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Citrus Heights Messenger

"Written by the people, for the people"

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December 2, 2016

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A Grand Welcome

The Courte at Citrus Heights Opens



The local and corporate staff joined together to greet the many visitors to their grand opening event on November 19th in Citrus Heights (above). Angelica Menzie shows off one of the new rooms to visitor Robin and Jeff Slowey, City of Citrus Heights councilmember (at right). Staff photos

CITRUS HEIGHTS, CA (MPG) - The Courte at Citrus Heights enjoyed a festive week of greeting new guests, visitors, local business people and neighbors to their grand opening events.

As the newest memory care community, The Courte is nestled just off Sunrise Blvd. in the heart of Citrus Heights. It is the newest facility built by Frontier Management of Portland, Oregon.

At their official Chamber of Commerce ribbon-cutting on November 17th the local staff greeted ambassadors from local politician's offices, City of Citrus

Heights council members, many local business people and guests from other assisted living facilities. Everyone was impressed by the design of the floor plans and the quality of the details provided to future residents.

The grand opening was held on Saturday, November 19th. Even with a light but constant rain, there was a very solid turnout of visitors and families interested in taking tours and getting to know the local staff and management. Visitors commented on how much they appreciated so many of the special features. Some



commented on that they really liked how much the families of future residents were welcomed and encouraged to spend much

more quality time with residents.

Some of the comforts provided at their new location are

Continued on page 3

Capitol Pops Ring in the season at Rusch Park

CITRUS HEIGHTS, CA (MPG) - The Capitol Pops Concert Band nears the end of its 19th season with a free, open to the public holiday concert at 7 p.m. Saturday, Dec. 3, 2016, at the Rusch Park Gym, 7801 Auburn Blvd., in Citrus Heights.

Under the baton of Director Kurt Pearsall, CPCB will once again play traditional holiday favorites, seasonal musical hits and carols. Voice and instrumental soloists also will be featured. This performance is family friendly and a great way to usher in the holiday season. The two-hour concert includes a 20-minute intermission.

Various prizes will be on display for the raffle ticket drawings, and the public will have the opportunity to purchase decorative poinsettia plants after the concert concludes. Longtime CPCB supporter Easley Nursery of Auburn has donated a large poinsettia plant as a grand prize in support of the band's student scholarship fund.

Attendees also can participate in a silent auction for a wide variety of baked goods, perfect for a family gathering or a holiday party. A portion of raffle and silent auction proceeds will go to support the general expenses of the band.

The "Royal Court" of regional pageant winners will return again this year as concert assistants. The concert is sponsored by the City of Citrus Heights and the Sunrise Recreation & Park District.

Started in 1997, the CPCB has performed a diverse portfolio of high-quality, well-prepared music heard by thousands of concert-goers throughout Northern California. Based in Citrus Heights, the self-supporting, non-profit community band of about 65 musicians represents a wide cross-section of the Sacramento area. For more information on the Capitol Pops, visit www.capitol-pops.org or its Facebook page, or call (916) 725-5214.

Source: Capitol Pops Concert Band ★

Citrus Heights HART Providing Local Solutions to a Local Issue

CITRUS HEIGHTS, CA (MPG) - Homelessness is a large and complicated challenge nationwide and especially here in the state of California. Per the U.S. Department of Housing and Urban Development, there are approximately 113,000 homeless individuals in California – 20% of all homeless people in the United States. California has the highest rate of unsheltered homelessness -67%. 'Sacramento Steps Forward' reports that the 2015 Point in Time Homeless Count revealed 2,650 homeless persons experiencing homelessness.

Citrus Heights HART (Homeless Assistance Resource Team) a group of nonprofits, street ministries, service and government organizations, churches and others formed in 2015 to develop solutions on a local level. The group's

mission is to provide resources that will enable at-risk people and those experiencing homelessness in Citrus Heights and adjacent areas to become independent, self-sustaining and participating members of the community.

Surveys indicate that Citrus Heights homeless prefer to stay in the Citrus Heights area and this is most likely true of other areas as well. CH HART is one of three HART groups which includes Rancho Cordova and Elk Grove HART. Each HART focuses on its own programs to address local issues associated with homelessness.

Citrus Heights HART focuses on a few programs: Homeless Outreach Navigator, Stand Down event for homeless veterans and Winter Sanctuary. CH HART has

worked with the City of Citrus Heights to develop and activate a homeless outreach navigator program. The Navigator assists homeless individuals in various ways by connecting them with available services. Most social and judicial services are in the urban core/downtown which presents a challenge and obstacle to homeless and at risk populations in the outer core (suburbs).

