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Performing  
Patriotic Concert**  
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**Author Susan Spann  
Brings "Betrayal"  
to Barnes & Noble**  
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# Citrus Heights Messenger

*"Written by the people, for the people"*

SPECIAL PRE-HOLIDAY ISSUE

VOLUME 7 • ISSUE 13

Serving the City of Citrus Heights and Sacramento County

JUNE 30, 2017

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## AUTHOR OF WEIGHT-LOSS BOOK GAINS 15 POUNDS



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## DEFENDANT CONVICTED OF MURDER, ROBBERY IN MARIJUANA TRANSACTION



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## Red, White and Blue Pride *Parade Marks Twenty Year Milestone in City's History*



Republic Services employees (above) wave to the crowd of thousands. Citrus Heights Marching Band (right) presents, beaming with civic pride. Photos by Marie Youngcain

**Story by Elise Spleiss**

**CITRUS HEIGHTS, CA (MPG)**

- Following a week of temperatures reaching 106 degrees, parade goers were met with temperatures in the mid-70s for the 18th annual Citrus Heights Red, White and Blue Parade on Saturday, June 24. Several thousand residents lined both sides of Sunrise Boulevard between Madison Avenue and Greenback Lane to view more than 60 parade floats, bands, classic cars, and other entries.

At 9 a.m. two sky-divers signaled the beginning of the parade as they swiftly floated

to the ground in front of Sunrise Mall. The Citrus Heights Police Department (CHDP) 10-member motorcycle team performed their intricate maneuvers, followed by the CHDP Color Guard and police commanders Gina Anderson and Daman Christensen breaking all the rules of the road driving their miniature vintage police car go-carts.

The Citrus Heights Community Marching Band followed the City Red, White and Blue parade banner which said, "Congratulations City of Citrus Heights 20th Anniversary Celebration".

Mayor Jeff Slowey, Vice Mayor Steve Miller, council



members Jeannie Bruins, Albert Fox and Brett Daniels, followed by Sacramento County Supervisor and former mayor of Citrus Heights Sue Frost, and Assemblyman Ken Cooley all arrived in style in classic 1960s

cars provided by Norcal Classic Cars based in Rancho Cordova. Police Chief Ron Lawrence greeted the crowd from atop the Wells Fargo Stagecoach.

The Mayors Award went to the  
*Continued on page 3*

## Tanner Stuhr Leads the Way

**Submitted by Robin Stuhr  
and Rosa Umbach**

**CITRUS HEIGHTS, CA (MPG)** - The Citrus Heights Chamber's Education Committee honored Tanner Stuhr as the Education Committee's 2017 Volunteer of the Year. The award was presented at the Chamber's June 13, 2017, luncheon held at the Citrus Heights Community Center.

Tanner volunteered to lead the Chamber's School Supply Drive in July and August 2016, during the summer between his sophomore and junior year (he is now entering his senior year). This enterprising young man raised over \$7,000 dollars in donations (school supplies, cash, and gift card donations) for school supplies.

Tanner attended Chamber breakfasts and luncheons where he shared information about the school supply drive, provided his contact information, and accepted donations. Tanner went above and beyond to contact Chamber businesses by placing over 100 phone calls to Citrus Heights businesses describing the program, asking for donations,

and following up with those that wanted to donate. He also contacted community organizations, spoke at the meetings, and collected donations. One organization he spoke to and collected donations from several times was the Citrus Heights Community Marching Band. In addition to contacting businesses and community organizations, he drove to businesses and Individuals' homes to collect the donations.

Tanner also made and decorated large collections boxes and placed them in Citrus Heights businesses, then collected and stored the donations as the boxes filled. He organized, inventoried, and valued all donations in his collection center (otherwise known as the garage) and, assisted in coordinating a site for the distribution of the school supplies to the schools. Since he was back in school during the distribution, he solicited assistance from his younger brother Parker to assist with the distribution. Tanner's mother remembers how he learned to shop with a crazy coupon lady: his mother. Together they found some great deals and clipped some awesome coupons, sometimes



Tanner is honored by representatives from local political offices and the Citrus Heights city council for his hard work and leadership. Rosa Umbach presents him with his award. Photo courtesy Robin Stuhr

getting lots of free items and early bird pricing. One day, they shopped at four different stores to get story boards for the schools.

On behalf of the Chamber and Education Committee, we congratulate Tanner on his devotion and volunteerism in collecting must needed school supplies

for Citrus Heights.

Lunches for the student and guests are sponsored by local businesses. Lunch was sponsored by Rosa Umbach, Education Chair, and a gift certificate to Sammy's Restaurant was provided to Tanner from Stones Gambling Hall, courtesy of Amanda Blackwood. ★

[www.CitrusHeightsMessenger.com](http://www.CitrusHeightsMessenger.com)



# Capitol Pops Patriotic Concert July 2nd



Kurt Pearsall will lead the Capitol Pops Concert Band at Fair Oaks Village Park, July 2.

**Story and photo by Susan Maxwell Skinner**

**FAIR OAKS, CA (MPG)** - A free July 2 (Sunday) concert at Fair Oaks Village Park will set a patriotic mood for the nation’s birthday. Lead by maestro Kurt Pearsall, the Capitol Pops Concert Band’s

volunteer members will offer an all-American program that will include marches, anthems and swing tunes. Susan Skinner is featured vocalist. A God Bless America finale will include the audience in a sing-along with the 60-piece ensemble. Children are welcome.

The park is located at 4238 Main Street in Fair Oaks. Downbeat is 6:30 pm. Sheltons Unlimited Mechanical Services of North Highlands is concert sponsor. Learn about the Capitol Pops Concert Band at [www.capitol-pops.org](http://www.capitol-pops.org) ★

# Coolley Honors Local Business at 2017 Salute to Small Business

**SACRAMENTO, CA (MPG)** - On Monday, June 5, Assemblyman Ken Cooley (D-Rancho Cordova) honored Kniesel’s Collision, Inc. as the 8th Assembly District’s 2017 Small Business of the Year.

