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Citrus Heights Messenger

"Written by the people, for the people"

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February 10, 2017

CITRUS HEIGHTS COMMUNITY UPDATE



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A Celebration of Service



Officer Joshua Page (top photo) was recognized with the CHPD Officer Excellence Award for his hard and dedicated work with the police department. He is accompanied by his wife, Chief Ron Lawrence and Commander Gina Anderson of the CHPD. Staff photo Johnnie Downs (photo below right) of Republic Services accepted the gavel as the new Chairman of the Board for 2017 from Mark Creffield, Executive Director. Photo by Ron Cassidy

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Chamber of Commerce held its annual installation dinner event on January 27th at the Community Center. Mark Creffield, Executive director lead the lively event as the master of ceremonies. Mark commented "I have never seen such a great working relationship between a city and a local chamber of commerce. It is really a pleasure to be a part of this community."

The event was attended by almost 200 local businesspeople, sponsors, community members and elected officials. It was the place to be in Citrus Heights, with a lot of celebration, great networking, good food and drink.

Mayor Jeff Slowey performed the installation of the Board of Directors, swearing them in for a year full of volunteer service to the local community.

Award honorees included iLene Martzen as Ambassador of the Year, Kathilynn Carpenter received the Chairman's Award, and Evan Jacobs was named Business Person of the Year.

Three dozen local businesses stepped up to offer great silent auction and raffle prizes for the event. The meal was provided by Randy Peters Catering.

A big "thank you" goes out to the committee members who worked tirelessly to plan and execute the festivities. It takes a great team to put events like this together.

To find out how you can become a part of the business community of Citrus Heights through the Chamber of Commerce you can visit www.chchamber.com. ★



A Buzz is in the Air

SACRAMENTO COUNTY, CA (MPG) - Sacramento County's most recent Crop and Livestock report indicated that Apiary (bee keeping) production has increased. With Sacramento County's embrace of its agricultural heritage, this increase should not come as a surprise as bees pollinate our crops.

Now is the time for beekeepers to order bees. Approximately two three-pound packages of bees and a queen— which costs \$150 to \$175 each—will pollinate an acre of almonds. They can be purchased locally at businesses such as Sacramento Beekeeping Supplies. The bees will be ready for pick-up or delivery in April and May.

If you are interested in raising bees, and haven't already, contact the Zoning Department to find out if your property is properly zoned for bee keeping.

Your hive should also be registered. The Agricultural Commissioner will register your hive for \$10.00 per year. A benefit of registration is that you can request neighboring farmers inform you when they spray pesticides, which are detrimental to bees.

The Sacramento Area Beekeepers Association (SABA) offers valuable classes for first-time beekeepers. They meet the third Tuesday night of every month.

Bees are fascinating creatures. Not only are they hard workers, they are sophisticated communicators. According to Agricultural Commissioner Juli Jensen, "A bee will search for a food source, such as a blooming tree. When she finds one, she returns to the hive, and performs a "waggle tail dance," with the surrounding bees watching her. The dance communicates the location of the source and the directions to find it. The level of enthusiasm of her "waggle-tail dance" illustrates how "good it is."

Bees also have great memory. Bees will recall and return to their first source of water. Thus, it is important to put water adjacent to your hive, so that your bees continue to congregate on your property.

It is also important to have food year around, so if you don't always have flowers in your garden, you can provide sugar water.

Source: Sacramento County Media Dept. ★

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Ed the Goose Killed

Neighborhood Saddened at Killing of Beloved Goose

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Sometime during the early morning hours of January 25, 2017, a 15-year resident of 'rural' Citrus Heights was shot in the head and left for dead in his backyard. This resident was a 15-year-old Sebastopol goose named Ed.

Longtime residents of Citrus Heights, Jayna Karpinski-Costa and Ted Costa found Ed's body about 1 p.m. on January 25. He had been shot through the head with a BB or a small caliber bullet.

Ed was much more than a barnyard goose. He was a

beloved pet and something of a local celebrity in his own right, the star of several children's books. Karpinski-Costa hatched Ed from an egg, laid by another goose she owned. He was born on March 5, 2002, primary election day, thus the name, Ed. He was a Sebastopol goose, known to be friendlier than the common white and other goose breeds. And he was very friendly, according to Karpinski-Costa, "greeting people with his honks but never attacking anyone. He would have little conversations with us. Whenever we talked to him he responded with his honks. He kept Ted company when Ted was working out back."

Besides taking on the watchdog roll on the property Ed was the protector of his crested duck friends in the yard. "He protected them from the raccoons as he would get boisterous when wildlife or humans approached our property. When I had my two donkeys, they loved him and would stand next to him while he slept. Otherwise, he could roam our one acre property."

In 2010, when Ed was eight, he met someone who would make him famous. Marsha Robinson, a design drafter, had begun walking her neighborhood on Larkspur Avenue for exercise and to relieve boredom during her six-week recovery following



Ed was much more than a barnyard goose. He was a beloved pet and something of a local celebrity in his own right, the star of several children's books. Photo courtesy Jayna Karpinski-Costa

hand surgery. She came upon Ed, honking at her from his yard and was immediately captivated by him. She noticed immediately he was unique, "with his beautiful

blue eyes and scruffy white feathers." She would later learn his was a friendly Sebastopol goose, not as mean or aggressive

Continued on page 3

Baby Basket Drive Raises Most Funds Ever for New Moms at Life Center

SACRAMENTO REGION, CA (MPG) - The Sacramento Life Center's third annual Baby Basket Drive for new moms raised the most funds of all three years, totaling \$8,470, which will buy 170 baskets in 2017. The drive is held each December to kick-start the 500 baby baskets needed so that every Sacramento Life Center patient who gives birth in the coming year can receive a basket of needed items, including formula, diapers, newborn clothes, pacifiers and more.

Donations will be accepted throughout 2017 and can be made online at www.saclife.org by writing Baby Basket Drive in the message box on the donation page. Gifts can be made in any increment, but a donation of \$50 buys one basket.

"Many of our patients come in scared that they might be pregnant, and it's our job to provide them with a warm, caring support system and resources that will sustain them long after the baby comes," said Marie Leatherby, executive director, Sacramento Life Center. "We want to encourage women, teen girls and their partners that they are capable of caring for a child. These baskets give new parents a boost of confidence along with much needed supplies."



Many of our patients come in scared that they might be pregnant, and it's our job to provide them with a warm, caring support system and resources. Photo courtesy Sacramento Life Center

The Sacramento Life Center's mission is to offer compassion, support, resources and free medical care to women and couples facing an unplanned or unsupported pregnancy. The Sacramento Life Center's licensed Sac Valley Pregnancy Clinic includes a primary clinic and two Mobile Medical Clinics that provide all services for free, including pregnancy tests, STD tests, ultrasounds, peer counseling for men and women, education and resource referrals.

The nonprofit also offers a school-based teen education program, a 24-hour hotline and a program for women seeking support after having an abortion. For more information about the Sacramento Life Center's Sac Valley Pregnancy Clinic, visit www.svpclinic.com. For more information about the Sacramento Life Center or to make a donation, visit www.saclife.org.

Source: Kristin Thébaud Communications ★

Dr. Reichman to Speak at Grace Baptist

FAIR OAKS, CA (MPG) - Dr. Al Reichman, Director of Ahavath Messiah Ministries, will be presenting at Grace Baptist Church on Sunday Morning February 19, 2017 at 10 & 11 am.

Ahavath Messiah Ministries exists to take the Gospel to Jewish people and encourage and the churches to do the same.