"In 2017, we plan to advocate more aggressively for County services to more conveniently and effectively address issues in the areas outside of downtown core," said Kathilynn Carpenter, founding member and Chair of CH HART.

CH HART held its first Stand Down event on March 30 of this year and assisted approximately 80 veterans with

Veteran's Affairs issues, legal services, medical, hair-cuts and showers, clothing, pet services and more. The second annual event is planned for April 18, 2017.

This past winter, CH HART participated in the Rancho Cordova Winter Sanctuary program and hosted a one week shelter at Holy Family Church. This winter, the group is hosting its own program and currently committed to four weeks beginning December 26.

The group has recently formed a Housing Committee to explore ways they can help with housing opportunities in more tangible ways through master leasing programs, transitional housing and other options.

Submitted by Citrus Heights Homeless Assistance Resource Team ★



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Santas Needed to Fill Local Stockings

You Can Help Formerly Homeless Women and Children

SACRAMENTO REGION, CA (MPG) - Local residents can bring smiles to formerly homeless women and children this holiday season by contributing to Women's Empowerment's annual Holiday Stocking Drive. The group is seeking 200 unstuffed stockings and specific fillers for local infants and toddlers, children, teens and adult women.

"There is nothing like hearing the squeals of joy from children and their mothers who have gone from having nothing to now having a place to call home during the holidays and cheerful stockings to hang in their homes," said Lisa Culp, executive director, Women's Empowerment. "But these stockings not only bring joy, they give these families necessary items so they can stay healthy and warm this winter as they rebuild their lives."

For the list of items needed, visit www.womens-empowerment.org. Those interested also can donate \$35 to have a volunteer elf fill a stocking or donate \$15 Target gift cards. Items are needed by Dec. 7 and can be dropped off at 1590 North A Street, Sacramento.

Celebrating its 15th anniversary this year, Women's



Help share the joy with children and their mothers who have gone from having nothing to now having a place to call home during the holidays. Photo courtesy United Way.

Empowerment was recently featured on NBC's The TODAY Show for offering the most comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The 2014 Organization of the Year has graduated 1,367 homeless

women and their 3,700 children. Last year, 93 percent of graduates found homes and 83 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.

Source: Kristin Thébaud Communications ★



Reports from Sacramento Metro Fire District

Fire in Orangevale Home Displaces Family of Four

SACRAMENTO, CA (MPG) - Just after 8:30 on November 18, Metro Fire crews were dispatched to the 9200 block of Lostwood Lane in Orangevale for a report of visible flames from the roof of a house. First arriving crews reported a working fire and immediately initiated fire attack. Firefighters located the fire, which had started in the chimney and spread to the attic, and extinguished it, while searching for victims, and ventilating the structure.

While first-in crews were putting out the fire, other firefighters focused on protecting the residents' belongings. Their efforts allowed the fire



Two adults and two children were displaced by the fire. Total damage is estimated at \$60,000; no injuries to civilians or firefighters were reported.

damage to be limited to the chimney, attic and a wall,

while saving all of the family's possessions. Two adults

and two children were displaced by the fire. Total damage is estimated at \$60,000; no injuries to civilians or firefighters were reported.

As we enter the cold season, make sure your chimney gets inspected and cleaned every year by a professional. When using your fireplace, put the fire out before you go to sleep or leave home, and always put ashes in a metal container with a lid, outside, at least 3 feet from your home.

For more information, check out www.metrofire.ca.gov, and follow us on Facebook and Twitter. ★

Firefighters, Sheriff's Officers and CHP Rescue 46 Year-old Woman

FAIR OAKS, CA (MPG) - Just after midnight on November 21, Metro Fire crews were dispatched to a home in Fair Oaks for a report of an overdose. When firefighters and Sheriff's officers arrived, the patient was no longer there. They attempted to locate her, but were unable to. After searching nearby streets, the officers pinged her cell phone, which showed it to be on the north side of the American River, near Hazel Avenue. Officers then requested the help of a California Highway Patrol helicopter, who used infrared technology to locate the woman, lying on a ledge above the river, in slippery terrain. As fire crews were en route to the new location, one of the officers climbed down the slope to make sure the woman didn't fall off the ledge.

The victim, a 46 year-old female, appeared to have rolled nearly 70 feet before stopping on a ledge a few feet above the water line. She had a decreased level of consciousness, not responding to verbal communication. Metro Fire's Rescue Task Force, with assistance from Folsom Fire, set up for a low angle rescue, using a second ambulance as the anchor. Once the rope system was in place, two rescuers were lowered to the ledge, where they quickly assessed her injuries and placed her in a rescue stretcher, so she could be safely hauled up the slope. The patient was then transported code 3 to a local trauma center.

