



13 Graduate from  
"My Life," Citrus Heights  
Police Department's Youth  
Leadership Academy  
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New Queens  
of Citrus Heights  
Crowned  
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# Citrus Heights Messenger

"Written by the people, for the people"

Volume 6 • Issue 11

Serving the City of Citrus Heights and Sacramento County

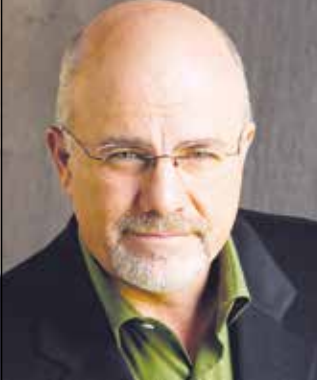
June 3, 2016

AMERICA MARCHES  
BLINDLY TOWARD  
SINGLE-PAYER



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COMPETENCY  
AND INTEGRITY



Page 5

POPPOFF!

WITH MARY JANE POPP



Page 5

## A Day of Respite

Local Homeless Veterans Get a Day of Respite at Citrus Heights Stand Down

By Elise Spleiss

**CITRUS HEIGHTS, CA (MPG)** - The Citrus Heights Homeless Assistance Resource Team (HART) in cooperation with American Legion Post 637 recently collaborated with the City of Citrus Heights and the surrounding community to hold the first annual Citrus Heights Veterans Stand Down at Holy Family Catholic Church on Auburn Blvd.

According to the Sacramento Stand Down Association, "Stand Down refers to a grassroots, community-based intervention program designed to help the nation's thousands of homeless veterans on any given night to "combat" life on the streets."

At the Citrus Heights event HART provided wrap-around services to 67 in-need veterans including housing, employment, medical, legal, clothing and food for people who have served their country. A highlight of the day was the delicious breakfast and lunch prepared and served to their guests and event volunteers by the chefs and staff of the Thunder Valley Casino Resort in Lincoln. General Manager, Dawn Clayton said she "feels blessed to give back to the local community and to the veterans who have served their country."

The U.S. Dept. of Veterans Affairs (VA) states that the nation's homeless suffer from mental illness, alcohol and/or substance abuse or co-occurring disorders. Many of them are homeless, having served in one or more wars or conflicts from World War II to the present, including the military's anti-cultivation efforts in South America.



"Dr. Melissa Noakes (photo above, left) shown here with technician Amanda Yarrington from the Citrus Heights Mercy Pet Hospital provided vaccines, booster shots, micro chipping and other pet supplies to help homeless veterans keep their best fur friends healthy." Over two dozen members of management and other staff from Thunder Valley Casino Resort (right) spent the day preparing and serving breakfast and lunch for the veterans and Stand Down volunteers. Photos courtesy of The City of Citrus Heights

Nearly half of homeless veterans served during the Vietnam era. Two-thirds served our country for at least three years, and one-third were

stationed in a war zone.

The Citrus Heights Stand Down assisted homeless and

Continued on page 8

## Sylvan Cemetery Memorial Service Remembers It's Heroes



Story by Elise Spleiss  
Photos by Jack Mintz

**CITRUS HEIGHTS, CA (MPG)** - A slight delta breeze helped to stave off the already 83 degree temperature as this year's Memorial Day service at Sylvan Cemetery in Citrus Heights commenced following the traditional procession. The barbershop music of Harmony Express again set a patriotic tone entertaining early arrivals, and performing throughout the morning, including the mandatory Armed Forces Medley. There was a noticeable rise in attendance by women veterans standing during the medley this year.

The Citrus Heights Police Department motorcycle brigade escort followed by the Color Guard and the Sons of the American Revolution, Sons of the Civil War, members of the American Legion Post 637, Boy Scout troop 228 and members of the public wound around parts of the cemetery. Words of explanation with a prayer were said over each plot of ground where those from different wars are buried.

The American Legion Color Guard presented arms, a prayer was said by AL chaplain Jerry Smith, and the MIA/POW flags posted.

American Legion Post 637 Commander Paul Reyes called for a moment of silence for George Marks, who passed away on May 24 at the age of 94. His presence among his

Continued on page 3

Many stories of great service and of bravery in death by our country's military since the Civil War were shared by family members and read from accounts in history since the Civil War.



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# 13 Graduate from “My Life,” Through Citrus Heights Police Department's Youth Leadership Academy

by Linda Harper

CITRUS HEIGHTS, CA (MPG)

- During a speech to constituents in 1862, Abraham Lincoln stated, “The best way to predict your future is to create it.” His words still ring true today, especially for young people who are just beginning to navigate school, home, relationships and their community. Looking forward, our nation is depending on this group of open minded students to become future leaders; to take the initiative to form new businesses, blaze political trails that create growth and strength in our communities, command a military to protect our way of life and, to influence a general well being. It's a tall order, but middle and High school aged students in our community are up for the challenge.

The Citrus Heights Police Department Activity League realized a need for young people to acquire the skills to be good leaders. Along with the support and involvement of local agencies and businesses, they created an eight week comprehensive course to launch leadership abilities in area students. The program is named “My Life,” presented through the Youth Leadership Academy. On May 24, 2016, thirteen graduates from the eight week class gave individual speeches, outlining what they had learned during their time in the program. Detective Dave Jones, Youth and Family Services Division, handed out certificates of completion while family and friends looked on with pride. Also awarded to each participant was a yellow Taekwondo belt by Professor C of Family



Along with the support and involvement of local agencies and businesses, The Citrus Heights Police Department Activity League created an eight week comprehensive course to launch leadership abilities in area students. Photo courtesy of Citrus Heights Police Department

Taekwondo Plus. Police Chief Christopher gave a statement; “Investing in kids is the best path to community safety and future leaders.” He went on to say when business leaders and citizens partner with public safety, everyone discovers the power of community.

