



Treating Heart, Mind, Body and Soul

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Girl Scout Cookies: 100 years, 9 Cookies, 5 Skills, One Purpose!

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Citrus Heights Messenger

"Written by the people, for the people"

Volume 7 • Issue 02

Serving the City of Citrus Heights and Sacramento County

January 27, 2017

LET'S HELP FILL THEIR BOOTS



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PACKAGE THEFT SUSPECTS ARRESTED



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CITRUS HEIGHTS ROTARY CRAB FEED ON THE WAY



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Citrus Heights Kicks Off Year of Celebration



Local students gather together for their chance to shine as winners of the Republic Services "My Favorite Thing About Citrus Heights" calendar contest. Staff photo by Messenger Publishing Group

By Elise Speiss

CITRUS HEIGHTS (MPG) - The city of Citrus Heights began a year-long celebration honoring 20 years of cityhood during their regular city council meeting on January 12.

Council chambers were packed with students and their families, dignitaries from all levels of government, city staff, police department, small business owners, members of the community, and a handful of the

first residents who fought for over 10 years to bring cityhood to Citrus Heights.

Resolutions were presented by Assemblyman Ken Cooley, and former mayor, now Sacramento County Supervisor, Sue Frost. Cooley remarked that Citrus Heights "has changed the county" having added another city to Sacramento County and has remained the only city to be debt free thanks to the city's first city manager, Henry Tingle. Frost congratulated the Chamber

of Commerce for its important part in the process, and the police department for its exemplary work in the last 10 years. Landon Wolf of Senator Jim Nielson's office, and Keane Chukwuneta for Congressman Ami Bera spoke and presented certificates of recognition to city council.

Republic Services, the local waste and recycle provider, which holds an annual student poster contest, began the evening with their presentation of

awards to 13 students from nine schools. The students prize-winning entries now appear in the 20th anniversary calendar hanging in the homes of over 27,000 Republic customers. Over 1,000 entries were submitted from Citrus Heights schools, grades kindergarten through 8th. This year the theme was "My Favorite Thing About Citrus Heights." Judges had to choose just 13 entries. Fifth grader Evelina Kalenyuk from Skycrest

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River Cats Invite Fans to Nominate Military Family

WEST SACRAMENTO, CA (MPG) - The Sacramento River Cats are asking fans to submit photos of loved ones who have or who are currently serving in the military to be featured on Salute to Armed Forces jersey.



Selected photos will be featured on the specialty jerseys worn by River Cats players and will be auctioned off during the game. The annual Salute to Armed Forces Night will take place on Saturday, May 6th when they take on the Reno Aces at Raley Field.

If you or a loved one has served in the U.S. Armed Forces, or know someone who is currently serving, please submit your photo to the "Salute to Armed Forces Jersey Submission" page at rivercats.com or by email to promotions@rivercats.com.

That night's game will be preceded by the Wounded Warrior Amputee Softball Team game, which will conclude a day dedicated to commemorating those who serve our country.

Fans wishing to submit a photo of a service member must visit rivercats.com and then email promotions@rivercats.com with a high-resolution (300dpi) photo of the service member in uniform (must be a picture of just them) and a 2-3 sentence description of said person.

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Womens Empowerment Receives \$25,000 from Save Mart Cares

Grant Will Help Sacramento Women Break the Cycle of Homelessness

SACRAMENTO REGION, CA (MPG) - Save Mart CARES has donated \$25,000 to help homeless women in Sacramento find homes and jobs to support their families through Women's Empowerment's comprehensive job readiness program. The mission of Women's Empowerment aligns closely with the mission of Save Mart CARES, which supports programs that have a record of results and contribute to the advancement of community, arts, recreation, education or sports.

"A significant measure of a community's health is how many of its residents are employed," said Lisa Culp, executive director, Women's Empowerment. "Women who experience homelessness face profound barriers in their search for employment, so we empower them with tools to overcome those hurdles and secure jobs that will support their families. We are grateful to Save Mart CARES for recognizing that when women rise from homelessness, the entire community rises with them."

In Women's Empowerment's initial eight-week program, women who are homeless receive free onsite child care in the group's child

development center and transportation assistance. Each woman works with a master's level social worker to address her root causes of homelessness. She attends classes on job readiness, confidence building, health and empowerment, as well as support groups for domestic violence and substance abuse. Women then focus on job placement with their employment specialist and volunteer career mentor. Women who have graduated from the eight-week program can enroll in the group's graduate services at any point in their lives when they need assistance. Services include paid job training, vocational certifications, counseling with a social worker and employment specialist, access to a professional clothing closet, financial coaching and job retention services for employer and employee.

Women's Empowerment was featured on NBC's The TODAY Show in 2015 for offering the most comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The award-winning organization has graduated 1,386 homeless women and their 3,750 children.

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Julie Sardia of Save Mart presents Lisa Culp of Women's Empowerment with a check for \$25,000 to empower women who are homeless to find homes and jobs.

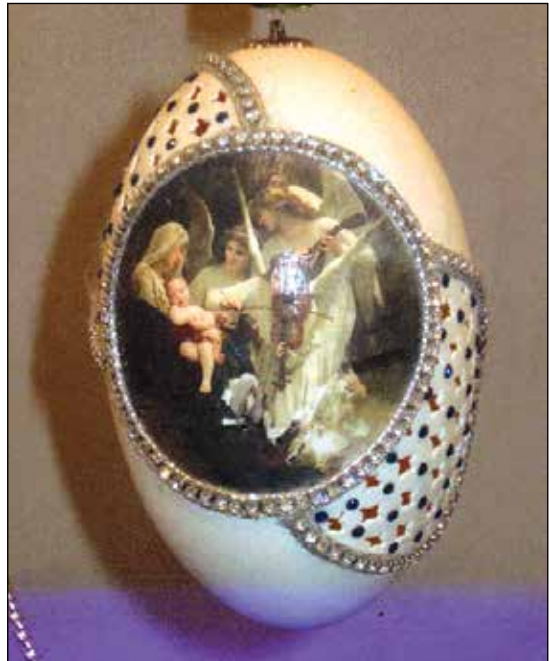
An Eggstravaganza of Delicate Art

By Shelly Lembke

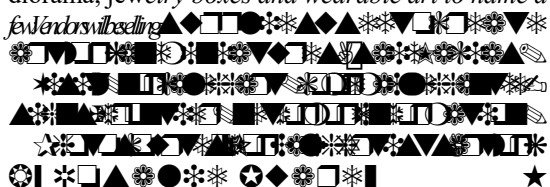
SACRAMENTO REGION (MPG) - Sacramento's 27th Annual Northern California Eggstravaganza is just around the corner. The yearly event features free admission in addition to shopping, a raffle and seminars taught by egg artists from around the globe. All proceeds from the raffle will benefit the Sacramento Shriners Hospital for Children.