"This rescue, with all its unique aspects, demonstrates how our public safety agencies work together to benefit the community," stated Metro Fire Battalion Chief Mark Repetto. "Sheriff's

officers went above and beyond, CHP jumped in to help find the patient, and firefighters from

multiple agencies rescued, treated and transported her. Without this collaboration, it's not likely this

woman would have survived through the night. ★

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A Grand Welcome

The Courte at Citrus Heights Opens



Bill Prancikis, Marketing Director, cuts the ribbon at the Chamber of Commerce event on November 17th. Staff photo

Continued from page 1
three delicious meals a day, 24-hour care staff seven days a week, familiar daily routines and a Dementia specific activity program. They also provide an on-site beauty and barber shop. The floor plan of the facility is designed as “barrier-free”, meaning the lay-out offers continuous walkways with indoor and outdoor opportunities with familiar living areas, while also providing quiet spaces.

Angelica Menzie, Executive Director said, “We are excited to be a part of the Citrus Heights Community. The Courte at Citrus Heights Memory Care features our Pathways Program, a Montessori-based philosophy for care creating a specialized, life enriching environment that affords each individual maximum self-expression.”

The grand opening event was catered by Chando’s Tacos. There were also delicious deserts provided. Radio stations 103.9 The Fish and Mix 96 were there to provide entertainment and on-site promotion for attendees.

The Courte provides a full range of living options for those special residents living with memory challenges. Their mission is to provide you and your loved one with impeccable service at every level. Every day their goal is to go above and beyond to enrich the lives of their residents. They offer exceptional care, attentive wellness programs and social activities in a family atmosphere to create



Justin Wray, Angelica Menzie, Ann Elliot, Kris Monroy and William Sweeney come together for a group hug in the lobby of the newest location. Staff photo

a community that supports the needs of those who live at The Courte. Their motto is “Where friends take care of friends.”

Greg Roderick co-founded the Company in October 2000, with the assistance and support of friends. Its formation was due to the need to create a managing entity that would provide management, accounting, marketing, human resources, financial and executive support to various retirement (congregate care), assisted living and memory care/ Alzheimer’s care communities throughout the United States. Company History FMLLC was originally created to provide management operations of a discontinued Oregon-based senior living company.

The Company has secured,

via acquisition, lease and management agreements, many congregate care, assisted living, and memory care/Alzheimer’s care communities throughout the United States. Greg Roderick is a third-generation senior living or senior housing industry member in an owner/operator position. Mr. Roderick has vast experience in the senior housing field with operators such as Holiday Retirement Corp., Regent Assisted Living, Inc. and Health Resources, Inc.

To learn more about The Courte at Citrus Heights call 916-721-0644 to schedule your own tour. You can also stop by at 6825 Sunrise Blvd., Citrus Heights, 95610 (between Greenback and Antelope Rd.) . Visit their web site at courteatcitrusheights.com ★

Sheriff Scott Jones Concedes

Statement on 7th Congressional District Election

SACRAMENTO, CA (MPG) - “A week and a half after the election, there have finally been enough votes counted to make it nearly impossible for me to overcome the deficit. As such, I conceded the election tonight to Congressman Bera. Although there were difficult aspects of

the race, I do not regret running and am extremely proud of the campaign that we ran. My campaign staff and volunteers were of exceptional caliber. Thank you to everyone who voted for me, made calls for me, knocked on doors for me, gave money to me, or just supported me in any

of a thousand other ways. Above all else, thank you to my family who endured the race with exceptional grace and support. I am proud to continue to have the opportunity to serve as your faithful Sheriff!”

Source: Campaign office of Scott Jones ★



Publisher, Paul V. Scholl
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Citrus Heights Messenger

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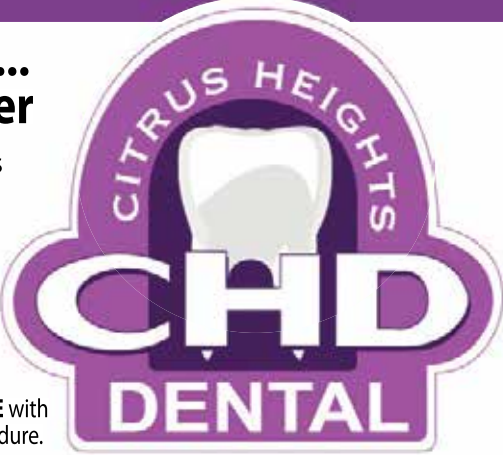
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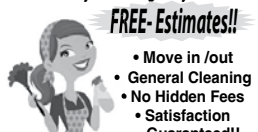
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Crossword Puzzle on Page 5



