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Citrus Heights Messenger

"Written by the people, for the people"

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Airshow to Host National Aviation Heritage Competition

Prestigious Competition Adds To An Already Exciting Airshow



Massive and historic Mather Airport provides endless space to grow for the annual NAHI competition. These valuable aviation treasures will be a meaningful addition to the California Capital Airshow, which already draws fans from across the nation and beyond. Photo courtesy The California Capital Airshow

SACRAMENTO REGION, CA (MPG) - The California Capital Airshow (CCA), presented by Sacramento County in partnership with the City of Rancho Cordova, will be the new home for the National Aviation Heritage Invitational (NAHI) beginning in 2017.

"This partnership is a marriage of missions," said CCA Executive Director Darcy Brewer. "Massive and historic Mather Airport provides endless space to grow for the annual NAHI competition. And these valuable aviation treasures will be a meaningful addition to the California Capital Airshow, which already draws fans from across the nation and beyond."

NAHI supports the preservation of a rich aviation heritage by encouraging the

restoration of vintage aircraft to airworthy condition. The Invitational's judges review participating restored aircrafts against standard criteria developed by the Smithsonian Institution's National Air and Space Museum, which includes authenticity, quality of workmanship, attention to detail and technical merit.

Trophies are awarded in five categories: antique, classic, contemporary, military and large aircraft. The overall winning aircraft is awarded the Neil A. Armstrong Aviation Heritage Trophy. In addition, the National Aviation Hall of Fame's People's Choice trophy will be awarded to the aircraft that receives the largest number of votes cast by the attendees at the two-day California

Capital Airshow event on September 9-10, 2017. Tickets are now available for all fans at CaliforniaCapitalAirshow.com or the Rancho Cordova Chamber of Commerce.

NAHI was formally established in 1998 by Rolls-Royce, the Smithsonian National Air and Space Museum, National Aviation Hall of Fame and the Reno Air Racing Foundation. NAHI held its first competition in 1999 at Stead Field outside of Reno, Nevada, concurrent with the Reno Air Races, until 2015. To date, NAHI has hosted over 20 competitions which each feature an average of 25 to 35 outstanding examples of expertly restored vintage aircrafts.

Established in 2004, the California Capital Airshow

uses the power and magic of flight to entertain and amaze tens of thousands of attendees annually at historic Mather Airport for one of the largest and most prestigious demonstrations of a century of military and civilian aircraft on display and in the sky. Year round, the California Capital Airshow 501c3 is dedicated to inspiring a life-long passion for STEM education and careers, with a variety of youth events, presentations and scholarships that help drive the future of aeronautics and encourage young people to reach for the stars. For more information about discount tickets, performer details, sponsorship or volunteer opportunities, please visit CaliforniaCapitalAirshow.com

★

CHP to Hold Start Smart Driver Class

SACRAMENTO COUNTY, CA (MPG)

- The leading cause of death for Americans 15-20 years old is motor vehicle collisions. In an effort inform and to reduce motor vehicle collisions in California, California Highway Patrol (CHP) North Sacramento area will offer a free Start Smart class. According to the National Highway Traffic Safety Administration (NHTSA), mile for mile, teenagers are involved in three times as many fatal crashes as all other drivers.

Recent collisions involving teenagers in our area demonstrate the importance of these types of classes. The classes are used to promote traffic safety to both parents and teens. We encourage both parent/caregivers and teens to attend the class.

The CHP's Start Smart program is a driver safety education class which targets new and future licensed teenage drivers between the age of 15-19 and their parents/guardians.

The Start Smart class will cover collision avoidance techniques, driver responsibility, collision trends, distracted driving laws, alcohol related driving laws and the provisional license process. The program also offers an opportunity for new drivers and parents/guardians to ask CHP Officers clarifying questions. The class incorporates videos and classroom discussion.

North Sacramento CHP will be offering this free class on Tuesday, August 22nd, from 6:30 p.m. to 8:30 p.m. The class will be held at the Sacramento Water and Sewer Treatment Plant at 5026 Don Julio Blvd, in the conference room. This building is located on the northeast corner of Elkhorn Blvd. and Don Julio Blvd.

Persons interested in signing up for the class will need to register for the class by emailing Officer Chad Hertzell at chertzell@chp.ca.gov or by sending a private message to our Facebook account at [Facebook.com/chpnorthsac](https://www.facebook.com/chpnorthsac). It is highly encouraged that at least one parent/guardian attend the class with their teen driver. Funding for CHP's Start Smart programs is provided by a grant from the California Office of Traffic Safety through NHTSA

Source: CHP

★

Vet's Annual Appreciation and Resource Picnic Coming August 26

By Elise Spleiss

CITRUS HEIGHTS (MPG) - The Citrus Heights American Legion Post 637 is once again gearing up to host the annual Veteran's Appreciation and Resource Picnic to honor the area's active duty servicemen and servicewomen, our retired veterans of past wars and conflicts, and their families.

This free event will be held Saturday, August 26, at Rusch Park, 7801 Auburn Blvd. at the Gazebo/Pavilion from 10 a.m. to 3 p.m. All veterans and their families and friends are welcome.

The day will begin with the Citrus Heights Community Marching Band featuring some of its new repertoire. The Marine Corp Honor Guard will present colors, followed by the Pledge of Allegiance, and the National Anthem sung by Air Force Veteran Mary Jerue. Post 637 Commander Paul Reyes,

Mayor Jeff Slowey and Police Chief Ron Lawrence will greet attendees.

A special ceremony will again be held to honor an outstanding veteran and this year's Police Officer of the Year.

Lunch will be a hot dog and hamburger barbeque with all the fixings prepared by Wild Wade's BBQ & Grill of Citrus Heights. GFWC Citrus Heights Women's Club and the Lion's club will provide dessert and drinks. Music will be provided by DJ Carlos Verrett.

