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# Citrus Heights "Written by the people, for the people"

Volume 6 Issue 04

Serving the City of Citrus Heights and Sacramento County

February 26, **2016** 

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# Firefighters Raise \$137K

Largest Boot Drive in History Aids Burn Survivors



Story by Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - The unmistakable sound of bagpines rose from the bucket of a Sacramento Metropolitan Fire Department ladder truck high over Greenback Lane and Sunrise Boulevard the morning of February 12th. The 22nd annual Firefighters Burn Institute (FFBI) Fill the Boots fundraiser was held over Presidents Day weekend and

\$137,000 was raised to aid survivors of burns.

Sacramento Metro Fire and Sacramento City Fire were two of over 50 fire agencies throughout Northern and Central California holding boot drives to support burn programs and a new regional burn center. Their goal for 2016 is to raise over \$500,000 collectively.

This year firefighters from Sacramento Metro Fire, Sacramento City Fire Department, Continued on page 4

Firefighters Tyler Craft and Ryan Gardner (top photo) display the total raised in four days from donations the public dropped into their boots in Citrus Heights during their 22nd Fill the Boot fundraiser. Photo courtesy Rachel Crowell Soloist Rachel Sprague sings the National Anthem at the opening ceremony for the 22nd annual Firefighters Burn Institute (FFBI) Fill the Boot fundraiser in Citrus Heights, Members of the Sac Area Firefighters Honor Guard stand at attention. Also shown is FFBI Executive Director Jim Doucette

# **At-Risk Youth Leadership Courses**



The 8 week program beginning April 5th, 2016 is designed to teach the teens a positive way to look at themselves and their lives and how to interact with others while developing leadership skills. Photo courtesy Citrus

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"Don't let life pass you by! In what direction are you headed, and where are you trying to go? It's time to wake up!" -Macte

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Police Activities League (PAL) and Youth and Family Services Division are seeking at-risk teenagers (ages 13-17) in the Citrus Heights area

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who face socio-economic and life-choice challenges to participate in a pilot PAL leadership course. The 8 week program beginning April 5th, 2016 is designed to teach the teens a positive way to look at themselves and their lives and how to interact with others while developing leadership skills.

Families are not raising teenagers, they're raising young adults. From confidence building to self-coaching to leading others; by teaching our youth to lead themselves and others, we aim to give them the self-confidence to stand up and express their opinions, the ability to recognize right from wrong, the courage to help those who can't help themselves, and the tools to fulfill their own potential and become productive members of society.

The all-inclusive youth leadership course is designed to

Continued on page 7

#### **Get Free Tax Help!**

500 Sacramentans Receive Free Tax Help at Kickoff of Volunteer Tax Assistance Program

SACRAMENTO REGION, CA (MPG) - In one day, 500 local residents received free help with their tax

return preparation, thanks to the kickoff of the Sacramento Coalition for Working Families' Volunteer Income Tax Assistance effort, led by United Way.



Free tax help continues through end of March. Photo courtesy Kristin Thébaud Communications, United Way

At the Jan. 30th event, IRScertified volunteers provided free basic tax return preparation with electronic filing and informed taxpayers about special tax credits for which they may qualify, including the federal and state Earned Income Tax Credits, Child Tax Credit, and Credit for the Elderly or the Disabled. VITA is a national IRS program and offers free help to people who make a limited income and need help preparing their tax returns. More appointments are available through the end of March for local households that earned \$54,000 or less in 2015. Visit www.yourlocalunitedway.org/VITA or call 2-1-1.

"We want to make sure as many households as possible in the Sacramento area are financially stable, and that starts with not spending unnecessary money on tax preparation and making sure they receive the maximum refund to which they are entitled," said Stephanie Bray, United Way California Capital Region president and CEO.

Local households that made \$62,000 or less in 2015 can qualify to file their state and federal taxes online for free at MyFreeTaxes.com, thanks to a national partnership between United Way, Goodwill Industries and the National Disability Institute. MyFreeTaxes.com helps people save an average of \$200 in tax preparer fees. The website guides users through federal and state filing using software powered by H&R Block. Users need a valid email address and income forms. The eight-year-old program is available in all 50 states.

Both the in-person and online filing opportunities are designed to help households receive the maximum Earned Income Tax Credits of \$6,000, now available federally and through the state. This is the first year that California is offering a state Earned Income Tax Credit to benefit California's working families, increase use of the federal credit and increase availability of free tax preparation services.

To donate or volunteer, visit www.yourlocalunitedway.org.

Source: Kristin Thébaud Communications, United Way ★

# Carmina Burana is World Class

Story by Jeannie Brown

SACRAMENTO REGION, CA (MPG) - "The SCSO owns Carmina Burana!" This was the review immediately following the outstanding performance by the Sacramento Choral Society & Orchestra on their 2003 East Coast debut of Carmina Burana at Carnegie Hall. Three standing ovations is no small feat in the music world, but this New York audience knew excellence when they saw it, so stand and applaud they did!

The Carmina trilogy of 2003 included not only the performance at Carnegie Hall, but back here at home in Sacramento's own Community Center Theater and UC Davis' brand new Mondavi Center.

The SCSO performance of Carmina put Sacramento on the musical world map and the first international tour soon followed with performances in Prague, Budapest, and Vienna. Since then, they have performed Carmina seven times and are in rehearsals now for the next performance scheduled for March 5th at the Sacramento Community Theater.

What is the excitement of Carmina Burana all about? Literally translated as Songs of Beuren, the over 1000 songs and poems discovered were originally penned in Latin, German, and medieval French by defrocked clergy and otherwise fun-loving, 'worldly' sorts of the 11th, 12th, and 13th centuries. These poems were not discovered until 1803 in the library of the Benedictine Abbey just outside of Munich where the SCSO performed in 2003. It was not until 1934 that German composer Carl Orff chose 24 of the secular poems and set them to what he termed a "scenic cantata," a choral and orchestral masterpiece that depicted tales of love, springtime, gluttony, and a bit of debauchery.

At 42, Orff became an overnight celebrity with the 1937 premier of Carmina in Frankfurt, Germany. He was quoted as saying, "Everything I have written to date, and which you have, unfortunately, printed, can be destroyed. With Carmina Burana, my collected works begin."

The SCSO's 2003 stunning premier of Carmina at Carnegie Hall included the New England Chamber Ensemble, Carnegie's resident orchestra, as well as the Manhattan (NYC) Children's



SCSO Conductor Don Kendrick. Photo courtesy SCSO

Chorus. This year's Sacramento performance features world-class soloists: soprano Shawnette Sulker, tenor Brian Staufenbiel, and baritone Lee Poulis. The large SCSO Team for the March 5th performance will be sure to please as the 160-plus members of the SCSO, along with 60 members of the Sacramento State University Chorus, 40 members of the Sacramento Children's Chorus, and a full 62-piece orchestra, promise to deliver the spine-chilling and soul-stirring rendition of Carmina

Along with the performance of Carmina, the March 5th repertoire will also include the American Premier of Jonathan Dove's Psalms for Leo, performed entirely in Hebrew, Karl Jenkins' Songs of Sanctuary, and Josef Suk's Towards a New Life. The night's event will represent composers from Germany, England, Wales, and Czek

Republic (respectively.) A dynamic not-to-be-missed pre-concert talk by Conductor Donald Kendrick will set the scene for the evening and projected supertitle translations will add to both the enjoyment and understanding of the music performed.

Tickets sales are robust and early purchases are encouraged to guarantee seats. Ticket prices range from \$35-\$55 with a 50 percent discount for students. The SCSO is also offering a limited special "SCSO VIP Experience" and is available to student groups of 10 or more and includes admittance to the Friday night rehearsal, exclusive preconcert meeting with conductor and artistic director Don Kendrick, a commemorative name badge, and a Carmina Burana CD. You can find out more at www.SacramentoChoral.com or by calling the SCSO office at (916) 536-9065.