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Sudoku Puzzle on Page 5

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

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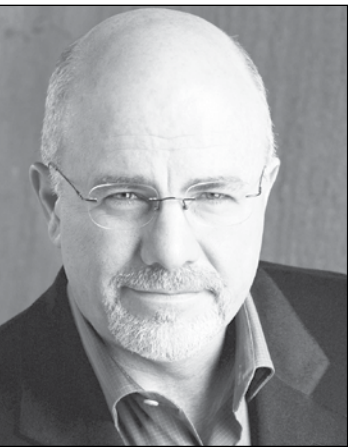
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Dave Says

Interest-only triplex?

Dear Dave,
I've been out of college for a few years, and I have no debt. I'd like to start investing, so I'm thinking about buying a triplex, living in one of the apartments, and renting the other two. Should I get an interest-only loan for this?
- Chad

Dear Chad,
Never, ever get an interest-only loan! If you can't make this idea happen on a 15-year, fixed-rate mortgage that takes no more than 25 percent of your take-home pay, then you can't afford this project.
Think about this too. If you buy a complex and live on the property, you'll have to set down and enforce some strict renter's guidelines. Living with renters can be tricky, because they'll have access to you 24 hours a day, and some of them will abuse the privilege. Then again, you'll have that kind of access to them as well. Not exactly a bad thing when

you have people living in a complex you own.
Here's an option. What if you just bought a nice, inexpensive single family home for yourself? You wouldn't have the cash flow, but you will have the appreciation and a better chance of reselling down the road. Plus, if you want to invest further, there are always mutual funds.

Real estate plans work out just like you want them to only about half the time. Don't discount the risk and expense either!
—Dave

Taking the trip

Dear Dave,
I have to make a four-day business trip to Hawaii soon, and my wife would like to go along. It's okay with my boss, as long as we pay her way, and I would love to have her along. It will cost about \$1,500 for her to join me, and I make a little over \$100,000 a year. We're also debt-free, except for our home, and we're working hard to pay that off as soon as possible. What do you think?
- Michael

Dear Michael,
If I were in your situation, and I told my wife I didn't think it

was a good idea or we couldn't afford it, there's a good chance I'd be sleeping on the couch for a month. Take your lady with you!
You guys have a six-figure income, and you've got no debt but your home. So, a four-day trip to Hawaii for \$1,500? Yeah, I'm definitely doing that. It sounds to me like you two have done a great job with your money. That being the case, you deserve a little fun — like a trip for two to Hawaii for \$1,500. Even if you have to work, you'll still have lots of time together, and she'll be able to relax on the beach, swim and sightsee while you're taking care of business.
Have a great time, you two!
—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

5 Words to Guarantee a Merry Christmas

We can't ignore the fact that the Christmas season is in full swing! For almost two months we've been flashed with tons of emails squawking about Holiday Sales on everything from food and kitchen appliances to fake Christmas trees and yard decorations. We get inundated with sparkly catalogues hyping the urge to get new furniture (for holiday entertaining) and glossy pages advising us to consider getting new china for that holiday table and maybe even a new car (red or green of course).

We complain about the commercialism and materialism of the holidays, yet put us in our local Starbucks slurping a yummy Carmel Brulee Latte from that festive red and green cup and we brim with excitement and anticipation about spending time with family and friends. Love is really what the holidays are all about.

Starting with Thanksgiving, a holiday that marks our gratitude, to Christmas with its message of peace, love and joy, it's a magical time and love is behind it all. The 5 words to remember are:

BEHIND THE MAGIC IS LOVE

If we remember, as we move through this magical time of year, that behind the magic is love, then we won't be lured into doing too much to get the magical feeling. We can get the feeling just by looking at the commercials for all the festive products. We don't have to get the stuff to get the feeling.

Anyway, those commercials are created to arouse the child in us and that's where the magic really begins. But beware, that part of you that still believes in Santa Clause, loves hot chocolate with marshmallows on top, twinkly lights and the aroma of a fresh Christmas tree and beautifully wrapped gifts is also that part of you that doesn't have a mature concept of having or doing too much. That child within is a little "over-goaling machine." Sort of like if you gave a nine-year-old a toy catalog and said, "Pick everything you want," you'd need a semi to hold the load.

