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M Citrus Heights Messenger

"Written by the people, for the people"

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CHPD Explorer Program

Educating Youth About Law Enforcement



CHPD's Police Explorer program affords participants the opportunity to engage in our Ride-Along Program and work side by side with officers and other police department personnel in both group activities, and special events. Photo courtesy Citrus Heights Police Department

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Police Department's Police Explorer Program is for young men and women between the ages of 14 and 20 who have an interest in law enforcement.

The intent of the Police Explorer Program is to educate and involve youth in police operations, interest them in law enforcement careers, enhance community outreach efforts, and raise awareness of law enforcement's role in society. These Explorers receive instruction in all phases of law enforcement including criminal law, traffic law, criminal investigation, crime prevention, crime scene investigation, traffic control, accident investigation, dispatch, records, and other related fields. CHPD's Police Explorer program affords participants the opportunity to engage in our Ride-Along Program and work side by side

with officers and other police department personnel in both group activities, and special events. Explorers develop physical and emotional strength, sound character, solid values, and a sense of purpose.

Graduating from CHPD's Explorer Program gives these young adults an edge when applying to their chosen universities, Officer Candidate School (OCS), United States military, or for a position within the law enforcement industry. By their own admission, graduates from the program credit the confidence, discipline,

and poise developed as a CHPD Explorer for many of their subsequent accomplishments. The experiences our graduates come away with have set them up for a lifetime of opportunities and successes.

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Frost Lands Two More Big Endorsements: Republican Party and Rental Housing Association

CITRUS HEIGHTS, CA (MPG) - Sue Frost for Supervisor picked up critical endorsements as her campaign continues to pick up steam. Recently, Frost's campaign announced that she has earned endorsements from the Republican Party and the Sacramento Rental Housing Association.

"Sue Frost earned the early endorsement from the Republican Party with an overwhelming vote," said Sacramento County Republican Party Chair Sue Blake. "District 4 is the most Republican seat in the County, and we're fully committed to helping Sue Frost win."

Frost also announced endorsements from grassroots Republican clubs, including the Sacramento State College Republicans, Sacramento Republican Assembly, and Republicans of River City.

The Sacramento Association of Realtors endorsed earlier in the campaign, and after an interview process, the Sacramento Rental Housing Association announced their endorsement of Sue Frost as well.

"We are proud to endorse Sue Frost for Supervisor," said Robert Winger, President of the Rental Housing Association. "She is a businesswoman and community volunteer who rolls up her sleeves to solve real problems that confront our communities."

"She is the one candidate with a real record as a fiscal conservative," Winger continued, "she shares our belief that the first obligation of government is to keep our neighborhoods and citizens safe."

Sue Frost currently serves as Councilwoman in Citrus Heights, and recently completed her term as Mayor.

Source: Office of Sue Frost ★

SCSO Singathon Gives You Something to Sing About

CITRUS HEIGHTS, CA (MPG) - Strains of great Broadway hits—and perhaps a preview of Carl Orff's riveting Carmina Burana—will put a smile on the faces of Sunrise Mall shoppers of all ages on Thursday evening, Feb. 18th, during the Sacramento Choral Society and Orchestra's (SCSO) annual Singathon fundraiser in front of Macy's Women's store from 6:30 to 8:00 p.m.

SCSO members will come to sing...and sing they will! Under the able and entertaining direction

of Conductor Donald Kendrick, both singers and shoppers will croon their way through such great Broadway memories as The Sound of Music, Westside Story, and Oklahoma, with an excerpt or two from the SCSO's March 5th Carmina Burana concert thrown in for good measure. The event may include some "spontaneous guest conductors" and would-be Fred Astaires and Ginger Rogers who will add heartwarming entertainment value to the event.

According to Singathon 2016

Coordinator Brent Wallace, "The purpose of this Chorus-generated fundraiser is to work off the pledges that our dedicated volunteer Choral Society members have obtained over the past month. We are absolutely thrilled to say that we are spiraling our way towards our \$40,000 goal. With the help of our community we hope to surpass this year's goal of 40K. In fact, people wishing to support our efforts can make an online donation at www.sacramento-choral.com. We are pleased to

continue to uphold our reputation as a fiscally accountable and well managed arts organization in our community."

Proceeds from the Singathon will help offset professional orchestra expenses for the SCSO's upcoming March and May 2016 choral orchestral classical concerts

at the Sacramento Community Center Theater. The fundraiser will also support the SCSO's important education and outreach to veterans, students, the underprivileged, and other area nonprofits. Come join in the fun and support the SCSO!

Source: SCSO ★



Conductor Donald Kendrick will lead the Chorus and Guest Singers (Surprised Shoppers) in well known and beloved Broadway tunes in the Mall. Proceeds will help the SCSO with their Spring 2016 education and outreach efforts. Photo courtesy SCSO

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Snowpack's Water Content Greater Than One Year Ago

But It's Still Too Soon to Know Whether Drought Will Be Broken

SACRAMENTO REGION, CA (MPG) - The Department of Water Resources (DWR) conducted the winter's first media-oriented manual snow survey today, and despite the higher-than-average water content for the statewide snowpack, officials said snowfall during the remainder of the winter will largely determine whether California's drought will be entrenched for a fifth year.

DWR Director Mark Cowin said the heavy snowfall so far during Water Year 2016 "has been a reasonable start, but another three or four months of surveys will indicate whether the snowpack's runoff will be sufficient to replenish California's reservoirs by this summer." Each water year begins on Oct. 1st and ends on the following Sept. 30th.

DWR conducts five media-oriented snow surveys in the Sierra Nevada each winter—near the first of January, February, March, April and May—at the Phillips Station plot (elevation 6,800 feet) just off Highway 50 near Sierra-at-Tahoe Road 90 miles east of Sacramento.

Frank Gehrke, chief of the California Cooperative Snow Surveys Program, said more than four years of drought have left a water deficit around the state that may be difficult to overcome in just one winter season.

"Clearly, this is much better than it was last year at this time, but we

haven't had the full effect of the El Niño yet," Gehrke said. "If we believe the forecasts, then El Niño is supposed to kick in as we move through the rest of the winter. That will be critical when it comes to looking at reservoir storage."

The state's largest six reservoirs currently hold between 22 percent (New Melones) and 53 percent (Don Pedro) of their historical averages in late December. Storage in Lake Shasta, California's largest surface reservoir, is 51 percent of its Dec. 30th average.

Today's manual survey found a snow depth of 54.7 inches—16 inches more than the average depth measured there since 1965—and 16.3 inches of water content, 136 percent of the Jan. 1st average for that site.

More telling than a survey at a single location, however, are DWR's electronic readings today from 99 stations scattered throughout the Sierra Nevada. Measurements indicate the water content of the northern Sierra snowpack is 11 inches, 108 percent of the multi-decade average for the date. The central and southern Sierra readings were 12.1 inches (116 percent of average) and 7 inches (86 percent) respectively. Statewide, the snowpack held 10.2 inches of water equivalent, or 105 percent of the Dec. 30th average.

One year ago, the north, central, south, and statewide readings



In normal years, the snowpack supplies about 30 percent of California's water needs as it melts in the spring and early summer. Photo courtesy California Department of Water Resources

respectively were 5.8 inches (57 percent of average), 4.7 inches (45 percent), 4.0 inches (48 percent), and 4.8 inches (50 percent).

In normal years, the snowpack supplies about 30 percent of California's water needs as it melts in the spring and early summer. The greater the snowpack water content, the greater the likelihood California's reservoirs will receive ample runoff as the snowpack melts to meet the state's water demand in the summer and fall.

