



Citrus Heights Messenger

"Written by the people, for the people"

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CHAMBER TO STRENGTHEN ITS BRAND



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HONORING A SPECIAL LADY



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BUSTING THE BOOK DRIVE RECORD



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Still Flying High

Local WWII Pilot Co-Authors Memoir With His Daughter

Story and photos by Jacqueline Fox

SACRAMENTO COUNTY, CA (MPG) - Picture putting a paper bag over your head and trying to land a C-124, four-engine cargo plane in Iceland, in the middle of winter, with two engines down.

"It's called 'zero-zero visibility,' said retired Air Force Lt. Col. Robert J. McMurry, 96, who actually pulled off that landing and many other nail-biting missions during his 24-year career as an enlisted aviator.

McMurry and his daughter, Gail Spelis have co-authored his memoir, *Proud Pilot: A True Story of Family, Wartime and Survival Against the Odds*, which traverses his childhood in Omaha, Nebraska, the middle and teenage years in the Bay Area, the events that led to in his enlistment and all things in between. Several chapters are devoted to the many white-knuckle experiences McMurry endured while serving in the air force, including that 1956 mission to an Icelandic refueling station, which he calls "the most harrowing of all."

Seven years in the making, Spelis says the decision to help co-author her father's memoir was divinely inspired, but as is the case with many of the close-call stories in the book, its fruition also had a lot to do with timing.

"I had heard my dad tell stories all my life about being a service pilot and I'd always wanted to write this book," Spelis said. When the economy soured in 2008, her family real estate company took a heavy blow, which put her at a personal crossroads. "The recession came along and I did not know which direction to turn. I was at my desk, praying for guidance and I asked God to show me what he wanted me to do next."

The creative spirit, says Spelis, came to her almost immediately, however, she began writing a very different book. "It was flowing out of me faster than I could keep up with," she said. A short time later, as her father was recounting stories during a family

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"I wanted to honor dad by writing this book to give his life meaning and purpose."

GAIL SPELIS
CO-AUTHOR OF HER FATHER'S MEMOIR, "PROUD PILOT"



Gail Spelis and her father (above), retired Air Force Lt. Col. Robert J. McMurry, have co-authored a memoir chronicling his life as a WWII pilot. Photo by Jacqueline Fox Jacket cover (at right), with permission, *Proud Pilot: A True Story of Family, Wartime and Survival Against the Odds*, Professional Press, Chapel Hill, North Carolina, 2015 Photo courtesy Gail Spelis

Library Recognized as Finalists

SACRAMENTO COUNTY, CA (MPG) - The Institute of Museum and Library Services has announced that Sacramento Public Library is among the 30 finalists for the 2017 National Medal for Museum and Library Service. The National Medal is the nation's highest honor given to museums and libraries for service to the community. For 23 years, the award has celebrated institutions that demonstrate extraordinary and innovative approaches to public service and are making a difference for individuals, families and communities.

"The 2017 National Medal Finalists represent the leading museums and libraries that serve as catalysts for change in their communities," said Dr. Kathryn K. Matthew, director of the Institute of Museum and Library Services. "It is our honor to recognize 30 notable institutions for their commitment to providing programs and services that improve the lives of individuals, families and communities. We salute them and their valuable work in providing educational opportunities to their community and celebrate the power libraries and museums can have across the country."

Finalists are chosen because of their significant and exceptional contributions to their communities. IMLS is encouraging community members who visited Sacramento Public Library to share their story on the IMLS Facebook page. To Share Your Story and learn more about how these institutions make an impact, please visit www.facebook.com/USIMLS.

The National Medal winners will be announced later this spring. The representatives from winning institutions will travel to Washington, D.C. to be honored at the National Medal award ceremony.

To see the full list of finalists and learn more about the National Medal, visit www.imls.gov/2017-medals.

Source: Institute of Museum and Library Services ★

Diamond in the Rough

Sacramento County is Set to Weigh Ose's Proposal for Renewing Gibson Ranch Contract

Story and Photo by Jacqueline Fox

SACRAMENTO COUNTY, CA (MPG) - The County board of supervisors is preparing to weigh the options presented by developer Doug Ose to frame a renewed contract for his continued private-level management of Gibson Ranch County Park.

On Monday, Sacramento County Supervisor Sue Frost toured Gibson Ranch for the first time since Ose assumed management of the 325-acre nature reserve and events center in 2011. Due to steep financial losses, the county was on the brink of closing the park. After her tour, Frost said she supports a fast-track to renewing a contract with Ose before his current agreement expires April 30th. From her

"As of right now, I'll be out of here on April 30th unless we can agree on something better."

DOUG OSE
GIBSON RANCH COUNTY PARK MANAGER

perspective, no one wants to see Gibson Ranch close.

"It's a beautiful space and we want to do everything we can to continue to let the community have access to this wonderful space," Frost said. She stopped short of discussing specifics in either Ose's proposal or those the Sacramento County Dept. of Regional Parks have put on the table. "I am not sure what the board will ultimately approve or

not approve, but we are set to discuss all of the items and ideas and make a decision very soon."

For Ose, the clock is ticking. "As of right now, I'll be out of here on April 30th unless we can agree on something better," said Ose.

Ose said he's asked the county to consider a 20-year contract that would likely include increasing the park's entry fee from \$5 to \$8, adding as many as 50 full hook-up RV camp sites, and the designation of the park as an official graduation space for local high schools.

"The ground rules have changed, and now we are at a point where I think we all want to see Gibson Ranch continue to remain open, but I need to stop the bleeding," said Ose, who

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Doug Ose, manager of Gibson Ranch County Park is pushing for a long-term renewal of his contract to manage the 325-acre park.

