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# Citrus Heights Messenger

“Written by the people, for the people”

Volume 5 Issue 20

Serving the City of Citrus Heights and Sacramento County

October 23, 2015

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## Chili Cook-off and Classic Cars

*Show Raises Funds for Children Affected by Domestic Violence*

Story and photos by Elise Spleiss

**CITRUS HEIGHTS, CA (MPG)** - Classic cars, delicious chili, and plenty of outdoor shopping proved to be the perfect mix to eat, shop, and relax at the fifth annual Chili Cook-off, Vendor, and Car Show fundraiser hosted by the General Federation of Women's Club (GFWC) of Citrus Heights. The event took place in the Lowe's parking lot on Saturday, October 10th.

Proceeds from the event will be used for Christmas gifts and activities taking place at Citrus Heights domestic violence prevention centers through A Community for Peace during the holiday season.

The new venue was perfect to show off 61 classic cars from all over California and to entice shoppers to visit over 50 vendor booths. Shoppers paid a small fee to taste the chili and vote on their favorite, while Disc Jockey Roper of Portable Parties kept things hopping with nostalgic music of the '50s and '60s.

Sponsors of the event were Armor Mini Storage, Bella Mane Studio Salon, Curves of Citrus Heights, Earth Station, Matt Buechner Consulting, California Family Fitness, and Cruise Planners. Special thanks to Mandy Buechner for many hours spent helping create a successful car show.

At the end of the day, there was a three-way tie for the chili-tasting contest. Third place honors were shared between the chefs at A Community for Peace, Mayor Sue Frost, and Mike Sparman, also a classic car entrant. Second place went to Tara Reeve with Cruise Planners. Julie Dalli with the Lion's Club took first place this year for her outstanding chili.

A panel of judges chose the winners in the dozen clever categories to receive the striking purple classic car trophies. Among the victors were Wally Schnierle with Nor Cal Cruisers, who won



Accepting the award for Julie Dalli, who won first place in chili-tasting contest, is Claudia Ferguson (right) with GFWC of Citrus Heights President Darla Buechner. (At right) From left: Wally Schnierle, Nor Cal Cruisers, Fred Flintstone Award, 1969 white Firebird; Clint Hildebrand, Ladies' Choice Award, 1972 Chevelle; Gary Frazier, Our Gang, Little Rascals Award, 1969 blue Camaro; and Mike Sparman, Cherry on the Top Award, Best of Show, red 1967 Buick Skylark named Cherry.

the Fred Flintstone Award for his 1969 white Pontiac Firebird. The Ladies' Choice Award for a 1972 Chevy Chevelle went to Clint Hildebrand. Gary Frazier garnered the Our Gang, Little Rascals



Award for his blue 1969 Chevy Camaro. And the Cherry on the Top, Best of Show Award fittingly

went to “Cherry,” a red 1967 Buick Skylark owned by Mike Sparman. ★

## Local Author Rejuvenates Fairy Tales

By Christie Spurlock

**CITRUS HEIGHTS, CA (MPG)** - Citrus Heights local Linda Champion has released a book called “Fairy Tales for Life: A Collection of Fourteen Original Short Stories.” The book is a celebration of the fairy tale genre. Within it, a reader can find dragon slayers, talking animals, love, and betrayal.

It's easy to become lost in the worlds that the author creates. “My tales are not just for one age group,” said Champion. “They are for readers both young and

old. The only requirement is that the reader be young at heart.”

However, what you won't find in Champion's new book is a rehasing of old fairy tales—these tales are completely original. “Yes, lovers of fairy tales will always love the old fairy tales written hundreds and sometimes thousands of years ago,” said Champion. “... But I think the time is right for some new fairy tales to make their appearance.”

Champion was inspired to write the book because of her own love of fairy tales and

the works of Hans Christian Andersen. She is particularly fond of Hans Christian Andersen's story “The Little Mermaid,” which is nothing like the feel-good Disney tale and has a much darker ending. “Every time I read ‘The Little Mermaid,’ I find myself crying,” said Champion. “If a story can touch you this way, then it is truly worthwhile.”

Champion is a former school teacher with a B.A. in Political Science and a

*Continued on page 11*



Linda Champion. Photo courtesy of Linda Champion

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# Citrus Heights Mayor Sue Frost to Run for County Supervisor

**CITRUS HEIGHTS, CA (MPG)** - At a crowded session of the Citrus Heights City Council on October 8th, both peacekeepers and peacemakers were honored for their community strengthening efforts. After presenting awards to city police, as well as to a local activist for her work in spreading the awareness and prevention of domestic violence, the Council got down to the business of discussing agenda items during a long but productive municipal meeting.