Every year, members of the California State legislature take time to honor a small business from their district. The Salute to Small Business event provides an opportunity for small business owners to meet and share success stories with other small business owners from across the state. The California Small Business Association is a volunteer-driven, non-profit, non-partisan organization with the mission to provide small businesses with a meaningful voice in state and federal government.

“To honor Kniesel’s Collision as my Small Business of the Year brings me great pride,” said Assemblyman Cooley. “Kniesel’s commitment to customer service and to their employees truly exemplifies servant leadership.”

After emigrating from an Austrian refugee camp after World War II, Richard Kniesel founded Kniesel’s Collision in 1968. Richard has since handed the reins over to his two sons, Robert and Tom. Having grown up in the business, they remain strong in their commitment to the family’s founding core values: integrity, trust, and quality. Kniesel’s Collision also provides support to numerous charitable organizations including local food banks, high school athletic booster clubs, Boy Scout Troops, Court Appointed Special Advocates, and breast cancer research.

“It is truly an honor and I am humbled to



Assemblyman Cooley awards Kniesel’s for their contributions to the community. Photo courtesy Office of Ken Cooley

be recognized as the Small Business of the Year for our area,” said Richard Kniesel. “When I landed at Ellis Island in the early 1950’s, I was bound for Chicago, Illinois, but by the grace of god, I came to Citrus Heights instead, and I am forever thankful.”

Assemblyman Ken Cooley represents the 8th Assembly District which includes the communities of Arden-Arcade, Carmichael, Citrus Heights, Rancho Cordova, Rancho Murietta, Rosemont, Wilton and other portions of unincorporated Sacramento County. For more information, please visit <http://asmcd.org/members/a08/>

*From the Office of Ken Cooley* ★

# Feral Cats Project Seeks Volunteers and Community Support to Curb the Feral Cat Population



Spaying/Neutering of stray, feral, and abandoned cats will prevent hundreds of litters of kittens, literally thousands of cats yearly.

**By Linda Morgan, Director Sacramento Feral Resources**

**SACRAMENTO COUNTY, CA (MPG)** - Unwanted feral/stray cats are everywhere and the proverbial “kitten-season” is in full-swing. In an effort to help these newborn kittens, people often put them in a box and rush them to the local shelter. Too often the outcome for these kittens isn’t what the well-intentioned person expected. So how can you change this outcome? Spay/Neuter of stray, feral, and

abandoned cats will prevent hundreds of litters of kittens, literally thousands of cats yearly, from being born in areas where they are not wanted and struggle to survive on their own. Sacramento Feral Resources (SacFerals) recently introduced the Feral Cats Project. The focus of the Project is to recruit volunteers and involve residents county-wide to help humanely curb the feral cat population in Sacramento County through a Trap-Neuter-Return (TNR) program. We are looking for the best ways to reach

residents in communities throughout the County. Feral cats are a neighborhood issue that can have good resolution when working together to TNR. In fact, Sacramento County supports TNR - not euthanasia, starvation, or relocation (which is illegal) of feral cats. The good news is that there are low-cost and free spay/neuter clinics available. Residents who want to help improve the feral cat situation can learn more about the Project, feral cats, TNR, feral colony assistance, and

other volunteer opportunities at monthly Free Feral Cats Workshops. Workshops open to the general public. Meetings are held at 5605 Marconi Ave in Carmichael. The Workshop Schedule, class descriptions, and sign-up information is available online: <http://www.sacferals.com/> Why establish a Feral Cats Project? In 2013 SacFerals introduced a public website to offer resources and assistance to anyone with feral cat issues. Over time, traffic to the website as well as requests for help have

substantially increased. During the past two years, SacFerals has received reports of more than 9,000 feral/stray cats. The need for assistance has out-paced the current volunteer staff. With an estimated 98,000 – 220,000 feral cats in Sacramento County, as the saying goes, “It takes a village” to make a huge dent in reducing the number of litters born in the County every year and to ultimately control and reduce the community feral cat population in Sacramento County. ★

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# Chamber’s Executive Director Resigns, Interim Replacement Sought

By Jacqueline Fox

**CITRUS HEIGHTS, CA (MPG)** - After just seven months in the position, Citrus Heights Chamber of Commerce Executive Director Mark Creffield has resigned from his position, leaving the chamber’s top administrative slot open and forcing its board and executives to search for an interim replacement as momentum was building to boost waning membership and build up attendance at events.

According to Johnnie Downs, the chamber’s board chair, Creffield has left the chamber on good terms for a new position in Southern California. She said Creffield contributed significantly to the efforts by the chamber to address a shrinking membership base, which has slightly increased from 260 since January, but remains roughly 7.5 percent behind membership totals for 2016.

Earlier this year, Creffield said his primary goal was to help the chamber retool its brand and messaging, while also working to build membership up by as many as 48 members this year, admittedly adding the number would likely come in closer to 24.

Downs said the search will

commence for an interim director, rather than a permanent replacement to allow for more time to solidify plans for carrying out goals under Creffield’s tenure and build on his successes to date. She did not have a number for the increase, but said membership is up slightly since the beginning of the year.

“Mark did a fantastic job and we are all very sorry to see him go,” Downs said. “Our plans are to not immediately replace Mark, but instead, put the word out and search for an interim executive director so we can slow down and take our time and build on the momentum he has helped establish in his time with us.”

Downs, who was installed as board chair in January, said she remains committed to the idea of rebranding the chamber and its message, but will immediately begin the process of bolstering communications with members, which she put the spotlight on immediately after her appointment. Next month, Downs said, the first comprehensive survey will go out to all members as a first-step move in determining their individual and collective preferences for everything from events to how they receive and send communication between

one another and the chamber itself.

“Believe it or not, we have members who prefer to get only snail mail, while we have many others who just want to text,” said Downs. “So our first big and new communications tool will be this survey and it will help us determine what our members want and what they don’t want.”

