



Turkeys on Parade

Page 3

Kiosks Make DMV a Breeze

Four Million Transactions Completed on Self-Service Terminals

Page 9



Citrus Heights Messenger

"Written by the people, for the people"

Volume 5 Issue 22

Serving the City of Citrus Heights and Sacramento County

November 20, 2015

THE CONTROVERSY OF FREE-RANGE PARENTING



Page 2

CHAMBER STUDENT OF THE MONTH



Page 3

POPPOFF! WITH MARY JANE POPP



Page 10



Scan our QR Code for a direct link to our online edition!

GOT MORE LOCAL NEWS?
CALL 773-1111

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!
MPG

To place your legal advertising, go to

CarmichaelTimes.com

Pedestrian Hit in Walmart Crosswalk

Walmart Employees Heroically Lift Vehicle



Pictured are some of the Walmart employees who assisted during the accident.

Story and photo by Christie Spurlock

CITRUS HEIGHTS, CA (MPG) - A tragedy was avoided on November 9th when a group of Walmart employees lifted a vehicle off of a woman in a Walmart crosswalk.

The woman, an 85-year-old longtime Citrus Heights resident who wished to remain anonymous, was walking across the crosswalk in front of the Walmart at 7010 Auburn Blvd. when a vehicle struck her, running over her chest and pinning her underneath.

Nic, a front-end manager at Walmart, was the

first to respond and gathered a group of employees up front to help. At least five employees helped to lift the vehicle, and Christina, a Walmart accounting associate, and Xai, a Walmart asset protection associate, carefully pulled her out from underneath, talking to her and trying to help keep her calm throughout the ordeal.

The woman's son, Russell, said that she suffered severe injuries, including a broken clavicle, a broken rib, a collapsed lung, and bleeding around the heart, but is expected to recover and is doing well.

"The hospital staff raved about what a tough

lady she is and how cooperative she is," said Russell. "She's already up and walking and sitting in a chair."

The Walmart employees who were involved in the rescue were also inspired by her perseverance. "We were impressed with how strong she was. Not a tear," said Nick Gonnella, a Walmart manager who was on-scene as the accident occurred.

In total, twelve employees assisted in getting help to the woman. She is expected to recover—thanks to the quick thinking and heroic actions of the employees of Walmart. ★

VA Hospital Accountability Bill Introduced

Inspiration for the Bill Comes After Tragic Death at Mather VA

SACRAMENTO REGION, CA (MPG) - Citing the tragic death of a veteran at the Mather Veterans Affairs hospital last year, Congressman Ami Bera, M.D. introduced a bill to implement additional accountability measures at Veterans Affairs hospitals across the country.

His bill, the VA Quality Care Act, includes additional oversight measures to ensure all problems at VA facilities are reported, communicated, and fixed across the network.

"The tragic death of this veteran illustrates problems within the VA system that must be addressed," Bera said. "My bill increases transparency and reporting so that any issues in the delivery of care at one facility are shared with other facilities in the system. The information from my requested investigation suggests that VA facilities are not sharing best practices and other quality improvement measures effectively. This bill will ensure doctors, nurses, and staff are all operating efficiently and effectively and collaborating across health centers to deliver the best care possible to our nation's heroes."

Last October, a Sacramento County Vietnam veteran died after a do-not-resuscitate bracelet was incorrectly placed on his wrist. Bera requested an investigation with the Office of the Inspector General; their report found that Mather was responsible for a "delay in life-saving intervention."

"Our service members have sacrificed for our country and it is our responsibility to ensure they receive top quality care," Bera said. "Based on the findings in the Inspector General report, there are institutional problems that are seriously affecting the quality and delivery of care. Reporting requirements in my bill will help correct and improve care. We must do all we can to ensure this does not happen to any other veterans."

Source: Office of Congressman Ami Bera ★

Veterans Day Service Honors the Fallen

Story by Elise Spleiss, photos by Jack Mintz

CITRUS HEIGHTS, CA (MPG) - The Sylvan Cemetery in Citrus Heights held its traditional Veterans Day service on November 11th. The morning's events began at 10:30 a.m. with a procession led by the Citrus Heights Police Department (CHDP) Motorcycle Team and Honor Guard, followed by members of the American Legion Post 637, Boy Scout Troop 228, and members of the police department, the Sons of Union Veterans of the Civil War (SUVCW) rifle team, and members of the community.

The parade wound through the cemetery starting at the south end where those who died in the Spanish-American and Civil

War were interred, and making four more stops along the Avenue of Flags. American Legion Chaplain Jerry Smith paused briefly at each of the five areas in the cemetery, honoring those buried there from the different wars and conflicts, ending with World War II at the Veterans Memorial in the center of the cemetery. He related a brief history of the issues of that war, with a count of all who had perished as a result of it.

The memorial continued at the gazebo area. Sacramento County Supervisor Roberta MacGlashan thanked the American Legion, Sylvan Cemetery, and City of Citrus Heights for sponsoring the event. She also thanked the Folsom Harmony Express choir for adding to the memorial with

Continued on page 9



Left to right: Terry Brown, Bob Meardian, David Salyer, and Joe Marti.

www.CitrusHeightsMessenger.com

The Controversy of Free-Range Parenting

Commentary By Lanaya Nilsson

Watching children as they experience the joys of childhood, playing, learning, growing, is an inherent right of all parents. But one question that a growing number of parents are asking is: “Do I need to fear for my kids?”

Most people are familiar with the term “helicopter” to describe a parenting style where an adult “hovers” over their child to the point of hindering his growth process, and taking control over the child’s life. Some information and studies claim “helicopter” parenting stunts kids’ growth, leaving them prone to problems like depression and anxiety, as well as contributing to anger issues in young adulthood; these issues are contributed to not having had the freedom growing up necessary to develop the skills to manage the pressures of independent life.

Currently, there is an emerging movement called “Free-Range Parenting” (also referred to as “Slow” and “Simplistic” parenting), gaining momentum and proponents from all over the nation. Free-range Parenting is defined as “The concept of raising children in the spirit of encouraging them to function independently in proper accordance of their age of development with a reasonable acceptance of realistic personal risks.”

The movement began eight years ago when a writer for the New York Sun, Lenore Skenazy, wrote the article Why I let my 9 year old ride the subway alone. The piece had very strong reactions from both the public and media. Within days Skenazy was on several major news shows defending her parenting style. She followed by writing the book “Free-Range Kids: Giving Our Children the Freedom We Had without Going Nuts with Worry.”

Skenazy is considered the founder of the Free-Range Parenting movement.

“I am of course not against safety,” said Skenazy. “I believe in using car seats and helmets when riding bikes or scooters. In fact, at every baby shower I attend I bring the expectant mother a fire extinguisher. ...But what I am against is our culture’s constant pushing of dangers that are not real into parents’ minds.

“A kid can’t walk down the street to school or a friend’s house for fear of



Free-range Parenting is defined as “The concept of raising children in the spirit of encouraging them to function independently in proper accordance of their age of development with a reasonable acceptance of realistic personal risks.”

being kidnapped or his parents being arrested for neglect—like the case of a Maryland couple who faced charges when their two children walked home alone. Plus, parents are bombarded with warnings daily in the news and online. It’s not surprising that so many parents are hovering over children. We have become a fear culture.”

Skenazy goes on to say that following the media frenzy around the article she wrote, she was dubbed “World’s Worst Mom,” also now the name of her show on Discovery Life.

“It is simply not true that I ‘don’t care’ about my children’s safety,” defends Skenazy. “I just don’t think our kids need a security detail, nor do I believe they are in constant danger. ... Just because I don’t conger up images

of the worst thing possible happening to my kids, does not mean I am cold-hearted or even brave, but rather I try to make choices based on my reality, not my imagination.”

When asked for her suggestions to help families to be more free-range she said, “When I speak at schools, which I do often, I tell educators and parents (and kids) to encourage independence by letting a child do something new like running an errand, having free play outside, or riding public transportation. And-when he accomplishes these tasks and comes home beaming, it changes the parents too; because pride is stronger than fear.”

Skenazy will continue educating to replace scared parents with proud ones, and apprehensive children into

self-reliant kids. Her website is www.freerangekids.com and features information, articles, free-range parent (FRP) connections, and more.

One criticism of opponents of FRP is that free-range parenting advocates are too focused on child abductions by strangers being rare and ignore the dramatic drop in child deaths from unintentional injuries in the past 50 years. Another criticism is that FRP has taken the ideas and philosophies too far, and underestimates the risks to children in today’s society.

One member (preferring to remain anonymous) of a local free-range parenting group, called Greater East Sacramento Free-Range Parents (which can be found on Facebook), talked about his experiences with the

movement:

“I don’t consider FRP to be anything new,” he said. “I think historically here—and throughout the world—most parents would consider ‘free-range’ to just be ‘parenting.’...My own parents would be considered ‘free-range’ by today’s standards. I was walking to school by third grade and a ‘latchkey’ kid by fourth, and most my summers were spent on my bike all day exploring; sometimes not even knowing where I was.”

When asked what the biggest influence that FRP has had on his family he replied: “I don’t think that FRP is about letting children run wild without rules, but rather that it is a reminder that confidence in children is built by doing for themselves, and as a parent to a preschooler I already see the strong character developing in her with independent action and learning skills, which in turn is building her self-esteem.”

Kathy Shultz, the moderator of the Greater East Sacramento Free-Range Parents Facebook page, also had some input. “I became involved with FRP due to my association with the Children in Nature movement, which along with encouraging kids to get into nature, stresses giving them unstructured time to explore, too. So it probably came about in relation to that.”

Shultz talked about her family’s experience, saying: “My son has played outside since he was younger than what is considered ‘acceptable,’ and when he was older I allowed him to go to the corner store on his own. He chats up strangers in public, too!”

Regarding the future of FRP, she said, “My hope is that it is accepted. My great fear is of being reported. But my son is tall for his age, so the things I let him do may not raise as many eyebrows as if he was average or small for his age.”

Parenting styles have become controversial, causing distress for many parents while trying to navigate all the data and decide what is best for their families. But parents all want the same thing: for children to feel loved, appreciated, respected, and understood so they become healthy and happy members of society.

Sources: Psychology Today, NPR ★

HORIZON SMOG

TEST ONLY SMOG CHECK

We Smog... Out of State, Change of Ownership, DMV Testing, Gross Polluters

SMOG SPECIAL

\$29⁷⁵

Plus \$8.25 Certificate

Trucks, Vans & Rv's higher. Must present coupon. Evap fee may apply to vehicles 1976-1995. Star Certified vehicles \$10.00 higher.

FREE RETEST
(If done within 15 days of Smog Failure).

Locations:

WE ARE STAR Certified

Visit Us in Citrus Heights

6170 Auburn Blvd., Citrus Heights
Tuesday - Saturday 8:30 a.m. - 5 p.m.

The smog station is closed on
Sundays and Mondays.

No Appointment Necessary!

We Do Diesel.

(916) 726-5500

NOW HIRING

SMOG TECHNICIANS

ANYTHING & EVERYTHING

DON'T PAY RETAIL! 1000s OF ITEMS!

We Are A Cross Between A:

- Hardware Store • BBQ Store
- Dollar Store • Garage Sale • Flea Market
- Roseville Auction • Thrift Store
- Christmas Trees (Pre-lit & Unlit)
- Inflatables • Christmas Lights

SAVE THE TAX FOR CASH!

Or Pay With Credit or Debit Card
For Your Total of \$50 or More

10% OFF STOREWIDE!!!

Basically Anything & Everything You Can Imagine - OPEN BOX!
SLIGHTLY USED At A Fraction of The Cost of New... AND WE LOVE MAKING DEALS!!!
Great Stocking Stuffers & Dad's Gifts. Everything A Fraction of Regular Price!

YOU WILL LOVE OUR STORE!!!

4926 Auburn Blvd.

(Between Madison Ave. & College Oak)
Sacramento, CA 95841

(916) 339-6115
OPEN 7 DAYS • 10AM-7PM

Turkeys on Parade



Caption and photo by Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Turkeys are a common sight in Citrus Heights, many living in the

Crosswood Oaks neighborhood. This flock wandered up from the creek behind a home and soon numbered over 15, strutting their stuff and showing off their plumage. ★

El Dorado Savings Bank Robbery Suspect Arrested

CITRUS HEIGHTS, CA (MPG) - On November 6th, Citrus Heights Police officers responded to a robbery at the El Dorado Savings Bank at the 7800 block of Lichen Drive.

Citrus Heights Police Department officers learned a white male suspect entered the bank and presented a demand note for money. The note indicated the suspect was armed with a gun, but no weapon was seen by witnesses. The suspect fled with an undisclosed amount of money and was seen running north through the parking lot. The suspect's physical and vehicle descriptions were broadcast to surrounding agencies.

A short time later, a Roseville Police Department officer located the suspect vehicle in their city. The suspect fled from the Roseville officer, resulting in a vehicle pursuit that led through Placer County into Auburn. Several attempts were made by



The bank robbery suspect, Michael Jon Coman of Auburn. Photo courtesy of the Citrus Heights Police Department

law enforcement to terminate the pursuit using spike strips. Those attempts were successful and the suspect abandoned his vehicle on eastbound Interstate 80 just west of Maple Road in Auburn. He fled on foot across the freeway, but was apprehended by officers who followed him down into a ravine

between I-80 and Ophir Road. Citrus Heights, CHP, and Placer County officers assisted Roseville PD officers with the arrest. Roseville PD K-9 was responsible for his ultimate capture.

The suspect suffered minor injuries as a result of a bite from the police K-9. He was booked at the Sacramento County Main Jail on charges of robbery and a PRCS (Post Release Community Supervision) violation. The suspect is identified as 41 year old Michael Jon Coman of Auburn.