Dozens of veteran and non-profit resources including VA representatives will be available to retired and active duty veterans. Be sure to look for the horses and canines; their programs have proven vital in helping our veterans re-enter society. Scheduled children's crafts and other activities will be provided by local Pageant ambassadors and princesses.

Picnic sponsors and members of the



All veterans are welcomed to the 8th annual picnic. Photo courtesy American Legion Post 637

community are generously donating gift baskets and other opportunity drawing prizes to show their appreciation to our veterans. Raffles will be held throughout

the day.

Covered, accessible picnic tables are available or bring your own chairs, blankets and umbrellas.

★

SMUD Prepared for Solar Eclipse

SACRAMENTO REGION, CA (MPG) - The morning forecast for August 21 calls for darker skies in Northern California and across the country. That's when a near-total solar eclipse will occur—from about 9 a.m. to about 11:30 a.m. for our region—during which time the sun will be obscured by up to 76 percent.

Given the growing penetration of solar energy in California, the electric utility industry and other energy stakeholders have considered the potential impacts of such a significant solar event.

SMUD has secured additional reserve power to ensure it's able to meet the increased

demand when the availability of solar reduces because of the eclipse. SMUD does not anticipate any problems meeting the Sacramento-area community's demand for electricity.

SMUD, for its part, has almost 300 megawatts (MW) of solar power in its service territory. Approximately 140 MW is utility-connected solar generation and about 150 MW is "behind the meter", customer-owned solar generation.

The timing of the eclipse is fortuitous for SMUD and for California in general as demand on the grid during those hours can be considerably lower than in the late afternoon hours.

Typically, solar production can be impacted by everyday weather events like cloud cover, which is why SMUD's energy portfolio, including its renewable generation resources, is very diverse. By going the extra step and securing additional reserves, SMUD has the flexibility to manage the increased demand on the grid during the eclipse and the drop off in demand during the transition out of the eclipse.

For more information about SMUD and its award-winning renewable and energy efficiency programs, visit SMUD.org.

Source: SMUD Media ★

One Family's Journey Out of Homelessness



Jessica Hodges smiles in front of her place of employment. Photo courtesy Sacramento County Media

SACRAMENTO COUNTY, CA (MPG) - The path to self-sufficiency was not an easy or quick road. But today, Jessica Hodges, her husband, and their three children (ages six, eight and 10) are living the life they dreamed of, thanks to the Sacramento County Department of Human Assistance, the Mustard Seed School and Mary House.

Three years ago, their youngest child developed a cough that required two surgeries and resulted in scarred lungs. Upon discovering that the cause was mold inside the walls, the family moved out of their apartment in a hurry. This sudden move impacted their credit, which ultimately prevented them from finding permanent housing. And, because the mold had contaminated all of their belongings—including clothes, photos and furniture—everything had to be abandoned.

Around the same time, Jessica graduated from Kaplan College but was laid off from her job as a medical assistant for a local doctor.

Jessica expressed her dismay at her living conditions and at

the circular challenges—securing a job without a permanent address was an uphill battle, while finding a home without a job and with damaged credit was nearly impossible.

County Director of the Department of Human Assistance (DHA) Ann Edwards, confirmed the currently rental housing landscape is bleak for struggling families. Low vacancy rates and escalating rents - far above what many residents can afford, make finding housing difficult.

In November, County DHA Social Worker Samantha Sween partnered with Mustard Seed School Director Casey Knittel to stabilize the Hodges and to develop a plan.

As the children attended the Mustard Seed School, County DHA staff and Mary House staff were assisting the family with services and supplies.

The group effort paid off a few days before Christmas. After three long years of sleeping on couches, in hotels and in their van, the Hodges—with only sleeping bags and pillows—finally moved into an apartment

where they could start over.

Much to their surprise, staff from the Mustard Seed School brought gifts for the children, ranging from clothes to iPads.

"We didn't have any furniture," Jessica expressed with a smile, "But it was the most touching Christmas ever because I did not have anything to give them [until these gifts arrived]. They even brought a Christmas tree."

In March, bolstered by her degree, Jessica was hired by SMPP Rehab as a Medical Office Specialist. Her husband is attending school to develop new skills while caring for their children.

Their three children miss their teachers and friends at Mustard Seed School, but are grateful they no longer need the assistance and for the first time in years, the family is doing great.

Find out more about assistance programs available through the Sacramento County Department of Human Assistance.

To apply for medical, food and cash assistance programs online please visit CalWIN.

Source: Sacramento County Media ★

Free Clinic on Free Fishing Day at Mather Regional Park



The entire family can enjoy the free fishing day together. Photo courtesy CDFW

By Bruce Forman, CDFW

SACRAMENTO REGION, CA (MPG) - The California Department of Fish and Wildlife (CDFW) "Fishing in the City" Program, in partnership with the County of Sacramento, are sponsoring an introductory fishing clinic on Saturday, September 2, 2017

at Mather Regional Park in Rancho Cordova. The County of Sacramento is waiving the \$5 parking fee prior to 1:00 pm.

The CDFW provides free equipment loan plus tackle and bait, following a 30 minute clinic. The clinic is scheduled at 8:15 with equipment loan from 9 a.m. to noon. As this day is CDFW's

statewide free fishing day, anglers are not required to possess a fishing license; however, all fishing regulations are otherwise still in effect.

Mather Lake will be stocked just prior to this date with catfish. For other information, call (916) 358-1644. The phone is staffed only on Thursdays. ★

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Runner Blasts New Tax Agency for Shameful Actions

SACRAMENTO, CA (MPG) - George Runner recently vented his frustration with Governor Jerry Brown's administration and its newly-created Department of Tax and Fee Administration.

"California's new tax agency is creating needless hurdles for taxpayers seeking justice," said Runner. "Whether caused by clumsiness or conspiracy, these actions are shameful and unacceptable."