Creffield formerly served as executive director for the Vacaville and Vallejo chambers of commerce. Prior to his departure, he told The Messenger that many of the chamber’s members were not taking full advantage of their benefits, including access to building a free web presence via the chamber’s site, as well as tapping a range of social media tools, such as Facebook and Twitter to connect with new and existing customers.

Membership being low, so too have turnouts for monthly meetings and events, Creffield also previously pointed out, adding that he intended to also focus on getting new members to stay engaged after joining the chamber by diving into committees, attending more events and extending their membership well-beyond the ribbon-cutting ceremony. ★

## Red, White and Blue Pride

### Parade Marks Twenty Year Milestone in City's History

*Continued from Page 1*

Harmer Family for their 24-foot self-propelled (by real feet) Flintstones 4th of July Party Bus float. Complete with a 12-foot pet Dino overlooking the bus, it took 16 rolls of duct tape to complete the construction. The floats many moving parts and costumes are the secret to what made this the parade’s top winner. The Flintstone clan will be putting on a repeat performance at the Rancho Cordova parade on July 4.


Three entries took Red, White

and Blue awards: The Cemetaryium Haunted House Productions float, Mesa Verde Junior Mavericks and the U.S. Marines. San Juan Alumni Association along with San Juan cheerleaders and baseball players took the Novelty Award. The Business Division Award went to KaiaFit, a women’s fitness program focusing on exercise and nutrition. Other winners were Neighborhood Association Area 6 - Sunrise Ranch, and Citrus Heights Dance Academy which won the Music Award.

A parade is incomplete without

local pageant queens and ambassadors. Miss Citrus Heights, Christina Ma and her court led the way, followed by Miss Greater Sacramento, Miss Metro Sacramento and Miss Orangevale.

As with the City’s 20th anniversary block party held on June 3 at Van Maren Park, parade entries represented City services, businesses, and nonprofits throughout the city and surrounding areas and gave residents a taste of what their city has to offer those of all ages, often revealing something new they didn’t even know existed! ★



# CITRUS HEIGHTS CHAMBER

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### Have you ever thought about joining the Citrus Heights Chamber? The mission of the Citrus Heights Chamber is to be a unifying force for business, government, education, and the community, to be recognized as a leader and vital resource for business in the Greater Sacramento area, and to be committed to promoting economic prosperity.

Your Chamber Membership is an investment! Your business can enjoy a variety of services from networking opportunities to advocacy for your business interests.

#### Examples of opportunities to promote your business include:

1. Website Listing
2. Monthly Membership Luncheons
3. Monthly Coffee and Networking Connections
4. Quarterly Power Luncheons (4 Chamber Event)
5. Brown Bag Seminars
6. Ribbon Cuttings & More!

#### Examples of Membership Services include:

1. Membership Mailing List Database
2. Business Resource Center
3. Conference Room Availability

### Examples on advocacy for business and community interests:

1. Attendance at City Council Meetings
2. Government Issues Committee-Review Legislation affecting businesses
3. Focus on Business Support of Education in our schools
4. Legislative Representation at Local, County, and State Levels
5. Interviews and Endorsements of Political Candidates for Office

Call the Chamber today to receive additional information about Chamber Membership.

Mark your calendars and join us for our next Coffee and Networking Connection on Tuesday, July 25 th and hosted by Lilliput Children’s Services at 8391 Auburn Blvd from 8:00am to 9:00am. Attending this event is a great way to network your business among Chamber members and prospective members. There is no cost to attend this morning networking event. If you are interested in more business exposure, please bring a door prize to this event. Hope to see you there!

### This month’s featured Chamber committee will spotlight on our **Membership Committee**.

Although an ad-hoc committee, the Membership Committee meets to share ideas and review current Citrus Heights Chamber benefits that will be an advantage to the members.

This committee provides recommendations to the Chamber for support of the members.

We are accepting applications for **Leadership Citrus Heights 2017-2018**. (LCH) is a combination of educational experiences and leadership skills designed to develop and prepare you to make a difference in Citrus Heights. LCH is a program for and about Citrus Heights Leadership practices and management skills, which are interwoven throughout. LCH is designed to develop community leaders, activists, visionaries and advocates at all levels dedicated to the future of our community. Applications are available at the Chamber office.

As always, thank you for taking the time to read our Citrus Heights Chamber of Commerce monthly article. Please visit our website at [www.chchamber.com](http://www.chchamber.com), like our Facebook page, and follow us on Twitter. See you next month!

### • Upcoming Meetings and Events •

#### Best of Citrus Heights Chamber Awards Luncheon

Tuesday, July 11 th – 11:00 am – 1:00 pm  
Citrus Heights Community Center  
6300 Fountain Square Drive in Citrus Heights

#### Business Mixer

Thursday, July 13 th - 5:30 pm – 7:30 pm  
STILLPOINT Medicine  
6545 Sunrise Blvd, Suite 300 in Citrus Heights

### • Welcome New Members •

- 6024 San Juan Avenue
- Steel Umbrella

- Grama “V’s” Balloon Animals
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## Citrus Heights Messenger

*Serving Citrus Heights and Sacramento County Since 2006*




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**Crossword Puzzle on Page 5**

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

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**Sudoku Puzzle on Page 5**

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

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# Sacramento County DA Reports



## Defendant Convicted of Murder, Robbery in Marijuana Transaction

**DATE:** June 1, 2017  
**CASE:** Kane Thompson (Case #16FE009089)  
**PROSECUTOR:** Deputy District Attorney Kari Reeve, Homicide Unit

Kane Thompson was convicted by a jury for the first-degree murder and robbery of Nicholas Jaffray. The jury also found true the special circumstance that the murder was committed in the commission of a robbery.