The robbery is being investigated by the FBI and Citrus Heights Police detectives. The apprehension and arrest of this suspect was made possible with the assistance of the Roseville Police Department, the Placer County Sheriff's Department, and the California Highway Patrol.

Source: Citrus Heights Police Department ★

Chamber Student of the Month

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Chamber's Education Committee honored Connor Snow, seventh grade student at Lichen K-8, as the November 2015 Student of the Month. The award was presented at the Chamber's November 10th luncheon at Northridge Country Club.

Connor Snow is the epitome of a model student. He is the type of student every teacher dreams of having in their classes. He is strong, honest, kind, and helps his struggling peers with not only academics, but with their life choices. One will never see him without a smile on his face. He initiates change in both social and academic areas. Connor is the top student in his seventh grade class, however, he would be the last person to brag about his top honors.

One of Connor's most endearing attributes is that he is personally and deeply committed to equality for all. He aspires to be a computer scientist and is a leader in classroom technology



From left to right: Citrus Heights Chamber Executive Director Jay Hornbuckle, Kelly Rivas of Congressman Ami Bera's office, Landon Wolf of Senator Nielsen's office, Student of the Month Connor Snow of Lichen K-8, Student of the Month lunch sponsor Robin Stuhr of Atlas Disposal, Citrus Heights Chamber Education Committee Vice Chair Rosa Umbach, and City of Citrus Heights Mayor Sue Frost. Photo courtesy of Rosa Umbach

and support. Teachers and students come to Connor when they are having technology issues and need help solving complex computer problems. In order to attain his future goal, Connor diligently works outside of school to teach himself coding.

Connor is wise beyond his years with a gentle soul. Without reservation, he was the first student his teachers, administrators, and school counselor unanimously

choose for this prestigious honor.

Lunches for the student and guests are sponsored by local businesses. Many thanks to our Student of the Month lunch sponsor Atlas Disposal, courtesy of Robin Stuhr. And thanks also to B-West Marketing Group for providing a special t-shirt for the Student of the Month.

Source: Submitted by Connor's teachers, Natalie Billo and Teresa Burke; Rosa Umbach ★

ELKHORN FAMILY DENTAL

CHRISTOPHER PHEN, D.D.S.

IMPLANT SPECIAL

IMPLANT, ABUTMENT & CROWN...
INCLUDES DIGITAL, X-RAY + DENTAL EXAM

\$2275 Regular Price \$4550
Can not be Combined With Any Other Offer.

ONE VISIT CROWN

CEREC TECHNOLOGY
STATE OF THE ART TECHNOLOGY
ONE VISIT DENTISTRY

NEW PATIENTS & EMERGENCIES WELCOME
We Accept Most Insurances

COMPLETE DENTAL EXAM

DIGITAL X-RAY for EACH FAMILY MEMBER

\$49 Regular Value \$270
Can not be Combined With Any Other Offer. NEW PATIENTS ONLY. Expires 11-30-2015

NO INSURANCE? JOIN OUR CARE CLUB

5315 Elkhorn Blvd.
Sacramento, CA 95842 (In the Safeway Shopping Center)
(916) 344-5553 Se Habla Español
www.ElkhornFamilyDental.net
HOURS: Mon-Thurs 9am-6pm • Friday by Appointment

19th Annual

City of Citrus Heights Tree Lighting Ceremony

Thursday
December 3, 2015
6:30 pm

FREE Refreshments
FREE Cookie Decorating
FREE Pictures with Santa
FREE Train Rides

Citrus Heights Community Center
6300 Fountain Square Dr

REPUBLIC SERVICES
SUNRISE MARKETPLACE
SUNRISE MALL

Visit www.citrusheights.net for more information!

Special Coupons - Good Only at Roseville & Rancho Cordova Stores

FRISKIES BUFFET

CANNED CAT FOOD
5.5 Oz.
All Varieties
39¢

Cannot be used in conjunction with similar dollar off or percentage off coupons. Price Valid Only With Coupon. Good at Roseville and Rancho Cordova Stores Only. Limit 1 Case Per Family. Limit 1 Coupon Per Family. Effective 11/18/15 - 11/24/15

VAN NESS PRODUCTS

40% OFF
Our Regular Low Price!

Cannot be used in conjunction with similar dollar off or percentage off coupons. Price Valid Only With Coupon. Good at Roseville and Rancho Cordova Stores Only. Limit 1 Item Per Family. Limit 1 Coupon Per Family. Effective 11/18/15 - 11/24/15

Look for Advertised Sale Items Everyweek at www.petclubstores.com

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

PET CLUB

FOOD AND SUPPLIES

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

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

We Only Accept ATM, Cash, & Checks M-F 9-8, SAT 9-7, SUN 10-7 Effective 11/18/15 - 11/24/15

AVODERM

NATURAL DRY DOG FOOD
24-26 Lb Bag Limit 2 Bags Per Family

- Lamb Meal & Rice **\$29.99**
- Chicken Meal & Rice **\$29.99**
- Lite • Original **\$31.99**
- Large Breed Adult **\$31.99**

Effective 11/18/15 - 11/24/15

IAMS

DRY DOG FOOD
26 - 30 Lb Bag Only

- Lamb Meal & Rice •Weight Control
- Mini-Chunk •Lrg Breed Adult

Limit 2 Bags Per Family **\$25.99**

Effective 11/18/15 - 11/24/15

DIAMOND NATURALS

DRY DOG FOOD
40 Lb Bag

- Chicken •Lamb •Beef
- Senior 35 Lb •Light 30Lb **\$29.99**
- Large Breed **\$31.99**
- Large Breed Lamb **\$36.99**
- Ex-Athlete **\$36.99**

Effective 11/18/15 - 11/24/15

IAMS

DRY CAT FOOD
•Original •Weight Control
•Hairball •Indoor/Weight/Hairball

16 - 17 Lb Bag **\$19.99**
Limit 2 Bags

Effective 11/18/15 - 11/24/15

9 LIVES

CANNED CAT FOOD
5.5 Oz
All Varieties

Limit 1 Case Per Family **35¢**

Effective 11/18/15 - 11/24/15

FANCY FEAST

GOURMET CANNED CAT FOOD
All Varieties 3 Oz

Limit 2 Cases Per Family **20/\$11.00**

Effective 11/18/15 - 11/24/15

PURINA

CAT CHOW
DRY CAT FOOD
•Regular •Indoor 16 Lb Bag

Limit 2 Bags Per Family **\$11.99**

Effective 11/18/15 - 11/24/15

SCOOPAWAY CLEAN

CLUMPING CAT LITTER
20 Lb Box
•Multi-Cat •Unscented
(Fresh Step Scoop, 20 Lb Box - \$6.99)

Limit 2 Boxes Per Family **\$5.49**

Effective 11/18/15 - 11/24/15

PURINA PRO-PLAN

CANNED DOG FOOD SALE

Limit 2 • Dog Food 99¢ 3 Oz Cat Food 63¢
Cans Grain Free \$1.29 13 Oz

CANIDAE

DRY DOG FOOD
FOR ALL LIFE STAGES

•Chicken Meal & Rice •Lamb Meal & Rice 30 Lbs.
•Pitbull 30 Lbs. •All Life Stages 44 Lbs. Limit 2 Bags **\$7 OFF**

OUR REGULAR LOW PRICES

MEOW MIX

DRY CAT FOOD

•Original Choice 16 Lb Bag
Limit 2 Bags Per Family **\$10.99**

PEDIGREE

DRY DOG FOOD

•Adult •Large Breed Adult (30 Lb \$21.99)
46 Lb Bag Limit 2 Bags Per Family **\$23.99**

WELLNESS

CANNED DOG FOOD

Natural 12.5 Oz Can, Limit 2 Cases Full Case
Reg Price - Reg. \$2.29 Stev \$2.39 Core \$2.39 **15% OFF**

PRECIOUS CAT

CLUMPING CAT LITTER

18 Lb Bag
Limit 2 Bags Per Family **\$5.99**

JONNY CAT

PREMIUM CAT LITTER

10 Lb Bag
Limit 2 Bags Per Family **\$1.69**

CAT'S PRIDE

FRESH & LIGHT PREMIUM CLUMPING CAT LITTER

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

WORLD'S BEST

CAT LITTER

14 Lbs **\$11.99** 15 Lb Bag **\$12.99**
Original Extra Strength

NUTRO

NATURAL CHOICE DRY DOG FOOD

•Lamb & Rice (Adult & Small Bld) •Senior •Lite (Chicken only)
Small Breed Adult \$21.99 Limit 2 Bags Per Family **\$19.99**

MEOW MIX

CAT FOOD

Market Select 2.75 Oz Cup Limit 1 Case **49¢**

WILDERNESS

DRY CAT FOOD

•Chicken •Salmon •Duck •Indoor
•Weight Control 100% Grain Free
11-12 Lb Bag Limit 2 Bags **\$5 OFF** AS MARKED IN STORE COUPON OUR REGULAR LOW PRICES

CAT FURNITURE 20% OFF

•CRS
(C & D Products not Included)
LOTS OF SELECTIONS ASSORTED STYLES **OUR SUPER LOW PRICES**

ARCTIC PAWS

YUMM! CHUMMIES DOG TREATS

4oz • 20oz
With Wild Alaska Salmon **20% OFF** **OUR SUPER LOW PRICES**

BODY GEAR

MATS & PADS

All Sizes **20% OFF** **OUR SUPER LOW PRICES**

FURMINATOR

PROFESSIONAL PET PRODUCTS

•Dehedding Tool •Shampoo
•Asth Products All Varieties **20% OFF** **OUR SUPER LOW PRICES**

SWEET HARVEST BIRD FOOD SALE

AS MARKED **15% OFF** **OUR SUPER LOW PRICES**

•Canary •Finch •Frankie
•Cockatiel sun/fin sun
•Conure & Lovebird
•Parrot sun/fin sun
•Macaw 2 Lb •4 Lb Pkg

PENN-PLAX CASCADE POWER FILTER SALE

MODEL TANK SIZE PET CLUB SALE

CASCADE 100	20 Gal	\$13.99	Revolutionary
CASCADE 150	35 Gal	\$17.99	Bio-Falls Quod
CASCADE 200	50 Gal	\$20.99	Filtration System
CASCADE 300	100 Gal	\$27.99	

TETRA BOXED 10 GALLON TANK

With Economy Kit
Just add Heater For Tropical Fish Limit 1 Per Family **\$39.99**

KORDON WATER CONDITIONERS

Amquel 16 Oz **\$5.99**
Amquel Plus 16 Oz **\$5.99**
Novaqua Plus 16 Oz **\$5.99**

REEF CRYSTALS

50 Gal. Salt Mix **\$15.99**

BONUS COUPON

FANCY FEAST ELEGANT MEDLEY

•Selected Varieties - 3 Oz
Limit 4 Cans with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 11/18/15 - 11/24/15 **59¢**

BONUS COUPON

GREENIES DOG TREATS

•Chewy Texture Easy to Digest
•Tartness 22 Oz •Pelle 10 oz
•Regular 6 oz •Large 4ct
6 oz Pkg. Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon. Effective 11/18/15 - 11/24/15 **\$4.99**

BONUS COUPON

ARM & HAMMER CAT LITTER DEODORIZER

20 Oz Box
Limit 2 Boxes with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 11/18/15 - 11/24/15 **\$1.49**

IN MEMORIAM

Barbara Jean Giusti

February 10, 1933 – October 29, 2015

On Thursday, October 29, 2015, Barbara Giusti, life-long Citrus Heights resident, was given her wings and welcomed into her eternal home. A true angel, her spirit is carried on by her husband, five children, 17 grandchildren and 12 great-grandchildren.

Barbara Jean Lawson, daughter of the late Hazel Lamoine (Waggoner) and the late James “Jim” Alfred Phillips, was born on February 10, 1933 in Citrus Heights. Raised by her mother and step-father, Jim, Barbara was the oldest of four children. Her three brothers, who have preceded her in death, include Lester “Dale” Lawson, Linvel James Phillips, and William Warren Phillips.

Barbara married the love of her life, Emil Giusti, on March 16, 1951 at the Nazarene Church in Roseville. Together, they shared a love that would last the ages. Emil, born in Roseville on September 13, 1926, grew up in the same neighborhood as Barbara. Emil recalls her teasing him when they were young, calling him “Giusti Fruit.” In 1948, shortly after returning home from his service in the United States Army, Emil attended a dance at the Odd Fellows Hall. It was there he was reunited with the beautiful Barbara as the two danced their way towards an everlasting love. Three years later, shortly after Barbara turned 18 years old, the two formally vowed to forever be by each other’s side.

There were two aspects of her life that Barbara cherished: her family and her relationship with God.

Barbara and Emil Giusti gave birth to six beautiful



children. Their first child, Christina Lynn, passed away shortly after her birth in 1953. On May 10, 1954, Barbara gave birth to the oldest of her five children, Susan Elaine. She then gave birth to Linda Marie on October 19, 1955 followed by her only son, Craig Allen, on December 19, 1956. Carla Jean, her fourth child, was born on September 10, 1958. The youngest of Barbara’s children, Laura Lynn, was born on May 2, 1960.

As her children grew and married, Barbara experienced the joys of parenting all over again with a whole new perspective: as a grandmother. With 13 grandchildren and 4 step-grandchildren, there is no doubt Barbara over-fulfilled her duty as a grandmother. Her love expanded across many generations, and her legacy will continue on through her great-grandchildren.

