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Citrus Heights Messenger

"Written by the people, for the people"

Volume 6 Issue 02

Serving the City of Citrus Heights and Sacramento County

January 29, 2016

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Firefighters Fill Boots for Burn Survivors



Firefighters from Sacramento Metro Fire District and Sacramento Fire Department walked the streets of Citrus Heights in 2015 to collect over \$128,000 to support burn treatment and burn recovery programs for children and adults in Northern and Central California. Photo courtesy Firefighters Burn Institute

CITRUS HEIGHTS, CA (MPG) - It's that time of year again to be prepared to give your coins and cash to firefighters collecting donations to help burn survivors.

Firefighters from many of the fire departments serving Sacramento and surrounding communities will support the Firefighters Burn Institute in their Annual "Fill the Boot for Burns" Boot Drive. This year's Boot Drive will be held President's Day weekend from Thursday, Feb. 11th through Sunday, Feb. 14th at Sunrise Blvd. and Greenback Lane in Citrus Heights.

The event is open to the public and will include a free Safety Fair on Saturday, Feb. 13th from 11:00 a.m. to 2:00 p.m. with fire department displays and demonstrations. The safety fair will be held in the Sunrise Mall parking lot, weather permitting.

Donations from drivers, pedestrians and others during this 4-day event are 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 3 to 6 years and their families.

The Citrus Heights event raised over \$128,000 during the four days in 2015. Sacramento Metro Fire District is one of over 70 fire agencies throughout Northern and Central California to support burn programs and a regional burn center. The goal for 2016 is to raise over one half million dollars collectively at all Boot Drive locations.

The event's "Kick Off" will be held in conjunction with the "Media Challenge" on Friday, Feb. 12th at 8:30 a.m. Fire agencies in 18 Northern and Central California counties are hosting "Fill the Boot for Burns" Boot Drive events during the next 2-3 months benefitting Firefighters Burn



Sacramento City firefighter Ryan Gardner and Sacramento Metro firefighter Tyler Craft watch the events of the 2105 Boot Drive from a fire engine's basket. The Citrus Heights 4-day drive raised over \$128,000 to support burn treatment and burn recovery programs for children and adults in Northern and Central California. Photo courtesy Firefighters Burn Institute

Institute.

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

Source: Firefighters Burn Institute ★

Blackjack Fundraiser to Send Police on 120 Mile Run

"120 miles of pavement, 20 stages, over 8,000 runners, guests, family members, and support staff. Hot days and cold nights. Blood. Sweat. Pride. Honor....."

CITRUS HEIGHTS, CA (MPG) - On March 19th and 20th, a team of over two dozen runners and staff

from Citrus Heights and Folsom police departments will be part of their second Challenge Cup Relay: Baker to Vegas Race between Baker, CA, and Las Vegas, NV.

Started in 1985 by two Los Angeles police officers, Chuck Foote and Larry Moore, the Baker to Vegas Race helps

police organizations raise funds to support their local community programs. According to the Folsom Police Foundation website: "Police organizations from all over the United States form relay teams to compete in the 120 mile run that encompasses 20 stages in the grueling heat of the day and the desert

cold at night. The Folsom Police Department and Citrus Heights Police Department have once again joined forces to enter a team to raise proceeds for the Folsom Police Foundation and Citrus Heights Police Activities League."

A Blackjack Tournament fundraiser to help fund the team's participation in the race will take place on Feb. 4th at Stones Gambling Hall in Citrus Heights. The tournament will be held from 5 p.m. to 9 p.m. A \$40 fee includes appetizers and the tournament. To register to the event call (916) 727-5500 or go to <http://www.citrusheightspal.com/blackjack-tournament.html>.

In 2015 the Citrus Heights/ Folsom team finished 167 out of 262 teams overall. Each department provides an equal number of runners plus alternates. Their time was 18:17:07 over the 120

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Prepaid Wireless Services Soon to be Subject to New Surcharge

SACRAMENTO REGION, CA (MPG) - Beginning Jan. 1st, 2016, consumers purchasing prepaid wireless services will pay a new surcharge similar to the taxes and fees paid by consumers of postpaid, or contract, wireless services.

Assembly Bill 1717, known as the Prepaid Mobile Telephony Services (MTS) Surcharge Collection Act, was signed into law in 2014, and requires sellers of prepaid wireless services to collect the new surcharge from their customers beginning Jan. 1st, 2016. At the point of sale, all consumers of prepaid wireless services will pay a statewide minimum of 9.26 percent of the sales price. That rate will be higher in areas where a local government has imposed its own taxes or charges. Consumers will see the surcharges on their receipt. Visit the Prepaid MTS Surcharge Rate Web page for details.

Most retailers will remit the full amount of the surcharge to the California State Board of Equalization (BOE). Then the BOE will allocate the funds to the state Emergency Telephone Number Account, California Public Utilities Commission (CPUC), and local governments that have contracted with BOE to collect utility users taxes. The funds are spent by those agencies on state 9-1-1 and emergency services, the California LifeLine Program, and other local government programs. Businesses registered with the CPUC as a telephone corporation or with the BOE as a service supplier are considered direct sellers and will continue to remit portions of the surcharge directly to the BOE, the CPUC, and local governments.

"At the point of sale, all consumers of prepaid wireless services will pay a statewide minimum of 9.26 percent of the sales price."

For more information, read the BOE's Prepaid MTS Surcharge Consumer Guide, Retailer Guide, or visit the CPUC Web page.

The five-member California State Board of Equalization (BOE) is a publicly elected tax board. The BOE collects \$60 billion annually in taxes and fees, supporting state and local government services. It hears business tax appeals, acts as the appellate body for franchise and personal income tax appeals, and serves a significant role in the assessment and administration of property taxes. For more information on other taxes and fees in California, visit www.taxes.ca.gov.

Source: State Board of Equalization ★

City Council Starts New Year with New Mayor

Story and photo by
Seraphim Winslow

CITRUS HEIGHTS, CA (MPG) - With the new mayor, Jeannie Bruins, securely seated at the helm of council chambers, the Citrus Heights City Council convened for their first meeting of year, on Jan. 14th, with relatively few items of business on the agenda.

First and foremost was the recognition of outgoing Mayor Sue Frost, who called her term in office “the opportunity of a lifetime.” Frost was presented with flowers, a plaque featuring a mayor’s gavel, and pictorial memorial of Frost’s year as mayor.

Lieutenant Jason Russo of the Citrus Heights Police Department shared an inspiring video about the annual Baker to Vegas Fundraiser benefiting the Police Activities League Program. This yearly event helps to knit together the police department and the community they serve, with a focus on working with the youth. A key event in this effort is a test of athletic endurance that is as fun as it is fatiguing; namely a 120-mile run from the town of Baker, Calif., to the Las Vegas strip in Nevada.