A Real Person Behind the Relay

By Shelly Lembke

SACRAMENTO COUNTY, CA (MPG) - Each year members of local communities gather together to participate in the Relay for Life, sponsored by the American Cancer Society. Each event has a local coordinator. The American River Relay for Life is coordinated by Tamika Stove. Stove first became involved with Relay for Life as a volunteer, but found it so rewarding that she stayed with it and now works year-round to promote the event.



Pictured (above) is Tamika Stove, American River Relay for Life Community Manager, California Division of the American Cancer Society.

where she has served both as a Chamber ambassador and as a board member. Her passion for community service is simply part of who she is. Being involved is the way she lives her life. "I feel like I'm part of the world around me," she said of her work. "It makes me feel good. That's a powerful thing."

Relay for Life began in 1985 when Tacoma, Washington doctor Gordon Klatt walked and ran over 80 miles around a track in a single 24-hour period. Today's relays last between six and 24 hours. Dr. Klatt's desire was to raise money to aid the American Cancer Society (ACS) in their quest for a cure.

Following Dr. Klatt's example, the ACS continues to utilize monies raised by the event to fund cancer research, services for the public and cancer patients, speakers and more, all as part of their mission to find a cure and increase awareness about this disease that touches so many around the world.

Stove puts a year into planning each Relay for Life event. She does constant community outreach, happily taking

Describing herself as "easy going and caffeinated," Stove puts in long days working for the American Cancer Society, but

finds time to be part of Rotary Club and the Citrus Heights Chamber of Commerce,



Hundreds of participants (above) celebrate at Relay for Life events. Relays are open to all: the public, cancer survivors, caregivers and anyone whose life or heart has been touched by this disease.

time to answer questions, provide support and recruit volunteers. There are ample opportunities for involvement, she says, and no matter the size of the contribution, whether in the form of

"If there was one thing I would want people to know about Relay For Life it is that it is not possible without volunteers. Without them there would be no Relay."

TAMIKA STOVE
COMMUNITY MANAGER, RELAY FOR LIFE, CALIFORNIA DIVISION, AMERICAN CANCER SOCIETY, INC.

time or money, she is enthusiastic, grateful and gracious to have all the help she can get.

Relay for Life relies on all forms of help from the community. There are corporate sponsors of all sizes, from small

businesses to large firms. Volunteers can form teams to walk during the event to show support or individuals can show up the day of the event and help with something simple, such as handing out bottled water or setting up the event's famous luminarias.

Each Relay for Life is a public event and open to all, per Stove. Her ongoing challenges of recruiting volunteers, plus the planning and execution of each Relay, do not deter her in the least. She began her work with the Relay for Life as an ordinary volunteer, donating about an hour a week to making phone calls and distributing flyers.

Her deep commitment to community involvement was fostered early in life. Growing up as the daughter of a dad serving in the United States Air Force, Stove learned about dedication and working for the public good. As a "military brat," she also became accustomed to moving and finding her place in her new communities. "It helped me value relationships," she said. Stove works hard to foster those relationships each day in dealing with the public and spreading the word about Relay for Life and the mission of the ACS.

This year's American River Relay for

a Caregiver Lap and then by teams on the track. Each time keeps a member on the track always because, as the ACS says, "Cancer never sleeps." When participants are not on the track there are games, entertainment and activities provided to promote awareness and education about the fight against cancer. Nightfall signals the lighting of the luminaria45s to commemorate the lives that have been lost and celebrate those who have survived cancer, as well as to provide a literal light in the darkness and remind people they are not alone when it comes to this disease. The Relay wraps up with recognizing the work of the volunteers themselves.

For more information on this year's American River Relay for Life, contact Tamika Stove at tamika.stove@cancer.org or americanriverrelay@gmail.com or visit the American Cancer Society's website at acsevents.org.



Pictured (above) a single personal note of support for those fighting the good fight to eradicate cancer.

Life will be held April 22- 23, beginning at 9 a.m. and lasting 24 hours. The event will be hosted at San Juan High School at 7551 Greenback Lane in Citrus Heights and begin with Opening Ceremonies, followed by a Survivor Lap for anyone having been diagnosed,



A moving part of every Relay for Life is light, whether in the form of luminarias or candles. The light is used as a reminder that no one is alone in the dark with this disease (above). Pictured (above) a single personal note of support for those fighting the good fight to eradicate cancer.



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Chamber of Commerce Works to Strengthen its Brand

Story and Photo
by Jacqueline Fox

CITRUS HEIGHTS, CA (MPG) - Experiencing a dip in membership, Citrus Heights Chamber of Commerce executives say they have plans to retool existing programs to boost membership, elevate awareness of membership value and improve communications.

“We are not alone in our struggle to boost and retain membership and get our members to better understand the value of their membership and what it can provide for them,” said Mark Creffield, the chamber’s executive director. Currently, membership stands at 260. For the 2016 fiscal year, membership fell by 7.5 percent, he said.

That messaging will involve fine-tuning the chamber’s brand awareness, something chambers often overlook, said Creffield. “Historically, chambers do not do a good job of tooting their own horn. One of our goals is to do a much better job of that.”

Creffield said he’d like to see the addition of 48 new members this year. With retention challenges a factor, however, that will likely be closer to 24. “If we get half of that 48 I’ll be very pleased,” he said.

Creffield, who formally served in similar capacities at the Vacaville and Vallejo chambers of commerce, said many members are not taking full advantage of all the benefits on offer. For example, members can enjoy creating an online presence on the Chamber’s site with features for adding a range of social media tools, such as Facebook and Twitter to connect with new and existing customers.

“Many of our members just aren’t using these features benefits for some reason and we want to find out why and fix that,” Creffield said.

There are also are member-to-member workshops, networking



Mark Creffield, executive director, Citrus Heights Chamber of Commerce.

lunches with elected and city officials, breakfast roundtables, and myriad ways members can meet and support one another. In short, annual membership to the chamber, which ranges from \$295 to \$1,560, depending on the number of employees, plus a \$60 application fee, includes much more than a ribbon-cutting ceremony.