I wrote this poem about such a person.

I Want a Magazine Christmas
I want a magazine Christmas
With a tree in every room
I'll hire a choir to sing on our porch
With a bazillion poinsettias in bloom

My gingerbread house will be perfect
And I'll sew a Christmas dress
I'll bake cookies and pies and make candy
And I won't leave the kitchen a mess

I want a real live Nativity Scene
Using kids from the neighborhood
We live by a farm so I'll borrow a cow
And a duck and a lamb would be good

They'll stand on our lawn in a spotlight
Each night for an hour or two
My kid is too old to play Jesus
So Joseph or Mary will do

I'll make all the presents and Christmas cards
And the bows and the Christmas wrap too
I'll deck all the halls with the holly I'll cut
From a tree that I found near the zoo

Our car will look just like the jolly old sleigh
I'll paint it a Christmas red
The only thing missing on Christmas day
Will be me, because I'll be dead

Data by the Pew Research Center showed that 86% of Americans plan to attend a gathering of family or friends on Christmas Eve or Christmas Day; 86% plan to buy gifts for family and friends; 79% say they'll put up a tree; 65% want to send holiday cards; and 16% hope to go Christmas caroling.
If love is behind the magic, and it really is, then as you go about the activities involved in Christmas gatherings and you remember it's all about love, you'll enjoy this season as it was meant to be enjoyed. When you give gifts, remember love is behind them. When you get your tree and decorate it, remember love is behind it. When you send your Christmas cards, remember love is behind them. And when you go Christmas caroling, remember love is behind it.

In the religion I was raised in, I was taught that God is love. If that's true then God is behind it all. Nice to remember.
Merry Christmas!

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. ★



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CLUES

ACROSS
1. Minimal in magnitude
6. Club alternative
9. Angelina to Maddox
13. Cattiness
14. "___ the land of the free ..."
15. Permissible
16. 1/100 of a rial
17. Oahu greeting gift
18. Foolish
19. *Harry Potter and the Child*
21. *UK's 2016 withdrawal vote
23. Christian minister, abbr.
24. Long, long time
25. Scottish cap
28. Sushi selection
30. African tree
35. Faubourg Saint-Honoré and Rivoli, e.g.
37. Brown seaweed
39. Latin American plain
40. Sky bear
41. Don't go out for dinner
43. *This Barrymore got divorced in 2016
44. New Zealander
46. Ring-around-the-rosy flower
47. Prima donna's numbers
48. George Town state, Malaysia
50. Mary's follower
52. Born, in society pages
53. Fix a horse
55. *Ezekiel Elliott became one in 2016
57. Popular flowering shrub
60. *Cubs, e.g.
63. *Ciara, on her special day
64. Wade opponent
66. Eagerness, pl.
68. Comic book expression for fear
69. Soccer mom's ride
70. Icy hut
71. Enthusiasm

DOWN
1. Aldous Huxley's drug of choice
2. *The Iliad, "e.g.
3. Hokkaido language
4. One Beatle
5. Less verbose
6. *The ___ and the Beautiful"
7. *Harper ___, 1926-2016
8. *A ___ Called Quest issued comeback album
9. Seductive one
10. Berry high in antioxidants
11. Crème de menthe flavor
12. Absorbed, as a loss
15. Relating to spleen
20. What some smells do to memories
22. *Kardashian brother who became a dad
24. In total
25. *Election winner
26. Sign of a saint, pl.
27. Subatomic particle
29. *Like 2016
31. One of auto pioneers

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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40					41			42		43			
44				45		46				47			
48					49		50			51		52	
				53		54			55	56			
	57	58	59					60			61	62	
63						64	65			66			67
68						69				70			
71						72				73			



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Crossword Puzzle Solutions on Page 4

72. Product of creativity
73. Cut one's leg off, e.g.

32. Sacha Cohen's middle name
33. Anoint
34. *Major Tom" singer, 1947-2016
36. Mystery writer, ___ Paretsky
38. Site of Leaning Tower
42. Naiad or maenad
45. English in Spain
49. "Fancy that!"
51. *Olympic host
54. Caterpillar precursor
56. Opposite end of alpha
57. Seed coat
58. *Mosquito-borne threat
59. Yemeni port
60. Rapper and actor, 50 ___
61. Rodeo Drive tree
62. ___ gin
63. Ciao in the U.S.
65. Argo propeller
67. Rolled grass

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

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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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Apart from That, I’m Doing Fine!