"Egg artists from around the world will be teaching seminars, exhibiting and selling artwork created from real eggshells: ostrich, rhea, emu, goose - as small as finch eggs," according to Show Director Diana Macias.

The seminars are February 23-26. Times and fees vary. Pre-registration is required. The exact schedule can be found online at the show website.



The artists giving the seminars hail from the US, Great Britain, the Netherlands, Japan, Mexico and Canada.

"Styles of artwork will include Fabergé, pysanka, etched, jeweled, beaded, painted, diorama, jewelry boxes and wearable art to name a few. *Wonders will be selling*  ★

Allergy Alert on Undeclared Cashew Allergen in Dry Roasted Almonds

U.S. FDA Special Report

SACRAMENTO REGION, CA (MPG) - Specialty Commodities, Inc. (SCI), a subsidiary of Archer Daniels Midland Company (NYSE: ADM), is recalling a specific lot of dry roasted almonds because they may contain undeclared cashews. People who have an allergy or severe sensitivity to cashews run the risk of a serious or life-threatening allergic reaction if they consume these products.

The recall was initiated after it was discovered that the cashew-containing product

was distributed in packaging that did not reveal the presence of cashews. The recalled dry roasted almonds were distributed between December 22, 2016, and January 19, 2017, to three customers, one of whom redistributed them for sale in either bulk bins or clam shells to retail outlets in California, including Safeway and Nugget Markets.

Representatives of SCI are working with DSD Merchandisers Inc., the distribution customer, and these outlets to ensure the product is removed from shelves and returned. No illnesses have been reported to date

in connection with this issue.

Subsequent investigation indicates the problem was caused by a temporary process irregularity that occurred at the third-party contract manufacturer that processed and packaged the almonds for SCI. Then, an inventory processing irregularity resulted in the almonds being forwarded to the impacted customers.

Please direct any customer inquiries to 770-752-8229 between the hours of 8 a.m. and 5 p.m. Eastern Time Monday through Friday. ★

Are You Nuts!

Non-Profit Goes Nuts, and Berries!

SACRAMENTO REGION, CA (MPG) - Sacramento's heroes of nature, The Wildlife Care Association (WCA) is changing up a major fundraiser. The Nuts & Berries fundraiser will move from December to a new date in February, and reformat as a raffle. WCA President Theresa Bielawski says, "The new format gives everyone a better chance of winning prizes, and will help grow the funding for giving wildlife a second chance." The Nuts & Berries Raffle event takes place at WCA, 5211 Patrol Road, McClellan Park on Saturday, February 4th from 11am-2:30pm.

Formerly a silent auction event, the new Nuts & Berries Raffle offers the community a way to save wildlife and a more level playing field for all. With more than \$12,000 in raffle prizes, including a 10 Day Cruise to Alaska, tickets are \$75 each, two for \$140 or three



for \$200. No limit on the number of tickets you may purchase with all money supporting the non-profit mission to save regional wildlife.

With the \$4000 valued Alaskan Cruise donated by Zoe's Cruises & Tours, other Nuts & Berries Raffle prizes include Birdseed for a Year donated by Wild Birds and Gardens, a California Wolf Center Tour for 4, Pier 39 Fun Packs, sport packages including Oakland Athletics tickets, Wildlife Coin Sets, with more prizes in addition to the ones

listed here. No prize will have a value of under \$125. Some prizes include restaurant gift certificates such as Outback, Olive Garden, Garcia's. In addition, we have fine wines, Starbucks coffee, paint ball, laser tag, museum admission tickets and more!

Go to the WCA website at www.wildlifecareassociation.com. Make sure you click the BUY RAFFLE TICKETS button not the DONATE button. Payment must be received no later than Monday, January 30th. You will not receive tickets in the mail, only an acknowledgement of how many you purchased and your ticket number (s). You can also purchase tickets on February 4th at the event.

Information on watching the Nuts & Berries Raffle draw live online will be posted on our website by February 1st, 2017. For more visit www.wildlifecareassociation.com. ★

Celebrate the New Year with Free Flowering Trees

SACRAMENTO REGION, CA (MPG) - Residents in your state can ring in the New Year with 10 free flowering trees by joining the Arbor Day Foundation any time during January 2017.

By becoming a part of the nonprofit Arbor Day Foundation, new members will receive two Sargent crabapples, three American redbuds, two Washington hawthorns, and three white flowering dogwoods.

"These beautiful trees will beautify your home with lovely flowers of pink, yellow and white colors," said Matt Harris,

chief executive of the Arbor Day Foundation. "These trees are perfect for large and small spaces, and they will provide food and habitat for songbirds."

The free trees are part of the Foundation's Trees for America campaign.

The trees will be shipped postpaid at the right time for planting, between February 1 and May 31, with enclosed planting instructions. The 6- to 12-inch tall trees are guaranteed to grow or they will be replaced free of charge.

Members will also receive a subscription to the

Foundation's bimonthly publication, Arbor Day, and The Tree Book, which includes information about tree planting and care.

To become a member of the Foundation and to receive the free trees, send a \$10 contribution to TEN FREE FLOWERING TREES, Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, NE 68410, by January 31, 2017.

Residents can also join online at arborday.org/january.

Source: Arbor Day Foundation ★



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Citrus Heights Kicks Off Year of Celebration

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Elementary won a \$50 gift card as the grand prize winner with her "Citrus Heights Feels Like Home" poster. Arlington Heights Elementary was awarded a \$500 gift card for the most entries.

The evening included a five-minute video with a brief history of the Citrus Heights before and after incorporation. The first meeting of a handful of interested residents took place in November of 1984. They formed the Citrus Heights Incorporation Project (CHIP) to handle all phases of the project, right up to and including the legal fights which went all the way to the United States Supreme Court, which in the end rejected the case.

A five-minute video was shown which highlighted interviews with those involved in the grass roots effort to incorporate. Former presidents of CHIP: Roberta McGlashan, Bill Van Duker, - the "godfather" of Citrus Heights, and (former Congressman) Doug Ose remembered what it was like. Ose said residents were tired of not getting "our services from our own money". Others echoed that frustration, wanting their tax dollars to stay to work in their city.

Jack Duncan, and Jeannie

Bruins, who just completed her third term as mayor, also gave their insights. Bruins thanked the chamber for leading the charge to cityhood.

James Shelby, a member of the first city council said Citrus Heights was a "forsaken community by the County of Sacramento...where all the low-income housing and social services went."

Upon winning cityhood on November 5, 1996 with 62.4% of the vote, Citrus Heights was about to become the largest new city in California with 88,000 residents and only the fifth new city in Sacramento County. Despite starting their first year with "no money, no building, no staff and no insurance", they did not become the "beggars on the corner" skeptics had predicted. The first city council was not merely a "throwaway city council", nor did their newly formed police department fail as naysayers had anticipated. The first city council and remaining CHIP members worked through all those obstacles to completion.