“Our issue is we just aren’t getting enough members to show up to our events,” said Creffield. “The challenge

is getting members to stay engaged after their ribbon-cutting ceremony and get them to come to more than that first or second event.”

Creffield said his staff is considering hiring a part time membership sales representative to double-down on expanding membership, while its current development team will be working to identify lapsed members and, where possible, bring some of those folks back into the fold. “We are not desperate, but we

want to know why they have fallen off,” he said.

The absence of significant mid-term elections in the region will mean a softer push on legislative issues this year, Creffield said. That’s not to suggest the advocacy piece isn’t critical, but the strategy, he said, is to rely

“The challenge is getting members to stay engaged after their ribbon-cutting ceremony and get them to come to more than that first or second event.”

MARK CREFFIELD
EXECUTIVE DIRECTOR,
CITRUS HEIGHTS
CHAMBER OF COMMERCE

on the California Chamber of Commerce (CalChamber) for recommendations on what, if any local, state or federal legislative issues his team will advocate for.

“We are going to hold off on coming out on any political issues of concern for now,” Creffield said. “My policy in the past has always been to look to the CalChamber to take the lead and they have never steered us in the wrong direction.”

That includes taking a position on the proposed immigration crackdown under the Trump administration, which many view as a threat to business. Citrus Heights, indeed, the entire region, employs a significant number of immigrants in its hospitality, agricultural and manufacturing sectors who

are likely among the throngs of California workers operating in fear of deportation under the Trump proposals.

“Advocacy is absolutely key, said Creffield, who has a background in the restaurant management sector. “Believe me, the immigration concerns are very important to us. I know firsthand what it means to lose good, hard workers because of immigration issues.”

Indications are strong the CalChamber will advocate for opposition to the bulk of the Trump administration’s proposed immigration policies. According to a February online survey of its more than 14,000 members, the majority agree U.S. immigration policy needs comprehensive reform, however, most do not support the ramp up of deportees.

Both Creffield and newly installed board chair, Johnnise Downs agree there are challenges, but success, they add, hinges upon communication, which they say is the key to driving membership and engagement.

“During my installation in January, I declared communication with our membership a top priority,” Downs said. “So we want to also put a heavy focus on creating new and more innovative ways for connecting with our members. It won’t be easy. I’ve only got one year, and it takes two months to get fully dug in, so we have our work cut out for us.” ★

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Crossword Puzzle on Page 5

B	O	A	R	D		P	T	A			C	U	R	D		
I	G	L	O	O		Y	E	S			R	O	G	E	R	
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Sudoku Puzzle on Page 5

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

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In his book **Many Lives, Many Masters**, Dr. Brian Weiss M.D. (a renowned and highly reputable psychiatrist) said,

“The steady day-in and day-out pounding of undermining influences such as a parent’s scathing criticisms, could cause even more psychological trauma than a single traumatic event. These damaging influences, because they blend into the everyday background of our lives, are even more difficult to remember and exorcise.

A constantly criticized child can lose as much confidence and self-esteem as one who remembers being humiliated on one particular, horrifying day. A child whose family is impoverished and has very little food available on a day-to-day basis might eventually suffer from the same psychological problems as a child who experienced one major episode of accidental near-starvation. Those day-in and day-out poundings of negative forces have to be recognized and resolved with as much attention as that paid to the single overwhelmingly traumatic event.”

I loved what Dr. Weiss said and I’ve realized, because of my daily attention to Nelly my inner child, I’ve been able to neutralize the day-in and day-out poundings of the past by becoming aware of her against the background of my daily life that’s going on now. When we shine our attention daily on the inner child, and confront negative feelings in the moment, using love, understanding and compassion, we can almost be like our own psychologist helping ourselves to remember and exorcise the source of negative experiences from the past.

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The Secret to Being Organized

Pam Young’s Corner

Loving Myself is the Key to Loving Others

Loving yourself is NOT a selfish notion!

At first, it was very hard for me to accept the concept of “loving myself.” It just sounded wrong! It seemed like such a selfish notion. I’d recall my mother who was constantly saying, “Don’t be selfish!” when all I was doing was being a child immersed in my joy of any given moment. The thought of being selfish would always send me off into thinking about people I know who are self-centered, self-serving, “into” themselves and egotistical and I didn’t like those who came to mind and certainly didn’t want to be like them. So I looked up the word selfish in my synonym finder and it gave words like greedy, materialistic, covetous, hogish, hoarding, grabby, possessive, stingy and such. Yikes those words describe behavior I don’t ever want to have and being selfish in those ways really doesn’t have anything to do with love.

So with the help of several spiritual teachers, I cautiously stuck my big toe in this pool of love that we all have inside of us and surrounding us, and over time I waded in up to my neck and then I just took a big breath and went in all the way!

Now you know how it goes when the water is cold but you want to go in swimming and you diddle around inching in up to your knees and then your waist, instead of just diving in. Why do we do that? Once we’re in and swimming around we yell out to the other chickens on the shore, “Come on in, it’s wonderful!”

That’s all I have to say about loving yourself. “Come on in, it’s wonderful!” I have fallen madly in love with myself and it has been in that love that I see us all as one so I can’t help being madly in love with

you too! By loving myself I didn’t become selfish, I just became more loving.

I received this email today from one of my subscribers. She said,

“Pam, something I’ve noticed as I’ve begun working with my little girl, Tita, is that the more I treat my own inner little girl with love and understanding, and begin silencing the ugly inner voices that have plagued me for so long, the easier and more natural it has been for me to treat my own dear children (DS 15 and DD 9) with love and understanding. Without really trying, I’ve become more fun and spontaneous and less critical. Basically, I sound less and less like my father (who was very negative, overbearing, and critical) and more and more like the mom I want to be. Thanks to you and Nelly for helping me learn to love all of me, and in turn, to better love those around me.”

Blessings,
T & T.