Professor C, owner of Family Taekwondo, and member of the Taekwondo Hall of Fame, is an integral part of the Youth Leadership Academy. He is dedicated to helping kids see their potential by reinforcing core values they learn at home; courtesy, respect for all people, integrity for one's self, perseverance in order to reach goals, and self control which instills thinking before reacting. Students

who participate in the Youth Leadership Academy also go to class where Professor C teaches team building and leadership. Professor C and his instructors have also created “Bully Defense,” a course to help kids of all ages combat bullying. This negative phenomenon occurs all over the nation through Social Media and in person at school. There is an unprecedented number of young people who have taken their own lives as a result of bullying. At Family Taekwondo and Plus, kids achieve self esteem, practice discipline and respect diversity. Having these qualities makes them strong and less apt to be bullied. Several graduates from the Youth

Leadership Academy have signed up to mentor younger participants attending Family Taekwondo and Plus' summer camp. Others have committed to help the Police Activities League with a variety of summer projects and events.

Plans are underway for a second Youth Leadership Academy course for kids age 12-17. For more information visit [www.citrusheightspal.com](http://www.citrusheightspal.com) or call (916) 727-5500. To know more about Family Taekwondo visit [www.familytaekwondoplus.com](http://www.familytaekwondoplus.com) or call (916) 725-3200. Both the Police Department and Family Taekwondo Plus are on Facebook. ★



Faith Bedingfield speaking about what she learned in the My Life program. Photo courtesy of Citrus Heights Police Department

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## Sacramento County DA Reports

### Defendant Convicted for Transgender Hate Crime Assault; Defendants Convicted in Sweetheart Scam Ending in Murder; Siblings Sentenced for Murdering Tenant

**CASE:** Trayvon Kirkendoll  
**PROSECUTOR:** Deputy District Attorney Brian Morgan, Gangs & Hate Crimes Unit  
Twenty-three-year-old Trayvon Kirkendoll was convicted by jury of assault with force likely to produce great bodily injury. The jury also found the offense to be a hate crime. A bench trial will be held at sentencing as to Kirkendoll's prior convictions.  
Kirkendoll was at the Bonfare Market in Oak Park when he saw the victim, who is a transgender female, enter the store. Kirkendoll approached the victim and talked to her. When he realized the victim was transgender, he became embarrassed and then angry. Kirkendoll left the store and went to his car, where his two female companions were waiting. When the victim attempted to leave the store, Kirkendoll and his friends approached the victim, told her that Kirkendoll wasn't gay, and then assaulted her. The three repeatedly punched, kicked and stomped the victim. During and after the assault, they referred to the victim using derogatory insults, which referenced their perception of her sexual orientation.  
Kirkendoll faces a maximum potential sentence of 13 years in prison. Sentencing is set for July 23, 2016, at 9:00 a.m. in Department 28 before the Honorable James McFetridge.

**CASE:** Sandy George, Kevin Moreno, Michael Moreno & Peaches Moreno  
**PROSECUTOR:** Deputy District Attorney William Satchell, Homicide Unit  
Sandy George, Kevin Moreno, Michael Moreno and Peaches Moreno were convicted by jury of first-degree murder. The jury also found true the special circumstance that the murder was committed during the commission of a burglary.  
In November 2014, Sandy George befriended 77-year-old Leo Curry. She convinced Mr. Curry to allow her, along with her daughter Peaches Moreno and two of her younger children, to stay in his home by telling him they were homeless. Once inside the home, Peaches Moreno and George began coordinating the theft of items from Mr. Curry's residence. George's husband, Michael Moreno, and her son, Kevin Moreno, began pawning the stolen items. On November 15, 2014, at least one of the defendants beat Mr. Curry to death in his home and hid his body in the garage. The defendants then sold more of Mr. Curry's property, including his vehicle. The defendants remained in Mr. Curry's residence for two days after killing him. They attempted to open a large safe while at the house, but were unsuccessful.  
All defendants face a sentence of life in prison without the possibility of parole. Sentencing is set for July 15, 2016, in Department 33 before the Honorable Michael Savage.

**CASE:** Monica Njoku & Monterio Roberts  
**PROSECUTOR:** Deputy District Attorney Thomas Asker, Homicide Unit  
The Honorable Marjorie Koller sentenced Monterio Roberts to 16 years to life in prison and Monica Njoku to 15 years to life in prison. On October 22, 2015, a jury convicted Njoku and Roberts of second-degree murder. The jury also found true a use of a deadly weapon allegation for Roberts.  
Monica Njoku owned a house, which she rented out to single parents with dependents. On November 16, 2014, she demanded one of her tenants and the tenant's baby leave the house immediately. Another tenant, Edward White, protested and told Njoku she had to give the tenant at least a 3-day notice, which led to a heated argument.  
Njoku called her brother, Monterio Roberts, and her sister-in-law to come to the house. Roberts threatened Mr. White and Njoku began harassing the female tenant. When Mr. White called 911, Njoku locked Mr. White's 2-year-old son out of the house. Roberts then pulled out a switch blade knife and attacked Mr. White. Njoku and her sister-in-law then jumped into the fight. Mr. White was stabbed three times in the torso. He died at the hospital from internal bleeding. ★



# Sylvan Cemetery Memorial Service Remembers It's Heroes



The Citrus Heights Police Department motorcycle brigade escort followed by the Color Guard and the Sons of the American Revolution, Sons of the Civil War, members of the American Legion Post 637, Boy Scout troop 228 and members of the public wound around parts of the cemetery.