Ahavath Messiah translated from Hebrew means Love of Messiah. The purpose of Avavath Messiah Ministries is to take the love of Messiah to Jewish people so that they may come to faith in

the Messiah of Israel.

Dr. Al Reichman comes from a long line of orthodox rabbis. His paternal grandfather, an orthodox rabbi, immigrated to the United States from Austria. Dr. Reichman spent 17 years in pastoral ministry, and has been serving the Lord in Jewish Ministry since 1997. In 2013, the Lord led Al to launch Ahavath Messiah Ministries, where he continues to labor to bring the Gospel to Jewish people, as well as encouraging and teaching churches to do the same.

All are invited to hear Dr. Reichman preach and share his unique preaching style, where he connects the Old and New Testaments together causing you to see the New Testament Live out of the roots of the Old Testament.

To schedule Dr. Reichman to speak at your church, please call 817-263-9968 or email AhavathMessiah@aol.com

Grace Baptist Church located at 6724 Palm Avenue Fair Oaks, CA 95628. For more information call 916-967-3915 ★

Be My Chocolate Valentine



New for this Valentine's Day is Norman Love's "Perfect Pairs" collection. Photo courtesy Norman Love Confections

By David Dickstein

SACRAMENTO REGION, CA (MPG) - The age-old question of who invented chocolate spawns so many answers it'll make your head spin. Or is that just the sugar rush?

Whether the response is the Aztecs and Mayans because these ancient civilizations cultivated the cacao tree, or the Spanish for perfecting the chocolate drink xocolati, or Britain and Germany with the first chocolate factories, or the Swiss who made chocolate a staple for the entire world, there's no debating that Cupid is the cocoa bean's chief ambassador. Nearly half of all Valentine's Day gifts is candy, according to

retail industry figures.

Chocolate makers from Sacramento to Florida are looking to take their bite of the \$1.7 billion Americans are projected to spend this season on the sweet stuff.

Although the love holiday falls on a Tuesday this year, Ginger Elizabeth Chocolates in Midtown (1801 L St.) is expecting a three-digit jump in business from an ordinary weekday. Romantic procrastinators will appreciate the boutique's extended hours on Feb. 13 and 14, though that doesn't guarantee your honey's favorite chocolate bonbons and macarons will still be behind the glass.

For master chocolatier Norman Love, whose candies make frequent 3,000-mile treks west to California as one of the confectioner's top markets, roughly 15 percent of online sales are generated in the three weeks leading up to Valentine's Day. "It's our second-biggest retail



Ginger Elizabeth in Midtown is expecting long lines on Valentine's Day. Photo courtesy Ginger Elizabeth Chocolates

period [after Christmas]," Love said.

The Florida-based chocolatier is debuting a "Perfect Pairs" collection for this Valentine's Day. Two gourmet flavors are combined inside each individual piece to create pairings ranging from the familiar – strawberry and banana, and coconut and pineapple, for example – to one with an "opposites attract" bent that marries sweet raspberry with tart lemon.

"Each pair represents its own challenges, as it's not as simple as a 50/50 split between each flavor," Love said, explaining that, like a real marriage, there's give and take when seeking "equality and harmony." Gift boxes, heart-shaped, of course, are available at www.normanloveconfections.com. ★



Master chocolatier Norman Love shares his craft with writer David Dickstein. Photo courtesy Princess Cruises

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Ed the Goose Killed

Neighborhood Saddened at Killing of Beloved Goose

Continued from page 1
as the common white goose she had known in her childhood.
Not knowing his name at the time, Robinson called Ed “Humphrey.” From that first meeting, Humphrey would be at the fence waiting to greet her. When she spoke, he would answer and she would often spend 10 or 15 minutes talking to him and watching his interaction with his fellow geese, ducks and the donkeys in his yard.

From her meetings with her new-found friend, Robinson was inspired to write her first children’s book in 2011, “Rescuing Humphrey”. In observing Humphrey’s interaction with the different kinds of geese (and ducks”) Robinson said in an interview, “I envisioned a story that could help teach children tolerance for those of different ethnic backgrounds and with disabilities.” She hired an illustrator, Katie Tuttle, who also fell in love with Humphrey. They would create three more children’s books together, starring Humphrey and his good friend, Emma.

These four children’s books created “The Rescue Series”. After Emma rescues Humphrey, together they go on to rescue other animals in their neighborhood.

Robinson spread her message of acceptance as she visited schools and read “Rescuing Humphrey” to kindergarten through third graders, giving them the book to keep. Robinson also donated many books to

Shriners, UCD Children’s Hospital, Ronald McDonald House, and many more children’s health facilities.

Eventually, after reading to the children at Mariposa Avenue Elementary School, Robinson became inspired to start a Literary Academy as an after-school program there. She says, “so far 91 children have written a book of their own and I’ve produced hard copies for them and the school library with financial help from CH Rotary, Soroptimist of CH, and Optimist of CH. And it all started with one beautiful, friendly goose I named



From her meetings with her new-found friend, Marsha Robinson was inspired to write her first children’s book in 2011, “Rescuing Humphrey”. Illustration courtesy Katie Tuttle

Humphrey.” Ed and Humphrey have touched many lives and will continue to for years to come.

Robinson and the Costa’s and those who loved and enjoyed Ed’s company are devastated by Ed’s loss, wondering how someone could be so cruel.” While Ed’s memory will live on forever as “Humphrey” in his books. It will also live on in the trio of Sebastopol geese (a male and 2



Robinson and the Costa’s and those who loved and enjoyed Ed’s company are devastated by Ed’s loss, wondering how someone could be so cruel.” Photo courtesy Jayna Karpinski-Costa

females), the Costa’s will be getting in the spring, along with a security system.

A police report was filed. Officer Dwight Turner is the officer in charge of the case. The Costa’s are offering a reward of \$1,000 for information leading to the apprehension of the person who committed this crime. Contact Officer Turner or Karpinski-Costa at 916-599-3647 or email vetlaw1@gmail.com with information which will remain anonymous.

Numerous complaints against the Costa’s had been filed for years by a neighbor unhappy about many things, including that the city was allowing geese on her property, despite knowing it is a ‘rural residential’ section of Area 10. The shooter apparently entered from a private road in front of the property in order to get close to Ed. And ironically, Karpinski-Costa believes, “He probably greeted them.” ★



CITRUS HEIGHTS CHAMBER

CONNECTING BUSINESS EDUCATION COMMUNITY



Mark Creffield
Executive Director

On January 27th , the Citrus Heights Chamber of Commerce held our 59th Annual Installation Dinner and Community Awards event. Cultivating Connections was the theme of this event and is also the Chamber’s goal for 2017. The Chamber recognized our annual award recipients: Business Person of the Year – Evan Jacobs with California American Water, Chairman’s Award, Kathilynn Carpenter with the Sunrise MarketPlace, Ambassador of the Year, ilene Martzen with IZZAINK, and Officer Joshua Page with the Citrus Heights Police Department.

Johnnie Downs with Republic Services was installed as our 2017 Board Chair, while Art Starkovich with SMUD, and the Chamber’s Outgoing Board Chair was thanked for his leadership and hard work in 2016. The Chamber welcomed two new board members, Wes Ervin with Wes Ervin & Associates and Tamika Stove with American Cancer Society. We also said goodbye and gave thanks to outgoing board member Tammy Ellis of Union Bank.

As promised last month, I’m going to provide information on our various committees within the Citrus Heights Chamber of Commerce.

This month I am featuring our **Economic Development Committee (EDC)**.

This committee is responsible for supporting and helping to bolster the business economy in Citrus Heights through business attraction, retention, and education. The EDC meets the 2nd week of every month from 8:30am-10:00am in the Chamber of Commerce conference room.