It’s all about love. Thank goodness we’ve been given a second chance to neutralize the poundings of the past. It’s time to dive in the pool of love that’s waiting. It’s wonderful!

My latest book, “The Joy of Being Disorganized” **is available on Amazon**. It will help you forge a relationship with a part of you, that you may have neglected and it will help you, step-by-step to find peace and joy RIGHT WHERE YOU ARE RIGHT NOW.

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. ★

Honoring A Special Lady During Women’s History Month

By Sheila LaPolla

SACRAMENTO REGION, CA (MPG) - Women’s History Month celebrates the vital role of women in American history. The vibrancy and legacy of women past and present unifies and nourishes our collective whole as we march onward towards fundamental human equality.

Lieutenant Lynn Balmer, born September 12, 1907, on the family homestead in Plumas, California, has seen history unfold before her eyes and is creating a bit of history herself. At 109 years old, Lt. Balmer is the oldest living female veteran in the United States. She is the second oldest veteran in the United States (Corporal Richard Overton of Austin, Texas is the oldest veteran at 110 years old).

After WWII started, Lynn Balmer joined the military, “to free a man for active duty.” She served in the U.S. Coast Guard and achieved the rank of Lieutenant (junior grade) LTJG. Lt. Balmer secured a top secret clearance and worked in Military Intelligence. Using her keen mathematical abilities, she read and interpreted weather maps and charts and used morse code to help ships navigate through dangerous waters and adverse weather conditions between the United States and England.

Prior to her military service, Lt. Balmer was an elementary school teacher, teaching her first class in 1927. She later taught mathematics to high school students. In 1943, her passion for teaching and love for her students, (having no children, she treated each and every child as her own) gave way to her patriotism and love of country when she enlisted in the U. S. Coast Guard.

Yes, Lt. Balmer entered two noble professions and gave of her immense talents whole heartedly.

Between the years of 1946 and 1967 she attended the University of Washington part time, taught mathematics to junior high school students, volunteered at a children’s orthopedic hospital, and was a professional skater to boot! She retired and moved to Chico, California, in the late 1990s with her husband, Charles (now deceased). At 109 years old, she presently lives comfortably in an assisted living facility in Chico, adored by her loving family.



Centenarian, Lieutenant Lynn Balmer Photo courtesy: Brenda Sheriff President, American Legion Auxiliary Unit 637, Citrus Heights, CA

Lynn Balmer’s passion for life lives on. She tells stories about living through World War 1, living through the nationwide flu epidemic in 1918 by wearing bags of asafetida around her neck to school, living through the Great Depression, and when there were shortages of grain and sugar, feeling very lucky that her father had bees so their family of nine children had honey.

The Women’s Suffrage movement was going strong in her childhood and when Lynn was 18 years old, she remembers that her mother got to vote for the first time in her life during the 1920 election. When Lynn became of legal age, she, too, proudly exercised her right to vote and encourages all women, young and old, to exercise their hard-earned right to vote.

Lt. Balmer’s deep love of country and patriotism still flourishes. As a veteran, she is a member of our nation’s largest veterans service organization, the American Legion. She is a lifetime member of American Legion Post 709, Rancho Cordova, where her nephew, Sgt. Ken Hicks, U.S. Air force

veteran, is Historian. On her 108th birthday, she was recognized by American Legion Post 709 as the oldest living female member of the American Legion. (See photograph.)

She is also a lifetime member of the American Legion Auxiliary Unit 637, Citrus Heights, California, where her Great-niece, Brenda Hicks Sheriff is President, and Virginia Hicks (Sgt. Hick’s wife and Brenda’s mother) is Treasurer.

On September 12, 2017, Lt. Lynn Balmer will celebrate her 110th birthday. She did not, and does not, let life pass her by. She still has richness of character, strength, gentleness, and her pioneer spirit.

During Women’s History Month, it is only fitting we pay special tribute to Lt. Balmer during her golden years and reflect upon and celebrate the lives of famous women pioneers and leaders in our history, as well as celebrate the unsung woman heroes of our daily lives.

Source: Sheila LaPolla Historian, American Legion Auxiliary Unit 383, Fair Oaks, CA ★

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CLUES

ACROSS

1. Bunch of VIPs?
6. Parents + teachers, acr.
9. Sour milk sign
13. Meltable abode
14. Oui
15. Jessica Rabbit’s true love
16. Fix a program
17. Hi-____
18. Assuage
19. *Where Tom Hanks was sleepless
21. *Cary Grant and Deborah Kerr’s liaison
23. Jack Kerouac, or ____ Paradise
24. Medieval domain
25. Roll of bills
28. Inauguration event
30. Like olden day toy
35. Bypass
37. Encore!
39. Blood line
40. Collier’s office
41. Deflect
43. Indigo user
44. Petri dish medium, pl.
46. “At ____ soldier!”
47. Hindu wrap
48. Everyday
50. Ego’s main concern
52. Bad-mouth
53. Schooner pole
55. Corn unit
57. **Shakespeare ____
60. *What Audrey Hepburn had in Rome
64. Clive Bixby to Phil Dunphy
65. Plays for pay
67. Harry Potter’s antagonist
68. Neopagan religion
69. ____ Aviv
70. Say something
71. **The ____ House” with Keanu Reeves
72. *Affleck’s character chased her
73. Waxing crescent, e.g.