During her lifetime, Barbara contributed to a variety of community organizations and charities. Barbara was a long-time active member of the Holy Family Church. She was a member and past president (1978-1980) of the Catholic Ladies Relief Society, No. 11 of the Sacramento Diocese and was named “Woman of

the Year” award from the Sacramento Deanery of Catholic Ladies. In May 2015, she became the new Grand President of the Sacramento Diocese Grand Council of the Catholic Ladies Relief Society. Barbara also served as a member of the Christ the King Retreat Center Guild and the ladies auxiliary for the VFW. In addition, she worked with Senior Gleaners, a Sacramento-based food bank, for 18 years.

A memorial mass organized by Lambert Funeral Home and the Catholic Ladies Relief Society was held at the Holy Family Parish on November 5.

In lieu of flowers, we ask that monetary donations be made in Barbara’s name to the Catholic Ladies Relief Society and non-perishable food items be donated to the CLRS Food Locker.

Barbara Giusti was a woman like no other and will always be remembered for her strength and optimism. She was a free-spirit with a heart of gold. She truly lived each day to the fullest, unafraid of any challenges she faced. In the darkest of times, she looked to her Lord, like a sunflower looking to the sun.

Our hope will be forever strengthened, our fears will be forever conquered, and our love will be forever patient, because Barbara Giusti will be forever in our hearts.

On behalf of family and friends, we would like to thank the Catholic Ladies Relief Society, the Holy Family Church, and the Lambert Funeral Home for their support with organizing the memorial service and reception.



By Marlys Johnsen Norris, Christian Author

A person may believe that they are ordinary, but God created people who can become *extraordinary* when they are filled with His Spirit. God will do more than you ever imagined. When you realize how God’s love has filled you and you are obedient to His voice, you will begin to enjoy the overflow in your life.

With God, we become more

Crown Your Life with Goodness

than conquerors because God exaggerates His glory through our knowledge of His Holy Word. It is not about who we are, but who God is. Possibly it is time to examine to whom a person has given their life. Has one lost the faith of their childhood and become caught up in the things of the world? They will never satisfy the longings in anyone’s heart. One’s breakthrough is on the other side of the obedience to listen to the voice and heart of God.

God’s word continually shares about the “Law of Reciprocity.” The manner in which you give of yourself and your possessions is the manner you will also receive. Selfish people only think about themselves and soon after others realize this, they will “cut off the flow” to them. However, if you are known by others as generous with your time, talents, and possessions, you will have many friends.

May the covenant of obedience of reciprocity be to you an exciting time of Jubilee! Remember: God is not mocked; the law of reaping and sowing is always in affect when we dishonor God’s laws. “Do not be deceived, God is not mocked; for whatever a man sows that he will also reap” (Galatians 6:7).

The beginning of Jubilee will be a first month the beginning of months; it shall be the first month of the year for you. (Exodus 12:2) Following in obedience God’s laws is like taking the blood of the perfect Lamb of God and sprinkling it on the lampposts of your life as protection. This is what the Jews did during Passover. They were a blessed people and Israel a chosen nation.

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



By Pastor Ray Dare

God knows everything about you. He’s intimately acquainted with you. God knows all your feelings and frustrations. Maybe you’re hurting. Maybe you have been saying, “No one understands me.” God understands you. Completely. He sees the hurt in your heart. The Bible says He has recorded every tear. King James Version says He has kept them in a bottle. (Psalm 56:8) Every time you cried yourself to sleep He has seen it. He loves you and He’s very much aware of all that has happened in your life. That means you can look to Him for comfort and look to Him for strength.

God knows your future. Have you forgotten this fact? He’s already been there. He knows the end from the beginning. Nothing will catch Him by surprise. If you’re married, one day one of you is going to die first. That is inevitable. One of us will lose a mate first, we’ll lose our partner. That can be an incredibly devastating time. But the fact is, God already knows

Pastor Ray's Encouraging Words

Nobody Knows You Like God Does

when it’s going to happen and God is preparing already for that event. He’s waiting there to comfort you and hold you in His arms, so you can come to Him now and say, “God, when it happens, give me the wisdom to know what to do, the strength to know how to handle it, because it’s not going to catch You by surprise.” God knows all your future so you ask Him for help.

God knows your worries. What are you afraid of? Are you afraid of your bills piling up? Are you afraid that your needs will not be met? The Bible says your Heavenly Father knows. He knows what you need and He will take care of you. Instead of worrying, start trusting; instead of panicking, pray. He knows your needs.

God knows all your faithfulness. Are you discouraged in trying to do what’s right? You think, “I’ve been trying to do what the Bible says but I don’t know if it’s paying off and I don’t think anybody appreciates it. Nobody seems to be thankful. I don’t even know if it’s worth it.” God knows and He will reward you. He sees your faithfulness and He’s the One who counts. Every good deed will be rewarded. No matter how insignificant you may think it is, regardless of whether anybody else on earth saw it or not. God sees it all!

The most amazing thing in life is this: God knows about my faults and your faults and failures and He still loves us. “My sins, O God, are not hidden from you; you know how foolish I have been.” Psalm 69:5 (GN) Our job is to admit our sins to ourselves and to God -- come clean -- ask God to forgive us. Remember that He already knows about it and He still loves you. So when you admit it to Him, it’s not going to change the way He feels about you. That’s called grace! He’s going to say, “I know. I understand. I even know how you got into it. And I also know how you can get out of it.” Admit it to Him. Be honest to God and don’t try to keep any secrets.

Nobody knows you like God does. He knows you better than you know yourself and He still loves you. Nobody loves you like God does, so you don’t have to worry about your future; God already knows it and He’s going to take care of you. Give your worries to God today.

Continue serving Him and doing the right thing because He sees it all and one day will reward you. New Beginnings Church YOU’RE INVITED, Sunday service at 10 am “We Do Church Differently” www.NBC4U.org

River City Chorale's Christmas Concert

Begin the Season with Us!

Hear a wonderful variety of Christmas music - exciting new song as well as beloved favorites!

Friday, Dec., 4 - 7:30pm
First Baptist Church
of Fair Oaks
4001 San Juan Ave.
Fair Oaks

Saturday, Dec., 5 - 7:30pm
Faith Presbyterian Church
625 Florin Road
Sacramento

Sunday, Dec., 6 - 7:30pm
St. Mark's Lutheran Church
7869 Kingswood Dr.
(Near Sunrise Mall)
Citrus Heights

Advance Tickets \$15.00 At the Door \$20.00 • RiverCityChorale.org or Call 916-331-5810

YOU'RE INVITED!

Sundays 10:00a.m.

"We do Church Differently"

www.nbc4u.org | (916) 992-1997



Grace Baptist Church

Come and Experience God's Amazing Grace

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung.

Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible

Service Schedules

Sunday Schools (All Ages) 9:45am
Sunday Worship II 9:00 am
Sunday Evening 6:00pm
Wednesday Evening 7:00pm

6724 Palm Avenue, Fair Oaks, CA 95628
(Located one block South of Madison; just East of Dewey)
Pastor Charles Carter (916) 967-3915

Call for more information

NO ONE SHOULD GO HUNGRY ON THANKSGIVING!

Help People in Need

This Thanksgiving, your neighbors in desperate need won't have anything to celebrate. They will be searching for food, shelter, and for hope.

Over the next two months, we will feed about 18,000 hungry men, women and children who come through our doors. And, you can help your neighbor in need for just a \$1.92 a meal. With your support, we'll be able to serve every person who reaches out for help.



Your Donation by November 24th will make a difference.

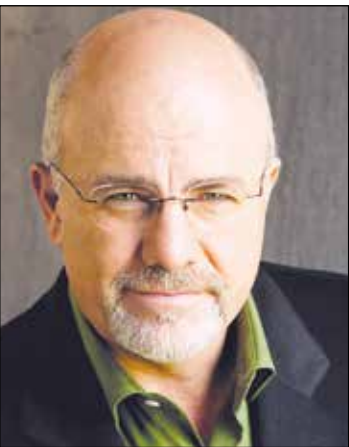
UNION GOSPEL MISSION

P.O. Box 1108
Sacramento, CA 95812
For more info go to www.ugmsac.com
Or call (916) 447-3268

\$1.92 PROVIDES A MEAL

Help us feed and care for as many people as possible and send in your donation today.





A hiring predicament

Dear Dave,

I work as the executive director of a nonprofit charitable organization. Lately, I've been wondering if I should hire an employee as a development person. I don't want to damage the work we do, and I can't help but look at bringing in someone new as a gamble. Do you have any suggestions? How do you handle situations like this?

- Denise

Dear Denise,

Over the years, I've found that you can reduce a lot of the fear when it comes to hiring simply by doing your due diligence – and then some – during the hiring process. I get what you're saying, though. It's kind of a gamble anytime you hire someone. But if you do your job during the hiring process, I've found that in most cases it turns into an investment rather than a gamble. Even then, some investments are better than others.

In your line of work, you need a lot more than a warm body in

Dave Says

a chair. You need someone who really cares about your cause and is really gifted when it comes to physically, mentally and spiritually involving people in the community. In a sense, a development person is kind of like a salesperson. A good one is worth their weight in gold, while a bad one will only cost you a ridiculous amount of time and money, while potentially tarnishing your good name.

Look for the best of the best, and don't rely on résumés to tell you the whole story. At my office, we always have numerous interviews, and the process can go on for months. We're also okay with not hiring someone and putting the position on hold for a while if we can't find the person who is an exact fit professionally and personally. And remember, Denise. Like with all things, it never hurts to ask God for a little guidance!

—Dave

Sell as-is

Dear Dave,

My husband and I are about to relocate to another part of the country. We'd like to sell our house, but we're thinking about taking out a small loan to have some work done first. We could get in the \$180,000 range selling it "as-is" but closer to \$200,000 if we installed new roof, carpeting, exterior paint and concrete

work. I know how you feel about debt, but what are your thoughts in this scenario?

-Kim

Dear Kim,

From what you just described, and assuming the concrete work wouldn't be too extensive, you looking at going into debt probably \$12,000 to \$15,000 in order to get \$20,000 more out of the deal. I'd just sell it. I wouldn't go to all that trouble for \$5,000.

Every piece of debt you take on compromises your financial security and robs you of your largest wealth-building tool—your income. Even if you guys are in good shape, you've got a lot of uncertainty and the potential for unexpected expenses in the months ahead. Just sell the house and get on with your lives. It's not worth the hassle.

—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.

Invasive Mosquitoes Detected

State Public Health Officer Warns Californians of Two Specific Species



"It is important to know these species of mosquitoes because they are not what we're used to in California, and they can transmit diseases such as dengue fever, chikungunya, and yellow fever," Dr. Karen Smith said.

SACRAMENTO REGION, CA (MPG) - California Department of Public Health (CDPH) Director and State Public Health Officer Dr. Karen Smith is warning Californians to protect themselves from two invasive mosquito species recently found in California. Both species can transmit infectious diseases, such as dengue fever, chikungunya, and yellow fever. This warning comes as two more counties are added to the list of counties where Aedes aegypti (the yellow fever mosquito) and Aedes albopictus (the Asian tiger mosquito) have been detected.

"It is important to know these species of mosquitoes because they are not what we're used to in California, and they can transmit diseases such as dengue fever, chikungunya, and yellow fever," Dr. Smith said. "While the risk is still low in California, infected travelers coming back to California can transmit these viruses to mosquitoes that bite them. This can lead to additional people becoming infected if they are then bitten by those mosquitoes."

In September 2015, Aedes aegypti was detected for the first time in San Bernardino and Riverside Counties. Since 2013, when this species was first discovered in Madera, Fresno, and San Mateo counties, it has

been found in Tulare, Kern, Los Angeles, San Diego, Imperial, Orange, and Alameda counties. Also in September, Aedes albopictus was detected in Kern and San Diego counties and has expanded in regions of Los Angeles County.

Neither of these mosquitoes is native to California. They are known for their black-and-white stripes, biting people during the middle of the day and readily entering buildings. The more-familiar Culex mosquitoes bite primarily at dusk and dawn.

"There is no vaccine or treatment for chikungunya or dengue fever. To prevent these diseases from becoming established in California, it is important for everyone to take steps to keep these mosquitoes from spreading," Dr. Smith said. "If you notice that you are being bitten by mosquitoes during the day, or notice black-and-white striped mosquitoes, call your local mosquito and vector control agency. Your participation in mosquito surveillance greatly aids in efforts to detect new infestations."

To prevent mosquito-borne illnesses present in California, such as West Nile virus disease, or abroad, such as chikungunya and dengue, Dr. Smith offers the following tips:

- Apply mosquito repellents

- containing DEET, picaridin, IR3535, and/or oil of lemon eucalyptus to your skin and clothing.
- Wear long sleeve shirts, long pants, socks and shoes when mosquitoes are most active.
- Use air conditioning, and keep mosquitoes from getting into your home by having intact window and door screens.
- Eliminate potential mosquito-breeding sources, such as water-filled containers, from around your home and where you work. Drain water that may have collected under potted plants, in bird baths and discarded tires. Check your rain gutters to make sure they aren't holding water, and clean pet water-dishes weekly.
- Aedes aegypti mosquitoes can lay eggs in containers holding as little as a teaspoon of water, and eggs, which are laid just above the water line, can survive dry conditions for months. This is why it is important to dump, drain, or eliminate unnecessary sources of standing water around your home and scrub containers to dislodge eggs.
- If you travel to Mexico or other countries in Latin America, it is especially important to be aware of Aedes mosquitoes and the diseases that they can carry. This year, Mexico has had a dramatic increase in the number of chikungunya cases. So far, about one-third of the 120 chikungunya cases imported into California were contracted in Mexico, with 91 percent of cases coming from Latin America. Sixty-nine imported cases of dengue have been reported in California this year.
- More information on Aedes mosquitoes, including prevention tips and a map showing the known detection sites, can be found on CDPH's website: www.cdph.ca.gov.