During Public comment, Kelly Andrews, a single mom who moved from Roseville to Citrus Heights last year, alarmed about the homeless population inhabiting the area behind her house near Cripple Creek, expressed her concerns, and also suggested some solutions. If the raucous meeting that closed down the Sacramento City Council last week is any indication of urgency of this problem, the crisis of homelessness in this region has reached acute and even dangerous levels. Andrews complained to council members about the trash, theft and other problems connected to the homeless people in her neighborhood. “These are people who are on drugs and are not mentally stable,” said Andrews, “not



Members of the 2016 Citrus Heights City Council, Steve Miller, Vice-Mayor Jeff Slowey, current Mayor Jeannie Bruins, outgoing Mayor Sue Frost and Mel Turner.

people who are down on their luck.”

One of the solutions that Andrews brought up during her allotted time at public comment was the program in Salt Lake City, Utah, where city leaders have discovered that it is cheaper to house the homeless in unused structures than to waste public funds on punitive measures against a social problem with origins in inequality rather than crime. The Council did not directly address this suggested solution, but referred instead to current policies for dealing with these challenges involving the Citrus Heights police and the Homeless Assistance Resource Team. Also during the public comment period, two other residents approached the council whose issues were better addressed at other local government venues.

Council then dealt with the controversial issue of medical

marijuana cultivation. Changes to state law has required local jurisdictions to weigh in on this issue. Planning Manager Colleen McDuffy noted that a request was to place within the zoning code references to the city’s existing regulations regarding medical marijuana, which were initially put in place in 2013. To put the matter more simply, Councilman Jeff Slowey pointed out, “All we’re saying is look over here” in the land use codes for confirmation on the city’s position about cultivation. Mayor Bruins rejoined Slowey’s comment, saying, “We are not restricting growth...we are only complying with state law.”

Public comment on this topic included a rambling speech by a woman whose point was not exactly clear, apart from the concern she had that “her children” would not have access to medical therapies involving cannabis. The next resident to

speak was Jeff Patterson, who approached the council and said he was happy to live in Citrus Heights, but he did not like what he sensed to be a movement against the cultivation of medical marijuana. “The government’s cannabis is not good looking,” remarked Patterson.

“I wouldn’t even feed it to my goat.” Patterson compared discrimination against pot growers to Jim Crow laws.

Council voted to approve staff recommendations of the first reading of the proposed ordinance on private pot cultivation. After the vote, Councilman

Turner commented that personal freedom and privacy issues like marijuana consumption, as well as the use of unmanned drones, are sure to become more and more pertinent. Turner expressed his frustration in dealing with these issues saying: “It gets very worrisome for us here who are going to have to look at how we legislate and accommodate all the many different needs and uses for all their toys, and all their hobbies, and all the other things that they do, and have people still live in harmony. In the old days we used to get together and talk about these things. Now, we look for a governing body to do that for us.”

Before adjourning, the new mayor appointed specific members to regional boards and committees. These included appointments to bodies like Sacramento Metropolitan Air Quality Management District, Sacramento Regional County Sanitation District, Chamber of Commerce, among several others. In regard to these civic responsibilities, Bruins remarked, “It’s not a perfect system but we try to spread out these duties as much as we can. It kind of gives you a glimpse that we don’t just come to city council meetings. We are representing Citrus Heights throughout the region.” ★

History and Arts Commission Position Available

CITRUS HEIGHTS, CA (MPG) - The City is accepting applications for one (1) position on the History and Arts Commission. The position is to fill an unexpired term ending December 2018. Applications are available at City Hall, 7927 Auburn Boulevard, or can be downloaded from www.citrusheights.net.

The deadline for submitting an application is 5 p.m. on Tuesday, February 16th, 2016 at the City Clerk’s Office in City Hall. The City Council will make the appointment at their February 25th meeting.

The History and Arts Commission preserves and promotes the City’s historic

resources; fosters, develops, and enriches programs for the arts; and encourages citizen participation in its outreach activities.

For additional information please contact the City Clerk’s Office at (916) 725-2448 or city-clerk@citrusheights.net.

Source: City of Citrus Heights★

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\$232 Million to Improve California Water Management

SACRAMENTO REGION, CA (MPG) - The California Department of Water Resources (DWR) recently announced approximately \$232 million in grant funding of 26 proposals for Integrated Regional Water Management (IRWM) projects that will leverage hundreds of millions of additional local and federal dollars.

The award of funds from a 2006 water bond passed by voters statewide will support projects and programs to meet California’s long-term water management needs, including delivery of safe drinking water, enhancement of recycled water use, water conservation, flood risk reduction, watershed protection, ecosystem restoration, protection of water quality and management of groundwater. The grant recipients, dollar amounts and related purposes include the following:

- Association of Bay Area Governments, \$41.3 million, 10 projects for dam seismic retrofit, groundwater infrastructure, watershed protection and other purposes;
- San Diego County Water Authority, \$31.1 million, 14 projects for urban water conservation, turf removal rebate program, water treatment facility and other purposes;
- Los Angeles County Flood Control District, \$27.7 million, 26 projects for meter installation, storm water management, water conveyance infrastructure and other purposes;
- Humboldt County, \$11 million, 25 projects for water and wastewater conveyance and treatment infrastructure, watershed protection and restoration, agricultural efficiency and other purposes.

A list of the projects, their grant requests, their final awards and the grants’ percentage of the projects’ total costs can be found here: <http://water.ca.gov/irwm/grants/p84implementation.cfm>.

The new awards come from the final round of DWR’s Proposition 84 Integrated Regional Water Management Implementation Grant Program. The 26 proposals that were awarded funding involve 136 projects with total costs in excess of \$1 billion.

DWR Director Mark Cowin said, “The award of these funds represents a significant milestone in advancing Integrated Regional Water Management, which continues to be a key initiative in managing water resources throughout California.” Cowin said that all together, DWR has awarded \$808.5 million to fund almost 600 projects in four rounds of Proposition 84 IRWM implementation grant solicitations.

This latest round of grants will advance the Brown administration’s two-year-old California Water Action Plan, which sets forth the actions needed to provide more reliable water supplies, restore important species and habitats and create a more resilient, sustainably managed water resources system that can better withstand climate change and additional population growth. The Plan is available here.

In May 2015, DWR issued the final 2015 IRWM Grant Program Guidelines and the 2015



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Implementation Grant Proposal Solicitation Package. Applicants were required to submit grant proposals by Aug. 7th, 2015. DWR received proposals from 37 IRWM regions requesting approximately \$307 million.

Funding for the projects is available through Proposition 84, the Safe Drinking Water, Water Quality and Supply, Flood Control, River and Coastal Protection Bond Act of 2006, as amended 2010 (Proposition 84 IRWM). Proposition 84 was passed by California voters in November 2006 and authorized the Legislature to appropriate \$1 billion for IRWM. Administered by DWR, Proposition 84 IRWM grants are awarded to local public agencies and non-profit organizations for projects and programs consistent with an adopted IRWM Plan that help meet long term water needs of the State.

Visit <http://drought.ca.gov> to see how California is dealing with the effects of the drought, and go to <http://SaveOurWater.com> to learn how everyone can do his or her part. Information on the State’s turf and toilet rebate program is found at: <http://www.saveourwaterrebates.com>.

