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Citrus Heights Messenger

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Local Leadership Matters



Graduates from the 2016-17 Citrus Heights Leadership Program, alongside Citrus Heights Chamber of Commerce Board Chair, Johnnie Downs and City Councilwoman and program founder, Jeanne Bruins, prepare for a bus tour of the city as part of their culmination day celebration.

Story and photo by Jacqueline Fox

CITRUS HEIGHTS, CA (MPG) - After a five-year hiatus, the Chamber of Commerce's Leadership Citrus Heights program relaunched in fall of 2016 and, on June 7, 22 participants graduated from the 10-week civic and business engagement course designed to foster civic leaders and bolster business owners' with tools for growth.

Launched initially in 2003 by City Councilwoman Jeanne Bruins, then the executive director of the chamber, the Leadership Citrus Heights program (LCH) is modeled on components of similar programs offered by

various chambers' of commerce across the region. The goal is to offer individuals who have an interest in civic engagement and business development issues a condensed, but comprehensive education on everything from city incorporation processes and fiscal management, to public safety, code enforcement policies, and even a history lesson or two about the city's founders and growth.

"Most of the chambers offer a similar type of program and, at the time we launched this one, we were such a new city, and I felt we could really benefit from something like it," said Bruins. "So, after we worked on the outline for it for about a year, we put a team of

very capable people together that included city officials, business people and even faculty members from American River College, and then came up with our courses, which is very closely modeled on the program offered by the Folsom Chamber of Commerce."

Although not a requirement, one of the goals is to develop community leaders, activists, visionaries and advocates who demonstrate an interest in the future of Citrus Heights, Bruins said. While some of the current cohort participants are already working for the city in various capacities, others are local business owners. The other purpose of

Continued on page 3

Gibson Ranch Management to Stay Under Ose

Story and Photo by Jacqueline Fox

CARMICHAEL, CA (MPG) - The County Board of Supervisors on Tuesday unanimously approved a management contract for former Congressman Doug Ose to continue overseeing Gibson Ranch, ending months of negotiations over the fate of the 325-acre nature preserve.

Ose said Tuesday he is very pleased with the board's decision, which essentially gives his company, GRP 211, LLC (GRP) a year-to-year contract to manage the park. The



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agreement will stay in place for four years and carry an option for annual extensions of up to four additional one-year terms, with a 90-day notification to terminate.

The new agreement with Ose shifts a significant portion of operational costs to the county, a win for Ose, who was granted a five-year renewable lease to manage the park in 2011, but announced plans

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An Unforgettable Birthday Party

By Elise Spleiss

CITRUS HEIGHT, CA (MPG) - The City of Citrus Heights was prepared for the party of the decade on Saturday, June 3, and it delivered. Up to 8,000 men, women and children descended on Van Maren Park for a huge block party celebrating 20 years of incorporation. (The Van Maren's, one of Citrus Heights founding families came to Citrus Heights in 1849.)

The venue chosen for this mammoth undertaking spread over nearly five acres in and around the park on Thalia Way, just a short walk from 10-month-old city hall.

At 3:00, as the temperature inched towards 90, the opening ceremony began in front of city hall with music from one of the city's jewels, the Citrus Heights Community Marching Band (CHCMB), led by Kody Tickner. The band performed some of its 'Fanfare for a New Era' repertoire. The Citrus Heights Police Department (CHPD) Color Guard presented colors and Paul Reyes, Commander of American Legion Post 637 led the Pledge of Allegiance. The Mesa Verde High School Choir and Band performed the National Anthem, with singer Jaden Neilsen hitting all those

Continued on page 3

Girls just wanted to have fun! Photo by Dave Lawicka



PaintCare: An Historic Milestone for a Unique Organization

Special Release
from PRWeb

SACRAMENTO REGION, CA (MPG) - When Congressman Jared Huffman began sponsoring a product stewardship law for architectural paint in California in May 2009, even he couldn't envision the level of success that was to come in a few short years after the state's paint stewardship program began in 2012.

"Congratulations to PaintCare on its five year anniversary and for recycling more than 10 million gallons of paint in California," said Rep. Huffman the Second District Representative. "To go from no California product stewardship presence to 10,000,000 gallons in California alone in so short a period of time is an incredible achievement. When I authored this legislation in the California Assembly, my main goal was to make leftover paint recycling more convenient for Californians, reduce the burden of disposal on local governments, and to protect the environment. I'm glad to see that PaintCare has reached these goals with flying colors within just five years. It's a testament to a lot of hard work on the part of many different people."

What has legislators so excited about PaintCare and Product Stewardship though, is not just the success PaintCare has had in collecting a combined 20,000,000 gallons of paint for recycling in those states and jurisdictions with paint stewardship laws (with California accounting for a little more than half and the seven other states and the District of Columbia accounting for the remainder) Ken Pereira, Waste Management Specialist for Sacramento County, highlights the cost savings to municipalities:

"Sacramento County's Department of Waste Management



PaintCare works with corporations to recycle the paint they produce rather than relying on public taxes to pay for clean-up. Photo courtesy PaintCare

and Recycling (DWMR) is committed to excellent environmental stewardship. Historically, DWMR has spent approximately \$150,000 annually in order to divert leftover or unwanted paint products from the landfill, and ensure that they are reused or recycled. Thanks to our successful relationship with the PaintCare organization, DWMR has reduced those annual costs to less than \$8,000 per year. These cost savings directly impact our rate payers and also allow DWMR to expand and improve the county's Household Hazardous Waste (HHW) Program."