Continued from Page 1

fellow veterans and dedication to his country has encouraged and brightened the lives of all who knew him.

Many stories of great service and of bravery in death by our country's military since the Civil War were shared by family members and read from accounts in history since the Civil War.

Karen Barr Escobar with the CA Dept. of Veteran's Affairs

presented a proclamation of thanks for our veteran's from Governor Jerry Brown.

A special thank you was given to Boy Scout Troop 228 for decorating the hundreds of veteran's graves.

One of the highlights of the day was the reading of a poem, "The Flag Speaks", by Sacramento County Board of Supervisor's Roberta MacGlashan.

MacGlashan wrote her poem in the 6th grade. It was published in the Santa Barbara News Press in 1963 as the winning entry in the 1963 AmVet's Post 55 poetry contest in Goleta, CA. The contest still takes place as part of their Americanism program. The poem reminds readers of a youth's simple and true understanding of what our flag stands for, with a call to all to never forget its meaning! ★

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A	C	E	R	B			T	U	N	A		E	V	E
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**Sudoku Puzzle on Page 5**

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

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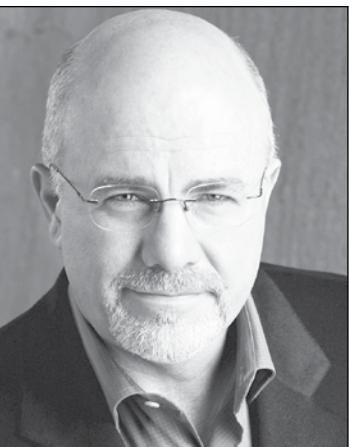


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# Dave Says

**Competency and integrity**

Dear Dave,

I've always heard that you shouldn't ask a family member to be the executor of your will. What are your feelings about this?

-Joyce

Dear Joyce,

I don't necessarily agree with this line of thinking. In my mind, a family member who is competent and has integrity can definitely be the executor. "Executor" just means they execute, thus the name. They're going to execute the wishes of the will. If the family member has the business acumen and trustworthiness to execute the wishes and directives in a will, then that's perfectly fine.

Just remember to use some common sense, too, when choosing an executor. If you have an extremely complicated estate, say 80 pieces of real estate with investments and everything, you probably don't want your 22-year-old niece, nephew or grandchild who just graduated college in charge of things. I would advise

choosing someone with a little more life experience, and maybe some success in the real world.

The people who say family shouldn't do this are the same ones who say you shouldn't have family in your business. You can have family in both. You just have to have good boundaries, clear roles, and honest, mature people. Make sure you give clear instructions and explanations for your decisions, too. Sit down with your family, explain who the executor's going to be, and why, along with what the will says. It's also not a bad idea to have an initial reading of the will while you're still alive. This communicates your wishes personally and takes some of the pressure off of the executor.

—Dave

**Mixing the money**

Dear Dave,

I'm getting married this summer, and I'm on Baby Step 4 of your plan while starting to invest for the first time. My fiancé is getting onboard with your advice, and he's currently in the process of paying down his student loan. Should I put my emergency fund money, minus \$1,000, toward his student loan debt?

-Elizabeth

Dear Elizabeth,

Congratulations on your

upcoming wedding! I'm really proud of you guys, too, for your mature behavior where money is concerned.

First, don't pay anything of his until after the wedding and you two are home from your honeymoon. At that point, "mine" and "his" becomes "ours," and you can realign your money situation to reflect your total money makeover as a couple. Make sure that "we" have an emergency fund of at least \$1,000 in the bank at that point. Then, if you like, you can throw the rest of what you previously had in your emergency fund at the debt.

You can both also pile up cash between now and the big day, so that after you two are official you'll have even more cash on hand. Who knows, you might be able to knock out that student loan completely and begin your life together debt-free. That would be awesome!

—Dave

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



# POPPOFF!

with Mary Jane Popp

## TEA FOR TOX

Can you use tea as your medicine for fitness and weight loss? According to health and wellness expert **Dr. Holly Lucille**, you certainly can. Dieting can be hard work and frustrating too... especially after days or weeks of deprivation and that number on the scale has hardly moved. It might even go in the wrong direction all together.

But before you give up, listen up. Don't head to that pint of Ben and Jerry's yet. The good Doc has a simple suggestion she shared with me on POPPOFF that can help all struggling dieters. How about a tea detox? According to Dr. Lucille, there are two primary reasons why body toxins interfere with weight loss.