DOWN

1. Auction actions
2. S-shaped molding
3. **Valentine’s Day” actress
4. Disorderly crowds
5. Battlefield ID
6. Combustible heap
7. Golf starting point
8. Allegro ____ in music, Italian
9. RC or Pepsi
10. Tangelo
11. Back seat
12. Brut, as in champagne
15. Basket-making fiber
20. Camel’s kin
22. Marines are this and proud?
24. Where Japan is
25. *Pretty one
26. Friend from Mexico
27. Iraqi money
29. *It actually happens
31. Nonverbal O.K., pl.
32. Tree nymph in Greek mythology
33. First cradles
34. **Midnight in ____
36. Four years to a President
38. Gaelic
42. Ma Bell, e.g.
45. Indian restaurant appetizer
49. Head or john
51. Collapse a chair, e.g.
54. Mordane in “Game of Thrones”
56. Occasion for pink or blue balloons
57. One of the hipbones, pl.
58. *Male lead in “The Prince of Tides”
59. Pretty undergarment fabric
60. Has divine power
61. Subject of stats
62. Single pip cards
63. Yesteryear
64. Hole punching tool
66. “Losing My Religion” band

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Crossword Puzzle Solutions on Page 4

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

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

For Solutions See Page 4

River Cats take on San Jose Giants at Raley Field

SACRAMENTO REGION, CA (MPG)

- The Sacramento River Cats are excited to announce a cross-level scrimmage against the San Jose Giants, the class-A affiliate of the San Francisco Giants. The two teams will go head-to-head in a scrimmage at Raley Field on Wednesday, April 5, just one day before Sacramento’s Opening Day. Tickets for the game start at just \$5 and are available now at rivercats.com.

This pre-season scrimmage is an extension of Spring Training and is likely to feature many of San Francisco’s top prospects. Christian Arroyo and Tyler Beede – the system’s top



two prospects – are expected to take the field for the River Cats while 2016 first-round pick Bryan Reynolds (No. 4 prospect) may start for the San Jose squad. Other prospects likely to be involved in the game include Joan Gregorio (No. 7), Jalen Miller (No. 15), Heath Quinn (No. 17), and Sacramento fan-favorite Austin Slater (No. 22). First pitch on Wednesday,

April 5 at Raley Field is set for 6:05 pm. Gates for the game will open at 5:00 pm with parking lots to open at 4:30 pm. Parking will be \$5.

General admission tickets start at just \$5. There will be a \$10 ticket option which includes a general admission ticket, a hot dog, chips, and a soda. Tickets can be purchased online at rivercats.com.

All River Cats season ticket members will have tickets to the exhibition game included with their plan. For more information please email tickets@rivercats.com or call (916) 376-HITS (4487). ★

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What Time Is It, Really?

Dr. James L. Snyder

When it comes to certain things, I am quite a bit confused. One thing has to do with time. What I want to know, what time is it?

I do not know why time cannot be the same for everybody. After all, everybody is squirming about equal rights. Why can't we have equal time rights? Why do we have to split it up so much?

If that is not enough, we have this idea of changing the time. Who in the world came up with such a stupid idea? You turn the clock ahead one hour and then a couple months later you turn it back one hour. What good does that accomplish?

It is like giving somebody a dollar and then six months later taking that dollar back. What exactly is going on? It just does not really make sense to me.

It has taken me quite a while to get adjusted to this idea of "Spring Forward" and "Fall Backward." I get the idea falling backwards, but I do not know what it means to spring forward. Moreover, why can't we spring backward and fall forward one year? After all, there is this issue of equal rights.

It has taken me a while to get adjusted to these kinds of time changes.

One year I remember rather well when I got everything confused. I thought I would take control and not tell the Gracious Mistress of the Parsonage that I was going to change the clocks. I wanted it to be a surprise for her.

Of course, I put things off to the last minute and usually get into trouble. I put this off to the last minute not knowing that my wife had already turned the clocks ahead. So, trying to impress the good lady of the parsonage that I was a responsible gentleman, I went around and

turned all the clocks ahead one hour.

Some people say when you get older you forget a lot. I have been forgetting a lot all my life.

A few hours later, after setting the clock forward an hour, I could not remember if I really set the clock forward. So, very quietly I went around and set all of the clocks forward one hour. This was on a Saturday night. I thought I would really surprise my wife with remembering to set the clocks forward.

That night when it came time to go to bed, I noticed that I was not very tired. I try to go to bed by 11 o'clock each night, but this night I just could not even yawn.

"I think," I told my wife, "I've had too much coffee today. I just don't feel sleepy."

She looked at the clock, scratched her head and said, "I don't feel sleepy either."

What do you do when it is time to go to bed and you do not feel sleepy but you know you have to go to bed or you will not get up on time in the morning. And church services were in the morning.

"Well," my wife looking at me rather strange, "we better go to bed or we will not be able to get up in the morning. And we can't be late for church."

It was a little after 11 when I got to bed and my eyes just would not close. I closed them and they would snap open right away. I tried counting sheep. By the time I got to 10,978 sheep, I was just as awake as before. What do you do with that many sheep?

Eventually I must have fallen asleep because suddenly I heard the alarm clock going off. It was eight o'clock and we had to hurry to get dressed in order to get to the church on time. We were so late that we did not have an opportunity to have breakfast, but I

snatched a cup of coffee anyway and took it along with me.

We got to the church on time, at least according to our clock, and waited for people to come. Nobody showed up and I was getting rather antsy. I turned to my wife and said, "This is Sunday isn't it?"

Our church service starts at 10:30 a.m., by 11 o'clock nobody had come. At 12 o'clock noon, we decided something had gone wrong and started closing up the church to go home.

As soon as we locked up the church, the cars started pulling in and we were rather confused. Why was everybody so late?

My wife looked at me and said rather strangely, "Did you turn the clock ahead one hour last night?"

"Yes," I said very proudly, "I turned the clock ahead one hour just as we're supposed to."

My wife just stared at me and said, "So did I."

We tried to figure out why our clocks were two hours ahead of everybody else.

When you are supposed to turn the clock ahead one hour and you end up turning it ahead three hours, a lot of confusion can happen.

It is hard to know what time it really is, which is why I like what Paul said. "And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed" (Romans 13:11).

Waiting on God's time is the wisest use of our time knowing that he has all things in hand.