Foster Care

The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens

We offer free training, fingerprinting, CPR/ 1st aid, 24 hr support, monthly reimbursement

Living Trust Senior Special

with this ad

If you have a house, you need a Trust.
If you have a Trust, it needs to be up-to-date.
(Review of existing trust at no charge)

SENIOR SPECIAL

Asset Protection Program includes the following:

Revocable Living Trust • Powers of Attorney Financial • Powers of Attorney Healthcare Wills • One Residential Trust Transfer Deed

No Charge for Notary Services • Prop 13 Protection

Long Term Care Government Benefits Planning

WILL ASSOCIATES

Richard H. Will
ELDER LAW ATTORNEY

Serving Seniors Since 1975

Avoid Probate — Call Today!

(916) 482-8897

1337 Howe Avenue, Suite 103 • Sacramento • www.willassociates.com

FINANCING AVAILABLE!

SMOG & AUTO CARE

WE ARE A TEST AND REPAIR FACILITY
We Work On European Cars, Diesels, Motor Homes And RV's

SE HABLA ESPAÑOL

SMOG SPECIAL

\$2995

+\$8.25 Cert.

Most 2000 and Newer Cars. No Appointment Necessary. Trucks, Vans, RV's and SUV's extra. Excludes diesels. Evap. Fee of \$10 may apply. See store for details.

SERVICES WE PERFORM:

- Timing Belts
- Brakes
- A/C
- Suspension
- water Pumps
- Head Gaskets
- Transmissions
- Fuel Pumps

- Smog Fail Diagnostic
- General Diagnostic
- Electrical Diagnostic
- Mechanical Diagnostic
- Preventative Maintenance
- Tune-ups

and more!

Special Lube & Oil

\$2495

Up to 5 Qts. Regular Oil. Additional Qts. \$3.98 extra. Synthetic extra. Diesel extra. Most Cars. See Store for Details. Not valid with any other offers.

Transmission Service

\$7995

Drain and fill up to 4 qts. Filter extra. Most Cars. See Store for Details.

Coolant Flush

\$4995

Most cars. Up to 1 gallon+hazardous waste fee. Additional fees may apply. See Store for Details.

Alignment

starting at

\$4995

Most cars. See Store for Details. Not valid with any other offers.

Battery, Alternator & Starter Check

FREE

Most cars. See Store for Details. Not valid with any other offers.

FREE Brake Check

With any service or repairs. Most cars. See Store for Details.

A/C Service

\$7995

Includes Freon up to 2lbs. Evacuate & re-charge system. R134 only. Not valid with any other offers. See Store for Details.

We Do Dealer Services 30k, 60k, 90k & More

10% OFF REGULAR PRICE

All makes and models. Must present coupon at time of service. See Store for Details.

FINANCING AVAILABLE

up to \$2500

Instant credit. No credit check. See Store for Details and ask how to qualify.

WE SELL NEW & USED TIRES GREAT PRICES!

USED TIRES - Starting at \$20 each plus mounting and balancing.
NEW TIRES - All major brands and sizes available. Call store for pricing. Complimentary tire maintenance when you purchase 4 new tires.

5851 Watt Ave (at Karl Drive), North Highlands, CA 95660

916-332-1603

Mon-Sat: 7:30am-5pm • Sun: 9am-3pm

Publisher, Paul V. Scholl

Citrus Heights Messenger is a member of Messenger Publishing Group

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Editorial5@mpg8.com.
Be sure to place in the subject field "Attention to Publisher".
If you do not have email access, please call us at (916) 773-1111.

Citrus Heights Messenger

Serving Citrus Heights and Sacramento County Since 2006

It is the intent of the *Citrus Heights Messenger* to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The *Citrus Heights Messenger* is not responsible for unsolicited manuscripts or materials. The entire contents of the *Citrus Heights Messenger* are copyrighted. Ownership of all advertising created and/or composed by the *Citrus Heights Messenger* is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to *Citrus Heights Messenger*, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$28 per year in Citrus Heights. *Citrus Heights Messenger* is published twice monthly. Call (916) 773-1111 for more information. (ISSN # 1948-1918).

We are proud members of these newspaper associations.

CALL A PROFESSIONAL

Business & Service Directory

LANDSCAPE SERVICES



Superior Landscape Services
Landscaping and Maintenance

- Sprinkler Repair/Install • Pruning
- Mowing/Trimming • Fertilizing

(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net

COMMERCIAL JANITORIAL SERVICES

FRANCHISE OPPORTUNITIES AVAILABLE



Anago
OF SACRAMENTO

The Superior Choice for Commercial Cleaning

Call to schedule your **FREE Quote**

916.782.3300 • www.ANAGOSAC.COM

Commercial Janitorial Service

CONCRETE LANDSCAPE SERVICE



CONCRETE LANDSCAPE SERVICES
Commercial/Residential

11151 TRADE CENTER DRIVE
SUITE 204
RANCHO CORDOVA, CA 95670
Ron Davis Bus Development
concretelandscapeservices.com

All concrete finishes including stamp, salt, sand, broom, expose aggregate

Ofc **(916) 688-1550**
Cel **(707) 280-5545**
Fax **(916) 682-1884**
Insured & Bonded

PARALEGAL SERVICES

Living Trust • Living Will

Includes: Trust, Will, Powers of Attorney, Family Residence Deed

Single \$450 • Couple \$495

Call Lynda K. Knight (916) 214-1215
1337 Howe Ave. Suite 103, Sacramento

DRUG AND ALCOHOL REHABILITATION



CLEAN & SOBER
LIVING
CSTL, Inc.

HELPING PEOPLE AND THE COMMUNITY WITH
THE ALCOHOL AND DRUG PROBLEM!
18 YEARS IN BUSINESS!

DETOX (916) 965-3386 SOBER LIVING (916) 961-2691

HOME OWNERSHIP

1st Time Home Buyer??



Charles Vines
Broker Associate
(916) 216-9349
DRE# 01789423

Me out



Scan QR Code to see YouTube Video

CONSTRUCTION SERVICES

Brasiel's Construction Company

Specializing in Residential Remodel and Repair

In addition to other services, we do bathroom remodels, kitchen remodels, pest report repairs and entire home makeovers.

Call for a free estimate:

Office Phone **(916) 725-4061** • Cell **(916) 745-2447**
E-mail garybrasiel@surewest.net
Website: www.brasielconstructioncompany.com

HORSE RANCH SERVICES



Hughes Horse Ranch

Providing Quality, Caring and Professional Horse Boarding in Carmichael since 1983

DRY STABLES AND RUN

\$200/MONTH
916.944.3119

- Large Covered Pipe Corral Stalls
- Individual, Secure Tack Lockers
- Horses Fed Alfalfa Twice Daily
- Automatic Water Systems
- Cement Wash Rack
- Riding, Grazing and Turn Out Pastures
- Arena • Trailer Storage
- Riding Distance to Ancil Hoffman Park

PET SITTING SERVICE

Professional, Loving PET CARE

Established Reputation
Kennel Free Environment
Lots of TLC

Call Madeline
(916) 723-1608

SOCIAL GROUPS

NEWCOMERS AND NEIGHBORS

New to the area? Want to liven up your social life?

Activities include Cards, Bunco, Movies, Book Reviews, Monthly Luncheons and more...

www.nngsa.org

HOUSE CLEANING SERVICES

Sparkle Clean Agency

Communication just as important as great cleaning



Ann Jackson, Owner

- Serving greater Sac since 1987
- Professional cleaners
- Detail oriented
- Floor cleaning on hands and knees
- Move ins/outs

Call for **FREE estimates**

916-483-2009
annspkcln@gmail.com
residentialcleaningsacramento.com



COMPUTER SERVICES

Zinsky's

PC Configurations
"Don't replace it - REPAIR IT!"

Custom Desktop Computer Configurations

- PC Repair • Home Wireless Networking
- Installations • Viri & Spyware Eradication

Alan Zinsky
Phone: **916-622-2269**
Zconfig@sbcglobal.net
Bus. Lic. # 305312 • B. E. A. R. Reg. #84416
www.zinskyspcrepair.com



GENERAL CONTRACTOR

A Retired General Contractor and Son

All Home Repairs

- Carpentry • Plumbing • Texture
- Kitchen and Bath Repair
- Tile Work • Painting
- Flooring - Linoleum and Wood

License # **684476** 25 Years in Citrus Heights

Call Tim at 916-495-6183

NOTARY SERVICE

Notary Public of the State of California

Professional, Quick, Easy and Affordable.



Theresa L. Kain
916.340.4350
TLKNotary4U@gmail.com
By Appointment Only.
Call or Email for Details.



Don't Have an Idea for Christmas??



Quick Quack CAR WASH

Why not give the Citrus Heights Messenger, Sunday Sacramento Bee AND a Quick Quack Car Wash for just \$28 for One year!

Send your check for \$28 and fill out the form below with the person you want to receive the gift!

YES! START MY SUBSCRIPTION NOW!

NAME _____

ADDRESS _____

CITY _____ ZIP _____

PHONE (____) _____ EMAIL _____ (OPTIONAL)

☐ * To opt-out of delivery of the Sacramento Bee, simply check this box

MAIL YOUR PAYMENT TO:
MESSENGER PUBLISHING GROUP
7144 FAIR OAKS BOULEVARD, SUITE 5
CARMICHAEL, CA 95608

CHM
*Some delivery restrictions may apply.

As a valued Citrus Heights Messenger subscriber, you receive the Sunday Sacramento Bee as part of your subscription. BOTH NEWSPAPERS FOR ONLY \$28 FOR 1 YEAR!

Offer available to new and current subscribers. To take advantage of this unique opportunity please call (916) 773-1111.

STATEPOINT CROSSWORD • MYTHICAL CREATURES

CLUES

ACROSS

- Gang
- "Back To The Future" actress
- Femme fatale
- Bader Ginsberg and Babe
- Like Mother Hubbard
- Small, olive-gray bird
- Abraham's sacrifice
- E.T. transporter
- It happens at a given place and time
- *Mythic oceanic temptress
- *Flying stallion
- Heat unit
- Doe's mate
- *Number of heads on Ravana in Hindu mythology
- Dripping faucet sound
- Worn by train station porter
- Done after you sow?
- Curved molding
- Voice of Lamb Chop
- Face-to-face exam
- Sham and such
- Highest point
- Flax flower genus
- Republic of Ireland
- Laughing on the inside via text
- Class action
- _____ a coin
- *A Cyclops does it out of only one eye
- Like a gossipmonger
- Last letter
- *Much-hunted ungulate
- *Only half man
- Green side
- Hole puncher
- *Witch's condemnation
- Serpentine
- Civilian aviation agency
- Utopia, e.g.
- One of three Rs
- Funerary vase
- Like kale and spinach greens

DOWN

- "_____ and proper"
- British river
- Night shooter
- Emotional punishment
- Protective embankment
- *Like the voice of mythic Greek Stentor
- *Pointy-eared creature
- Choose and follow
- _____ la Vida
- *God of war, son of Zeus
- Carte du jour
- Chef's vessel
- Chills on the couch
- Inuit shelter
- *A Hobbit's is slightly pointed
- Point out
- *Big-haired Scandinavian
- Like Halloween night
- Indian breads

CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12
13						14				15			
16						17				18			
19					20			21	22				
			23				24						
25	26	27		28		29		30		31	32	33	34
35			36		37			38		39			
40					41			42		43			
44				45		46				47			
48					49		50			51		52	
				53		54			55	56			
57	58	59	60				61				62	63	64
65						66	67			68			
69						70				71			
72						73				74			

Want The Best Deal On TV & Internet?

Call Now and Ask How!
1-800-318-5121

All offers require 24-month commitment and credit qualification. Call 7 days a week 8am - 1pm EST Promo Code: M862015 *Offer subject to change based on premium channel availability.

Get DISH!

promotional prices starting at only...
\$19.99/mo. for 12 months.

ADD HIGH-SPEED INTERNET \$14.95/mo. where available.

dish AUTHORIZED RETAILER

GOT KNEE PAIN?

Get a Pain-Relieving Knee Brace At Little or No Cost to You. You May Qualify for Free Shipping. We Offer All The Support: Shoulder Braces, Ankle Braces, Back Braces Also Available.

Medicare Patients Call Us Right Now
1-800-984-0360

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

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 7

Delivery Routes Available
Call 773-1111

Come back every week for Crossword and Sudoku!