At last week's Board of Equalization meeting in Irvine, a representative of the new tax agency asked board members not to vote on tax appeals. He based his request on a dubious legal interpretation of a new law, AB 102, which stripped BOE of much of its power.

Runner and his fellow board members believe the new law limits board member communications with taxpayers as of July 1 of this year when the law took effect.

However, an administration lawyer opined last week that



Jerry Brown's administration seems to be doing everything it can to create hurdles, said George Runner. I hope it's not a preview of what's to come for taxpayers.

the new law should be broadly interpreted, forcing board members to disclose communications prior to when it took effect.

The resulting confusion delayed the board from hearing tax appeals for hours.

"The administration seems to be doing everything it can to create hurdles," said Runner. "I hope it's not a preview of what's to come for taxpayers."

"Despite the confusion, the board fulfilled its duty to vote on tax appeals," continued Runner. "If the board hadn't done so, taxpayers who had waited months or years for justice would have been forced to wait even longer."

Ironically, the new law in question is titled *The Taxpayer Transparency and Fairness Act of 2017*. Supporters claimed it would speed up tax appeals and promised a seamless transition, but to date the law has only created problems and headaches for taxpayers.

The two-day board meeting concluded Friday. The next meeting is scheduled for August 29 to 31 in Sacramento.

George Runner represents more than nine million Californians as an elected member of the State Board of Equalization. For more information, visit boe.ca.gov/ Runner.

Source: Office of George Runner, BOE ★

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Hot August Bites Makes Cool Changes



At Mary Purvis' Memorial Rose Bush and Rock, at Rusch Park August 12, 2017. With Tim Drake, Motorcycle Ministry, Young Miss Greater Sacramento Lily McCurdy, Tamara Barbu-Brown Queen's Director, Miss Citrus Heights 2016 Lucinda Witte (wearing the original Miss Citrus Heights crown and holding the original Miss Citrus Heights sash), Miss Orangevale Sierra Rainwater, Miss Metro Sacramento Klarissa Stipkovich. Photo by Elise Spleiss

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Hot August Bites, a Citrus Heights community summer festival, brought over 1,500 attendees to Rusch Park on August 12. All enjoyed good food and live music, a car show, shopping, a beer garden, children's activities and a three-hour free swim at the Rusch Park pool.

This year the event began at 11 a.m., five hours earlier than previous years. The change was made to beat the unbearable heat which has plagued attendees since the event's inception in 2014.

Kevin Donnelly with the Sunrise Recreation and Park District noted that moving the event from 4 to 8 p.m. to 11 a.m. to 2 p.m. was better for everyone. Even though the temperature did not go over 100 degrees as feared, the earlier time would allow more families to come out earlier to enjoy the day. Vendors also found it easier to set up and break down in the cooler weather.

The 'bites' portion of the event likewise benefitted from the time change. Each of the four brightly decorated food trucks brought to the event by Sacto MoFo (Mobile Foods), served hundreds of customers during the three hours. The four trucks were Kado's Asian Grill from Sacramento, Frenchy's Waffles & Sandwiches, Folsom; Turnt Up - Asian fusion BBQ, Sacramento; and Sacramento Game Day Grill.

Legal Addiction, a Sacramento Cover Band rocked for the full 3 hours with their unique classic rock sending the audience home with their music fix for the day.

More than three dozen retail and service merchants, non-profits and City programs were present. Vendors included clothes,



Level Up Martial Arts head instructor Jason Gasbarro with Addison and Deviny, both 7, displaying the boards he just showed them how to break in half. Photo by Elise Spleiss

jewelry, fitness, books, pet items and services, nutrition, and even special nutrition for your pet.

Local pageant director Tamara Barbu-Brown and four of her queens had a table with face painting and crafts for the children. This was a bittersweet day for Barbu-Brown who took over the reins as pageant director after Mary Purvis died in March of 2014. Purvis would have turned 90 on this day. Those present held a short ceremony at the site of Purvis's rose bush and a memorial rock in front of the Rusch Park auditorium where Purvis held the Miss Citrus Heights Pageant for nearly 40 years.

A Hot August Bites event is incomplete without a car show. Faithful to the main attraction of Reno's Hot August Nights, NorCal Car Shows sponsored this year's event with 80 vehicles from 10 car clubs, from 1930 to the present. No restrictions were made on age, make or stage of renovation of the vehicle.

A major change for the car show is its new location. Entry is made over the gently misted covered bridge leading to the Veteran's Memorial Grove. Vehicles can now be exhibited

throughout the grassy, partially shaded grove.

Eleven custom built trophies were given out by Nor Cal Cruisers. Other trophies were awarded for the Top 10 and Top 25 'best car' winners chosen by members of car clubs attending that day.

Half of the funds raised from the 50/50 raffle went to the Citrus Heights Police Department Police Activities League (PAL) program. Individual car clubs also participate in and donate to their communities.

Nearly 140 swimmers of all ages beat the heat as they took advantage of the free swim from 11 a.m. to 1 p.m. at Rusch Pool, down from 270 swimmers in 2016. The free swim always coincides with Hot August Bites. Eight lifeguards have worked hard during the summer to protect swimmers, many will be returning to school. It's not too late to swim. The Rusch Pool's final days are August 19 and August 20.

Sponsors of this event were City of Citrus Heights Recreation and Park District and Radio stations 103.5 and 101.9. ★

Coolley Honors Local Community Organizer as Veteran of the Year



Ken Cooley presents the award to Jeanne Rounsavell. Photo from Office of Ken Cooley

CITRUS HEIGHTS, CA (MPG) - Assemblyman Ken Cooley (D-Rancho Cordova) recently honored Jim Rounsavell as the 8th Assembly District's 2017 Veteran of the Year.

Each year, the Assembly Veterans Committee hosts the Veteran of the Year Awards to recognize veterans with distinguished military careers or those who have continued to serve by making significant contributions to their communities.