This committee works collaboratively with the City and community organizations to better understand current challenges, have input in city economic development efforts and engage productively with civic leaders on a range of economic issues. The EDC offers a unique opportunity for businesses to get involved and be heard through programs such as:

- Business Walk
- Community Forums
- Strategic recruitment of new business
- Small business education and support
- Advocacy (In partnership with the Government Issues Committee)

This committee is currently planning morning mentoring get-togethers for members and perspective members of the Chamber. Look for an exciting announcement on this new member benefit real soon. Please visit our website at www.chchamber.com. Like our page on Facebook, and follow us on Twitter. See you next month!

•Upcoming Meetings and Events•


Tuesday, February 14th – 11:30am – 1:00pm
Monthly Membership Luncheon at North Ridge Country Club in Fair Oaks

Tuesday, February 28th – 8:00am – 9:00am
Morning Networking Mixer at Block Advisors, 8095 Greenback Lane, Suite A in Citrus Heights

•Welcome New Members•

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Publisher, Paul V. Scholl

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Citrus Heights Messenger

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Crossword Puzzle on Page 5

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

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Sudoku Puzzle on Page 5

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

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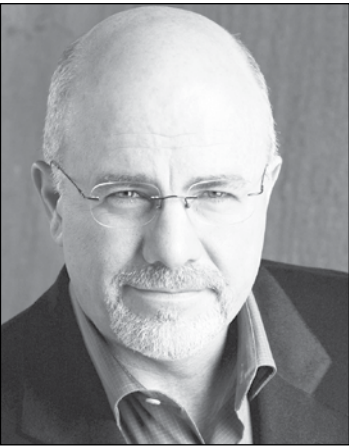
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Dave Says

To be unclear is to be unkind

Dear Dave,

My friend and I are roommates, and we’ve always had an agreement that we split each of the bills fifty-fifty. We both work and have decent jobs, but for the last couple of months she’s been really late in paying her half of the bills. She says she’s broke. I don’t want to be mean, but how can I approach her about this situation?

- Alice

Dear Alice,

I understand that you don’t want to be mean to a friend, but situations like this should be addressed quickly and directly. No matter whether you’re talking about friendships or business dealings, to be unclear is to be unkind.

Turn off the television, sit down with her, and have a kind but firm conversation. Let her know that the roommate agreement is no longer working because she isn’t paying her bills on time. Make sure she understands that the two of you are not going to be able to stay there together anymore unless she

starts paying on time. You might also ask if she needs help budgeting her money. I mean, if she’s got a good job her money has to be going somewhere, right? The problem is that it’s not going to the proper places.

I know you think that by being subtle or avoiding the situation you’re being nice, but you’re not. You’re being passive-aggressive. You just have to smile and say, “This isn’t going to happen anymore. You’re going to get your act together, and I’ll help you all I can, but you need to start paying on time or the roommate situation is over.”

Is that tough love? No, it’s just love.

—Dave

Savings vs Pay Off

Dear Dave,

My wife and I owe \$90,000 on our mortgage, and we have no other debt. We are able to save about \$20,000 a year, so we could have the house paid off in just over four years. She likes the idea of having lots of money saved up, but I would love to be completely debt-free. Should we pay off the house or hang on to the savings?

- Jason

Dear Jason,

Let’s pretend your house is already paid for in full. Would you borrow on your home so that you had enough cash that your wife liked it? You say you wouldn’t, so what’s the

difference? If you had a paid-for house and you wouldn’t borrow on it to have cash laying around to feel better, why wouldn’t you use the cash laying around to pay off the house? It’s the same thing.

The first thing you want to consider is having an emergency fund of three to six months of expenses. You also need to make sure you’re putting aside 15 percent of your income for retirement. Other than that, if you have enough cash laying around to pay off your home and you don’t, it’s the same thing as having borrowed on your home in order to have cash laying around.

If I’m in your shoes, as soon as the emergency fund is in place — six months of expenses since your wife likes the security factor — and 15 percent is being put away for retirement, I’d take the other money and throw it at the house. Get that thing paid off as fast as you can!

—Dave

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



By County Supervisor Sue Frost

Through the generosity of the Citrus Heights Messenger, this column serves to provide an update about matters affecting the community of Citrus Heights.

Your New County Supervisor

It’s official — I am your New Supervisor! I cannot fully express what an honor and privilege it is to serve as Sacramento County District 4 Supervisor. I want to sincerely thank Citrus Heights for its enthusiastic support for my campaign — thanks to you, I’m proud to share that we won Citrus Heights by a strong majority!

My priorities remain clear — we need to ensure strong public safety, fix our roads,

Citrus Heights Community Update

encourage economic development, support veterans and tackle the growing homeless problem. And, I want to make sure that I am hearing from and responding to the community.

I are taking ninety days to assess or operations and establish systems that will enable us to best serve the residents and businesses in our district.

You will soon be invited to participate in a survey that will help us evaluate and improve our services based on what you want to see.

I will also be continuing the Community Cabinet Meetings (although we may change names, format and timing to improve communication). I want to expand them to boost participation and input from the community. The first meeting in Citrus Heights will be February 24th, at Denny’s on 6215 Sunrise Blvd at 7:30am.

My first goal for these meeting is to listen to the community — but also to share my vision for District 4, provide a sneak preview into our operations at the County, and update you on current issues that could potentially impact

Citrus Heights.

I will be reaching out to you with a regular email newsletter (so please sign-up at <http://www.bos.saccounty.net/District4>) that focuses on the county - and issues specific to Citrus Heights. We will also be establishing informal Citizen Advisory Committees that specifically address the most pressing issues. If you wish to participate please contact Matt Hedges at hedgesm@saccounty.net.

Again, thank you Citrus Heights for the strong support and for entrusting me the great honor and responsibility of serving you! If you want to contact me, call me at 916-874-5491 or e-mail me at SupervisorFrost@saccounty.net.

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murieta, North Highlands, Carmichael, Foothill Farms, and Fair Oaks. ★

Governor's Statement on Cancer

SACRAMENTO, CA (MPG) - The Office of the Governor announced January 28, 2017 that Governor Edmund G. Brown Jr. will undergo further treatment for prostate cancer.

Dr. Eric Small, Governor Brown’s oncologist at the University of California, San

Francisco Medical Center, issued the following statement:

“Fortunately this is not extensive disease, can be readily treated with a short course of radiotherapy, and there are not expected to be any significant side effects. The prognosis for Governor Brown is excellent.”

Governor Brown continues his full work schedule and will do so during the treatment, which is expected to occur between late February and early March.

Released from the Office of Governor Brown ★

STATEPOINT CROSSWORD • US PRESIDENTS

CLUES

ACROSS

1. Sometimes greener on the other side

6. Moray ____

9. United ____ Emirates

13. Piled up a debt

14. Cross country foot gear

15. Tequila source

16. UV light absorber

17. *Fala to F. D. Roosevelt

18. Andrea Bocelli, e.g.

19. *He also went by name Jack

21. *One of 4 to die of natural causes while in office

23. Hostile

24. Sub station?

25. Opposite of hence

28. With minimal sound distortion

30. *President submits one to Congress

35. River obstruction, pl.

37. Cyrano's distinctive feature

39. Covered with fungus

40. Wet nurse

41. Better then good

43. Christmas Day in France

44. Short skirts

46. Small European freshwater fish

47. Hefty volume

48. Whine

50. Jerk in Yiddish

52. Ides mo.

53. "For Pete's ____!"