Adoption

PREGNANT? CONSIDERING ADOPTION? Call us first. Living expenses, housing, medical, and continued support afterwards. Choose adoptive family of your choice. Call 24/7. 1-877-879-4709 (Cal-SCAN)

Announcements

Hot Flashes? Women 40-65 with frequent hot flashes, may qualify for the REPLENISH Trial - a free medical research study for post-menopausal women. Call 855-781-1851 (Cal-SCAN)

DID YOU KNOW 144 million U.S. Adults read a Newspaper print copy each week? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6019 or email elizabeth@cnpa.com (Cal-SCAN)

DID YOU KNOW 7 IN 10 Americans or 158 million U.S. Adults read content from newspaper media each week? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6019 or email elizabeth@cnpa.com (Cal-SCAN)

EVERY BUSINESS has a story to tell! Get your message out with California's PRMedia Release - the only Press Release Service operated by the press to get press! For more info contact Elizabeth @ 916-288-6019 or http://prmediarelease.com/california (Cal-SCAN)

Antiques/Collectibles Wanted

Old Railroad Items Wanted: lanterns, locks, china, paper, etc. Call (916) 663-2463 (MPG 12-31-15)

Old Porcelain Signs Wanted: oil, gas, highway, RR, etc. Call (916) 663-2463 (MPG 12-31-15)

Wrist Watches, Pocket Watches, Costume Jewelry Cash Paid and will pick up
Call (916) 991-7850 or (916) 607-7890

Autos Wanted

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-656-1632 (NANI)

CARS/TRUCKS WANTED! Top \$\$\$\$ PAID! Running or Not, All Years, Makes, Models. Free Towing! We're Local! 7 Days/Week. Call Toll Free: 1-888-416-2330 (NANI)

Donate Your Car to Children's Cancer Victims Today! Help and Support ACCF! Fast - FREE pick up. 100% tax deductible. Call 1-800-258-1429 (NANI)

I buy old Porsche's 911, 356, 1948-1973 only. Any condition. Top \$\$ paid. Finders Fee. Call 707-965-9546 or email porsche-classics@yahoo.com (Cal-SCAN)

A-1 DONATE YOUR CAR FOR BREAST CANCER! Help United Breast Foundation education, prevention, & support programs. FAST FREE PICKUP - 24 HR RESPONSE - TAX DEDUCTION 855-246-2246 (NANI)

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 800-731-5042. (Cal-SCAN)

Donate Your Car to Veterans Today! Help and Support our Veterans in need. Fast - FREE pick up. 100% tax deductible. Call 1-888-830-6173. (Cal-SCAN)

Got an older car, boat or RV? Do the humane thing. Donate it to the Humane Society. Call 1- 800-743-1482 (Cal-SCAN)

Bathroom or Kitchen Remodeling

WAIT! Before You Spend MORE to Get LESS Call (916) 798-8388 License No. 998108 (MPG 11-13-15)

Business Opportunity

MAKE MONEY Online! "Work From Home" \$1,000 per day Informative Video at: www.OLcashFLOW.com

Business Services

I Will Ghostwrite Your Memoirs or personal Story. Professional writer of 30 published books. Guaranteed Quality Services www.ProfessionalWriterJayNorth.com Free Consultation Jay North 805-794-9126 (Cal-SCAN)

Cable/Satellite TV

Dish Network - Get MORE for LESS! Starting \$19.99/month (for 12 months.) PLUS Bundle & SAVE (Fast Internet for \$15 more/month.) CALL Now 1-800-357-0810. (Cal-SCAN)

DIRECTV Starting at \$19.99/mo. FREE Installation. FREE 3 months of HBO SHOWTIME CINEMAX starz. FREE HD/DVR Upgrade! 2015 NFL Sunday Ticket! Clouded (Select Packages) New Customers Only. CALL 1-800-614-8506 (NANI)

DIRECTV Starting at \$19.99/mo. FREE Installation. FREE 3 months of HBO SHOWTIME CINEMAX, STARZ. FREE HD/DVR Upgrade! 2015 NFL Sunday Ticket! Included (Select Packages) New Customers Only. CALL 1-800 385-9017 (Cal-SCAN)

Career Training

AIRLINE CAREERS. Get FAA approved maintenance training at campuses coast to coast. Job placement assistance. Financial Aid for qualifying students. Military friendly. Call AIM 888-686-1704 (NANI)

MEDICAL BILLING TRAINEES NEEDED! Train at home to process Medical Billing & Insurance! **NO EXPERIENCE NEEDED!** Online training at Bryan University! HS Diploma/GED & Computer/Internet needed. 1-888-734-6711 (NANI)

Career Training

25 DRIVER TRAINEES NEEDED! Become a driver for Stevens Transport! **NO EXPERIENCE NEEDED!** New drivers earn \$800+ per week! **PAID CDL TRAINING!** Stevens covers all costs! 1-888-734-6714 drive4stevens.com (NANI)

Cemetery / Funeral

Crypt 40, Tier 4
Carmel East, \$9,000, East Lawn Feb 40 Memorial Park, quiet location, beautiful marble, low price, Sacramento, CA. Please contact between 8am-5pm (916) 410-0862 (MPG 11-30-15)

Niche, glass front, Sierra Hills - East Lawn on Greenback Lane \$2,600 (916) 944-1548. (MPG 11-16)

Child Care

Child care and Pre-school, with a lot of TLC. Kindergarten readiness, structure learning, activities, and field trips. Please call Ms. Linda (916) 879-3519

Computer Service

VERNON'S COMPUTER SERVICE
Any Computer - Any Service 24hrs/7days-Low Prices! 916-339-3738 (MPG 12-31-15)

Dry Wall Repair
Quality dependable work, 40 years experience, small jobs specialty, Jim Walker LIC #612936 Call (916) 333-9174 (10-30-15)

Electrical Services

RETIRED MASTER ELECTRICIAN, problem solver! 30 yrs experience, senior discounts, Save big - don't replace panel - rebuild it. Lic.# 513168, **916-595-3052** (MPG 12-31-15)

Financial Services

SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-966-1904 to start your application today! (Cal-SCAN)

Reduce Your Past Tax Bill by as much as 75 Percent. Stop Levies, Liens and Wage Garnishments. Call The Tax DR Now to see if you Qualify. 1-800-498-1067. (Cal-SCAN)

Sell your structured settlement or annuity payments for CASH NOW. You don't have to wait for your future payments any longer! Call 1-800-673-5926 (Cal-SCAN)

For Sale

WICKER SET - white - two rockers, love seat, coffee table. Good condition \$200. 916 481-2533 (MPG 12-11-15)

Older Ford parts, includes front suspension parts - new Ford 1966 Ranchero Falcon \$250. 916 481-2533 (MPG 12-11-15)

Health & Medical

OVERWEIGHT? We have helped thousands of people across the USA since 1980. Guaranteed products, 100% money-back if not satisfied. Call Linda or Frank. (800) 319-5558 or www.WeBeSlim.com (SWAN)

Stop OVERPAYING for your prescriptions! Save up to 93%! Call our licensed Canadian and International pharmacy service to compare prices and get \$15.00 off your first prescription and FREE Shipping. Call 1-800-356-4170 (SWAN)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 93% on all your medication needs. Call today 1-800-273-0209 for \$10.00 off your first prescription and free shipping. (Cal-SCAN)

Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-relieving brace - little or NO cost to you. Medicare Patients Call Health Hotline Now! 1- 800-796-5091 (Cal-SCAN)

Stop OVERPAYING for your prescriptions! Save up to 93%! Call our licensed Canadian and International pharmacy service to compare prices and get \$15.00 off your first prescription and FREE Shipping. 1-800-273-0209 (Cal-SCAN)

Handyman

QUALITY LABOR & MAINTENANCE
Yard Work, Hauling, Gutter Clean, Odd Jobs
You Name It!
(916) 613-8359

Help Animals

SPCA Thrift Shop Helpless animals need your donations. The Real Non-Profit. Will pick up. Call 916-442-8118. 1517 E Street for donations-10-4pm (MPG)

Help Wanted

Housekeeper in Watt and Marconi area needed for 4-5 hrs per week. Please call JJ at 916 481-5558. (MPG 12-11-15)

AIRLINE CAREERS start here - Get FAA approved Aviation Mechanic training. Financial aid for qualified students. Job placement assistance. Get started by calling AIM now 888-216-1687 (SWAN)

ATTN: Drivers - Average \$1000+ p/wk! Fleet Avg 1.5 yrs, 100% APU, \$500 Holiday Bonus. Home For Christmas! CDL-A Req - (877) 258-8782. www.drive4milton.com (Cal-SCAN)

Make \$1,000 Weekly! Paid in Advance! Mailing Brochures at Home. Easy Pleasant work. Begin Immediately. Age Unimportant. www.MyHomeIncomeNow55.com (NANI)

Help Wanted

DRIVERS - No experience? Some or LOTS of experience? Let's Talk! No matter what stage in your career, it's time. Call Central Refrigerated Home. 888-891-2195 www.CentralTruckDrivingJobs.com (Cal-SCAN)

Help Needed

I need a backyard fence installed. Please call **916 782-3183** (12-15)

Home Maintenance

A Quality Home Maintenance
Gutters Cleaned
By Gutter Dog
(916) 613-8359

Inhome Childcare

Nenes Smart Start
Small in-home Childcare M-F 7AM-6PM. Infant thru 5 Preschool certified Licensed & Insured, (916) 723-3342 collier@siurewest.net

Insurance/Health

Lowest Prices on Health & Dental Insurance. We have the best rates from top companies! Call Now! 888-989-4807. (Cal-SCAN)

Legal / Public Notice

DID YOU KNOW Information is power and content is King? Do you need timely access to public notices and remain relevant in today's highly competitive market? Gain an edge with California Newspaper Publishers Association new innovative website capublicnotice.com and check out the Smart Search Feature. For more information call Elizabeth @ (916) 288-6019 or www.capublicnotice.com

Legal Services

DID YOU KNOW Information is power and content is King? Do you need timely access to public notices and remain relevant in today's hostile business climate? Gain the edge with California Newspaper Publishers Association new innovative website capublicnotice.com and check out the FREE One-Month Trial Smart Search Feature. For more information call Elizabeth @ (916) 288-6019 or www.capublicnotice.com (Cal-SCAN)

Medical Supplies / Equipment

Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 800-799-4811 for \$750 Off. (Cal-SCAN)

CPAP/BIPAP supplies at little or no cost from Allied Medical Supply Network! Fresh supplies delivered right to your door. Insurance may cover all costs. 800-421-4309. (Cal-SCAN)

Life Alert. 24/7. One press of a button sends help FAST! Medical, Fire, Burglar. Even if you can't reach a phone! FREE Brochure. CALL 800-714-1609. (Cal-SCAN)

Moving Services

STEADY MOVES
You rent the truck... we will make sure it is loaded/ unloaded PROFESSIONALLY! (Lic#322945) **916-206-3183.** Email msmith2661@comcast.net (MPG 12-04-15)

Miscellaneous

LEARNING TO READ can be both fun and educational. Learn more about this wholesome farm book, Richard the Donkey and His LOUD, LOUD Voice at www.RichardTheDonkey.com (NANI)

Make a Connection. Real People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: 1-877-737-9447. 18+ (NANI)

DIRECTV \$19.99 month 145+ Channels! FREE HBO Cinemax Showtime Starz! FREE HD/DVR! FREE NFL Sunday Ticket! Local Installers! 1-800-342-1458 (NANI)

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-800-217-3942 (NANI)

NCL CRUISE SPECIAL Pick one - FREE Unlimited Beverages / FREE Specialty Dining / FREE WIFI / Free Shore Excursions! Hurry, limited time offer. Call for full details 877-270-7260 or go to NCPtravel.com (NANI)

SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-290-8321 to start your application today! (NANI)

DIRECTV starting at \$24.95/mo. Free 3-Months of HBO, starz, SHOWTIME & CINEMAX FREE RECEIVER Upgrade! 2014 NFL Sunday Ticket Included with Select Packages. Some exclusions apply - Call for details 1-800-647-1163 (SWAN)

Dish TV Retailer - SAVE! Starting \$19.99/month (for 12 months.) FREE Premium Movie Channels. FREE Equipment, Installation & Activation. CALL COMPARE LOCAL DEALS! 1-800-341-7308 (SWAN)

Music Lessons

Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. freddiebbalbert1@yahoo.com. 530-263-6926 (MPG 12-31-15)

GUITAR LESSONS
Beg. - Adv. GIT grad. Call for prices. 916 723-7021 (MPG 11-27-15)

Personals

MEET SINGLES RIGHT NOW! No paid operators, just real people like you. Browse greetings, exchange messages and connect live. Try it free. Call now 1-800-945-3392. (Cal-SCAN)

Find the love you deserve! Discover the path to happiness. New members receive a FREE 3-minute love reading! Entertainment purposes only. 18 and over. 800-639-2705 (Cal-SCAN)

Pets/Animals

DOG RESCUE
Gary (916) 334-2841
Please Adopt or Foster Because so many really great dogs are dying for a good home... **ShelterMOU @hotmail.com**

Room for Rent

15x18 private bathroom and closet with mirror \$600.00 a month. Please call 916 541-2744 (11-27-15)

Sprinkler Repair
Water Conservation Tech. 30 year Journeyman Plumber Sprinkler repairs valves/ Sprinkler clocks-Drip Systems-Plumbing Email: water.conserva916@yahoo.com

Call Mike (904) 515-8715 (MPG 11-27-15)

Tractor Work

TALL WEEDS, blackberrys cut, dirt moving, discing, trenching, rototill, bobcat backhoe. Dave #571637 916-988-3283 (MPG 12-31-15)

Want to Buy

CASH PAID ON THE SPOT FOR YOUR EXTRA DIABETIC TEST STRIPS UP TO \$30 PER BOX!