On May 7, 2016, Kane Thompson met Nicholas Jaffray at a marijuana dispensary. Mr. Jaffray was a marijuana grower who was at the dispensary to sell his products. Thompson represented himself to be a marijuana delivery man and legitimate marijuana vendor. Thompson then told Mr. Jaffray that he would like to do business with him. Later that day, Thompson and Mr. Jaffray met in an apartment complex parking lot and began to negotiate a marijuana transaction while sitting in Mr. Jaffray's car. As a third man with a shotgun walked out from the apartment complex towards the car, Thompson pulled out a handgun and told Mr. Jaffray "not to get killed over a pound of weed." Mr. Jaffray attempted to flee in his vehicle, but Thompson shot and killed him as he was exiting the parking lot. Thompson and the unknown accomplice stole Mr. Jaffray's backpack containing the marijuana before fleeing the scene.

Thompson faces a maximum sentence of life in prison without the possibility of parole. Sentencing is set for July 14, 2017, at 9:00 a.m. in Department 12 before the Honorable Maryanne Gilliard.

## Defendant Sentenced for Robberies

**DATE:** June 2, 2017  
**CASE:** Pierre Cleveland (Case #15F05965)  
**PROSECUTOR:** Deputy District Attorney Kristen Andersen, Career Criminal Prosecution Unit

The Honorable Raoul Thorbourne sentenced Pierre Cleveland to 25 years in prison. On May 4, 2017, a jury convicted Cleveland of two counts of robbery for two separate robberies. The jury also found that Cleveland used a gun during the course of the first robbery and

was a felon in possession of a firearm.

On September 7, 2015, Cleveland went into a Chevron station on Florin Road with a firearm and robbed the sole employee. He stole money from the register and after the victim refused to get on the ground, he shot the firearm off two times before fleeing the scene. On September 29, 2015, Cleveland went to the Florin Shopping Center and robbed another victim of \$5,600 in cash. The victim had just withdrawn the money from his bank and was about to get in his car when Cleveland struck him over the head and stole his money. Cleveland then fled the scene in a car that was waiting for him in the Sears parking lot. Officers were able to locate Cleveland in a nearby parking lot after the license plate of the fleeing vehicle was obtained. Cleveland was detained by law enforcement and was found to have half of the victim's money and the gun from the first robbery on his person.

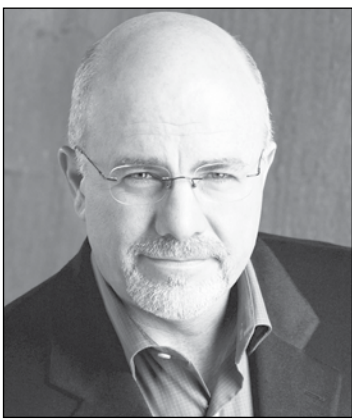
## Gang Member Convicted for Possessing Firearms

**DATE:** June 15, 2017  
**CASE:** Todd Williams (Case #16FE021370)  
**PROSECUTOR:** Deputy District Attorney Kristen Andersen, Targeting Armed Recidivist Gang Enforcement Team (TARGET)  
Todd Williams was convicted by a jury of two counts of felon in possession of a firearm. The jury also found true a gang allegation on both counts.

Todd Williams is a validated member of the G-Mobb/Guttah criminal street gang. On August 17, 2016, Williams was in a car that law enforcement attempted to stop. Williams fled from the car, and officers gave chase. When Williams was apprehended, he was found to be in possession of two loaded firearms.

Williams has a prior 2010 strike conviction for accessory after the fact to attempted murder with a gang enhancement. He previously served 7 years in prison for this offense.

Williams faces a maximum sentence of 17 years and 8 months in prison. Sentencing is set for July 21, 2017, at 9:00 a.m. in Department 22 before the Honorable Russell Hom. ★



## Keep the Bike

Dear Dave,  
My husband and I aren't seeing eye-to-eye on a motorcycle. The bike was my dad's, and I got it four years ago when he passed away. I'd like to keep it because I grew up riding it with him, and I still ride it today. My husband thinks we should sell it to pay off debt. We make about \$60,000 a year, and we have about \$36,000 to go before we're debt-free except for our home. The bike is worth about \$2,300. What do you think?  
- Amanda

Dear Amanda,  
There's no way I'd sell that bike. If it were just a miscellaneous motorcycle, I'd sell the thing in about 20 seconds. But this bike is unique and special because it was your dad's. There's only one of those in the world.

It's like a lady in the same scenario saying she has a \$2,300 diamond on her hand that's her wedding ring. Would I tell her to sell it? No way! This bike is very much woven into the fabric of your life and your fondest memories. As a rule, you just don't sell things like that.  
Now, there may be extreme cases sometimes where a person

# Dave Says

might have to consider selling something of that magnitude. If you were in a truly awful situation making \$10,000 a year and the ring is worth \$200,000 while you're \$100,000 in debt, you'd have to give it some thought.  
But there's no way I'd sell that bike in your case!  
—Dave

## The Family Nightmare

Dear Dave,  
My fiancé told me the other day he's going to buy a failing restaurant with his mom, sister, and a family friend. None of them have any food service or business experience, and he has never said anything about wanting to own a restaurant. When I questioned him about it, he said it was his mother's idea. I don't want to be part of this, and it wouldn't be his first big surprise decision, so I told him I would walk away from the marriage if he pursues this. I feel bad about it, because he didn't really do anything wrong. Do you think I'm making a wise decision?  
- Carla

Dear Carla,  
Yes, he did do something wrong. He put his controlling mommy ahead of his bride-to-be, and it sounds like it's not the first time he's made big decisions without consulting you. Any man who doesn't consider the feelings of his wife or fiancée

in an important decision-making process is not marriage material. I think your decision was heart-breaking, but wise.  
Going into a partnership with family like this is unwise. There's a lot of messed up stuff in his family dynamic. And it's not like you won't support your man and his dreams and decisions, but those dreams need to contain wisdom and consideration for you. Otherwise, any dream will fast become a nightmare.

I know it hurts, Carla, but this was not the right guy for you. Money problems are one of the biggest causes of divorce in America today. Trouble with in-laws is another, and you almost signed up for both. I'm sorry you had to make such a tough call.