Despite snowpack readings that are higher than last year, the major water reservoirs are storing far less water this year than their late-December historical averages. Lake Oroville in Butte County, the State Water Project's (SWP) principal reservoir, now holds 1 million acre feet (MAF), 29 percent of its 3.5 million acre-foot capacity and 47 percent of its historical average on Dec. 30th. One year ago today, Oroville's numbers were

1.3 MAF, which was 62 percent of its Dec. 30th average.

Lake Shasta north of Redding and the federal Central Valley Project's (CVP) largest reservoir now holds 1.4 MAF, 31 percent of its 4.55 million acre-foot capacity and 51 percent of its historical average. One year ago today, Shasta held 1.9 MAF, which was 41 percent of its total capacity and 66 percent of the Dec. 30th average.

San Luis Reservoir, a critical south-of-Delta pool for both the SWP and CVP, reflects the same trend of lower reservoir storage this year. San Luis currently holds 20 percent of its 2 million AF capacity, 30 percent of normal for the date.

Governor Edmund G. Brown Jr. declared a drought State of Emergency on Jan. 17th, 2014 and directed state officials to take all necessary actions to prepare for water shortages. On April 1st, 2015, when the statewide snowpack's

water content was historically low at 5 percent of that date's average, Governor Brown mandated a 25-percent reduction in water use across the state. Californians have largely complied with the mandate; from June through October, water consumption was down 27.1 percent statewide compared to the same period in 2013, according to the State Water Resources Control Board.

Conservation—the wise, sparing use of water—remains California's most reliable drought management tool. Each individual act of conservation, such as letting the lawn go brown or replacing a washer in a faucet to stop a leak, makes a difference over time.

Californians can learn easy ways to save water every day by visiting SaveOurWater.com. California's efforts to deal with the effects of the drought can be found at drought.ca.gov.

Source: California Department of Water Resources



DWR conducts five media-oriented snow surveys in the Sierra Nevada each winter. Photo courtesy California Department of Water Resources

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The Sacramento Bee

PROJECTED SUPERTITLE TRANSLATIONS

Carl Orff | *Carmina Burana*
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Return Preparer Fraud Is on the IRS Annual "Dirty Dozen" List of Tax Scams to Avoid During the 2016 Filing Season

SACRAMENTO REGION, CA (MPG) - The Internal Revenue Service is warning taxpayers to be on the lookout for unscrupulous return preparers, one of the most common "Dirty Dozen" tax scams seen during tax season.

The vast majority of tax professionals provide honest, high-quality service. But there are some dishonest preparers who set up shop each filing season to perpetrate refund fraud, identity theft, and other scams that hurt taxpayers.

"Choose your tax return preparer carefully because you entrust them with your private financial information that needs to be protected," said IRS Commissioner John Koskinen.

Illegal scams can lead to significant penalties and interest and possible criminal prosecution. IRS Criminal Investigation works closely with the Department of Justice (DOJ) to shut down scams and prosecute the criminals behind them.

Here are a few tips when choosing a tax preparer:

- Ask if the preparer has an IRS Preparer Tax Identification Number (PTIN). Paid tax return preparers are required to register with the IRS, have a PTIN and include it on your tax return.
- Inquire whether the tax return preparer has a professional credential (enrolled agent, certified public accountant, or attorney), belongs to a professional organization or attends continuing education classes. A number of tax law changes, including the Affordable Care Act provisions, can be complex. A competent tax professional needs to be up-to-date in these matters. Tax return preparers aren't required to have a professional credential, but make sure you understand the qualifications of the preparer you select. IRS.gov has more information regarding the national tax professional organizations.

- Check the preparer's qualifications. Use the IRS Directory of Federal Tax Return Preparers with Credentials and Select Qualifications. This tool can help you find a tax return preparer with the qualifications that you prefer. The Directory is a searchable and sortable listing of certain preparers registered with the IRS. It includes the name, city, state and zip code of: Attorneys, CPAs, Enrolled Agents, Enrolled Retirement Plan Agents, Enrolled Actuaries, Annual Filing Season Program participants.

- Check the preparer's history. Ask the Better Business Bureau about the preparer. Check for disciplinary actions and the license status for credentialed preparers. For CPAs, check with the State Board of Accountancy. For attorneys, check with the State Bar Association. For Enrolled Agents, go to IRS.gov and search for "verify enrolled agent status" or check the Directory.

- Ask about service fees. Avoid preparers who base fees on a percentage of their client's refund. Also avoid those who boast bigger refunds than their competition. Make sure that your refund goes directly to you—not into your preparer's bank account.

- Ask to e-file your return. Make sure your preparer offers IRS e-file. Paid preparers who do taxes for more than 10 clients generally must file electronically. The IRS has processed more than 1.5 billion e-filed tax returns. It's the safest and most accurate way to file a return.

- Provide records and receipts. Good preparers will ask to see your records and receipts. They'll ask questions to determine your total income, deductions, tax credits and other items. Do not rely on a preparer who is willing to e-file your

return using your last pay stub instead of your Form W-2. This is against IRS e-file rules.

- Make sure the preparer is available. In the event questions come up about your tax return, you may need to contact your preparer after the return is filed. Avoid fly-by-night preparers.

- Understand who can represent you. Attorneys, CPAs, and enrolled agents can represent any client before the IRS in any situation. Non-credentialed tax return preparers who participate in the IRS Annual Filing Season Program, can represent clients in limited situations. However, other tax return preparers cannot represent clients before the IRS on any returns prepared and filed after Dec. 31st, 2015.

- Never sign a blank return. Don't use a tax preparer that asks you to sign an incomplete or blank tax form.

- Review your return before signing. Before you sign your tax return, review it and ask questions if something is not clear. Make sure you're comfortable with the accuracy of the return before you sign it.

- Report abusive tax preparers to the IRS. You can report abusive tax return preparers and suspected tax fraud to the IRS. Use Form 14157, Complaint: Tax Return Preparer. If you suspect a return preparer filed or changed the return without your consent, you should also file Form 14157-A, Return Preparer Fraud or Misconduct Affidavit. You can get these forms on IRS.gov.

To find other tips about choosing a preparer, better understand the differences in credentials and qualifications, research the IRS preparer directory, and learn how to submit a complaint regarding a tax return preparer, visit www.irs.gov/chooseatapro.

Source: IRS ★

American Pickers to Film in Northern California: Be a "Junk Opportunist"

SACRAMENTO REGION, CA (MPG) - California is excited to welcome Mike Wolfe, Frank Fritz, and Antique Archeology to the area. The team will film episodes of their hit series American Pickers throughout California. Filming is scheduled for early March.

American Pickers is a documentary series that explores the fascinating world of antique "picking" on History. This hit show follows two of the most skilled pickers in the business, Mike Wolfe and Frank Fritz, as they embark on an epic road trip across the U.S. in search of America's most valuable antiques from motorcycles, classic cars, and bicycles to one-of-a-kind vintage memorabilia. Mike and Frank are on a mission to recycle America, restore forgotten relics to their former glory, and learn a thing or two about American history along the way.

American Pickers is looking for leads and would love to explore what you may have. They are on the hunt for interesting characters with interesting and unique



The hit show American Pickers follows two of the most skilled pickers in the business, Mike Wolfe and Frank Fritz, as they embark on an epic road trip across the U.S. in search of America's most valuable antiques from motorcycles, classic cars, and bicycles to one-of-a-kind vintage memorabilia. Shown here with Wolfe and Fritz is Danielle Colby Cushman. Photo courtesy American Pickers on History Channel

items. Some of what they look for: vintage bicycles, toys, unusual radios, movie memorabilia, advertising, military items, folk art, vintage musical equipment, vintage automotive items, early firefighting equipment, vintage clothing, pre-50's western gear.

American Pickers is produced by Cineflix Productions for History. New episodes air

Wednesdays at 9pm E.T. on History.

If you have a large collection or want to refer someone to Mike and Frank, email: your name, number, address and description of the collection and photos to: americanpickers@cinelflix.com (855) OLD-RUST.