Source: SCSO



SCSO's debut performance of Carmina in Carnegie Hall, circa 2003. Photo courtesy SCSO

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SCSO 20<sup>th</sup> SEASON

#### Carmina Burana



"The SCSO owns Carmina Burana!" The Sacramento Bee

PROJECTED SUPERTITLE TRANSLATIONS

Carl Orff | Carmina Burana

Karl Jenkins | Songs of Sanctuary (selections)

Jonathan Dove | Psalms For Leo (West Coast Premiere)

Shawnette Sulker, Soprano Brian Staufenbiel, Tenor Lee Poulis, Baritone

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Sacramento Community Center Theater

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# Eighth Grader Honored Take a Sentimental Journey via Cabaret



(L-R) Sacramento County Supervisor Roberta MacGlashan, Citrus Heights Chamber Vice Chair of Education Rosa Umbach, Student of the Month Hannah Rausch of St. Mark Lutheran School, representing Senator Jim Nielsen's office Landon Wolf, Citrus Heights City Council Member Sue Frost and representing Assemblyman Ken Cooley's office Jonathan Glatz. Photo courtesy St. Mark's Lutheran School of Citrus Heights

#### Submitted by Matthew Bauer, Principal

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Chamber's Education Committee honored Hannah Rausch, 8th grade student at St. Mark's Lutheran School of Citrus Heights, as the February 2016 Student of the Month. The award was presented at the Chamber's February 9th, 2016, luncheon held at the Citrus Heights Community Center.

The faculty of St. Mark's Lutheran School of Citrus Heights selected eighth grader Hannah Rausch for the Education Committee's student of the month for her Christian leadership, heart for service, academic achievement, involvement in school activities, and involvement in the

Hannah is a strong Christian leader. As an eighth grader, she is a fine role model for younger students. Hannah has served on the Student Council and was a captain on her school volleyball team. Hannah's faith shines brightly as she sets a fine example for her peers to follow.

Hannah has a heart for serving others. She is regularly nominated as a "Lion for Others" for her acts of humble service around school. Hannah spends her Saturdays helping with the St. Mark's Youth Basketball League and volunteers for

service opportunities every chance she gets.

Hannah excels academically. She has a strong work ethic and makes the honor roll every quarter. She has received the President's Award for Academic Excellence and has qualified to participate in school spelling and geography bees.

Hannah is active in school activities and strives to be a well-rounded individual. She participates on our school's volleyball and basketball teams. She develops her musical talents taking piano lessons and singing in the Choir Club. She also enjoys participating in school talent shows and drama productions.

Hannah is active in the community. Her family sponsors a needy child in Rwanda with whom Hannah regularly takes the time to correspond. Hannah enjoys babysitting and scorekeeping at her brother's Little League baseball games.

The school faculty is thankful for the fine young lady Hannah has become and looks forward to watching her continue to shine.

Lunches for the student and guests are sponsored by local businesses. Many thanks to our Student of the Month lunch sponsor Safe Credit Union, courtesy of Amanda Merz. And, thanks also to Paul Buchanan of B-West Marketing Group for providing a special memory t-shirt for the Student of the Month.



The River City Chorale has been presenting the Cabaret for many years and it is by far its most popular concert.

**SACRAMENTO REGION, CA (MPG) -**The River City Chorale presents its ever-popular Cabaret on Saturday and Sunday, March 5th and 6th, with two shows each day: 4 p.m. and 6:30 p.m. It's conveniently located at the Serbian Church Hall, 7777 Sunset Ave (between Sunrise and San Juan), in Fair Oaks, Calif.

With the theme of Sentimental Journeys you will be transported back to the era of such songs as "Chattanooga Choo Choo," "Meet Me in St. Louis," "Route 66," and

"On the Sunny Side of the Street."

Upon entering the hall you will be greeted by the sounds of a traditional jazz combo and escorted to your reserved place at decorated round tables seating up to eight persons. Hors d'oeuvres will be served at your table by the singers and you can partake of libations at an open bar. You'll also have the opportunity to purchase raffle tickets for one of four fun prizes, with winners to be announced at the end of the

Then the show begins! In

keeping with the tradition of the cabaret you will be entertained by small groups, soloists, a chamber choir as well as the whole ensemble who will be perched cabaret style—on stools onstage. A combo led by Richard Morrissey, the director of the Chorale, with piano by the very talented Kathy Earl Midgley, will provide the accompaniment.

So get your tickets early by going online at www.RiverCityChorale. org or call (916) 331-5810.

Source: River City Chorale ★

# **Runner Responds to High Speed Rail Change of Plans**

SACRAMENTO REGION, CA (MPG)

- Board of Equalization Vice Chair George Runner issued the following statement in response to the High Speed Rail Authority's 2016 business

"The High Speed Rail Authority is desperate and wants to lay as much track as possible so that it becomes more difficult to stop the project. The decision to switch

construction to the Bay Area amounts to nothing more than kicking the can down the alley. The Tehachapi Mountains won't disappear because the authority decided to change

"As I warned in 2008, this project is now a far cry from what voters narrowly approved. The project is more than twice as expensive as initially promised and has suffered numerous setbacks and delays. This isn't what Californians expected; they clearly deserve another chance to vote on the issue."

George Runner represents more than nine million Californians as an elected member and Vice Chair of the State Board of Equalization. For more information, visit www.boe.ca.gov/Runner.

Source: Office of George







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# Help Being Neighborly

Story and photo by Sal Arrigo, Jr.

I had an issue recently with a neighbor who needed to clean up an adjacent property, and after several attempts to engage this neighbor in a friendly conversation, my efforts had failed. Without much recourse, I turned to the Code Enforcement Division of the Citrus Heights Police Department (CHPD). After having an educational conversation with Sgt. Jason Baldwin, I quickly learned there is much more to "cleaning up a neighbor's property" than meets

Code Enforcement Officer Leah Buck, a nine-year veteran of the CHPD, told me, "We don't go looking for violations, it is complaint generated." Officer Buck—a member of the Problem Oriented Policing Unit, or POP as the department is known flashed her winning smile, her trademark when she approaches a city resident regarding a complaint.

"I smile, I approach, and I educate," Leah said. "Once a resident realizes they are in violation of the city code, they tend to fix the situation." Baldwin mentioned that many issues are easy to deal with, but they do have times when residents resist any government intervention. It is rare, Baldwin said, when they have to go to court and forcibly



Leah Buck, Code Enforcement Officer for the Citrus Heights Police Department, and a nine year veteran of the force

have a resident clean up their property. In fact, some of the violations may be discovered by an officer going to make an arrest, and they uncover property code violations that need to be addressed.

The success rate for voluntary compliance is "extremely high," according to Buck, and that includes people who want to fix their cars in their driveways or decide the front lawn is a good place to leave their sofa. According to the CHPD, Code Enforcement "is here to maintain a high quality of life for the citizens who work and live in Citrus Heights." Baldwin, who used to be a patrol officer in some of the toughest neighborhoods in Los Angeles, told me that Citrus Heights is a "unique city in terms of support for the officers." He mentioned he was driving around on patrol when a total stranger "just started to wave to us!" It certainly was welcoming to his new tour of duty, and one that he enjoys.

Code Enforcement works to maintain the aesthetic environment of Citrus Heights and maintain property values for its citizens. In case you want to know what some of the violations are (and have time to clean them up), below are a few of the most common, according to the CHPD:

- · Weeds and debris
- · Neglected landscaping
- Inoperable/unregistered vehicles
- Substandard rental housing
- Unsafe/dangerous buildings Occupied recreational vehicles
- · Business licenses—(or lack thereof)
- Auto repair

As I concluded my interview, it was apparent the Code Enforcement Division of the Citrus Heights Police Department is committed to maintaining a community where being neighborly is taken seriously.

# Firefighters Raise \$137K

Largest Boot Drive in History Aids Burn Survivors

Continued from page 1

and others, including Beale AFB, Travis AFB, Consumnes Fire Department, and the Sacramento Airport Fire Department joined together to raise funds for this important cause.

Donations from drivers, pedestrians, and others will be used to improve burn treatment and to fund life-altering burn recovery programs including Firefighters Kids Camp for young burn survivors ages 6 to 17, and the Little Heroes Preschool Burn Camp for children ages three to six years and their families.

Citrus Heights is the birthplace of the Firefighters Boot Drive and thanks to the Citrus Heights community is now the number one Fill the Boot event in all the United States and Canada, and raising \$137,000 this year is the highest amount in the history of the boot drive.

The opening ceremony took place Friday, February 12th, complete with Posting of the Colors by the FFBI Honor Guard, members of the FFBI Pipes and Drum Band. The National Anthem was sung by Rachel Sprague, daughter of Retired Sac Fire Captain, Charlie Sprague.