The Department of Water Resources operates and maintains the State Water Project, provides dam safety and flood control and inspection services, assists local water districts in water management and water conservation planning, and plans for future statewide water needs.
Source: Save Our Water ★

Blackjack Fundraiser to Send Police on 120 Mile Run



Runners and support staff from the Citrus Heights and Folsom Police Departments who participated in their first Challenge Cup: Baker to Vegas Race in 2015. Photo courtesy Citrus Heights Police Dept

Continued from page 1
mile course. In the mixed category the team finished 18 out of 27 teams. The mixed division teams are comprised of only police

officers and have at least five women running.

For more information on the race visit <http://bakervegas.net/>

[about-us/race-history/](#).

Source: Citrus Heights Police Activities League and Folsom Police Foundation ★

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Government Job Available: Part-Time Animal Services Officer

CITRUS HEIGHTS, CA (MPG) - The City of Citrus Heights' General Services Department is seeking a part-time animal services officer. Officers provide enforcement of various animal services regulations; investigate complaints regarding nuisance, stray, uncontrolled, dangerous, wild, or diseased animals and issue appropriate citations; transport animals to a City-designated shelter; prepare written reports for prosecution of local ordinances and state law; provide public information and education to citizens and community groups regarding animal services; and perform other duties related to humane animal protection and services.

The ideal candidate will have at least two years' experience with the full range of animal services field services and will possess a commitment to providing exceptional customer service. Candidates would be part of a 24-hour operation that may require irregular work shifts including evening, weekend, and holiday shift assignments; emergency overtime and on-call/stand-by availability and call back as required; and to change work periods and work days dependent on operational requirements of the City. Scheduled hours/days may vary depending upon the needs of the City. May require wearing of department approved uniform and related equipment in performance of duties. Part-time position up to 20 hours flexibly scheduled based on the needs of the organization.

Minimum qualifications include the ability to assess animal behaviors and choose an effective course of action, the ability to analyze, recommend, and communicate appropriate solutions to complex and/or sensitive problems, and the ability to think clearly and act quickly and decisively in emergency situations while remaining calm. Candidates must possess the ability to listen actively, use effective questioning techniques, express themselves in a clear and understandable manner when speaking, and effectively communicate with a variety of individuals, groups, and community organizations.

The ideal candidate also must possess knowledge of animal services equipment used to handle, capture, or

destroy animals under stressful or emergency situations; knowledge of methods and techniques of conducting and documenting field investigations, including collecting and cataloging evidence; and knowledge of pertinent local, State, and Federal laws, codes, ordinances, City functions, policies, rules, and regulations.

For more job requirements and to apply online, visit <https://www.calopps.org/> and click "Search Jobs Now." To be considered for this position, you must submit a completed, official City employment application and responses to a supplemental questionnaire. If you do not complete and submit all required information, your application may be disqualified from further consideration. You are encouraged to submit a resume and cover letter in addition to the required materials, but these may not be substituted for the required materials. A cover letter and resume may be included as part of the online employment application under the heading "Additional Experience." Applications for the position close on Feb. 19th.

Source: City of Citrus Heights★

Responses to Gov's State Address

From Senator Jim Nielsen: "The State's first priority must be saving money for the Rainy Day fund to ease the pain of budget cuts in an economic downturn. Programs that provide care to the most vulnerable Californians like Developmental Disability Services have not been adequately funded."

"To better serve people with developmental disabilities, I introduced Senate Bill 818, a bill similar to the one I introduced in Special Session last year. My commitment to make this funding permanent in the State's General Fund is unwavering."

"And I am so glad to hear that the Governor reaffirmed his commitment to build water storage. We must increase the state's above-ground water storage."

"Conservation alone won't get us out of this historic drought nor will it help get us through the next drought."

"Sites Reservoir is shoveled-ready to store up to 1.8 million acre feet of water."

"Planning for access to clean water is essential to the prosperity of future generations."

Source: Office of Senator Jim Nielsen

From Senator Gaines: "In a state with the highest poverty rate in the nation, hundreds of billions in unfunded liabilities, and some of the highest gas taxes and worst roads, I hoped to hear more about the Governor's vision for solving those massive problems without

crushing taxpayers."

"I'm happy that the state revenues are surging, but that should be viewed as an opportunity to pay down debt and fund one-time, high-priority projects. This month's stock market meltdown shows that our budget picture could change dramatically in just one year proving again that California needs to be a model of prudent, careful spending."

"I want the Governor to put some money back into working families' pockets. No tax increase extensions, and no new taxes on gas and health plans. Let's—for once—grow the quality of life instead of growing bureaucracy."

Source: Office of Senator Gaines

From Board of Equalization Vice Chair George Runner: "I share the governor's optimism when it comes to California's future. Our state has a diverse economy, a strong commitment to education and more than enough revenue to fully fund roads, schools, and water storage without raising taxes."

"As the governor himself warns, we must continue to exercise fiscal prudence. The true test of his leadership will be whether he can hold the line on spending against the tax-and-spend liberal legislators of his own party."

"Instead of raising taxes, our focus should be on providing greater value for Californians by improving quality of life and by

seeking solutions that make this state a more affordable place to live and work."

Source: Office of George Runner

From Assemblymember Rocky Chávez: "Today, the Governor continued his theme of fiscal caution and hopeful planning for the future in his comments. While I applaud his recognition of this important principle, Governor Brown needs to focus on practical government solutions that cut back on waste and gets our State back to common sense governance," said Chávez.

"We have a major hole in our Healthcare system, we have a backlog of billions of dollars in infrastructure repairs and we continue to face one of the worst droughts in California with no adequate water storage. The rubber band can only stretch so far until it snaps. We need to put practical solutions into place to take care of these issues while continuing to budget for our rainy day fund."

"In his closing, the Governor discussed being courageous yet cautious. With the changing world markets, the uncertainty of how foreign affairs will affect our state and our volatile income tax dependency, Brown made one thing certain today, 2016 will not be 2015," said Chávez.

Source: Office of Rocky Chávez★



Dare to Live Without Limits

The Bright Side

by Bryan Golden



Most circumstances have a bright side. Those who become adept at finding it lead more satisfying and happy lives. Yet, there are some who deride looking on the bright side as being unrealistic.

You can't always control events but you can control your reaction to them. Once something has happened, it can't be changed. It is impossible to alter the past. The only direction of life is forward. How you proceed is based on your mindset.

Looking on the bright side means making the best of your circumstances. What's the alternative? Becoming dejected? Not only are there no benefits to a negative outlook, there are numerous deleterious side effects. A downbeat attitude impacts you mentally and physically. There is absolutely nothing to be gained from this approach.

Looking on the bright side has numerous benefits with no harmful side effects. It empowers you to identify the best course of action in moving forward. It prevents you from dwelling on the past or becoming passive.

Studies have found that people who focus on the bright side, and live for the present, have better mental and physical health. Those with a positive mindset also look and feel younger, have more energy and even "age" more slowly than their negative counterparts. This research provides a scientific basis for the adage, "You're only as young as you feel."

Here are a few simple techniques to help you look on the bright side. When dealing with circumstances that aren't ideal, look for anything positive, no matter how small. Remember that you must move forward.

Keep things in perspective. Don't allow inconsequential circumstances to drain your energy or sour your attitude. Don't waste time worrying. Let go of stuff that doesn't really matter. Focus on today. Spend your energy on taking action to improve whatever you can. Waste no time lamenting the past. Set your sights on a brighter future.