"Jim's drive to give back to veterans in his community of Citrus Heights, and his tenacity to pursue a life of service truly shines as a stellar guide that we may all follow," said Cooley.

Jim served in the US Army Air Corps from 1947-1948, transitioning to the US Air Force from 1950-1954. He started in the infantry and finished with religious chaplain duties as an Airman First Class. During his service

he was stationed in Panama. For his service, Jim received the Good Conduct Medal and the National Service Defense Medal. Jim and his wife Jeanne orchestrated the transformation of a building they acquired in 2013 into the Citrus Heights Veterans Community Center, a place where all veterans are welcome to visit with others and enjoy a cup of coffee.

"There are so many people that do so much for the veterans; I'm just one of many. It certainly is an honor," said Jim Rounsavell. "I want to honor our police for protecting us daily and our firefighters that protect our property. These heroes and our veterans sign up to guard and protect us, and if necessary give their lives to protect our freedom. If we can repay them, it makes what we do worthwhile."

Assemblyman Ken Cooley represents the 8th Assembly



Jim Rounsavell

District which includes the communities of Arden-Arcade, Carmichael, Citrus Heights, Rancho Cordova, Rancho Murieta, Rosemont, Wilton and other portions of unincorporated Sacramento County. For more information, please visit <http://asmdc.org/members/a08/>.

Source: Office of Ken Cooley ★

Fatal Injury Accident Reported Near Airport

Special CHP Release
By Chad Hertzell, PIO

SACRAMENTO REGION, CA (MPG) - On August 5, 2017, at 0353 hours, CHP dispatch received a call of a vehicle on fire on the right shoulder of southbound Interstate 5, north of Airport Road. A CHP patrol unit arrived at on scene at approximately


0403 hours. Officers discovered the vehicle (2009 Dodge Caliber) had veered off the roadway, struck a tree and subsequently caught on fire.

The 21 year old female driver from Citrus Heights self-extricated herself from the Dodge and suffered a broken right leg. Fire personnel arrived on scene, put out the fire, and discovered a

deceased 25 year old male right front passenger from Sacramento inside the vehicle. At this time the cause of the collision is still being determined.

There is no evidence that other vehicles were involved and there are no witnesses to this collision.


It is unknown if alcohol and/or drugs was a factor with the driver of the Dodge. ★



**Publisher,
Paul V. Scholl**

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Crossword Puzzle on Page 5

S	H	A	R	D		A	G	E			W	R	A	P
M	E	L	E	E		W	A	X			S	H	A	M
O	R	G	A	N		A	S	P			H	O	T	E
G	R	A	V	I	T	Y		E	L	E	M	E	N	T
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M	A	M		L	A	M	A		C	E	L	I	A	C
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V	I	N	O		A	S	T	E	R		C	O	R	E
E	L	E	C	T		S	I	L	O		K	R	I	S
S	T	R	A	I	T		O	P	A	H		Y	E	T
				R	E	I	N		D	U	B			
H	A	W	K	I	N	G		O	S	B	O	R	N	E
O	C	E	A	N		L	A	G		B	R	E	E	D
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P	E	R	T			O	N	E		E	X	T	R	A

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Sudoku Puzzle on Page 5

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

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Sacramento County DA Reports



Defendant Sentenced for Bank Robbery, Carjacking

DATE: August 1, 2017
CASE: Carlos Aguirre (Case #10F04114)
PROSECUTOR: Deputy District Attorney Dinah Mielke, Felony Prosecution Unit

The Honorable Raoul Thorbourne sentenced Carlos Aguirre to 30 years and 4 months in state prison. On February 27, 2017, a jury convicted Aguirre of carjacking and six counts of robbery. The jury also found true the allegation that Aguirre personally used a firearm on all seven counts.

On January 22, 2010, Carlos Aguirre was armed with a gun and wearing a ski mask when he followed an assistant bank manager into her work at the Bank of America on Folsom Boulevard. Aguirre grabbed her from behind with his arm around her neck, and put the gun to her head. He ordered her and other individuals in the bank to the ground. He then ordered two tellers to give him money, which amounted to between \$30,000 and \$50,000. Customers in the bank testified that they were afraid they were going to die that day. Aguirre demanded car keys from the assistant bank manager while displaying his gun. She complied and Aguirre took his backpack with the money and ran out to her car, where he lost his ski mask. The District Attorney's Crime Lab obtained a DNA sample from the mask and uploaded it to the DNA database, resulting in a match to Aguirre. Cell phone records put Aguirre's phone in the area of the bank 11 minutes before the robbery took place, and at approximately the same time the day before.

Aguirre's prior 1997 strike conviction for assault with a firearm and the allegation that he used the firearm during the commission of a felony or attempted felony was also found true.

Defendant Convicted for Apartment Complex Shooting

DATE: August 2, 2017
CASE: Bryant Fields (Case #16FE007858)
PROSECUTOR: Deputy District Attorney Kristen Andersen, Targeting Armed Recidivist Gang Enforcement Team (TARGET)

Bryant Fields was convicted by a jury 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, officers responded to a shot spotter notification at an apartment complex, where they found 10 spent 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.

An allegation that Fields suffered a 2009 prior strike conviction for assault with a firearm will be decided at sentencing.

Fields faces a maximum sentence of 48 years and 4 months in prison. Sentencing is set for September 8, 2017, at 9:00 a.m. in Department 20 before the Honorable Michael Bowman.

Defendants Convicted for Home Invasion Robbery, Kidnapping

DATE: August 3, 2017
CASE: Antione Cisco & Reynaldo Eknar (Case #16FE012117)

PROSECUTOR: Deputy District Attorney Sam Alexander, Career Criminal Prosecution Unit

Antione Cisco and Reynaldo Eknar were convicted by a jury of three counts of first-degree robbery in concert, six counts of kidnapping for extortion, and three counts of kidnapping for robbery. The jury also found true the allegation that each defendant personally used a firearm on all counts.