55. Hawaiian dish

57. *First Baby Boomer to become President

61. *Andrew or Lyndon

65. Don McLean: "Drove my chevy to the ____"

66. Spermatozoa counterpart

68. Cuckoo

69. Nautical cease

70. Collagen target

71. Mullwed wine

72. Refuses to

73. * ____ Harvey Oswald, JFK assassin

74. Without deductions

DOWN

1. Get the meaning of something

2. Level to the ground

3. At another time, to Romeo or Juliet

4. Saddam Hussein's Islam

5. *Delivered at inauguration

6. Sports award

7. Augment

8. Like a ballerina

9. Wine quality

10. Hindu princess

11. Shakespeare's hometown river

12. Mountain in Germany

15. Nero's court

20. Faulkner's "As I Lay ____"

22. Priest's robe

24. Polio, e.g.

25. *Presidential father or son

26. Gavroche, e.g.

27. Muscat resident

29. *He pardoned Nixon

31. Negative contraction

32. Low light

33. a.k.a. dropsy

34. **Tippecanoe and ____ Too"

36. Convict's weapon

38. Per person

42. Pace of music

45. Six lines in a sonnet

49. ____-tzu

51. " ____ and aahing"

54. *Grassy ____ of JFK assassination

56. Like most intimate circle of friends

57. Raven's foot

58. Left to a Russian

59. Director Reitman

60. It empties when kids move out

61. Humorous anecdote

62. Kind of palm

63. Cross to bear

64. Nessie's Loch

67. Contend

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Crossword Puzzle Solutions on Page 4

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

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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



Make It Fun and It Will Get Done!

The Secret to Being Organized

Pam Young's Corner

Lessons You Can Learn from Having the Flu

There’s a wonderful cartoon by Gary Larson depicting two mosquitos on the skin of a human and one of the mosquitos has her sucker in the human and her body is swollen up like a balloon that’s ready to burst. The other mosquito says, “Pull out! Betty! Pull out!!! You’ve hit an artery!”

I had the flu in January and during my illness I really learned a valuable thing. I noticed that when I’d start to entertain scary thoughts (mainly of dying) it was like a stream of thought that if I allowed myself to go there, I’d get swept up in fear. That’s when the image of Gary’s mosquito cartoon came to me. So whenever I’d start to think a negative thought that could go into a rushing stream of more negative thoughts, I’d say to myself, “Pull out! Betty! Pull out!!!” So far it has stopped me every time and made me giggle! It was great to put such humor to my situation and I know it aided in my healing. I love the name Betty for a mosquito and I love Gary for his incredible humor.

The interesting thing is that

I’ve used Betty the mosquito for all manner of negative thought now that I’m not sick! When I start to get mad, sad, worried and such I immediately say, “Pull out! Betty! Pull out!!! Then I poke my sucker into a thought artery of joy, excitement, peace, or whatever positive artery I chose. It is amazing how much power we have to change our minds.

If we can practice pulling out before we get into deep doo doo, we can keep our minds full of positive ideas un-mucked-up by past or future negative thought patterns. As we keep our minds stayed on positive ideas our circumstances begin to change in good ways as we stand guard at that doorway of thinking.

I discovered that being ill is a great time to de-clutter even more than the regular surface de-cluttering we do every day. When you look at your stuff with “sick” eyes you really can question why you’re holding onto anything you don’t use regularly. I took a very serious look at the bookshelves in my office and I decided if I haven’t looked

in a book on my shelf in the last year, it’s time for it to go. I did the same with CDs and DVDs.

I’ve always said there are some things in the home that reproduce when you’re not looking, referring to jars, plastic shopping bags, twist ties, business pens and such, but I hadn’t considered cassette tapes, CDs and DVDs. When those suckers had babies when I wasn’t looking I realized that because of technology I’d left those babies in their little box nurseries unattended for years, when they could have been given to adoptive parents who could take care of them and use them.

Terry and I get all of our entertainment on the internet and our mass collection of DVDs of movies just sits, alphabetized on the shelves of our in home theater. Shameful. It took getting sick to realize what we were doing.

If you’ve got the flu, use some of the rest time to de-clutter what you are not using. You’ll be serving yourself and those who can use what you aren’t. ★

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Why Did God Give Us Winter?

Dr. James L. Snyder

Living in Florida my idea of winter is anytime the temperature drops below 60°. At that point, I do the shiver-me-timbers dance. You don't want to know!

I have a rare disease called Coldaphobia. As far as I know, there is no cure for this except escaping to Florida. Even here, cold will manage to sometimes poke its nose into my business. All I can do at the time is sneeze, hoping it will scare the cold away.

Experiencing a rather cold afternoon this past week, I queried the Gracious Mistress of the Parsonage on this subject.

"Why," I asked rather philosophically, "did God give us winter?"

There are times when I do muse philosophically with a far-off look. In this mode, I sometimes think about that philosophical question, "How many angels can dance on the point of a needle?" I've often mused on this question, but the problem is I do not know how big angels are and if they really can dance.

I guess it is in the same category as the question, "If a tree fell in the middle of a forest and nobody's around, does it make a sound?"

I like to think along those lines because there is no correct answer to any of them. So, my answer is right, which makes me feel good about myself. If there is anything I want to do, it is to feel good about myself. After all, nobody else feels good about me so it might as well be me.

With all that in mind, the question that I posed to my wife deserved an answer. "Why did God give us winter?"

My wife was busy in the kitchen at the time, but she turned around, put both hands on her hips and said, "So you could go out and buy a new sweater." Then she went back to her kitchen activity.

Of course, it did not really

answer my question. Why is God interested in my sweaters? Why can't he allow me to have a climate that eliminates the use of sweaters? I could handle that.

Then my wife interrupted my muse session and said, "God gave us winter so that we would appreciate summer when it came." Then she went back to her kitchen work.

As I thought about that, I had to admit that she is right.

That happens all the time. God gives us something that is not very comfortable at the time and then when it goes away we appreciate the quiet time.

Just like the neighbors when they are playing their music so loud it is thumping in my head, when they turn it off I appreciate the silence. But when all I have is silence, I fail to really value it.

Getting back to winter. Of course, from my perspective, I cannot see any real value in winter. Sure, some people like snow. The only snow I like is on postcards. I have had enough of snow in my life that I do not want any more of it.

Some people enjoy the snow; sledding, skiing, making snow angels. All of these things I can do without, thank you very much.

However, as I was shivering this terrible winter afternoon, I got to thinking about how wonderful summer really is. In the middle of summer, I do not really appreciate it, as I should. Once it has gone, I sure do miss it.

As I was shivering, I was thinking about all of the positive things about summer. And boy, are there many positive things about summer.

For me, the most positive thing about summer is the fact that I am not dealing with cold. I love the heat and it cannot get too hot for me.

As I was thinking along this line, I remembered one summer afternoon that was so stinking hot that

could hardly breathe. My wife was sitting across the porch, she happened to sigh very deeply and say, "I'm tired of this hot weather."

Of course, I love my wife and who wouldn't, but I cannot identify with being tired of hot weather. How can you be tired of hot weather?

For me, I enjoy hot weather and the hotter the better for me. I do not mind sweating. One of the best things about summer is when I can say, "Honey, I would love to do that or go there but it's really too hot." She will smile at me and say, "Yes, I think you're right. It is too hot."

Enough said.

So why did God really create winter? It is in the winter when I am shivering so much, coughing and sneezing that I really begin to appreciate the significance of summer.

In order to get us to appreciate something God takes it away from us temporarily until we come to the point of full appreciation. I believe God knows what he is doing. Going through a trial with all kinds of frustration and aggravation, I begin to appreciate those quiet times of waiting upon God.

I wonder if that's what Peter had in mind when he wrote, "That the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ:" (1 Peter 1:7).