PaintCare is the flagship organization under the growing header of Product Stewardship, an environmental strategy in which product manufacturers

have the primary responsibility to establish, fund, and manage programs that minimize the environmental impact of products across the entire product life cycle, including end-of-life management. Government agencies help set performance goals for the programs and ensure accountability and transparency. This means that PaintCare is a unique non-profit operator, at once a partnership between private business and public agencies, and yet its own independent body. California Product Stewardship Council Executive Director Heidi Sanborn on PaintCare's role in the evolution of the general public's understanding of product stewardship.

"PaintCare has demonstrated

that a producer designed and operated system can provide a much more convenient collection system than the government can because they have more locations where people normally go to shop. It's called "take-back" because the retailers are taking back what they once sold making it convenient for their customers. We know if recycling is convenient and free at end of life and the public is informed how to use it and it has a sustainable funding source, the programs work very well. A great benefit of the paint stewardship program in California is that it has freed up millions of dollars of public money to be used on other hazardous waste collection."

PaintCare Executive Director, Marjaneh Zarrehparvar, has earned a reputation over the past five years as being an effective mitigator in the sometimes-tricky relationship between private business and public sector waste and environmental agencies. Kelly Moore CEO, Steve DeVoe, on PaintCare's leader:

"I have had the pleasure of working with Marjaneh now for a number of years both as a paint manufacturer and retailer, and I'll tell you, I think the secret to PaintCare's success is a lot simpler than it might seem. All too often with product stewardship, it seems that businesses, governments and nonprofits can start out as adversaries. But Marjaneh and her PaintCare team have collaborated effectively with everyone and created a program that has processed 20,000,000 gallons of unwanted, leftover paint. I think we are on the right track to process millions of gallons more. PaintCare is a great model of product stewardship and shows what can be done."

For more information on PaintCare, visit <http://www.paintcare.org>

Highway Patrol Offering Free "Start Smart" Classes

SACRAMENTO REGION, CA (MPG) - The leading cause of death for Americans 15-20 years old is motor vehicle collisions. In an effort to 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, June 13th, and Tuesday, June 27th, 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/chp-northsac](https://www.facebook.com/chp-northsac). 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: CHPMedia





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Crossword Puzzle on Page 5

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Sudoku Puzzle on Page 5

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

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Sacramento County DA Reports



Defendant Convicted for Multiple Sexual Assaults

DATE: June 7, 2017
CASE: Steven Anthony McCarter (Case #16FE002313)
PROSECUTOR: Deputy District Attorney Tate Davis, Adult Sexual Assault Prosecution Unit

Steven Anthony McCarter was convicted by a jury of two counts of rape by force with personal use of a deadly weapon, two counts of assault with a deadly weapon, two counts of assault by means likely to produce great bodily injury and assault with the intent to commit rape against two separate women.

On November 21, 2015, a homeless victim was sitting on a street curb near Sacramento State. McCarter offered to drive her to get food, which she accepted. McCarter then provided her with alcohol and asked her to stay in his motel room. The victim agreed to stay in his room with the understanding there would be no sex. The victim later awoke to find McCarter naked with his arms around her neck. McCarter punched and elbowed the victim in the face several times, choked her until she couldn't breathe, and wrapped his belt around her throat in an attempt to suffocate her. When the belt broke, the victim begged McCarter to stop beating her. McCarter proceeded to rape the victim twice. The victim escaped the next morning and was taken to a hospital for her injuries and a sexual assault exam. The District Attorney's Crime Lab analyzed DNA collected from the exam, which was later matched to McCarter's DNA.

On January 23, 2016, a second victim was walking and carrying grocery bags in south Sacramento. McCarter offered to give her a ride, which she accepted. The two talked about meeting again later that night. When the victim became stranded at a light rail station, she called McCarter and asked for a ride home. McCarter picked her up and drove to a liquor store. He then stated he was too drunk to drive and asked if they could stay in a motel for the night. The victim agreed with the understanding there would be no sex. When the victim was in bed, McCarter demanded she remove her clothing. When she refused, McCarter punched her in the face and hit her in the eye with a liquor bottle. The victim was able to fight McCarter off and escape. The next day,

the victim went to a hospital and reported the attempted rape. She later identified McCarter in a photo lineup.

Allegations that McCarter suffered four prior convictions will be determined at sentencing.

Sentencing is set for July 14, 2017, at 10:00 a.m. in Department 17 before the Honorable Bunmi Awoniyi.

Defendant Sentenced for Attempted Murder of His Children

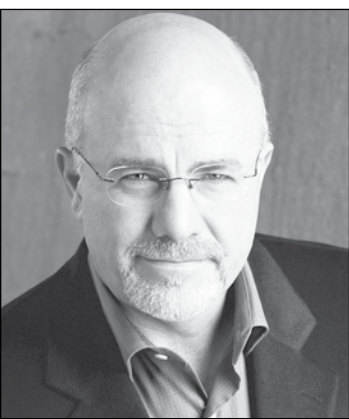
DATE: June 7, 2017
CASE: Charles Ewers (Case #15F02083)
PROSECUTOR: Deputy District Attorney Quirina Orozco, Special Assault & Child Abuse Unit

The Honorable Jaime Roman sentenced Charles Ewers to 18 years to life in prison. On May 4, 2017, Ewers pled guilty to two counts of attempted murder and admitted to two enhancements for causing great bodily injury and using a deadly weapon.