Source: American Pickers on History Channel ★

Assemblyman Ken Cooley Hosts Community Coffee

CITRUS HEIGHTS, CA (MPG) - On Saturday, Feb. 13th, between 11 a.m. and 12:30 p.m. at Starbucks, at 7088 Auburn Boulevard in Citrus Heights (at the corner of Auburn Boulevard and Sylvan Road) Assemblyman Ken Cooley will be hosting a community coffee event. During this event, constituents will be able to meet with Assemblyman

Cooley to discuss issues important to them, to get help with a state agency, or just stop by to say hello.

RSVP page: <http://asmdc.org/members/a08/district/upcoming-events/four-community-coffees-in-february>.

Assemblyman Ken Cooley represents the 8th Assembly District which includes the

communities of Arden-Arcade, Carmichael, Citrus Heights, Rancho Cordova, Rancho Murieta, Rosemont, Wilton and other portions of unincorporated Sacramento County. For more information, please visit <http://asmdc.org/members/a08/>.

Source: Office of Ken Cooley ★

It's River City Chorale's Cabaret!
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Andy Warhol: Portraits

Coming in March to the Crocker Art Museum



Andy Warhol, Self-Portrait, 1986. Acrylic and silkscreen ink on linen, 108 x 108 x 1 1/2 in. The Andy Warhol Museum, Pittsburgh; Founding Collection, Contribution The Andy Warhol Foundation for the Visual Arts, Inc., 1998.1.814. © 2015 The Andy Warhol Foundation for the Visual Arts, Inc. / Artists Rights Society (ARS), New York

SACRAMENTO REGION, CA (MPG) - The status symbol of the disco era was the commissioned Warhol portrait. Opening in March 2016 at the Crocker Art Museum, "Andy Warhol: Portraits" features more than 160 works exploring the development of the artist's iconic portrayal of the famous or wealthy. Included are Polaroids, fashion sketches, photo-booth film strips, and more. Visitors will also have the interactive opportunity to create their own Warhol Screen Test using a 1960s film camera outfitted for the digital era.



Andy Warhol, Cow, 1976. Screen print on wallpaper, 45 1/8 X 29 1/2 in. The Andy Warhol Museum, Pittsburgh, IA1994.7. © 2015 The Andy Warhol Foundation for the Visual Arts, Inc. / Artists Rights Society (ARS), New York

"Andy Warhol: Portraits" spans Warhol's life-long preoccupation with self-portraits in addition to images of the 20th-century luminaries who eagerly sat for him. Featured in this career survey are fashion scion Yves Saint Laurent, playwright Tennessee Williams, Pulitzer-Prize winner Truman Capote, and artists Keith Haring, Robert

Mapplethorpe, and Jean-Michel Basquiat. Actors Judy Garland, Jane Fonda, and Sylvester Stallone epitomize Warhol's fascination with Hollywood and filmmaking.

"Celebrity fascination never goes out of style. It evolves with us generation by generation, through the transformation of media," said Crocker Curator Diana L. Daniels. "Andy Warhol was an original in making us lust for what we already have in abundance: images of sex appeal, power, and wealth."

Significantly, it was Warhol's commissioned portraits that became synonymous with power and beauty, wealth and accomplishment. The basis for Warhol's paintings was always his Polaroid photography. After 1968, sitters posed privately for dozens of unique images taken by the artist. Only one from a session resulted in a final portrait, and commissioned works were sold in pairs. This practice was profitable, but also paradoxical. The dual image emphasized the vanity of the sitter while the doubled-up presentation effaced the notion of the sitter's originality, or being one-of-a-kind.

The exhibition, which runs through June 19th, 2016, will be complemented by additional Museum programming, including portrait-making workshops for youth in March and April, live performances, Warhol-inspired parties, a symposium, and more. The Crocker is the only California venue for this career survey, which was organized by The Andy Warhol Museum, one of the four Carnegie Museums of Pittsburgh.

The Crocker Art Museum was the first art museum in the Western U.S. and is one of the leading art museums in California today. Established in 1885, the Museum features one of the country's finest collections of Californian art, exceptional holdings of master drawings, a comprehensive collection of international ceramics, as well as European, Asian, African, and Oceanic art. The Crocker is located at 216 O Street in downtown Sacramento. Museum hours are 10 a.m.-5 p.m., Tuesday-Sunday; 10 a.m.-9 p.m., Thursdays. Every third Sunday of the month is "Pay What You Wish Sunday" sponsored by Western Health Advantage. For more information, call (916) 808-7000 or visit crockerartmuseum.org.

Source: Crocker Art Museum ★



Dare to Live Without Limits

Creating Happiness



by Bryan Golden

Virtually everyone wants to be happy. There is certainly no joy in misery. Yet, happiness can be elusive because exactly what it is and how to obtain it is too often a mystery. Happiness is something you create. Waiting for happiness is a frustrating pursuit that rarely works out.

Creating happiness starts with understanding what makes you happy and what makes you unhappy. Without this insight, you have no idea what direction to go. A clear awareness is essential for creating happiness. You want to maximize your sources of happiness while minimizing the causes of unhappiness.

You should never feel guilty about being happy. You deserve to be happy. Being unhappy makes you miserable without making anyone else happy. Only happy people have a chance of helping someone else feel better. Unhappy people will never accomplish this.

Once you know what makes you happy, your next step is to formulate a plan for attaining it. This can range from small changes to a major life restructuring. Your job, where you live, or interpersonal relationships are some examples of areas that might require adjustment.

Although making significant changes is not easy, staying where you are only perpetuates your unhappiness. Don't make huge alterations all at once. Begin with small steps. Just getting started begins to create happiness. You will feel happier being proactive compared to

passively waiting.

Associate with happy people. When you socialize with unhappy people, their unhappiness affects you. It's virtually impossible for you to feel happy when you are surrounded by unhappy people. Be particular with whom you associate.

Limit your exposure to negative influences. Watching news, TV shows, or movies that make you feel bad, interfere with feeling happy. In spite of your vigilance, you are bound to interact with unhappy people and be exposed to negative situations. Counteract these influences by recharging your happiness through connecting with upbeat people and circumstances.

Find solutions to problems. You will make mistakes. Things will go wrong. Wallowing in self-pity makes you feel worse. Figure out what needs to be done to get back on track and then start doing it. Happy people take charge of their lives rather than looking to place blame elsewhere.

Think about things that make you happy. This is a simple yet extremely effective technique. You already know how you feel when you think unhappy thoughts. You can't stop thinking about something; you have to replace unhappy thoughts with happy ones. Laugh and find humor. You always feel happier after a good, hearty laugh. Seek out funny input. Spend time with funny people. Watch comedies, read funny material, tell or listen to jokes. Laughing is good for you

mentally and physically.

Have fun. Do things you enjoy. Take breaks. Suffering is not conducive to creating happiness. Simple activities that you like contribute to your happiness. Savor the small pleasures in life. Immersing yourself in your favorite activity is a great way to give yourself a chance to step back and put things in perspective.

Take care of yourself physically. It's hard to be happy if you don't feel good. Get some exercise and pay attention to what you eat. You don't have to be a health and fitness fanatic. Applying some common sense is very effective.

Create happiness by smiling and acting happy. Act and think in the manner you want to be. This is because you create happiness through your thoughts and actions. You don't wait to be happy.

You can be unhappy for so long that it feels normal. You then forget what happiness feels like. Take control of your life. Start by smiling and making a commitment to yourself to begin creating happiness.

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. © 2011 Bryan Golden. ★



Union Gospel Mission Sacramento

For more than 50 years, Union Gospel Mission has been serving Sacramento's homeless with shelter, meals, clothing, a rehabilitation program and a life-changing Gospel message. Founded in 1962 by concerned Christians for men in need, the Mission also serves women and children. The Mission is an amazing testament to the good that comes with committed volunteers, inspired leadership and the community's support.