If you want to salvage this, you could explain to him that he needs to make better decisions to win your hand again. In this case, making better decisions means involving you in the process, and giving your thoughts, feelings, and opinions the respect they deserve.  
—Dave

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](http://daveramsey.com) and on Twitter at @DaveRamsey. ★



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1. Blue-Green scum  
6. \_\_\_\_ Tuesday  
9. Black and white treat  
13. Viola da Gamba, pl.  
14. \_\_\_\_ trip  
15. \* \_\_\_\_ Thing, of the DC Universe  
16. Do like Etna  
17. Listening organ  
18. Front of cuirass  
19. \*Bandana-wearer named for a painter  
21. \*It bit Peter Parker  
23. Cash provider  
24. Mallet or saw  
25. Geological Society of America  
28. Heard more than once  
30. Ukraine's neighbor  
35. Opposite of riches?  
37. France's currency  
39. Excessive sternness  
40. Paella pot  
41. Run off to wed  
43. Dumpy establishment  
44. Teatro alla Scala performance  
46. \_\_\_\_ sack  
47. Iditarod ride  
48. Japanese mat  
50. By way of, for, short  
52. Old age, archaic  
53. "The Sun \_\_\_\_ Rises"  
55. \*"Rogue \_\_\_\_: A Star Wars Story"  
57. \*Wonder Woman, e.g.  
60. \*Captain \_\_\_\_  
64. Unimpressed  
65. Hole punching tool  
67. Helper  
68. Was violently angry  
69. #35 Across, sing.  
70. Bloodhound's clue  
71. #44 Across solo  
72. Chapter in history  
73. Sunrise side, pl.

**CROSSWORD**

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**DOWN**  
1. Affirm  
2. Turkish currency  
3. Trend higher  
4. Top dog  
5. Posthumous type of tax  
6. "I \_\_\_\_ your pain"  
7. Agha, alt. sp.  
8. Body trunk  
9. Was in the hole  
10. Unpleasant road display?  
11. Dubai dignitary  
12. Operations or opportunities, for short  
15. \*Popeye  
20. Mike holder  
22. Weasel-related onomatopoeia  
24. Capital of Ontario  
25. \*"I am \_\_\_\_"  
26. Planktonic tunicate  
27. End of a shoelace  
29. \*a.k.a. Dr. Robert Bruce Banner  
31. Jar covers  
32. Light-footed  
33. Writer's opus  
34. \*Judge of Mega City One  
36. Actress Gilbert  
38. Moonfish  
42. Erasable programmable read

only memory  
45. Dumbfounded  
49. U.N. workers' grp.  
51. Apprehension  
54. Rabbit trap  
56. \_\_\_\_ Kane of soap opera fame  
57. Wing-shaped  
58. New Testament sages  
59. Between ports  
60. #1 Across, sing.  
61. Bad day for Caesar  
62. Lincoln coin  
63. A in B.A.  
64. Women's undergarment  
66. \*"Captain America: Civil \_\_\_\_"

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**For Solutions See Page 4**

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By Marlys Johnsen Norris,  
Christian Author

We all come into knowledge about God's love for us at the perfect time in our lives. It takes a lifetime to fully understand many things we need to learn. And He gifted men and women to write them down to help us stay on the right path of life. The wonderful thing about God is – He is so very patient. Like no one He understands our frailties and everything about our ability to comprehend

## Amazing Grace, How Sweet the Sound!

the lesson He wants us to learn. Possibly removing sin acts in our lives. He loves us so much more than even our human parents did and when we learn that, we are beginning a cycle of growth that pleases Him.

When we come to that place of complete surrender to Him with every area of our lives, is when our spiritual growth has truly begun. Our submission to His Almighty Hand helps us to actually be encouraged by the process to become the person He designed us to become before the foundation of the earth. (Yes, before we were even born!) Our appreciation for the plan of redemption and salvation He designed for the human race. And it becomes our continued living reality as we study and learn about His plan in the Holy Bible. Its guidelines help us to resist sin and things He warns us

not to become a part.

The love and appreciation for everything we see and experience changes and transforms our lives. Our living testimony of His love becomes our profound daily reality. Hardships and suffering do arrive but God's promise is to never leave or forsake us. He doesn't!

His Holy Spirit carries us through every hardship and trial we face all of our lives. His personal and dynamic love becomes more and more real and our personal relationship with the magnanimous and powerful love of God never fails to enrich our lives.

The wonderful song "Amazing Grace" becomes our song of testimony!

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



By Pastor Ray Dare

Most people when they are in a storm they typically look to everything else except God for their anchor. They don't look to hope. When people are in deep pain or in deep discouragement or deep despair they often look at the bottom of a bottle for their hope. Or some medicines for their hope. Or entertainment or a vacation or... It could be good or bad. They're looking for somebody or something to anchor their lives. And God says, what you really need is hope. Job 8:13 says, "Those who forget God have no hope." We see the proof of that statement in literally every single sector of our society. The further away we get from God the less hope we have.

The converse is true. The closer you get to God the more

## Pastor Ray's Encouraging Words

### The Anchor of Hope

hope you're going to have in your life. The most hopeful people on the planet earth are those who live closest to God. And the most hopeless people on the earth are the people who feel far away from God.

The Bible talks about the anchor of hope. Not wishing. Not feeling. Not simply expecting. But knowing for certain that you are going to have what you hope for. The Bible says in Hebrews "faith is the assurance or the confidence of things not yet seen. It is the certainty of the things you hope for that are not yet seen." Faith and hope go together.

Where do you get it? Where do you get hope when everything feels so hopeless? One day Jesus gave a key to hope. He says it in Luke 18:1 "Jesus taught his followers that they should **always pray and never lose hope.**" Circle "always pray" and "never lose hope" and draw a line and connect the two because they are connected! Those, my friends are the two alternatives in life. Every single moment of your

life you're choosing one of those two alternatives. When stuff bad happens, you will either panic or you'll pray. It's your alternative. If you pray you don't panic; if you panic, you don't pray. You'll either worship or you'll worry. Those are the two alternatives in life.