All those trials of winter lead me to praise God for the glory of summer.

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

Life is not an unbroken series of victories. Everybody experiences failure in life. We all have setbacks, failures, defeats, losses. Sometimes a defeat can overwhelm you. This is the way Job felt when he said, "My days have passed. *My plans are shattered and so are the desires of my heart.*" Job 17:11

What do you do when you feel like "your days are past and your plans have been shattered"? God says, "*Forget what happened before, and do not think about the past. Look at the new thing the I am going to do. It is already happening. Don't you see it? I will make a road in the desert and rivers in the dry land.*" Isaiah 43:18-19. God says there are three ways you can make a fresh start this year.

Forget the Past. Your past is past. You cannot change the

Pastor Ray's Encouraging Words

You Can Make a Fresh Start

past by worrying about it or by resenting it. If you failed at something, you're not washed up unless you choose to quit and reject God's grace. God will forgive you; you need to learn to forgive yourself. If someone has failed you, then the only way you're going to get on with your future is when you forgive them. Forgiveness is a choice, not a feeling. You choose to forgive them by choosing not to focus on the hurt, the offense. That's what God means when he says, "... *don't think about the past.*"

Perceive Your Possibilities. God says, "*Look at the new...*" Don't ponder your past - Perceive your possibilities. Be positive and expect God to complete what He started in you. "*God began doing a good work in you, and I am sure he will continue it until it is finished when Jesus Christ comes again.*" Philippians 1:6 (NCV) You may think, "*It's too late, I've lost too much time, I'll never recover, my life is half over, I'm not even going to try to try again!*" Don't even think that way - not for a minute!

Yes, you may have blown it. You may have fallen out of the race. You may have even been pushed out by other people. But God is not through with you! It's not how you start the race of life that matters - it's how you finish.

Expect God's Help. God says, "*I will make a road in the desert and rivers in dry land.*" God says "*I will do it.*" I will do for you what you cannot do for yourself. God says, 'I will make a road...a way out.' Maybe you've felt emotionally overwhelmed, God says, 'I will make rivers in dry places...I will refresh you.'

One of my favorite verses in the Bible is Jonah 3:1, "*And the word of the Lord came unto Jonah a second time.*" God is the God of second chances. I don't care how many times you've failed, God never gets tired of forgiving and it's never too late to start over!

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By Marlys Johnsen Norris, Christian Author

The beautiful love of God within one is like a Rock of Fire warming the soul with passion for all those who do not know the depth of God's magnificent love for them. The Master Designer Creator of our universe has a divine plan for each human being He has brought into the world. His love will illumine and light their path way of life when they seek, find and truly know Him.

The closer one walks to the warmth of His loving fire, is like the coals in a fireplace igniting one with his abiding and perfect love. He fills them with passion to share their love story with others.

Warning: Never Become a Stumbling Block!

Often when they do --they pull away, frightened and misled in their understanding. The cup one believed they were gently pouring does not ignite their fire but quench it. Their thirst for the opposite overwhelms and drowns them. The enemy of their soul reaches to take them. Resentment and misunderstanding are birthed in their hearts and . . . we become their "stumbling block". One thing we have feared of becoming all of our Christian life.

A warning we read years before from the Scriptures is clear. "*Be careful, however that the exercise of your freedom does not become a stumbling block to the weak. So this weak brother/sister, for whom Christ died is destroyed by your knowledge. When you sin against your brothers (anyone) in this way and wound their weak conscience, you sin against Christ.*" (1 Cor. 8 & 11:13) So Important Read also: Romans 14:13, 1 Cor. 10:32, 11 Cor. 6:2; 3, 1 Peter 2:8, Isaiah 8:14 and Ephesians 6:20.

Surprised, humbled and very ashamed we realized we were a

stumbling block -- bowing before God and asking for forgiveness. Tears coming down from our eyes we pray "I am so sorry, God please forgive me". Our next step is to honestly and humbly ask forgiveness to the one we have offended. We desire them to hear our love and have reconciliation.

God reveals that Satan is so cunning, he will attempt to destroy our relationships and take away "any one we love dearly" especially where a believer thinks in an area they have been successful and strong. The enemy knows: that out of one's zealotness and love for God sharing the hope that was within us — We became vulnerable and violated boundaries. Thereby, becoming a huge stumbling block for what we had hoped to convey to them. Daily I ponder -- God will always forgive us, but will they? Only time will tell!

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

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POPPOFF!

with Mary Jane Popp

Heartfelt

We celebrate with cards and flowers and candy, but why do we exchange some 150 million cards making this day the second most popular card sending holiday after Christmas? It's Valentine's Day of course! Did you ever wonder how this day became one of love and romance? First of all, the holiday's roots are in the ancient Roman festival of Lupercalia, a fertility celebration commemorated annually on February 15. Pope Gelasius I recast this pagan festival as a Christian feast day circa 496, declaring February 14 to be Valentine's Day. It was not until the 14th century that this Christian feast became associated with love. According to UCLA medieval scholar Henry Angsgar Kelly, it was Chaucer who first linked St. Valentine's Day with romance. In 1381, Chaucer composed a poem in honor of the engagement between England's Richard

II and Anne of Bohemia. As was the poetic tradition, Chaucer associated the occasion with a feast day. In "The Parliament of Fowls," the royal engagement, the mating season of birds, and St. Valentine's Day are linked. Over the centuries, the holiday evolved, and by the 18th century, gift-giving and exchanging handmade cards had become common in England. The making of handmade cards with ribbons and lace and featuring cupids and hearts eventually spread to the American colonies. But the tradition did not become widespread in the U.S. until the 1850's when Esther Howland began mass-producing those cards. A real entrepreneur to the max since, according to the American Greeting Card Association, 25% of all cards sent each year are valentines. Now that we know the history of Valentine's Day, including February being Heart month even for the American Heart Association, I wanted to share my feelings and emotions and reasons to send that card. It's all about what that HEART really means!

H is for **HELPING HAND** you can give to the one you love even when it is not asked for.

E is for the **EVOLUTION** of love in a relationship that

begins with attraction and chemistry and develops into a lasting friendship and total devotion.

A is for **ALLOWING** your heartfelt emotions to overcome any petty differences for the sake of love first and foremost.

R is **RISING** to the occasion no matter how difficult the situation may be because your love for this person will overcome all doubts and fears. **T** is for **TOTAL** commitment not only to the person, but to the relationship with all your heart and soul, and if you can't make that commitment, then no paper or contract will make it stick.

Bottom line is that love has to come from the heart. No fancy flowers or big box of chocolates...well maybe the chocolates...can show your true love. It has to be a daily thing with little actions that show your devotion...a nice word, a little hug, a special look that says you are thinking of him or her. It doesn't come with fancy dining places and how much money you spend. It comes with caring, really caring about someone you have taken into your heart and has become your best love and friend! **HAPPY VALENTINE'S DAY** filled with bunches of love! ★

Sacramento County DA Reports



"Non-Violent Second-Striker" Early Prison Releases: January 2017 Update

DATE: February 1, 2017

In January 2015, the Department of Corrections and Rehabilitation (CDCR) began a new parole determination process, evaluating "non-violent second-strikers" for early parole. If early release is granted, they are released after serving only 50% of their sentences. Under existing law, they would otherwise have to serve 80% of their sentences before being eligible for parole.