Jim Doucette, FFBI Executive Director and master of ceremonies for the opening event, emphasized the immense amount of work that goes into the 4-day event, which would not be possible without the volunteers, the firefighters that came from all over the Sacramento Region, and the city government, business sponsors and residents of Citrus Heights. Doucette remarked, "This year we set an all-time record, \$9,000 more than 2015. This event would not exist without the total support of the wonderful community out there."

Another highlight for those visiting the weekend's operation



Bagpipes blare at the opening ceremony in Citrus Heights for the 22nd annual Fill the Boot for Burns fundraiser over the Presidents Day weekend. \$137,000 was raised to help survivors of burns. Photo courtesy Hilary Ingram

center was to experience renowned fire fighters' cuisine at the Sac City Fire Reserve's only fully equipped mobile kitchen unit in the greater Sacramento area. Reserve volunteers provided their specialties for the day: omelets, burritos, and much more. In the field the Reserve provides food and drinks and EMT standby at the scene of

fires and other emergencies. On Saturday a hugely successful Safety Fair was held in the Sunrise Mall parking lot. Over 500 men, women, and children watched demonstrations by fire rescue dogs, arson (accelerant sniffing) dogs, the Jaws of Life, a Sheriff's helicopter, the Community Emergency Response Team (CERT), and the City of Sacramento Drowning Accident Response Team (DART).

The FFBI is a non-profit organization founded by the

Sacramento Area Firefighters Local 522 in 1973 following the fiery 1972 crash of a F86 Saber jet into the Farrell's Ice Cream Restaurant across the street from the Sacramento Airport during an airshow. Twenty two people were killed, many of them children, and twenty four injured.

In response to this tragedy the burn center was created to establish a local burn treatment facility, providing recovery programs for burn survivors. They also provide fire and burn prevention through public education. Donations help provide education for burn team professionals, firefighters and burn survivors, and support burn treatment and rehabilitation research.

For additional information contact the Firefighters Burn Institute at (916) 739-8525 or visit their website at www. ffburn.org.

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Publisher, Paul V. Scholl

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# Citrus Heights

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# Donald Trump on Bush's WMD 'Lie'



Commentary by Paul G. Kengor

"George Bush made a mistake," said Donald Trump in the South Carolina debate last week. "We should have never been in Iraq." Trump added that "we destabilized" the larger Middle East.

Those are legitimate points of contention—though Trump should not exclude President Obama's decision to prematurely pull troops from Iraq. That move by Obama in 2011 was disastrous, as so many (including Bush himself) warned it would be. It unquestionably helped enable the surge of ISIS and its establishment of a self-proclaimed "Islamic State" caliphate.

But then Donald Trump went way overboard.

"I want to tell you, they lied," said Trump. "They said there were weapons of mass destruction. There were none. And they knew there were none."

The "they" means George W. Bush, and (we must assume) basically Bush's administration and entire security and foreign-policy and intelligence team.

Trump's accusation is outrageous.

Given a chance to walk-back that remark in an interview with Sean Hannity, Trump seemed unwilling.

"Some people felt like you

were going conspiratorial," said Hannity, "suggesting that they knew that there were no weapons of mass destruction."

Trump answered: "No. I don't have—you know, I can't tell you that. I can only tell you that getting into the war was a disaster."

That was all that Trump said. No further elaboration. Was he backing down a bit? Maybe, but it was hardly a major retraction or apology.

Either way, Trump's initial assertion should be dealt with. The idea that George W. Bush lied about WMDs is an old, ludicrous canard that needs to be dispatched to the ash-heap of history. It is a very unfair smear.

Let's recall the history leading up to 2003:

The war debate was not over whether Saddam Hussein had WMDs. Everyone was convinced he did, including Democrats, Bill and Hillary Clinton, Kofi Annan at the U.N., the French, the Russians, the world's intelligence agencies, and on and on.

The debate was not if Saddam had WMDs but how to best go about disarming him. The debate within the international community was whether an American-led invasion should be pursued to disarm Saddam (the approach favored by George Bush and Tony Blair) or whether sanctions and arms inspections should be pursued to disarm Saddam (the French-Russian approach), but never whether Saddam had WMDs.

For years, since at least 1990, the world was certain that the Iraqi dictator was ever-assuredly securing WMDs.

If I may, my personal experience is instructive:

I began working this issue at the Center for Strategic & International Studies (CSIS) in 1991, and then continued in graduate school, as a professor, and as a researcher for various thinktanks. All along, I supported the Democrats in the White House—that is, Bill Clinton and Al Gore

and crew—when they bombed Iraq because of its ominous WMD threat. The last such occasion was December 1998, after Saddam again kicked out U.N. inspectors as they demanded entry to clandestine WMD sites. By 2003, inspections had not occurred in Iraq in five years, which concerned George W. Bush and his team greatly in the post-9/11 world.

In my lectures on Iraq still today, I quote lengthy articles from The New York Times to Newsweek that detailed Saddam's frightening covert biological and nuclear programs. Check the Washington Post (Barton Gellman, "Iraq Works Toward A-Bomb," September 30, 1998); The London Times ("Defectors say Iraq tested nuclear bomb," February 25, 2001, and "Iraq 'will have nuclear bomb in months," September 16, 2002); The New Yorker (Jeffrey Goldberg, "The Great Terror," March 25, 2002); U.S. News & World Report (Richard J. Newman, "Stalking Saddam," February 23, 1998); Newsweek (John Barry, "Unearthing the Truth," March 2, 1998); or Time, the Los Angeles Times, the Wall Street Journal or other publications. Some of these articles laid out not merely nuclear programs but supposed secret nuclear tests conducted by Saddam. Peruse transcripts from major TV news broadcasts: CBS, ABC, NBC, CNN, MSNBC, CBC. Check the BBC and NPR. And don't neglect the full-blown books published by top houses, like Khadhir Hamza's Saddam's Bombmaker.

Watch the terrifying November 23, 1997 clip of Bill Clinton's secretary of defense, Bill Cohen, on "Meet the Press with Tim Russert," laying out the Clinton administration's horrifying projections on Saddam's WMD production in the absence of inspections. Russert, usually merciless in grilling people, naturally accepted Cohen's details; there was no reason to doubt them.

Of course, we did discover some WMDs in Iraq after 2003 (everyone forgets this), and chief inspector David Kay found both Iraqi "infrastructure and intent" to ramp up WMD production once Saddam later figured he was in the clear.

PAUL G. KENGOR
 PROFESSOR OF POLITICAL SCIENCE

I used to show my students an amazing video of Clinton's security team—Cohen, Sandy Berger, and Madeleine Albright—being shouted down by extremely rude students in a forum at Ohio State University in February 1998, which CNN broadcast as an "International Town Meeting." Despite the embarrassing behavior of the students, the Clinton team hung in there, urging that America "must get those WMDs." I also regularly showed my students the November 1997 CNN special report, "Showdown with Iraq."

This is just the tiniest sample of what was always fresh and available.

I began collecting such material at CSIS. I maintained the briefing book (actually, literal briefing boxes) on this subject for our senior analysts, who were CNN's regular analysts, and most of whom voted for Bill Clinton. In one case, we discovered and blew the whistle on a suspected Iraqi WMD site near Kirkuk. Dan Rather grabbed the story and made it his lead in an October 1992 "CBS Evening News" broadcast. Yes, that was way back in 1992, when even then we were being told that Saddam was on the cusp of an operational nuclear

George W. Bush, like all of us, first heard about suspected Iraqi WMDs from the media in the 1990s, long before he was governor let alone president. The press was unanimous in reporting daily that Iraq was producing if not harboring WMDs in defiance of the 1991 U.N. ceasefire. There were never-ending reports that Saddam was months away (estimates ranged from six to 18 months) from a nuclear bomb, on top of his equally alarming bio and chemical weapons arsenals, which he previously employed against "enemies" ranging from Kurdish children to the Marsh Arabs to the Iranians and Israelis. He promised to "scorch half of Israel" with "chemical gas."

It was because of Saddam's obstruction, remember, that the Clinton administration unceasingly bombed suspected Iraqi WMD sites throughout the 1990s, so often that Thomas Friedman of the New York Times quipped that Saddam Hussein was the reason God invented the cruise missile.

Thus, by 2003, President George W. Bush had correctly calculated that Saddam's WMD arsenal, after at least five years of no inspections, was an intolerable, unacceptable risk in the wake of 9/11.

This was a fully legitimate fear, with Bush's suspicion of Saddam's stockpiles first informed not by his advisers but, instead, by the media that informed all of us in the 1990s, years before Bush became president.