Another key to getting more hope in you is getting more of God's promises in you. Certain hope is based on the fact that God cannot lie. And he's given in his book, over seven thousand promises. When you put your hope in these promises that's going to give you an anchor of hope to steady you, to secure you, to give you the peace you need in the middle of a storm. You've got to stop listening to your feelings and start listening to the promises God gives you. Start reading the Bible. Start in the book of John and in Psalms, then turn your cares into prayers and hope will anchor your heart and mind.

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The Widowed Persons Association of California encourages men and women to come to Sunday Support each Sunday from 3:00pm - 5:00pm. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service. Participants do not need to be members and there is no charge.

**OFFICE HOURS 10:00am - 3:00pm**  
**Monday - Friday (916) 972-9722**  
In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Ave., Ste D-18

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Every Sunday from 3:00pm - 5:00pm

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**Make It Fun and It Will Get Done!**  
The Secret to Being Organized  
**Pam Young's Corner**  
Author of Weight-loss Book Gains 15 Pounds

When you read this, you could wonder why the author of a weight-loss book could gain weight when supposedly she's an expert in the field. And you might wonder if she'd have the guts to admit to her readers that she had gained weight, for fear no one who wanted to lose weight would ever want to read her book on the subject. Well, if you don't know me, you don't know I have to always tell the truth even when it's not pretty. I've gained 15 pounds in three months (that's five pounds a month!).

With that said, I hope you read my confession, given in the spirit of honesty in the hope that if you've fallen off any wagon of resolve, know you can always get back on and with a clearer understanding of yourself.

The 15-pound gain in three months was caused by three things.

**1. I consumed too many carbs.**

**2. Compared myself to others who weigh more than I do (and dismissed scrutinizing those who weigh less than I do. (I've since learned that is textbook addict mentality).**

**3. Indulged in plain ol' entitlement issues (which I assign blame to Nelly, my inner child).**

**1. Too many carbs:** I unconsciously turned date night into carb night, failing to recognize that I was gradually becoming more excited to be going out to be with Mr. French Fry and Mr. & Mrs. Bread & Butter than spending quality time with my husband. When you follow a low-carb lifestyle, it's so important to stay away from carbs, because they are addicting and they not only cause fat to stay with you, they cause thoughts of how good they are to stay in your head.

**2. Comparing my body to other bigger bodies:** In "The Mouth Trap: the butt stops here!" the book I wrote about losing weight on a low-carb diet, there's a chapter entitled, "How to Shoot Yourself in the Foot," and it deals with this problem. Here's an excerpt that has helped me get back on my wagon.

When I was in denial about my weight, one of the biggest forces keeping me struggling was my penchant for judging others and comparing myself to them. For five years I sang in a Sweet Adeline Chorus made up of 130 women whose average age was 55 and average weight I'd guess was 175 pounds. I've never in my life seen such a massive collection of overweight, middle-aged women. When I compared my body to the average singer in that group I felt little.

But I was shooting myself in the foot. That tendency to compare cost me five years of dragging seven sacks of flour. [In the book I have my readers convert in their minds, their weight into five-pound bags of flour so seven sacks of flour equals the 35 pounds I wanted to lose and did.] I look back and wonder how I could have considered myself little. Had I been minding my own business I would not have judged any of those women. They have nothing to do with me and my weight problem. But I allowed comparing myself to them make me feel better about myself. Is there nine-year-old mentality lurking around here?

**3. Entitlement Issues:** Thoughts like, 'It's my daughter's birthday; I should be able to have cake and ice cream.' 'It's my son's birthday; I should be

able to have cake and ice cream.' 'It's my birthday, what's wrong with celebrating once a year.' 'It's Terry's birthday, even though he's gluten and dairy intolerant, I should be able to have some cake and ice cream like everybody else is.' 'It's St. Patrick's Day, I should be able to have carbs, I'm Irish.' 'I was so sick with the flu; I deserve to celebrate my wellness with a visit to Burger King for a well-deserved Whopper.' 'It's Cinco de Mayo, I can have beer and chips, I love Mexico.'

When our celebrations lead to weight gain, it's time to wake up and reset our entitlement meters.

If you gain weight easily, it most likely means you like sweets and all the white stuff; rice, pasta, bread and potatoes. It really is okay to have those foods once-in-a-while, but if you're too liberal with that notion you're in for weight gain. That's what happened to me. In the course of three months I had about 100 once-in-a-while eating sessions which set the tone for allowing more carbs into the house.

It wasn't that hard to get back on my wagon and now that I am, the carb craving has stopped and Nelly is settling down to minding my rules. No more white stuff, not even on date night and I'm happy to report I lost 2 pounds last week! I'm on my way and it feels great to be back on the wagon!

For more from Pam Young go to [www.cluborganized.com](http://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. ★



**De-Stress Your Life**

I guess we should start with stress isn't always bad. According to **Dr. Siobhan Kealy**, the body's stress response is the fight or flight" response and it kicks into action to help us perform under pressure, think clearly, maintain focus and concentration, keep energy levels up and get the job done. But, and this is the 800 pound gorilla in the room, our bodies can't distinguish between emotional and physical threats and so the response is always the same...your adrenal glands release adrenaline and cortisol. Under situations of chronic stress...whether the stress is physical, emotional, mental or environmental, real or imagined, our bodies activate the "fight or flight" mode and this can have longstanding detrimental effects on our health.

Want to know if you have gone into a chronically stressed state? Here are a few hints.

**POPPOFF!**

with Mary Jane Popp

**Insomnia** comes as stress disrupts the rhythm. **Frequent infections** from chronic stress leads to constant elevation of cortisol and makes the body more susceptible to disease and infection. **Inability to lose weight** speaks for itself. **Anxiety/Depression** has high cortisol and decreased levels of neurotransmitters such as serotonin and dopamine. **Decreased Sex Drive and Skin Issues** come into play. You can even have **Stomach Upset, Brain Fog, Headaches, and Hair Loss**. Have you experienced one or more of these stress symptoms?