Dr. James L. Snyder

I know I am not correct on many things, just ask the Gracious Mistress of the Parsonage. If I could be right as many times as I am wrong, I would be a genius. The problem is, I am more wrong than I am right, which puts me a little bit out of balance.

People always say things they really do not mean. I guess they are just trying to be nice and courteous.

For instance. My wife will say as I leave the door to go somewhere, “Drive safely.”

I do not know what that means. Does she think I am going to drive like an idiot? Well, maybe that is not a good illustration.

Another one is, if you are going to a party someone will say, “Have fun.”

Does that mean they are under the impression that you are not going to have fun unless you are enticed? Why do people always say things like that?

We always say things that we do not mean.

Of course, I am always a little guarded about certain things my wife may say to me. The most infamous one would be, “Does this dress make me look fat?” I am not sure who came up with that one, but their head was not spinning in the right direction.

After thinking about that for a little bit I am under the impression that if anyone asks me that question, particularly if it is my wife, they are not looking for the right answer. They are looking for a compliment.

Is it more important to tell the truth or to encourage someone? That has always been my dilemma.

One question has bugged me for a long time. I must confess that I have done it myself, but it

still bugs me. It is when we meet somebody and say, “Hello, how are you doing?”

Why do we say something like that? Whenever I asked somebody how they are doing, I really do not want them to tell me how they are doing. I am trying to be courteous and friendly. I do not want to know the details of their life.

As I said, I find myself saying the very same thing. I am trying to get over this phrase-addiction and probably need several months in some rehabilitation center. It would be worth it to get this out of my conversation.

I do not know if I was just having a bad day or if I was just fed up with this question. Not long ago I was coming out of the grocery store and somebody greeted me and said, “Hello, how are you doing today?”

Something came over me. To this day I cannot explain what in the world made me do what I did. But I did it and there it is.

I could tell the person who asked the question was in a hurry to get into the grocery store but I did it anyway. He asked me how I was and so I stopped him and told him how I was.

“I’m glad you asked,” I started, “because I’m not feeling very well today.” I noticed he was trying to get beyond me, but I was going to have my say no matter what.

“I hurt my big toe this morning, I think I broke a toenail. I’ve been limping all day long and I’m getting rather tired of it.”

He looked at me and then glanced at the grocery store, but I pretended as if I did not see.

“I got up this morning,” I continued as though I had nothing else in the world to do, “with my back hurting so much I could hardly get out of bed. I’m not so sure what happened, but boy does it really hurt.”

He looked at his watch and then looked at the grocery store entrance again, but I continued to pretend I did not see it.

“My day hasn’t gone very well,” I complained to him, “I just seem to be late for everything. I missed my appointment at the doctor this morning and I’m not sure when I’m going to get back to see that doctor.”

I could see he was getting very nervous and borderline agitated. He tried to interrupt me, but I pretended I did not notice.

“I don’t know what I’m gonna do with my car. There’s a big noise rattling in the engine and I’m not sure if I should take it in or what I should do with it.”

“Well,” he said rather anxiously, “I gotta get into the store.” With that, he briskly walked away muttering.

I am sure he talked about that all they long to his friends. He probably thought I was crazy. Sometimes it is good to be crazy. After all, he is the one that asked me how I was. If he did not want to know how I was, why did he ask me how I was?

I chuckled to myself and then I got thinking about my prayer life. I wonder how many times I do that in my prayer life. I pray about something, but I really am not that interested in it.

I wonder if Jesus had this in mind when he said, “And all things, whatsoever ye shall ask in prayer, believing, ye shall receive” (Matthew 21:22).

Prayer is not meaningless gibberish, but faith-focused asking.

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

Most people live for the expectations of others. They live for the approval of others. They worry, ‘what will other people think?’ Your life has been so limited by voices of people who lied to you. Growing up you may have heard things like, “You can’t do that... You’ll never be good at that... You’ll never amount to anything... You’re not worth much...” You were told all these things and you believed those voices and you’ve played them over in our mind.

Only God knows the full potential of your greatness, the impact of your life, and only He can unlock that potential. Only He can set you free. Why? Because He has Truth and His Truth liberates your potential. This is one of the reasons why you need to read the Bible daily

Pastor Ray's Encouraging Words

How to Unlock Your Potential

- so you can get to know God and get to know the Truth. Jesus said this in John 8:31-32, “If you continue in my Word, then you are truly disciples of Mine; and you will know the truth, and the truth will set you free!” It will unlock you. It will liberate you. It will make you able to do things you never thought you could ever possibly do. It’ll set you free.