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Citrus Heights Messenger

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MPG

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Honesty Still the Best 'Stay Employed' Policy

Job Demand and Hiring Trends for Local Companies in the 1st Quarter of 2016

SACRAMENTO REGION, CA (MPG) - Special report: you're fired! Dishonest, unreliable jerks need not apply. When Sacramento's top regional employers were asked, "What one thing will get you fired?" companies responded with a wide range of issues that will result in an employee's immediate termination. As discovered by Pacific Staffing in a previous Employment Trends Survey in 1997 honesty remains the number one reason for letting a worker go.

However, the 2016 workplace has introduced more changes and challenges for human resource managers to consider as "just cause" for firing. While 52 percent cited honesty as paramount previously, in this survey conducted between Nov. 18th through Dec. 18th, 2015, half as many—or 27 percent—noted it as a primary concern. Individual conduct, interpersonal relations, gender roles, safety, and criminal issues like drug abuse and violence now require more workplace attention.

In 2016, issues of individual on-the-job behavior and

sexual harassment were noted by 18 percent in this latest poll, with stealing/theft next as noted by 14 percent as a reason for instantly firing a worker.

An employee's inability to perform the work is a new issue as noted by 10 percent while another 2 percent answered that repeated failure to show up as scheduled would also provoke immediate action. Other Sacramento regional employers also say an individual's failure to follow safety rules on the job, bullying, drug abuse, or violence are also immediate causes for potentially getting fired from the job!

Hiring in January, February, and March among Sacramento companies has slowed as 58 percent of regional employers polled say they will hire in the first Quarter, down from 76 percent reported last quarter. Motivation for seeking workers is almost even in Q1 as 37 percent was attributed to replacements in the existing workforce with hiring for growth noted by 38 percent of company contacts. Six percent of expected hiring in the next

three months was attributed to seasonal demand.

Skills Demand? Route and delivery drivers are less an issue this quarter, but companies are finding some entry level and qualified applicants difficult to fill in the Sacramento market. Customer service, sales, accounting, engineering, and specialized technical skills are in demand through March. Construction companies also noted severe shortages of building experience, particularly skilled trades in high demand in the upcoming Quarters.

How does this Quarter compare to last Quarter, or last year? Find out for yourself.

For more information, employment blogs and market surveys go to www.pacificstaffing.com.

Sacramento Regional Top Companies Polled By Industry: 42 percent are Service, 34 percent are Manufacturers, 16 percent are Construction and 8 percent are Retail.

Source: Pacific Staffing ★



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WEEKDAY LINE-UP













Roy Masters 12am-3am

Good Day..... 3am-5am

Charles Butler..... 5am-7am

Josh Tolley 7am-9am

Marilu Henner..... 9am-12pm

The Power Hour..... 12pm-1pm

Katherine Albrecht 1pm-3pm

Dr. Joy Browne 3pm-6pm

MaryJane Popp..... 6pm-7pm

Mike Siegel 7pm-10pm

America Tonight..... 10pm-12am




ON AIR NOW

To View Our Week-end Line Up go to:
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 Call (916) 773-1111



Pastor Ray's Encouraging Words

Remember These 3 Things When In Crisis

WILL BE WITH YOU and when you pass through the rivers, they will not sweep over you." Isaiah 43:1-2 God says, 'I'm with you'. No matter what situation you go through, God is with you. You never go through a crisis by yourself. God says, 'I will never leave you, I will never forsake you, I'm with you always'. The Bible says nothing can separate you from the love of God.

God always cares for you. When the disciples found themselves in the middle of a natural disaster (Matthew 8), they said, "Teacher, don't You care if we drown?" That's a typical reaction isn't it? Don't you care God? The first thing we tend to do is question God's love. Why is this happening to me? God, don't You love me? The answer is, of course He loves you. Absolutely He loves you. Yes, He cares. You have no idea how much God cares about you. The Bible says it's wider, greater than anything you can imagine, how much God cares about you.

God is always in control. Jesus said, "Take heart, because I have overcome the world." John 16:33 (NLT) A major step in your spiritual

maturity is realizing that you cannot control everything and then realizing that you don't have to anyway. It's out of my control, but it's not out of God's. God is in control. He's close and He cares and He's in control, so you don't have to sweat it.

What storm are you going through right now? A financial storm? A relational storm? An emotional storm? You're confused and you don't know what to do. Your heart is aching, your ship is taking on water so to speak, and you feel like you're about to sink. Jesus Christ wants to calm the storm in your life. The Bible describes the person who trusts Jesus, "He does not fear bad news, nor live in dread of what may happen. For he is settled in his mind that God will take care of him. That is why he is not afraid but can calmly face his foes." Psalm 112:6-9 (LB) When Jesus is at the helm of your ship, He will see you through any storm, any difficulty.

New Beginnings Church
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By Marlys Johnsen Norris,
Christian Author

Many do it by exchanging truth for a lie which is totally irresponsible. It is "exactly" what Adam and Eve did in the Garden -- when Satan deceived them and they yielded to their fleshly nature allowing it to overrule the instructions of God not to eat of the tree of good and

Why Do People Deny God?

evil. Therefore their disobedience (sin) caused the wrath of God to fall on every future generation of souls born until this very day. Their sin of disobedience dishonored God who gave them life and the seriousness of such an act brought the wrath of God on every life born from the beginning.

Old Testament scriptures clearly foretell the story about the "One" who would come to deliver those who believed. Isaiah 53 The New Testament declares the time of His actual coming as the Son of God, the sacrificial Lamb of God shedding His Blood to save His people. There is no forgiveness of sin without the shedding of Blood. When a person repents for their acts of sin, accepts Jesus death and commits and surrenders their life to follow

His example and teaching. He promises to never leave or forsake them also granting them the "gift" of eternal life in heaven with Him one day.

Denial of the existence of God and His laws (Bible) is a willful act leading to idolatry, sin and immorality that leads one into experiencing the very wrath of God. Hostility towards God is evil and sinful leading to death. Those who suppress the power and sovereignty of Creation that reveal His power and authority need to refer to the TRUTH OF GOD because they automatically bring the wrath of God into and on their lives. There is no one else to blame!

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

CHPD Explorer Program

Continued from page 1

The Citrus Heights Police Explorer Program is actively recruiting new members. The group meets bi-monthly and participates in various events throughout the year. To learn more, please visit our website at <http://www.citrusheights.net/318/> Explorer-Program or call (916) 727-5549.

Source: Citrus Heights Police Department ★



Graduating from CHPD's Explorer Program gives these young adults an edge when applying to their chosen universities, Officer Candidate School (OCS), United States military, or for a position within the law enforcement industry. Photo courtesy Citrus Heights Police Department

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CLUES

- ACROSS**
- 1. Bit of parsley
 - 6. Jodie Foster's "___'s Island"
 - 9. Hat-tipper's word
 - 13. Baby grand, e.g.
 - 14. ___ mode
 - 15. Baggins of the Shire
 - 16. DNA and RNA
 - 17. Any high mountain
 - 18. Daisylike bloom
 - 19. "Hailed as the "Father of the Constitution"
 - 21. *First Republican President
 - 23. Lungful
 - 24. Darn a sock, e.g.
 - 25. Bldg unit
 - 28. *John Adams to John Quincy Adams
 - 30. Soldier's knapsack
 - 35. Inside scoop
 - 37. 16 of these in Tennessee Ernie Ford song
 - 39. Masonic doorkeeper
 - 40. Smoothie berry
 - 41. *George to George W.
 - 43. Hindu serpent deity
 - 44. Most are now wireless
 - 46. Glacier's deposit
 - 47. Smiley face
 - 48. Chole_
 - 50. Windshield option
 - 52. "C_ _ la vie!"
 - 53. Number of judges on Supreme Court
 - 55. Leave speechless
 - 57. "On guard" to a fencer
 - 61. *Under him, the White House debuted its website
 - 65. "Will comply" in radio communication
 - 66. One of five W's
 - 68. Smooth
 - 69. Fill with high spirits
 - 70. Tan maker
 - 71. October 31 option
 - 72. Scarlet and crimson