On April 4, 2015, sheriff's deputies responded to Ewers home after receiving a call from his estranged wife, who was concerned about her children after Ewers failed to return them at the agreed upon time. Deputies heard the sound of a running car motor from the garage. They forced entry into the garage, where they found two children in the car, ages 8 and 10, with bloodied heads and faces. Yellow hoses were connected from the exhaust pipe to a small opening through the rear passenger window. Deputies immediately removed the children from the vehicle. Ewers remained in the driver's seat with a replica airsoft gun on his seat before he was later removed.

Ewers admitted to deputies that he had given his children Ambien to make them drowsy and had planned to suffocate his children by carbon monoxide poisoning. When they failed to get drowsy, he used a mallet to strike them each repeatedly on their heads, causing extensive injuries to their head and bodies. After physically assaulting them, he then forced the children into his running car and told them they were all "going to Heaven."

When questioned by law enforcement, Ewers stated, "I am in control. I am not in a rage. I am in control and I am sad that it didn't work out. If I could try again, I would." He later explained that he had planned the act for several months and was looking for the right time to do it. ★



Dave Says

it has been fully depreciated.

In the first three to five years of starting your business, you should lease. After that, you can choose to lease with an option to buy or, in the right situation, buy a building — debt-free, of course. —Dave

Buy leased building?

Dear Dave,
I've operated my own small business for a couple of years. In that time, I've been leasing the building that houses my company. How do you know when the time is right to buy a place and stop leasing?
- Chris

Dear James,
I'm a big fan of leasing the first few years after starting your own business. It's even better if you can work out of your home, but I understand that's not always practical.

In my mind, you should only buy a building when you have a good idea what your building needs will be from a solid track record. Growth is a good thing, but in some cases you may want to hold off buying a building if you're growing too rapidly. Don't make the mistake of focusing too much on real estate and not enough on generating revenue and managing your growth intelligently. You would also want to make sure you're going to be in anything you buy for a while, because you don't want to be stuck with a residual value. A residual value is the remaining value of an asset after

What's your priority?

Dear Dave,
I work weekends while attending college full-time. My parents have been generous enough to pay for most of my school expenses, and they let me live at home while I complete my degree. Still, I'm trying to figure out how to move out and continue working, while continuing my studies full-time and attending career-related events. We live in an area where the cost of living is high, so I'm not sure how to handle all the facets of this situation.
- Joel

Dear Joel,
I think out of three things — school, work, and where you live — you need to decide which is your number one priority. If it were me, school would come first.

In order to go to school without borrowing money, you're going to have to work. Getting out of school on time, and attending some of the events that will take you toward your career, will pre-empt work. You'll have to work enough to pay for things, but if you can finish school and hit your academic

and graduation goals while staying at home a little bit longer, that's a pretty good deal. It's a nice thing your parents are offering, but I can understand your desire to be out on your own.

I want you to be out on your own as soon as you can, too. But if you do that right now, you're going to have extra bills and be forced to work even more. That's going to disturb your entire school process. Guess what your number one priority was in that scenario? Moving out! If it's the tail that's wagging the dog, it has become the number one priority. If it's disrupting work, and thereby disrupting your academics, then you've put your priorities on the wrong thing.

In my mind, the number priority should be finishing school on time, and attending as many connected events as possible. Meanwhile, you're working so much that you're able to continue doing all this debt-free. If that means you're staying at home a little bit longer to pull it off — do it!
—Dave

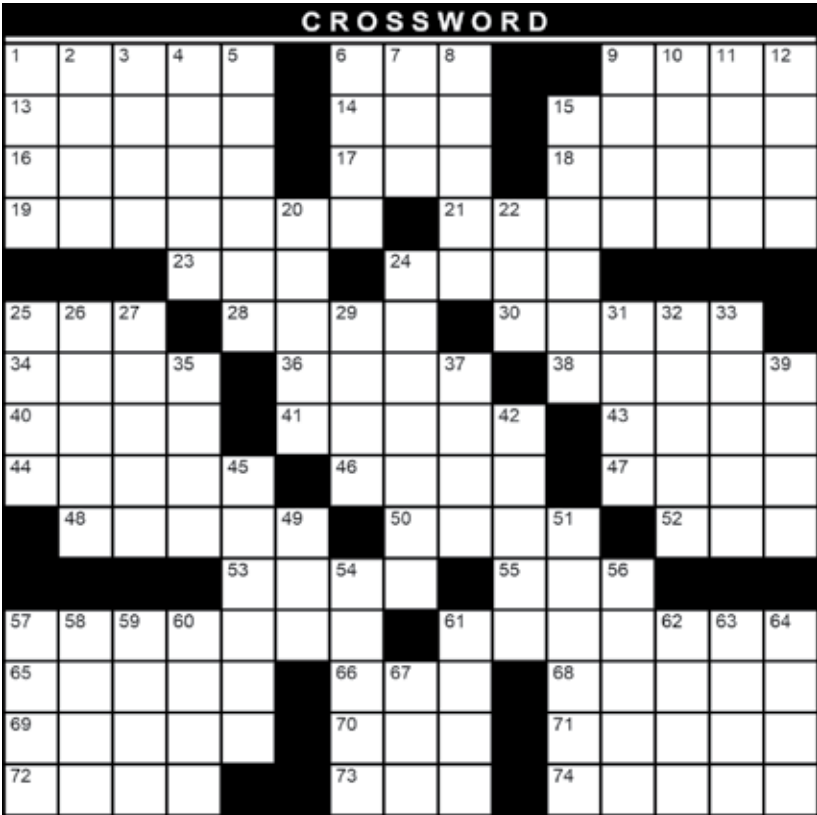
Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover, Entrepreneurship and Smart Money Smart Kids. The Dave Ramsey Show is heard by more than 8 million listeners each week on more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