On June 20, 2016, Antione Cisco and Reynaldo Eknar kicked down the front door of a home where a mother and her two sons lived. The defendants demanded money and property, beat the victims, and forced them to the ground at gunpoint while they searched for valuables. The defendants then forced the victims into a vehicle, drove them to a bank, and told one of the sons to withdraw \$8,000. The son followed orders out of fear for the safety of his brother and mother, who were being held in the car at gunpoint by the defendants. The defendants then drove to another bank and told the son to withdraw another \$8,000. Instead, the son informed bank personnel of the situation and they called 911. Officers arrived and took the defendants into custody.

Eknar has prior convictions for illegal possession of a firearm and possession of marijuana for sale.

Both defendants face a maximum sentence of 109 years and 8 months, plus 63 years to life in prison. Sentencing is set for November 17, 2017, at 9:00 a.m. in Department 16 before the Honorable Marjorie Koller. ★

Robinson's Announces National Champions

Five National Champions Bring Gold, Silver and Bronze to Sacramento TKD Glory

By Rick Reed

SACRAMENTO REGION, CA (MPG)

- They are outstanding young students in school and their local Taekwondo training 'dojang' or gym. In mat competitions with Black Belts from across the USA Sacramento's Phillip El Chemali was triumphant in winning the Gold Medal at the USAT Nationals in Detroit, MI this July. The win places him on the United States Association of Taekwondo National Team for a second consecutive year!

Elk Grove's Cassie Berger also won Gold in the USAT Women's Division, as this CA State Champion won another top honor in the Korean-based martial art. Women's Bronze came home with Black Belt student Maria Lopez from the world's largest TKD tournament held in Detroit, MI. Less than one week later, at the Amateur Athletic Association TKD National competition in Broward Convention Center in Ft. Lauderdale, Florida Maria Lopez fought again, again winning the AAU Bronze Medal this July.

At this same Florida tournament event Robinson's Taekwondo Black Belt student



Sacramento's Black Belt Gold Medalist Phillip El Chemali on the mat in Detroit at the USAT Nationals. Photo courtesy Robinson's Taekwondo

Lorenzo Ortega battled thru top national TKD fighters to win the AAU Gold Medal. The Women's Silver Medal came back to Northern California as North Highland's Natalie Velasquez stepped up to the podium as winner.

Rarely in history has one American city claimed so many

top TKD medals and five US National Champions in its ranks.

Founded in 1975 in Sacramento, Robinson's Taekwondo has locations throughout the region training athletes of all ages in the world's most taught martial art – Taekwondo! To find out more visit www.robinsonstkd.com ★



Let him be mad

Dear Dave,
My dad wants me to buy a house on a 30-year loan for him and my mom in my name, and let them make the payments. I'm 24 years old and have a good credit score and a nice apartment, but my job depends largely on how the oil industry is doing. My dad filed bankruptcy nine years ago, and he's already \$150,000 in debt again, so he's never been very responsible with money. I think this would spell big trouble for me, but I'm sure he will be mad if I say no. What are your thoughts?
- Emmanuel

Dear Emmanuel,
Yeah, I think doing something like this would spell big trouble for you. If your dad is irresponsible with money — especially to the point of having to file bankruptcy — what makes you think he'll make these house payments on time?

I know this would be an uncomfortable conversation to have with your dad, but you need to brace yourself and just do it. Be respectful and explain

Dave Says

exactly why you won't do this. Think about it, Emmanuel. When he doesn't pay the bill on time, it's going to screw up your credit score. And when you get ready to buy a house, guess what? You're going to have trouble qualifying because you already own a house. Most people don't make enough money to qualify to buy two homes.

Basically, your dad is asking you to not buy a house so they can have one. I can't tell you how to make your dad okay with saying no to this, but I can tell you that your answer should be no. Let him and your mom know that you love them both, but this is something you just can't do.

Dip in, pay it off!

Dear Dave,
My wife just had our first child. Now, we now have about \$3,000 in medical bills not covered by insurance. We've got \$8,000 in our emergency fund, and I make between \$25,000 and \$30,000 a year. Should we try setting up a payment plan with the hospital, or is dipping into our savings a better idea?
- Matt

Dear Matt,
I'd write a check today and knock out that hospital bill. This falls under the heading of

"emergency" in my mind, so pay the bill and jump back into rebuilding your emergency fund.

You've done a really good job of saving on your income, but let's see what we can do about making better money in the future. Extra practical training in your field, or more education in the classroom, could increase your income quickly. Your emergency fund needs to be a little bigger as well, and it'll be a lot easier to make this happen if you're making more money.

I'm sure you're a hard-working guy, but it's going to be tough for even a small family to make it on what you're bringing home now. The unexpected can become a common occurrence when there's a little one in the picture.

Congratulations!
—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. ★

STATEPOINT CROSSWORD • SCIENCE 101

- CLUES**
- ACROSS**
- Glass piece
 - *It can be measured via carbon decay
 - Sandwich alternative
 - Free-for-all
 - Madame Tussauds' medium
 - State of dishonor
 - Kidney, e.g.
 - Cleopatra's killer
 - Arthur Hailey bestseller
 - *Force pulling two objects together
 - *One on Mendeleev's table
 - Organ of balance
 - Criticism
 - British mom
 - Tibetan priest
 - Gluten-free dieter's disease
 - Relating to #23 Across
 - Deficiency
 - Goes with onions?
 - "In ____ veritas"
 - Daisylike bloom
 - Apple leftover
 - Choose Trump, e.g.
 - Feed storage
 - Actor Kristofferson
 - Gibraltar or Bering
 - Moonfish
 - Hitherto
 - Jockey's leash
 - Give a nickname to
 - *"A Brief History of Time" author
 - "One of Us" singer Joan
 - *Most of Earth's hydrosphere
 - Fall behind
 - American Akita, e.g.
 - Circular gasket
 - Nocturnal flyer
 - Verb derived from "laser"
 - Chipper
 - Smallest whole number
 - ____! Read all about it!"