We buy One Touch and most brands. For FAST LOCAL PICK-UP please call Rachel (916) 505-4673 (MPG 10-03-15)

Want To Purchase Minerals And Other Oil/Gas Interests. Send Details To: PO Box 13557, Denver CO 80201. (NANI)

EXTRA DIABETIC TEST STRIPS? I Pay Top Dollar! 1-Day Fast Payment Guaranteed Up To \$60/Box! FREE Shipping! www.CashNowOffer.com 1-888-210-5233 Use Code: CashNOW! (NANI)

Wrist Watches, Pocket Watches, Costume Jewelry Cash Paid and will pick up
Call (916) 991-7850 or (916) 607-7890

CASH FOR DIABETIC TEST STRIPS!! Don't throw boxes away - Help others. Unopened / Unexpired boxes only. All Brands Considered. Call Anytime! 24hrs/7days (888) 491-1168 (Cal-SCAN)

Work Wanted

Anytime hauling, house, yard, clean outs, spa, deck, concert, anything anytime 916-271-3365

Caregiver/Companion, live-in or hourly. Lots of experience, please call 916-612-8029 (11-20-15)

I do pruning, weeding and planting, interior painting, garage and house cleaning. And de-cluttering and organizing. I transport to medical, other appointments, shopping etc. and errands. No job to small. Health and Security background. References. College grad. Tim 916-334-8903, 503-460-7149. (MPG 10-31-15)

Yoga

Your Fitness Genie
Making Your Fitness Goals Come True!
15 Years of Experience
• Weight Loss • Injury Recovery • Senior Fitness • Yoga • Pilates
Safe, Effective, Functional Resistance Training
Be Active, Call Today! Jenn@YourFitnessGenie.com (916)768-8767

GOT LOCAL NEWS?
Call 773-1111
MPG

Sudoku Puzzle on Page 6

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

Help Wanted / Drivers

Drivers: Local, Home Nightly! Sacramento Flat-bed Openings. Great Pay, Benefits! CDL-A, 1yr Exp. Req. Estenson Logistics Apply www.goelc.com 1-855-561-7645 (11-27-15)

For Sale

Store Owners or want to be Owners
Have merchandise to stock two small rooms or one large room Most all new merchandise, Six foot steel shelving Call to come and see make offer Will help you pack West Sacramento Area **Serious buyers only** 916-214-9164 (11-27-15)

Heating & Air

VICTORIA HEATING & AIR CONDITIONING

Lic#877379
Over 10 Years of Experience
We Provide **SERVICE, REPAIR, CHANGE OUT AND NEW INSTALL**
• Easy • Fast Response • Reasonable Price
• We offer a **Special \$50 Diagnostic Fee**
• We will tell you what is wrong with your unit and how much it will cost to fix your unit before we begin work
• Each project is confirmed in writing and one year warranty
• OR, new unit installed with 5 to 10 years warranty
So Don't Wait! Call Us At (209) 338-4475 or (916) 474-0173 (MPG 12-31-15)

FRANCHISE OPPORTUNITIES

Anago
The Superior Choice For Commercial Cleaning
• Own your own business
• Leave your day time job
• Work a few hours at night
• Local support, training, and financing
• Guaranteed accounts
• Attain \$1k - \$25k in monthly revenue
• As low as \$1000 down

Ranked top 100 fastest growing franchises in America - Entrepreneur Magazine

Anago of Sacramento
916.782.3300
www.ANAGOSAC.COM

First Time Buyers

Why rent when you can own?
Free list w/pics of homes available for under \$1,500/month*.
Livewithoutrent.net

Free recorded message 1-866-226-7552 ID# 1043 BRE# 00605628

Do You Want to Know What Your Home is Worth?

Home Values Have Increased Over 30% in our Area in the Last Year!

Call Now for a FREE Market Analysis of Your Home (916) 992-9922
Dare & Associates Real Estate License #01228753 (MPG 10-30-15)

LEGAL ADS FOR SACRAMENTO COUNTY? We Can Do That!

Call 483-2299

WE SUPPORT OUR MILITARY

BEST JOB IN THE WORLD
Funeral Professionals Wanted
• A variety of part-time positions available with flexible hours.
• Equal Opportunity Employer

Apply in person at 5757 Greenback Lane, Sacramento, CA 95841 or email your resume to: mikes@eastlawn.com

Bob's BASEBALL TOURS
See 5 MLB games in 10 Days: Kansas City Royals, Texas Rangers, Houston Astros, Atlanta Braves & Cincinnati Reds!
We will also attend the College World Series & have a free day in New Orleans June 18-27, 2016 \$2,050/person based on double hotel occupancy \$2,095/person
Coach Bus Trip, Nice Hotels & Quality Game Tickets
For FREE Brochure please call (507) 627-2722. If no answer, please please spell name & clearly leave address.

AIRLINE CAREERS START HERE
Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance
866-231-7177

LET US SAVE YOU TIME & MONEY
REACH 75+ MILLION READERS WITH ONE ORDER, ONE BILL!
Community Classified 25 words/245+ papers 1x \$650 Statewide \$435 North/\$485 South
Daily Classified 25 words/41 papers/7 days 7 days \$995 \$650 North/\$650 South
CLASSIFIED COMBO 25 words/282+ papers 8 days \$1,270 Statewide
DISPLAY - Community Newspapers 140+ papers 1x \$1,600 2x2 Statewide; \$1,240 2x2 No.; \$1,240 2x2 So.
CALIFORNIA NEWSPAPERS DELIVER!
More info: Call (916) 288-6011; email cecelia@cnpa.com

Classified Advertising
Sell Your Stuff! Reach 1000's of Readers Every Week!
MPG
773-1111

NOTICE TO READERS
California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.
DISCLAIMER
Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

Donate A Boat or Car Today!
BoatAngel
"2-Night Free Vacation!"
1-800-CAR-ANGEL
www.boatangel.com
sponsored by boatangel outreach centers STOP CRIMES AGAINST CHILDREN

Specialties Plus
• Machine Repairs (all makes and models)
• Toner Cartridge Refills (using Cartridge World? Take 1.0% off their price & try mine)
• Free Cleaning (with our cartridge)
• Service Contracts (monthly or yearly)
• Lease or Rent
• High Volume Copying (save wear & tear on your machine)
• We are Local
Specializing in Digital Printers, Copiers, Fax & Multifunction

So-Called “Nonviolent Second-Strikers” Get Early Prison Release

**District Attorney’s Office
Special Release**

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County District Attorney’s Office will begin posting on its website information about “nonviolent second-strike offenders” who have been granted early release from prison.

After a federal court ordered California to reduce prison overcrowding, a number of measures were put into place that result in early prison releases, including early parole consideration for individuals characterized as “nonviolent second-strikers.” In order to qualify, inmates must not currently be serving a sentence for a crime that is legally categorized as a “violent felony” and must not be required to register as sex offenders.

Starting January 1st, 2015, the Department of Corrections and Rehabilitation (CDCR) began a new early parole determination process, evaluating “nonviolent second-strikers” for parole once they have served only 50 percent of their sentence or are within 12 months of having served 50 percent of their actual sentence. Upon receipt of inmate names from CDCR with a recommendation for release, the Board of Prison Hearings conducts an administrative review to determine if the inmate should be released from prison or retained for the term otherwise prescribed by law. The Board determines whether an offender would pose an unreasonable risk to public safety based on criminal history, behavior in prison, rehabilitation efforts, and written statements.

The Sacramento District Attorney’s Office takes an active role in evaluating these cases and writes letters to the Board with an overview of the inmate’s criminal history, an opinion regarding the public safety risk posed by the

inmate, and the appropriateness of an offender’s early release.

As of November 13th, 2015, 72 inmates sentenced from Sacramento County have been granted early prison releases. Many of these offenders have violent and lengthy criminal histories. Examples of these early releases include:

Victor “Chunky” Montez – A known gang member with a violent criminal history including voluntary manslaughter, assault with a deadly weapon, and resisting arrest as well as drug transportation/possession and ammunition possession convictions. He was also found to be in possession of a large cache of firearms. Montez has been in and out of prison since the 1980s, violating parole seven times.

Deshawn Fisher – Prior convictions include voluntary manslaughter. In the prior offense, Fisher and his co-defendant tried to rob a group of men at gunpoint as they played cards in front of a house. Two men were shot, one died. In prison, Fisher committed battery on inmates, participated in riots, engaged in mutual combat, and threatened an officer’s life among other violent behavior. He violated parole twice by being in possession of firearms, ammunition, and drugs.

James Allen West – Committing offense is assault with a deadly weapon by means of force likely to cause great bodily injury. West beat the victim unconscious, punching and kicking him in the head wearing steel-toed boots. Past convictions include violent assaults and battery with serious bodily injury. One victim was a 75-year-old woman. West beat the other victims until they were unconscious.

Willie C. Harris – Multiple felony convictions, including a 1985 first-degree burglary strike offense. Since 1999, Harris has

had seven DUI and driving with a suspended license convictions and a reckless DUI conviction. His committing offense was felony DUI where his blood alcohol level was .17, more than twice the legal limit. At the time of that offense, he was on parole for a 2008 DUI conviction where he had a .19 blood alcohol level.

Vanessa Santos – Prior convictions include two assaults with a deadly weapon. Santos stabbed one victim in the arm with a knife. Nine days later, she stabbed another victim in the leg with a knife and kicked the victim repeatedly when she was on the ground, causing great bodily injury. Santos was most recently convicted for driving recklessly through a residential area with willful disregard in an attempt to evade officers.

Kevin James Rodriguez – Since 2001, Rodriguez has been convicted of felony domestic violence, felony assault with a deadly weapon and stalking charges, and false imprisonment. He stalked, harassed, and abused his girlfriend. He chased her down with his car, almost causing her to crash, and held her and her daughter hostage in their own home, terrorizing them. In 2013, he was a parolee-at-large and led police on a high speed chase with wanton disregard for the safety of the public or officers.

“It’s important for the public to be aware of these so-called nonviolent offenders being released early from prison into our neighborhoods, as many of them pose a danger to our community,” said District Attorney Anne Marie Schubert. “Our office will continue to provide information that affects public safety and the interest of justice.” The Early Prison Releases webpage can be found at www.sacda.org/early-prison-releases.

Source: Sacramento County District Attorney’s Office ★

5 Year FIXED RATE Home Equity Line of Credit Loan

4.25% Initial APR*

CHECK THE EL DORADO ADVANTAGE:

- ✓ **FIXED RATE** for 5 Years
- ✓ **Local Processing & Servicing**
- ✓ **No Closing Costs** on Qualifying Transactions
- ✓ **Flexibility and Convenience**
- ✓ **Have Funds Available** for Current and Future Needs
- ✓ **Home Improvement, Debt Consolidation, College Tuition**
- ✓ **Interest May be Tax Deductible** (Please consult your tax advisor)



EL DORADO SAVINGS BANK

Serving our local communities since 1958

www.eldoradosavingsbank.com

CITRUS HEIGHTS • 7895 Lichen Drive • 729-1100

Se Habla Español • 800-874-9779

Member
FDIC



*The initial Annual Percentage Rate (APR) is currently 4.25% for a new Home Equity Line of Credit (HELOC), and is fixed for the first 5 years of the loan which is called the draw period. After the initial 5 year period, the APR can change once based on the value of an Index and Margin. The index is the weekly average yield on U.S. Treasury Securities adjusted to a constant maturity of 10 years and the margin is 3.50%. The current APR for the repayment period is 5.875%. The maximum APR that can apply any time during your HELOC is 10%. A qualifying transaction consists of the following conditions: (1) the initial APR assumes a maximum HELOC of \$100,000, and a total maximum Loan-to-Value (LTV) of 70% including the new HELOC and any existing 1st Deed of Trust loan on your residence; (2) your residence securing the HELOC must be a single-family home that you occupy as your primary residence; (3) if the 1st Deed of Trust loan is with a lender other than El Dorado Savings Bank, that loan may not exceed \$200,000 and may not be a revolving line of credit. Additional property restrictions and requirements apply. All loans are subject to a current appraisal. Property insurance is required and flood insurance may be required. Rates, APR, terms and conditions are subject to change without notice. Other conditions apply. A \$375 early closure fee will be assessed if the line of credit is closed within three years from the date of opening. An annual fee of \$50 will be assessed on the first anniversary of the HELOC and annually thereafter during the draw period. Ask for a copy of our “Fixed Rate Home Equity Line of Credit Disclosure Notice” for additional important information. Other HELOC loans are available under different terms.

California
MENTOR
Family Home Agency

Share your heart.
Share your home.
Become a **Mentor** today.

California MENTOR’s Family Home Agency is seeking adult foster families with a spare bedroom to support an individual with special needs. Receive up to \$3,800 a month and ongoing support.

Information Sessions held:

Tuesdays at 11 a.m. and
Thursdays at 4 p.m.

7801 Folsom Blvd. | Suite 375
Sacramento | CA 95826

We provide education, multiple supports, monitoring and the opportunity to work independently from home.

Contact a Recruiter today at (916) 383-9785 ext.15
www.MentorsWanted.com

WE’RE NEWLY REMODELED...COME CHECK US OUT

Kelly’s
The UPS Store®
and more!

Authorized Centers for

We PACK,
We TRACK,
We make it EASY!

Locally Owned & Operated
www.theupsstorelocal.com/2503

7405 Greenback Ln., Citrus Hts.
(corner of Greenback & San Juan)

916-725-1345

GREENBACK

Ask about our real address
Mailbox Specials!

5% Off Shipping
Domestic & International (UPS only)
Wed. & Thurs. ONLY. Good only at this Citrus Heights location:
7405 Greenback Lane • (916) 725-1345 • Exp. 12/4/15

ALL SHREDDING
Only **49¢/lb.** LARGE QTY. DISCOUNTS.
PICK-UP AVAILABLE. CERTIFIED SHREDDING.
ESTATE DOCUMENTS, DOCUMENT DESTRUCTION, SECURE
Good only at this Citrus Heights location: 7405 Greenback Lane (916) 725-1345 • Exp. 12/31/15

6 Months FREE Mail Box Service
WITH ONE YEAR PURCHASE for a REAL ADDRESS MAILBOX WITH EMAIL ALERTS & PACKAGE RECEIVING FROM ALL CARRIERS
NEW CUSTOMERS ONLY. Good only at this Citrus Heights location:
7405 Greenback Lane • (916) 725-1345 • Exp. 12/24/15

\$4 OFF Fingerprinting or Notary
TAKE \$4 OFF ONE DOJ LiveScan REQUEST APPLICATIONS OR INKED FBI FD-258 CARDS
Good only at this Citrus Heights location:
7405 Greenback Lane (916) 725-1345 • Exp. 1/16/16

STOP AGING!

Turn Back Time!
Latest Technology for
Custom Dentures

Mention this Ad to Receive up to
\$500 OFF Your Custom Dentures

Ask About Special Financing Options
to Help you Get the Smile You Deserve

Free Consultation or 2nd Opinion
(916)966-6060

6600 Mercy Court, Suite 200, Fair Oaks, CA 95628

GDAVIDSONDDS.COM



Before



After

Free Yourself from Payroll



Specializing in franchises and small businesses,
we offer comprehensive and intuitive payroll
that’s perfect for any size business -
from 1 employee to 100’s.