Keep your self-talk positive. Avoid negatives such as "I can't." Your mind not only believes whatever you tell it, it works non-stop to bring your thoughts to reality. Looking on the bright side is linked to what you tell yourself. Monitor your self-talk regularly to ensure that it is not becoming negative.

Your self-talk must reinforce your outward proclamations. You put yourself at a disadvantage by expecting the worst. You should dwell only on what you want to attract. Looking on the bright side means believing that all will work out for the best.

Free your imagination. Let yourself daydream. Visualize the outcomes you desire. This is a powerful process that further programs your mind to work towards the goals you desire. Always fixate on what you want, never on anything you don't want.

Tune out negative input from others. Listening to naysayers drags you down. Everyone has an opinion about your situation and many of those opinions will be negative. Don't waste time trying to convince anyone as to why you are justified looking on the bright side.

Take care of your personal needs. It's difficult to look on the bright side when you are constantly suffering. Watching out for your self-interest is not being selfish. There's no reason to feel guilty because you are concerned about your well being.

Count your blessings. Maintain an attitude of gratitude for any and all things you have to be grateful for. It is easier for our spirits to be dragged down when we lose sight of the good things in our lives.

Through practice, you will condition yourself to automatically look at the bright side. This will give you more happiness, and more energy along with greater inner power and strength.

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. ★

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Citrus Heights Messenger

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Annual Crab Feed and Auction Supports Youth



Each year this event becomes more of a success, last year alone over 750 people attended the Crab Feed. This year they are expecting over 800 attendees and hope to raise over \$50,000 dollars. Photo courtesy Citrus Heights Rotary Foundation

CITRUS HEIGHTS, CA (MPG) - The Rotary Club of Citrus Heights is having their 28th Annual Crab Feed and Auction at the Citrus Heights Community Center Feb. 13th, 2016. In order to ensure the success of this very important fundraiser, they are seeking contributions to help defray the costs associated with the event, so that all funds raised can go directly toward the community.

Generous donors are the key to their success and make it possible for the Citrus Heights Rotary Club to provide scholarships, dictionaries to third all graders, Rotary Youth Leadership Awards, International Youth Exchange Program, and Christmas Food Baskets; also, for the communities changing needs, they have expanded their service efforts to address such pressure issues as illiteracy, children at risk, world hunger, clean drinking water, and environmental degradation.

A major goal for Rotary International is the eradication of Polio around the world. They hope that they can count on your support to help them. Your donation will be listed in their event program, as well as on the event website page.

Each year this event becomes more of a success, last year alone over 750 people attended the Crab Feed. This year they are expecting over 800 attendees and hope to raise over \$50,000 dollars. At the event there will be a Silent Auction. They ask you to become a sponsor of the event or donate a live auction item. They always acknowledge gift donors during the event and would also request some advertising literature to accompany your donation to acknowledge your generosity.



Generous donors are the key to their success and make it possible for the Citrus Heights Rotary Club to provide scholarships, dictionaries to third all graders, Rotary Youth Leadership Awards, International Youth Exchange Program, and Christmas Food Baskets. Photo courtesy Citrus Heights Rotary Foundation

The Rotary Club of Citrus Heights is a Foundation and your contributions may be tax deductible. Their EIN number is 03-0566682 if you have any questions please feel free to contact Jessica Mang, who is available for donation pickup at (916) 595.3761. They thank you for your time and consideration.

Source: Citrus Heights Rotary Foundation ★



Rotary Club of Citrus Heights

28th Annual Crab Feed Fundraiser



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Citrus Heights Community Center

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Tickets: \$50

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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





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Crossword Puzzle on Page 7

A	B	A	C	K		F	A	Q			L	A	M	A
P	I	Q	U	E		E	M	U		V	I	X	E	N
T	A	U	P	E		S	P	A			I	N	E	R
	S	A	I	N	T	S		S	I	N	G	L	E	S
			D	E	W			D	I	D	O			
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O	V	E	N		N	A	V	Y		S	A	L	V	O
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P	O	E	T			A	L	E		Y	A	R	D	S

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By Pastor Ray Dare

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

God says in Isaiah 26:3, *“Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.”* God renews you spiritually when you accept Christ in your life, when you’re born again, but your mind isn’t born again. Your mind isn’t renewed automatically. There’s something that you have to do. This is so important. Never underestimate the important role that your mind plays in your walk of faith.

I found in my own life that every time I get worried, confused, concerned or overly concerned, anxious about the future, you know what’s happened? I’ve taken my mind off

Pastor Ray's Encouraging Words

How To Be At Peace Under Pressure

the things of God and I’ve started looking at the circumstances all around me. I know I’m going against what God says and I start dwelling on, “How am I going to overcome these challenges?”

“How am I going to overcome these obstacles? How am I going to overcome all these things that are coming against me?” Do you know what happens when you meditate on those things? They get bigger and bigger and bigger. Then all of a sudden do you know what? You’re feeling doubt and fear and unbelief.

You have to keep our mind stayed on Christ. You may think, *“But I’m too busy. I’ve got a career and I’m working and I’ve got all this stuff going on.”* But friend, you’re not going to experience God’s perfect peace automatically. You have to get into God’s Word and get His Word into you. That’s why it’s so important to meditate on and memorize Scripture. That’s why it’s so important to stay in church where you can hear the Word of God.

Turn your worries into prayers. Philippians 4:6 says, *“Don’t worry about anything; pray about everything.”* Don’t worry about anything, but pray about everything. Listen, I’m going to challenge you. The next time you have the opportunity to worry,

choose not to worry – choose to pray. Every time you have that negative thought, just turn that thought into a prayer and ask God to help you. Think about and claim a promise of God. You know what you’re doing? You’re saying, “God, I know the situation looks bad, but I choose to believe You’re still in control. I choose to believe You will see me through this.” When you do that, you’re going to experience God’s perfect peace.

What’s stolen your peace today? A relationship? A health issue? A problem at work? Your finances? Do what David did... *“I sought the Lord, and He answered me. He delivered me from all my fears.” Psalm 34:4.* Peace isn’t found in a pill, peace is found in a Person – Jesus Christ. Fear comes from not understanding what God is like, how much He loves you and how much He cares about you. The more you seek the Lord and get to know Him and understand what He promises to do in your life, the less fear and worry you will have, and the more peace you will have, regardless of the circumstances around you.

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By Marlys Johnsen Norris, Christian Author

In life, often times things happen so quickly we hardly realize what is happening to us.

Just a few years after I was married, I was invited to be a guest on a television show. There was no pre-interview and I did not know what was expected of me but was excited to have been considered. It was a new adventure for this ordinary young woman!

When I arrived, the program director advised that I had been chosen because of my age and was one of two persons selected. The name of the show was “Who Is It?” It was

Memories of a Few Minutes of Stardom

overwhelming for me. I was to be a contestant questioned “who was the real wife of actor Robert Horton?” They never asked if I knew anything about him or who he was...and I didn’t!