This is so important because only God, your Creator, knows your full potential. Your parents don’t know your full potential. Your spouse doesn’t know your full potential. Your friends don’t know your potential. Your boss doesn’t really know your full potential. You don’t even know the greatness inside of you. Only God knows what you are truly capable of. So you’ve got to spend time in God’s Word, to get out of the boxes that other people have put you in.

I want to help you to grow and mature into the person God wants you to be. So let me encourage you to get into your Bible daily. It’s the only book that you’ll ever own where you can actually talk to the Author

as you’re reading it. As you read it, you’ll discover Truth, the truth about God, the truth about you, the truth about life, the truth about your potential; what God can do in and through you. You have more untapped potential inside you than you’ve ever imagined. If you will begin to develop this potential, God will do greater things in your life than you ever thought possible.

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FTB Responds To Gaines' Call to Help Victimized Veterans

SACRAMENTO, CA (MPG) - Senator Ted Gaines (R-El Dorado) reported that, per his request, the Franchise Tax Board (FTB) has put into place a dedicated study team to evaluate the taxation of California National Guard Bonus repayments.

"I called on the FTB to create a special task force to aid California National Guard veterans who may need to file amended tax returns resulting from the resolution of this bonus scandal and am pleased to hear they are moving forward," said Senator Gaines. "I want these veterans to have FTB staff specifically dedicated to their plight so they are not mired in bureaucracy when trying to resolve their tax status. I appreciate the FTB working with these service men and women to ensure our



Senator Ted Gaines (R-El Dorado)

veterans are being honored for their service and not suffering from this betrayal at the hands of the Pentagon."

The FTB reports that they have reached out to the Internal

Revenue Service (IRS) requesting information on the IRS interpretation of the federal tax consequences of the bonus repayment and are awaiting a response.

The FTB is also awaiting the final decision from the Department of Defense regarding the repayment of bonuses. Once the appropriate information is received, the FTB will take action to notify taxpayers and tax professionals of the appropriate tax treatment.

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.

Source: Office of Ted Gaines★

SCSO Adds More Festive Cheer to 2016 Celebration

New Matinée, Puppets, Stories Added to Christmas Celebration

SACRAMENTO REGION, CA (MPG)

- Great news! Since last year's popular Sacramento standing room only Wells Fargo Home for the Holidays celebration sold out, the SCSO has added a new 2 PM matinée followed by a 7:30 PM evening performance on Saturday, December 10th in Sacramento's venerable landmark, Memorial Auditorium.

SCSO Conductor Donald Kendrick has once again created a fresh and sparkling program designed to capture the magic and spirit of the season for the whole family. Says Kendrick, "This year we will welcome Mr. Grinch himself, along with life-size puppets, narrations and San Jose Opera Baritone headliner Matt Hanscom. It is our pleasure to welcome back the Sacramento Children's Chorus and continue our tradition of a candlelit procession and audience sing-along, all accompanied by our professional SCSO Orchestra and dedicated Chorus. We will even offer a musical nod to last summer's Olympics in Brazil and pay homage to Downton Abbey at this celebration."

The SCSO is once again proud to partner with Wells Fargo to help Sacramento area families celebrate the season in a meaningful way. The warm atmosphere created by Memorial Auditorium's u-shaped seating plan fosters a very strong sense of community at the concert. SCSO Christmas CDs will be available as stocking stuffers in the lobby.

"We are working hard to provide a festive and celebratory mood for our Wells Fargo Home for the Holidays concerts



SCSO Conductor Donald Kendrick helps our Community celebrate the season at Memorial Auditorium at Wells Fargo Home for the Holidays on December 10th

as we plan to welcome families who come together to celebrate this joyful season," says SCSO Board Member Jeannie Brown. "It is a time to experience a wonderful sense of old-fashioned community and camaraderie brought about by the enduring music of the season." Come celebrate the Christmas season at the SCSO's 2016 Wells Fargo Home for the Holidays

on Saturday, December 10th at 2 PM and 7:30 PM at Memorial Auditorium. For information, call the SCSO at (916) 536-9065 or visit sacramentochoral.com.

Tickets priced at \$50, \$40, and \$35 (Students enjoy 50% discount) are available by calling the Community Center Box Office at 916-808-5181 or online at sacramentochoral.com.

Source: SCSO

★



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Memories of Pearl Harbor Decades Later

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - As the years pass the men that survived the attack on Pearl Harbor on December 7, 1941 dwindle. But there are those who were younger who remember it and it affected their lives in different ways. Betty Detri and Dorothy Phillips, volunteers at the Citrus Heights Veteran's Center share their memories.