Uniformed public servants of various kinds, including officers from the Citrus Heights Police Department and the California Highway Patrol, filled the conference room at the Citrus Heights Community Center, which currently doubles as temporary council chambers until the new City Hall is built. Chief Willie Godinez and Lieutenant Commander Brandon Straw of the CHP presented a first place award to Citrus Heights Police Department (CHPD) to honor their work in improving traffic conditions and reducing collisions. The CHPD earned this recognition by participating in the 2014 California Law Enforcement Challenge. Police Chief Chris Boyd was on hand to accept this prestigious award on behalf of his victorious law enforcement team.

Chief Godinez said that the California Law Enforcement Challenge is “an annual friendly competition to identify the best in traffic safety programs, with emphasis on public education.” It is patterned after the International Association of Chiefs of Police National



Law Enforcement Challenge. The Citrus Heights Police Department succeeded in taking the first place position among mid-sized municipal law enforcement agencies. Commander Straw added that, “I’ve had the privilege of knowing Chief Boyd a little over five years. When I grew up here, Citrus Heights was not the safest place. I know that because of Chris’ leadership, integrity and professionalism—and just the job that all of you have done on City Council making—Citrus Heights is now a safe place; it’s just tremendous.”

After the peacekeepers received their award, a powerful peacemaker approached the podium to accept well-deserved recognition from the City. Elaine Whitefeather, the executive director of A Community for Peace, approached the Council with a basket of purple ribbons for people to take home as a reminder to stand against domestic violence. According to Whitefeather, A Community of Peace is “a safe and sacred space to connect to information, resources, education, support and understanding” that comes from those who have walked in the shoes who have suffered from violence at the hands of loved ones. “Domestic violence is a social illness that is experienced personally. Each of us can be both part of the problem and part of the solution,” said Whitefeather.

While Whitefeather was passing out purple ribbons, Mayor Sue Frost said, "I just want to thank you for all the local resources that you provide in Citrus Heights, for the partnership you have with the community, for the hope and happiness that you bring into people's lives, and for all that you're doing to make our community better." The Council then proclaimed the month of October 2015 Domestic Violence Awareness Month. ★

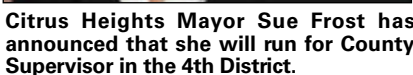
**CITRUS HEIGHTS, CA (MPG)** - Current Citrus Heights Mayor Sue Frost announced that she will run for County Supervisor in the 4th District, which is currently represented by Roberta MacGlashan, who is not running for re-election.

“Roberta has done a fantastic job as Supervisor, and I did not want to even consider running until she made a formal decision. After Roberta announced she would not run for re-election, I received an overwhelming response encouraging me to run for Supervisor,” Frost said. “I am excited for the campaign and honored by those who have offered endorsements so quickly.”

Frost announced that she has already been endorsed by Sacramento Association of Realtors, John Kabateck (former executive director of National Federation of Independent Businesses), Ken Payne (former President of Sacramento Taxpayers Association), and Carl Burton (president of Republicans of River City).

Frost is now putting her campaign team together. She announced hiring Tab Berg, who directed the campaigns of Roberta MacGlashan and Sheriff Scott Jones.

"I want to continue to ensure the budget is balanced, that we prioritize public safety, and we work to encourage job growth in Sacramento



County,” Frost said. “I also want to broaden the work I have done as Mayor—finding new ways to support our veterans, find solutions to homelessness, help nonprofits serve our community, and encourage regional cooperation to create jobs and energize our communities.”

Sue Frost will file paperwork to become an official candidate this week. A formal Launch Party will be announced later this week.

Source: TABcommunications, Inc. ★

Christopher Boyd, and members of the  
Citrus Heights City Council.

Others present will be Citrus Heights Boy Scout Troop #228, the Folsom Harmony Express singers, the Citrus Heights Police Department Honor Guard, and bugler Ray Latimer. The order of activities are as follows:

- 10:30 a.m. Veterans assemblé at the south end of the cemetery. The procession along the Avenue of Flags concludes at the Veterans Memorial.
- 11 a.m. Memorial service in the cemetery's gazebo with local leaders, American Legion, VFW, and Folsom Harmony Express singers.

Source: Jim Monteton ★

A graphic with a white background. On the left, the California MENTOR Family Home Agency logo is displayed, with 'California' in a script font, 'MENTOR' in a large, bold, blue serif font, and 'Family Home Agency' in a smaller blue sans-serif font below it. To the right of the logo, separated by a vertical line, is the text 'Share your heart. Share your home. Become a Mentor today.' in a blue sans-serif font, with 'Mentor' in bold. Below this, a paragraph in blue text states: '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.' Below the paragraph is a blue rectangular box containing white text. The text is organized into two columns: 'Information Sessions held:' at the top, followed by 'Tuesdays at 11 a.m. and' and 'Thursdays at 4 p.m.' on the left, and '7801 Folsom Blvd. | Suite 375' and 'Sacramento | CA 95826' on the right. Below the blue box, a paragraph in black text says: 'We provide education, multiple supports, monitoring and the opportunity to work independently from home.' At the bottom, a blue horizontal bar contains the white text: 'Contact a Recruiter today at (916) 383-9785 ext.15' and 'www.MentorsWanted.com'.