A touching moment came at the end of the meeting when a standing ovation was given to Jack and Jean Duncan, the first two members of CHIP to sign the application for incorporation, for their ongoing service to Citrus Heights. ★

Check the City website for the Top 20 Lists highlighting different aspects of Citrus Heights. A new topic will be announced each month such as "Things I Like About Citrus Heights", "Best Events" and "Longest Residents of Citrus Heights". The lists will be revealed at the first city council meeting of each month.

The History and Arts Commission is seeking 50 photographers, amateur or professional to submit up to 10 photos each taken from its incorporation in 1997 to February 2017. They are creating a special 20th anniversary book of photos. At least one photo will appear from each of the 50 photographers. For more information and rules, see the City of Citrus Heights 20th anniversary website.

The January 12, 2017 city council meeting with the video can be viewed on the website at www.citrusheights.net.

This is a yearlong celebration. All events will be family friendly and interactive with the community.

The signature event is the 20th Anniversary Block Party on June 3, 2017 from 3:00 p.m. to 8:00 p.m. at Van Maren Park & Stock Ranch Road. It will be a family event with something for every- one. ★

Package Theft Suspects Arrested



Shawn Flemens; (left two photos) and David Whitley (right).

CHPD Special Release

CITRUS HEIGHTS, CA (MPG) - On January 4, 2017 at approximately 11:27 a.m., Citrus Heights Police Officers responded to the 6600 block of Auburn Boulevard regarding a person stealing packages from the front porch of a nearby residence. Video surveillance showed a white adult male concealing two packages into a red bag he was carrying. The theft suspect left the scene prior to officer arrival and his identity was unknown at that time.

Citrus Heights Police Officers initiated an investigation into the theft and the identity of the suspect, including the use

of community social media. Twenty year-old Shawn Flemens of Sacramento was identified as the suspect and the Sacramento County District Attorney's Office issued a warrant for his arrest. A second suspect was also identified during the investigation as 25 year-old, David Whitley of Citrus Heights.

On January 21, 2017 Citrus Heights Police officer located Whitley during the execution of the arrest warrant. Flemens had fled prior to officer arrival, but was located approximately 30 minutes later during an area search. Both men were arrested for their warrants and transported to the Sacramento County

Main Jail.

The Citrus Heights Police Department appreciates our community partnership and their interactive involvement in helping to solve crime. The video surveillance images provided by neighbors in the victim's neighborhood were instrumental in allowing our officers to identify the suspects. With the continued reduction in cost of video surveillance equipment, CHPD appreciates all those residents who have invested in a home surveillance system. Our ability to identify and solve crime with the community's assistance is greatly enhanced with this technology. ★

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Crossword Puzzle on Page 5

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L	I	C	H	I		H	U	H		O	U	T	E	R		
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		C	O	R	D	E	N			F	R	E	E	D	O	M
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D	O	L	E	D		E	Y	E	R		A	R	I	L		
A	F	L	O	A	T		E	D	A	M		T	A	O		
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Sudoku Puzzle on Page 5

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

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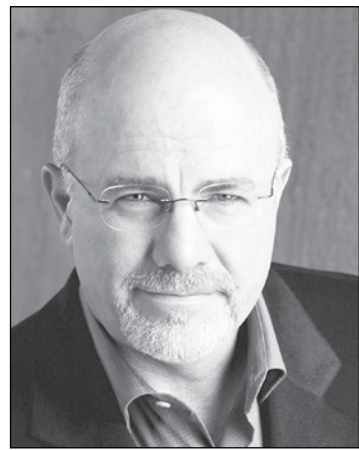
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Dave Says

trouble of opening it, and you just might use it again someday. Even if your wife is staying home with the baby, she just might be able to take on more students again as time goes by.

Just be reasonable and use common sense. If you spend \$3,000 to stay open, and you're making \$700, you'd dissolve it, right? But as long as you don't have fees that are making you cringe, I'd probably leave it in place.
—Dave

Helping dad

Dear Dave,
My dad has been really bad with money his entire life. Anytime he would get into trouble, my grandparents would always bail him out. This time he came to my wife and I, asking for \$350 to get out of overdraft at the bank. We're trying to live on a budget and get control of our finances, and \$350 would make things kind of tight at the moment. What do you think we should do?
—Jeremy

Dear Jeremy,
I understand feeling an obligation to help your dad. But there's a lesson here that dad needs to learn, and it's something that goes much deeper than the money or helping out a family member.

You have to do the right thing, no matter how dad reacts to this. Right now, the right thing

is taking care of your family and not putting them in jeopardy. So my answer to dad would be no. Another thing that needs to happen is for the definition of "help" to change. When you say he's been irresponsible with money his whole life, giving him \$350 won't help — and it will make you an enabler. Just handing him \$350 will actually hurt him, and it will give him the idea he can continue being dumb with money and hit you up for cash anytime.

Like I said, I understand the pull of helping out a parent. So if you feel this is something you absolutely must do, I would advise making the \$350 contingent on the fact that he begin and complete a financial counseling course. Be gentle when you talk to him, and let him know it hurts to see him struggling. But let him know, too, it's his responsibility to work through his debts and take care of his own finances!
—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. ★



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

Pam Young's Corner

Who Really Made Your New Year's Resolution?

I received a lovely story from one of my readers that I think is typical of many of us. It's so easy for us to look on the other side of the fence and wish before we think. Somebody said, "Be careful what you wish for because you just might get it." I wonder how many of our New Year's resolutions come from wanting to look and feel like someone else, or have what they have.

I discovered that my inner child (Nelly) has changed the way I wish and make resolutions, because she's helped me love who I am right now without any New Year's resolutions coming true. It's very important for me to spend inward inspection time, only for the purpose of realizing that this moment is all I have. This moment, with all the people in my life, is all right. This moment with the circumstances I face, is all right. This moment with the promise that if I really enjoy it, the way it is right now, I'll be practicing to enjoy the next moment and the next and the next, and all is well.

Here's the note:
Dear Pam,
I have discovered more than one child inside me. One is a protective, raging teenager (Mandy) who gets on the defensive too easily. One is just a happy kid who likes to have kid-type fun.

(The teenager does too, provided she is doing it to humor the kid and doesn't have to admit it's for her too.) But here is the story that compelled me to write to you:

All year, I had noticed a family at my daughter's school. The children look like they came straight out of a fairy tale. One day, they were playing with their dad at the park when we were there. He was so gentle and caring with his children. He laughed and played with them. They even included my children in their games. As we were leaving the park, I heard the thought in my head, "I wish I could be in that family."
I immediately envisioned myself as his wife and thought, "No way! I am happily married to a wonderful man who is a wonderful husband and father. I have never even been tempted to stray! Where in the world would such a sick thought come from?!"
I was angry with myself. Then I realized that it was not my adult desire to be his wife, but the desire of someone within me to have a gentle, loving father. Wow! I discovered a scared, shy little girl. She's the one the teenager is so busy protecting. She just wanted to have a safe, loving family to be in, instead of

the angry, hurtful home I grew up in. I am enjoying getting to know her. She is so sweet. Many tears later I am finding the peace that has eluded me for so long. Now that little one smiles sometimes. We haven't settled on a name yet, but in time I know we will.
Thank you,
A happier mom of three.

