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Citrus Heights Messenger

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Volume 5 Issue 23

Serving the City of Citrus Heights and Sacramento County

December 4, 2015

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The Rest of the Story

Citrus Heights Resident Recounts His Experience with the Berlin Airlift



Major Bill J. Anderson USAF Retired, with his family in front of the Douglas C-54 Skyhawk "Spirit of Freedom" during the Berlin Airlift Veteran Association's reunion in Oklahoma City, Oklahoma on October 20th, 2105. The refurbished C-54 travels throughout the East coast and is outfitted as a full Airlift museum. From left to right, Daughter Susan Nelson, Major Bill J. Anderson USAF Retired, daughter Karen Grubb, granddaughter Kara Grubb (top photo). At left, Major Bill J. Anderson USAF Retired, with the Berlin Airlift "Candy Bomber" Gail Halvorsen; Retired Capt. Chesley (Sully) Sullenberger who made an emergency landing in his U.S. Airways aircraft with 155 passengers and crew safely in the Hudson River in 2009; and Mayor Mike Doyle of Danville, CA.

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Citrus Heights resident Major Bill J. Anderson was only 24 at the time, but even now at the age of 91, he clearly remembers the Berlin Airlift.

Some history is required on the origins of the Berlin Airlift. On May 8th, 1945, World War II ended, but a new Cold War menace to freedom in the Western world would be born out of a post-war treaty between Allies, the United States, Great Britain, France, and the Soviet Union. Germany was divided into four sectors occupied by allies, and the capitol

city of Berlin was in the Soviet section. Winston Churchill, Joseph Stalin, and President Harry Truman met at the Potsdam Conference in July of 1945 to work out the details of rebuilding war-torn Germany.

However, the Soviets were not planning to keep their agreement, but were attempting to push the United States out and claim Germany and Berlin for their own. Stalin and the Soviet Union were now seen as the new threat to the West.

On June 24th, 1948, a blockade of Allied sectors of Germany began when all rail, barge, and highway traffic into Berlin was cut off, along with all water and electricity.

General Lucius D. Clay, deputy military governor of the American sector, saw the plight of 2.2 million Berliners who were mainly women and children and ordered an immediate food airlift. To those who questioned its feasibility, he maintained, "When Berlin falls, Western Germany will be next. If we...mean to hold Europe against Communism, we must not budge... I believe the future of democracy requires us to stay."

Almost immediately, on June 26th, 1948, a full-scale airlift dubbed "Operation Vittles" began. The three 20-mile-wide air corridors, which had previously been negotiated at the Potsdam Conference, were

Continued on page 2

Citrus Heights Water District Celebrates 95th Anniversary and Grand Re-Opening

CITRUS HEIGHTS, CA (MPG) - November 10th marked the 95th anniversary of the Citrus Heights Water District (CHWD), which was formed in 1920.

The Water District celebrated the occasion by welcoming staff back to the administrative offices at 6230 Sylvan Road following a nine-month major renovation project. District Operations, Water Quality, and Project Management departments are also housed at this address.

Speaking to attendees, General Manager Robert Churchill explained what improvements had been made to the 40-year-old building. "This project added approximately 790 square feet of office space, including three new offices to the building," said Churchill. "Among the

remodeled interior features, we provided a larger public lobby, a separate counter for disabled customers, and improved access to the meeting room. Planning for this project began in 2012. During that time, we contemplated no less than 10 design schemes."

Dignitaries at the event included Citrus Heights Mayor Sue Frost, City Council member Jeff Slowey, and present and former CHWD officers and board of director members. Of special note was the attendance of former CHWD Director LaMoine Field, who, together with fellow directors Bob Bauder and Sidney Peterson, saw the 1975 construction of the offices.

Franc Blackbird and Senior Architect Leslie Thomas of



Even the oranges have a story at the newly refurbished Citrus Heights Water District's Administration Offices. The oranges are made of concrete and were purchased from a firm in San Jose. The leaves were crafted by staff from the remains of old shovels. Photo by Elise Spleiss

Blackbird Associates, an architectural firm instrumental to the newly completed project, were present. Collaborating on the interior design and furnishing was a Corporate Design Group led by Carol Little. Construction of the project was performed by

Kaler / Dobler Construction.

Cutting one of the ribbons for the evening and representing administration was Beth Shockley, CHWD's longest-employed staff member.

Sources: Elise Spleiss, Bob Churchill

Syrian Refugees May Come to Sacramento for Assistance

SACRAMENTO REGION, CA (MPG) - After TheHayride.com broke the exclusive story on 10,000 Syrian refugees possibly resettling in Baton Rouge, Lafayette, and Metairie, it has now come to light that refugees are already coming into the New Orleans area. Four Sacramento area organizations are designated to assist these refugees, primarily males between the ages of 18 to 30 years old.

Catholic Charities will receive federal grants from U.S. Department of State/Bureau of Population, Refugees and Migration to assist refugees.

There are nearly 180 cities in the United States that are eligible to accept the 10,000 Syrian refugees. The full list of those cities can be found on TheHayride.com.

The four local organizations designated with assisting these refugees are Opening Doors, Inc on Howe Avenue, International Rescue Committee on Hurley Way, Sacramento Food Bank and Family Services on Rio Linda Boulevard and World Relief on Auburn Boulevard, all in Sacramento.

"Four Sacramento area organizations are designated to assist these refugees, primarily males between the ages of 18 to 30 years old."

The 10,000 Syrian refugees are first flown to the United States, according to the French news wire Agence France-Presse. Hayride reports that the United States State Department (meaning American taxpayers), is paying the International Organization for Migration (IOM) for the airfare.