# Fourth Grade Student Excels at English

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Chamber’s Education Committee honored Stevan Arreola, fourth grade student at Mariposa Elementary School, as the October Student of the Month at the Chamber’s October 13th luncheon at Northridge Country Club.

Stevan is an exceptional student. He is the top student in class, but is always so willing to help other students, especially English learner students. Stevan is a true example of what is possible for any student who tries hard and is motivated to learn. Learning a new language is never easy, but Stevan has shown that it can be accomplished with truly inspiring results. Stevan has many talents and it is great to see him be recognized for his abilities as a model for others. He always shows responsibility, respect, and cooperation. He is a shining example for the other students in class.

Stevan is involved in his



From left to right: City of Citrus Heights Council Member Steve Miller, Citrus Heights Chamber Executive Director Jay Hornbuckle, Citrus Heights Chamber Vice Chair of Education Rosa Umbach, Mariposa Elementary School Student of the Month Stevan Arreola, Mayor Sue Frost, Landon Wolf of Senator Jim Nielsen’s office, and Ted Wolter of Sacramento County Supervisor Roberta MacGlashan’s office.

church and goes to a gym to learn boxing. He goes to the Bridges After-School Program and always has his work ready for school the next day. He also has a passion for art and drawing. Stevan deserves to be the student of the month!

Lunches for the student, the

student’s family, and teacher are sponsored by local businesses. Many thanks to our Student of the Month lunch sponsor Sacramento Municipal Utility District (SMUD), courtesy of Susan Wheeler.

Source: Elizabeth Taylor

★

# Make a Difference Day in Citrus Heights

CITRUS HEIGHTS, CA (MPG) - A national day of service in its 24th year! Millions of volunteers across the nation will unite with a common mission—to make a difference in their communities.

On October 24th, come to Sylvan Ranch Community Garden (7450 Stock Ranch Road, Citrus Heights 95621, corner of Stock Ranch Road and Sylvan Road) from 8 a.m. to

4 p.m. to join your neighbors, local service organizations, and AmeriCorps. Refreshments are provided.

The Sylvan Ranch Community Garden is an all-volunteer, non-profit organization dedicated to supporting sustainable organic growing methods, garden learning opportunities, and community spirit. Once a vacant lot filled with weeds and strewn

with garbage, it is now a place of beauty and an asset to the community.

Come learn more and help maintain and preserve this Citrus Heights treasure! For more information, please contact Cheryl Bennett at (916) 281-8056 or visit [www.sylvanranchgarden.org](http://www.sylvanranchgarden.org).

Sources: Cheryl Bennett and Sue Frost

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# What is a Life Worth?

Commentary  
by David Warren

The question of “what is a life worth” has puzzled religious leaders and philosophers since the dawn of time. Unfortunately, the Citrus Heights City Council answered the question when presented with the issue of providing police officers body cameras, deciding that the life of a police officer is worth less than the cost of the purchase and maintenance of body cameras.

The mandatory use of body cameras raises substantial issues involving individual rights to privacy, who should or should not be allowed to view the recorded video, when or if the officer who recorded the incident should be allowed to write his/her report of an incident after viewing the recording, and where—if at all—should the video be viewed and by whom. Each of these items has a cost to the City. However, all of these issues are insignificant as compared to the worth of the life or injury of a single police officer.

Although there is nothing to assure that a mentally disturbed individual will not kill or injure a police officer, one sure way to reduce the possibility is to inform every person a police officer contacts that his/her action and words are being recorded. If the first words out of an officer’s mouth are “This conversation is being video recorded,” one of two things will occur:

- The most likely is that the individual speaking with the police officer will become more calm and moderate with the conversation because the recording is taking place, or
- The individual will not lower the tension of the contact, which will place the police officer on notice that assistance is needed. More

importantly, in the unlikely situation that the officer is attacked, the video will record the face of the assailant and guarantee the identification of the individual to assure a subsequent arrest and conviction.

Inexplicably, the number of attacks on police officers are increasing. Police officers need to know that as residents, we require the hiring of the best and the brightest candidates. If we as Citrus Heights residents wish to retain the best-qualified police officers, it is absolutely necessary that they receive the best equipment and training available, along with community support and reasonable wages. Body cameras represent but one more tool to protect police officers and demonstrate community support.