1) "Our bodies try to protect us from dangerous substances by isolating and surrounding them with mucous, fat, and fluid so that they will not cause an imbalance or trigger an immune response. Our body want to

- keep its fat and fluid in place to buffer the toxins."
- 2) "Toxins cause inflammation, leading to leptin resistance. When leptin resistance occurs in the body, excess weight is maintained."
- Teas have been used for detoxifying and healing properties for many centuries. Here are a few tea types that have been shown both anecdotally and clinically to stimulate the detoxification process and/or jump-start the burning of resistant body fat.
- 1) **GREEN TEA.** Green tea has many well-researched health benefits including its ability to reduce oxidative stress, slow the aging process, reduce the formation of fat cells, speed metabolism, and increase fat-burning.
- 2) **OOLONG WU YI TEA.** Grown in the mountains of China, Oolong increase metabolism, improves alertness and cognitive function. Medicinally, it has been used to prevent tooth decay, cancer, heart disease, and osteoporosis.
- 3) **ROOIBOS TEA.** A healing tea with anti-viral and anti-inflammatory properties.
- 4) **GINGER TEA.** This tea aids digestive health, lowers cholesterol, dilates blood vessels, triggers thermogenesis, and boosts metabolism.
- 5) **BIRCH TEA.** Assists the transfer of toxins out of the body through the skin by stimulating perspiration. Birch possesses antiviral properties and is an immune activator.
- 6) **GUARANA TEA.** Guarana lessens food cravings and also increases the metabolic rate. It also acts as a diuretic, aiding the body in the elimination of excess fluids.
- 7) **SYNERGISTIC BLENDS.** Tea blends. Blended formulations give dieters and health enthusiasts additional benefits derived from the synergistic effect of the teas when taken in combination. Blended teas like Fit Tea, which contains the organic tea listed above and more, are enjoying tremendous consumer acceptance.
- Healing teas have been around for thousands of years, but there is a surge in their use for both detoxing and slenderizing bodies. **Dr. Holly Lucille** is a nationally recognized and licensed naturopathic doctor and educator who has appeared on a myriad of TV programs with the likes of "Dr. Oz" and "The Doctors." In her book, **"The Art of Detoxing,"** she explores all the possibilities for doing this thing detoxification which can help with getting fit and weight loss. You can also check out her website [www.fittea.com](http://www.fittea.com). Have a spot of Tea for Tox! ★



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### CLUES

**ACROSS**

- Bigwig in the Orient
- I in T.G.I.F.
- Brazilian indigenous people
- In the past
- Not bright
- Like a clichéd remark
- Sandbar
- Oahu greeting gift
- Acoustic output
- \*Christopher Robin's father
- \*Little Mermaid's royal father
- Poor man's caviar
- Bell sound
- Buffoon
- Miami Heat's Dwyane
- \*Prolific TLC father
- Radar flash
- Michelin product
- Third rock from the sun
- Republic of Ireland
- Sizeable
- Facts and figures
- Sour in taste
- Chicken of the sea?
- Like fair share
- Concerning this
- Debilitating spray
- Energy unit
- Beast's most precious possession
- \*John John's dad didn't wear it at his inauguration
- \*Overprotective father in "Meet the Parents"
- \*Scout and Jem's juriscient father
- Enter user name and password
- A note to follow soh
- Animal catcher
- Flip-flop
- Draft pick
- Iron & nickel
- Command: "At \_\_\_\_!"
- Outer limit
- African antelope

**DOWN**

- Discovery group
- Turkish honorific
- Sonic sound
- "Believe it or not, I'm walking \_\_\_\_"
- Loud cow noise
- Not in action
- "Wearable gift for dad
- Inflict a blow
- Tight like a bow string
- Backward arrow command
- Stepping stone to gain?
- United Nations labor agency
- Municipal officer in Scotland
- Poetic "beneath"
- \_\_\_\_ Koothrappali of "The Big Bang Theory"
- Fragrant toiletry
- African sorcery
- \*\*"You Are Old, Father William" from "\_\_\_\_ in Wonderland"
- One who fires firecrackers, e.g.
- Soda choice
- Like a full-fledged Mafia man
- \*King Fergus is Merida's dad in this Pixar flick
- Weasel's aquatic cousin
- Edible cannabis substance
- \*Alexandre Dumas to Alexandre Duma, fils
- Largest volcano in Europe
- Jet-setter's aqua ride
- Mind-numbing or wearisome
- Hemingway's "\_\_\_\_ Whom the Bell Tolls"
- As opposed to "eats out"
- Type of renewable energy
- Metallic sounding
- Capital of Qatar
- Between the id and super-ego, pl.
- Not any
- Attention grabber
- Vena \_\_\_\_
- Eurasian mountain range
- "Will be" in Doris Day song
- Long Term Evolution
- \*Laila's dad, Muhammad \_\_\_\_



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

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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

## Northern California Peruvian Chamber Presents

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By Marlys Johnsen Norris,  
Christian Author

Today in some circles, there is a different attitude regarding friendship, family and oneness in the Body of Christ, the church. We see people everywhere using text or e-mails to relate, hopefully really getting to know one another, but actually omitting personal contact.

However there seems to be an attitude of separation and distance some display to prevent people really from ever getting too close and never developing a good relationship. But this is not how God wants us to live according to Pastor Charles Stanley in a recent letter in his teaching and wisdom. He quotes a Scripture that God made us FOR each other and it is not good for man/woman to be alone.

## Friendship and Oneness

Many of us were raised to believe family history and values were important. The greatest disappointment one can experience as a senior adult is the rejection of the legacy that was given to them. Those precious values are no longer significant and/or important to preserve for future generations. Is it any wonder the breakdown of families are a result?