Once the refugees arrive in the United States they could be dispersed across the 180 cities, including Sacramento, where they are aided within the first 30 to 90 days in settling and finding employment in the area.

After approximately 90 days, refugees are no longer eligible for the State Department-funded support that they were receiving through migrant and refugee services. They are then able to join support programs through the Department of Health and Human Services.

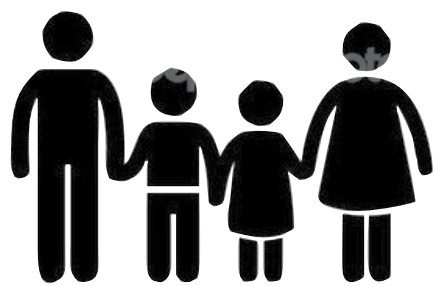
The State Department does not state how much the screening process for the 10,000 Syrian refugees will cost American taxpayers. The screening process is also unclear.

The State Department spent \$1.1 billion resettling people from around the world in the country last year. That's about \$16,000 per person.

Find out more at <http://thehayride.com>.

Since its founding in December 2009, The Hayride has been Louisiana's premier conservative political commentary site. They are a group blog covering Louisiana and national politics and current affairs. Their work has been referenced by such national sites as Big Government, The American Spectator, Michelle Malkin, Hot Air, RedState and Townhall.com.

Source: TheHayride.com



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The Rest of the Story

Citrus Heights Resident Recounts His Experience with the Berlin Airlift

Continued from page 1

used to transport food and supplies from around the world to the American Air Base at Tempelhof and to the British Royal Air Force base in Gatow.

The backbone of the Airlift was the Douglas C-54 Skymaster, which could each carry 20 tons of cargo. As the Airlift progressed, the need for more aircraft and troops became obvious. A call went out for more Troop Carrier Wings, which consisted of 45 C-54s. The call was answered from American airbases around the world.

At the time, Major Bill J. Anderson was flying B-29s at Davis-Monthan Air Force Base in Tucson, Arizona. When the call for more Airlift pilots went out, he responded and attended the "Little Vittles" School in Great Falls, Montana to learn about the C-54 and air traffic procedures in Germany.

The Berlin Airlift changed postwar history. Anderson and a crew of three flew 225 flights into Berlin carrying mainly 20 tons of coal per flight. Upon takeoff during one of these flights, the oil line to the number two engine broke. The pitch of the propeller went out of control, causing the engine to seize, sheering off the propeller and projecting it into the side of the plane's fuselage, cutting off their radios and compass. No one was injured, but upon landing, the damage was assessed and several gaping holes discovered.

Following the war's end, Anderson came to California in 1968 as Aircraft Commander of B-62s at Mather Air Force Base until he retired in May of 1965.

At its peak, the Airlift saw one airplane take off every 90 seconds, 24 hours a day, seven days a week. By the end of the Airlift on May 12th, 1949, nearly 2.4 million tons of supplies had been flown into Berlin during 277,569 flights. Seventy-five percent of the C-54s were flown by U.S. pilots, the rest by the British. Twenty two thousand pounds of



Major Bill J. Anderson USAF Retired, standing next to a section of the Berlin Airlift Memorial during the Berlin Airlift Veteran Association's annual reunion at Tempelhof Airfield in 2012. Members laid wreaths at the memorial in honor of the 31 American military personnel killed during the Airlift. The soldiers in the background are part of the German military Honor Guard.

flour, lard, dried potatoes, eggs, and milk had been airlifted to Berlin. Coal was flown in to keep the power plants running, along with clothing, medical supplies, and work materials. The Berliners now had a new hope knowing that they were not alone.

Veterans of the Airlift—including pilots and support personnel—formed the Berlin Airlift Veteran Association, which holds a reunion each year in different countries throughout the United States and Germany. Anderson estimates only about 300 veterans are still alive today.

Sources: Berlin Airlift Memorial program, Berlin Airlift 40th Anniversary Reunion program, "Blockade and Airlift, Legend or Lesson," "Airbridge to Berlin - Its Origins and Aftermath," Major Bill J. Anderson USAF Retired ★

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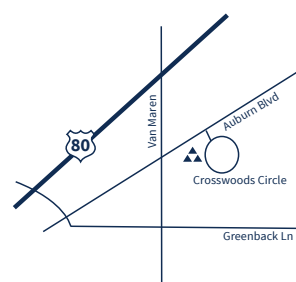
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Citrus Heights City Council Aims to Clean Things Up

Story and photo by Seraphim Winslow

CITRUS HEIGHTS, CA (MPG) - Pot plants and the prevention of prostitution in the City's massage studios were just two of the notable items that the Citrus Heights City Council addressed at their November 12th meeting.

After assembling in a closed session for nearly an hour, the City Council opened their chambers to hold a study session on the Cal Mobile Home Repair Program, which provides financial assistance to fix and maintain owner-occupied homes. The closed session consisted in a conference with legal counsel on cases that are currently in litigation between the City of Citrus Heights, along with Successor Agency to the Community Redevelopment Agency of the city and two other parties.

For the regular meeting, Council Members Steve Miller, Jeff Slowey, and Mel Turner, along with Vice Mayor Jeannie Bruins and Mayor Sue Frost, saluted the flag and then got down to the business of city governance. Before visiting agenda items, members of the public were invited to address the Council on items of interest to the public with the Council's purview. One of the three Citrus Heights residents to approach the podium was Dr. Amalia Griego who, together with her son, Max, presented Council Members with complimentary tickets to the upcoming crab feed on December 5th, which will benefit the Holy Family Catholic School.