There is no doubt that body camera videos may be the subject of abuse, but that is true of all technology. There will be incidents that the individual officer, the police department, or the City of Citrus Heights would rather not be recorded. However, the recording of the assault upon or murder of a police officer will be the most invaluable tool available to bring the perpetrator to justice. Today, the death of Sacramento County Deputy Sheriff Jeff Mitchell, who was shot to death over five years ago while checking a suspicious vehicle on an isolated county road near Sloughhouse, remains unsolved. A video recording of the contact assuredly would have led to the arrest and conviction of the perpetrator. A similar tragic unresolved homicide should never be allowed to happen in Citrus Heights.

Implementing mandatory use of video cameras in Citrus Heights faces numerous obstacles, not the least of which are the Police Chief’s and City



David Warren

Council’s resistance. However, the cost per resident per year to implement body cameras is less than \$3 per year. For me as a Citrus Heights resident, the knowledge that everything possible has been done to assure the personal safety of each officer on each watch by paying \$3 per year is more important than purchasing a cheeseburger and french fries for \$3 at a fast food restaurant, the very same cost per resident as a year of maintenance of body cameras for police officers.

The Citrus Heights City Council has answered the age old question of “what is a life worth?” It is worth the same as the cost of a hamburger and fries. Unfortunately, our City Council members do not agree that cost of a single purchase of a burger and fries is better spent to protect those who serve and protect our community.

David Warren is a legislative advocate at the State Capitol with Taxpayers for Public Safety after retiring from the practice of law, and volunteered as a chaplain for the California Department of Corrections and Rehabilitation.

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# If Only I Would've Thought of That

Dr. James L. Snyder

Everybody knows certain situations calls for some serious thinking. My problem, and I think I share with other people still breathing, is I do things without thinking it through.

Most people, and I include myself in this group, have not had a serious new thought in years.

I do not include the Gracious Mistress of the Parsonage in this group, for she is always thinking up something new—at least from my perspective it seems to be new. Then, how do I know it is really new? I just take her word for it, which makes for peace in our home. Most homes are full of pieces while our home is full of peace.

My thinking is simply this: A peaceful home is a home I want to live in. That is as far as my thinking really gets. Often she will complain to me she has a headache. I don't wonder because of all the thinking she does. If I did half the thinking she did, my head would be thumping for a year.

My philosophy is: Let other people do all the hard work of thinking up new things to do.

I suppose it would be good to think of something new and create something everybody wants to buy. That is one way to make money.

I look at some things created in the world that have changed the way people live and often I say to myself, "If only I would've thought of that." But then, thinking takes a lot of energy and who has energy to spare these days?

When it comes to thinking, I am three winks short of a snooze. Why should I think when everybody else is thinking for me? I know there is the attitude of self-esteem that you should not let other people think for you. I come back and say, "Why not?"

What is so bad about other

people doing most of the thinking?

In our home, for example, my wife does all the thinking. This allows me to indulge in the wonderful habit of not thinking. I know I have a brain. I know God gave me a brain to use. I also know I do not want to over use my brain. I am saving some real thinking time for when I am too old to do anything else.

Right now, I can enjoy myself with a variety of physical activities. Well, not so much physical and when I come down to it, not too much activity either. I like to think I am doing something along that line.

There I go thinking again. If only I would just leave it alone and simply enjoy life as it comes.

Perhaps that is what is wrong with people. They just think too much. Something happens and it gets them to thinking about this, which makes them think about that, which then causes them to think about something else, which then causes them to get lost in their thinking.

What it is, is people just think too much. For most people, they do not have much of a base for their thinking.

A great philosopher, I can't think of who, once said, "I think and therefore I am."

If only I would've thought of that. In thinking of that, I am a little confused as to what in the world that philosopher meant. Does he mean, if I don't think, therefore I am not?

Me thinketh that he thinketh way too much. Now I have a headache!

I would not mind if people did some thinking if their tongue was not attached to that thought. Why is it everybody has to tell me what they are thinking at the time they are thinking it?

Invariably somebody will come up and say, "I was just thinking..." I know I am in for an extreme tongue-wagging session and nothing I can do about

it. Once somebody gets to thinking, it is very hard to turn off that spigot.

If only I would've thought of some way to keep people who are thinking from telling other people what they are thinking I would become a very rich person.

Then there is that oxymoron when you meet somebody and they begin with, "I was just thinking about you..." For the next 45 minutes, I will have to hear what they had been thinking about me.

If there is any insomnia, this will cure it once and for all.

If only I could think of something to say when somebody begins talking to me about what they are presently thinking about. My problem is, is my thinking machine is on vacation most of the time.