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 19. *Hitting the water
 21. *In the open air
 23. RN's org.
 24. Not happening
 25. Eastern title
 28. Open-mouthed astonishment
 30. Muslim woman's headscarf
 34. Foul substance
 36. *Hang out till these come home
 38. *July 4th and Labor Day events
 40. Novice
 41. Addressable locker
 43. Calf at a grocery store
 44. Biased perspective
 46. Ore deposit
 47. Home to Sacramento Kings
 48. "Live and ____"
 50. Telephoned
 52. Definite article
 53. Same as eon
 55. *Poison ____
 57. *Lawn pasture
 61. Become undone
 65. Nonsense
 66. "Dancing in the Rain" dance
 68. Window treatment
 69. Plural of atrium
 70. Id's partner
 71. Brickowski of "The LEGO Movie"
 72. *Pick berries, e.g.
- DOWN**
1. Underwater hermit
 2. Toy brick
 3. Dwarf buffalo
 4. ____ ray
 5. Applying oneself diligently
 6. Rugged rock
 7. Hair raiser
 8. Meltable home
 9. *Volleyball turf
 10. The Muse of history
 11. Shells in a magazine
 12. Textile worker
 15. Jamaican vernacular
 20. Civil rights org.
 22. "Gross!"
 24. Neonatology patient
 25. Play parts
 26. *Fired up for BBQ
 27. Same as auras
 29. *Alternative to #33 Down
 31. Indonesian island
 32. Weather advisory, e.g.
 33. *Cooling off spot
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My Advice: Twice Is Just As Nice

Dr. James L. Snyder

Nothing is more important to a blissful marriage than finding a point of agreement. Every veteran husband knows if he wants to change his wife's mind about anything, just agree with her. It is amazing how this works. The technical name for this is "re-wife psychology."

The Gracious Mistress of the Parsonage and I have been married since 1971 and have not had a serious argument or disagreement. (She does not allow me to talk back.) We have had rough times, but not with each other.

We have survived nine congregations, 19 homes, three children with nine grandchildren and all without compromising our relationship. My sanity is another issue.

Throughout our marriage, we have always held to the advice not to go to bed angry. Of course, there have been a few sleepless nights. I have a simple rule: do not close your eyes if there is an angry woman in the vicinity.

I honestly can say our marital relationship through the years has been most amicable. Since our marriage, my wife and I spend a lot of time working together and we never seem to get bored with one another.

We are a great team. She puts up with me and I let her. It works wonderfully and we have been able to accomplish a good deal together.

Only one area where we disagree and there may not be much of a remedy for this departure in company.

Never fear. Our marital dissolution is not near.

We have just learned to live with this dissent and, I might add, have survived quite happily.

I suppose no relationship is absolutely perfect this side of the Pearly Gates. Not to boast, but I have my wife beat in this one area. I do not often get the upper hand with her; in fact, I cannot

remember any other occasion where this has occurred.

Nevertheless, we have come to a meeting of the minds on this subject. Really, if you don't mind, the meeting doesn't matter.

Where my wife and I disagree concerns reruns. She hates reruns and I love them. If I enjoy a book or a movie or a television program, I like seeing it again and again. Not my wife. "There are too many things I haven't seen yet," she argues, "to watch something the second time."

Of course, there is something to what she says. Nevertheless, I still enjoy seeing or reading something I like the second time or more.

Like a classic, something you can enjoy over and over and it never loses its fascination or charm. In fact, each new exposure reveals some level you did not notice before.

The reason they are classics is the quality about them that bears repeating. A good book, especially the Good Book, all warrants multiple readings in my opinion. I must confess that some things I enjoy more the second time around.

Around Thanksgiving time, everyone seems to enjoy the turkey the second and third day just as well, if not more than the first day. In fact, you can tell a really good meal by how many times you can reheate it and enjoy it.

Thank God for microwave ovens. What did those Pilgrim mothers do without them?

My favorite movie of all times is "Old Yeller." Thanks to the invention of video, I own my own copy of this classic and never tire of watching it.

My wife, on the other hand, tires of me watching it. There is nothing quite like curling up in my favorite chair with a soda and a mountain of popcorn watching "Old Yeller" on a winter's eve.

If you have seen the movie, you know the closing scene is the real tearjerker. I do not want Old

Yeller to die. Every time I watch, I cross my fingers and hope this might be the time Old Yeller makes it.

I do not like to be negative. I want to be optimistic about things and put a positive spin on everything. One day, I am sure, I will watch it and to my happy surprise, Old Yeller will make it.

I have seen it 973 times so far and it has not changed. Nevertheless, you never know. Stranger things have happened.

My experience has taught me that the really good things in life, only improve the more they are repeated. The quality of some things increases with age.

I know the older I get, the better I become. (I absolutely refuse to qualify that statement.)

Although the Bible is more than a classic, it does bear much repeating. I have found that the more I read the Bible the more I get out of it. A passage that I have read 20 times before becomes new and fresh the next time I read it.

I cannot explain this wonderful phenomena, but it has happened to me many times.

King David understood this as no other person in the Bible. In one passage, he testifies to the importance of God's Word in his own life. "Thy word have I hid in mine heart, that I might not sin against thee" (Psalms 119:11).

The Apostle Paul said this about the Bible, "All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness;" (2 Timothy 3:16).

The Bible is a marvelous book that bears repeating. The more I read it, the more I enjoy it.