A happy report about recent ongoing activities at the Citrus Heights Community Center on Sayonara Drive was followed by a troubling plea from Brian Scallon, a 37-year Citrus Heights resident who approached the Council to express his urgent concerns about a neighbor's marijuana grow. "It's insane what's going on," said Scallon.



Commander Gina Anderson updates the Council on activities at the Women Leaders in Law Enforcement Conference.

"My house reeks of marijuana daily. It makes me sick. I go to work for relief, and I work at a sewage treatment plant." Scallon further claimed that his neighbor has turned "his house into a flop house for the homeless clammers" and has three male roommates to guard his marijuana crop. Scallon strongly articulated his belief that the City could save thousands of dollars in law enforcement costs and greatly enhance the quality of the neighborhood if they would do something to address this problem.

After public comments, the Council discussed and voted on several motions, all of which were carried. The first was a resolution authorizing the budgeting of additional funds for the Twin Oaks Mariposa drainage improvement project authorizing the city manager to execute a change order. Another subject was the adoption of a 2016 Action Plan to promote urban greenery. They call Sacramento the "City of Trees," but it's Citrus Heights that boasts proportionally more green than even Sacramento.

One potentially controversial measure taken by the Council during Thursday's meeting was the implementation of an interim ordinance extending

for one year a current moratorium on establishing, relocating, or expanding existing massage establishments. Twenty-six such businesses now operate in Citrus Heights, down from 35 since the moratorium went into effect. No reasons were specified at the public meeting for the closures, but local law enforcement is highly aware of the potential for these kinds of establishments to descend into criminal activity, which the City of Citrus Heights hopes to forestall by giving support staff a year at most to review the status of area massage parlors in light of AB 1147, which went into effect in January. This state legislation gives local governments the ability to regulate the local massage industry in order to prevent and reduce human trafficking and to ensure public safety.

Before adjourning, Citrus Heights Chief of Police Christopher Boyd updated the council on the Women Leaders in Law Enforcement Conference, which Boyd's department hosted this year. Commander Gina Anderson, whom Chief Boyd asked to organize this year's conference, then gave an extensive presentation of the event, which hosted 720 participants from all over the state. ★

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By Marlys Johnsen Norris, Christian Author

Desperation may cause your faith to be tested. God can move away any mountain in your life if you have just the faith of a tiny mustard seed, because nothing is impossible for God. His presence is with us when two or three of us pray together. Years ago, God moved a large mountain in my family and my life. When I read page 121 of my book *God Moves*

Faith to Move a Mountain

Mountains: It Was a Miracle, my faith was renewed with hopes that those who have read the book learned how to pray more effectively as well.

The Old Testament reveals all life is dependent on the "blood." The blood of animals was sacrificed and then sprinkled on the altar of worship to honor God and purchase forgiveness of sins for the Jewish people during special times of the year. Surprisingly, that practice was done away with after Jesus died on a cross and the centurion pieced his side, causing every ounce of Jesus' blood to be poured out of His body. It washed away all sins of those who accept Him as Lord and Savior of their lives today.

When we recognize that darkness of the evil one has invaded our lives or the lives of friends or family members, it is important to "bind the strong man" and pray, pleading for the precious blood of

Jesus to cover us and them. Then, tell the evil one he no longer has the right to that person's life.

God will give victory over those circumstances. God will intervene and change everything when we ask. There is always unlimited power in the blood of Jesus Christ when we claim it. His blood has enormous consequences: healing power, delivering power, transforming power, faith power, forgiving power, loving power, miraculous power, guiding power, protective power, and sealing power.

Have all the "ifs" removed from your life. It may sound fanatical, but learn to pray and plead the blood of Jesus over everything and watch the hand of God move miraculously in every situation.

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



By Pastor Ray Dare

Thanksgiving is not supposed to be a day that we celebrate just once a year. Thanksgiving, being grateful, should be a lifestyle. Doctors say the healthiest emotion you can have is gratitude. It's the absolutely healthiest emotion you can have. In fact, the more you work on this attitude of being grateful, the healthier you'll be. That's what doctors tell us.

But there's an enemy of gratitude. There's an enemy of thankfulness that keeps us from being grateful for what we do have. It's called guilt. It's difficult to feel grateful when I feel guilty. It's been said that in order for you to have emotional and psychological stability you've got to know how to deal with guilt. You've got to know how to release it, how to let go of it. If you don't we take it out on ourselves in all kinds of symptoms. Guilt makes you miserable. It destroys your confidence. It can make you sick. It can make you fearful, paranoid.

Pastor Ray's Encouraging Words

Overcome Guilt with Gratitude

It pulls you down. So how do you deal with it?

John 3:16-17 "*For God so loved the world that He gave His one and only Son that whoever believes in Him shall not perish but have eternal life. For God did not send His Son into the world to condemn the world but to save the world through Him.*" That's the antidote to guilt. Let God Love You. God didn't come into the world to condemn you and make you feel guilty. God came to save you from your guilt. The Bible says that when you come to Christ and you accept what He's done on the cross He does three things to your guilt:

1) He takes it and He puts it out of sight. The Bible says that as far as east is from the west my sin is separated from me. He takes it and He puts all of our sins behind His back, the Bible says. Out of sight.

2) He puts it out of mind. The Bible says, "Your sin will I remember no more." Hebrews 8:12 Isn't that amazing? The God who made this whole world can forget something. He forgets your sin the moment you ask God in Jesus Christ to forgive you.