Upon receipt of inmate names from CDCR with a recommendation for release, the Board of Parole Hearings [BPH] conducts an administrative review to determine if the inmate should be released early from prison as a 'non-violent second-striker.' BPH forwards the names of these eligible inmates to District Attorneys' offices and invites input in making their determination about the inmate's potential early release. Unlike parole hearings, where the prosecution, defense attorney and victim may appear, there is no public hearing for these administrative reviews. Rather, the decision is made purely by CDCR administrative staff. Additionally, prior to consideration for early release, no evidence-based "risk assessment" is conducted to determine if the inmate poses a danger to the public.

The Sacramento County District Attorney's Office takes an active role in evaluating these cases and writes letters to the Board with an overview of the inmate's criminal history and current commitment offense, an opinion regarding the public safety risk posed by the inmate, and the appropriateness of an offender's early release. The Board determines whether an offender would pose an unreasonable risk to public safety based on their prior criminal history, facts behind their current commitment offense, behavior in prison, rehabilitation efforts, whether the inmate has any medical condition which might affect his ability to re-offend, and written statements.

In November 2015, the Sacramento County District Attorney's Office began posting on its website information about "non-violent second-strike" offenders who have been granted early release from prison.

As of January 31, 2017, 196 inmates sentenced from Sacramento County have been

granted early prison releases. Given the number of violent offenders who continue to be granted early release, DA Anne Marie Schubert began monthly updates to provide the public with a sampling of the noteworthy criminals who appear to pose a risk to public safety, but are being granted early release into our community as 'non-violent second-strikers.'

In the month of December 2016 and January 2017, inmates granted early prison release include:

Eric Jeffrey Nelson (Case #14F03928) – Nelson's first strike conviction was in 2008. In 2011, Nelson was convicted of his second strike in Nevada. Nelson was convicted again for assault with a deadly weapon, this time causing great bodily injury, and a gang enhancement. He received a 24 to 60 month prison sentence. After being released from prison, Nelson returned to California and was still on probation for his 2008 conviction. All of Nelson's crimes since 2008 have been committed while on probation or parole. In June 2014, Nelson committed his current offense of hit and run causing death. Nelson received a sentence of 6 years in prison for this offense.

Marcus Brogdon (Case #15F05542) – Brogdon has a 2009 strike conviction for robbery. In September 2015, Brogdon was riding a motorcycle when an officer noticed his motorcycle had expired registration. When he was apprehended, he was found to be in possession of a 9 mm handgun that was loaded with 10 rounds of ammunition, which Brogdon was not permitted to possess because of previous convictions. He received a sentence of 2 years and 8 months in state prison.

Aaron Wellington Hudson (Case #15F06287) – Hudson has a prior 2007 strike conviction for assault with a firearm. Less than one year after this strike conviction, Hudson was convicted of possession of a firearm by a convicted felon and possession of a controlled substance with a firearm. He received a sentence of 7 years and 8 months in state prison. In October 2015, Hudson was again found to be in possession of a loaded .45 caliber firearm and loaded .45 caliber magazine. Hudson was sentenced to 32 months in state prison. ★

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Singing Valentines Coming Your Way!



(Shown above, one of the many Sacramento Valley Chorus quartets, **Heard & Soul**, include **Nancy Maass** and **Kerry Wood**, Roseville; **Mary Brookshire**, Carmichael, and **Bonnie Flint**, Camino) Photo courtesy Sacramento Valley Chorus

SACRAMENTO REGION, CA (MPG) - Valentine's Day is almost here! Would you like to give something unique and different this year? Candy and flowers are nice, but adding a Singing Valentine will create a lasting memory! Quartets from Sacramento Valley Chorus will deliver Singing Valentines on Monday, February 13 and Tuesday, February 14. Your sweetheart or a special someone will be surprised and thrilled

when a quartet delivers two songs, a rose, candy and a beautiful card to him or her. The package is only \$45, and can be delivered to the home or business of your choice in the greater Sacramento area, including Placer, El Dorado and Nevada County. Singing Valentines are popular, so call early to ensure availability. Call 916-420-1662, to arrange for delivery. The award winning Sacramento Valley Chorus,

under the direction of Master Director, Dede Nibler, has approximately 100 members. Ladies from the community are invited to attend rehearsals any Wednesday night at 6:30 pm. Location: Developmental Disability Service Organization, 2331 St. Marks Way, Sacramento, CA 95864

For more information, visit www.SacramentoValleyChorus.com. ★

Widespread Flu Activity that is More Severe than Last Year

CDPH Special Report

SACRAMENTO REGION, CA (MPG) - California Department of Public Health (CDPH) State Public Health Officer Dr. Karen Smith reported today that the state is experiencing widespread influenza activity that is more severe than last year. CDPH has also received the first report of a death associated with influenza in a child younger than 18 years of age. The death occurred in Riverside County.

"This is a tragic reminder that the flu is a serious illness for people of all ages and kills thousands of Americans each year," said Dr. Smith. "If you haven't been immunized yet this season, getting flu shots for you and your family now can still help protect you this winter."

CDPH disease monitoring indicates widespread flu activity

across the state that is more severe than last year. Since the beginning of the influenza season, CDPH has received reports of 14 influenza-associated deaths, including the child in Riverside. This count represents a fraction of the total flu deaths statewide because only deaths in people younger than 65 are reported to the state and not all influenza-related deaths are easily attributable to influenza.

Hospitals statewide have been impacted by a surge in influenza patients, and hospitalizations for pneumonia and influenza at Kaiser Permanente hospitals in Northern California during the week ending January 7 reached 10.2 percent, the highest level recorded in 10 years. "We are closely monitoring the impact of influenza on health care facilities," said Dr. Smith. "Some acute care hospitals in California

are full and have diverted patients to other facilities."

For anyone who has not yet received a flu shot this season, it is not too late. Influenza activity usually continues for several months, and it is still early in the season. CDPH recommends all Californians aged six months and older, including pregnant women, should get the annual flu vaccine. The flu virus circulating this season closely matches the vaccine, suggesting that the vaccine will provide protection against influenza and reduce the risk of severe disease.

The flu vaccine prevents disease due to the most serious wintertime virus, but other viruses are also circulating now.

For more information about influenza visit the CDPH influenza web page. ★

Senator Gaines Introduces Bill to Help Businesses Save Money

SACRAMENTO, CA (MPG) - Senator Ted Gaines (R-El Dorado) has announced Senate Bill 13, which will provide much-needed tax relief to the manufacturing, research and development, software and agricultural industries by expanding an existing sales and use tax exemption.

"Small businesses are the backbone of California's economy and we need to do everything we can to make sure they capitalize on any available tax break," said Senator Gaines. "I will continue to push for lower taxes and simpler, less burdensome regulations to let employers know that California is open for business in order to get our economy back on track."

Existing law allows manufacturers and research and development companies a sales and use tax exemption for their qualifying tangible personal

property purchases up to \$200 million a year. This includes property such as machinery and equipment used for manufacturing activities. Property that is considered to have a useful life of less than one year is excluded.

Senate Bill 13 seeks to expand the definition of businesses eligible to receive this exemption by including software publishers and others who conduct agricultural business activities. It will also increase the annual property purchase limit from \$200 to \$500 million a year. Finally, it will define property as having a useful life of one or more years if the property includes a warranty for one or more years.

Senator Gaines introduced this bill on the heels of recent reports indicating that the existing tax exemption has been severely underutilized. Since its inception on July 1, 2014

through September 30, 2016, businesses utilizing the exemption were only 21 percent of the original estimates made by the Department of Finance and Board of Equalization.

"My hope is that by clarifying and expanding the exemption, that more businesses will be able to take advantage of it," said Senator Gaines. "Businesses should be rewarded for their contributions to our state, not continually penalized at every turn. I'm going to let them keep more of the money they earn instead of shipping it to an unaccountable Sacramento."