Dr. James L. Snyder is pastor of the Family of God Fellowship Ocala, FL where he lives with the Gracious Mistress of the Parsonage. Call him at 1-866-552-2543 or e-mail jamesnsnyder2@att.net. His web site is www.jamesnsnyderministries.com. ★



By Pastor Ray Dare

There are two kinds of people in the world - those who know they're broken, and those who are broken but don't know it yet. God wants us to know and admit that we're broken. That's why church is a no-shame zone; a place for broken people to come when they hurt, a place where they find love, acceptance, hope and healing. We have a saying at New Beginnings, "*No perfect people allowed*". The truth is we're all imperfect, we're all broken.

Colossians 3:12 says, "*As God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience*" (NIV). When we know how much God loves us, we can demonstrate compassion, kindness, humility and patience with others. And that's exactly what the church has been called to do. It's a place for the broken;

Pastor Ray's Encouraging Words

A Place for Broken People

a place for those whose lives don't work out as they should, where they can find compassion, kindness, gentleness and love.

The church shouldn't just "accept" hurting people. We should want hurting people in our midst so they can find love, acceptance and healing. This is at the core of what Jesus calls the church to do and to be. We realize that every sinner has a future and every saint has a past. We've all got hurts, habits and hang-ups that we need God to transform. God wants to use the church to do that.

That means that, since you're the church, He wants to use you. God wants us to be people of the second chance and the 7th and 70th. But we can't be second-chance people until we realize how much of a second chance we've been given. Too many Christians don't *feel forgiven* — so they don't let anyone else feel forgiven either. This is one of the problems that people who judge others have.

When we realize how much grace God has shown to us and shows to us each and every day, sharing that kind of grace with others comes naturally. The

Bible says in Ephesians 4:32, "*Be kind and compassionate to one another, forgiving each other just as God forgave you through Christ.*"

Second chances aren't just for addicts and convicts; second chances are for all of us. No matter how squeaky-clean our lives have looked on the outside, the Bible is clear that we've all needed a second chance at some point in our lives. In fact, it's when we realize how much God loves us and has forgiven us that we're able to properly take that love to others.

Jesus is our example. He lifted up the lonely. He accepted the rejected. He grieved with those sorrowing. He loved the unlovely. He helped those who were helpless and hurting. He picked up those who were down. He cared for them. And God wants you and me to treat people the same way. This is what church is, a no shame zone, a place for imperfect people, a place for you.

Pastor Ray
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God's Holy Word Brings "Life"

me. I could hardly believe my thoughts of years before until a friend in church explained it to me. Then, my friend I wanted more and more and more. That was 45 years ago and the Words of the Bible have completely changed, delivered and transformed my life. I am most grateful and that is why God has blessed me with the gift of writing to share with readers how much He loves each one of you to the uttermost.

He wants to come into your life and have a intimate personal relationship with you.

If I may pray with and for you, please do contact me. I would be honored.

The Words of God *transform* into nourishment for our soul when we partake of it.

The Word of God brings *healing and strength* into each new day and supernatural strength to meet each new challenge given to us.

The Word of God is *Spirit and*

Life giving joy, peace and healing in full measure to those who believe.

The Word of God *penetrates* the very marrow of our being and His guidelines *provide* our lives with persistence, perseverance, love and patience, hope and faith as we travel through the rough places in life.

The Word of God gives *power* to fight every battle and cuts away like a two edged sword the darkness from the light and *makes the pathway safe* for clear passage.

The Word of God is *flawless perfection* written by a Holy and Righteous Loving and Patient Creator/God and He is always most anxious to hear from each one of us.

In His Magnificent Love
Marlys Johnsen Norris
Chrisitan Author of 6 books
Marlysjn@gmail.com
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By Marlys Johnsen Norris,
Christian Author

Have you ever picked up the Bible and tried to read it and wonder why some people considered it so important? I remember doing this many years ago and I found that I just did not understand what I was reading and it left me totally confused.

Then, many years later when I had invited Jesus into my heart and life, I read it and the words actually "came alive" within

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MAKE IT FUN
GET DONE
GET DONE

Make It Fun and It Will Get Done!

The Secret to Being Organized

Pam Young's Corner

Having Too Much Stuff is a Good Thing IF...

If you've spent a lot of time reading about de-junking, de-cluttering, streamlining and simplifying and the information hasn't helped you with your issue of having too much stuff, maybe considering this will help. Having too much stuff is a good thing! Think about it. All of your stuff, your books, furniture, household utensils, food, clothes, and on-and-on are answers to your desires. Even the stuff you inherited or someone gifted you; represents the answers to your desires. "Ask and it shall be given."

It's likely you are financially better off than your parents and maybe if you experienced poverty in your childhood you've had a stronger desire to have nice things, than someone who always has had them.

In the 80s, Peggy and I helped 100s of women streamline their homes through Project CHAOS (Can't Have Anyone Over Syndrome). Many were women who had parents who lived through the Depression in the 1930s. Our mom was one who remembered that Depression and while she was always organized and never had too much stuff, she wanted to have nice things and spent her life continually improving our home and

its contents.

I remember that she watched the soap operas of her day with the sound turned down so you couldn't hear what was going on. She said, "You can follow the latest fashion trends in clothing and household interiors by paying attention to the Hollywood sets and wardrobes. They hire top fashion experts and interior decorators to present the latest trends. I turn off the sound so I can concentrate on what's in." She'd watch a few episodes each season, taking copious notes in her notebook. Our home always looked like a fashion magazine spread!

Whatever your past was, it's what has lead you to now and what you have. Look what you've been able to have! In fact the more you have, the more evidence you have of your ability to fulfill your heart's desire.