Once I was sitting in a cafeteria by myself, drinking some coffee and enjoying the quiet, when somebody approached me and said, "Hey, what're you thinking about?"

It is very awkward when somebody asks me that because I have not been thinking about anything. Is it really important to be always thinking about something? I once responded to someone by saying, "Oh, I've been thinking about nothing." They looked at me rather strange trying to think of what I have not been thinking of at the time.

The apostle Paul was right when he wrote, "For if a man think himself to be something, when he is nothing, he deceiveth himself" (Galatians 6:3).

If I am going to think, I want my thoughts to honor God and not be just about myself.

Rev. James L. Snyder is pastor of the Family of God Fellowship, P.O. Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 866-552-2543 or e-mail jameessnyder2@att.net. His website is www.jameessnyderministries.com. ★



By Marlys Johnsen Norris, Christian Author

God is our Heavenly Father and His divine desire is to heal us, help us, and answer our prayers. "For everyone who asks receives, and he who seeks finds, and to him who knocks, answers will be opened" (Matthew 7:8). "And whatever things you ask in prayer, believing, you will receive" (Matthew 21:22). Isn't that much like the nature of most earthly fathers as well? Meeting our

## Ask and You Shall Receive

deepest and most realistic need is his priority. God and some earthly fathers are sincerely motivated by love for their children.

Life for all of us brings challenges and disappointments. However, the closer one walks to God and depends on His love and power to guide them, the more they are given strength and faith to endure. Being conscious of God's presence is vital to seeing His work in our lives, and when we are conscious, we can rely on God's powerful presence in us and our lives are transformed. It is through prayer and talking to God about everything that we are helped and guided.

"But I know that even now God will give you whatever you ask" (John 11:22, NIV).

"If you love me, keep my commands. And I will ask the Father, and he will give you another advocate to help you and be with you forever—the Spirit of truth. The

world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you" (John 14:13-17).

"But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. That person should not expect to receive anything from the Lord. Such a person is double-minded and unstable in all they do" (James 1:6-8, NIV).

"There is only one Lawgiver and Judge, the one who is able to save and destroy. But you—who are you to judge your neighbor?" (James 4:12, NIV). Instead, have faith in the one true God and let us love one another as we are called of God to do.

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



By Pastor Ray Dare

Human nature tends to look at all the bad things in life, all the negative things, all the things that are wrong. Our culture is this way. Bad news makes the headlines. The focus is on all the bad things. mBut God says to be different. "Do everything without complaining or arguing, so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe." Philippians 2:14-15

It is possible to short-circuit God's blessing in your life by complaining. Complaining kept the Israelites out of the Promised Land; they ended up lost in a desert. Why? Because they griped and complained. That's how serious complaining is. It kept them from God's blessing. The Promised Land represents God's best for our lives today. It's possible to miss God's best for your life by allowing yourself to get caught up in the downward spiral

## Pastor Ray's Encouraging Words

### How to Conquer Complaining

of complaining. It's a negative mind-set that must be avoided. So, how do you do it? How do you conquer complaining? Here are three ways:

Recognize how destructive it is and ask God to help you conquer it. How much time do you spend griping, grumping, complaining? Complaining isn't just a bad habit. It harms you in so many ways and it keeps you from God's best for your life.

Replace Gripping with Gratitude. "No matter what happens, always be thankful, for this is God's will for you who belong to Christ Jesus." 1 Thessalonians 5:18 (NLT) Many people want to know what God's will is. Here it is: "Always be Thankful..." Have you noticed that you cannot be "thankful" and while you're griping? You cannot be grateful and gripe-full at the same time. When you learn to be grateful in spite of circumstances that's called maturity.

Refocus your thoughts. "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." Philippians 4:8 When you complain, you're focusing your thoughts on the negative and that only makes the

problem worse because you are reinforcing the problem and even making the problem bigger than it is by focusing on it.

Resolve to speak positively. "Let your speech always be with grace, as though seasoned with salt, so that you will know how you should respond to each person." Colossians 4:6 Jesus said, "For out of the abundance of the heart the mouth speaks." Matthew 12:34. They key to managing your mouth is to let Jesus manage your heart. The heart of the issue is an issue of the heart. This happens when you surrender your life and those things that you complain about to Him and then get His Word and Promises into your heart.

As you become a positive person, others will notice you and be attracted to you. "Shine like stars in the universe." Philippians 2:15 Every time you show gratitude, see the positive, speak the positive, give a compliment, you shine as a star in a dark world and others will notice you and more important God will notice.