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12		
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- DOWN**
- 1. Unwanted correspondence
 - 2. Type of type
 - 3. Policemen's surprise
 - 4. Calcutta's home
 - 5. Blake Lively's "___ Girl"
 - 6. Indian flatbread
 - 7. "___ at ease"
 - 8. Breakfast syrup
 - 9. Catchall abbr.
 - 10. ___ phobia, fear of heights
 - 11. Cain's unfortunate brother
 - 12. Between dawn and noon
 - 15. Movie "Smokey and the ___"
 - 20. Talk like Demosthenes
 - 22. Cartridge contents
 - 24. Official command
 - 25. *First to live in Executive Mansion
 - 26. Lace loop
 - 27. *Clinton signed North American Free ___ Agreement
 - 29. *First "Dark Horse" presidential

- candidate**
- 31. Sound of a small bell
 - 32. Emanation from a loudspeaker
 - 33. Knight's breastplate
 - 34. *First to run against a woman
 - 36. Wedding cake layer
 - 38. 18-wheeler
 - 42. Of the kidneys
 - 45. *Liberia's capital named after him
 - 49. Jar cover
 - 51. "American Horror Story" disgraced clown
 - 54. Full of news
 - 56. Accustom
 - 57. Water carrier
 - 58. World's longest river
 - 59. Alternative to Saran
 - 60. Parts of play
 - 61. Flipside of pros
 - 62. Asian weight unit
 - 63. *Like President's office
 - 64. Brooklyn players
 - 67. Tint

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For Solutions See Page 6

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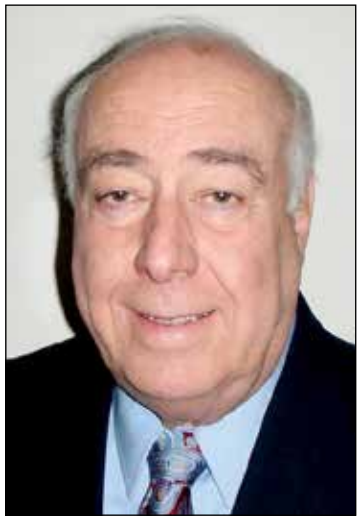
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How Do We Make Our Community Safe From Gun Violence



Commentary by David Warren

self-defined freedom pursuant to the Bill of Rights, including the “right” to possess any and all weapons, no matter how destructive they may be, while simultaneously seeking the destruction of the democratic framework which is based upon the Constitution and the Bill of Rights.

On 7 December 2015, the United States Supreme Court refused to grant certiorari of the appeal of *Friedman v. City of Highland Park*, thus ruling that the City of Highland Park municipal code Chapter 136 which provides in part that “No person shall manufacture, sell, offer or display for sale, give, lend, transfer ownership of, acquire or possess any Assault Weapon or Large Capacity Magazine” did not violate the United States Constitution Second Amendment.

Why hasn't Citrus Heights adopted a similar ordinance, even after a written request was made to the City to do so?

In light of the deaths at the Sandy Hook elementary school in Newton Massachusetts at the hands of Adam Lanza, the murders in San Bernardino by Syed Rizwan Farook and Tashfeen Malik, the shooting deaths in Aurora Colorado by James Holmes, and the bank robbery in Stockton by Jaime Ramos, Gilbert Renteria Jr., and Alex Martinez, to name but a few of the most recent violent events, where the deaths were caused by assault weapons, why has the City Council remained silent and at the very least, refused to schedule municipal hearings to consider community views concerning assault weapon limitation ordinances?

There is no doubt that those that believe that the Second Amendment provision concerning weapons possession is an absolute right would be unhappy with such an ordinance. The would argue that any limitation

is the first step on a slippery slope to government either confiscating or banning all weapons. Yet, who would argue that the mentally ill, individuals convicted of a violent felony, the blind, individuals and gangs involved in drug, weapons and human trafficking, should not be allowed to possess military style weapons? Don't we owe it to our children, our neighbors, and perhaps most importantly, Citrus Heights Police Officers, to make sure that criminals do not possess assault weapons that put lives at unnecessary risk?

The very best way to protect the legitimate gun owners' Second Amendment rights is to criminalize weapons that are not designed for sport or home defense.

Which hunter or home owner requires a military weapon with a 20 bullet magazine? Which hunter or home owner requires an automatic weapon? Clearly, none.

Because of the Supreme Court's ruling in *Friedman*, Citrus Heights may act without awaiting California legislative action. For a change, our community can be leaders, not followers, in making our community and our first responders safer from gun violence. Citrus Heights can adopt the City of Highland Park municipal ordinance verbatim with the knowledge that there is no question of its constitutionality. Do we need to have the mayor and police chief visit the family of a Citrus Heights Misty Holt-Singh or Sheriff's Deputy Danny Oliver before we act? Can there be any reason that the City Council refuses to put the proposed ordinance on a council agenda? The answer is obvious, **NO.**

David Warren is a legislative advocate at the State Capitol with Taxpayers for Public Safety, and can be reached at David@forpublicsafety.com. ★



A Film Review by Tim Riley

HAIL, CAESAR (Rated PG-13)

Among the current movie choices the one with the most fascinating title is “Pride and Prejudice and Zombies.” Now, I am not really into the romantic fiction popularized in English literature by Jane Austen, but then zombies are probably more contemporary than 19th century novels.

Nevertheless, this aforementioned zombie film is possibly what George A. Romero, having resurrected, as it were, the undead in his seminal film “Night of the Living Dead,” would likely have contemplated to wreak havoc on British upper class society.

The Coen brothers are also filmmakers who enjoy turning tradition on its head, as exemplified in their body of work from the black comedy crime thriller “Fargo” to the stoner comedy crime film “The Big Lebowski” and to the Western cat-and-mouse drama “No Country for Old Men.”

The latest target for Joel and Ethan Coen, in their shared role as writers, directors and producers for “Hail, Caesar!,” is a scatter-shot homage to the fading Golden Era of the Hollywood studio system during the post-World War II period of societal changes.

Even if the glamorous façade of Tinseltown was beginning to crack, the Hollywood film industry still churned out sword-and-sandals epics, bold Technicolor musicals often featuring Gene Kelly, Busby Berkeley-style aquatic spectacles, and a healthy dose of Westerns. The Coens acknowledge the

Riley Reviews

THE COEN TOUCH PROVES NOT SO GOLDEN FOR “HAIL, CAESAR!”

glittering allure of this era by putting George Clooney in the key role of vain and spoiled movie star Baird Whitlock, the leading man in a Biblical spectacle, while Scarlett Johansson is an aquatic film star loosely patterned on Esther Williams.

Though “Hail, Caesar!” has a plot that seemingly lacks continuity and coherence, the objective appears to be to pull back the curtain and showcase the unexpected humor and industry drama found behind the scenes at the fictitious Capitol Pictures.

I am not sure what to make of the kidnapping plot of Baird Whitlock by industry members of the Communist Party who hold him for ransom for \$100,000. Imagine that, the Marxists are looking for a big payday. Even a Soviet submarine ends up in the picture off the coast of Malibu.

The real central figure of this film is Josh Brolin's Eddie Mannix, head of production at Capitol Pictures and the studio's “fixer,” who spends his days putting out fires, from the sexual peccadilloes of his stars to coaxing religious leaders to sign off on his latest Biblical epic.

Set in the early 1950s, “Hail, Caesar!” opens fittingly enough with Mannix working in the late hours of the night, just before dawn, as he arrives just ahead of the police to keep one of the studio's prized starlets from being arrested on a morals charge.

Meanwhile, at the Capitol Pictures studio lot security is apparently quite lax since Mannix is often hounded by twin sister gossip columnists Thora and Thessaly Thacker (both played by Tilda Swinton), each sporting an outlandish hat typically worn at the Kentucky Derby.