In short, all of that very recent history was forgotten by an emotional, angry political left after our troops didn't find the WMD stockpiles we all expected.

Of course, we did discover some WMDs in Iraq after 2003 (everyone forgets this), and chief inspector David Kay found both Iraqi "infrastructure and intent" to ramp up WMD production once Saddam later figured he was in the clear. We did not, however, find the warehouses of WMD stockpiles we expected. (The better question is why not and what happened to the WMDs.)

Finally, aside from these facts, imagine strictly for the sake of argument that George W. Bush did lie about WMDs. That would mean that he and his administration went to war in 2003 for a fallacious if not treacherous reason they knew would be exposed the moment we got to Iraq and found no WMDs. They would have pursued this self-defeating tactic realizing it would be revealed as a farce very soon, certainly by the next year, meaning the very year (2004) that Bush ran for re-election. It would have been a mission of political suicide, probably even impeachable. In short, Donald Trump can

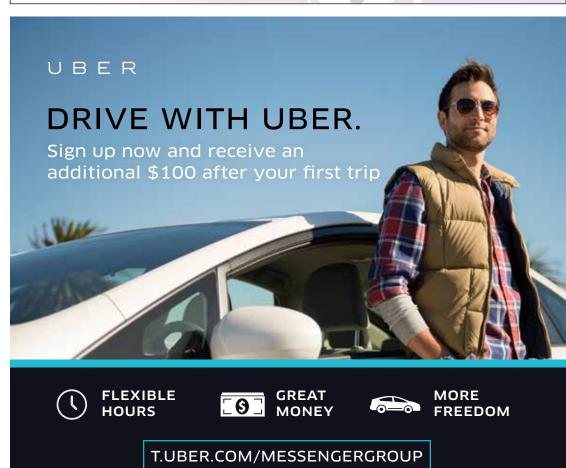
legitimately question Bush's decision to invade Iraq. But his charge that George W. Bush lied about WMDs is outrageous.

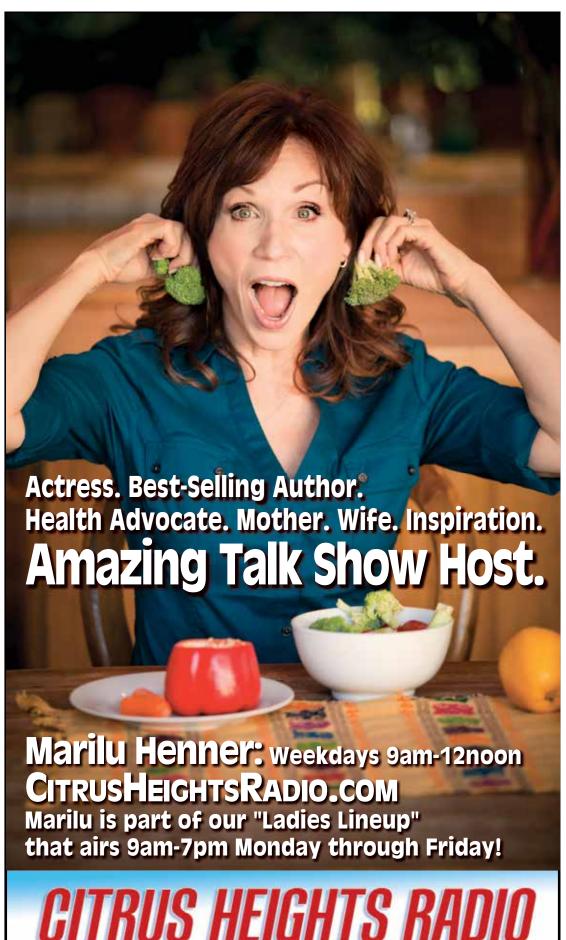
This is an old smear that needs

to be ended, not resurrected by the Republican front-runner for president.

Dr. Paul Kengor is Professor of Political Science and Executive Director of The Center for Vision & Values at Grove City College. His latest book is "11 Principles of a Reagan Conservative." His other books include "The Communist: Frank Marshall Davis," "The Untold Story of Barack Obama's Mentor," and "Dupes: How America's Adversaries Have Manipulated Progressives for a Century."







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#### Sudoku Puzzle on Page 7

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#### By Pastor Ray Dare

An American Indian brave that found an eagle's egg and put it into the nest a prairie chicken. The egg hatched with the rest of the chicks and began to grow up with them. All his life, the eagle, thinking he was a prairie chicken, did what prairie chickens did. He scratched in the dirt for insects and seeds, he clucked and cackled. He flew in brief thrashings of wings just a few feet off the ground. After all, that's the way prairie chickens were supposed to fly. Years past and the eagle grew very old. One day, he saw a magnificent bird far above him in the sky.

Gliding gracefully on the powerful wind currents, it soared effortlessly with hardly a beat of its strong golden wings. "What a beautiful bird!" said the eagle to his neighbor. "What is it?" "That's an eagle." Clucked the neighbor, "But, don't give it a second thought – you could never be like him – you're just a prairie chicken!" And the eagle never did. He died thinking he was a prairie chicken. What a tragedy! Created to soar into the heavens, he was conditioned to stay earthbound. He lived beneath his

# Encouraging Words

#### Move Beyond Your Self-Imposed Limitations

Right now, you may find yourself in a situation much like the eagle. You know you are created for more than you've experienced to date. You have the ability to move well beyond your self-imposed limitations, or the limitations that others have placed on you. You feel like an eight cylinder automobile straining on four. The Bible teaches that every person is designed for excellence. Nobody wants to be mediocre; to live beneath their potential. God never meant for you to live that way. He wants you to live above your limitations and realize His powerful ability that's available for your life.

The Bible tells a story about a man named Jabez, who learned to live beyond his limitations. The Bible says that Jabez prayed a short and simple prayer, asking God to bless his life. God answered his prayer and Jabez he began to live above his own limitations and those that others labeled him with. One of the most interesting things about Jabez is his name. The name Jabez in Hebrew literally means, "Painful". Apparently he caused his mother so much pain at childbirth that she named him, "Painful". How would you like to have a name like that? To go all through life, "What's your name?" -- "Painful". What a big handicap! To be called a "pain" all your

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life. He was labeled, "That kid's a pain!" Everyone in the world would know it: He was rejected, labeled. His name was a constant reminder that even his mother regretted his birth. Yet Jabez would rise above his handicap. He wouldn't let his conditioning or the label of others interfere with God's plan for his life.

Question: Who has labeled you? Who has conditioned you? Who has said to you, "You'll never change!" "You could never be like that!" "You'll never amount to anything!" The problem is, you believed it and it's held you back from becoming all that God wants

God wants you to live free from self-imposed limitations. Free from the limitations others have placed on you. But like Jabez, it starts with turning to God. It starts with getting God's view of you, rather than the view of others or even yourself. You don't have to stay the same. God wants to do great things in your life. He says this to you today, "Call unto me, and I will answer you, and show you great and mighty things, which you do not know." Jeremiah 33:3 (NKJ).

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By Marlys Johnsen Norris, **Christian Author** 

There are many devastating things that can cause pain and a deep inward cry of one's heart. One doesn't know what to do and tears fall from the eyes. Sometimes one will cry out to God. God hears and knows everything about everyone.

# The Cry of Your Heart

There are no secrets we can keep from Him. He knows absolutely everything about everyone!

So often these can be the special times when God will make Himself "real"—especially to that one who cries out to Him. Mankind was created to have fellowship and communion with God and with His help and guidance to enjoy the best life. Unfortunately for many lives no one even acknowledged the existence of God to them. Then, here they are with problems that are painful and their hurt and pain is beyond understanding.

God uses these times to allow things to happen for a person to look beyond themselves and eventually find Him as their Lord and Savior. God will bring people into one's life to help them know about His awesome agape love, grace, mercy, forgiveness.

The learning process takes a lifetime. It is a continuous blessing of answered prayers and a personal relationship with Him that never ends. "For the Holy Bible tells us that He will never leave or forsake us. He is with us forever." He is closer than a brother and He is only a prayer away. God is the Way, the Truth and the Life!

The journey to know and love God with all your heart and soul is a magnanimous trip through life of continued blessings. He loves beyond any love you will ever receive and has the gift of eternal life to give you when you accept His Son's death on the cross just for you! Won't you join us?