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. ★

Endless Conversation About Washington is Hindering Problem Solving in Sacramento

SACRAMENTO, CA (MPG) - Senator Tom Berryhill (R-Twain Harte) cautions Senate Leadership to focus on problems facing California, rather than events in Washington, D.C.

"Problems facing California won't go away simply because we stop talking about them. Obsessing on every move President Trump makes is diverting the time and energy needed

to address California's very real problems. We have been in session for 30 days and have spent zero time figuring out how to afford billions of dollars in unfunded pension liabilities, fix our decaying roads, improve our schools, improve our job market or build dams to store all of the water currently washing out to sea. Constantly talking about what's going on in Washington is

beginning to look like an excuse to avoid doing what our constituents sent us to Sacramento to do."

Senator Berryhill represents parts of Rancho Cordova and the counties of Amador, Calaveras, Inyo, Mariposa, Mono, Stanislaus, Tuolumne and parts of Fresno, Madera, Sacramento and Tulare. ★

Work at Home Offer Leaves Would-Be Employees High and Dry

SACRAMENTO REGION, CA (MPG) - Better Business Bureau (BBB) is warning job seekers of a work-at-home offer from an Internet-based logistics company that identifies themselves as Board of Minutes and Resolutions, or Transuniq. According to their website, transuniq.com, they offer mail forwarding services and are located in Sacramento, California.

Consumers report that they are being solicited by representatives of Transuniq on CareerBuilder for a position with the alleged business as a logistics coordinator. Duties include accepting and reshipping packages, and checking for damaged or defective shipments.

Respondents who accept the offer are told they will receive payment by check, or via direct deposit to their financial institution after a 30-day probationary period. However, consumers say after the 30-day period ends no payment is received.

Transuniq.com claims the business is "operated in an entirely ethical and transparent manner." However, when BBB requested additional details from the

business about their offer, they did not respond.

Additionally, the business lists a Sacramento address on their website, 915 L Street, Suite C433, but applicants should be aware that the website is registered through a domain registration service incorporated in Pakistan.

Better Business Bureau has been unable to locate a valid business registration for Board of Minutes and Resolutions, or Transuniq with any local county or state agency.

BBB urges extreme caution and consideration of the potential risks when participating in re-shipping offers. If the offer is a scam, you may be participating in fraud involving stolen merchandise and/or identity theft.

Tips to Avoid a Reshipping Scam:

- Read the job description thoroughly. Avoid any job offer that involves receiving and reshipping packages. If the offer is a scam, you may be participating in fraud involving stolen merchandise.
- Is the company willing to hire

you on the spot? In general, legitimate companies will not hire you without at least one interview and a background check.

- Does the website seem sloppy, or unfinished? Check whois.com to verify the website's creation date, and be wary of companies with websites that were created very recently. Also be wary of a website with several spelling errors, and distorted or pixelated images. Click here to learn more about identifying a scam website.
- Where is the company located? Do a general web search for the physical address listed on the website. Addresses often lead to empty parking lots, or other legitimate businesses. Be especially wary if the company does not list an address.
- Report scams when you see them. Report fraud and local scams to the Better Business Bureau at bbb.org/scamtracker.

Source: BBB ★

Exporting Oil and Gas Will Import Economic Growth

Commentary by Merrill Matthews

What could turn out to be President Obama's most effective economic policies only just happened: ending the 40-year ban on U.S. crude oil exports and approving terminal construction to export U.S. liquefied natural gas. And a Donald Trump presidency likely means expansion and acceleration of those efforts.

In December 2015, Congress passed a \$1.1 trillion spending bill that lifted the crude oil export ban. The president opposed the repeal, but the bill extended wind and solar energy tax credits, so he took the compromise. By contrast, liquefied natural gas export terminals only require Department of Energy approval. And while permits have been authorized slowly, several have finally been approved.

That action jumpstarted the U.S. oil and gas export business, with Texas LNG terminal projects underway in Freeport, Corpus Christi and Brownsville.

From January to May 2016, the U.S. exported half a million barrels of crude oil daily to 16 countries -- in Europe, South and Central America, including Israel and even China.

Meanwhile, the first U.S. tanker with LNG departed from Louisiana in February 2015. In the first six months of 2016, 50

billion cubic feet (Bcf) of natural gas were exported.

One energy analyst estimates the United States will export 7 Bcf/day by 2020 and 17 Bcf/day by 2040. Current production is about 80 Bcf/day.

First, while the nation consumes more oil than it produces, the United States is projected to become a net gas exporter by halfway through this year. The country needs markets for that abundance of natural gas.

Second, exports enhance economic efficiency. For those who wonder why U.S. companies would export crude oil when the country still imports 24 percent of its oil, the answer has to do with efficiency and refining.

Most U.S. refineries are made to process very heavy oil. But most oil coming from shale formations, comprising half of total production, is light sweet crude oil -- requiring a less-intensive refining process. While some refineries are starting to adapt, that refining transition isn't quickly or cheaply made.

The closest refineries may be operating at or near capacity. Instead of having to discount or store a regional oversupply of crude oil, oil producers should export to refineries abroad that have the capacity to handle it.

Third, U.S. exports could help meet our allies' energy needs -- especially those dependent on oil from countries like Russia,

which use energy supplies as a geopolitical hammer.

The European Union depends on Russia for about a third of its energy needs -- it'd love to have an affordable alternative.

Finally, exporting crude oil and natural gas will jumpstart economic growth and reduce the U.S. trade deficit.

Energy experts Daniel Yergin and Kurt Barrow estimated ending the oil export ban would; Increase daily oil production by 2.3 million barrels and new investment by \$1 trillion; create 860,000 jobs, including many high-paying blue-collar jobs; and add \$3 trillion in federal revenues -- important for a country about to pass the \$20 trillion mark in total federal debt. The energy boom over the past eight years provided real benefits during a time of sluggish economic growth. Without it, the country might've fallen into recession.

Oil and natural gas exports will allow us to extend and expand that boom and become the world's energy-producing powerhouse. But doing so requires faster approvals of LNG terminals and easing federal opposition to drilling offshore and on federal lands, both of which President-elect Donald Trump pledged to do.

Merrill Matthews is a resident scholar with the Institute for Policy Innovation in Dallas, Texas. ★



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New Sacramento County Ordinance Expanding Urban Farming

Are you looking to bring fresh food into your neighborhood? The new urban agriculture ordinance has now been passed. Urban agriculture is defined as the raising of crops and animals in the urban environment, including growing crops, raising animals (such as egg-laying chickens), bee keeping, and selling the goods grown or produced.

Outline of Sacramento Urban Agriculture Ordinance:

1. It permits gardens, or small farms on vacant parcels in urban and suburban neighborhoods to grow produce to sell.
2. Temporary use permits are available for stands under 120 sq. feet, and stands over 120 sq. feet in area require a conditional use permits to sell produce, eggs, honey, and cottage goods on site.
3. It allows for the raising of limited number of egg laying chickens and ducks for parcels on less than 10,000 sq. feet in all permitted zones.
4. A limited number of beehives are allowed to be permitted for residential and commercial use.

With this ordinance it will bring greater availability and access to fresh produce in what are current urban food deserts.

To confirm the zoning for the neighborhood farming, you can enter your address on line at: http://generalmap.gis.saccounty.net/JS-Viewer/county_portal.html

What are approved cottage foods?