Swinton's turn as the columnists

is smartly amusing because as identical twins they can only be distinguished by the fact that one claims to have 19 million readers while the other alleges 20 million. The funny thing is the siblings are bitter rivals who hate each other.

The forward motion of the plot, such as it is, focuses on vignettes of the various studio stars in action. Scarlett Johansson's DeeAnna Moran, a free-spirit who talks like a sailor on shore leave, faces the scandalous predicament of being an unmarried pregnant woman needing Mannix's help for a public relations cover-up.

Frances McDormand has a brilliant, albeit all-too-brief, turn as an acerbic chain-smoking film editor.

Channing Tatum fares better with more screen time in his role of a sailor-suited song-and-dance man who puzzles Mannix with his strangely suspicious behavior.

The actor who steals the show in many respects is Alden Ehrenreich's aw-shucks cowpoke Hobie Doyle, the studio's rising star in a string of successful B-movie Westerns, who nevertheless struggles as much with his acting abilities as he does with his drawl.

Playing against type, Hobie is foisted upon famed snooty British director Laurence Laurentz (Ralph Fiennes) to star in a sophisticated drawing-room drama, for which he is completely ill-suited.

The funniest scene happens when Laurentz attempts through various takes to get Hobie to utter one line of dialogue with the elocution of a sophisticate. Hobie's charm is that he's probably the only honest person in show business.

The intent of this extravagant Coen brothers production, over-stuffed with a lot of name talent, was to produce a love letter to the studio system laced with acerbic edge that the brothers can famously deliver.

In spite of its flaws, “Hail, Caesar!” has a number of comical conceits that prove workable, with George Clooney game once more to play the doofus as he has in several Coen films. The hilarious moments, however, may be overshadowed by the end result of a somewhat jumbled mess. ★

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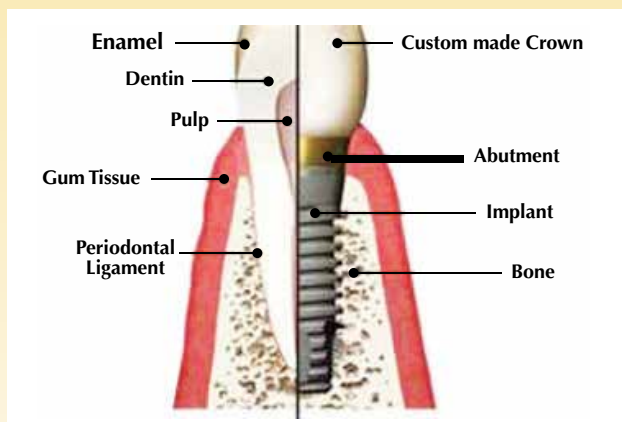
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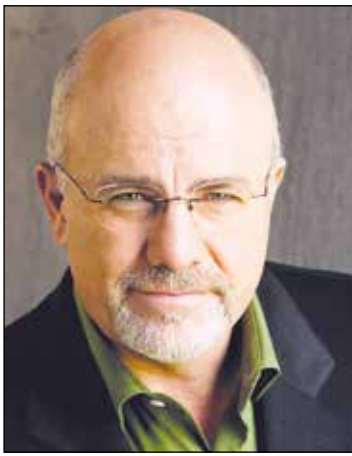


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Dave Says

serious subjects, you'll begin to learn if there's enough of a basis for a real relationship.

But the first date is just sort of an introduction, right? You're both seeing if there's any initial, mutual compatibility. Asking someone how much they make, or where they are on their debt snowball in this scenario is officially weird—even by my standards. In other words, use manners and tact. They may be old-fashioned words these days, but in most cases they work well.

—Dave

More of a long-term spending thing

Dear Dave,
I've started my four-year-old on an allowance structure and a chore chart. I also have a mini-envelope system with spending and saving set up, but I'm having trouble helping him distinguish between the two. How can I solve this?

—Monica

Dear Monica,
At that age, any type of saving is going to be more of a glorified, long-term spending plan. The point is to teach them to delay gratification when you're

first starting out. And when you're only four, two weeks is long term.

The contents of the spending envelope should be kind of spontaneous. Let him take it on trips to the store, and if he wants a pack of gum or whatever, he can get it. The saving envelope, though, stays at home. Then, as he grows and his mind and reasoning develops a little more, you can really start teaching him about long-term goals and how to get there—including giving.

Don't try to force a four-year-old to think five or 10 years into the future. We're just trying to teach lessons here, and it doesn't have to be done perfectly. Just be intentional, and try to find teachable moments as you go along!

—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, EntLeadership 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. ★

Dating and the budget

Dear Dave,

I've been following your plan, and I've finally gotten out of debt and feel I have control of my finances. I'm also single, and I was wondering if you have any tips for how to gracefully mention financial topics and budgeting when you're on a date.

—Paula

Dear Paula,

Well, I don't recommend bringing it up on a first date. If I'm a guy on the initial date with a girl and the first thing out of her mouth is about finances and handling money, that's going to be pretty strange.

Now, if the first date turns into another and another and another, then you might start talking about the deeper things in life and where you both stand. As you start talking about more



Lisa West
Community Outreach Director



What Veterans Need to Know



Memorial Parks
Mortuaries & Crematory

By Lisa West

Are you a veteran or do you know one? First, let me say, I love veterans. They are truly our heroes and deserve our respect and undying gratitude for their service.

Veterans are entitled to many benefits. I can't possibly list them all here, and I wouldn't want to try. But I do want to give you some basic information regarding burial that I hope you find beneficial.

There are some misconceptions about veterans getting a "free burial;" first, depending upon your service, veterans are entitled to be buried in a VA cemetery. The closest one to Sacramento is called Sacramento Valley National Cemetery, although it's not in Sacramento, it's in Dixon (in Solano County).

Please note that although you are entitled to be buried in the VA cemetery, you still must be prepared for burial and taken to the VA cemetery by a funeral home. This is where people sometimes get confused.

Simply put, your burial plot at the VA cemetery is free of fees and

yours to use if you qualify. To find out if you qualify, call a licensed funeral home and they can tell you. If you do qualify, you still need to make your final arrangements through a mortuary or funeral home. It is always a good choice to do this in advance.

This means you need to be brought into the care of the funeral home after you pass away. Your body must be prepared through either cremation or casketing, and these fees are not free or paid for by the VA.

Other important facts to know are that a licensed funeral director is required to make the arrangements with the VA cemetery at the time of need (it cannot be made in advance like other arrangements can), and that funeral home must transfer your casket or cremation urn to the VA cemetery for the interment.

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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Sacramento, CA 95819
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on-line at www.EastLawn.com
Friday, February 5 @ 11:30 a.m.
Friday, April 8 @ 11:30 a.m.

Andrews & Greilich Funeral Home FD136
3939 Fruitridge Road,
Sacramento, CA 95820
RSVP: (916)732-2026 or
on-line at www.EastLawn.com
This presentation will be in
English and Spanish
Wed, February 17 @ 11:30 a.m.
Wed, April 13 @ 11:30 a.m.

f www.EastLawn.com



Make It Fun and It Will Get Done!

The Secret to Being Organized

Pam Young's Corner

Get Organized one 3x5 Card at a Time

By Pam Young

Have you ever had someone say to you, "Take a break, let me do that for you. You go sit down and rest."? One of my readers did just that to me! She wrote this sweet and inspiring letter from her experience as a successful, long-time SHE (Sidetracked Home Executive). It's so well written, it deserves to be shared and she gave me permission. Now I'm going to go take a nap.

Enjoy her humor and her SHEness.

Dearest Pam,

You and your sister came into my life in the early eighties. I sat in the middle of a big, beautiful new house after our tenth corporate relocation, indulging in a well justified tantrum. (I sometimes fear this will be the episode my three now, adult daughters will bring up at my wake.) Not a pretty sight. I enrolled the girls in their new schools that day and took myself to a bookstore for purposes of covert procrastination. It was there where God lassoed me with a copy of [Sidetracked Home Executives: from] from Pigpen to Paradise. Thank you. Thank you. Thank you.