CROSSWORD											
1	2	3	4	5		6	7	8		9	10
13						14				15	
16						17				18	
19					20		21	22			
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35			36		37		38		39		34
40					41		42		43		
44				45		46			47		
48					49		50		51		52
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57	58	59	60				61			62	63
65						66	67		68		
69						70			71		
72						73			74		

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© StatePoint Media Crossword Puzzle Solutions on Page 4

- DOWN**
- Urban haze
 - Drosselmeyer's title
 - *Pond organism
 - Ransack or plunder
 - Coping mechanism
 - *"And ____ we go!"
 - *Low density state of matter
 - Kick out of school
 - *"For ____ the Bell Tolls"
 - *60 miles/hour, e.g.
 - So be it
 - Trapper's bounty
 - Israeli money
 - *"____-la" refrain
 - Lake in Provence
 - Dissenting clique
 - *Galilei: "And yet it ____"
 - At less than 90 degrees
 - Forty-niner, e.g.
 - *m in F = ma
 - Way to seal an envelope
 - Poacher's ware
 - Bird of prey nest
 - *Highest point in a wave
 - Source of cocaine
 - Kind of seaweed

- Two diverged, one not taken and other taken
- Causing one to need rest
- X
- *He had a telescope named after him
- Inuit shelter
- *a.k.a. sodium borate
- LeBron's goal
- 43,560 square feet
- Dam-like structure
- Immanuel ____ German philosopher
- Eye up and down
- None of this for the weary
- ____do-well
- Cocoyam
- Grass bristle

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

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

For Solutions See Page 4

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By Marlys Johnsen Norris,
Christian Author

Some people who have an outstanding level of intelligence often get caught up in their own self-importance. It is extremely dangerous position. Some may even consider their opinions and knowledge higher than God Almighty. They are listening to the wrong voice! Their conscience needs a fresh resurrection, and they need to acknowledge God

Worship God Only!

knows everything and is greater. They often believe that their intelligence and self-importance diminishes what other's think and believe. They never believe their truth is mis-directed or an untruth. It is their way or no way!

The worship of one's own opinions is a form of "idolatry" and not recognized by a Sovereign/Creator God of all that exists. It is a very dangerous and places that person in a sinful state which will ultimately lead them into an eternal hell. Placing one self above God is exactly what Adam and Eve did in the Garden of Eden when they dishonored the Lord's instructions. He therefore, cast them out of heaven to earth.

The only way an intelligent person can find resolve and a right standing with God is to

recognize this sin and need for God inviting His Spirit into their heart and life. Then, read and become familiar with the Bible. Pray faithfully, asking forgiveness for this attitude of spiritual superiority to leave. Then, they will receive the miracle to have a clear understanding of the words they read in God's Holy Word, God's Love Book.

I assure you God will be listening and His Spirit will answer because He loves all of us completely with an everlasting magnificent love beyond anything any of us have ever known. He is the God of divine and pure love and forgiveness. He is the great I AM and He awaits your prayer.

Marlys Johnsen Norris
Christian Author of 6 books
Marlysjn@gmail.com ★



By Pastor Ray Dare

I Peter 1:6-7 (Phillips) "*At present, you may be temporarily harassed by all kinds of trials. This is no accident. It happens to prove your faith which is infinitely more valuable than gold.*"

God doesn't cause our problems, God uses them for a greater purpose. God is a pro at turning bad things into good things. He's the expert at taking problems and bringing the greater purpose out of them. God allows problems in your life. He doesn't have to cause them. We cause them. We bring them on ourselves and other people cause them. Regardless, God will use the problem.

The story of Joseph is a great example of this. Joseph was his father's favorite son. All his brothers got very jealous. They decided to sell their brother into slavery, and he's

Pastor Ray's Encouraging Words

The Purpose behind the Problem

taken to Egypt. He's put in prison and he spends years in prison, dwindling away. I'm sure he was saying, "Where is God in all of this?" But he was exactly where God wanted him to be. God was in control and God was working through circumstances and situations. God didn't cause it but he allowed it all to happen. Later, Joseph rose to a position of prominence in Egypt and there was a great famine. Because of his wisdom both Egypt and Israel were saved. Later he came face to face with the very brothers that tried to hurt him. In Genesis 50:20, one of the greatest verses in the Bible, Joseph says to his brothers, "*You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.*"

You may be hurt right now by someone. They may mean it for bad but God knows how to turn it around and use it for your good. There may be people who are out to destroy you or maybe they don't like you and are trying to get your job. They mean it for bad but God is

in control and He means it for good, and He's got a purpose behind every problem.

When I'm hurt, what is the key to my response? Look past the pain and try to find God's purpose behind the pain. There are some things in life we'll never understand. Why do people die at a certain time? I don't know! We all die eventually. Why now? I don't know! But God has a plan and God is a good God. He's in control. Look past the pain. 2 Cor. 4:16-17 (Phillips) "*This is the reason we never lose heart. These troubles (which are temporary) are winning for us a permanent, glorious, and solid reward out of proportion to our pain.*" God says the temporary problems you are going through right now are minor compared to the reward you're going to be given on the other side if you handle it well. Look past the pain and try to find God's purpose behind the pain

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with Mary Jane Popp

Investing in Exercise

So you hate to exercise, but what if I told you exercise is investing in yourself. That from **Dr. Susan Smith-Jones**, Founder of **Health Unlimited** in Beverly Hills, and tells all in her new book **“Invest in Yourself with Exercise:”** Tactics to build exercise habits and enrich and energize your workouts with tips galore. Let’s start with something simple. If you can’t carve out an hour each day to exercise, or even 30 minutes, then break the time up into 10 or 15 minute allotments. You must make fitness a priority...a nonnegotiable part of your day. We all need to find some type of vigorous physical activity that fits into our lifestyle that exercises not only our body, but also our mind and spirit. Exercising out in nature fuels our soul and happiness. When exercising outdoors, such as hiking

or walking at the beach, in the hills, or a local park or flower garden, the time passes more quickly, which makes it easier to do a longer workout. You can make your workouts more intense by finding some hills, increasing your pace, or inviting a very fit hiking partner who will push you harder. Exercising with friends boosts your motivation too. The principles of a good workout program are exactly the same outdoors as they are in the health club. Start slowly, build gradually, and keep challenging yourself. Seek help with a new sport. Make sure you dress appropriately when you exercise outdoors. Always wear clothing that has been designed for the activity you’re doing and is suitable for any weather conditions you might encounter.