Today many of us know who Robert Horton is because his talent as an actor proved him successful. Those days, he was a young good-looking new actor in Hollywood. I had no idea who he was. Therefore, I certainly didn’t have any good answers to the questions asked and I think they immediately knew with certainly I was not his wife. I don’t recall much about the event. I was very excited to be on television. The first contestant won quickly because she chose his wife. Horton came out bid hello to us and then caressed his darling wife. The whole thing was over very quickly!

Years after this, I worked booking Harris Nelson, a musician using household items such as washboards. I booked him in schools, service clubs, and television where possible. One time, he was invited to entertain on the Art Linkletter show and I went with him and was tickled to meet Mr. Linkletter.

The second time I was asked to be on television was when we moved to Northern California and I belonged to several writing groups. One of the gals and I became friends and then she told me that she had her own local television show and would like to interview me about my writing. Again, I was overwhelmed and wished I might have known the questions she would be asking. In my mind’s eye, I can see her face but her name slips my mind. The interview seemed to go well and they kindly made a tape of the show and presented it to me.

The old saying goes “the third time is the charm” and as I write that I wonder—what next, Lord?

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

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CLUES

ACROSS

- 1. Often follows “taken”
- 6. Common inquiries
- 9. Tibetan monk
- 13. Shakira’s soccer-playing partner Gerard
- 14. Down Under bird
- 15. Female fox
- 16. Greyish brown
- 17. *Romantic destination
- 18. Unable to move
- 19. *Valentine and the like
- 21. *a.k.a ____ Awareness Day to some
- 23. Found on grass some mornings
- 24. *Lover of Aeneas
- 25. *Special celebratory drink
- 28. Preakness, e.g.
- 30. Release of gas
- 35. Baker’s baker
- 37. “In the ____” by Village People
- 39. Sound of battle
- 40. “Nana” novelist
- 41. West African storyteller
- 43. ____-do-well
- 44. *Keep nuptials a secret
- 46. Alternative to truth
- 47. German mister
- 48. Nine voices, pl.
- 50. Seaside bird
- 52. Chester White’s home
- 53. Lack of clarity
- 55. Workout unit
- 57. *Woo
- 61. *Popular Valentine shapes
- 64. Defendant’s excuse
- 65. Cook’s leaf
- 67. Torn down
- 69. Imitate
- 70. Grave acronym
- 71. Treeless plain
- 72. *Chaucer or Poe
- 73. Sierra Nevada, e.g.
- 74. An end zone is 10 of these

DOWN

- 1. Address abbreviation
- 2. Objectivity preventer
- 3. Greenish blue
- 4. *Expert archer?
- 5. More keen
- 6. Come clean, with “up”
- 7. Unit of electric current
- 8. To some degree
- 9. End of “traveling”
- 10. Figure skating jump
- 11. Mother in Provence
- 12. “Hardworking” insects
- 15. Relating to wine
- 20. Nasality in speech
- 22. *Words of commitment
- 24. Stray from the accepted
- 25. *Rose amount
- 26. Convex molding
- 27. Cantaloupe, e.g.
- 29. *Form of greeting
- 31. Hyperbolic tangent in math
- 32. Songs sung by three or more voices
- 33. Deflect
- 34. **Love means never having to say you’re ____
- 36. Back of neck
- 38. Bygone era
- 42. To the point
- 45. Like Thai cuisine, e.g.
- 49. Cul de ____
- 51. Just about
- 54. Monochromatic equid
- 56. ____-la
- 57. Freeway exit
- 58. Hedgepodge
- 59. Play charades
- 60. Slightly
- 61. Hoopla
- 62. Russian autocrat
- 63. *Seal with a kiss and do this
- 66. Be ill or unwell
- 68. “____ and don’ts”

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

For Solutions See Page 6

LETTER TO THE EDITOR

Detrimental Delta Tunnels

Dear Farmer and municipal user of water taken through the Delta: The Delta tunnels would be detrimental to Delta flows as the Peripheral Canal would not. The intake for the peripheral canal would have been above the Delta so that Delta flows would take their natural pattern. The tunnels would distort the flows in the delta. For every foot of 40 foot diameter tunnel excavated, nearly 140 cubic yards of tunnel muck must be disposed of. The Peripheral Canal would produce ZERO waste because all excavated material would be incorporated in the banks of the canal. The tunnels have no recreation potential. The Perpherel Canal would have had the potential for a fishery, and recreation areas, even

boating. For the price of the tunnels, the Peripheral Canal could have added an Eastside canal to supply water to Eastside groundwater basins, that feed the Westside groundwater. An Eastside canal could supply offstream reservoirs that could release water back to the Delta in drought conditions, or allow new or larger reservoirs on the Eastside of the valley for the next time we have a drought. An earthquake strong enough to damage the tunnels would require dewatering the entire tunnel system and removal of more tunnel muck in order to repair. The Peripheral Canal would only have to dewater the short section in which the damage occurs. The tunnels could take months to repair while the canal only weeks.

The Peripheral Canal would be versatile, that is, it could supply water to areas adjacent to the canal in exchange for natural stream flows to the Delta, and/or recharge groundwater along the way. The tunnels could not. The tunnels have as much potential to “steal” northern California water as was alledged for the Peripheral Canal. The construction time for the tunnels would be far longer than to build a canal. Thus the correction for Delta flows could occur much sooner, and allow for recovery of the Delta fisheries also much quicker. Respectfully submitted, Dale Creasey PE Retired, Hydrologist for 27 years with the U.S. Bureau of Reclamation ★

Letters to the Editor are published as they are received.



A TV Review by Tim Riley

It’s been more than a decade since “The X-Files” went off the air after a long run on the FOX Television network, but now FBI agents Mulder and Scully are resurrected for what is billed as a “6-episode event.” FOX is also bringing the Devil to reside on Earth, even if only temporarily, finding refuge in the City of Angels, where Hollywood itself is located in an area one would hardly describe as heavenly. Based on DC Comics characters created by Neil Gaiman and Sam Kieth, FOX is taking a flyer on the otherworldly “Lucifer,” where smooth-talking Tom Ellis, all the more debonair for his British accent, is the titular figure in a new twist on the police procedural. Tom Ellis, for those who may not recall, had a recent stint on the USA Network in the eponymous role in “Rush,” playing a hard-partying Los Angeles doctor with an unorthodox medical practice administered to wealthy clients and celebrities seeking anonymous treatment. In many ways, Ellis’s role of Dr. William Rush is not too far removed on what he is called upon to do in “Lucifer,” considering that he has landed once again in California’s largest city, this time as the original fallen angel seeking a new adventure that puts him right in the middle of wealth and celebrity status. Bored and unhappy as the lord of Hell, Lucifer Morningstar has abandoned his duties down-under to set up shop on Hollywood Boulevard in Los Angeles,