Through your humor and your stories you mentored me, gave me sanity **one 3 x 5 card at a time**, and were, well...my friends. The two of you reflected the relationship I had with my sister, except for the fact that we lived 1500 miles from each other. And I'd found myself again a stranger in a new city. I read every book you published again and again and sometimes remember your stories as things that happened to me.

(Not a good sign.)

I am currently sitting on 70 and living in my tiny scaled down house, retired from my work as a therapist (undergrad & grad degrees from six different universities attained **one 3 x 5 card at a time**...thank you very much), with the man who drug me through fifteen more homes (did I really say that?) after that tenth beauty where you found me. We will celebrate our 50th wedding anniversary in May. (What was I ever thinking?)

The beauty I discovered in moving every few years is that there is no spring housekeeping...ever! It is also a technique for consistent clearing of clutter. There can be challenges...as when the relocation is because of the promotion that did not go through, or the sale of the company, or the bottom drops out of the market... thank you 2008. So up and down the corporate ladder we've been, and you and your sister have been with me all the way. There are many ways to live. It is just easier to manage a **3 x 5 card at a time**.

We've also the blessing of enduring friendships and happy memories from every one of those cities and towns.

For a while, I gave in to the curse of the "corporate gods" who waited until you dressed your windows with shutters or shades, curtains or drapes. The curse? The minute the installers left the house, your husband would call and ask "So, what do you think about Dallas?" Better than looking out of one of those just dressed windows to see the Allied Moving Van pull up, I guess. (I've had it both ways.) However, I did learn that if I were to have magenta walls, or a gold ceiling in this life, I had to quit living for the buyer.

Personally I've been a crusader in the de-beiging of America!

In too many ways to count, you and your sister have more influence in my life than anyone, ever. My own sister is also a huge beneficiary of your system, your plan and your humor. She still has the custom wooden box I gave her for her 3 x 5's. Now that we both move a bit slower, and visit the doctor more frequently, take meds and have the administrative duties of living past 65, your system is a God-send. (It also helps us keep our vanity intact: makes us look like we remember a heck of a lot more than we do, we don't have to keep asking our family computer geeks how to pull up the calendars on our computers, we don't have to pull out our readers to see the screen on our phones.)

One bite at a time and you can eat an elephant. (Sorry, I know they are an endangered species.) **A box of 3 x 5 cards is a box filled with magic wands.**

Sip your coffee and I'll sip mine.

Let's count the blessings of 3 x 5's.

Thank you, Thank you. Thank you.

More sincerely than you could ever know,

Judith Robinson

Many thank yous to Judith for sharing her warm and friendly thoughts and letting me have a break.

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. ★



POPPOFF!

with Mary Jane Popp

Only Once

Valentine's Day is a very popular time for marriage proposals. It's soooooo romantic, right? Then comes marriage and all the trials and tribulations that comes with a new put-together family. Expectations are high that it will last, but knowing full well your chances are about 50/50. Want to better your odds? I had the opportunity to speak with renowned educator and therapist Chana Levitan, on POPPOFF, and she gave me ten essential questions for getting it right the first time. Her book is full of hope that you will find your prince or princess charming called "I Only Want to Get Married Once."

1) Values, goals, and interests. Do you share the same basic goals and values? And which ones are most important to have aligned? No matter how great the initial chemistry is, if your values are on two different pages, the odds of your marriage working decrease significantly.

2) Are you relating to the person you are dating or to an image? It's easy to get caught up on image. Infatuation thrives on image while love thrives on knowledge.

3) Can you admit that the person you are dating has faults? Are you realistic about your own faults? There are three typical reasons for this. You don't know the faults. You ignore the faults. You admit the faults, but infatuation takes over.

4) Does your relationship have healthy boundaries? A misconception is that two become one, by one person disappearing into the other person. Disappearing is not the same as merging.

5) What do people you are close to have to say about the person you are dating? What is the general feedback? If everyone or almost everyone you trust is telling you something is wrong, take it seriously.

6) Do you respect the person you are dating? Is there mutual respect? Remember you can have chemistry with people you don't even like. There is a difference between respect and what is called "puppy admiration."

7) Can you be open and honest with the person you are dating? Can you trust him or her? Keep

in mind, physical chemistry and emotional intimacy are not the same thing.

8) How well do you get along with the person you are dating? How is your communication? Some arguing does happen. The key to avoiding destructive, unhealthy arguing is--no matter what, you remember you are a team.

9) Does the person you are dating bring out the best in you?

10) If the person you are dating never changes, would you still want to get married? Contrary to popular belief, women do not have a monopoly on trying to change a spouse. The joy of marriage can only be experienced when the couple is not trying to change or fix each other. The joy is experienced when you can love your spouse as is.

These are great questions, but I added one more since I have a little experience being married 45 years. Do you like this person? After what I call the bunny years when chemistry overpowers all logic, then will you like this person in sickness and health and for richer or poorer? Remember that commitment? It means everything! For more info on Chana, go to www.chanalevitan.com. Bells are ringing for me and my gal or guy! HAPPY VALENTINE'S DAY! ★



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The Real Estate Insider

with Realtor, Developer
and Radio Host

Ellen Herrle

Listen weekdays 12n-1pm on Money,
The Wall Street Business Network, 105.5 FM

Q&A with Buyers & Sellers

This column is here for you as a resource in sorting out buying and selling property. When you ask a question we answer here so everyone benefits. What don't you know about buying and selling property? Let me help.

It's easy, just email your question to us and we share the answer so everyone can learn from it. Email: ellenherrle@hotmail.com or leave a message at 916-761-2108.

Q: My fiance and I are getting married in July. We want to be able to move into OUR new home in the Fair Oaks / Carmichael area. He owns a house in Vacaville and I own my home in Auburn. We need the money from each of our homes in order to put 20% down on our new home. We refuse to pay mortgage insurance. How do we sell our homes fast and not have to sell at a discount?
Staci, Auburn, CA.

A: First of all, congratulations on your upcoming wedding and having the foresight to have two homes to sell! That's a good thing in times of such low inventory.

You need to hire a realtor who has the experience to sell each of your homes fast, and not just list it and forget about it. It takes a good marketing strategy.

We have a comprehensive 20 step marketing campaign, which includes your home also being featured on our daily radio show on 105.5 FM, the Wall Street Business Network, KSAC.

Make sure you have professional photos taken and that you make the home available to be shown by being as flexible as possible to allow buyers to visit your home. It's a good idea to leave while your agent and buyers view it, so they can see it without you or your pets getting in their way.

Since you are in a seller's market in which buyers are competing for properties, you could price it just below market value, which might generate multiple offers.

Your home should already be in good condition. If it's not, do everything you can to emphasize the attractive features in your home. Either deep clean it yourself or hire professionals so that your windows sparkle and your floors are pristine.

Remove unnecessary clutter and pack it up for your move. Consider storing these items and even some extra furniture temporarily in order to make your home seem larger and to make it easier for buyers to visualize themselves in the property. Good luck to you. If I can help in any way, please call me at (916) 726-9000 or email me at ellenherrle@hotmail.com.

For those who get in touch each month you'll also receive one of three pamphlets on buying and selling strategies, and be entered in a random drawing for a **dinner for two** at one of our great Sacramento or Placer restaurants! Don't spend more than you have too, or sell for less than you deserve by asking the expert first! Call us to help when you decide to buy or sell at 916-761-2108.

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Sacramento County DA Reports

Recent cases of interest



CASE: Michael Williams
PROSECUTOR: Deputy District Attorney Matt Chisholm, Homicide Unit
The Honorable Geoffrey Goodman sentenced Michael Williams to 56 years to life in prison. On December 16, 2015, a jury convicted Williams of first-degree murder. The jury also found true a personal use of a deadly weapon allegation.