When we get to know our inner child, we really get a second chance at having a great childhood, because we can be the benevolent, happy and understanding parent we may not have had when we were growing up. I love that this woman realized where her thoughts came from. They did NOT come from her adult consciousness, but from that of a little girl in her that didn't have a happy childhood.

When you read this, did you think about the New Year's resolution you made this year? Was it you that made it, or perhaps the child within?

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, ways to lose weight and get your finances in order, all from a reformed SLOB's point of view. ★

Dissolve the LLC?

Dear Dave,
My wife and I are debt-free, plus she has a business giving music lessons. We formed an LLC last year when she had several students and was making over \$3,000 a month, but that all changed when our first baby arrived. Now, she has only a few students, and they bring in around \$700 per month. Should we dissolve the LLC?
—Ben

Dear Ben,
First, congratulations on being debt-free and new parents. Happy New Year to you all!

In most states, the only upfront cost for an LLC is the money you pay for the initial set up. There may be a small fee for a business license and subsequent annual renewal, but that generally doesn't add up to much. Then, there's the money you pay for filing your tax return on the LLC once a year. Even if you live in a state where there are other fees to consider, as long as the cost of maintaining the LLC wasn't killing you, I'd recommend keeping it in place. You went to the

Womens Empowerment Receives \$25,000

Continued from Page 1
Last year, 92 percent of graduates found homes and 81 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women's Empowerment is funded through private donations

from the community and receives no government funding except for in-kind rent from the County of Sacramento. To make a donation: www.womens-empowerment.org.

Save Mart CARES is a 501c3 charitable organization focused on supporting community, arts, recreation, education and sports. The foundation was created by Save Mart Supermarkets and

operates with a separate board of directors maintaining a separate focus on supporting the company's principle of giving back to the communities it serves. For more information, visit www.savemart.com/community/cares-foundation.

Source: Kristin Thebaud Communications ★

River Cats Invite Fans to Nominate Military Family

Continued from Page 1
If your photo is selected, you will be contacted with information on how you can preorder

the jersey. The Salute to Armed Forces specialty jersey is presented by USAA. Net proceeds from the jersey auction will

benefit Blue Star Families, who proudly support military members and their families.

Source: River Cats Media ★

STATEPOINT CROSSWORD • THE GRAMMYS

- CLUES**
- ACROSS**
- Bars on guitars
 - Olden-day aerosol can propellant
 - Invitation request
 - Chinese fruit
 - "Say what?"
 - Kind of space
 - *8-time Grammy winner and "Climax" (2012) performer
 - Victorian time, e.g.
 - Mickey Mouse's pet
 - *2017 Grammy host
 - *Beyoncé's nominated rap song
 - Listening device
 - British comedy's Mr. _____
 - Baryshnikov's step
 - Red gemstone
 - Good guy
 - Amy Winehouse's voice, e.g.
 - Same as pleaded
 - Chinese silk plant
 - Film _____
 - Rode in a tube
 - Insolence
 - Dished out
 - Observer
 - Seed cover
 - Like flotsam
 - Red-encased cheese
 - Chinese "way"
 - *Prince's 1986 Grammy winner
 - Spanish sea
 - *Justin Bieber's Grammy nominated album
 - *Best Rap Song nominee (2017)
 - Apathetic
 - Ante up
 - Reflective thinker
 - Ringworm
 - Rub the wrong way
 - Open-mouthed
 - Perching place
 - *1995 Grammy nominee, _____ of Base
 - _____ and rights
- DOWN**
- Work stopper?
 - Reduced Instruction Set Computer
 - Amazon's smart speaker
 - Not here
 - India VIP
 - _____ Zhen, played by Bruce Lee and Jet Li
 - Hudson's Bay Company's original ware
 - Irritate by rubbing
 - *4-time Grammy nominated Ja _____
 - Part of house frame
 - U.S. President's special power
 - "Pretty in Pink" formal
 - "Once upon a time..." e.g.
 - Do like a volcano
 - Popular pickup
 - Sayonaras
 - *Designer's nominated hit
 - Cool & distant
 - Motionless
 - ** _____ Aint Your Color*

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12	
13					14			15				
16					17			18				
	19				20		21	22				
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48				49		50		51		52		
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57	58	59	60			61		62	63			
64					65	66		67		68		
69					70			71				
72					73			74				

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© StatePoint Media Crossword Puzzle Solutions on Page 4

- Hindu serpent deity
- Like TV with browsing capabilities
- Locomotive hair
- *Adele's multi-nominated hit
- Dunking treat
- Ownership document
- Golden Globes' category
- One of Fanning sisters
- "_____ the season ..."
- Hairy vertebrate
- Photo tint
- Moulin _____, Paris
- Bread pocket
- Inch, e.g.
- Late Attorney General Janet
- A secondary school
- Type of fish net
- Sky defender
- Autumn mo.
- Parabola, e.g.
- Hi-_____

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

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It's Déjà Vu All Over Again

Dr. James L. Snyder

New Year's Day was filled with lots of excitement, plenty of grandchildren running around and enough food on the table to eliminate world hunger. Actually, it did eliminate my ravishing hunger, at least for the day.

Both the Gracious Mistress of the Parsonage and Yours Truly simultaneously signed a deep sigh. My wife sat in her chair thinking and I, reclining in my chair musing. Believe me, we both had a lot to think about and muse over.

The difference between thinking and musing is quite profound. Thinking requires a lot of hard work while musing is closely related to amusing, although I am not quite sure about the connection. All I know is it takes less energy to muse than it does to think and I'm all for saving energy.

I had just gotten into a rather delightful muse when my wife made a very startling announcement.

"Well," she said most thoughtfully, "I guess this is the start of a brand-new year."

I was too deep into my muse to do more than grunt affirmatively.

Then I began to think, which sapped me of a lot of energy at the time. Although my wife was not wrong in her observation (she is never wrong about anything) she was not exactly right. However, being the man of the house, not to mention not having enough energy to put up a good front, I did not call her on it. But I thought on it some more.

Everybody says this is a new year that has never been lived before. And I would like to challenge that kind of thinking. I have an eerie feeling that I have been here before.

I am not sure if my muse got mixed up with my thinking but at the end of the exercise, I came to several startling conclusions. The biggest conclusion is there

is nothing new about the New Year.

Do not take my word for it, do some thinking on your own. Okay, it's a little too early in the year to do heavy thinking so maybe some light musing might be more in order.

If I remember correctly, and I must check last year's calendar, but wasn't it January last year at this time? In fact, I think for the past couple thousand years there has always been a January. Nothing new about January. In my lifetime, I have seen 65 Januarys. At the time, everybody said it was new. What I want to know is, when does the newness wear off? When is somebody going to stand up and honestly say, "Welcome to another old year."