- Direct Deposit
- File Quarterly Taxes
- Pay Payroll Taxes
- Accrual Tracking
- Reporting and Filing
- Payroll App
- And More

Call Now
and Receive
One Month of
Payroll Processing
FREE!*

PINNACLE
EMPLOYEE SERVICES
HR | Payroll | Benefits

Call Now 916.760.7227
www.pinnaclehro.com

*Offer valid for new PES clients only.

BAUER car wash

Monday - Saturday 8:30-5 • Sun 9-4



5927 San Juan Ave
Between Madison & Greenback
Citrus Heights • 916-967-3083

We Accept All Competitors’ Coupons

Locally Owned & Operated
Professional Auto Detailing

No Extra Charge For Trucks, Vans
or SUVs That Accomodate Our
Automatic Car Wash

\$3.00 OFF Any Car Wash

BAUER San Juan Car Wash
Citrus Heights • 916-967-3083
Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 12/31/15

\$5.00 OFF Any Car Wash Package

BAUER San Juan Car Wash
Citrus Heights • 916-967-3083
Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 12/31/15

Kiosks Make DMV a Breeze

Four Million Transactions Completed on Self-Service Terminals

SACRAMENTO REGION, CA (MPG) - The California Department of Motor Vehicles (DMV) announced today that four million transactions have been completed on Self-Service Terminals (SSTs) since these convenient terminals were placed in the field offices in 2010. Today, customers can find an SST in 50 DMV field offices across the state.

“Self-Service Terminals offer customers an easy way to renew their registration and immediately receive their registration card and license plate tags at the same time,” said DMV Director Jean Shiomoto. “No appointment is necessary to use these terminals which makes them increasingly popular.”

The blue and gold kiosks use touchscreen technology which allows customers to renew their vehicle registration or file for Planned Non-Operation Status without waiting in line. Customers must bring in the renewal notice



The blue and gold DMV kiosks use touchscreen technology which allows customers to renew their vehicle registration or file for Planned Non-Operation Status without waiting in line.

the DMV sends them in the mail or their current registration card to complete the transaction. The SST accepts payments by cash, electronic check, credit, or debit card. The SST is as easy to use as an ATM and instructions are available in English and Spanish.

The full list of the 50 DMV field offices with SSTs is available on DMV’s website: https://www.dmv.ca.gov/portal/dmv/detail/fo/fo_sst/.

The SST is just one way customers can renew their registration, they can also go online at www.dmv.ca.gov, mail it in, or by phone at (800) 777-0133.

Source: DMV ★

Veterans Day Service Honors the Fallen

Continued from page 1

their patriotic songs including the military branch medley and “The Battle Hymn of the Republic.”

MacGlashan said Sacramento County is always anxious to help its veterans. The Veterans Services Office was established in 1946 to determine and obtain benefits for veterans by working with the county, Veterans Administration, and with state and local government to direct them to the correct places to obtain benefits. A new program to work with homeless veterans, Sac Steps Forward has been established. The first goal to be met by the end of 2015—to find housing for the 668 homeless vets—has almost been met.

Chief Christopher Boyd spoke of his pride in the veterans on the force. CHPD officers who are military veterans wear a special pin presented to them

when hired.

Mayor Sue Frost spoke on behalf of the city council, congratulating our local vets for their courage, creativity, gifts of service to our community, and to the police and to all other organizations that support them.

American Legion Commander Paul Reyes quoted poet Maya Angelo, “How important it is for us to recognize our heroes and our ‘she-ros,’ including all the women who have fought and worked to service and protect their country.” He noted that “we give thanks to the 24 million Americans who strengthen our nation. Our veterans are drawn from many generations and many backgrounds no matter where they fought, and have contributed to the character and greatness of America. And we honor a new generation of men and women who are defending our freedom. Since Sept.

11th, 2001, they have fought on many fronts. More than 1.4 million are on active duty around the world. From Valley Forge to Vietnam, from Kuwait to Kandahar, from Berlin to Baghdad, our vets have borne the cost of America’s wars.”

Finally, Master of Ceremony Jim Monteton emphasized that since 1775—239 years ago—with the signing of the Declaration of War (Independence) and from Valley Forge until today, our young men and women have maintained the same optimism and belief that they are doing something worthwhile that George Washington’s ragtag army showed to win their battle.

Following the ceremony, the Sons of Union Veterans of the Civil War gave the rifle salute. They are all descendants of someone who fought in the Civil War. ★



Lisa West
Community Outreach Director

☎

Cremation is on the Rise

Memorial Parks Mortuaries & Crematory



By Lisa West

If you haven’t already heard, cremation is on the rise. According to reports from CANA (Cremation Association of North America) in California cremation is more than 55%. In Sacramento County it is reportedly as high as 65% and in the State of Nevada, it is the highest in the nation at 72%.

The reasons people are choosing cremation vary from person to person. If you asked 50 people why they chose cremation, you’d get 50 different answers. What’s important to know is that cremation services also vary widely. You have the cremation societies or cremation storefronts that advertise cremation as low as \$599. And at a funeral home you may be quoted anywhere from \$1,500 to \$3,000.

The best advice I can give you is to be sure you are comparing apples to apples. Some low-cost cremation companies do not include certain services in their price that you might expect to be standardized, such as pick up and transfer of your loved one from their home or a hospital upon their passing. That fee could be extra.

Another concern you should consider is whether or not the cremation provider can guarantee the cremated human remains of your loved one will be available for the funeral service. Some

cremations are “sub-contracted out” to another vendor and the cremation provider may not be able to guarantee you a date when they will be returned. This is because they do not own their own crematory and have no control over when and where the cremation takes place.

If possible, it is wise to try and use a funeral home or cremation provider which owns their own crematory. That way your loved one never leaves their care and is never shipped to another county or city for cremation.

Ask if the funeral home has a Cremation Code of Ethics on their website that you can view to find out exactly what their cremation procedures and policies are before making your decision. You can also check with the State of California Department of Consumer Affairs to make sure they have had no violations and that their staff is trained and certified for cremation.

Taking these steps can be very important to ensuring you or your loved one are in the best hands possible when choosing cremation.

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. ★


www.EastLawn.com

Sacramento Hospice.com

Hospice Resources
Patient Needs
Caregiver Needs

Earn \$200 per month for just a few hours delivery work per week! CALL 773-1111





Special Offer: CEMETERY PROPERTY

No Opening & Closing Fees on Advance of Need Property

EAST LAWN
Memorial Park & Crematory
















4300 Folsom Blvd.,
Sacramento, CA 95819
Tel 916.732.2000

EAST LAWN
Sierra Hills Memorial Park & East Lawn Mortuary

5757 Greenback Lane,
Sacramento, CA 95841
Tel 916.732.2020
Lic. #FD-1242

EAST LAWN
Elk Grove Memorial Park & Mortuary

9189 E. Stockton Blvd.,
Elk Grove, CA 95624
Tel 916.732.2031
Lic. #FD-1455

 Lori Osborne	 Claudia Taylor	 Jane Filetic	 Brian Baker	 Kim Matthews
 Rick VandenHoek	 Matthew DeGuero	 Lori Heald	 Jerry Govier	 Steve Moore
 Jeran Je	 Lynn Ellsworth	 Liz Gentile	 Chris Gaisford	 Matt Brennan

Each time a memorial space is physically opened or closed, families are charged a fee for the labor. From Black Friday through 12/31/2015, East Lawn will waive this fee on all purchases that are for advance of need. This is up to a \$795 per person value*.

We offer:
Full Graves
Mausoleum Crypts
Cremation Spaces

Bring this ad to receive this special offer!
* Offer good from 11/27/15 through 12/31/15 on pre-need property only.



www.EastLawn.com

FD#1242

Holiday Music Close to Home



The River City Chorale wants to help you kick-off the holiday season by offering a selection of Christmas favorites, both sacred and secular, popular and classical. Photo courtesy Diane Salter

SACRAMENTO REGION, CA (MPG) - “I’ll Be Home for Christmas” brings warm memories for most of us, it reminds us of the very best part of the holiday season: getting together with family—if only in our dreams. The River City Chorale wants to help you kick-off the holiday season by offering a selection of Christmas favorites, both sacred and secular, popular and classical. From “It’s the Most Wonderful Time of the Year” through medleys of traditional carols, to “Gloria in Excelsis Deo” by Memley, to the exquisitely beautiful “O Nata Lux” by Forbes. There will something for everyone. Added just this year, will be a brass ensemble, and, as always, the accompaniment of

the talented members of the River City Orchestra and pianist, Kathleen Earl Midgley. There will be three different dates and venues to choose from: Dec. 4th at 7:30 pm at the First Baptist Church of Fair Oaks; Dec. 5th at 7:30 pm at the Faith Presbyterian Church in South Sacramento; and Dec. 6th at 4:00 pm at St. Mark’s Lutheran Church in Citrus Heights. As you can see, you don’t have to drive downtown or pay for expensive parking to experience one of these fine performances. And parking is always free! The River City Chorale, 60 voices strong, has been providing an eclectic selection of music to Sacramento for 38 years, featuring classical,

jazz, Broadway, folk, etc. The Chorale performs three times a year; in addition to the Christmas concert, there is the ever-popular winter Cabaret and the spring concert in May. Richard Morrissey has been the musical director of the River City Chorale for a number of years and brings a wealth of teaching and performing experience to the group. Visit www.RiverCityChorale.org or call (916) 331-5810 to order tickets. Season ticket holders receive a 20 percent discount on what is already a very affordable rate—this means three concerts for only \$44! Source: Diane Salter ★



What Your Dreams Mean

We all dream. Sometimes we remember them, sometimes not. When we have those dreams, do you ever wonder what they mean to you? Are they a way to resolve everyday problems? Can they portend of the future? Evelyn Duesbury told me on POPPOFF that in order to understand what dreams mean, you have to know how to interpret them. So she has come up with the PMID, or “Personalized Method for Interpreting Dreams.” She has authored several books including “The Counselor’s Guide for Facilitating the Interpretation of Dreams.” Duesbury has been aiding patients/clients and counselors to understand their dreams. Here are six steps to get your own PMID.

- 1) Connect your previous day’s (often the day before) events to the dream to discover the theme of the dream. The events may appear in either symbolic or literal terms. Write down the appropriate events and record when they occurred.

POPPOFF!

with Mary Jane Popp

- 2) Connect your previous day’s thoughts to your dream to detect which thoughts may have prompted this dream’s responses. Like events, your thoughts may appear in your dream in literal or symbolic terms. Write “I thought” statements and record when you thought them.
- 3) Select and define major dream phases and symbols from your write-up of this dream to discover the dream’s personalized meanings. Consider effects of your events and thoughts of the day before your dream and earlier experiences on the meaning of each major dream phase and symbol. The general definition for phrases as used in this step is “a string of words.” The strings of words can be phrases, clauses, or whole sentences.
- 4) Compare your emotions in your dream with your pre-dream, waking-life emotions to discover whether your waking-life emotions accurately reflect how you feel about the issues in this dream. Note: the issue may be a relationship issue. What differences, if any, do you find between your emotions in your dream and your waking-life emotions? It is useful to periodically review your emotions in your dreams regarding the main issue or relationship at hand.
- 5) Explore your dream for possible solutions to problems, including changing (or affirming)

your thoughts, attitudes, or behaviors. Consider your response to each PMID model step, including step six, as you search for solutions and suggestions in this dream. Give primary attention to the power of your thoughts before your dream (PMID step two) to act as questions that your dream answers.

- 6) Explore your dream for family and other relationship systems perspectives, which are influences arising from reactions to family and other major relationships, both past and current. Use these perspectives to discover whether this dream reflects your reactions during experiences with family members or other important people in your life. Compare and comment on your dreaming and waking-life reactions to the primary relationships in this dream.

So, who knows what can come of knowing what your dreams mean. Perhaps you can use it to be better at whatever you choose. You can also check out Evelyn Duesbury’s website at www.yourguidingdreams.com. “The Counselor’s guide for Facilitating the Interpretation of Dreams” might also relieve your stress as well as solve some of your problems. According to Duesbury, be careful and mindful what you dream about...it may end up helping you live a healthier, more satisfying, and rewarding life. Sweet dreams! ★

LETTER TO THE EDITOR

Praise for Manor Care

Your community can be so very proud of Manor Care. It is such a wonderful organization where many many people

with caring hearts are at work. I would like to thank all the people there for the service, caring and love they have given to

my family. May they all have a Happy Thanksgiving. Erma Schmer and family ★

Letters to the Editor are published as they are received.

We Live Loud !!!

JVC STEREO

\$99.99
INSTALLED

CAR ALARM

\$99.99
INSTALLED

WINDOW TINTING AVAILABLE

JVC CSJ620
300 Watts 6.5" (2)
\$25
TO GO

STEREO CITY PROS
7609 Fair Oaks Blvd, 95608
Behind Safeway Grocery
916-515-8297
HOURS: M-SAT 10AM-7PM • SUN By Appt.

2 Locations to Serve You
All Major Credits Cards & ATM Accepted
WESTCOASTAUDIOCAR.COM

WEST COAST CAR AUDIO
6230 Greenback Lane, 95621
Next to Tuxedo Den
916-726-7630
HOURS: M-SAT 10AM-7PM • SUN 10AM-7PM

Most cars will require a harness, kits, cables, adaptors, relays and parts that add additional cost. Installation additional at normal cost. Pictures for illustration only. Limited stock available.

COME SHOP WITH US!

EAT HEALTHY. BUY LOCAL.