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

# **At-Risk Youth Leadership Courses**



Classes will be held on Tuesdays for eight consecutive weeks beginning: April 5th, 2016 from 5:30 p.m. to 7:30 p.m. at 6060 Sunrise Vista Drive, Citrus Heights, Calif. Special Thursday sessions will be held at Family Tae Kwon Do Plus from 5:30 p.m. to 6:30 p.m. Photo courtesy Citrus Heights Police Department

Continued from page 1

improve the quality of life in the Citrus Heights community by empowering young people from various backgrounds; promoting strong ethics and effective leadership skills to take charge of their lives, thrive in diverse community settings, and engage in civic duty. Young people in the course practice exercising authority over themselves or others while gaining the skills and knowledge necessary to be respectful, meaningful, and resourceful.

Classes will be held on Tuesdays for eight consecutive weeks beginning: April 5th, 2016 from 5:30 p.m. to 7:30 p.m. at 6060 Sunrise Vista Drive,

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Source: Citrus Heights Police Department

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**CLUES** 

ACROSS 1. Peyton Manning signal 6. \*Lindsev Vonn's tool

9. Pressed on the gas

13. Synthetic fabric

14. Manhole cover, e.g. 15. "Peanut Butter

16. Emergency pedal

17. Beehive State native

19. \*Raunchy Amy

21. Conjoined 23. \*Sir \_\_\_\_-a-Lot

24. Distinctive flair

30. \*Oscar Madison's employer, "New York

35. Major-leaguers

39. 2 halves of a diameter

\_\_ what you sow

41. Scrabble pieces

Hinduism

Shrugged"

bike

50. Osiris' wife

the Beautiful" 53. Attention-getting

interjection 55. Fleur-de-

60. \*Homemaker

extraordinaire

67. \*Annie Oakley starred

68. \*"Independence Day" 69. High craggy hill

American family"

71. \*Lassie and Rin Tin Tin

DOWN

1. Globes and balls, e.g.

3. Indian nursemaid

4. Nonsense

7. American Girl Kittredge

10. Surveyor's map

11. "Do it, or \_\_\_\_!

15. \*Caitlyn née Bruce

22. Morse Code dash

24. "...I heard him \_\_\_\_\_, ere he drove out of sight..."

trend-setter

27. Aussie "bear

18. Use blunt end of pencil?

25. Symbol of strength 28. Top of Kilimanjaro, e.g.

37. Part of McDonald's logo

43. The Destroyer in 44. \*Ayn Rand novel, "\_

\_ of Eden" 47. Rubber bulb on an old

48. Card game 52. Shining one in "America

57. \*Playboy octogenarian

64. Like ricin 65. Legal org.

70. Alex Haley's "saga of an

72. Kimono tie

73. Church recesses

2. Painter \_\_\_\_ Chagall

5. Low hemoglobin 6. Talk like a drunk

8. Utopian 9. Evening in Italy

12. Food coloring, e.g.

20. An American in Paris, e.g.

25. \*Media mogul, actress and 26. Mountain ridge

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29. Famous canal 31. Poison ivy symptom

32. "Bye" to Banderas 33. Book in Paris 34. \*Honoree of "Candle in the Wind 1997"

36. Practice in the ring 38. Deputy Führer Rudolf 42. Circus prop

49. Female pronoun 51. \*Bogart, star of "The Treasure of \_\_ Madre" the 54. Muse of love poetry

57. Main Web page 58. Off-ramp 59. If the shoe does this? 60. Delhi wrap

56. One clean one?

45. Stop the flow

61. Commotions 62. Network of nerves 63. Coin throw 64. Medicinal amt

66. \*Jamaican Ras Tafari follower

**GOT KNEE PAIN?** 

row, column and 3-by-3 box includes all digits 1 through 9 For Solutions See Page 6

# It's Cookie Time!

#### Girl Scout Cookie Booth Sales Have Begun

SACRAMENTO REGION, CA (MPG)

- Local Girl Scouts are staffing their booths, and they are ready to sell you some delicious treats. Along the way, they're learning about business ethics, money management, goal setting, decision making, and of course people skills.

Perennial favorites: Thin Mints. Peanut Butter Patties, and Shortbread cookies are all on the menu this year. Cost is \$5 per



The Girl Scout Cookie Program helps young "cookiepreneurs" acquire essential business skills with each purchase, while helping fund programs in science, technology, outdoor skills, and team building that enrich the lives of local girls all year long. It's the most comprehensive business leadership program for girls anywhere. In fact, no university has produced as many female business owners as has the Girl Scout Cookie Program—a \$700-million-a-year business.

On Friday, Feb. 19th, girls began setting up their booths. But hurry—the cookies are only for sale until March 13th. To find a booth sale near your, simply download the Cookie Finder app for iPhone and Android smartphones, or visit girlscoutcookies.



With nearly 17,000 Girl Scouts in 18 counties in Northern and Central California, Girl Scouts Heart of Central California has a cookie to please every palate. Photo courtesy of Girl Scouts of America

org. Enter your zipcode, and you'll be treated to a list of dates, times, and locations of sales in your area.

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Order your Girl Scout cookies today from your local Girl Scout or for more information, please visit www.gschcc.org/cookies.

Source: Girl Scouts Heart of Central California ★



A Film Review by Tim Riley

#### DEADPOOL (Rated R)

Just when the thought comes to mind that another superhero film from the Marvel Comics universe would be one too many, the sardonic "Deadpool" arrives on the scene with a perverse, conflicted hero to turn the genre completely upside-down.

An unconventionally humorous tone is quickly established during the self-mocking opening credits which set the stage for comic relief. Instead of actor names, we get "hot chick," "British villain," and "moody teen," among many others.

The scatological reference to the producers in these credits also suggests the subversive enterprise is truly a team effort, given that Ryan Reynolds, the titular star of "Deadpool," is also one of the producers. The unnamed director Tim Miller fares no better as "overpaid tool."

The opening scene is a great setup for the type of mayhem and carnage that Ryan Reynolds' Deadpool thrives upon when confronting legions of bad guys in pursuit of the film's ultimate villain, his nemesis Ajax (Ed Skrein), the British architect of a sadistic torture factory.

The collision of vehicles and the intense shootout on a freeway launch the central conceit of the bitter rivalry between Deadpool and Ajax. It also allows for the introduction of two characters from the X-Men universe that become supporting if not reluctant allies for Deadpool.

Flashbacks soon follow to establish that Reynold's Deadpool is, in fact, Wade

## Riley **Reviews**

#### SARCASM AND VIOLENCE **BLEND INTO A NIFTY** STEW OF "DEADPOOL"

Wilson, a former Special Forces soldier who functions as a mercenary-for-hire and hangs out at Sister Margaret's Home for Wayward Girls, a clandestine tavern for like-minded operatives.

The owner of the tavern is the wisecracking Weasel (T.J. Miller), who's also a savvy arms dealer and a good friend to Wade. Ironically, Weasel operates a tote board with a betting pool on the life expectancy of his patrons, which serves to give Wade his new superhero identity.

The backstory reveals that Wade finds the true love of his life in the most unlikely place. Vanessa (Morena Baccarin), a sexy, tough cookie, works in a strip club. A poignant love story follows for Wade and Vanessa, who fall in love because of their flaws, rather than despite them.

Their beautiful romance is cut short when Wade discovers he has terminal cancer, and soon thereafter, he's approached by an agent of the super-villain Ajax with an offer of a rogue experiment that would leave him with accelerated healing powers and incredible strength.

Aided by his statuesque henchwoman Angel Dust (MMA champion Gina Carano), the sadistic Ajax gleefully tortures with an experimental treatment that leaves Wade so horribly disfigured that he later dons a spandex uniform that could have been taken from Spider-Man's closet.

At a certain angle, one might look at the unfolding superhero action story, as twisted as it may be given the circumstances, as both a revenge tale and a psychological profile of Deadpool's resilience to adversity.

Unquestionably, the ultimate

goal for Deadpool is vengeance against the evil person who destroyed his personal life. That he's now living with a blind senior citizen he found on Craigslist is another motivating

Living with his roommate, the sassy, sarcastic and tough Blind Al (Leslie Uggams), Deadpool has not yet reunited with Vanessa, but he's certainly found himself in an "odd couple" relationship that brings more unexpected comic relief.

Deadpool is a really chatty superhero, such that others can barely get a word in edgewise, because he's constantly filling silences with lucidly insane wisecracks. His edgy jokes break the proverbial fourth wall.

