confidence almost instantly: get a great haircut, improve how you dress, make eye contact, smile, stand and sit with good posture and keep your chin level with the floor. Then **Nurture Brilliant Relationships**. Toxic encounters switch on your sympathetic nervous system, putting your brain in a threat state where you're less able to access your "intelligent" brain,

the prefrontal cortex. To live a brilliant life, you must attract and nourish relationships that make you happy, healthy and more effective in your life. You need people who make you laugh, who pick you up on a bad day and who remind you of your brilliance. Finally, **Manage Your Relationships with Technology**. Most of us don't use technology as much as we let it use us. Technology has created a "constantly on" environment where we actually have less free time. It takes incredible willpower to resist our screens, but our addiction to our technology and our mobile devices allow us less space to just be. It also zaps our productivity. According to Denise Green, you need to remember this about brilliance: It's not a destination you reach and then set up camp. It's more like a journey with unpredictable twists and turns. It's easy to fall off the path, but with attention and shifting, you can find your way back again. She goes into a lot of detail in **Work-Life Brilliance**. You can also check out her website at www.BrillianceInc.com. It's all about reigniting one's internal spark. So light up and shine! ★

Here's to Brilliance
How would you like to turn burnout into brilliance? A simple thing like stress can really knock you out of the running. But it doesn't mean you're down for good. **Denise Green** is a speaker, writer, and executive coach and she is committed to helping people go from burnout to brilliance in just a few steps. So can four steps bring you up to the best you can be? We talked about it on POPPOFF when she gave me the insider information from her book **"Work-Life to Brilliance."** In her book she gives us tools to break stress and create the life and health you crave. So let's explore the four achievable steps to reach that brilliance.
We can begin by **Taming Your Thoughts**. Getting hooked on emotionally charged narratives of anger, resentment, guilt or fear can

Jerry Brown Signs Transsexual Takeover Bill

SAVECALIFORNIA.COM
Special Release

SACRAMENTO, CA (MPG) - Veteran California pro-family leader Randy Thomasson, president of SaveCalifornia.com, has issued the following statement responding to Governor Jerry Brown signing, without comment, SB 219, which will force all California long-term care facilities to submit to the tyrannical transsexual agenda, without limit:

"Existing law prohibits care homes from discriminating on the basis of actual or perceived sexual orientation, or actual or perceived gender identity (HSC 1569.269(b)). Yet this dangerous new law will unnecessarily and excessively penalize certain types of private speech at care facilities, and will impose criminal liability for saying 'wrong' words, including injurious fines and up to a year in jail.

"By imposing severe penalties within a confusing new 'sex change' policy, SB 219 will insensitively condemn care home employees who are non-English speakers and who may misunderstand requests of a resident in gender change transition. Creating harsh criminal penalties is not a sensible solution to delicate communication problems that may arise at care facilities. It's sad that the ruling Democrats ignored the commonsense objections of the California Association of Health Facilities.

"Who could have imagined a law sending Californians to jail for saying 'he' or 'she' in a way the State doesn't like? But it's here. Under SB 219, if a California long-term care home employee refers to a transitioning transgender woman as 'he,' or a transitioning transgender man as 'she,' they can incur a criminal fine and be incarcerated for up to a year, while the care home itself can suffer heavy fines and license revocation by the Department of Public Health, and also incur a fine of up to \$150,000 under the state Fair Employment and Housing Act. This merciless squashing of free speech cries out to be ruled unconstitutional."

Understand what SB 219 does:
SB 219 will require all

“Who could have imagined a law sending Californians to jail for saying ‘he’ or ‘she’ in a way the State doesn’t like? But it’s here.”
RANDY THOMASSON
SAVECALIFORNIA.COM
PRESIDENT

long-term care facilities -- senior homes, convalescent homes, skilled nursing facilities, developmentally disabled, pediatric day health, respite care, etc. -- to fully support transsexuality and cross-dressing, including all types of "sex" unless sexual relations are forbidden for all residents. The bill lacks a religious exemption for residents, employees, managers, or owners.

When SB 219 becomes law on January 1, 2018, it will be unlawful and criminal for any private care facility to:

1. Not call a transsexual's desire pronoun "he" or "she" or the transsexual's new "male" or "female" name.
2. Move or evict a transsexual resident for acting out their transsexual behavior, even if other residents are disturbed by it.
3. Respect the wishes of a person in a shared room not to have a transsexual roommate.
4. Maintain order by keeping biological males and biological females from sharing rooms and beds.
5. Refuse to help dress men in women's clothes or women in men's clothes, since the new law mandates a "right to wear or be dressed in clothing, accessories, or cosmetics that are permitted for any other resident."
6. Protect privacy in men's and women's restrooms and bathing areas, despite the bill's

mandate for unisex bathrooms, "regardless of whether the resident is making a gender transition or appears to be gender-nonconforming."

7. Restrict homosexual or transsexual "sex" with other residents or visitors on the premises, unless there is a uniform ban on sexual relations for all residents.

8. Fail to introduce all employees to a new government-endorsed curriculum called, "Building Respect for LGBT Older Adults."

9. Despite all the above, private care centers could not "deny or restrict medical or nonmedical care that is appropriate to a resident's organs and bodily needs." (So, with a cross-dressing biological male, the private care facility would be forced to treat him as a "woman," but then as the man he is in regard to his "organs and bodily needs"?)

SB 219 will force California care facility employees, often Hispanic or Filipina women, to abandon all morals, reason, and logic by being legally forced to dress up a biological man, if he demands it, in bra, panties, and women's clothes; being forced to put on him women's earrings and necklaces and panty hose and women's shoes; and being forced to apply make-up, eyeliner, and lipstick.

As LifeSiteNews explains, "if an elderly woman living at a nursing home in California is upset that she has been assigned a severely gender-confused man (say, a man with penis intact and artificially-induced breasts who dresses like a woman) as a roommate, her request to be reassigned another roommate could be termed 'discriminatory.'"

SaveCalifornia.com is a leading West Coast nonprofit, nonpartisan organization standing strong for moral virtues for the common good. We represent children and families in the areas of marriage and family, parental rights, the sanctity of human life, religious freedom, financial freedom, and back-to-basics education. ★

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Plan to Attend the Veterans Day Event

By Cyndi Price, SCD

Every year, Sylvan Cemetery in Citrus Heights honors those that gave that served in the defense of their county. This year the Veterans Day service will be held on Saturday, November 11, 2017, at Sylvan Cemetery, 7401 Auburn Blvd., Citrus Heights. The ceremony begins at 10:30 with a march through the historical section of the cemetery, stopping briefly at each flag station to read a prayer and salute the flag. The men marching include the American Legion and American Legion Auxiliary, VFW, Sons of Union Veterans of the Civil War, Sons of the American Revolution, Boys Scout troop 228, Police Officers of the Citrus Heights Police Department and all others that wish to march. This march will last about 30 minutes. The march will conclude at the gazebo where there will be a one hour ceremony. Many of the men marching will be in uniform – past and present – from American Revolution to modern day. ★

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