The beauty of having too much stuff is that sooner or later (hopefully sooner than later when you find yourself a feature on a hoarder show) your desire to simplify your life will rear its lovely head and you'll easily go from receiving mode to giving mode! What an exquisite plan God has put in place for us.

Giving Mode
Instead of thinking of having to get rid of stuff, try thinking of

getting to give away stuff. The thought "What do I get to give away today?" has such power in it. Set your timer for 15 minutes and see how much you can collect to give away today. With that thought in mind, pull out a drawer that's crammed full of fulfilled desires, and remove all the items you haven't used in the last year. See if you can fill a box or a bag, knowing that somewhere out there someone is in desire mode and will be thrilled to get your no longer needed stuff. Think of how wonderful it feels when you're in desire mode, to find something you want! Your drawers, closets and boxes filled with stuff you no longer use, are literally filled with future wonderful feelings that'll be felt by those in desire mode once you give them away. Have you ever thought that every item in your house that you no longer use, has within it the energy of joy to be experienced by its next owner?

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. ★



Happy Father's Day

You probably think Father's Day began just because there was a Mother's Day or maybe card companies had a hand in it. What if I told you it was all about a daughter's love for her father. That's how Father's Day really began, and it all started on the west coast. The thought for creating a day for children to honor their fathers began in Spokane, Washington. The idea came to the mind of Sonora Smart Dodd while listening to a Mother's Day sermon in 1909. After the death of her mother she, along with her siblings, was raised by her father... William Jackson Smart. Sonora wanted to tell her father how special he was and what role he played in her life. She wanted to honor her father's parental sacrifices that he made for his children. She wanted him to know what a courageous, selfless and loving man he was.

POPPOFF!

with Mary Jane Popp

Since Sonora's father was born in June, she wanted to celebrate it on June 5, but the pastors needed extra time to prepare their sermons so she chose to hold the first Father's Day celebration in Spokane on the 19th of June in the year 1910 at the YMCA. In 1916, even President Woodrow Wilson went to Spokane to speak at a Father's Day celebration and wanted to make it an officially recognized federal holiday, but Congress resisted. They feared that it would be commercialized. In 1924 President Calvin Coolidge recommended that the day be observed throughout the nation, but he stopped short of issuing a national proclamation.

However, in the 1920's, Sonora stopped promoting the celebration because she was studying at the Art Institute of Chicago, and it faded into relative obscurity. In the 1930's she returned to Spokane and started promoting the celebration again, raising awareness on the national level. And she had help from some of those trade groups that would benefit most from the holiday like the manufacturers of ties, tobacco pipes, and other traditional presents. In 1966, President Lyndon

Johnson issued the first presidential proclamation honoring fathers, designating the third Sunday in June as Father's Day. Six years later, the day was made a permanent national holiday when President Richard Nixon signed it into law in 1972.

Now that's how it all began as a special day for Dads, but what about the sentiment behind it all? It's always nice to honor dad on this special day with a gift, a brunch, or even one of those outrageous ties, but what about a big hug and telling him how much he really means to you. I know it's sometimes difficult to put it into words, but it doesn't have to be flowery or poetic. Just saying what comes from the heart is what it's all about. And guys, it's still macho to kiss your dad and say you love him! Life is short. I remember the last time I said I love you to my dad and gave him a big lipstick kiss on his bald head and how it made him smile big time. I wish he were here today so I could tell him how, even though he has been gone a long time, he is still in my heart always! **HAPPY FATHER'S DAY** to all dads! ★

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\$2.99/lb

Beef Back Ribs - 3 pc Family Pack
Carne de Vaca Costillas de Nuevo
\$1.59/lb

Boneless Pork Loin Chops
Chuletas de Cerdo sin Hueso
\$1.79/lb

Beef Back Ribs - 1 pc
\$1.79/lb

Boneless Pork Loin Roasts
\$1.59/lb

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. **PRICES EFFECTIVE JUNE 14 - JUNE 20, 2017**

KP International Market Presents

THE SEA PEOPLE STRING DUET

JOSÉ BLANCO AND ROBERTO CORRIAS

BACK BY POPULAR DEMAND!

Each have over 30+ years of musical experience!

SATURDAY // JUNE 17, 2017 @ 5:30PM // FREE ADMISSION

KP FOOD COURT // 10971 OLSON DR. RANCHO CORDOVA, CA 95670

FRESH PRODUCE

SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM

Russet Potatoes 10 lb Bag 2/\$3	White Potatoes 10 lb Bag 1.99/ea	Whole Baby Bella Mushrooms 8 oz 2/\$3	Kiwi 1 lb 2/\$3	Avocados 2 lb Bag 2/\$5	Popeye Spinach 10 oz Bag 2/\$3	Organic Baby Carrots 1 lb 99¢/ea
Vine Tomatoes 1.29/lb	Red, Green & Black Grapes 1.89/lb	Red Radish Bunch 2/\$1	Red Onions 3 lbs \$1	Mexican Papaya 69¢/lb	Roma Tomatoes 69¢/lb	

AMERICAN/HISPANIC GROCERY

Lindsay Olive Pitted Olives 6 oz 2/\$3	Folgers Coffee Classic Roast 5 oz \$4.99/ea	Hershey's Kisses 1.45-1.55 oz 3/\$2	Reynolds Wrap Aluminum Foil 25 yds X 12 in \$3.99/ea	Embasa Chipotle Peppers in Adobo Sauce 7 oz 2/\$3
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ASIAN GROCERY

Condensed Milk Drink w/ Pulp 9.5 fl oz 99¢/ea	Palmolive 12 oz 79¢/ea	Banana Sauce 194 oz 99¢/ea	Sweet Chili Sauce for Chicken 30 oz \$1.99/ea	Rice Noodles 14 oz \$1.59/ea
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EUROPEAN GROCERY