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

The Bible says to look out for the needs of other people around you. You can't look out for them if you're looking down on them. You can't do it. So, if you are looking down on anyone, you're not looking out for that person. If you claim to be a follower of Jesus Christ, you cannot look down on anyone. Nobody.

One of the things that Jesus NEVER said was, "You don't have to love that type." He never said that. He never said, "Oh, that kind over there? You don't have to love those kinds of people." No, the Bible says you have to love by showing mercy to everybody. You have to look out for them, not look down on them.

Jude 1:22-23 "And you must show mercy to those whose faith is wavering. Rescue others by snatching them from the flames of judgment. Show mercy to

Pastor Ray's Encouraging Words

Look Out For People, Not Down On People

still others, but do so with great caution, hating the sins that contaminate their lives." You can't "rescue" people (look out for them) if you're looking down on them. You look down on the addiction, you look down on the things that bind people, but you don't look down on the person. Showing mercy doesn't mean I excuse everything and say "It's okay". It's not okay. Harmful addictions are not okay. It's the difference between acceptance and approval. Jesus accepts us completely, but He does not approve of everything we do. We are to love people and we are to accept them. But it doesn't mean that everything everybody does is right.

1 Peter 4:8 says "Most importantly, love each other deeply. Love has a way of not looking at others' sins." Isn't that beautiful? Love has a way at not looking at other's sins. There's some stuff in people's lives that you should pay attention to (their needs, hurts, interests); and there's some stuff in people's lives you shouldn't pay attention to. The Bible says "Be patient with each other, making

allowance for each other's faults because of your love." Eph. 4:2. In other words, cut each other some slack. That's called mercy.

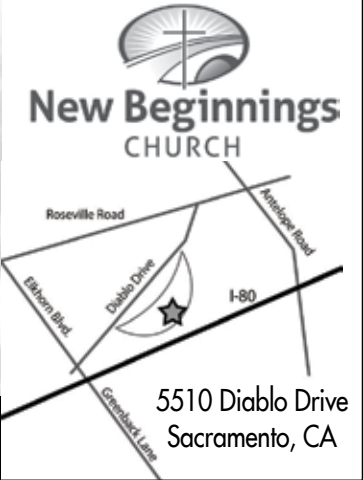
If you're going to look out for people, you cannot be offended by their sins. Grace and mercy are unconditional. We can't say "Go get your act together and then I'll like you. Go clean up your life and then you'll be okay with me. Go make everything right and then I will accept you. Go live the way I think you ought to live and then you'll be fine with me." No, no, no. Grace is unconditional. Mercy is unconditional. If you're going to "rescue" people as that verse says, you can't be offended by them.

Look out for people that God places in your path today. Don't look down on them, but look out for their interests, their needs, their hurts. In doing so, you are sharing Gods love with them.

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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.

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Surely everyone has dreams in one form or another. Sleeping, dreams often fall on us but awake, a different kind of dream takes root in our thoughts. Thoughts originate about success and becoming someone we are not at that moment.

Negative thoughts can place us into moments of depression. Then, there are dream-like positive thoughts that do actually lift

Dreams and Dreaming

us up with a hope that some supernatural force will step in, help it happen and make us extremely happy. TAKE NOTE: If we are a believer and follower of Jesus Christ it can and will happen when one is obediently living in His will for their lives. God foreknew us the moment we were conceived in our mother's womb. An individual path was designed for each of us by Creator/God before the foundation of the earth.

Often times as teen-agers we wanted to be popular and our dream was about being one. Older, we dreamt about the one we hoped someday would become our lifetime love in marriage. Then, in college our hope was to receive good grades so we can accomplish great things in our world. And ultimately when we graduated to find the perfect work in an area where we wanted

to be successful and earn a lot of money, so we can live in luxury having a shinny new car, etc.

Every age group has hopes and dreams about becoming someone successfully greater and more important than they are at any given moment. Old age settles for one to be content with their retirement accomplishments and family. Some can relax while others continue in one endeavor or another to find that satisfaction that should come with old age. Fortunately in some situations it does happen, possibly not because of dreams -- but because they accomplished them with a lifetime of hard work.

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POPPOFF!

with Mary Jane Popp

zeroed in on the ten things we might not know is in our water. The bottom line is that we had better be aware because they can do great harm. I covered the first five of these dangers including Lead, Fluoride, Iron and Manganese, Perchlorate, and Bisphenol A. So let's cover the last five this time around.

end up in our water resources, and can cause health risks.

4) CHLORINE. Chlorine is effective as a disinfecting treatment in killing off most microorganisms in the water. As a matter of fact, it is a powerful oxidant added to the water by several municipal systems to control these microbes.

5) MERCURY. This silvery heavy metal can be found in various natural deposits. Mercury can flow into water supplies from improperly discarded devices containing it, as runoff from landfills and farm land, dumped by factories, or from natural deposits.

The next question is how we protect ourselves from these dangerous substances. Dr Alton told me the safest way to ensure that these toxins do not make it into your body is to have your water tested to determine which contaminants your tap water might contain. Once you have identified the contaminants present, you can select a water filtration solution that best suits your needs. If you would like more information about Dr. Joe Alton and his books, you can check out www.DoomandBloom.com. Now you have the information. It's up to you to decide what to do next. **BOTTOMS UP...water of course!** ★

1) ARSENIC. Arsenic is a natural element that is tasteless and odorless. You would not be able to distinguish that it's in your water. Research shows that exposure to high levels of arsenic can cause health effects, even cancer.

2) PATHOGENS. Bacteria are a natural part of life. In fact, there are many forms and functions of bacteria we could not live without. Coliform bacteria may not cause disease but can be indicators of pathogenic organisms that cause serious diseases. It can cause intestinal infections, dysentery, hepatitis, typhoid fever, cholera, and other illnesses.