Betty Detri, a junior in high school, had just turned 18 when Pearl Harbor was attacked. She lived in the city of Erie, Pennsylvania. Coming home from school that day, people were on their porches saying, "We're at war, we're at war". At home her family heard on the radio that President Roosevelt was already signing papers (to go to war) at the same time as the bombing was going on. The next day at school



Betty Detri. Photo by Elise Spleiss

California.

Back in In Erie, Detri and her family and neighbors helped to fight the war from home. Following her senior year of high school, Detri went to work in the

Her father had been a World War I veteran at 17 years old, having fought in France. She had watched so many of her high school friends join the service and she also wanted to be doing something worthwhile. Her 20th birthday was in March of 1945. With her parent's permission, Phillips joined the Navy WAVES (Women's Reserve) in June of 1945. She was in her boot training at Hunter



Dorothy Phillips. Photo by Elise Spleiss

College in New York when the end of the war with Japan (VJ Day) was declared on August 14. The Navy asked new recruits if they would go to Hospital Corps School to work with the wounded returning home following the war. She agreed and following her six month training was sent to Jacksonville Naval Hospital in Jacksonville, Florida. She served there for one year.

Recently Phillips visited two monuments honoring Americans who had served and died for their country. She visited the USS Arizona in Hawaii and the U.S. Cemetery in Normandy, France. She was touched by the many granite crosses marking the thousands of graves of 'unknown soldiers' in Normandy. The crosses read, "Here Rests in Honored Glory a Comrade in Arms Known Only to God." Phillips said "it's just the most beautiful sight". ★

“Back in Erie, PA., Detri and her family and neighbors helped to fight the war from home. Detri went to work at the Bucyrus-Erie plant building 20 plus ton shovels for overseas construction units.”
— BETTY DETRI
CITRUS HEIGHTS VETERAN'S CENTER VOLUNTEER

teachers explained what was happening. Roosevelt had announced that men 18-55 years of age could be drafted so all the girls were upset. Many of her classmates enlisted in the Navy to avoid being drafted into the Army.

One older brother, Frank, was drafted into the Army at 18 years in 1941. He was serving at a base in Alaska when he became ill. He was returned to the U.S. where he died from cancer at age 20. Another brother, Sam joined the Navy and returned home safely following his service. Detri's husband Robert was drafted into to the Army in 1946. He served for a short tour, left the Army but then returned in 1950 until he retired in 1960 when they moved to

office of Bucyrus-Erie, one of the many defense plants on 12th & Cranberry Street in Erie. Bucyrus built 20 plus ton shovels sent overseas to construction units. She retired in 2008 after working this and many other jobs in Pennsylvania and California.

Detri's son, Thomas continued the family military tradition when he joined the Navy in 1978. serving for 28 years on several ships, including the USS Nimitz during the Iran and other Middle East conflicts. After one break in his service, he retired in 2006 as a full commander.

Dorothy Phillips was 15 years old in 1941, living in Springfield Missouri. Being too young to serve at 15, she had to wait until she graduated high school.

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Arrests Made in Child Death

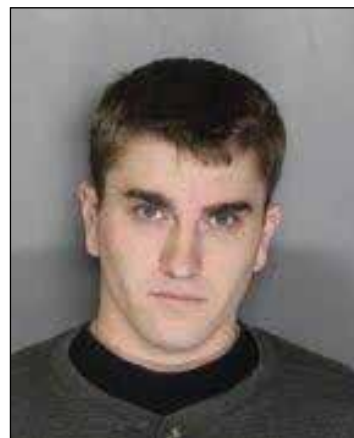
CHPD Special Report

CITRUS HEIGHTS, CA (MPG) - On October 13, 2016, at approximately 5:30p.m., officers responded to the 8000 block of Auburn Blvd for a report of a two year-old not breathing. Officers rendered medical aid until emergency medical personnel arrived. Medical personnel continued CPR and transported the child to the hospital where the child was pronounced deceased.

After a thorough investigation, numerous interviews, the collection and examination of evidence, it was determined the child did not die of natural causes. The investigation led detectives to have probable cause to believe the mother and live-in boyfriend were



Rebecca Thomas



Taylor Montgomery-Gutzman

responsible for the child's death.

On November 23, 2016, Detectives obtained an arrest warrant for Rebecca Thomas and Taylor Montgomery-Gutzman. Both Rebecca Thomas and Taylor Montgomery-Gutzman

were arrested and booked into the Sacramento County Jail for Murder.

The ongoing investigation will be forwarded to the Sacramento County District Attorney's Office. ★

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