So now it's time to get the five tips to reduce the effects of stress. **Eat Well** has to come first. Allowing yourself to feel hungry triggers stress. Eat nutrient dense whole food and cut sweets to keep blood sugar levels steady, thus reducing those highs and lows. **Rest Up** comes next. Have a bedtime routine that is the same every night. Cut out screen time before bed because that actually decreases melatonin production in the brain. If you can't stop thinking about what you need to get done tomorrow, then write a list and put it aside as part of your bedtime routine. **Cut caffeine**

**and alcohol.** Sorry folks. While coffee may fuel you to hit your work deadline, it stimulates our sympathetic nervous system and increases the stress response in the body. Also, it may seem like a cocktail at the end of a tough day will relax you, but it actually does the opposite, depressing our happy hormones and making sleep more difficult. **Relaxation techniques** can help. Focused breathing, yoga, visualization and meditation are all techniques that can help mediate our response to stress because they activate the body's relaxation response, the opposite of the fight or flight response. **Limit screen time at night.** I know. You are about ready to scream "no way, not ever!" The blue light from devices have been shown to decrease melatonin levels in the brain, making it harder to sleep.

**Dr. Siobahn Kealy** is a Board Certified Family Practitioner and is the Medical Director for New York Health and Wellness in Westchester, New York. She is also co-creator of **Balance 3H Metabolic Breakthrough Weight Loss** program. Check out [www.drkealy.com](http://www.drkealy.com). Don't let stress ruin your life. LIVE LONG AND PROSPER! ★

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<b>Chicken Thigh Meat</b> Boneless & Skinless Carne de Muslo Desahuesada 40 lb Box <b>\$1.79/lb</b> \$69.99/ea	<b>Chicken Party Wings</b> Drumettes & Mid Joint Portions Alitas de Pollo <b>\$1.99/lb</b>	<b>Turkey Tails</b> La Cola de Pavo <b>79¢/lb</b>
<b>Pork Ribs Single Pak</b> (St. Louis Style) Costillas de Cerdo Estilo St. Louis <b>\$1.99/lb</b>	<b>Pork Loin Chops</b> Bone-In Chuletas de Cerdo <b>\$1.69/lb</b>	<b>Pork Neck Bones</b> Huesos del Cuello <b>99¢/lb</b>
<b>Lamb Shoulder Chops</b> <b>\$7.99/lb</b>	<b>Lamb Arm Shoulder Chops</b> <b>\$7.99/lb</b>	<b>Lamb Rib Chops</b> <b>\$19.99/lb</b>
<b>Lamb Loin Chops</b> <b>\$13.99/lb</b>	<b>Lamb Leg Steaks</b> <b>\$9.99/lb</b>	<b>Lamb Riblets</b> <b>\$5.99/lb</b>
<b>Boneless Lamb Flanks</b> <b>\$7.99/lb</b>	<b>Boneless Lamb Stew</b> <b>\$8.99/lb</b>	<b>Hind Lamb Shanks 3x2 Pack</b> <b>\$3.99/lb</b>
<b>Short Cut Lamb Leg</b> <b>\$5.99/lb</b>	<b>Lamb Neck Stew</b> <b>\$3.99/lb</b>	<b>Ground Lamb</b> <b>\$6.99/lb</b>

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Yellow Onions 3 lb Bag <b>1.29/ea</b>	Russet Potatoes 10 lb Bag <b>2/\$3</b>	Baby Carrots 1 lb <b>69¢/ea</b>	Asparagus <b>1.99/lb</b>	Pickling Cucumber <b>69¢/lb</b>	Red Potatoes <b>2lbs/\$1</b>	Strawberries 1 lb <b>2/\$3</b>

**AMERICAN/HISPANIC GROCERY**

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**ASIAN GROCERY**

Spring Roll Source 2.9 oz <b>\$1.99/ea</b>	Dragonfly Brand <b>\$1.99/ea</b>	Shirley Sankel Sour Cream 5.64 oz <b>\$1.99/ea</b>	Hot Kid Brand <b>\$1.99/ea</b>	Sandwich Soybean 15.89 fl oz <b>\$2.99/ea</b>	Lady's Choice Brand <b>\$2.99/ea</b>	Chili Sauce 15 oz <b>\$1.99/ea</b>	Hot Fung Brand <b>\$1.99/ea</b>	Coconut Water 33.8 fl oz <b>\$1.99/ea</b>	Chickadee Brand <b>\$1.99/ea</b>
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**EUROPEAN GROCERY**

Zest Polish Sauerkraut w/Carrot 560 g <b>\$2.49/ea</b>	Stockmeyer Red Cabbage 680 g <b>\$2.49/ea</b>	Sunflower Seeds 500 g <b>\$3.99/ea</b>	Ek-Mak Maharaja Baharat Select Varieties 1 kg <b>\$2.49/ea</b>	Jalisco's Coffee 200 g <b>\$6.99/ea</b>
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**KOREAN/JAPANESE GROCERY**

Green Tea 20 lb Bag <b>7.99/ea</b>	Jun Kamen Maki Pak 2.4 Kinda 5 x 120 g <b>\$3.99/ea</b>	Pickled Radish 2.2 lb <b>1.99/ea</b>	Korean BBQ Sauce 4 Kinda 450 g <b>99¢/ea</b>	Soybean Sauce 8 x 15 oz <b>1.99/ea</b>	Yamori Flavored Milk 3 Kinda 6 x 6.75 fl oz <b>3.99/ea</b>
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**FROZEN DEPARTMENT**

Green Tea 20 lb Bag <b>\$7.99/ea</b>	Jun Kamen Maki Pak 2.4 Kinda 5 x 120 g <b>\$4.99/ea</b>	Pickled Radish 2.2 lb <b>\$2.99/ea</b>	Korean BBQ Sauce 4 Kinda 450 g <b>\$8.99/ea</b>
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**EUROPEAN DELI**

Kamashi American Cheese <b>\$5.99/lb</b>	Art's New Solopha Gourmet Casing <b>\$3.99/lb</b>	Schmidt's Korndorfer Roll <b>\$3.79/lb</b>
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# PG&E Neared Record-Setting Electricity Demand during Historic Heat Wave

**NORTHERN CA (MPG)** - Pacific Gas and Electric Company (PG&E) thanks customers for their conservation efforts as it came close to breaking an all-time record for electricity use on Thursday, June 22.