SUNRISE MALL FARMERS MARKET

Every Saturday

8:00 a.m. – 1:00 p.m.

6196 Sunrise Mall (parking lot)
Citrus Heights, CA 95610

.....

Live Music & Entertainment • Chef Demos
Specialty Gourmet Foods • Artisans/Crafters
EBT/WIC & SNAP Accepted

Open Year-Round Rain or Shine!

Other Markets Near You:

Historic Folsom
Every Saturday
8:00 a.m. - 1:00p.m.
915 Sutter Street
Folsom, CA 95630

Carmichael Park
Every Sunday
9:00 a.m. - 2:00 p.m.
5750 Grant Ave.
Carmichael, CA 95608

Fair Oaks Sunset
Every Wednesday
3:00 p.m. - 7:00 p.m.
8101 Sunset Ave.
Fair Oaks, CA 95628

Bring this Ad with you to any market location and receive **FIVE raffle tickets** to enter to win our **Monthly Farmers Market Gift Basket!** MPG

ILoveMyFarmersMarket.com

Wells Fargo Home for the Holidays

Saturday, Dec 12 at 8:00 PM

Sacramento Memorial Auditorium
1515 J Street, Sacramento

Special Guest Artist Chester Pidduck, Tenor

Guest Chorus Sacramento Children’s Chorus
Lynn Stevens, Conductor

Guest Bell Choir Christ Community Church
Sharon Sower, Director

SACRAMENTOCHORAL.COM

Radiant music for Christmas—A candlelit procession, audience sing-along, new and familiar choral orchestral holiday songs. Merriment guaranteed!

SCSO 20th SEASON

Get your tickets early!

Sacramento CHORAL SOCIETY & Orchestra

Donald Kendrick, Music Director

TICKETS
CCT Box Office
916.808.5181
or **TICKETS.com**



A Film Review
by Tim Riley

SPECTRE (Rated PG-13)

The James Bond films have been around more than fifty years, and yet the latest entry in the field, the aptly-named “Spectre,” representing shades of the early glory days of the franchise, is fresh, vital and stimulating even if its roots could be considered dated in a modern world.

As any self-respecting Bond aficionado would tell you, the titular international crime syndicate trades heavily on such wicked ploys as terrorism and extortion, considering its name is Special Executive for Counter-intelligence, Terrorism, Revenge and Extortion.

SPECTRE, identified symbolically by its menacing octopus logo, turned out to be the strategically nefarious organization that Bond had to confront head-on during the Cold War era, most memorably in the truly great Sean Connery films “From Russia With Love,” “Thunderball,” and “You Only Live Twice.”

Daniel Craig returns for the fourth time as James Bond, infusing the role with even more gravitas and commanding physical presence than before. Unlike the more sentimental approach in “Skyfall,” this time around Craig’s Agent 007 is playing the hardcore old-school spy legend.

This hard-nosed method is absolutely essential for Bond in the eye-popping opening scene taking place in Mexico City during the Day of the Dead festivities, where the secret agent is on a rogue mission to eliminate an assassin named Marco Sciarra.

Doing his reconnaissance in a

Riley Reviews

JAMES BOND STILL HAS THE GOODS IN SPECTACULAR “SPECTRE”

skeleton costume with a pretty girl in tow, Bond mingles with the festival celebrants, and then faster than Superman in a phone booth, he’s changed clothes into a crisply tailored suit for an exquisite foot chase that ends up in a helicopter ride.

With Sam Mendes at the helm directing the action, Bond fights his prey inside a helicopter flying perilously close to the festivities in the main square, and it proves to be the adrenaline rush that jump starts the dazzling action right from the get-go.

Meanwhile, back in London, an officious bureaucrat named Max Denbigh (Andrew Scott), codename C, has been appointed head of the Centre for National Security and immediately challenges the relevance of MI6 in a contemporary world becoming all too dependent on surveillance and drone warfare.

Since Bond left in his wake very extensive destruction in Mexico City, Denbigh seizes an opportunity to question the utility as well as probity of good old-fashioned field work, thereby putting at risk the entire Double-O section.

Bond’s superior is M (now played by Ralph Fiennes), who’s put in a tough spot to justify the venerable and true methods of MI6, and as a result, vainly attempts to put constraints on Agent 007’s free-wheeling ways.

Not surprisingly, Bond does not countenance the interference of bureaucrats who have no idea of the value of a boots-on-the-ground skirmish. Enlisting help from tech wizard Q (Ben Whishaw) and the faithful Miss Moneypenny (Naomie Harris), Bond ignores orders to stand down.

Instead, after appropriating a \$3 million customized Aston Martin DB10, Bond takes off for Rome

to attend the funeral of Marco Sciarra, taking time after the services to become better acquainted, shall we say, with not-so-grieving widow Lucia (Monica Bellucci).

The inevitable liaison with the Italian beauty allows Bond to ascertain the whereabouts of a secret SPECTRE board meeting, presided over by Franz Oberhauser (Christoph Waltz), a really nasty bit of business who does not countenance failure or incompetence.

A wild street chase through the streets of Rome finds Bond pursued in a tricked-out Jaguar by SPECTRE henchman Hinx (former wrestler Dave Bautista). Then it’s off to snowy Austria in search of Mr. White (Jesper Christensen), an old foe from “Casino Royale.”

The brief reunion with Mr. White puts Bond on the trail of Dr. Madeleine Swann (Lea Seydoux), practicing at a mountain top retreat that recalls another Bond film. In the hunt for clues, Madeleine and Bond end up in Tangier, before embarking on a desert train ride rudely interrupted by a violent confrontation with Hinx.

Winding up in the middle of the Moroccan desert, Bond and Madeleine are drawn to a fortified hideaway where the secret agent’s life is greatly imperiled. Without saying too much, there’s a scene of intense torture that is disturbing to witness.

Should Daniel Craig decide that “Spectre” is his swansong for playing the role of the world’s most famous secret agent, then both he and the franchise shall benefit from the fact that the rather mediocre “Quantum of Solace” is likely to disappear from the public memory.

The spectacular strength of “Spectre,” as the vessel carrying the most essential fragments of Bond lore, is that it comes across as true to the literary roots of Ian Fleming’s novels while carving new ground consistent with 21st century sensibilities.

The most fervent James Bond fans may most certainly argue about the merits of “Spectre” and its ranking against the twenty-three other official films. An argument is to be made that “Spectre” is even better than “Skyfall,” and this is particularly relevant for the traditionalists. ★

Less Stress This Thanksgiving

Seven Easy Steps to Your Best Turkey Yet

SACRAMENTO REGION, CA (STATEPOINT) - Selecting, preparing, and cooking the centerpiece of your family’s Thanksgiving meal can pile on a lot of stress. However, there are some easy ways to simplify the process.

“There are a lot of great choices, but they can certainly be overwhelming during a busy holiday,” said Theo Weening, global meat buyer for Whole Foods Market. Here are seven basic rules to ensure you have the perfect turkey for your holiday meal.

Plan ahead: Frozen turkeys can take several days to fully thaw. The safest method is by placing it on a tray in its packaging to catch drips, and put it in the refrigerator on the lowest shelf. Plan for one full day of thawing for every five pounds of turkey. If you’re short on time, put your turkey in a leak-proof wrapper and submerge it completely in cold tap water. The water should be changed every 30 minutes. Plan for 30 minutes of thawing time per pound.

Research: There are many different types of turkey to choose from. Some grocers carry a variety of birds and additionally have in-house butcher experts behind the counter to help you choose what is right for your taste and budget. Here are the five types of turkey found at Whole Foods Market:

- Organic: fed organic feed (that means no GMOs, among other things) and given access to the outdoors.
- Classic: known for their trifecta of flavor, quality, and value.
- Heritage: rich, succulent, old-world breeds cherished for flavor.
- Heirloom: robust flavor with a higher percentage of dark meat.
- Kosher: certified kosher.

Size matters: A good rule of thumb is to buy 1.5 pounds of



Frozen turkeys can take several days to fully thaw. The safest method is by placing it on a tray in its packaging to catch drips, and put it in the refrigerator on the lowest shelf. Photo courtesy of Statepoint Media

turkey per person, providing everyone a healthy portion while allowing for those sought after leftovers.

Read the label: The best birds are raised with the highest standards. This means no antibiotics, no animal by-products in their feed, no added solutions or injections, and no added growth hormones. To make it simple, shop at a store that only carries turkeys raised with these standards, such as Whole Foods Market. Their turkeys are also 5-Step Animal Welfare rated.

Brine: Soaking turkey in a saltwater solution for four to 24 hours before roasting keeps it tender and juicy. Try a brine kit for a simple and easy recipe.

Time it: It takes approximately 13 minutes per pound to cook a turkey at 350 degrees, and the turkey is done once it reaches 165 degrees. Use a meat thermometer and insert it into the thickest part of the thigh (without hitting the bone) to test the temperature.

Rest: Wait 30 minutes before carving the turkey. Giving the turkey time to rest allows the juices to redistribute for better flavor.

More turkey tips are available at www.wholefoodsmarket.com/turkey. When it comes to choosing and cooking your holiday turkey, preparation is key. Do your research, know what you like, and enjoy the rest. ★

A tradition of care and hospitality

...from our family to yours

www.ciminocare.com

Assisted Living & Residential Care in
San Mateo, Sacramento and surrounding areas.

CIMINOCARE®

SERVING THE NEEDS OF SENIORS

Going back to our roots, CiminoCare, in addition to our long standing Assisted Living communities, is now providing In Home Care services, allowing seniors to age in place, and remain at home. These services include assistance in: Meal preparation, transportation, personal grooming, and medication management. For those interested in learning more about these services, please call 916-704-0152.

Please Call (916) 704-0152

Fruitridge Villa

5490 Enrico Blvd., Sacramento, CA 95820

Meal Preparation • Hygiene Assistance

Transportation Errands • Light Housekeeping

Medication Reminders • And More!

Holiday Craft Fair

Hosted by the Citrus Heights Lions Club

Saturday, November 21st, 2015

9am - 3pm

at the

Citrus Heights Community Center

6300 Fountain Square Drive,
Citrus Heights

• Over **75** Handcrafted Vendors

• Raffle Prizes starting at 10:00

• Homemade Bake Sale

• Breakfast & Lunch Available

• Free Parking & Free Admission

• Plus Much More...



The Real Estate Insider

with Realtor, Developer
and Radio Host

Ellen Herrle

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

Q&A with Buyers & Sellers

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

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

Q: My husband and I are excited about buying our first home. Our agent told us it is a much tighter market because so few homes are for sale. It was

recommended that we lower our contingency periods and to increase our deposit. He recommends a deposit of 3%. We are terrified to lose that money if something goes wrong. How do we get a deposit back?

A: Before we discuss deposit, let's consider a multiple bid situation. You need a strong approval letter stating maximum amount approved and are comfortable spending. Bidding wars get intense and may agree to pay more for a home than its real value. Remember, Lenders lend on the appraised value – not the purchase price! If it doesn't appraise, and you still want it, you can pay up or back out. In the

Sacramento, Placer and Yolo area you might want to offer more than normal, such as 1% of purchase price. \$3000 on a \$300,000 price.

To answer your question, there are many ways to safeguard your deposit. Don't release the inspection, loan or appraisal contingency, unless you are comfortable with inspection, disclosures, etc. Make sure the appraisal come in at value or above, and be certain your loan is formally approved, so that your deposit is protected. Any issues, you can cancel the contract and receive your deposit back.

Next time: Scary mortgage and lending trend changes in the works! ★

IT'S ALL ABOUT YOU

When selecting a real estate agent, you need someone who puts your needs and wants above everything else. You need an agent who:

- Listens and understands your particular needs
- Communicates on a regular basis
- Knows local markets • Handles details
- Gives you the best value - whether you are buying or selling property!

For honest, ethical and reliable real estate assistance, call Ellen today.

www.showcaserealestategroup.com
916-761-2108

Whether a long term owner or first time buyer, Ellen can help.

Buyers down payment assistance programs, sellers we show how to get the most for your home. Starter or luxury home, Showcase Real Estate Group puts you first.

CA DRE #00521277





Every
3
Seconds

Someone's Identity Gets Stolen.

- STOP ID Theft
- STOP Fraud
- Lost Wallet PROTECTION

ONLY **\$10** | No Contract.
A MONTH | No Risk.
| No Obligation.

(916) 586-PATH (7284)

Proven. Personal. Professional. Local.

PrimePath
of America®
Total Financial Wellness

www.PrimePath.org • info@primepath.org





REGISTRATION EXPRESS GROUP
Providing the Best DMV Services anywhere
Let us answer your questions!
Providing ONE-ON-ONE Service...
From START to FINISH!

- Registration Renewals
- Title Transfers
- Out of State Transfers
- VIN Verifications
- Commercial Vehicles
- Replacement Documents
- Salvage Cert. / Revivals
- Trailer / Boat / OHV

We issue official DMV Tags and Plates ON-SITE even if your tags are past due!!


FAST • EASY • CONVENIENT

Sacramento Broadway 916.455.1988	Redwood City Main Street 650.421.8915	Sacramento Mack Road 916.689.1040	Redding Hilltop Drive 530.222.4700
--	---	---	--

SE HABLA ESPANOL EN LA MAYORIA DE LA OFICINAS

916.903.5661
6753 Fair Oaks Blvd. • Carmichael, CA 95608
Open M, T, Th, F 7:30am-5:30pm & W 8:30am-5:30pm
Broadway and Mack Rd. open Saturdays 9am-3pm
www.reg-ca.com

* We do not issue Drivers License or ID cards. Not affiliated with DMV.



U B E R

BE YOUR OWN BOSS. DRIVE WITH UBER.

Sign up now and receive an additional \$50 after your first trip

T.UBER.COM/MESSENGERGROU