3) AGRICULTURAL CHEMICALS. Agriculture is heavily dependent on fertilizers and pesticides that boost Crop production. The major contamination here is nitrate, found in both fertilizer and animal wastes. Nitrates and other chemicals

Water Worries Part Two

We are told that drinking water is so important for our good health. Of course that's true, but in my last column I outlined some of the substances that may be in our drinking water that you may not want to be there. Since Americans drink a billion glasses of water a day, we need to be aware of some of the things that will not keep us healthy and may do some real damage. That comes from Dr. Joe Alton, who is a Disaster Preparedness Expert and author of "The Survival Medicine Handbook" which is the essential guide for when medical help is not on the way and also "The Zika Virus Handbook" among other books. He is a well-known speaker and host of his own syndicated podcast called The Doom and Bloom Survival Medicine Hour. But when he joined me on my POPPOFF Radio Show, he

Sacramento County DA Reports



Shooter Sentenced for Murder at Home Depot Parking Lot, Defendant Sentenced to Life for Series of Rapes

DATE: February 27, 2017

CASE: Jeffrey Michael Caylor & Kari Ann Hamilton (Case #14F01906)

PROSECUTOR: Deputy District Attorney Donell Slivka, Homicide Unit

The Honorable Michael Kenny sentenced Jeffrey Michael Caylor to life in prison without the possibility of parole plus an additional 50 years and 8 months. On December 21, 2016, a jury convicted Caylor of the first-degree murder of Hassan Alaws. The jury found true the special circumstance that Caylor shot the victim from a motor vehicle intentionally causing death and the allegation that Caylor personally and intentionally discharged a firearm causing death. Caylor was also convicted of attempted murder, assault with a firearm causing great bodily injury, robbery, burglary, vehicle theft and felon in possession of a firearm.

Kari Ann Hamilton was convicted of accessory to the murder. Hamilton was also convicted of attempted murder, robbery, burglary while armed with a firearm and vehicle theft. Hamilton's sentencing had previously been continued to March 24, 2017, at 9:00 a.m. in Department 31.

On March 16, 2014, Hassan Alaws was sitting in his car at the Home Depot parking lot on Florin Road when Caylor drove up and shot and killed him. Hamilton was in the car with Caylor. A few hours later, Caylor and Hamilton returned to their neighborhood in Carmichael. The two accosted a neighbor, and Caylor pulled out a gun and demanded the victim give them her car keys. When the victim refused, Caylor physically assaulted the victim. The defendants then stole the victim's car. On the morning of March 17, 2014, Caylor and Hamilton drove to their prior business location in the stolen car. As they approached the business, Caylor observed the neighboring business owner. Caylor and Hamilton had a hostile business relationship with that individual. Caylor pointed a gun at the business owner and pulled the trigger three times, but the gun did not fire. That victim got the license plate of the vehicle and

called 911.

The defendants were stopped in the stolen vehicle by Chico police, which led to the discovery of the gun used to murder Mr. Alaws and evidence linking the defendants to the assault of the second victim and car theft.

DATE: February 27, 2017

CASE: Jose Gomez-Garcia (Case #10F05320)

PROSECUTOR: Deputy District Attorney Matt Chisholm, Adult Sexual Assault Prosecution Unit

The Honorable Shelleyanne Chang sentenced Jose Gomez-Garcia to 206 years to life in prison. On June 23, 2016, a jury convicted Gomez of six felony counts of forcible rape, two felony counts of forcible sodomy, and one felony count of forcible oral copulation. The jury also found true a multiple victim enhancement on eight counts.

From June 2002 to October 2002, Gomez-Garcia raped three women by force. Each victim was taken to a deserted warehouse parking lot and violently raped. Two of the victims were sodomized. Gomez-Garcia controlled each victim by grabbing them around the neck and making threats. All three victims immediately reported the sexual assaults to law enforcement. DNA recovered from each of the victims was analyzed by the District Attorney's Crime Lab. The three cases were linked to each other, but not to a suspect.

In 2004, Gomez-Garcia was arrested for illegal re-entry after deportation, which resulted in a federal felony conviction. While in custody, federal authorities collected Gomez-Garcia's DNA. In 2010, there was a DNA hit to Gomez-Garcia, who by that time had been deported to Mexico. Extradition proceedings were initiated and he was returned to Sacramento in 2014 to face these charges.

Gomez-Garcia has a prior 1998 strike conviction for shooting into an inhabited dwelling. ★

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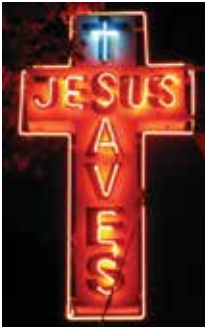
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Annual Roseville Gem Show Rolls On for 2017

SACRAMENTO REGION, CA (MPG)

- Roseville Rock Rollers 55th Annual Gem, Jewelry, Fossil, and Mineral Show will take place at the Placer County Fairgrounds in Roseville March 25-26. Hosted by the Roseville Rock Rollers, also known as the Roseville Gem and Mineral Society, this year's show features gemstones, jewelry, fossils and minerals and has something for the whole family.

The group was established in 1960 as a group of local "rock-hounds," according to show chair James Hutchings. That group, deeply interested in the science and art of the earth's natural beauty in rocks and minerals, first met in homes and then as their numbers grew, expanded to the use of a local school room.

This year's show has dozens of exhibits for attendees, such as jewelry, metal, wire and glass, beading arts, fossils, crystals and minerals, but that's not all. So that attendees aren't rushed, the show also provides a cafeteria. "A very fine hot lunch is available at our own kitchen in Johnson Hall," states Hutchings. The group has put together a menu of very reasonably priced food and beverages will also be available at the show's cafeteria, featuring burgers, Philly steak cheesesteaks, chicken salad, baked potatoes pies, cakes and more.