Even those who align with Deadpool find themselves on the receiving end of caustic remarks. To wit, the X-Men characters that come to his aid for the inevitable climactic showdown with Ajax and his henchmen feel the brunt of his mockery.

But then, the X-Men hardly need ribbing. There's Colossus (Stefan Kapicic), a towering figure who resembles a metallic Hulk. Deadpool indulges his usual scorn when referring to the buzz-cut sporting Negasonic Teenage Warhead (Brianna Hildebrand) as "Sinead."

Considering that an unmasked Deadpool's face looks like a roadmap to hell, or at best a topographical map of Utah, he's been unwilling to show himself to Vanessa, but the day of reckoning comes with the climactic battle, which pales in comparison to the freeway shootout.

Without a doubt, "Deadpool" is likely the raunchiest of superhero films, and as such, the R rating tilts to the hard side, given the amount of foul language, violence and even casual sex and nudity that fill the big screen.

Nevertheless, "Deadpool" is a lot of fun because Ryan Reynolds is the real deal in delivering an endless stream of sarcastic wisecracks and witticisms. But this is no superhero film for the prepubescent crowd drawn to comic book adventures.



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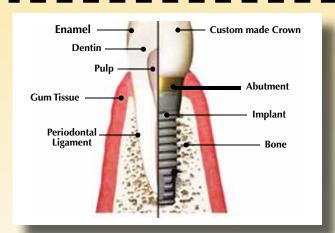
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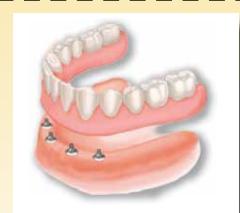
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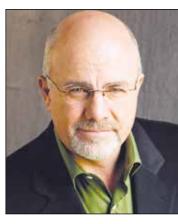
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Dear Dave,

My husband was laid off a month ago from a job making \$80,000 a year. We have no debt except our house payment. We owe about \$82,000 on it, but it's valued at approximately \$300,000. We've also got an emergency fund of \$30,000, and I work part-time making about \$2,000 a month while he collects unemployment and looks for another job. Do you think we should sell our home? We've also got a boat that's worth about \$18,000 we could sell.

- Everette

Dear Evette.

If you've been in the business for very long, I guess you've discovered that most retail stores make more money on credit than the sale of merchandise. In my mind, you've got two types of integrity that are pulling at you. Your personal integrity wants you to do a good job for yourself and your employer, but it's also telling you that credit cards are bad products. That makes you feel like you've signed up to sell something that

Dave Says

you don't believe in.

You wouldn't want someone working for you who wouldn't follow your instructions, and I wouldn't want someone working for me who doesn't believe in what they've been hired to do. For the sake of your own integrity, I would suggest that you find another parttime job. If you feel this strongly about the issue, sooner or later it will start to affect your performance and attitude—both at work and at home.

Hang on long enough to land another job before you quit. Then, be professional when you turn in your notice. Despite what lots of people say these days, there are plenty of part-time jobs out there! —Dave

Raising the rent

Dear Dave,

I have two small duplexes in Idaho that I rent for \$400 a month, each on one-year leases. The rent is about \$50 to \$75 below similar units in the area. The tenants in all four places are great, so how do you know when—or if—you should raise the rent? If you raise the rent, how do you keep good relationships with your tenants? - Teresa

Dear Teresa,

My advice with rental properties is to raise the rent a little bit each year. You want to be fair and affordable for your tenants, but you don't want them thinking the rate is locked

in forever. As a business owner, if you don't have small, manageable increases on a regular basis, you'll look up in four or five years and realize you're losing money because your rent is way below market value. Then, if you implement a big rate hike out of nowhere your tenants will have a fit. After that, you could be looking at empty properties.

When it comes time to renew the leases, try explaining to them that you've looked around in the market and other very comparable units are going for \$450 or more, but that you appreciate them and what good tenants they are. Then, propose signing the new lease at \$410 or \$420. Don't raise it to full market value. In most cases, this kind of approach will keep both parties happy.

As a landlord, you'll be able to retain quality tenants and make more money. As a renter, you'll have the comfort of knowing you rent isn't going to suddenly jump sky-high. It's a win-win!

—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.





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Lisa West Community Outreach Director



# **Pets Are Family Members Too**

By Lisa West

I've seen many family members experience tremendous grief when a loved one passes away. But, those who also grieve quite severely are the ones who lose a beloved pet.

Pets are family members too. They are loved and cherished and sadly they do not live near as long as humans. This often means that within your lifetime you could experience the death of several pets.

Pets are also highly valuable in every day life. Service animals help people in a variety of ways, from being a calming influence, to guiding the blind, and doing household chores for those who are wheelchair bound.

Our K9 police officers and military war dogs – even the family guard dog protect us and have often given their lives in the line of duty.

When you lose a pet there are as many options for memorializing them as there is for their human counterpart. Some states allow your pet to be buried with you but that is not the case in California.

California does, however, allow a pet cemetery and a human cemetery to sit side by side on the adjoining

property so your pet can be buried in close proximity to you. You can even "pre-arrange" your pets funeral needs in advance at the same time you take care of your own funeral pre-arrangements.

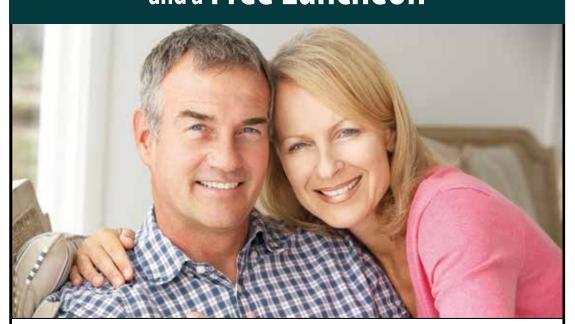
Cremation is a popular choice among pet owners. Where I work, we have East Lawn Pet Loss Center and Sierra Hills Pet Cemetery. We perform pet cremations and our cemetery is dedicated property that will never be used for any other purpose except pet burials. More than 1,500 pets have been interred there since its inception in the early 1990's. In addition there are more than 45 K9 police officers buried in a special section called Garden of Honor.

East Lawn offers presentations and tours for children from schools and churches of the Pet Loss Center and Sierra Hills Pet Cemetery. It can be a good introduction for children into the concept of death and dying.

Lisa West is the community outreach director for East Lawn and her column appears monthly. You can reach her at lisaw@eastlawn.com or (916)732-2020. For previous articles, please visit www.EastLawn.com.

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#### By Pam Young

With Valentine's Day in the news, it's time to think romance. Do you love the thought of a romantic getaway up in the mountains in a rustic cabin? What is it that draws us to want to go to one, or, better yet, have a cabin of our own? Is it the thought that cabin life is simple, restful and peaceful? Does that thought of life is better at the cabin make you think of a crackling fire, the aroma of hot chili on the wood stove, the sound of the wind in the tall firs and no telephones? Peace and rest, away from the chaos of modern life definitely calls us to retreat and enjoy a simpler

There are romantic mountain getaways all over the Internet and just perusing the ads can slow your heart rate and let you breathe deeply. But life is better at the cabin is just a thought. Did you know you can mess with your mind and make it think you're at a cabin when you're not? Well you can! Our subconscious minds don't know the difference between reality and fantasy and that truth is so



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#### Pam Young's Corner

#### Life is Better at the Cabin

much fun to play with.

I always wanted a cabin, but we don't have the budget for one, so my husband Terry and I decided to turn our family room in the basement into the cabin we couldn't afford at the beach or up in the mountains. When we designed our home, I wanted a real, woodburning fireplace and it's one of my most treasured objects in our home, especially in the winter. Having a wood-burning fireplace begged us to turn an otherwise ho hum family room into the cabin of my dreams. With a meager budget of \$450 we haunted second-hand stores in a 25-mile radius and with each find, our family room began to transform!

We always refer to our cabin as "the cabin."

"Where's the deck of cards?" "It's in the cabin," or "We need to bring in wood for the cabin tonight before it snows," or sometimes it's just fun to add storyline to "the cabin."

"It's so stormy outside, do you really want to drive to the cabin today?"

"Yeah, but maybe we should leave a little early."

"Okay, I'll pack up some food; you pick a movie to watch when we get there."