A truly intimate relationship requires personal communication and to be in the presence of someone. Including both building one another up within the friendship. Jesus said, “This is my commandment that you love one another as I have loved you”. (John 15:12-15) How can we claim we love someone and not include them in our lives? True ,friendship requires each person, “accepting” the other as they are and is not critical of their differences. A meaningful friendship requires death of ones personal pride and sensitivity about another persons needs; and less attention about ones self. (Me, Myself and I) Sincere and real friendship is a time of helping to bear another’s burdens for Jesus said, “Greater love has no man than to lay down his life for his friends” (John 15:13) A loving close relationship shares one’s heart and an openness about life

with another. And it bears significant evidence of the love they confess to have!

Years ago God gave me this kind of a friend and I have been blessed ever since. When we connect, even on the telephone, we both are filled with joy and God’s love. We just automatically pick up where we left off. Our friendship has lasted over 30 years.

Quote from Stanley’s letter received recently: Building barricades may keep people out, but it also obstructs the blessing that comes with God given friendships. Instead of constructing barriers, why not begin practicing sensitivity, submission, sacrifice, and sharing in order to build a spiritual friendship that endures forever and displays Christ’s love and shapes you — and your friends — into His image?

Prayer: Lord God please forgive me and fill me with your love. Help me to accept them as they are. I do really do love \_\_\_\_\_ . Change and transform me and my acceptance of them, that they might really see your love for them, through me.

Marlys Johnsen Norris is the Christian author of seven books. You may contact her at Marlysjn@gmail.com. ★



By Pastor Ray Dare

A lifestyle of service isn’t a 100-yard dash. It’s a marathon. To be faithful, you’ve got to keep going. But how do you keep serving when things get difficult, when things don’t go your way, when you don’t get what you want? Jesus gave the secret to serving, in particular to leaders. He said, “You know that the rulers of the Gentiles lord it over them, and their high officials exercise authority over them. Not so with you. Instead, whoever wants to become greatamong you must be your servant, and whoever wants to be first must be your slave— just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.” Matthew 20:25-28.

The world defines greatness in terms of position, power and prestige. If you can demand service from others, you’re great. Jesus, however, measured greatness in terms of service, not status. God determines your greatness by how

## Pastor Ray's Encouraging Words

### The Why Determines How Long

many people you serve, not how many people serve you. Jesus said a position of authority, a position of leadership is a position of service. You lead by serving.

The disciples argued about who deserved the most prominent position. They wanted to be at the right hand of Jesus. Two thousand years later not much has changed. People still jockey for position, prominence and authority. They want to be recognized as “the leader” or person in charge. Some even demand to be addressed with a “title”. Jesus said of the Pharisees, “They love to have men call them Rabbi” Matthew 23:7. That’s the love of recognition. Some titles are important, but when you demand that everyone has to say your title to make you feel important, something is terribly wrong. At New Beginnings we’re not in to titles. We believe God is more interested in what you do and why you do it than what you’re called.

Thousands of books have been written on leadership, but little on servanthood. Everyone wants service, no one wants to serve. Even Christians want to be “servant-leaders,” not just plain servants. The sad truth is some people use ministry as a cover for getting their need for recognition met. Real servants don’t draw attention to

themselves, they don’t insist on recognition. Real servants maintain a low profile, they don’t insist on authority or position.

The Bible says, “So don’t get tired of doing what is good. Don’t get discouraged and give up, for we will reap a harvest of blessing at the appropriate time.” Galatians 6:9 (NLT) The problem is, if you don’t have the right motivation, you’re not going to last. You’re going to drop out and quit when nobody gives you the recognition, authority or position you feel you deserve.

If you’re going to last in ministry, you have to clarify your motivation. You have to remember the **Why**. Because the Why always determines the How long. If you don’t know Why you do what you do, then when problems come along, things get tough or you don’t get your way, you’re not going to last.

Jesus says you must have the attitude of a servant. How do you know when you have the attitude of a servant? Simple: You don’t get upset when people treat you like one.y.

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## It Was Lights out at the Old Parsonage

Dr. James L. Snyder

As long as I can remember, and at my age that does not go back very far, I have always been an early riser. I do not like to stay in bed any longer than I have to. So much I want to do and so little time I need an early start every day.

This past week an event happened that challenged my “early to rise” regimen.

As usual, I rose early and headed for the kitchen for my cup of coffee. There is no way I can start a day without first indulging in my early morning cup of Joe.

Stumbling to the kitchen, I stubbed my toe twice walking down the hallway and then tried to turn on the kitchen lights.

When I flipped the light switch, nothing happened. I mumbled to myself that the light bulb probably burnt out.

I tried several light switches in the kitchen and the dining room and none worked. “Well,” I thought to myself, “I will start the coffee.” I fumbled my way to where the coffee pot was and turned the switch on. Nothing happened.

There was no electricity at all in the house. My challenge was

to make sure the electricity works before my wife got up. I could not let her know that we had no electricity.

Then it happened.

My wife came stumbling down the hallway and the first thing out of her mouth was, “Turn the lights on.”

I explained to her that there was no electricity and nothing was working in the house.

Fortunately, I had my cell phone and was able to call the electric company only to find out that the electricity in our neighborhood was out and the restoration in our neighborhood was estimated to be at around 10 o’clock.

How in the world can I survive without my cup of coffee until 10 o’clock in the morning? The whole world is in danger!

I never realized how important electricity was. I just took it for granted, paid the bill every month and just enjoyed the appliances and the lights and most important of all, the coffee pot.