Every time I have a birthday, people tell me I am a year older, but when another January comes around people try to tell me it is new. I think this year I am going to insist on my birthday that people tell me I am getting newer and not older.

Then, just as my muse was catching a second wind, I thought of some other inconsistencies about this so-called New Year hoax.

If I remember correctly, last January there were seven days in a week; Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, and Sunday. What I find rather strange is this new January has the same old days of the week. This is rather curious to me. Somebody is trying to sell me some old horse medicine for tea.

Now, if the year 2017 is supposed to be a new year why does it carry over the same old luggage of the old year? I think I smell a conspiracy here.

For example, if you went to buy a brand-new 2017 car, you opened the door, the hood and the trunk and everything was from a 2016 car, wouldn't you feel a little bit cheated? I know I would.

Not only does this so-called

new January have the same days of the week, and you are not going to believe this one, it also carries the same numbers of the days. And, these numbers are still in the same order as it did in January 2016.

I believe there should be a Congressional investigation into this rather serious hoax being played on the American people. After all, if someone promises something to be new, and brand-new at that, it should be downright new.

I think I go along with Solomon, the wisest man in the world, who said, "The thing that hath been, it is that which shall be; and that which is done is that which shall be done: and there is no new thing under the sun" (Ecclesiastes 1:9 KJV).

This so-called "New Year," is simply the "Old Year" repackaged for the unsuspecting. For some people it will take six months into the "New Year" before they realize this awesome truth.

People make New Year's resolutions, which are simply the old resolutions from the year before. Some of them go back decades. Nothing really changes. By the time February, which is the same February as last year, rolls around those new resolutions are tainted with some serious aging.

But there is a greater than Solomon that I appealed to. He said, "And he that sat upon the throne said, Behold, I make all things new. And he said unto me, Write: for these words are true and faithful" (Revelation 21:5 KJV).

I will leave the creation of "new," to the one who knows how to make all things new.

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 jamesnyder2@att.net. His web site is www.jamesnyderministries.com. ★



By Pastor Ray Dare

There have been times in my life where I've been confused, worried, anxious about the future. If you'll be honest about it, there have been times in your life when you felt these same things. Maybe today you're facing some of these same things.

God says in Isaiah 26:3, "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusts in thee." God renews you spiritually when you accept Christ in your life, but your mind isn't renewed automatically. There's something that you have to do. Never underestimate the important role that your mind plays in your walk of faith.

I've found that every time I get worried, confused, overly concerned, or anxious about the future, I've taken my mind off the things of God and I've started looking at the

Pastor Ray's Encouraging Words

Peace of Mind Is a Promise

circumstances all around me. I'm going against what God says when I start dwelling on "How am I going to overcome these challenges? How am I going to overcome these obstacles? How am I going to overcome all these things that are coming against me?" Do you know what happens when you meditate on those things? They'll get bigger and bigger and bigger. Then all of a sudden you're feeling doubt and unbelief and fear.

You have to keep your mind stayed on Christ. You may think, "But Ray, I'm busy. I've got a career and I'm working and I've got all this stuff going on." But friend, you're not going to experience God's perfect peace automatically. You have to get into God's Word and get His Word into you. It's so important to meditate on and memorize Scripture. It's so important to stay in church where you can hear the Word of God.

Sometimes I like to think about Scripture that talks about the goodness of God; how good God is. Like Galatians 3:13, "Christ has redeemed us from the curse of the Law." Do you know what the curse of the Law

is? It's misery, mental torment, depression. It's all the miserable things of this life. You take that Scripture one week and just meditate on it, think about it, ponder it. 'Thank you, Father, that I don't have to live a miserable life.' That's going to give you peace, because your mind is stayed on Him.

Philippians 4:6 says, "Don't worry about anything; pray about everything." Don't worry about anything, but pray about everything. Listen, I going to challenge you. The next time you have the opportunity to worry, don't choose to worry. Every time that you have that negative thought just praise God that the answer's on the way. You know what you're doing? You're saying, "God, I know the situation may not look good, but I choose to believe. You're still in control. I choose to believe. You can still see me through." And you're going to experience God's perfect peace.

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By Marlys Johnsen Norris, Christian Author

Standing beside the gravesite of someone you have known for many years, have you ever glanced at the birth date, dash, and the date of death marked on it?

Most believe the dash means nothing but if you have known and loved the person well, you realize that 'small dash' represents everything that person

Burial Placque On A Grave

accomplished or did in a lifetime. That dash embraces the countless times that person extended kindness and love to you as well as the world around them. As tiny as it is, it speaks loudly about the total life of the individual buried under its ground and reminds us of the depth of our personal loss because they are now gone forever and are a child of God's having graduated into the Kingdom of God.

Some may say, "It's all in a day." But truth is, it is much more than that. It is a life that has been lived well. A life exemplified the love and likeness of Christ to the world around them. A life victoriously spent because of Christ's love living within their body and exemplified through them in a thousand generous ways.. Were they perfect human beings? Of course not! The wonderful thing about realizing our failures, God

still loves us and as we live with God in our heart He best understands our failings better than we do. His love is unconditional and never ending for each one of us.

God loves every single person He has created to live life and His love never ends. Yes, He desires you to know and walk with Him and many find that path of everlasting life, but some do not. Some go their own way for years and years and you may ask "Does He still love them?" Yes my friend, He still loves them. God will wait till the last moment of a man/woman's life for them to open the door of their heart and invite Him inside. Mankind will never understand the unconditional agape love of God because it is so profound and magnanimous, just like God Himself.

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

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POPOFF!

with Mary Jane Popp

thoughts right in their tracks. All it takes is challenging them with seven direct questions, starting with...

- 1) **SAYS WHO?** Whenever a negative thought pops into your head, ask it: Says who? The question exposes a negative thought for what it is: a doubt that can disrupt your life and damage your sense of well-being.
- 2) **HAVE I HEARD SOMEONE SAY THIS THOUGHT BEFORE?** So many of the voices in our head are actually echoes. They're old words we heard someone else say to us, such as a parent, spouse, or boss. By identifying the originator of the thought, you can find out if it really belongs to you. Many times it doesn't.
- 3) **DO YOU LIKE THIS THOUGHT?** Go ahead and ask yourself: Is this thought desirable or appealing? If not, then ask yourself: why are you thinking it? If you don't like what you're hearing, you don't have to listen.
- 4) **DOES THIS THOUGHT MAKE ME FEEL BETTER?** Negative thoughts tear us down instead of build us up. They seep into our psyches, wreaking havoc. Ask yourself: Is this thought making you feel better or

worse about yourself? If it doesn't enhance your self-esteem in any way, why are you thinking it?