Aspirin 100 mg 500 Tablets \$2.99/ea	Wesson Oil 100% Pure 2 Ltr \$7.99/ea	Goldfish Eggs 0.01 Ltr \$7.99/ea	Swiss Emmentaler 400 g \$1.69/ea	Tea Balls 120 g 3/\$9.99
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KOREAN/JAPANESE GROCERY

Onion 10 lb Bag 14.99/ea	Boil Ramen Box 3 Packs 12 x 3.03 oz 7.49/ea	Soft Tofu 2 Kinds 15 oz 99¢/ea	Korean BBQ Sauce 450 g 99¢/ea	Premium Yamaguchi Thin 100 g 99¢/ea	Assorted Korean Kimchi 4 Kinds 2.99/ea
Garden of Eatin' Wheat Flour 5.5 lb Bag 2.99/ea	Seasoned Sesame Oil 3.14 oz 2.99/ea	Shirakiku Ramen Drink 6.76 fl oz 99¢/ea	Asahi Beer 12 Pack 12 oz Cans 6.99/ea	Mitsubishi Bunsu Soup 32 fl oz 4.99/ea	Emerald Mayonnaise 17.64 oz 3.49/ea

FROZEN DEPARTMENT

Raw Onions Shrimp 21-25 2 lb Bag \$11.99/ea	Seafood Medley 10 lb Bag \$5.99/ea
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EUROPEAN DELI

Bubak's Knackwurst Garlic Sausage \$3.99/lb	Bubak's Jumbo Pork Frankfurters \$3.99/lb
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Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. **PRICES EFFECTIVE JUNE 14 - JUNE 20, 2017**

Consumer Business Review

"Save This Section, These Are Businesses You Can Trust!"



El Tapatio

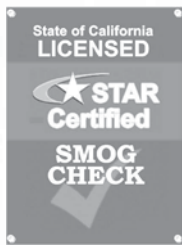
#1 Authentic Mexican Cuisine

916-967-2900
www.eltapatiocuisine.com

"La comida suprema!" That's what you'll always find at *El Tapatio* in Citrus Heights. This outstanding Mexican restaurant features all of the traditional south of the border favorites cooked in the authentic manner. Bring the whole family for a truly great experience. They're at 5637 Sunrise Boulevard in the community of Citrus Heights.

Hearty combination plates are available and your appetite is the only thing that will stand in your way! Select from great tasting main dishes prepared fresh daily. Whatever you decide on, you can be assured that you are getting some of the freshest finest Mexican food anywhere. Make plans now to stop in at *El Tapatio Mexican Restaurant*.

The editors of this *2017 Consumer Business Review* know that you'll soon become a regular customer at *El Tapatio* in Citrus Heights!



EARTH STATION

DRIVE-THRU SMOG CHECK

SMOG Checks & Related Repair
916-729-2223 www.earthstationsmogcheck.com

Wouldn't it be nice to be able to take your car to just one place for a SMOG check? In Citrus Heights, there is such a place and we're talking about *Earth Station*! With shop facilities at 7601 Greenback Lane in Citrus Heights, *Earth Station* is the area's leading SMOG check station. Ask any one who's used their services. They'll tell you this is the **ONLY** stop you need to make on your way to worry-free driving!

From a SMOG check to repairs relating to your SMOG check, *Earth Station* has the equipment, parts and skill to get you back on the road quick. *Earth Station* has established the type of reputation you can trust.

The editors of this *2017 Consumer Business Review* recommend you make an appointment with *Earth Station* for your next SMOG check!



Division of Fresno Oxygen

916-560-2006
www.barneswelding.com

Your full-line dealer in this area for all welding equipment and supplies is *Barnes Welding Supply*, located at 6005 Auburn Blvd, Suite 100, in Citrus Heights.

This company has a reputation second to none for their supply of the finest welding equipment and supplies anywhere. They handle only name brand merchandise that you will recognize as being some of the finest on the market today.

No matter what you need, from torches, rods and all types of gas, for gas welding, to welders' electrodes protective helmets, and cable for electric welding, you are sure to find just exactly the equipment you need at reasonable prices.

They employ friendly sales personnel to help you select the equipment or supplies that will suit your needs the best.

The editors of this *2017 Consumer Business Review* suggest to the machinists and welders in this area, if you haven't done business with *Barnes Welding Supply* yet, that you do so soon. We know you'll be pleased with their service and products!



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The professionals to see to repair your car to pre-accident condition are at *B & J Body Shop*, at 11000 Folsom Boulevard in Rancho Cordova and in Folsom at 711 E. Bidwell Street, Suite #115, "changing the way you look at collision repair."

The professionals at *B & J Body Shop* fully understand body and fender repair as well as auto painting. They are the professionals in the industry. They have gained a reputation second to none throughout the entire community of Sacramento. So whether your job is just a small crease or a major auto body collision, you will be entirely satisfied with the work you receive from *B & J Body Shop*!

Remember, by law, insurance companies must permit you to choose the body shop you like best. Choose the professionals at *B & J Body Shop* to do all your insurance work.

The editors of this *2017 Consumer Business Review* of leading businesses in the community are proud to endorse the fine business policies and quality work of *B & J Body Shop*! Your satisfaction is their #1 priority.