3) He puts it out of reach. The Bible says that He takes the sin

and throws them in the deep-end part of the ocean and puts up a "No fishing" sign. He doesn't want you dragging the out again.

The problem is that many of you have accepted the forgiveness of Jesus Christ for your sin, for the things you've done wrong, but you haven't learned to forgive yourself. Who are you to condemn who God has forgiven? The Bible says that Jesus Christ paid in full every wrong thing that you've done and ever will do.

How do I get rid of guilt? By accepting what Jesus Christ did for you on the cross. He took your penalty, your guilt. He was penalized for your pardon. Would you right now in your heart express gratitude, thanksgiving for what Jesus Christ has done? In your heart would you say right now, "Thank You for paying the penalty for my guilt on the cross. I don't understand it all but I know I've done wrong. I've sinned. You died for me. Today I want to accept what you've done for me. I ask You to come into my life. Thank You for Your forgiveness."e.

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Sacramento Appliance Store Owners "Walk the Talk"

Story and Photos by Margaret Snider

SACRAMENTO, CA (MPG) - Erin and Kerry Toscano met in 1992, when Kerry bought a used refrigerator, washer and dryer from Erin's dad. Erin made the delivery, and said that when he left he kept the kick plate to her refrigerator in the truck so he would have an excuse to come back and talk to her. "Somehow I got the gumption to ask her on a date," Erin said. They married a year later.

Erin had been in the appliance business since he was 13, working with his dad. After he and Kerry married, they started fixing and selling appliances, working out of their garage. Two weeks later they moved the business to a warehouse in back of a boat yard in Rio Linda. Soon after, they came to Auburn Boulevard as Appliance Warehouse.

"When we first started we had no kids so we put in very long hours," Kerry said. "Our whole business plan was really just to stay in business and make a good name for ourselves. In this industry there are so many (with) bad business morals and ethics. We just wanted to be good to others and conduct our business with honesty and integrity."

The couple has three children, 13-year-old Vincent and 9-year-old twins Max and Grace. The twins were born four years and four days after Vincent's birthday, so they have always celebrated the three birthdays together. Last year the Toscanos celebrated with a large party at Farrell's Ice Cream Parlour. Not wanting to have guests bring presents for all three kids, the Toscanos asked for non-perishable food for the food bank instead. As a result they "had the van full in the back and then the back of my truck full, and then the back seat of my truck full," Erin said. This year, the parents



Anything and Everything sells rebuilt and refurbished household appliances. Owners Erin and Kerry Toscano "try to get everything and the kitchen sink." For do-it-yourselfers, a stroll through the shop can be like looking through a treasure trove.

gave the kids the choice of doing the same or not." The kids were unanimous in voting for the food bank. "Mom, let's save the world!" Max said.

Appliance Warehouse is run with the same kind of attention to service. "Good customer service is the one thing a business can't survive without," Erin said. They treat their employees as family, which some of them, in fact, are.

"We pay our technicians the best in this industry, with vacation and sick time," Kerry said. "But our friendship and being a family on the personal level is what keeps us all together."

The couple said that over half of their business is from repeat or referral customers. "You know you've got a loyal customer when they've had three generations buying from us," Kerry said.

The Toscano's business sells used household appliances that they have rebuilt and refurbished. Their second most important role is in recycling.

Whatever can't be rebuilt is fully torn apart and recycled. There are always a lot of parts and miscellaneous items left over and for that reason in 2014 they opened a small store on the property named Anything and Everything. In that store, they put to good use the diverse assortment of "stuff" that comes into their hands. This includes such things as pumps, tools, various appliance and equipment parts as well as repaired small appliances and equipment. Customers can also find miscellaneous used furniture, Christmas trees and decorations, and too many things to even start to name.

"I try to get everything and the kitchen sink," Erin said. For do-it-yourselfers, a stroll through the shop can be like looking through a treasure trove.

You can find out more about Appliance Warehouse, which is located at 4914 Auburn Blvd., Sacramento, at their website ApplianceWarehouse.biz. The store is open from 10 a.m. to 7 p.m., seven days a week. ★