- 5) **DOES THIS THOUGHT WORK FOR ME?** Is this thought useful or productive for you? With this question, you can take a look at whether or not a thought supports your desires or goals. If not, why are you thinking it?
- 6) **AM I IN CONTROL OF THIS THOUGHT?** Does this thought have any kind of hold or power over you? Or, are you in control of it? If not, ask yourself why you would let a thought have power to control you. Remember, you are the commander of your own thoughts, not the other way around.
7. **DO I WANT TO KEEP THIS THOUGHT OR LET IT GO?** With this questions, you are finding out if you want to hold on to a thought that serves no useful purpose for your well-being. If it's not doing any good, it's probably doing you bad. So let it go.

But get a hold of the positive and make it exciting and new. Check out www.oranadrich.com and remember "Says Who" and how one simple question can change the way you think FOREVER! ★

Says Who?

Do you have negative thoughts? We all do at some time or another, but do yours dominate your life? Want to get rid of those thoughts that hamper your life? No problem. I talked with Ora Nadrich on POPPOFF who wants to help you go for the positive to change your life. She is a Certified Life coach, Certified Mindfulness Meditation Teacher, and author of "Says Who?" So how can one simple question change the way you think forever? Did you know we have some 60,000 to 70,000 thoughts a day, and many are negative? Some of those thoughts can be "I can't do that" or "It's never going to happen for me" even "I'm not good enough." As we embark on a new venture or work toward a new goal, they pop-up and wreak havoc on our plans and self-confidence. According to

Ora, thoughts create beliefs, which then create behaviors, and negative thoughts can undermine us right into a standstill. But there's a way to stop negative

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



Sacramento FBI Teen Academy Applications Available Online

Class Offers Information, Experiences, and More to High School Juniors

SACRAMENTO, CA (MPG) - The Federal Bureau of Investigation (FBI) Sacramento field office is accepting applications for the Spring 2017 FBI Teen Academy. This unique opportunity is open to all high school juniors attending any school—public, private, and home school—in the 34-counties the field office serves. The application package is available for download now.

Students selected to participate will spend an entire day at FBI Sacramento field office headquarters in Roseville on Friday, April 7, 2017. Applying and attending the FBI Teen Academy program is free; however, families are responsible for travel to and from the class.

The FBI Teen Academy is a unique opportunity for any student—regardless of career interest—who is curious about the FBI, what the FBI investigates, and how

it serves the community. FBI Teen Academy participants engage in activities and discussions about what the FBI does and current topics relative to FBI investigations. Activities may include discussions about cyber safety, terrorism, active shooter situations, and color of law and civil rights investigations; participation in simulated evidence response team and bomb techs scenarios; and frank conversations about online communication and staying safe in an always-connected world.

After completing the class, participants better understand the FBI's role in their communities, grasp the complexity of FBI investigations, can make lifestyle choices to be safer in their day-to-day lives, and what FBI career paths are available. FBI Teen Academy students often remain connected with the field office to

facilitate presentations, mentorship, and more.

Each spring and fall, the FBI Sacramento field office hosts the FBI Teen Academy for 20-36 students who spend a day in FBI facilities to learn about the agency, what it investigates, how it serves its community, how students can make wise lifestyle choices to be safer in their day-to-day lives, and what FBI career paths are available. The opportunity is available to any high school junior in the region the field office serves and can create a lasting connection between the students and the FBI. More than 250 students have attended the FBI Teen Academy in Sacramento to date.

To find the application see <https://www.fbi.gov/contact-us/field-offices/sacramento/community-outreach-1>

Source: FBI



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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 month 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. ★

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Girl Scout Cookies: 100 years, 9 Cookies, 5 Skills, One Purpose!

Building Girl Leaders One Package At A Time



The five skills that participating in Girl Scouts build in future Girl Leaders are: goal setting, decision making, money management, people skills and business ethics. Photo courtesy of Girls Scouts of America

SACRAMENTO REGION, CA (MPG) - This year marks the 100th year since Girl Scouts first started selling cookies. The cookie sale teaches valuable life skills and the proceeds, which all stay local, support their adventures and community service projects all year long!

Girl Scouts nationwide are celebrating this 100th cookie-versary with a brand new S'mores Cookie and you're among the first in the country to try it! The cookies are available to order starting January 13. Look for Girl Scouts with order forms! For the third year running, the cost of Girl Scout Cookies is \$5 per package.

The cookies arrive in Sacramento on February 18 at the Girl Scout Cookie MegaDrop at

Raley Field. They are expecting to distribute more than 100,000 cases of cookies to Girl Scout troops throughout Northern and Central California. Cookies will be available through booth sales starting February 24.

The five skills that participating in Girl Scouts build in future Girl Leaders are: goal setting, decision making, money management, people skills and business ethics.

Girl Scouts is the world's most successful organization dedicated to creating girl leaders, with 3.2 million active members and more than 59 million alumnae. Since its founding in 1912, women have explored new fields of knowledge, learned valuable skills and developed strong core values through

Girl Scouting. The Girl Scout organization has shaped the lives of the majority of female senior executives and business owners, two-thirds of women in Congress, and virtually every female astronaut.

The national organization is Girl Scouts of the USA; the local council is Girl Scouts Heart of Central California (GSHCC). GSHCC is devoted to building Go-getters, Innovators, Risk-takers and Leaders (G.I.R.L.s) in Alpine, Amador, Calaveras, Colusa, El Dorado, Glenn, Mariposa, Merced, Nevada, Placer, Sacramento, San Joaquin, Solano, Stanislaus, Sutter, Tuolumne, Yolo and Yuba counties. ★

Sacramento County DA Reports



Police Officers Lawfully Acted in Self-Defense in Shooting of Dazion Flenaugh Woman Sentenced for Stealing Wallets, ID Theft Woman Convicted for Double Murder of Elderly Couple

DATE: January 13, 2017

The District Attorney's Office has determined that three Sacramento Police officers lawfully shot Dazion Flenaugh after he rushed at them in a threatening manner while holding two knives.

On April 8, 2016, Sacramento Police officers contacted Flenaugh in the South Sacramento area after receiving a report that Flenaugh had been acting suspicious in the neighborhood. Flenaugh ran from the officers and committed multiple crimes while seeking to avoid apprehension. After jumping over fences and escaping through backyards, Flenaugh stole a large pick axe from one yard and used it to smash another residence's front door window. He also broke the back door glass. Flenaugh then went to an occupied home, which he forcibly entered after threatening to harm the resident with the pick axe and knife he was holding. She retreated from her home and contacted a neighbor for help. After discarding the pick axe and now holding two knives, Flenaugh confronted and threatened the neighbor, then fled.

When officers finally caught up with Flenaugh, he refused to comply with repeated commands to drop the knives and get on the ground. Instead, he rushed directly at one of the officers with the two large kitchen knives still in his hands. Two other officers were also standing nearby. Fearing for their own safety and the safety of each other, the three officers discharged their weapons at Flenaugh. Flenaugh died as a result of his gunshot wounds.