Riley Reviews

FOX TV “LUCIFER” AND “X-FILES” TUNED TO DEVIL AND ALIENS

running the upscale nightclub Lux that is a magnet for rich hipsters and women who look like models. Apparently one of the perks of being the Devil is the ability to transform into a rakish character that is charming and charismatic. In the first episode, he’s hanging with a pop star brutally murdered outside his Lux nightclub. The murder attracts the attention of LAPD homicide detective Chloe Decker (Lauren German), who initially is dismissive of Lucifer. But she becomes intrigued by his talent for drawing out people’s secrets. In what is a surprising twist, Lucifer, for all of his bad boy sensibilities, desires to dispense justice and teams up Decker to solve the pop star’s murder. Moreover, Decker is immune to the Devil’s so-called charms, and this in turn creates a challenge for Lucifer. Meanwhile, God’s emissary, the angel Amenadiel (D.B. Woodside) has been sent to Los Angeles to convince Lucifer to either set up shop in Las Vegas, the original sin city, or return to the underworld. I am just kidding about the first part, but it would make sense, don’t you think? In essence, what “Lucifer” delivers is a new turn on the police procedural of buddy cops, given that while Lucifer and Decker may team up to solve crimes, Lucifer’s interest is about why people choose to do evil. The return of “The X-Files” after so many years comes at a time when tapping into rampant paranoia is made easier by the increasing number of conspiracy theories that abound on the Internet. “X-Files” creator Chris Carter mentioned researching over 500 such websites for ideas. Flashbacks to an alien crash site

in New Mexico in 1947 sets the stage for contemporary mythology of government conspiracies to cover up everything from alien encounters to federal concentration camps set up by FEMA. The first episode of “The X-Files” is heavy on exposition that serves to revive the folklore of Chris Carter’s fervid imagination channeled through Fox Mulder’s (David Duchovny) obsession with investigating the baffling mysteries of the universe. In the intervening years, Gillian Anderson’s agent Dana Scully has moved on since the FBI closed the X-Files division. Her work as a surgeon at a Washington, D.C. hospital is focused on helping children with physical deformities, and she exhibits little interest, at first, in being drawn back into exploring the unexplained. For his part, Mulder has remained a true believer, living the life of a hermit obsessed with real and imagined conspiracies. Early on, to set the proper mood, Mulder mulls the question: “Are we truly alone, or are we being lied to?” In his heart, Mulder agrees with second part to his question. One must ponder the thought of him sitting in his remote cabin wearing the proverbial tin-foil hat as a precautionary measure against the reach of the military-industrial complex spying on his every move. Though Scully may be reluctant to pick up where the X-Files left off, Mulder manages to lure his former partner back into the fold when they meet alarmist talk-show host Tad O’Malley (Joel McHale). The opinionated TV talker rambles about conspiracies from the false flag of 9/11 to NSA data mining and phone conversation surveillance, but his discovery of a mystery woman with an alien abduction tale is all that is necessary to revive Mulder’s instinctual fixations. The show’s maxim of “the truth is out there” is the guiding principle to the revival of “The X-Files,” and that’s all that might be necessary for the legions of fans of the original series. As for me, I am waiting for someone to explain the mystery of pop culture fascination with the Kardashians. ★

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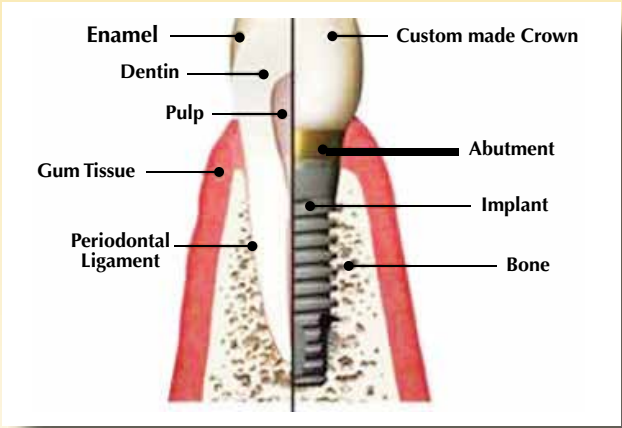
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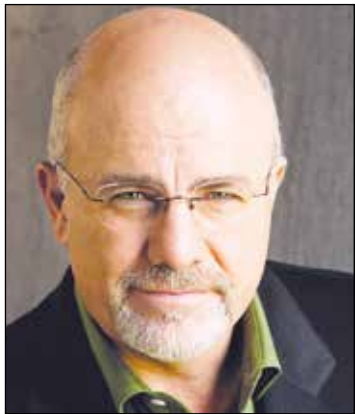


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Dave Says

Goals Limiting One Another

Dear Dave,

My husband and I are currently renting an apartment for \$1,200 a month. Together, we bring home about \$7,000 a month, and we'd really like to buy a house soon. Right now we have about \$10,000 in debt on a boat along with ongoing stable bills, food and upkeep for our three horses. What price range of houses should we look at in our situation?

- Michelle

Dear Michelle,

Homeownership is a great goal, but first you two need to clean up your debt and build an emergency fund of three to six months of expenses. After that, I want you to save up enough for a down payment of at least 10 to 20 percent. When buying a home on a mortgage, I always recommend the monthly payments be no more than 25 percent of your monthly take-home pay on a 15-year, fixed-rate loan.

Now, let's get to the other issues. You have some things in your life that are pulling at you financially. At some point, you may have to take a long look at the situation and ask the hard question, "What is more important to me: horses and boats or home ownership?" Getting rid of that boat, or finding new homes

for one, two or all of your horses, would bring in some cash to put toward your debt and cut down on at least some of the animal maintenance.

Anyway, that's how I would look at it. My wife and I both are big fans of boats and horses. But we like boats more. One reason is because they don't eat as much! I can't get mad at you about either one, but right now you've got three things pulling at you as financial priorities — home ownership, a boat and three horses. They're all pulling at you, and they're pulling at each other and limiting each other.

Of course, you can always buy a lot less in house. But what it really comes down to is what's most important to you. That's the big question, and it's one that only you can answer.

—Dave

A Frank Discussion About Credit Cards

Dear Dave,

I don't understand why you don't like it when people properly manage their credit cards and pay them off every month. By doing this, you pay no interest and in my case I even got a free trip to Europe from using my credit card. Please explain.

- Patrick

Dear Patrick,

I truly doubt that I can explain it to your satisfaction, but here goes. First, the credit card company did not give you a free trip to Europe. They're not going to lose money on transaction after transaction, year after year. The fallacy is that you feel like you've

outsmarted a multi-billion dollar company that studies human behavior at incredible levels. You maybe, possibly came out ahead against them during that particular calendar year, but even that's debatable.

Over the course of your life, you'll spend more when using credit cards as opposed to cash. There's plenty of research proving this to be fact. If you use a credit card repeatedly with the idea that you're getting a free trip to Europe because you're building up your miles, you spend more. An example would be McDonald's. When they started taking credit cards years ago, they found that the people using them spent 47 percent more.

In a good way, you are very unusual. You're not playing over in the stupid zone like most people who use credit cards. But both I and the credit card companies have found that, on average, your behavior would put you in a class of less than one-half of one percent of their customers. Can 0.5 percent of people handling snakes manage not to get bitten? Sure. But that doesn't mean I'm going to start recommending snakes!

—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.

★



Lisa West
Community
Outreach Director



Funeral Insurance Versus Life Insurance



Memorial Parks
Mortuaries & Crematory

By Lisa West

People ask me this question all the time, "What's the difference between funeral insurance and life insurance? Won't my life insurance cover the costs of my funeral?"