As much as I love my coffee pot, it does not work without the electricity. I had a few words with the coffee pot, but it did not do any good. It wanted electricity and would not work until it had

electricity. How legalistic!

Then my wife said those terrible anticipated words, “Why don’t we go out for breakfast this morning?”

Being married as long as I have been, I realized this was not a question requiring an answer, but rather it was something she wanted us to do.

What I want to know is, will the electric company reimburse me for my early morning breakfast? After all, it is their fault that we had to go out. If I ever miss paying my bill, they always charge me late fees. Turnabout, I believe, is fair play.

I appreciate what David said, “For the LORD God is a sun and shield: the LORD will give grace and glory: no good thing will he withhold from them that walk uprightly” (Psalms 84:11).

Many times, we never miss something until it is no longer available. I do not want that to happen to me concerning God’s grace and mercy in my life.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, in Silver Springs Shores. Call him at 352-687-4240 or e-mail jameessnyder2@att.net. The church website is www.whatafellowship.com. ★

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# New Queens of Citrus Heights Crowned



Your new Young Miss Citrus Heights is Makenzie Brookshire, Ms. Citrus Heights is Marianna Klironomos, Mrs. Citrus Heights is Kristen Weiland-Horton, Jr., Miss Citrus Heights is Alana Mills and Court Keegan Carnahan and Tesla Thurman, Teen Miss Citrus Heights is Ellena Negrete, and your new Queen of Citrus Heights, representing Miss Citrus Heights (now for ladies age 18 and over) is Lucinda Maria Witte. Photo courtesy Tamara Barbu-Brown

By Tamara Barbu-Brown

CITRUS HEIGHTS, CA (MPG) - In honor of the late great Ms. Mary Purvis Friday night May 20th, 2016 was the crowning event of the 2016 Citrus Heights Queens and Court. Your new Young Miss Citrus Heights is Makenzie Brookshire, Ms. Citrus Heights is Marianna Klironomos, Mrs. Citrus Heights is Kristen Weiland- Horton, Jr. Miss Citrus Heights is Alana Mills and Court Keegan Carnahan and Tesla Thurman, Teen Miss Citrus Heights is Ellena Negrete, and your NEW Queen of Citrus Heights, representing Miss Citrus Heights (now for ladies age 18 and over) is LUCINDA MARIA WITTE. Look for the new Queens to be in the 2016 Citrus Heights Red, White and Blue Parade on June 25th and at many other local area events.

Mary Purvis ran the Miss Citrus Heights Pageant and other local city pageant titles since 1973, and passed away in March of 2014 at age 86. She was planning the 2014 Miss Citrus Heights Pageant when she passed. Her long-time Queen

and right hand girl Tamara ‘Tami’ Barbu-Brown now owns and operates the Miss Citrus Heights titles. There are new ways to being Miss Citrus Heights as Tamara tells in in her own words:

“I want to keep Mary’s royal ambassador passion and dream alive by continuing the Miss Citrus Heights Queen tradition and I now call us the CLASS of Queens. I myself, as Mary did, live in Citrus Heights and just love this City! I was Ms. Citrus Heights of 1997 and helped celebrate the town of Citrus Heights become a City. I Grand-Opened many Citrus Heights businesses over the last 25 years and even rode in the very first Citrus Heights Red, White and Blue Parade. I am thrilled, proud and honored to be what I call the “new Mary Purvis”, and now direct many of her Queen titles. We CLASS of Queens attend local fairs in the park with make and take crafts, face-painting, serve snow cones and hot dogs, costume parties, and even formal symphony concerts, charity dinners and parades. With me you can earn a title or win one; to earn a title all you have to

do is prove yourself worthy of a crown and do the community work alongside of us, just hang with us and do as we do!

Miss Citrus Heights is not a ‘beauty pageant’, it is an ‘Opportunity Program’ – an opportunity to represent a great city and be a given a chance to serve through volunteer Community Service work all year which can be used as community service credit and on job resumes. Here is where you can learn to be an outgoing, brave and charitable giving person, learn social skills and how to work as a Team. And, you can make lifelong friends. Mary Purvis is surely smiling down happy that her queen dream is still active and well and ever growing and changing to fit the modern times. “Let me give you the opportunity to go out there in all your glory and be AMAZING!” ~ Tamara ‘Tami’ Barbu-Brown Owner and Director of Miss Citrus Heights and Miss Citrus Heights City, Miss Greater & Metro Sacramento, email: queentamara2000@gmail.com. FACEBOOK. ★

# A Day of Respite

Local Homeless Veterans Get a Day of Respite at Citrus Heights Stand Down



“Volunteers from the Church of Latter Day Saints set-up hundreds of Stand Down give-aways including jeans, jackets, socks, beanies and military grade sleeping bags and duffle bags.” Photo courtesy of The City of Citrus Heights

Continued from Page 1

struggling veterans along with their canine companions to get the services and help they need. Animal care services were provided by the City of Citrus Heights Animal Control Service Officer Rueben Hernandez who partnered with Mercy Pet Hospital to provide vaccines, booster shots, micro chipping and other pet supplies.

Especially popular was the hygiene van provided by ‘The Way’ Riderz Motorcycle Ministry, where veterans were able to receive a shower and a haircut. Volunteers handed out clothing including jeans, beanies, gloves, socks and jackets. Veterans also received military grade sleeping bags and duffle bags.