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Sunrise Mall FARMERS MARKET

Every SATURDAY, 8 AM - 1 PM

- ⇒ Mall Parking Lot behind Sears—6041 Sunrise Blvd.
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2nd Saturday



Artisan & Crafts Show
SUNRISE MALL FARMERS MARKET—YEAR ROUND

Join us every 2nd Saturday to pick up some unique handmade items and art from local artisans and crafters in conjunction with the weekly Farmers Market.

Quality made art, furniture, clothing, free trade baskets, blown glass items, jewelry, ceramics and more await you!

Open second Saturday of every month all year round from 8 am to 1 pm, Sunrise Mall Farmers Market behind Sears.



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Hosted by The Living Smart Farmers Markets

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Triple Your Taxes for the Fourth of July?



Senator Ted Gaines (R-El Dorado)
Commentary
by Senator Ted Gaines

SACRAMENTO REGION, CA (MPG) - Are you ready for California to double your taxes? What about triple or quadruple them? A bill currently making its way through the state Legislature could push tax rates up beyond imagination, making us tax serfs to the state, and driving hundreds of thousands of jobs out of California.

Senate Bill 562 (SB 562), the "California Healthcare for All Act," proposes to ban private insurance coverage and force every citizen in the state into the equivalent of the Medi-Cal system we provide for the poor and disabled, where state-provided healthcare would be the only option. The costs would be staggering.

A recent analysis by the California Senate Appropriations Committee estimated that implementing SB 562 would set back California taxpayers \$400 Billion. This year's general fund spending — including roads, schools, universities, prisons and more

— is estimated around \$124 billion. In a highly-taxed state that just recovered from years of massive deficits and still teeters on the edge of fiscal ruin, where is this additional taxpayer money supposed to come from? Four hundred billion is more than \$10,000 a year from every man, woman and child in the state. Do most California families have that kind of money laying around?

That extraordinary cost is consistent with estimates from other states and is the major reason that single-payer schemes have been voted down or abandoned before implementation. New York state is currently proposing its own SB 562. In 2019, when New York's plan would be active, the state expects to collect \$82 billion in taxes, but would need another \$91 billion to pay for its single-payer scheme. New York, as is the case with California, will more than double its overall revenue. See a trend?

And that \$91 billion number might be charitable. An analysis by healthcare expert Avik Roy concluded that New York's plan could cost \$226 billion a year, nearly quadrupling the state's current tax collections, just to pay for healthcare, not government's other responsibilities. Roy estimates that the plan would jettison 175,000 jobs from the state, as "high-wage, high-value industries move to neighboring states" as a result. California, a much larger state, could shed hundreds of thousands of jobs under SB 562's crushing fiscal mandate.

California's plan also proposes to pay for all care for all residents, regardless of whether they are in the state

illegally, or whether they are here legally but just moved here to take advantage of the state's "free" medical care. California, already the king of the tax dollar giveaway, would become the hot new destination for immigrants and indigents seeking care, driving the costs even higher.

And, even if the costs were not fantastically, impossibly high, SB 562 presents other problems for California healthcare. Our state suffers from a shortage of healthcare providers, particularly in rural and inner-city areas, a condition that would only be intensified by the provider rate caps in the bill.

Single-payer systems are also prone to deadly wait times since they ration care to reduce costs.

The United States is a medical innovator and California is the nation's bioscience hub. That will disappear in the price-controlled, socialized system California legislators are trying to dump on the people. Price caps, a key component of single payer plans, spell doom to medical innovation.

Remaking the entire healthcare system is a terrible idea if the reform is going to make healthcare slower, less innovative, and wildly more expensive.

SB 562 is an ill-advised plan with unpayable costs that would make California taxpayers sick.

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties. ★

10
ANNIVERSARY

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Saturday
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2017

7:00 a.m. Registration
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8:30 a.m. 5k Run/Walk

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Limit 1 Lb PLU 332 ARM
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Limit: 1 Coupon Per Family
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TASTE OF THE WILD GRAIN FREE DRY DOG FOOD

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30 Lb Bag **\$39.99**

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5.5 Oz All Varieties

Limit 1 Case Per Family **35¢**

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NEW SIZE 25 Lb Bag **\$19.99**

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All Varieties except Elegant Medley

3 Oz Limit 2 Cases per Family **20¢/\$11.00**

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•Chicken & Rice •33-35 Lb Bag •Beef & Rice •Lamb & Rice •Sensitive Skin & Stomach •Lite •Bright Minds

Super Buy **\$3 OFF**

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Limit 2 Bags **\$3.29**

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16 Lb Bag •Surfing & Turfing •Seafood •Indoor

Limit 2 Bags **\$9.99**

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42 Lb Bag

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As Marked **\$8 OFF** OUR REGULAR LOW PRICES

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WELLNESS CANNED CAT FOOD

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•Hund n Flocken •Wolf King Bison (24 Lb Bag) •Holistique •Millennia 28.5 Lb Bag Only Limit 2 Bags **\$6 OFF** OUR REGULAR LOW PRICES

Market Fresh Recipe

•Chicken & Turkey •Salmon •Salmon & Chicken 2 Lb, 4 Lb, 10 Lb (Salmon)

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20 Lb Bag Limit 2 Bags **\$7.99**

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With Economy Kit **\$36.99** Limit 1 Per Family

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BONUS COUPON

WHISKAS TEMPTATIONS CAT TREATS

•All Varieties Except Natural - 3 Oz Limit 2 Pkgs with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 6/14/17 - 6/20/17 **\$1.19** ARM PLU 569

BONUS COUPON

JONNY CAT CAT LINERS

Jumbo Drawstring - 5 Ct Limit 1 Box with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 6/14/17 - 6/20/17 **\$1.89** ARM PLU 449