Prohibited Foods Perishable Baked Goods Chutneys Kombucha Pickles Juices Meat Jerkies Fermented foods Carbonated drinks	Snacks Canned Apples Pretzels & Crackers Nuts & Seeds Vegetable Chips * Caramel Corn & Popcorn Granola Chocolate covered items* Marshmallows	Preserves Fruit butters Jam & Jellies * Other Preserves *	Pastries Churros Cones * Pies* Empanadas * Tamales * Other Pastries*
Dry Goods Cereals Dried Vegetables/ Fruits Herbs Pasta Mole Paste Tea*/Coffee* Mixes * Spices & Seasonings	Condiments Honey Syrups Mustards Vinegars Nut Butters	Candy Brittles Chocolate Ground Chocolate Buttercream frosting * Cotton Candy Candies * Fudge	Breads Biscuits/Rolls Cakes * Sweet breads * Breads * Cookies Tortillas Muffins/Scones Brownies

*Limited Foods - Visit forrager.com/law/california for more information.

Food Sale Regulations
Along with freshly grown produce, stands may also sell cottage foods.

Who are you selling to?
The California Homemade Food Act has been in effect since 2013. This new Sacramento County Ordinance allows residents to sell fresh produce, eggs, and approved cottage foods at permitted stands to the public.

Cottage foods unable to be sold include: products containing meat or food that require refrigeration (Cheesecake, cream pies, or desserts with custard fillings) you must contact the local Environmental Management Department of Environmental Health. The Health Department will instruct you on what requirements you must comply with.

For Information on Stand Permitting Contact:
Sacramento County Environmental Health Department
<http://www.emd.saccounty.net/EH/Pages/default.aspx>

OR

The Business Environmental Resource Center (BERC)
916-874-2100
SacBerc.org



Student Exchange Seeks Host Families

SACRAMENTO REGION, CA (MPG)
- Responsible parents looking for ways to supplement the educational and personal growth opportunities for their children or themselves should consider hosting a teenage exchange student for an academic semester or year. Children and adults alike, by interacting on a daily basis with a new, international family member, broaden their perspective on the world and discover new facts and ideas.

NorthWest Student Exchange places international high school students with families all over the country, including here in our community. Exchange students add a dimension to the family dynamic that cannot be achieved in any other way. The benefits to the exchange student are perhaps obvious: honing their English language skills; learning about the educational system in this country; understanding U.S. social, political, and cultural values;

establishing international friendships. Benefits to the hosts are similar: Not only can host families learn about another culture and its values; they can view the U.S. through another's eyes, and thereby gain a broader understanding of our own country.

Families need not have children at home to host! Many childless couples, empty nesters, and single-parent families have enjoyed exchange students. Hosts are not expected to be tour guides.

Those who cannot host can earn a "finder's fee" for referring to us families who do host. While host families are not compensated for hosting, tax deductions may be available. Check with your tax preparer.

NWSE exchange students are closely screened for appropriate motivation, academic and language skills; our students have solid emotional and practical support from NWSE professional partners abroad, and from the

students' natural parents in their own countries. Our students come with their own spending money and health and accident insurance. NWSE local Academic Coordinators recruit, screen and orient local host families and provide close support throughout the program.

As area coordinator for Sacramento, Placer, Yolo and El Dorado counties, I will do my very best to match the host family with a student that complements the host's lifestyle and interests and world region preference, if any.

It is easy to get more information about hosting. Potential hosts can contact me, Area Coordinator, Sheryl Longworth at 916-833-1218 or email sheryl6663@yahoo.com; or contacting NWSE directly at 877-850-3312 or info@nwse.com; or visit our Web page at <https://www.nwse.com> and click on Host an Exchange Student. ★

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CHPD Targets Human Trafficking in Multi Agency Operation

CHPD Special Release

CITRUS HEIGHTS, CA (MPG) - Citrus Heights Police Officers and Detectives conducted multiple sting operations last week as part of the 3rd Annual Rebuild and Reclaim Enforcement Operation. Our efforts were focused on identifying and arresting the “Pimps” and “Johns” and rescuing the victims of human trafficking.

Using the internet and various other tactics including undercover operations, CHPD made (16) arrests. These arrests included “Pimps” (those who

were coordinating the services of victims) and “Johns” (those seeking to take advantage of those victims). Our officers were able to rescue four victims, including one juvenile, in hopes to free them from the criminal activity and or human trafficking.

This operation was in coordination with many agencies throughout California on an effort to identify and rescue commercially, sexually exploited victims of human trafficking and to disrupt the demand of prostitution by targeting the men who seek to victimize other through

either soliciting or requesting services of prostitution.

CHPD and the community of Citrus Heights does not tolerate human trafficking and will continue to detect, deter, and hold those accountable for their involvement in prostitution and victimizing our youth.

If you or someone you know needs help or you suspect human trafficking may be occurring, please contact the Citrus Heights Police Department to help us stop human trafficking and rescue those who are victimized. ★

Services for Environmental Review of the Mitchell Farms Development Sought

CITRUS HEIGHTS, CA (MPG) - The purpose of this RFP is to enable the City to select a consultant to prepare the Environmental Impact Report (EIR) associated with the Mitchell Farms development (proposed project).

The City has received an application for a General Plan Amendment, Rezone, Tentative Subdivision Map, Design Review Permit, and Tree Permit for the development known as Mitchell Farms (See Exhibit 1 – Proposed Site Plan).

The application includes the development of approximately 260 units of detached homes in

a variety of densities. The project includes the development of several new roads, a series of recreational trails, and associated improvements.

The roughly 55-acre Sunrise Golf and Disc Golf Course property is located north of Greenback Lane and Arcadia Drive between Fair Oaks Boulevard and Sunrise Boulevard in the City of Citrus Heights, Sacramento County, California. The proposed project site comprises Assessor Parcel Numbers 243-0082-001, -002, -019, -021, -023, and -028, and 243-0480-004, -013, -014, -015,

-016, -019, -020, -021, -025, and -033.

The RFP is available at <http://www.citrusheights.net/DocumentCenter/View/6433>

. Additional documentation is available under "related documents".

The proposal must be received no later than 4:00 PM PST, February 17, 2017 at the City of Citrus Heights, or mailed to: Casey Kempenaar, Senior Planner, City of Citrus Heights, 6360 Fountain Square Drive, Citrus Heights CA, 95621. Late proposals will not be accepted.★

CHPD Investigating Injury Traffic Collision

CHPD Special Report

CITRUS HEIGHTS, CA (MPG) - February 4, 2017- The Citrus Heights Police Department’s Traffic unit is investigating an injury collision involving a motor vehicle and two pedestrians on Sunrise Boulevard.

At approximately 5:50pm, officers were dispatched to a collision between a vehicle and two pedestrians in the 8100 block of Sunrise Boulevard. Preliminary investigation revealed the two pedestrians, a male in his 60’s and a female in her 50’s, were crossing Sunrise Boulevard from the east to the west, outside of any crosswalk

or controlled intersection. As the pedestrians were crossing the southbound lanes of Sunrise Boulevard, they were struck by a Prius sedan that was traveling southbound on Sunrise Boulevard. Upon arrival, CHPD officers located the male and female in the roadway with injuries consistent with being struck by a vehicle. The driver of the Prius was contacted at the scene and is fully cooperating with the investigation.

Both pedestrians were immediately transported to a local hospital for medical treatment. The male pedestrian has died and the female pedestrian is listed in stable condition.

The cause of collision remains under investigation by the Citrus Heights Police Department’s Traffic Unit. It does not appear that alcohol nor speed were a factor in the Collision on the driver’s behalf. We encourage anyone who may have witnessed the collision, or provided aid to the two pedestrians, to contact the police department at (916) 727-5500.

The Citrus Heights Police Department would like to remind the community to use caution when crossing the roadway, and look for locations where the utilization of crosswalks and pedestrian signals will aid in the crossing the street safely. ★



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