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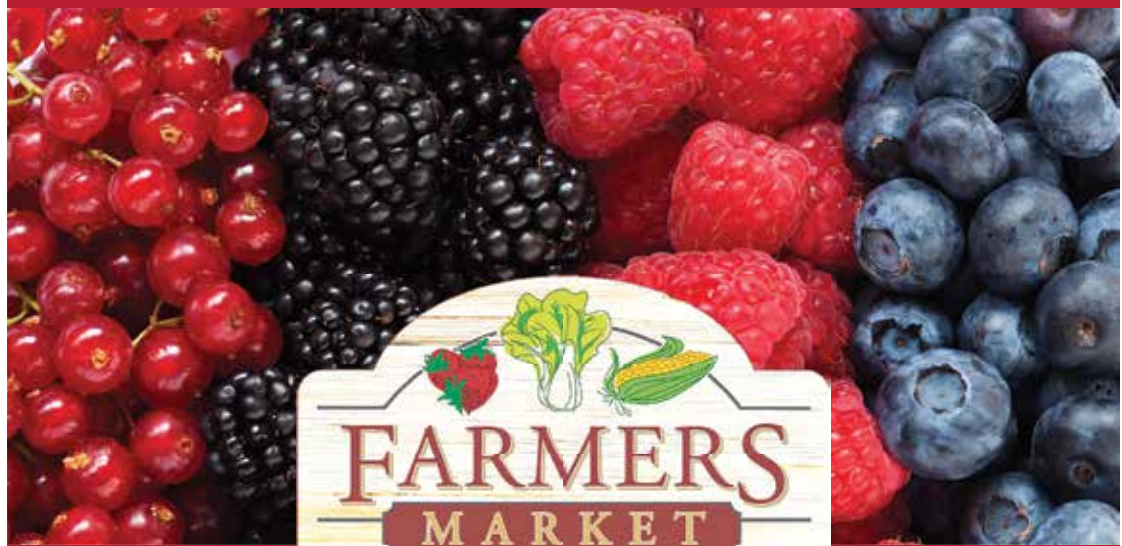
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- CLUES**
- ACROSS
- C in ROTC
 - A Bartholomew Cubbins accessory
 - From a great distance
 - Dickens's Heep
 - Credit card acronym
 - Falstaffian in body
 - One with lowest voice
 - South Pacific welcome
 - Capital territory of India
 - *Escaped Mexican drug lord
 - *Formerly Bruce
 - This is well if it ends well
 - Make over
 - Public health promoting org.
 - "____ and sound"
 - Brilliant or magnificent
 - Fast time
 - Australian palm
 - Sometimes done to a relationship
 - Medley
 - *Presidential candidate and celebrity
 - Printing unit
 - Mandarin's headquarters
 - ____ crazy
 - Gulf War missile
 - Based on two
 - Change to copy
 - Give it a go
 - Wine and cheese descriptor
 - Jersey call
 - *He visited U.S. with great fanfare
 - *New late night host
 - Hawaiian veranda
 - *____ Paul teamed with Rihanna and Kanye
 - Madagascar primate
 - Set straight
 - ____ you sure?
 - Like one of eight in college basketball
 - Phoenix suburb
 - Swerve
 - Scatterbrained
- DOWN
- 27 to 3
 - Kind of account
 - Reduced Instruction Set Computer
 - Turkish bigwig
 - Sandbanks
 - Beyoncé's 2008 hit
 - Tarzan's adoptive mom
 - Jiffy or instant
 - Lend a criminal hand
 - Succumbed to gravity
 - Zombie's skin color
 - Bit attachment
 - Unequivocally detestable
 - Manufacturing site
 - Online pop-ups
 - Reckoned
 - *Major fight winner
 - Flying nuisance
 - True inner self
 - Evergreen trees
 - Livens up
 - Give a boot
 - Happen again
 - *Deflategate star
 - Three-____ sloth
 - In the middle of
 - Best of its kind
 - One of B-vitamins
 - Computer-generated imagery
 - What the bell did?
 - English homework
 - Plural of obelus
 - Kind of drumbeat
 - Respiratory rattling
 - Black tropical cuckoo
 - Hindu serpent deity
 - *They went down with the El Faro
 - Discharge
 - Tracks after rain
 - *Stephen Curry was a master at hitting this shot
 - Easter Rising product

CROSSWORD

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19											
23											
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9				1			
		5		2		9	
	4	6		8	2		
1							3
	9	1			6	4	
	1	4		7			
		6					7
5		3		1	6		

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LENT NIPA SEVER
OLIO TRUMP PICA
YAMEN STIR SCUD
DYADIC EDIT TRY
AGED MOO
FRANCIS COLBERT
LANAI SIR LEMUR
ALIGN ARE ELITE
MESA YAW DITSY

Why Are We Ignoring Our Children's Safety?

Commentary
by David Warren

Print and broadcast media relentlessly bombard us with reports of destruction and mayhem by young adults. There seems to be one common thread found in the reports: disaffected young people seduced by propaganda on the Internet who could not, or did not, find a place for themselves in a civilized society.

We subconsciously deny, thinking "it could never happen here." It is likely that the same thing was said before Frazier Cross shot and killed three people in front of a synagogue in Kansas City, Kansas; Eric Harris and Dylan Klebold attacked students at Columbine High School; Joey Meek senselessly committed murder in a church in Charleston, South Carolina; and Timothy James McVeigh set off a bomb at the Federal Courthouse in Oklahoma City, Oklahoma. All of the perpetrators were born in this country, not foreign terrorists. They were mentally ill individuals who went unnoticed by families, schools, and communities until they acted violently.

As fear of domestic terrorism increases, the common thread between the individuals who have committed the acts of terror abroad and at home is that they were swayed by glamorized images of substance abuse, intolerance, and violence, which they allowed to take over their lives. The individuals who perpetrated the crimes in our country sadly accepted violence as the means to eternally memorialize their names.

Too many children and young adults in our own community have no place to go for supervised activities when they are not attending school. Instead, they congregate at shopping malls. These are the individuals whom drug and human traffickers, gang



David Warren

members, and individuals who preach false religion and glorify violence target to participate in criminal activity. We must not passively allow our children to become involved in crime by hoping that the problem will go away.

Perhaps due to individual stressful lives or indifference, as a community, we are responsible for the young's lost hope, which results in increased violence caused by drug trafficking and use among our young people, as well as answering the siren call of foreign and domestic terrorists. While we are not accountable for any individual's action and too often we feel helpless to change the paradigm, together as a community we can act to diminish the likelihood of local tragedies occurring by acting together to prevent crime and violence even if we cannot obtain an absolute guarantee.

To reduce crime and violence, other communities have established after-school programs as a place for young people to congregate free of the enticements for criminal activity and violence (ensured by police presence). As a community, we can easily afford to pay for three locations in Citrus Heights on Friday, Saturday, and Sunday nights for the hours

of 7 p.m. to 4 a.m., providing three paid individuals to supervise activities and one police officer and two reserve officers at each location for a one-year trial period to determine whether or not the secure environments prevent young people from becoming involved in crime and substance abuse, and to determine whether it should be expanded to seven nights per week.