In this age of moving fast, eating fast, and doing everything at breakneck speed, people need ways of slowing down enough to hear the inner guidance. Yoga is one of the best slowing-down workouts. If you are looking for an aerobic activity that goes beyond mere physical exercise to improve the mind, body, and spirit, prayer-walking is

for you. It feeds the soul and calms the body. Being outdoors increases the negative ions you inhale, which helps you feel better, look younger, and live longer.

Spend time out in nature and bring nature into your home with plants and flowers. Exercising outdoors will strengthen your body, mind, and spirit and this whole-person integration will enrich every area of your life. It empowers self-esteem and helps to balance the body. Exercise is strong medicine. A single bout of 15 minutes of brisk walking, rigorous enough to raise your heartbeat above 100 beats per minute, is one of the best ways to reduce stress and anxiety. One reason that inactivity leads to fatigue has to do with the way we store adrenalin. If it isn’t used, adrenaline saps energy and decreases the efficiency of the heart. Strength training builds muscle tissue which sculpts, shapes, and defines your physique. Muscles also use up calories at a faster rate than body fat, so you’re always burning more calories.

Check out **Dr. Jones** at www.susanmithjones.com for a better life. Now get moving! ★

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Single-Payer: Coming Soon to a Theater Near You?



Commentary by Sally C. Pipes

Hollywood loves a sequel. This summer, studios are releasing a fifth Pirates of the Caribbean, a third edition of the Despicable Me franchise, and another Spiderman.

But warmed-over ideas are not the sole province of the film industry. Progressive lawmakers are launching a reboot of their own -- Single-Payer Health Care: A Future We Can Believe In.

The trailer promises a futuristic, universal healthcare system without premiums, deductibles, or copays. But this feature is sure to flop. Single-payer's previous runs have been horror shows, with billions of dollars in cost over-runs and patients waiting helplessly for necessary care.

Lawmakers across the country are vying to be the first to establish a single-payer system.

The California state Senate passed a bill that would abolish private health coverage and enroll all residents in a single-payer system. The state Assembly shelved the measure for now -- but may consider it next year. Washington state

senator Maralyn Chase is drafting a similar proposal.

In May, New York's state Assembly approved a bill that would establish a single-payer system in the Empire State. And in June, Nevada Gov. Brian Sandoval vetoed legislation that would have allowed any state resident to sign up for the state's Medicaid program.

At the national level, a single-payer plan introduced by U.S. Rep. John Conyers, D-Mich., has over 100 co-sponsors.

These bills would destroy the healthcare system and the economy.

Consider the California bill. The state Senate's Appropriations Committee found that the measure would cost \$400 billion annually. That's more than three times the state's annual budget.

The state would fund its plan by raiding taxpayers' wallets. The Appropriations Committee calculated that it would take a new 15 percent payroll tax to come up with half that tab.

In New York, single-payer could cost \$226 billion in 2019 and destroy 175,000 local jobs, as companies flee to other states.

Those crippling taxes are among the reasons that even liberal voters have panned previous attempts to impose single-payer.

Colorado voters rejected a single-payer proposal last November by an 80-20 margin. The plan would have subjected residents to an additional 10 percent payroll tax. Even Democratic Governor John Hickenlooper didn't back it.

Vermont's dalliance with single-payer was also short-lived. In 2011, the state legislature

approved a single-payer plan. It would have cost \$4.3 billion annually -- requiring an 11.5 percent payroll tax and an additional 9 percent individual income tax. Former Governor Peter Shumlin scrapped the plan, deeming it too expensive.

Single-payer systems also deliver atrocious care. In Canada's single-payer system, the median patient waited 20 weeks in 2016 between referral from a general practitioner and receipt of treatment from a specialist. A 2014 study of 11 industrialized countries ranked Canada dead last in timeliness of care.

Many Canadians leave the country to get the care they need. In 2015, more than 45,500 Canadians received non-emergency medical treatment outside of Canada. In recent years, local health officials have authorized over \$100 million in spending to send Ontario patients waiting for critical transplants to U.S. hospitals.

In the United Kingdom's government-run system, patients aren't faring any better. In 2015, over 130,000 patients did not receive timely cancer care.

Single-payer systems have consistently received poor reviews from those trapped in them. Once American audiences realize that, they'll give pitches for single-payer a big thumbs-down.

Sally C. Pipes is President, CEO, and Thomas W. Smith Fellow in Health Care Policy at the Pacific Research Institute. Her latest book is The Way Out of Obamacare (Encounter 2016). Follow her on Twitter @sallypipes. ★



Make It Fun and It Will Get Done!
The Secret to Being Organized

Pam Young's Corner

It Happened One Night
at Timberline Lodge

This is Bruno the new mascot at Timberline Lodge on Mt. Hood in Oregon. According to his trainer (Kim) he's number eight in a line of Brunos that have graced the magnificent lodge built in 1937. Bruno just happened to be out with his trainer while we were at the lodge on Saturday. As a mascot in waiting, this day he was there to get used to kids of all ages gushing over him with kisses and hugs, posing with him for vacation memories, whistling at him and baby talking to him. He's just six months old, but in this photo Terry took, he looks like an adult St. Bernard! He reminded me of one of those huge kids, that by appearance is expected to act older but doesn't because he isn't. Bruno was oblivious to all the people and only interested in other visiting dogs, birds, chipmunks, butterflies, flowers and the occasional drift of an aroma of food coming from some human's lunch sack or snack.