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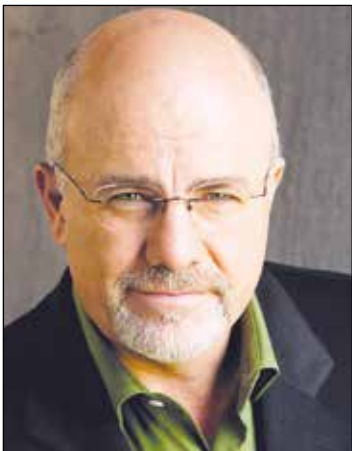
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# Dave Says

even look for opportunities to use yourself as an example. Point out areas in your life where you made mistakes in the past and how you fixed the problems. But to go out and directly intervene in his life, trying to force him to be a man, would be a tough thing to pull off.

When I help people on my show, I have the benefit of them calling in and actually looking to me for help. These people actually care about what I think. I don't just walk up to folks and say, "You know, what you're doing there is really stupid. Let me fix you." I think that's kind of the situation you're in right now. I would also begin to pray for him, and ask God to bring people into his life who will have a positive impact.

You never know what might happen, and asking Him for help is never a bad idea. Who knows? He might even start dating some strong, mature young woman who'll jerk a knot in his tail and straighten him up!

—Dave

## Late Fees

Dear Dave,

Our family has an account at a movie rental store. I rented a movie the other day, and forgot to take it back on time. The late fees add up to \$20. I'm in college and have a part-time job, so my parents think I should pay

the late fees. They started the account, so shouldn't they have to pay the fees?

- Angie

Dear Angie,

Technically, I'm sure your parents are responsible for the account. But think about this. You're the one who rented the movie and forgot to take it back on time. If you have a job and access to money, I think you should be the one to make things right.

Chalk this one up as a learning experience, Angie. If you're grown up enough to be in college and have a job, then you're grown up enough to start cleaning up your own messes. That's the way life works. It doesn't mean that your parents don't love you. In fact, it means that they love you enough to teach you a valuable lesson in responsibility!

—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.*

★

# Sacramento County DA Reports

## Recent cases of interest



**CASE:** John Matta

**PROSECUTOR:** Deputy District Attorney Sheri Greco, Homicide Unit  
Fifty-four-year-old John Matta was convicted by jury of the first-degree murder of his mother.

On May 18, 2014, John Matta killed 75-year-old Janet Matta in their Antelope home. Matta beat and choked his mother to death. She died from blunt force trauma and asphyxiation. John Matta had a documented history of elder abuse against his mother.

Matta faces a sentence of 25 years to life in prison. Sentencing is set for November 17, 2015, at 3:00 p.m. in Department 39 before the Honorable David Abbott.

**CASE:** Jason Wymer

**PROSECUTOR:** Deputy District Attorney Quirina Orozco, Special Assault & Child Abuse Unit

Forty-four-year-old Jason Wymer was convicted by jury of multiple sexual assault and exploitation charges.

In January 2013, a citizen tried to text a photo of her 8-year-old daughter to a family member. The photo was instead received by Jason Wymer, who was unknown to the sender. Wymer began texting the sender requesting more photos and began communicating in a sexually explicit manner to who he thought was an 8 year old. The FBI began an investigation, which revealed thousands of images and videos of child pornography taken from 2010 to 2011 in Sacramento and San Joaquin counties. The images included children and toddlers engaged in sexual acts with adults. Several images showed a 3-year-old child being sexually abused by Wymer and co-defendant Stormy Mollissa Myers.

Wymer faces a maximum potential sentence in excess of 100 years to life in prison. Sentencing is set for November 20, 2015, at 11:00 a.m. in Department 38 before the Honorable Sharon Lueras.

Thirty-five-year-old Stormy Mollissa Myers pled guilty to committing a sex

act with a child under 10 years old and committing lewd acts upon a child. Pursuant to the plea agreement, Myers will be sentenced to 15 years to life in prison. Sentencing is set for February 26, 2016, at 9:00 a.m. in Department 38 before the Honorable Sharon Lueras. Myers will also plead to federal charges of sexual exploitation of a minor.

**CASE:** Hector Caballero & Damian Flores

**PROSECUTOR:** Deputy District Attorney Kari Reeve, Gangs & Hate Crimes Unit

Twenty-year-old Hector Caballero was convicted by jury of first-degree murder and conspiracy to commit a crime. Twenty-five-year-old Damian Flores was convicted of second-degree murder and conspiracy to commit a crime. The jury also found gun and gang allegations true for both defendants.

Caballero and Flores are Norteños gang members. On November 23, 2013, they walked the neighborhood of their rival Sureños gang confronting individuals they thought were members. They approached Ricardo Guerro and asked if he was a Sureño. Mr. Guerro said he was not a gang member, and he was not intimidated by them. Perceiving this response as disrespectful, Caballero shot him twice. The victim died almost instantly.