The funding for this proposal does not require any increase in taxes. The City's budget indicates a budget reserve of almost \$20 million. We must all ask our City Council, police chief, and city manager to allocate the necessary funds from the reserve to reduce the risk to our children of losing their lives and getting involved in violence and substance abuse, as well as protecting them from seduction by terrorist propaganda by providing municipally sponsored safe havens. We must, for our children's sake, ask our City Council, police chief, and city manager to spend money to do whatever is possible to assure that no residents become domestic or foreign terrorists.

Over 200 years ago, Benjamin Franklin challenged us by stating "an ounce of prevention is worth a pound of cure." We seem to have forgotten the importance of protecting our community, especially our children, from predators, violence, and substance abuse by failing to spend a little of our tax money for an "ounce of prevention." Let our community lead by example instead of waiting to see what other communities undertake, by establishing safe havens for young people after school.

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

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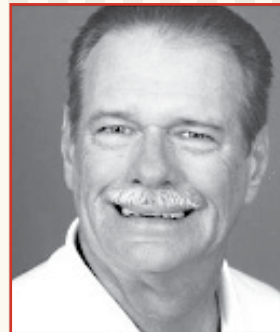
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By Sal Arrigo, Jr.

I recently spoke with Dianna Batt, secretary of the Citrus Heights Kiwanis Club, and she wanted the public to know about a very special service club, K-Kids. Below is just a snippet of information about them.

- Mission: K-Kids is an international student-led organization providing members with opportunities to perform service, build character, and develop leadership.
- Core values: Character building, which is the ability to do the right thing, even when it might be the unpopular choice.
- Leadership: The ability to listen, communicate, serve, and guide others.
- Inclusiveness: Accepting and welcoming differences in other people.
- Caring: The act of being concerned about or interested in other people or situations.
- Pledge: "As a K-Kid, I promise to serve my neighborhood and my school. I will show respect toward my environment and I will try to make the

Kiwanis Corner

Students Write Letters To Military Stationed Overseas



Students write letters to our military stationed overseas as part of a K-Kids project. From left: Haley Swanson-Zylstra, faculty K-Kids Advisor Caroline Digman, and Annalise Kercher. Photo by Diana Batt, CH Kiwanis Club

world a better place in which to live."

This information, as posted on the Kiwanis International website for K-Kids, www.kkids.org, is one of the reasons the Citrus Heights Kiwanis Club is the sponsor of the K-Kids at Coyle Avenue Elementary School (grades Kindergarten through sixth). Recently, the K-Kids Service Leadership Club wrote more than 80 holiday letters to United States Military personnel deployed abroad. The letters

were accompanied with a variety of delicious candies, courtesy of the Kiwanis Club.

The service work being done by these children goes on year-round with the K-Kids. There is nothing quite like witnessing the dedication of the teachers working with these young children and guiding them in efforts to make the community a better place to live. I can speak for all of the members of the Citrus Heights Kiwanis Club when I say to the K-Kids, "Job well done!" ★



Lisa West
Community Outreach Director



The Value of a Funeral



Memorial Parks
Mortuaries & Crematory

By Lisa West

Life is moving so fast. Things we just automatically used to do sometimes get pushed aside because there just isn't enough time. This includes the traditional funeral.

A traditional funeral used to consist of an all-day visitation period, followed by an elaborate (and often very long) funeral service in a church or chapel, then another service at the graveside, and then a family reception that could last late into the evening. Additionally, certain religious customs would call for an additional evening for a wake, a rosary, or a vigil. And some still do.

But funerals, like everything else, are changing. Dr. Alan D. Wolfelt, Ph.D., a respected author on the topic of grief, believes that meaningful funeral experiences help families and friends support one another, embrace their feelings, and embark on the journey to healing.

Dr. Wolfelt's hierarchy of the purpose of funerals notes that we have had funerals since the beginning of time and they still hold a valuable place in our lives.

In the funeral home where I work, we often have elderly people come in

to make their funeral pre-arrangements, and they say things like, "I don't want anyone to go to the trouble of having a service. Just cremate me and be done with it." Typically, we remind them that the funeral really isn't for them; it's for those left behind.

Death and grief are realities of life, and there is still an important place for funerals in today's fast-paced society. It is recommended that you consider the following: Funerals don't have to be elaborate to be meaningful. Funerals are a time for support and to show love to those who are grieving. Funerals mark an important moment in time—they are a rite of passage which distinguishes our lives forever.

As Dr. Wolfelt so poignantly put it, "Planning and attending a meaningful funeral can have a lasting and profoundly important impact on your life." And I have to agree because I've seen it happen.

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. ★

Toys for Tots Gift Drop-off Returns

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - American flags flying, Marines standing at attention in military splendor, music playing, and Girl Scouts and Boy Scouts twirling signs and waving at passersby.

It's Toys for Tots time again at the Citrus Heights Veterans Community Center. For some children, the floor beneath the Christmas tree is barren. Let the Marines' Toys for Tots program be your way of helping these less fortunate children in our area have a better Christmas. The local Toys for Tots Foundation collects and distributes toys at Christmas for needy children in the greater Sacramento area.

New, unwrapped toys can be dropped off at the Citrus Heights Veterans Community Center at 6921 Sylvan Road from 9 a.m. to 1 p.m., Monday through Friday until Christmas. Then, on Saturday, December 12th, Santa will be at the Community Center from 9 a.m. till 3 p.m. Have your picture taken with Santa and inspect a World War II Jeep, a "Mash"-style ambulance from the Korean conflict, and other military memorabilia. Co-sponsor of this event, Congressman Ami Bera, and his staff will be present to celebrate this event with the community.