Multiple witnesses reported Flenaugh acting in a manner consistent with being under the influence of a controlled substance. Laboratory testing confirmed the presence of amphetamine and methamphetamine in Flenaugh's blood.

The District Attorney's Office investigates all officer-involved shootings that result in death or bodily injury. By law, officers are allowed to use deadly force when they reasonably believe they are faced with imminent danger.

Based on a thorough review of the evidence, Flenaugh posed an imminent threat of death or serious bodily injury to the three officers, and they were justified in shooting Flenaugh to defend themselves and each other.

Our review only addresses whether the officers involved committed any violation of criminal law. We do not address issues of civil liability, police tactics, or department policies or procedures.

The District Attorney's Office report detailing our

factual and legal findings is available to the public.

DATE: January 18, 2017

CASE: Jasmine Moore-Grant (Case #15F04710, #15F05478, #15F06495)

PROSECUTOR: Deputy District Attorney Kelly Jobe, Special Investigations Unit

The Honorable Michael Bowman sentenced Jasmine Moore-Grant to 21 years county jail prison, of which she was ordered to serve 13 years in custody and 8 years on mandatory supervision. Moore-Grant previously pled to one felony count of second-degree burglary, 24 felony counts of identity theft, and admitted to two prison priors.

In July and August of 2015, Moore-Grant entered office buildings during business hours and stole wallets from employees who were away from their desks. She then repeatedly used and attempted to use more than a dozen victims' credit cards to make purchases at local stores. She completed over 90 fraudulent transactions causing more than \$7,000 in loss.

Moore-Grant has a prior criminal history of multiple theft and identity theft offenses.

DATE: January 20, 2017

CASE: Shauna Burton (Case #13F07264)

PROSECUTOR: Deputy District Attorney Thien Ho, Homicide Unit

Shauna Burton was convicted by a jury of two counts of first-degree murder for beating Melvin Bain and Jean Bain to death. The jury also found true weapons and multiple murder special circumstance allegations. Burton was also convicted of robbing a store clerk.

On November 3, 2013, Shauna Burton went to a CVS Pharmacy on Zinfandel Drive, where she threatened a clerk with a gun and then robbed the store. Shortly afterwards, Burton went to Melvin and Jean Bain's residence. Burton had previously assisted in caring for 78-year-old Jean Bain. While at the Bains' residence, Burton demanded prescription pills and money. When Melvin Bain refused, Burton stabbed Melvin Bain in the face and beat the elderly couple to death with a large Maglite flashlight.

Burton faces a maximum sentence of life without the possibility of parole. Sentencing is set for February 24, 2017 at 9:30 a.m. in Department 13 before the Honorable Matthew Gary. ★

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Advanced Home Health is Growing Treats Heart, Mind, Body and Soul

By Shelly Lembke

SACRAMENTO REGION (MPG)

One Sacramento-based company has quietly and efficiently carved a niche into the home health care business by providing superlative care for patients and caregivers alike. The “whole-istic” business model of Advanced Home Health and Hospice (AHHH) has earned them not only professional accolades and a thriving business, but a stellar reputation for their positive results for even the most complex patient care. The beating heart of this organization is founder Angela Sehr. Sehr is a woman with a mission and a vision with patient wellbeing in the Sacramento area.

Born in Xian, China, home of the famous Terra Cotta Warriors, Sehr started college at 15 and became a nurse at 18. The youngest of nine children, her siblings are also high achievers with a judge, college professor, engineer and a teacher among her immediate family.

Shyly self-admitted as a teacher’s pet, she loved science from a very young age. She says her mother encouraged her children to all be independent. “Marry well, she said, but always be able to stand on your own two feet,” was her mom’s advice.

Sehr may now be the boss, but she is far from being afraid to roll up her sleeves when it comes to patient care. She paid her dues with years in hands-on nursing. In fact, she still takes care of patients herself, in addition to her many other duties. AHHH offers patients around the clock care, just one of the many aspects that separate them from their competition. “I go out to patients’ homes at 2 in the morning if they need it, just like everyone else on staff,” said Sehr.



The dedicated management staff of Advanced Home Care; Angela Sehr, Owner, Angie Macadangdang, Chief Clinical Officer, Debi Moroles, Director of Business Development, Deb Ryan, Administrator and Lisa Gaza, Director of Patient Care Services. Photo courtesy of Colby Barrett

this specialized help. She has built her company on years of caring for infusion patients. Her company carries her compassion forward, providing top-notch, compassionate care for patients and their families.

During a time when health-care laws and models are in flux. Sehr’s company, AHHH has built a company that successfully and efficiently treats and maintains a base of anywhere from 600 to 800 patients, more than double similar programs of even healthcare giants like full-fledged local hospital systems. To meet the need AHHH has found, the company currently has a staff of approximately 400 highly-trained specialists performing an impressive array of care and support services, and specializes in “complex” patients, often avoiding such patients having to be readmitted to hospitals.

AHHH is as advertised. Staff is on-call 365 days a year, 24 hours a day. They provide truly advanced wound care, infusion nursing, orthopedic, occupation and physical rehabilitation, speech and swallow function therapy, specialized medical social workers and a chaplaincy ministering to the patients and their loved ones. The tiniest staff member is a therapy dog.

AHHH is a Medicare Certified Home Health Provider. They are licensed by the by the California Department of Public Health. They have provided care for premature babies, pre-and post op patients, patients such as diabetics with wounds that can be nearly impossible to heal. Many of these



Angela continues to see patients on a daily basis while running one of the largest home care organizations in the region. Photo courtesy of Colby Barrett

are patients the hospitals have given up on and AHHH has succeeded where others have failed, improving patient outcome in terms of health and healing. Sehr is intent that her teams utilize the latest technology to treat patients and makes available ultrasound and laser therapy, in addition to debridement if physician ordered.

The Low-Level Laser Therapy (LLLT) alone, per Sehr can be highly effective in treating, diabetic ulcers, venous stasis and arterial ulcers, and many other types of non-healing wounds.

The hospice care that Sehr’s company provides is a growing service, based on industry best practices, but also on her own experiences as a nurse. Most hospice patients they see are given six months or less to live, but that isn’t an outcome set in stone. “We don’t give up,” she says. “We’re not God, but people do ‘graduate’ from hospice. They do get better.” Hospice care provides

comfort care to patients and family. “Advanced hospice nurses are registered nurses specifically dedicated to end-of-life care. They are focused on pain and symptom management for our patients around the clock. In addition to serving the terminally ill, hospice clinical team counsel and educate caregivers and family members on the needs of the patient, guiding them through every issue that may arise. Our hospice nurses work as a part of an interdisciplinary team that develops and manages the care for our patients and their families.”

A vital part of their team are the hospice social workers who are there to support patients and their families. “Our social workers are trained to assist our patients and their families on developing an individualized plan of care, researching ways to relief stress and anxiety by non-medical means, and connecting them with appropriate local resources.