Once incarcerated, both defendants attempted to send notes to fellow gang members directing them to intimidate and threaten witnesses. The notes were eventually confiscated by law enforcement.

Caballero has two prior strike convictions, both gang related felony assaults. Flores has a prior strike conviction, a felony assault with a firearm.

Both defendants face a maximum potential sentence of life in prison without the possibility of parole. Sentencing is set for November 5, 2015 at 1:30 p.m. in Department 26 before the Honorable Curtis Fiorini.

★



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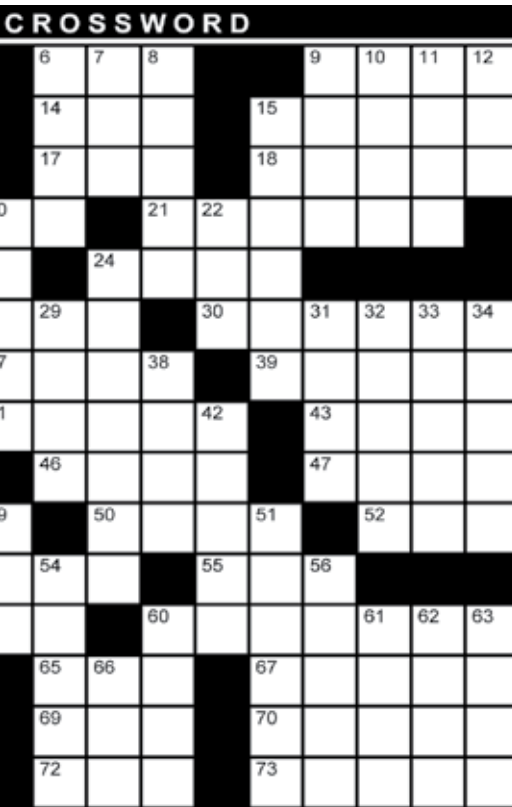
### CLUES

#### ACROSS

- Black \_\_\_\_ snake
- NY Giants HOF outfielder  
Mel
- For capturing attention
- Relating to axis
- National Institute of  
Health
- Aussie bear
- Rekindled
- Compass reading
- Sign of bad news
- \*Hans Anderson's  
Emperor lacked these
- \*Reflecting truth-teller
- 1/60th of min
- What aides do
- \*Beauty and \_\_\_\_  
Beast
- "The Sun \_\_\_\_ Rises"
- Chinese tea
- Lemongrass, e.g.
- Wrong
- Golfer's accessory
- Arm part
- Shipping weights
- Beige
- Sprays
- River in Egypt
- Innocent
- Lowest part
- Use a cat o' nine tails
- Brit. fliers
- Not straight
- Dot-com's address
- \*1001 what?
- \*Genie's master
- Pope's court
- Philosophical system
- Famous bandmaster
- Make fit
- Wow!
- What a bridge does
- Affleck and Stiller
- Indian bread
- WWII conference site

#### DOWN

- Painter \_\_\_\_ Chagall
- Michelle Kwan's jump
- Venus de \_\_\_\_
- Entices
- Tennis great Gibson
- Singles
- \*Steadfast Soldier's substance
- Unifying idea
- For, in French
- Kind of palm
- Hurtful remark
- Toni Morrison's "\_\_\_\_ Baby"
- Kasparov's famous opponent
- "Bravo! Bravo!", e.g.
- International Labor Organization
- Tell a scary story?
- \*Tom's size equivalent
- Sunny prefix
- Famous German artist Max
- \*Ugly Duckling, at end
- Bank holding
- Grouchy Muppet
- Waterwheel
- \*Three Goats \_\_\_\_
- Quilt stuffing
- Raise the roof
- 1988 Olympics site
- \_\_\_\_ by Pink
- Yoga class accessory
- The infamous \_\_\_\_ knoll
- "Peace" with fingers
- Parkinson's disease drug
- Artist's model?
- Formerly Persia
- Deprive of by deceit
- So be it
- Like Jekyll and Hyde's  
personality
- Antonym of "is"
- Rover launcher
- Uber alternative
- \*Little Mermaid's domain



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Sudoku Puzzle on Page 6

4	7	1	2	6	5	3	8	9
5	3	9	4	1	8	7	2	6
6	8	2	9	7	3	5	4	1
2	5	8	7	9	4	6	1	3
7	4	6	1	3	2	9	5	8
1	9	3	5	8	6	2	7	4
3	6	7	8	5	1	4	9	2
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# “Battle of the Bands” and Barbecue Raises Funds

Story and photo by Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - On Saturday, October 3rd, the American Legion Post 637 held its inaugural “Battle of the Bands” and barbecue fundraiser for its Vets Helping Vets fund.