Since 1948, U.S. Marines have been collecting and distributing toys to children. The first toy was a handmade doll. In 2014, the Citrus Heights



Some of the 18 boxes of toys, games, and other items donated to the 2014 Citrus Heights Veterans Toys for Tots program. Photo courtesy of the Citrus Heights Veterans Community Center

community donated 18 large boxes filled with toys, games, and stuffed animals. Many drivers stopped, left to shop, and returned to donate and thank the Marines and veterans at the Community Center.

Matthew Ceccato, field representative and veteran caseworker with Bera's office, will be visiting with kids of all ages as Santa Claus. Ceccato grew up in Sacramento and has experienced firsthand the generosity of a community coming together to help families in need. He emphasizes how important this event is in carrying on that tradition in our community, and said, "These could be the only toys these children receive this Christmas." ★

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POPOFF!

with Mary Jane Popp

Busting Out All Over!

Did you eat until you felt like bursting at Thanksgiving? Did the dessert tray beckon you to come hither and add on those extra pounds you don't need? Either one will guilt you into starvation in January trying to rid yourself of that extra weight. Well, Dr. David Magnano, a health educator who has designed and presented hundreds of wellness workshops, has some tips for healthy eating. Not to worry, you will still enjoy a jolly eating season. So here is Dr. Magnano's course in "Eating 101" that reviews seven simple rules for healthy eating, which he says will significantly decrease falling victim to aches, pains, and degenerative diseases both now and as we advance in years—and weight too.

1) Eat only when you are hungry. Many people eat when they are not even hungry. They eat because they think they should eat because it's lunch time or because they are on a schedule.

2) Don't mix food types. Eat foods in the proper order. It is preferable to eat foods of one type all at the same time. Have meats first, slowly, which will allow the brain to trigger productions of the body's strongest digestive enzymes. Add a little salad, and after fifteen minutes, eat your potato. Twenty minutes after the potato is gone, fruits or sugared desserts are okay to eat. The worst error would be to go to a buffet and gorge yourself on foods you don't generally eat that are grown or are from other continents.

3) Don't eat when you're feeling stressed, ill, or injured. Boyfriend or girlfriend just dump you? Bad day at work? Coming down with the flu? Don't try to medicate yourself with a pint of ice cream or a New York strip steak. When we are experiencing physical, emotional, and mental stress, such as illness or injury or when our body is too hot or too cold, our digestive system shuts down and our body goes into healing mode, not digestive mode. Try soup broth and juices.

4) Chew 22 times...including protein drinks. Don't gulp down those drinks, because it's like swallowing a whole steak. You have to chew protein, or the

signals to the brain won't be there. If you don't chew, you're shocking the system.

5) Don't eat overly cooked foods. Because we don't know what's being added to the food we buy, we tend to over-process it because we're afraid we'll get sick if we eat something raw. Meat should never be heated in excess of 118 degrees, as the enzymes in that protein are destroyed when they're heated that high. Be careful of the meats you buy.

6) Give your food a background check. Learn to be a food detective. Know the history of what you put in your mouth. Are the apples colored, sprayed, or glazed? Get fresh, locally grown meat and produce. Start your own small garden. Be sure whatever you consume is the finest you can purchase or grow.

7) Use spices and natural digestive aids to help break down what you eat. Some cultures add ginger for super digestion. Others add hot peppers, a digestive tract stimulant. Turmeric is also good for digestion.

No more time, so get more information at www.naturesources.com. And be sure not to gulp and go! Happy holiday eating! ★

Free Holiday Concert in the Park

CITRUS HEIGHTS, CA (MPG) - The Capitol Pops Concert Band nears the end of its 18th season with a free, open to the public "Holiday Concert in the Park" at 7 p.m. Saturday, Dec. 5th at the Rusch Park Gym, 7801 Auburn Blvd. in Citrus Heights.

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

Various prizes will be on display

for the raffle ticket drawings, and the public will have the opportunity to purchase live seasonal greenery/flower arrangements after the concert concludes. Longtime Capitol Pops supporter, Easley Nursery of Auburn, has donated a large poinsettia plant as a grand prize in support of the band's student scholarship fund.

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

The "Royal Court" of regional pageant winners will return again

this year as concert/raffle assistants. The concert is sponsored by the City of Citrus Heights and the Sunrise Recreation and Park District.

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

Source: *Capitol Pops Concert Band* ★

Consumer Business Review

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The editors of this Consumer Business Review highly recommend Creekside Dental Care with Dr. Harsimrat K. Bal, DDS and her team to our readers. Creekside Dental Care wishes everyone a safe and happy holiday season!

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In compiling a profile of leading business firms throughout the area, the editors of this Consumer Business Review feel it wouldn't be complete without mention of Blake's Muffler Shack & Custom Exhaust!

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Bonney Field Selected as First Venue for Rugby League



PRO Rugby is sanctioned by USA Rugby and World Rugby in an effort to showcase the talents and skills of American players. Participation and interest in the sport has made rugby the fastest-growing team sport in North America.

SACRAMENTO REGION, CA (MPG) - Representatives from PRO Rugby, Spectra, and Cal Expo announced that a partnership has been developed to bring the professional sport of rugby to Sacramento. PRO Rugby launched the newest professional sports team at its new home, Bonney Field, on the grounds of Cal Expo. The venue agreement is for a minimum of two years.