Yes and no. Here's the scoop: Life insurance won't pay the next of kin immediately after your death; it can take several weeks or months. Some funeral homes may require you pay them in full at the time of need, and then you will have to wait to be reimbursed by the life insurance company.

That is not to say all funeral homes won't accept life insurance; many will, however, there are lots of hoops to jump through and it can drag the funeral arrangement process out longer than need be.

Advance of need funeral insurance on the other hand, pays the funeral home immediately. This ensures you can make the funeral arrangements quickly and choose the date and time of the service that is most convenient for you.

There are some other benefits to funeral insurance; for example, you can be turned down for life insurance but you cannot be turned down for funeral insurance. Funeral costs

are guaranteed when you purchase funeral insurance. Premiums will not increase over time with funeral insurance, and premiums will end after a 3-, 5-, 7- or 10-year term depending on what you choose.

Life insurance is designed to maintain the life style of your family if you die unexpectedly. Funeral insurance pays your funeral expenses so those expenses don't have to be deducted from the life insurance payout.

By purchasing funeral insurance, you relieve your family of significant stress over arrangements at the time of loss and uncertainty because you arrange exactly what you want at the time you purchase your funeral insurance policy.

For more information on the benefits of funeral insurance, please visit www.EastLawn.com and go to the events page to find out when our next free luncheon seminar is available for you to attend.

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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Make It Fun and It Will Get Done!

The Secret to Being Organized

Pam Young’s Corner

6 Important Steps to Solving Almost any Problem

By Pam Young

- 1. Face the problem in full light
- 2. Assess what you can do to solve it
- 3. Create a plan of action
- 4. Do at least one action every day according to the plan
- 5. Be patient and persistent
- 6. Know you’re not alone

It’s never too late to change when you don’t like something in your life! But you have to be able to illuminate the cause of a problem and what part you’ve taken to create it in the first place. See your part in the problem, for as long as you blame someone else for it, you have no control over the change. You can’t get anyone to do anything they don’t want to do.

1. FACE IT

One divorced woman wrote that she’d been married for 25 years and her husband had cheated on her more than once during the marriage and had ultimately left her for another woman. She said she hardly recognized her home or herself and she blamed him. Then she realized in spite of a cheating husband she’d successfully raised two happy children and she needed to stop worrying about what her husband did and focus on what she was going to do.

She figured he probably felt he’d had a good excuse for the affairs because she’d gained a bunch of weight and was not attractive. She hadn’t had the energy or desire to be intimate with him because of her unhealthy body, the house had gotten out of control and she was a fulltime homemaker and felt guilty for her shortcomings.

It occurred to her if she were to get her act together; she’d get her life back, her body back and

her home back. She didn’t mention anything about wanting to get her ex back. It took her a little over a year to reach her goal and she was looking forward to flaunting her new self (in a size eight, mother-of-the-bride suit) at their daughter’s wedding.

2. DO WHAT YOU CAN DO

Deciding what you can do, especially when someone is unfaithful, isn’t always easy, but it’s necessary if you want your power back. I remember going to my minister when my husband was caught having an affair (I had three little kids and they came to the session with me because I couldn’t get a babysitter) and he told me that my job was to be the best me I could be, not for my husband but for me. Back then I was frumpy, suspicious, and overweight and kept a totally cluttered and dirty home. I knew what I needed to do. I knew disorganization affected every aspect of my life; my health, relationships, finances, appearance, recreation, hospitality etc. but I got temporarily stuck in self-pity and the resultant poor habits and routines. Getting help is essential, and most of us aren’t very good at asking for help, but we need to get over that.

It was only when I shared my problems with my sister that the two of us came up with a plan. Where two or more are gathered you increase the energy tenfold, whether you’re robbing a bank or getting organized.

3. CREATE A PLAN

When I discovered that I could baby step my way to being organized, I let go of the vision of a mountain to climb. In Sidetracked Home Executives: from pigpen to paradise we said, “You can only eat an elephant one bite at a time!” Not that we were into

eating elephants, we just initially saw our “problem” as something so much bigger than we were.

4. BREAK IT DOWN

When you break any problem down into manageable bites you can do anything! (I walk five miles every day and when I figured out in a year I walk 1,825 miles, I couldn’t believe it! That’s almost half way across our country.)

5. BE PATIENT AND PERSISTENT

Keep the vision of what you want in your mind as much as you can. One of my visions was surely from Nelly (my inner child). I wanted revenge. I wanted my ex to see what he lost and be sorry. Oh dear, I hadn’t quite learned that vengeance isn’t mine and anyway, the best revenge is having a happy successful life! We don’t need to spend a single moment of our precious minds thinking about what somebody else thinks, even if he or she did hurt us. “What goes around, comes around,” is good enough for me.

6. KNOW YOU’RE NOT ALONE

In The Course in Miracles it says, “If you only knew who was with you on the path you’ve chosen, you would never be afraid.” Spend time feeling the presence of your guardian angels, the spirits of your ancestors and the Holy Spirit. You are NOT alone whether you know it or not.

Now start changing something you know you can change.

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

components of the skin, causing loss of moisture, flexibility and tautness. Be wise with your sun-time.

2) EAT SKIN-ENHANCING FOODS.

The diet that promotes healthy skin incorporates lots of fresh fruits and vegetables. High in water content, they keep your body hydrated. For the richest foods in water content, look in the produce isles of your grocery store. Don’t skimp on leafy greens. Stay away from too much of fatty foods, sugar, sodas, caffeine, junk foods, dairy products, and too many animal products.

3) SUPPLEMENT WITH NATURE’S PREMIER SKIN REJUVENATORS. These are her favorites. Hawaiian Astaxanthin increases collagen and elastin and improves skin moisture in six weeks. Hawaiian Spirulina is a microalgae that supplies nutrients that are lacking in most diets. Within a couple days, you will feel a difference.

4) KEEP YOUR BODY HYDRATED. Make sure you drink plenty of purified water every day...at least 6-8 large glasses...in between meals. Water moisturizes your skin from the inside out and helps eliminate toxins through the skin. Lack of moisture creates wrinkles just like plums create prunes and grapes create raisins.

5) EXERCISE YOUR WAY TO RADIANCE. Exercise is also a natural and effective way to increase the health of your skin by increasing circulation, eliminating toxins through the skin, and giving the skin that healthy glow. After aerobic exercise, such as brisk walking, jogging, cycling, swimming, or aerobic classes, the skin takes on a beautiful natural glow that no makeup artist could duplicate.

6) CATCH MORE ZZZZs. Getting adequate rest and sleep is essential for cultivating and maintaining beautiful youthful skin. Sleep is when most of the body’s repair work and maintenance are completed. In fact, there’s nothing more restorative for our bodies than getting ample sleep, night after night. Research suggests that even one or two nights of sufficient sleep (experts recommend 8 hours) can lower cortisol levels more than a number of other stress-management techniques combined. Remember that too much unmanaged stress negatively affects the quality of our skin.