That's Mt. Hood in the background and Bruno was sitting on a rock wall (the trainer's husband lifted him up for the photo shoot and said "In another month, I won't be able to do this, because he'll be too heavy.").

We were at the lodge as a birthday gift from our son Eric who paid for dinner in the elegant dining room and a one-night stay in the most expensive room in the lodge. Our room had a fireplace with two boxes filled with wood for a cozy fire at night. We wondered if it'd cool off enough at night to merit a fire, but it did. As soon as we opened the window the breeze was refrigerated because it came right off the mountain



Bruno #8. Photo courtesy Pam Young

which is still mostly covered with snow.

When we checked into our room it was like stepping into an old, but really good movie. Timberline Lodge is on the historical register and everything has been impeccably restored right down to the furniture and single pane windows. On the coffee table between the two beds, along with Northwest-type magazines and a book about the oldest hotels in America (someone had torn out page 122 which was the page all about Timberline Lodge) was an envelope with two pairs of earplugs in it. The only thought that came to me at the time was, 'Someone must have left these.' It was only until around midnight that it came clear to me what they were for. The walls between rooms are tissue thin and we were suddenly awakened to the audio portion of a very happy couple. Perhaps in our youth we would have enjoyed the production, but Terry and I couldn't get to the earplugs fast enough!

If you ever get to the Pacific Northwest you must go up the Columbia River Gorge and then

to Mt. Hood. We see Mt. Hood from our home and we were married at Timberline Lodge almost 30 years ago, so we love to go around the mountain at least once a year. When I think back to our honeymoon stay at the lodge I wonder if earplugs were discussed as part of guest necessities after we left.

Ahemmmm!

To switch subjects, the beautiful valley on the northeast side of Mt. Hood is bursting with fruit this time of year. We're so thankful to live in such a beautiful part of the country where the abundance of goodness is evident at every turn. When I see well-tended farmland it makes me so grateful to the farmers for their hard work that goes into bringing food to our tables. Farming is a labor of love and this valley expresses such love!

Hope you're enjoying your summer as much as we are!

For more from Pam Young go to www.cluborganized.com. You'll find many musings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, lose weight and get your finances in order, all from a reformed SLOB's point of view. Pam's books are also available on Amazon. ★

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Education Committee Honors Garrison



Pictured are: L-R - Keane Chukwuneta of Congressman Ami Bera's office, Citrus Heights Chamber Education Committee Chair Rosa Umbach, Sergeant Jeremy Garrison of the Citrus Heights Police Department, City of Citrus Heights Mayor Jeff Slowey, Vance Jarrard and Matt Hedges of Sacramento County Supervisor Sue Frost's office, and Marianne Conarroe of Assemblyman Ken Cooley's office. Photo courtesy CH Education Committee

Submitted by Sgt. Janet Schaefer and Rosa Umbach

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Chamber's Education Committee honored Sergeant Jeremy Garrison as the Education Committee's 2017 Youth and Family Services Officer. The award was presented at the Chamber's August 8, 2017, luncheon held at the Citrus Heights Community Center.

Sergeant Jeremy Garrison has been employed with the Citrus Heights Police Department (CHPD) since 2008 and promoted to Sergeant in 2009. Combined with his prior employment at the El Dorado County Sheriff's Department, he has over 20 total years of law enforcement experience. Jeremy is a dedicated leader whose primary focus is building strong relationships between the youth and students in our community and law enforcement. Since joining CHPD, Jeremy has initiated, implemented, and enhanced numerous programs specifically designed for police officers to engage in positive and productive ways with the youth in our community.

CHPD's Police Activities League (PAL) was established in 2009. Jeremy has been an active

member of the leadership team and serves on the board. He has volunteered many hours of his own time to participate in PAL activities and events. Jeremy is always one of the first to commit to any type of PAL event and watching him interact with the kids is inspiring. He naturally and easily makes them feel appreciated, respected, and deserving.

As the Sergeant of Youth and Family Services, Jeremy leads the Explorer Program and had committed himself to not only the success of the program, but, more importantly, the success of the youths. In 2016, there were only six members; so, he heavily recruited participants and the program now boasts over 20 members. He requires each member to maintain an exemplary grade point average and demonstrates respect and service within the Citrus Heights community. Explorers graduating from the program have gone on to become honorable members of the military, as well as college and police academy graduates. He had trained and prepared Explorers for the recent Explorer Competition in which they placed 5th overall. Just last month, Jeremy even dressed in his Class A uniform to provide an Explorer a chauffeured ride in a CHPD

patrol car to a high school prom.

Jeremy is also the supervisor of the department's outreach to local schools. He ensures that the School Resource Officers are holding students accountable to lawful and respectful behavior, but, more importantly, building the relationships with those students and teachers that can have a lasting and life-changing effect.

Jeremy represents the law enforcement profession in an exemplary manner 24 hours a day, 365 days a year. Jeremy is a proud law enforcement leader within his department and the Sacramento region, and was also recently named the recipient of the prestigious 2017 Citrus Heights Police Department Exceptional Service Ribbon. Jeremy also holds a Bachelor of Science degree from the Union Institute and University in Ohio. However, if you ask him, his proudest achievement is that he is a devoted father and has loving family.

For these reasons and more, Sergeant Jeremy Garrison was nominated as the Citrus Heights Chamber's Education Committee Police Person of the Month.

Lunches for Sergeant Garrison and his guest were sponsored by Rosa Umbach, Education Chair. ★

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Limit One Coupon Per Family

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Effective 8/16/17 - 8/22/17

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