Some of the twenty eight service providers anxious to serve this day include the Salvation Army, Sacramento Food Bank, Northern California

VA Healthcare System, the Social Security Administration, Sacramento County Veteran’s Service Office, Blue Star Moms of Northern California, Sacramento Veteran’s Center, Loaves and Fishes and more.

This public/private sector partnership was supported by Thunder Valley Casino Resort, Sacramento Self Help Housing, City of Citrus Heights, Citrus Heights Police, Holy Family Catholic Church, the local Church of Jesus Christ of Latter Day Saints, Sunrise Marketplace and several others.

Knowing that many Stand Downs cover two days or more, Duane Wright, Respite Program Manager for TLCS was especially impressed by all the providers who came out to help the veterans for just one day.

Of special note, 131 volunteers from the Citrus Heights community came out in force, particularly from the local Church of Jesus Christ of Latter

Day Saints.

One event volunteer, Mrs. Martha Roth approached the Sacramento Self Help Housing table at the Stand Down to thank the organization and tell about her success. Mrs. Roth came back this year as a volunteer to show her support and gratitude. The following is her success story: “Thirteen years ago my husband, a Vietnam Veteran, and I were homeless. We felt hopeless and didn’t know where to turn. Another veteran we knew suggested we attend a Stand Down in Sacramento. At the Stand Down we were able to get help obtaining housing at a rent we could afford. If it had not been for this I’m not sure where we would be today.”

For general information on Citrus Heights HART contact Kathilynn Carpenter at kathilynnccarpenter@sunrisemarketplace.com or 916-769-5615. ★



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The cost for these core courses is \$30 total for all 6 sessions. The cost includes lessons/manuals. Additional one or two 2 ½ hour session workshops are offered for \$5 per workshop.  
Workshop titles include: Digital Cameras, Computer Maintenance, E Bay, Greeting Cards, Downloading, Windows 7, Storage and Backup Files, Flash Drives, etc, and Database.

Senior Computer School is a non-profit organization staffed by volunteer instructors, assistants, and office staff. We train 40-60 students every month with 8 to 16 students in each class. Step by step instructions are conducted with clearly written lessons. There is no need to take notes as the lessons are provided for you to keep after each session. Assistants provide individual help, as needed during each session.  
The Senior Computer School learning center is located at the back of the Rio Americano High School campus, 4540 American River Drive, Sacramento, CA 95864. Free parking is available near the levee road, inside the chain linked fenced area. Look for the Senior banner on the Learning Center.



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# America Marches Blindly Toward Single-Payer



**Commentary**  
by Sally C. Pipes,  
Pacific Research Institute

Hillary Clinton just dipped her toe a little bit further into the waters of single-payer health care, prodded by her competitor for the Democratic presidential nomination, Bernie Sanders.

She recently called for allowing more people to join Medicare – the government-run healthcare program for seniors – by allowing those “55 or 50 and up” to buy into it. Sanders can no doubt take credit for pulling her further left – his proposal to expand Medicare to all Americans has evinced cheers from his partisans.

But the record of other single-payer systems should silence those cheers. Single-payer would destroy health care quality and rob patients blind in the process.

Sanders has been agitating for single-payer for decades. The supposed price tag of his latest proposal for “Medicare-for-All?” About \$14 trillion over 10 years, he's claimed.

But according to studies

from the Urban Institute and the Tax Policy Center, the real cost would be about \$33 trillion. Even after accounting for the revenue that Sanders's plethora of new taxes would take in, the government would still need \$16 trillion.

Nevertheless, Sanders's focus on single-payer has attracted attention. A recent survey found that 63 percent of people had a positive reaction to the term “Medicare for all.” Meanwhile, thousands of doctors recently signed on to a plan similar to Sanders's.

Some states could even green-light single-payer in the coming months. This November, Colorado voters will decide whether to create a state-level single-payer system. The initiative would cost \$38 billion annually and require billions in new taxes.

Coloradans should take note of another state that tried to implement a single-payer system and failed – Sanders's home state of Vermont.

The state's attempt at single-payer in 2014 was projected to cost \$4.3 billion – almost equivalent to the state's entire \$4.9 billion budget. To fund the program, Vermont would have needed an extra \$2 billion in revenue – plus new taxes on businesses and residents. Officials abandoned the idea because it would have collapsed the state's economy.

The recent history of single-payer systems sponsored by the federal government isn't much more encouraging.

Take the Veterans Health Administration, which continues to subject beneficiaries to lengthy waits for care.

In March, the Government Accountability Office tracked the experience of 180 newly-enrolled vets and found that 60 waited as many as 71 days to see a primary care doctor. Sixty more never even managed to get an appointment.

Patients haven't fared much better under single-payer systems abroad.

Horror stories from Britain's National Health Service emerge almost daily. Recently, a government investigation found that hospitals are discharging elderly patients without ensuring that they're fit to go home.

This spring, thousands of junior doctors went on strike. Patients had no choice but to wait for the walkout to end, as hospitals postponed more than 112,000 appointments and 12,700 operations in response.

Canada, my native land, has similar issues. Canadians must wait an average of 18.3 weeks to see a specialist after getting a referral. That wait time is 97 percent longer than it was in 1993. Almost 900,000 Canadians are waiting for treatment.

The promise of single-payer – high-quality, universally accessible, free – is nothing like the reality of such a system. Taxpayers pay dearly for the promise of such care.

This fall, voters must not allow themselves to fall prey to the siren song of single-payer.