At the bottom of the stairs into the basement, we have a rustic sign that reads, "Life is better at the CABIN." I have to go through the cabin to get to my office and I love to look at what we created with just a little planning and a lot of fun shopping. We've had our cabin for ten years and it never ceases to amaze me how much it feels like a real cabin and it's only sixteen steps away.

As I write, the cabin is just outside my door, and I'm tempted to wrap this blog up, snuggle up in my "doggy" blanket (my friend Sherry made it for me and it's got doggy bones all over it), and get back to the yummy novel I'm reading Boston Girl, by Anita Diamant.

Could you turn a room in your home into a get-away? I'd love to hear from you if you do. Just email me at pam@pamyoung.org.

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.



#### **Dump Your Fast Food Addiction** Part One

Are you a fast food addict? And how can we not be when you pass so many of those fast food establishments wherever you go? It's hard to pass them up. They have such a come hither charm to them. How would you like to ditch your fast food lifestyle? Wellness expert Dr. David Magnano has some tips on how to eat healthier so we can decrease our chances of falling victim to aches, pains, and degenerative diseases. But you have to drop that gulp and go lifestyle and take on the attitude of eat to survive. **Dr. M** is CEO of Magnano Health Center in Florida.

So here are seven simple rules for eating healthy.

1) EAT ONLY WHEN YOU ARE HUNGRY. Many

# POPPOFF!

with Mary Jane Popp

people eat when they're not even hungry. They eat because they think they should eat, it's lunchtime, or they have to eat because of a schedule. Forced eating starts with our kids. We make them sit down and eat with us. But if we were living in nature, foraging for our foods, we would eat only when we were hungry. When your body is hungry for the plainest of foods, it's telling you it's ready to manufacture the enzymes for proper digestion. And don't mistake thirst for hunger. Try water first.

2) DON'T MIX FOOD TYPES/EAT FOODS IN THE PROPER ORDER. It's preferable to eat foods of one type all at the same time. Have meats first, slowly, which will allow the brain to trigger production of the body's strongest digestive enzymes, the proteases. Add a little salad, and after 15 minutes, eat your potato. 20 minutes after the potato is gone, fruits or sugared desserts are okay. Probably the worst error would be to go to a buffet and gorge yourself on foods you don't generally eat that are grown in different vicinities or on other continents. It's very difficult for your brain to properly signal a need for the correct digestive enzymes when your body hasn't experienced those types of foods before, and certainly not all mixed together at the same

3) DON'T EAT WHEN

YOU ARE FEELING STRESSED, ILL, OR **INJURED.** Boyfriend or girlfriend just dump you? Bad day at work? Coming down with the flu? Don't try to medicate yourself with a pint of ice cream or a New York strip steak. When we are experiencing physical, emotional, or mental stress, or when we are physically ill or injured, or when our body is too hot or too cold, our digestive system is shut down and our body is in healing mode, not digestive mode. Soup broths and juices require minimal enzymes for absorption and can be sipped slowly.

We'll cover the last four tips in Part Two of "Dump Your Fast Food Addiction" next time with POPPOFF. If you want more information, just go to www. naturessources.com for more information. Remember, it's up to each of us to make a difference in our health. Slowdown that fast food addiction!

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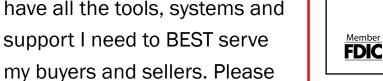
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Your Reality



"Reality is merely an illusion, albeit a very persistent one." – Albert Einstein

Is reality absolute? Does everyone share the same reality? Or does each person have their own unique reality. When two or more people experience the exact same event, will they all react the same way or does each person have their own specific assessment as to what happened?

Let's look at some simple examples. You walk into a room that's 65 degrees. Is the room warm or cold? If you had been outside in sub zero temperature, the room would feel very warm. If you had just come inside after being in a 98 degree heat wave, you would think the room temperature was cool.

How much money does it take to be well paid? When someone who is used to making \$7 an hour gets a promotion and starts making \$18 an hour, it may feel as if they have just won the lottery. However, to a person who was laid off from a job making \$50 an hour and then has to take a job making \$18 an hour, their financial world has collapsed.

So your expectations affect your reality. When your expectations are met or exceeded you experience positive reality. However when your expectations are missed, your reality is negative.

Your expectations are based on your experiences. Bad

experiences tend to lower expectations whereas good experiences lead to higher expectations. You become conditioned to expect what you are used to. However, if your experiences have been negative, you can and should have expectations that exceed your experiences.

Low expectations limit your reality and become a self-ful-filling prophecy. When you don't expect much, or are convinced that something is not possible, your brain will not exceed your expectations.

Comparisons with others also determines your reality. This is the essence of, "the grass is always greener on the other side of the fence." When you believe a better situation exists somewhere else, you think less of your own circumstances regardless of how good they may be. This is why those who are never satisfied don't appreciate what they have.

You adjust reality when you are trying to avoid criticism. In this case, instead of your reality being aligned with your beliefs, you make accommodations in order to escape disapproval. This results in your reality being aligned with someone else's.

Going along with the crowd or following fads are situations where your reality is adjusted to correspond to the prevailing group think. Frustration ultimately ensues when you change your reality to conform to outside influences. Optimists have a positive, can do reality. Pessimists have a negative, it's not possible reality. Both will argue vociferously as to the validity of their position.

Regardless of the reason, you ultimately create your own reality. Others may not understand your reality or agree with it. You have no obligation to explain it to them or convince them of your reasoning.

Your perception is your reality. Do you see the glass as half full or half empty? This is a simple comparison that is the core of your reality. Given that you control your perception, you also have control of your reality.

Since you create your reality, you can change it to be aligned with your aspirations. If you are not happy with your reality, you must first understand why before you can make effective adjustments. Next, visualize your world the way you would like it to be. This will start to change your perception and thus your reality. You can make your reality whatever you want it to be.

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden. com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist. com or write him c/o this paper. 
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## Sacramento County DA Reports

Recent cases of interest

CASE: Montrell Woods

**PROSECUTOR:** Deputy District Attorney Kevin Greene, Homicide Unit

Montrell Woods was convicted by jury of second-degree murder in the shooting death of Kenny Hernandez. Woods was also convicted of being a felon in possession of a firearm.

On January 22, 2014, Mr. Hernandez was helping family members move into an apartment on Ethan Way when he bumped into Woods. The two got into an argument. Woods then pulled out a .38 handgun and shot Mr. Hernandez in the chest. Mr. Hernandez died while being transported to the hospital; his mother and girlfriend were with him when he passed away.

Woods faces a sentence of 40 years to life in prison. Sentencing is set for April 8, 2016, at 10:00 a.m. in Department 42 before the Honorable Allen Sumner.

CASE: John Smiley & Cynthia Biasi-Smiley

**PROSECUTOR:** Deputy District Attorney Kelly Mulcahy, Insurance Fraud Unit

John Smiley, a former correctional officer with California Department of Corrections and Rehabilitation, and his wife, Cynthia Biasi-Smiley, were convicted of multiple insurance fraud felonies. The charges stem from their fraudulent workers' compensation claim that John Smiley suffered an "on duty" injury when he was shot and paralyzed while in San Francisco. The claim would have qualified them for compensation from State Compensation Insurance Fund and CalPers. The Smileys had previously been convicted of attempted perjury in an earlier court proceeding.

On April 27, 2008, the Smileys went to a swinger's club in San Francisco. John had sexual intercourse with a female while Cynthia had sexual intercourse with the woman's male companion. An argument ensued when the female accused John of not wearing a condom. Her companion told John he "kills people for a living" and "was going to kill him." The Smileys left the club. As they walked to their car, John was shot in the back by the male who threatened him. John was left a paraplegic.

In recorded statements to the San Francisco Police Department (SFPD) shortly after the shooting, the Smileys stated they did not recognize or know the male or female, and had never seen either of them prior to that night. No one has ever been arrested in connection with the shooting.

Approximately 11 months later, John filed a claim for workers' compensation benefits and Cynthia filed a lien for workers' compensation benefits based on her care of her husband. John also filed for an Industrial Disability Retirement (IDR) with CalPERS. In their claims, the Smileys testified under oath at a deposition that they could not remember the club/restaurant they were leaving when the shooting occurred, and could think of no reason why the man would have wanted to kill John. They testified that neither of them ever touched, spoke to, bumped into or danced with either the unknown female or unknown male. John even testified he never "looked" at the female even though he told SFPD he had sexual intercourse with her.