“We understand that our patients and their families may have financial problems. Our social workers are equipped with the necessary tools and knowledge to provide counseling in these areas, as well as coordinating possible aid from other organizations,” Sehr commented.

What does it mean to be an advanced hospice social worker? According to AHHH, “It means to be a supporter of our patients and their families. Our social workers are trained to assist our patients and their families on developing an individualized plan of care, researching ways to relief stress and anxiety by non-medical means, and connecting them with appropriate local resources.

“A loss of a loved one, even if anticipated, brings a slew of emotions and grief for surviving family and friends. Our hospice bereavement professionals and volunteers are trained to provide counseling and support by

understanding the loss and compassionately walking step by step with surviving spouses, children, or parents.”

“To help our patients cope with the end of their life, AHHH provides spiritual services by certified chaplains to promote spiritual and emotional well-being. Our chaplains may also work with the patient’s clergy and coordinate spiritual nourishment and revitalization.”

Sehr credits hospice volunteers for the selfless work they do as part of the organization. “Our hospice volunteers spend time with patients and their loved ones. They run errands and provide caregiver relief, companionship, and supportive services. Volunteers are the backbone of our hospice team.”. Volunteers form bonds with patients and family members. Patients and families often tell volunteers things they feel they can’t tell their loved ones and help open the way for people to talk honestly. Volunteers work alongside paid staff in every area of hospice care.”

AHHH truly treat the entire family, and that includes monthly bereavement support group meeting. “At Advanced Hospice, patients are nearing and passing the end of their life, leaving behind husbands, wives, sons, and daughters,” according to the company website.

“When a patient is diagnosed with a serious illness or is recovering from an injury, our medical professionals, nurses, and therapists work hard to rejuvenate him/her to normal life. In addition to purely medical procedures, medications, and techniques, a huge part of a person’s recovery depends on his/her psychosocial condition.”

AHHH is making a concerted effort to reach America’s veterans. “Veterans have done everything asked of them in their mission to serve our country and we believe it is never too late to give them a hero’s welcome home. That’s why our hospice is taking part in the We Honor Veterans program. Our staff understand the unique needs of veterans and are prepared to meet the specific challenges that veterans and their families may face at the end of life.”

AHHH measures its success with data, not just good feelings. Their clinicians log every visit in detail, right down to wound and physical improvement, modality effectiveness, length of visit and many more details. That data is analyzed for the benefit of each patient, but the accumulation of data is used by the company to improve patient outcome and patient satisfaction. The company has recently broken ground on its next project, a free-standing Hospice Facility. While starting small, at 6 beds, it will be the only hospice in the area and unlike any other, due again to Sehr’s experience and personal touch. ★

“When asked why her company’s clinicians have been so successful in treating complex patients, compared to other facilities, she says, “I think part of it is quality. It’s high quality care fast. Patients always come first. You’re not giving care if you’re sitting behind a desk.””

— ANGELA SEHR
FOUNDER, ADVANCED HEALTH AND HOSPICE

Sehr is a Registered Nurse who has worked around the world with patients of all ages and many different health issues. She came to Sacramento, having worked in places like China and Saudi Arabia. She attended Sacramento State’s Nursing program and earned her BSN here, spending over a decade in pediatric care and found her way into Infusion care as a nurse for patients in need of

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Help Fill Their Boots



Firefighters are asking you to help fill their boots.

CITRUS HEIGHTS, CA (MPG) - Firefighters are suited up and ready for this year's Firefighters "Fill the Boot for Burns" Boot Drive to be held in Citrus Heights February 9 to 12. Firefighters from many fire departments serving Sacramento and surrounding communities will spend their day shaking their boots and volunteering their time to collect donations at the intersections of Sunrise Blvd. and Greenback Lane in Citrus Heights. Donations will support the Firefighters Burn Institute (FFBI) and assure the best possible burn treatment and recovery programs are available in Northern and Central California.

FFBI founded in 1973 by Sacramento Area Fire Fighters Local 522, has grown into the area's largest firefighter-run charity. It helped establish the first burn unit in Sacramento in 1974 and continues to donate medical equipment, fund burn research and provide free burn recovery programs, including two annual summer camps for

young burn survivors. The Firefighters Kids Camp, held each summer for kids ages 7 to 17 years old and the Little Heroes Preschool Burn Camp for children ages 3 to 6. These camps provide burn survivor children a safe place to be just like everyone else and a positive environment to overcome challenges and achieve goals. Camp provides an opportunity for kids who have experienced terrible circumstances to see a future filled with endless possibilities.

Donations collected during annual Boot Drives have also made it possible for FFBI to pledge two million dollars toward the construction of the new FFBI Regional Burn Center at UC Davis Medical Center. The new 7,900 square foot, 12-bed burn unit now provides comprehensive care with the most technologically advanced treatment options available to burn patients throughout inland



northern California, northwest Nevada and southern Oregon. The Boot Drive is open to the public and will include a free Safety Fair on Saturday, February 11 from 11:00 am to 2:00 pm. The Safety Fair will include fire department displays, helicopter landings, vehicle extrication demonstrations and endless fun activities for the kids. It will be held in the Sunrise Mall parking lot, weather permitting.

Please come out and show your support and help our Firefighters "Fill the Boot for Burns"! For additional information please contact the Firefighters Burn Institute at (916) 739-8525 or visit their website at www.ffburn.org. ★

Citrus Heights Rotary Crab Feed on the Way

By Shelly Lembke

CITRUS HEIGHTS, CA (MPG) -The Citrus Heights Rotarians will be hosting their 29th Annual Crab Feed on Saturday, February 11. The All-You-Can-Eat food fest will be held at the Citrus Heights Community Center at 6300 Fountain Square Drive. All proceeds go towards the Citrus Heights Homeless Assistance Resource Team (HART) Local Youth & Community Projects.

"HART," said Evan Jacobs "helps individuals get the programs and services they need to get of the streets as well as a variety of local charities that benefit youth in our community." Jacobs is the Public Relations Manager for the Citrus Heights Rotary Club. "Attendees get a fabulous 4-course meal featuring sweet Dungeness crab, as well as salad, soup and pasta," continued Jacobs.

Ticket prices are \$50 per person or \$500 for a table for ten persons. In addition to great games, live and silent auctions, a dessert table and



no-host bar featuring beer, water, wine and soda will also be available.

For questions about tickets contact Rich Hale (916 599 5457) or Gail Moxley at (916 622 7928). For sponsorship opportunities contact Justin Whitsell (562 644 0951) or Justin@whitsellwealth.com. Purchase tickets online by credit card at <https://chrotary2017crabfeed.eventbrite.com>. ★

Rotary Club of Citrus Heights
29th Annual Crab Feed Fundraiser
February 11, 2017 5:30PM to 11:00PM

Citrus Heights Community Center
 6300 Fountain Square Drive,
 Citrus Heights, CA. 95621

Tickets: \$50

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