In addition to exhibits, classes



Featured (above) a budding "rockhound" under supervision as she delicately sorts through a tray of semi-precious stones during the Gem Hunt event at the Gem Show. Photo courtesy of Roseville Rock Rollers.

and demonstrations, show goes can pan for gold, purchase equipment, buy raffle tickets, have rocks, gems and mineral identified by experts or make purchases at a silent auction.

Wishing to share the art and science of the mineral world, in the tradition of gem and mineral shows around the world, the Roseville Rock Rollers

established their own gem and mineral show around 1962. The society grew, the show grew, and the show and the Society moved to the Placer County Fairgrounds where it continues today.

“As the Roseville Gem and Mineral Society has expanded to just under 300 members, the show expanded to support the costs associated with its programs, such as the Rookie Rock Rollers, juniors program, the Annual Scholarship program to Geology Students at Sacramento State Geology Department, and our year round Lapidary shop on the fairgrounds,” said Hutchings. “The lapidary shop on the Fair Grounds is the heart and soul of our Society, where we teach lapidary arts, jewelry fabrication, conduct mineral identification and mini tail gate rock sales.”

Hutchings developed his love for “rockhounding” at an early age. “Personally, I as most young people, was fascinated with rocks minerals and crystals. My

parents encouraged me with my first Golden Book of Rocks and Minerals, a book still in current print, and my first rock pick."

At the age of 38, he became seriously interested in rock-hounding and gold mining, attending a mineral identification course at Sierra College, next pursuing an in depth understanding the chemistry and physics that form "these miracles in the earth." He has put that knowledge to good use today providing what he refers to as a "mini lab" during the show to test rocks, minerals, and gems to provide guest an idea of materials they have in their possession.

While the Rock Rollers must generate funds to keep their programs operating, the primary purpose of any Gem and Mineral Show is to promote the Art and Science of the mineral world, according to Hutchings.

Like many of the group members, an early exposure to rockhounding and lapidary arts

often provides a genesis of interest that often blossoms later in life, Hutchings said. "We really work hard, to attract the parents who want to expose their children to the natural world and foster that spark."

There are presentations and activities for youngsters on identifying and handling specimens of all kinds. Students and Scouts can reinforce their California Rock Cycle curriculum and merit badge information. Scouts can have their mineral finds evaluated for rock type or mineral and validated for their required collection.

Other interesting stops are featured at this year's show. The Education Station is the place for

the "learners," said Hutchings, "and we are all learners. There [are] demonstrators showing

Hutchings suggests visitors come early and plan on spending the day at the show. "We take over the entire fairgrounds with exhibits, demonstrators, and vendors."

Not to be missed are real treasures the group will have on display. "Folks tend to walk by the display cases," he says. "These simple, well lighted boxes contain the best of the best of personal collections of minerals in variety or by theme. The displays are, 'literally' miniature museums showcasing specimens in the possession of individuals who have spent a lifetime collecting the best of the best of their favorite species of rock or mineral," said Hutchings.

"We are looking for the general public who are looking for gem stones, set and unset, hand-



Beautiful, polished stones have been strung by hand in a variety colors and sizes to create one of a kind necklaces for sale during the Gem Show (above). Photo courtesy of Roseville Rock Rollers.

you the actual arts of lapidary, faceting, wire wrapping, and other jewelry arts." The Fossils for Fun booth encourages fossil hunters to view and purchase or bid on fossils from vendors. NorCal Bats brings a live bat to show how fascinating these mammals (often found in caves along with gems, stones and crystals) are. This year "Rocklin Bach to Rock" students will perform on stage to provide entertainment for the public.

made, and fine art jewelry, and mineral specimens from every corner of the world! We find the single most striking comment from folks who, by accident, end up at our show is, 'I had no idea such things existed in the world!'

For more information, tickets and coupons, visit the group's website at www.rockrollers.com

*Contributed by James
Hutchings, Roseville Rock
Rollers Show Chair ★*

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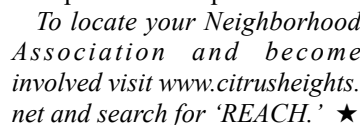
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By Elise Spleiss

Following dinner, REACH president Dr. Margaret

Tim Schaefer was the evening's second guest speaker. His presentation was entitled "Volunteerism, Be proactive in Your Community"



From left to right: Citrus Heights Chamber of Commerce Education Committee Chair Rosa Umbach, chamber Executive Director Mark Creffield, Reads program co-founders Jim Riemann and County Supervisor Sue Frost, Barnes & Noble representatives Mike Trovan and Ron Roberts.

The chamber's education committee includes representatives from Citrus Heights schools, businesses and the greater community. The Reads Program is just one piece of the committee's efforts to serve area schools. Roughly 15 program "reader leader" mentors also provide reading help for K-12 students in eight schools across the city for a minimum of one hour per week for one year. There also is a Student of the Month contest, in which one student is selected for exceptional citizenship and academic achievement, a spring and summer book drive, an annual schools supply drive, which has, exceeded \$8,000 for classroom supplies and growing, as well as mini-career fairs and job preparation workshops. ★

CHPD Special Report

The Citrus Heights Police Department received information that a male San Juan High School student may be in possession of

The investigation is ongoing,

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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 3/22/17 - 3/28/17 **\$1.89** CHM PLU 449

PENN-PLAX CASCADE POWER FILTER SALE
MODEL TANK SIZE PET CLUB SALE
CASCADE 100 20 Gal. **\$13.99**
CASCADE 150 35 Gal. **\$17.99**
CASCADE 200 50 Gal. **\$29.99**
CASCADE 300 100 Gal. **\$29.99**
Revolutionary Bio-Falls Quad Filtration System

TETRA BOXED 10 GALLON TANK With Economy Kit Limit 1 Per Family **\$36.99**
Just add Heater For Tropical Fish

PENN PLAX PLASTIC AQUA-PLANTS **20% OFF** OUR SUPER LOW PRICES

KORDON CORAL SEA 50 GAL SALT MIX WITH AMQUEL **\$11.99**