Michael Williams' wife, Tanganyika Williams, was planning on ending their marriage. On July 8, 2014, the two were in Michael Williams' van on 24th Street near Meadowview Road when Williams stabbed his wife twice in the neck and then fled the scene. Mrs. Williams was able to exit the van and identify Michael Williams as her killer to bystanders and police officers. She was pronounced dead 30 minutes later due to massive blood loss. Williams was captured three weeks later when a citizen spotted him and called 911. When Williams was captured, he was planning to take a bus to Oklahoma.

Williams has a prior conviction for shooting with intent to kill in 1992 in Oklahoma. He shot his previous wife's mother in the face when he tried to get back at his wife for leaving him.

CASE: Mark Charles Nielsen
PROSECUTOR: Deputy District Attorney James Wax, Cyber Crimes Unit
Sixty-year-old Mark Nielsen was convicted by jury of knowingly possessing child pornography.

On March 22, 2013, Nielsen's roommate called 911 to report she had located child pornography on his computer. Police responded to the apartment and seized two computers. Two days later, police again responded to the residence and were provided 33 discs, many of which were labeled "porn." A forensic exam of the computer and discs revealed tens of thousands of images and videos of pornography, classified by type. Among those, 422 were verified by the National Center for Missing & Exploited

Children as containing known child victims. Many others contained children well under the age of 18 posing nude or engaging in sexual conduct.

Nielsen faces a sentence of 3 years in prison. Sentencing is set for March 11, 2016, at 10:00 a.m. in Department 36 before the Honorable Gerrit Wood.

CASE: Porche Wright
PROSECUTOR: Deputy District Attorney Nancy Cochran, Special Assault & Child Abuse Unit

Porche Wright pled no contest to premeditated attempted murder and admitted the allegation that she personally inflicted great bodily injury.

On April 4, 2015, Wright was upset with her 7-year-old daughter for not listening to her. Wright doused her daughter with gasoline and lit her on fire. Once her daughter was aflame, Wright placed her in the bathtub and put out the fire. Her daughter was on fire long enough to leave scorch marks in the bathtub.

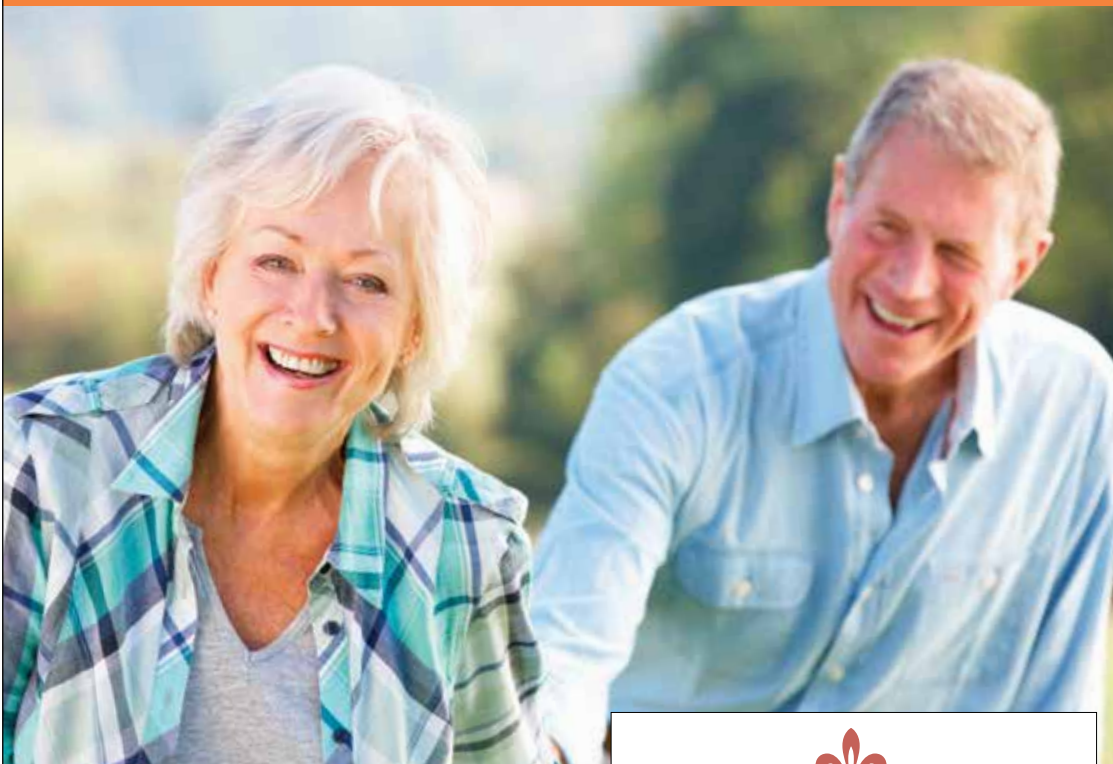
Wright's boyfriend, who had left the house the night before, returned that morning to find the little girl severely burned. He told Wright they needed to call for help, but she insisted they not contact anyone. The boyfriend left the house, claiming he was going to the store to get burn cream. He called 9-1-1 as soon as he left the house.

First responders entered the home, where there was an overwhelming smell of gasoline. They found the little girl standing in the hallway with severe and significant burns. She was transported to Shriners Hospital, where she underwent surgeries. Her daughter suffered second and third-degree burns to over a third of her body and will be scarred for life.

Wright will be sentenced to 10 years to life in prison. Sentencing is set for February 25, 2016, at 8:30 a.m. in Department 62 by the Honorable Geoffrey Goodman. ★

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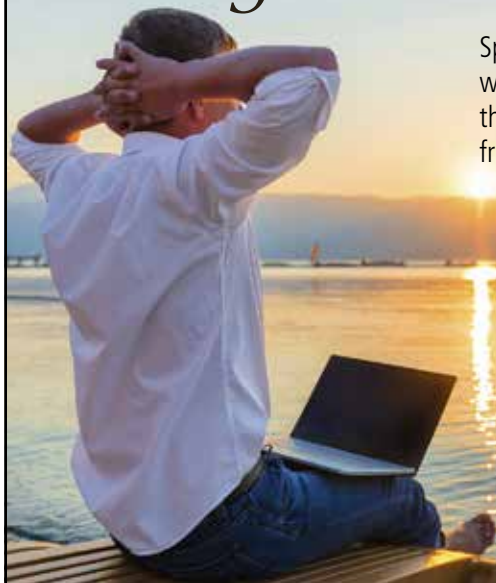
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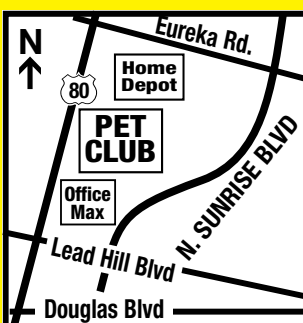
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- 46 Lb Bag Limit 2 Bags Per Family **\$23.99**

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15 Lb Jug Limit 2 Jugs **\$5.99**

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Natural 12.5 Oz Can, Limit 2 Cases Full Case (Reg.Price - Reg. \$2.39 Stew \$2.49 Core \$2.49) **OUR REGULAR LOW PRICES**

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ALL VARIETIES **OUR SUPER LOW PRICES**

- Freshwater •Goldfish
- Marine •Spirulina

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 2/10/16 - 2/16/16

59¢

CHM PLU 568

BONUS COUPON

GREENIES DOG TREATS

Chewy Texture Easy to Digest

- Teenies 22 Ct •Petite 10 ct
- Regular 6 ct •Large 4ct
- 6 oz Pkg. Limit 2 Pkgs with Coupon
- Limit One Coupon Per Family
- Price Valid Only With Coupon. Effective 2/10/16 - 2/16/16

\$4.99

CHM PLU 355

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 2/10/16 - 2/16/16

\$1.49

CHM PLU 422