In an effort to make the injury "work related" so he could collect workers' compensation and Industrial Disability benefits, John claimed he recognized the shooter as a parolee he had once transported. However, when questioned by SFPD immediately after the shooting, John indicated the shooting had nothing to do with his work as a correctional officer and that neither of the Smileys recognized or knew the shooter or his "wife."

Had their fraud been successful, John would have received \$3,002 a month for life, un-taxed. Upon John's death, Cynthia would have continued receiving the benefit as his surviving spouse. John's initial demand to the State Compensation Insurance Fund was for \$4 million. Cynthia demanded \$271,000 for her services as her husband's caregiver during the previous two years, and indicated this amount was growing every day.

The Smileys face a sentence of 8 years, 8 months in prison. Sentencing is set for March 4, 2016, at 10:00 a.m. in Department 28 before the Honorable James McFetridge.



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Cannot be used in conjuction with similar dollar off or percentage off coupons.

Price Valid Only With Coupon. Good at Roseville and Rancho Cordova Stores Only
Limit 1 Item Per Family. Limit 1 Coupon Per Family. Effective 2/24/16 - 3/1/16

**Look for Advertised Sale Items Everyweek at** 

www.petclubstores.com

PET CLUB is Excited to Offer: Blue Buffalo, California Natural, Chicken Soup, Earth Born, Evo, Innova, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin Pet Foods



**FOOD AND SUPPLIES** 

**EVERYDAY LOW PRICES**Super Discount Prices\* Hot Specials & Coupons (No Membership Fees)



Rancho Cordova, CA

We Only Accept ATM, Cash, & Checks M-F 9-8, SAT 9-7, SUN 10-7 Effective 2/24/16 - 3/1/16



2344 Sunrise Blvd. 318 N Sunrise Blvd. Roseville, CA 916-635-5008 916-781-8500

Sm. Size #00201 or #000A1

with any purchase of pet, fish food or supply. Limit 1. 99¢ Value PLU 338 CHM Limit: 1 Coupon Per Family Effective 2/24/16 - 3/1/16

ANY PURCHASE OF \$7.00 OR More of Pet or Fish Supplies

(Excluding Pet Food or Litter) Cannot be used in conjunction with similar dollar or percentage off coupons & advertised sale items. Limit 1 PLU 331 CHM Limit: 1 Coupon Per Family Effective 2/24/16 - 3/1/16

#### TASTE OF THE WI **GRAIN FREE** DRY DOG FOOD

•Wetlands •Sierra Mountains •Pacific Salmon •High Prarie •Southwest Canyon

30 Lb Bag

Effective 2/24/16 - 3/1/16

#### NATURAL CHOICE DRY DOG FOOD

Chicken, Brown Rice & Oatmeal Formula (Adult & Large Breed Adult) Super •Lite (Chicken Only) •Senior

Buy 30 Lb Bag

Limit 2 Bags Per Family Effective 2/24/16 - 3/1/16

**OUR REGULR LOW PRICE** 

#### **PRO-PLAN** DRY DOG FOOD

Chicken & Rice 33-35 Lb Bag •Beef & Rice •Lamb & Rice (•Sensitive Skin & Stomach •Lite- \$41.99) (•Bright Mind 30 Lb Bag \$47.99)

Limit 2 Bags per Family

3 Free 13oz Dog Food (Savor & Focus only) w/ each purchase Effective 2/24/16 - 3/1/16

#### **FRISKIES DRY CAT FOOD**

16 Lb Bag Surfing & Turfing •Seafood •Indoor

Limit 2 Bags Per Family

Effective 2/24/16 - 3/1/16

# CANNED CAT FOOD

5.5 Oz All Varieties

Limit 1 Case Per Family

Effective 2/24/16 - 3/1/16

**BLUE BUFFALO** 

WILDERNESS DRY DOG FOOD

Chicken • Duck • Salmon • Large Breed Adult

•Healthy Weight 24 Lb Bag Limit 2 Bags

#### FANCY FEAST GOURMET CANNED CAT FOOD

3 Oz All Varieties **Except Elegent Medley** 

Limit 2 Cases Per Family

Effective 2/24/16 - 3/1/16

#### JONNY CAT PREMIUM CAT LITTER

20 Lb Bag •Regular •Multiple Cat Formula

Limit 2 Bags per Family

Effective 2/24/16 - 3/1/16

# CLUMPING CAT LITTER

Plus Crystals 25 Lb Box

**Limit 2 Boxes** per Family

Effective 2/24/16 - 3/1/16

#### NUTRO **CANNED CAT FOOD SALE**

Super

Limit • Selected Varietes 1 Case 3 oz

Natural Choice

100% Grain Free

099

#### FRESH STEP SCOOPABLE CAT LITTER

42 Lb Bag

#### Limit 2 Bags **As Marked BLUE BUFFALO**

**20% OFF** CANNED DOG & CAT FOOD •Homestyle •Blue's Stew •Wilderness 12.5 oz **OUR REGULAR** 

•Spa Select •Wilderness 3 & 5.5 oz Selected Varieties LOW PRICES

FELINE PINE **HEALTHY CAT LITTER** 

#### NUTRO

CANNED DOG FOOD SALE

Limit • Selected Varieites 1 Case 12.5 oz

Max

Natural \$=29 Choice

## CAREFRESH

PET BEDDING

**EVO GRAIN FREE** 

#### BUY ADULT DRY DOG FOOD 20 Lb Bag Limit 2 Baas

 Large Breed Adult
 Senior
 Selected Varieties 30 Lb Bag Limit 2 Bags Per Family (While Supplies Last)

WELLNESS DRY CAT FOOD

**NUTRO MAX** 

•Chicken (12 Lb) •Indoor (12 Lb)

•Healthy Weight (11.5 Lb) (Salmon, 12 Lb - \$34.99) (3 Free Wellness Cat Can 5.5 Oz With Each Purchase)

Super

Buy

8Lb Bag

FRESH STEP CRYSTALS CAT LITTER

Limit 2 Bags

60 Liter (Ultra Not Included)

CALIFORNIA NATURALS DRY DOG FOOD 30 Lb •Chicken Meal & Rice (Adult & Low Fat) . 129.99 •Turkey & Chicken (Reg & Sm Bites) . 141.99

DRY DOG FOOD 28 Lb 

GRAVY TRAI DRY DOG FOOD

35 Lb Bag Limit 2 Bags

# MIDWEST METAL PRODUCTS

Exercise Pens • Crates

•Ovation Trainer •iCrate Varieties PET CENTER 100% Natural **CHICKEN BREAST** 

**TENDERS** 16 Oz Jar • Chicken Nibblers

**QUIET TIME** 

Asst Size - Asst Colors

VOLKMAN

**Avian Science Bird & Small Animal Food** 2 - 4 Lb Bag Selected Varieties

SPOT &

**NERF DOG** 

Dog Toys

**All Varieties** 

**OUR SUPER LOW PRICE** 

PENN-PLAX CASCADE POWER FILTER SALE CASCADE 100 . . . 20 Gal.

100 Gal..

CASCADE 150 . . . . . . 35 Gal. . . . . . CASCADE 200 . . . . . . 50 Gal. . . . . .

**PET CLUB SALE** Revolutionary **Bio-Falls Quad** 

**Filtration System** 

#### TETRA BOXED 10 GALLON TANK With Economy Kit

Just add Heater For Tropical Fish

CASCADE 300 . .

MODEL

Limit 1 Per Family

#### TETRA FISH FOOD SALE Tetrafin Goldfish 7.06 oz..... \$7.99

Tetramin Staple 7.06 oz..... \$11.99 Tetra Ruby Color 7.06 oz.... \$11.99 **REEF CRYSTALS** 

**BONUS COUPON** 

FRISKIES BUFFET

5.5 Oz All Varieties Limit 12 Cans With Coupon **Limit One Coupon Per Family** 

**BONUS COUPON** 

**TEMPTATIONS CAT TREATS** 

•All Varieties Except Natural - 3 Oz Limit 2 Pkgs with Coupon **Limit One Coupon Per Family** 

Jumbo Drawstring - 5 Ct

Limit 1 Box with Coupon Limit One Coupon Per Family

Price Valid Only With Coupon Effective 2/24/16 - 3/1/16

CANNED CAT FOOD

Price Valid Only With Coupon Effective 2/24/16 - 3/1/16

**PLU 367** 

Price Valid Only With Coupon Effective 2/24/16 - 3/1/16

PLU 569

50 Gal. Salt Mix