Sally C. Pipes is President, CEO, and Thomas W. Smith Fellow in Health Care Policy at the Pacific Research Institute. Her latest book is *The Way Out of Obamacare* (Encounter 2016).



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Limit 2 • Dog Food Dog Food Cat Food  
Cases Grain Free \$1.29 13 Oz **99¢** 3 Oz **63¢**  
**Introductory offer NUTRO NATURAL CHOICE**  
**WILD FRONTIER DRY DOG FOOD**  
•Real Chicken •Real Lamb •Real Salmon •Venison Meat  
•Grain Free •High Protein •Adult 24 Lb Bag Limit 2 Bags **\$34<sup>99</sup>**  
**MEOW MIX**  
**DRY CAT FOOD**  
•Original Choice 16 Lb Bag **\$10<sup>99</sup>**  
Limit 2 Bags Per Family  
**WILDERNESS DRY CAT FOOD** **AS MARKED**  
•Chicken •Salmon •Duck •Indoor **\$5 OFF**  
•Weight Control 100% Grain Free **(in store coupon)**  
11-12 Lb Bag Limit 2 Bags **OUR REGULAR LOW PRICES**

**WORLD'S BEST**  
**CAT LITTER**  
14 Lbs Limit 2 Bags **\$11<sup>99</sup>** Original **\$12<sup>99</sup>** Extra Strength  
**PRECIOUS CAT**  
**CLUMPING CAT LITTER**  
18 Lb Bag **\$5<sup>99</sup>**  
Limit 2 Bags Per Family  
**JONNY CAT**  
**PREMIUM CAT LITTER**  
10 Lb Bag **\$1<sup>69</sup>**  
Limit 2 Bags Per Family  
**CAT'S PRIDE**  
**FRESH & LIGHT PREMIUM CLUMPING CAT LITTER**  
15 Lb Jug Limit 2 Jugs **\$5<sup>99</sup>** **SUPER BUY**

**WELLNESS**  
**CANNED DOG FOOD** **15% OFF**  
Natural 12.5 Oz Can, Limit 2 Cases Full Case **OUR REGULAR LOW PRICES**  
(Reg.Price - Reg. \$2.39 Stew \$2.49 Core \$2.49)  
**SCIENCE DIET**  
**SMALL BITES DRY DOG FOOD**  
•Adult •Light •Mature •Puppy 17.5 Lb Bag **\$22<sup>99</sup>**  
Limit 2 Bags (Lamb & Rice Small Bites 15.5 Lb \$25.99)  
**PEDIGREE**  
**DRY DOG FOOD** **\$23<sup>99</sup>**  
•Adult (Large Breed Adult 36 Lb \$21.99)  
46 Lb Bag Limit 2 Bags Per Family  
**MEOW MIX**  
**CAT FOOD** **49¢**  
Market Select 2.75 Oz Cup Limit 1 Case

**HAMILTON PET LEASHES**  
•Collars •Harnesses All  
•Leads •Nylon Varieties  
•Leashes •Leather  
**20% OFF**  
OUR SUPER LOW PRICES  
**CADET**  
**BULL STICKS**  
**DOG TREATS**  
All Varieties **20% OFF**  
OUR SUPER LOW PRICES  
**FELINE GREENIES**  
**CAT TREATS** **\$1<sup>79</sup>**  
(also Smart Bites) All Varieties  
**FURMINATOR**  
**PROFESSIONAL**  
**PET PRODUCTS**  
•Deshedding Tool •Shampoo  
•Asst Products All Varieties **20% OFF**  
OUR SUPER LOW PRICES  
**NATURE'S MIRACLE**  
**STAIN & ODOR REMOVER**  
1.5 Gallon **ON SALE**

**MARINELAND POWER FILTER SALE**  
MODEL TANK SIZE PET CLUB SALE  
PENGUIN 100B 20 Gal. **\$19<sup>99</sup>**  
PENGUIN 150B 30 Gal. **\$27<sup>99</sup>**  
PENGUIN 200B 50 Gal. **\$45<sup>99</sup>**  
PENGUIN 350B 75 Gal. **\$45<sup>99</sup>**  
**TETRA BOXED 10 GALLON TANK**  
With Economy Kit **\$39.99** Limit 1 Per Family  
Just add Heater For Tropical Fish  
**KORDON WATER CONDITIONERS**  
Amquel 16 Oz **\$5.99**  
Amquel Plus 16 Oz **\$5.99**  
Novaqua Plus 16 Oz **\$5.99**  
**REEF CRYSTALS**  
50 Gal. Salt Mix **\$15.99**

BONUS COUPON

**FANCY FEAST**  
**ELEGANT MEDLEY CANNED CAT FOOD**  
Selected Varieties - 3 Oz  
Limit 6 Cans with Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 6/1/16 - 6/7/16  
**59¢**  
CHM PLU 568

BONUS COUPON

**PURINA**  
**WHISKER LICKINS CAT TREATS**  
•Soft & Delicious - 2.5 Oz  
•Crunchy & Yummy - 1.7 Oz  
Limit 2 Pouches with Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon. Effective 6/1/16 - 6/7/16  
**69¢**  
CHM PLU 446

BONUS COUPON

**ARM & HAMMER**  
**CAT LITTER DEODORIZER**  
20 Oz Box  
Limit 2 Boxes with Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 6/1/16 - 6/7/16  
**\$14<sup>9</sup>**  
CHM PLU 422