While PG&E expected to reach record electricity use, an afternoon and evening sea breeze in the Bay Area provided relief to some of the heat risk and electric demands.

The heat wave drove up energy demand close to levels not seen since 2006 – especially due to air conditioner use to combat the heat. PG&E was ready for the high energy usage and ensured the company had enough energy supply, including renewables like solar energy, to meet

the needs of their customers. Once the sun sets and renewables are less abundant on the grid, customer conservation efforts between 4 and 7 p.m. become even more critical.

Since the heat wave first began during the afternoon of Friday, June 16, PG&E has restored approximately 379,000 customers, activated 19 local emergency centers and deployed about 5,100 field employees who supported power restoration during the heat wave. PG&E employees continue to work to restore service for the remaining customers who have experienced heat wave-related outages.

Customer demand for energy during the heat

wave on Thursday, June 22 reached its highest point at 20,754 megawatts (MWs). The energy company's all-time system peak load was on July 25, 2006, when customer demand for electricity hit 22,468 MWs. The California Independent System Operator (ISO), which manages the state's energy grid, said peak usage across California was 42,000 MWs.

PG&E reminds customers that small behavioral changes can make a big difference in reducing demand on the power grid during periods of extreme heat while helping customers to stay comfortable.

For tips on how to save this summer, visit [www.pge.com/summer](http://www.pge.com/summer). ★

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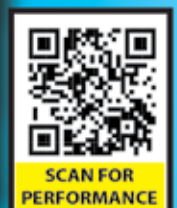


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# Author Susan Spann Brings “Betrayal” to Barns & Nobel

Story by Jacqueline Fox

CITRUS HEIGHTS, CA (MPG) - Ninja assassins, espionage, family betrayal and mid-evil clan bloodshed are playing out across the Iga province in Samurai era Japan, the setting for Fair Oaks resident and award-winning author Susan Spann’s latest addition to her Shinobi Mysteries series, which she’ll read from and discuss at Barnes & Noble on Saturday, July 22.

Spann’s new novel, “Betrayal at Iga” (Seventh Street Books), which releases July 11, promises a rare glimpse into the private world of a Ninja Clan, specifically the family life of her returning protagonist, Hiro Hattori, a trained ninja assassin now working as a detective alongside his sidekick, Portuguese Jesuit, Father Mateo.

This new, Samurai style “who done it” is Spann’s first attempt to take her readers into an actual ninja province, in this case Hiro’s hometown of Iga. Hiro and Father Mateo are in Iga seeking refuge while the assassination of an ambassador trying to negotiate a warring clan peace treaty occurs. Hiro must confront his own past and family members, as the crime may or may not have been committed by his former lover, mother, or someone else.

“I get to take readers into the actual Ninja province with this book,” explains Spann. “I wanted to continue with the Hiro series but really go deeper into the more personal side by taking readers into the day-to-day life of a ninja clan to show how ninjas actually lived and trained at home. This isn’t something you get to see very often.”

Back in Iga, Hiro confronts an old flame who is primary suspect in the case, largely because she has opposed the signing of the peach treaty. His mother is also a potential suspect. As ninjas themselves, both women are trained assassins. In fact, Hiro and his entire family are ninjas, however, with the launch of series, Hiro finds himself on the other side of justice, permanently assigned to provide security to Father Mateo. Now, the pair



Susan Spann has already signed her next book deal in the Shinobi series: “Trial on Mt. Koya,” which she said picks up where “Betrayal at Iga” (left) leaves off.

operate as a sort of Japanese version of Watson and Holmes. This time, the murder hits close to home.

“This is an emotional journey for Hiro,” explains Spann, who said she spent roughly nine months researching the book in Iga in 2015. In “Betrayal at Iga,” Hiro gets to interact with his mother and grandfather, and his former lover, so it is very personal.”

Spann’s first novel, “Claws of the Cat: A Shinobi Mystery” (Minotaur, 2013), was a finalist for the Silver Falchion Award for Best First Novel. The novel launched the Hiro and Mateo crime-solving adventures, loosely modeled on the traditional mysteries of Sherlock Holmes, in which paired detectives with seemingly opposite backgrounds, personalities and cultural DNA, work in tandem to get to bottom of the latest caper.

Spann is at once a transactional attorney with a private practice focused on business and publishing law, and an award-winning novelist with a degree in Asian studies from Tufts University. Originally from Southern California, Spann says she wanted to be a writer since she was a young girl, hooked initially into the mystery genre by the Nancy Drew, Hardy Boys and Agatha Christy works, as well as James Clavell’s “Shogun.”

“This is just a genre I’ve been in love with forever,” she said. “All the time growing up I wanted to write,” Spann said. “I was drawn to the mystery novels I read as a young girl, but later I really got hooked on the genre after reading ‘Shogun.’ That book really inspired me.”

Spann has already signed her next book deal in the Shinobi series: “Trial on Mt. Koya,” which she said picks up where “Betrayal” leaves off, which has Hiro and Father Mateo sent to deliver a message to a Buddhist Priest in Koya. In preparation for the forthcoming series addition, Spann spent several months living in a Buddhist temple in Koya, where she said she was granted wide access to historical information and important details about the Buddhist priests in the region of the era.

“Researching the next book was a wonderful adventure and I am very excited for the upcoming release,” Spann said.

Spann’s other works include “Blade of the Samurai,” “Flask of the Drunken Master” and “The Ninja’s Daughter.” ★

## IF YOU GO:

Susan Spann “Betrayal at Iga,”

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