Want some other tips for making beautiful skin including natural face masks that you can make in your own kitchen? Visit www.susansmithjones.com. Looking good and staying that way at EVERY AGE! ★



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SACOG Swears in New Board Leadership

SACRAMENTO REGION, CA (MPG) - This morning the Sacramento Area Council of Governments (SACOG) Board of Directors swore in City of Roseville Vice Mayor Susan Rohan as the 2016 SACOG Board Chair and Sacramento County Supervisor Phil Serna as Board Vice Chair.

“I am looking forward to leading the exceptional group of regional leaders that comprise the SACOG Board. We have much work to do, including adopting the region’s Metropolitan Transportation Plan and Sustainable Communities Strategy. I have had the opportunity to be an active member of the SACOG board serving on the Land Use and Natural Resources Committee, and chairing the Innovations Task Force. The SACOG Board and staff have built a national reputation for leadership, collaboration, creativity—and will continue to live up to that reputation in 2016,” said Rohan.

First elected to the Roseville City Council in 2010, Rohan has served as vice mayor and mayor, and was re-elected in 2014. She is the founder and owner of a public affairs consulting business. Previously, she was the Vice President of Government and Environmental Affairs for the Del Webb Corporation, a member of the Roseville Public Utilities Commissions from 2007-2010, served on the Roseville Community Standards Visioning Committee, and was a member of the Placer County Economic Commission. Rohan’s strong commitment to public service and business excellence is exemplified through her various awards, including 2014 Woman of the Year Award

by the California Legislature for Assembly District 4, 2013 Salvation Army Spirit of Caring Award, Roseville Chamber of Commerce Award, and Placer County Economic Development Board private Sector Business Award. Rohan is natively from Nebraska and attended the University of Nebraska. She and her family have lived in Roseville since 1988.

SACOG Vice Chair Phil Serna added, “I am humbled that my colleagues from around our region have placed their confidence in me. I welcome the opportunity to help lead the organization and carry out SACOG’s mission.”

Supervisor Phil Serna was elected to the Sacramento County Board of Supervisors in 2010 and re-elected in 2014. A native Sacramentan, he attended California State University Sacramento before receiving his Masters in City and Regional Planning from Cal Poly, San Luis Obispo. In addition to being a County Supervisor, Serna serves on a number of other boards and commissions including chairing the Sacramento First 5 Commission, the Sacramento Regional Transit District, and the Sacramento Area Flood Control Agency. In 2013, California Governor Edmund G. Brown, Jr. appointed Serna as the first ever Sacramento area representative to the California Air Resources Board. He is passionate about sustainable transportation and land use planning, public health, social services, public safety, and environmental protection.

The SACOG Board of Directors meets on the third Thursday of each month at 9:30 a.m. at 1415 L Street,

Suite 300 in Sacramento, unless otherwise noticed. Board meetings are open to the public. Agendas and minutes may be obtained by visiting sacog.org or by calling (916) 321-9000.

Selected SACOG Board of Directors Include:

Susan Rohan, Board Chair Councilmember, City of Roseville

Phil Serna, Board Vice Chair Supervisor, Sacramento County

Christopher Cabaldon Mayor, City of West Sacramento

Susan Peters Supervisor, Sacramento County

David Sander Council Member, City of Rancho Cordova

Don Saylor Supervisor, Yolo County

Jeffrey Slowey Council Member, City of Citrus Heights

Rick West Council Member, City of Wheatland

SACOG develops the region’s long range transportation plan and serves as a forum for innovative and integrated regional collaboration to preserve a high quality of life for residents. In addition to long-range transportation planning, SACOG researches a variety of issues, including land use, air quality, water, and rural sustainability. SACOG works to ensure the Sacramento region receives its fair share of state and federal funding for transportation infrastructure.

Source: SACOG



Sacramento County DA Reports



Recent cases of interest

CASE: Marco Barrera

PROSECUTOR: Deputy District Attorney Laura Froome, Domestic Violence Unit

The Honorable Steve White sentenced 37-year-old Marco Barrera to 16 years, 8 months in prison. On December 4, 2015, a jury convicted Barrera of attempted murder and felony domestic violence. The jury also found true great bodily injury and use of knife allegations on both charges. Barrera was also convicted of assault with a deadly weapon causing great bodily injury and carjacking.

On June 8, 2015, Barrera tried to reconcile with his estranged partner. When she declined, he pulled a knife from a lanyard around his neck and stabbed her multiple times in the chest, stomach, back, hip, wrist and side. After leaving the scene, he returned hours later and encountered his sister sitting in her car in front of the house. He got into the passenger side and ordered her to drive. When she refused, he threatened to hit her. Frightened, she got out of the car and Barrera drove off with the car. He was apprehended the next morning.

PROSECUTOR: Deputy District Attorney Laura West, Juvenile Division

Three teens who faced charges in Juvenile Court for violent events that occurred on October 26, 2015, at Florin High School were held responsible and sentenced. A portion of the events were captured by students on cellphone video and posted on YouTube, making national news.

In court this week, one teen admitted to a felony charge of assaulting the school principal during the event, and a misdemeanor charge of resisting and delaying a law enforcement officer in the performance of his duties. Another teen

admitted to a felony assault charge causing great bodily injury to a school staff member. A third teen admitted to conduct amounting to committing a misdemeanor assault against a school staff member, and making criminal threats against a law enforcement officer.

All of the teens were made wards of the Juvenile Court and are currently serving time at the Youth Detention Facility, which will be followed by time on electronic monitoring. They were also ordered to complete juvenile work project, and participate in counseling programs.

A hearing will be held in the future to determine the amount of victim restitution, which should be ordered related to the staff member who suffered great bodily injury as a result of the assault.

CASE: George Demetri Pappadopoulos

PROSECUTOR: Deputy District Attorney Kelly Jobe, Special Investigations Unit

The Honorable Ben Davidian sentenced 42-year-old George Demetri Pappadopoulos to 20 years, 4 months in prison and ordered him to pay restitution. On December 9, 2015, Pappadopoulos pled no contest to 11 felony counts of passing worthless checks. He also admitted to the allegation he took property exceeding \$65,000 in the commission of the offenses, and that he has a prior strike conviction.

In 2013 and 2014, Pappadopoulos engaged in a lengthy and bold fraudulent check scheme primarily targeting small businesses in Sacramento. The fraud resulted in a total theft of \$195,345 from 38 victims, some of whom were victimized more than once.

Pappadopoulos has a prior 1993 strike conviction of battery causing serious bodily injury.



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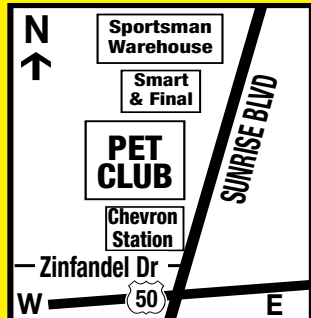
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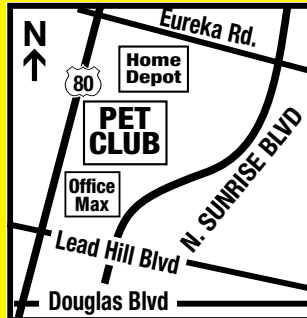
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CAT LINERS

Jumbo Drawstring - 5 Ct
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Limit One Coupon Per Family

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