A contest will be launched soon to develop the new team name. The club expects to begin play in April 2016 with tickets going on sale in January 2016.

"We are excited to launch PRO Rugby in Sacramento and five other cities around the United States," said PRO Rugby CEO Douglas Schoninger. "Sacramento's support of USA and international rugby games during the California State Fair proved that there is strong demand for professional competition in the Sacramento region. We look forward to connecting fans with this new team and the league."

PRO Rugby is sanctioned by USA Rugby and World Rugby in an effort to showcase the talents and skills of American players. Participation and interest in the sport has made rugby the fastest-growing team sport in North America.

"Bonney Field was created to serve as a community gathering spot for sports and entertainment activities in the Sacramento region," said Nick Nicora, vice president of Development for Spectra, owners of Bonney Field. "We welcome PRO Rugby to this

community which has shown great support for its professional sports teams."

Spectra operates the food and beverage in the following facilities in Northern California, and manages the ticketing at UC Berkeley: Cal Expo/Bonney Field, Sacramento, CA; Raley Field, West Sacramento, CA; Banner Island Ballpark, Stockton, CA; O.co Coliseum, Oakland, CA; and Alameda County Fairgrounds, Pleasanton, CA.

"As a showcase for our remarkable State, Cal Expo plays an increasing role in helping to build a vibrant community and a more robust region. The launch of PRO Rugby in Sacramento is a logical progression that builds on the success of the international rugby matches that have already occurred at Cal Expo," said Rick Pickering, Cal Expo CEO. "As home to the oldest professional sport in Sacramento—horse racing—and the newest professional sport—soccer—Cal Expo is honored to provide a platform for the historic launch of professional rugby. Celebrating achievement through competition is core to our mission as the State Fair."

Bonney Field has drawn large crowds in the past for Sacramento Republic FC soccer games and exhibition international rugby games. The stadium's capacity is approximately 11,000.

The inaugural PRO Rugby season will include 10 games from April to July. Additional venues will be announced shortly for the other PRO Rugby league teams.

Source: Cal Expo

Sacramento County DA Reports

Recent cases of interest



CASE: Adams Lugo
PROSECUTOR: Deputy District Attorney Kelly Jobe, Special Investigations Unit

Thirty-one-year-old Natasha Adams Lugo pled no contest to four felony counts of identity theft and admitted to a prior attempted robbery strike conviction. The Honorable Michael Bowman sentenced Lugo consecutive to a Placer County identify theft case for an aggregate term of 14 years, 8 months in state prison.

Lugo was an employee of the Job Journal, LLC. After she was fired in February 2014, she used Job Journal's bank checking and routing numbers to pay more than \$40,000 of her own debt. She also used Job Journal's bank account information to fraudulently fund \$17,200 worth of payments into her own child support account.

After Lugo was fired from another job at Balanced Body in June 2014, she fraudulently used the personal identifying information of Balanced Body and some of its customers to steal more than \$11,000.

CASE: Gary Dale Baker

PROSECUTOR: Deputy District Attorney Amy Holliday, Adult Sexual Assault Prosecution Unit

On November 10, 2015, the Honorable Ernest Sawtelle sentenced Gary Dale Baker to 62 years to life in prison. On July 20, 2015, a jury convicted Baker of nine charges including rape, forcible oral copulation, felony sexual battery, and first-degree burglary. The jury also found true allegations of committing a rape during the course of a first-degree burglary and the victim was over the age of 65 at the time the crimes were committed.

On November 24, 2010, Baker sexually assaulted the 75-year-old victim in her residence at a south Sacramento senior living apartment complex. Although DNA evidence was located, there were no matches to a possible suspect. On September 20, 2012, the same suspect returned and again

sexually assaulted the victim, who was then 77 years old. DNA evidence was obtained, but there were again no matches to a possible suspect. On December 11, 2012, the suspect returned to the victim's residence a third time and attempted to sexually assault her. He fled before completing the acts. A Sacramento police detective suggested the victim's family install a motion activated camera in an attempt to obtain an image of the suspect. On December 18, 2012, the suspect returned and attempted to gain entry.

Detectives reviewed the footage and immediately recognized the person to be then Sacramento Police Officer Gary Baker. Baker was arrested and terminated from the Sacramento Police Department on December 20, 2012. The District Attorney's Laboratory of Forensic Services confirmed that Baker matched DNA evidence taken from the victim and the crime scene in 2010 and 2012.

CASE: Marvin Todd

PROSECUTOR: Deputy District Attorney Dinah Mielke, Misdemeanors Unit

The Honorable Cheryl Meegan sentenced 72-year-old Marvin Todd to 9 months county jail. He was also placed on 3 years formal probation and will be required to register as a sex offender for the rest of his life. Restitution and a no contact order were made for the victims.

On October 5, 2015, a jury convicted Todd of sexual battery, sexual exploitation, and battery in separate assaults against two patients.

On February 17, 2014, Todd touched the breast of a female patient without her consent during a psychotherapy session. On March 13, 2014, Todd walked a second female patient into the lobby after an evening counseling session and forcibly kissed her. The victim attempted to push him away, but was unsuccessful. When Todd forcibly kissed her again, the victim was able to push him off and break his hold. ★

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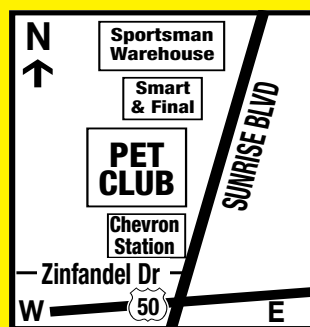
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