This event was the result of the legion needing to address the increasing lack of funds to continue to help Citrus Heights veterans with their many special needs throughout the year. Over 15,000 veterans live within the city limits.

Since its inception, over 60 private businesses and City departments worked in partnership with the Legion to provide entertainment, food and beverages, prizes, promotion and marketing, logistics, and children’s activities for the occasion.

The historic Rusch Home and Gardens provided a unique venue for this event. Seven barbeque competitors set up their wares to compete under the shade of the cork oak, jujube, and sycamore trees, while the speakers and entertainment enjoyed the backdrop of the historic 1914 Rusch Home and Gardens. Two bands competed: God’s Country Band and Heartbreak Time Machine.

Paul Reyes, Commander American Legion Post 637, said, “Although much of this event was billed as a veterans event and hosted by Post 637, there are two people that did a tremendous job of organizing and putting things together. We send out a huge thank you to the First Lady of Citrus Heights—our very own Mayor Sue Frost—and not to be outdone, the first Gentleman of Citrus Heights, her husband Jack Frost! These two individuals pushed and pushed to get this event going and without their assistance, I doubt we could have gotten it done.”



Folsom Marine Corp Color Guard with “Gold Star Father” Mike Anderson (center) and Commander Paul Reyes, American Legion Post 637 (third from left).

Special thanks also goes to anchor sponsor Region Builders and to Sunrise Marketplace, Sunrise Mall, Stone’s Gambling Hall, Markstein Beverage Company, Michael David Winery.

Rhythm Riders band and DJ Carlos Verrett provided interim music during the day. The Golden State Accordion Players also performed. Robert “Cowboy Bob” Rogers provided the impressive colorful avenue of flags encircling the event.

Along with the barbecue tasting, there were many side dishes and beverages of all kinds donated by local businesses. Finally, there’s nothing like a great dessert to top off a good meal. Over 1,000 cookies and other baked goods were provided by the GFWC of Citrus Heights and American Legion Auxiliary Unit 637.

There was one somber moment to the day. “Gold Star Father” Mike Anderson, Sr. was honored. His 18-year-old son, Marine Cpl Michael D. Anderson, was killed in action in Fallujah, Iraq in 2004. Commander Reyes introduced Anderson, who spoke briefly. In a “Ghost Soldier” ceremony,

Anderson was presented with a Marine Corps and a Killed in Action flag. “Amazing Grace” was played by California Bagpiper Dr. Raphael Pazo.

In the end, only the strong gusting winds competed for the attention of those enjoying the day. First place barbecue went to Wild Wade’s BBQ for the \$200 cash prize, and Heartbreak Time Machine won the \$200 prize for best band.

All of the proceeds from this event will go to the Vets Helping Vets fund at American Legion Post 637. Funds have been used to work with homeless vets, provide medical and dental care, help with monthly bills, buy diapers and other personal items, help with house payments and vehicle repairs, provide scholarships, and work with other organizations to aid veterans and their families.

Reyes said, “To the City of Citrus Heights: we want you to know that we will be back next year and we look forward to seeing all of you as we continue our work of Veterans Helping Veterans within the Citrus Heights community.”

Source: Paul Reyes ★

# Physicians Warn of Halloween Eye Risk

## Over-the-Counter Contact Lenses Could Contain Dangerous Chemicals

SACRAMENTO REGION, CA (MPG)

- Every Halloween, costume contact lenses fly off the shelves as people look to accentuate their outfits with those appealing visual accessories. These non-prescription lenses, however, can cause potentially blinding infections.

To help prevent eye damage and vision loss, the California Academy of Eye Physicians and Surgeons (CAEPS) and the American Academy of Ophthalmology (AAO) are warning costume shoppers about over-the-counter decorative lenses after a recent study found that several varieties tested positive for chlorine and other harmful chemicals.

“While Halloween costumes complete with over-the-counter contact lenses can be fun, many people do not consider the possible damage these seemingly harmless accessories could be doing to their eyes,” said Leah Levi, MD, CAEPS president. “We take Californians’ vision very seriously, so we believe the safest way to avoid any potential loss of vision or eye damage is to avoid costume contacts altogether.”

Research published in September found the potentially harmful substances in three types of cosmetic contact lenses produced in Ireland, Taiwan, and South Korea. Iron was found in four pairs of lenses. One pair seeped chlorine after a routine rinse, prompting concern from researchers about toxicity to the eye. The chemicals likely come from colorants used to

tint and create playful patterns on the lenses. The study also noted that colorants printed or pressed onto some decorative lenses create an uneven texture. Those rough surfaces could scratch the eyes, potentially allowing in bacteria that can cause infection and even blindness.

Four of the five lenses in the study are not available legally in the United States because they are not approved by the US Food and Drug Administration. Despite that sales restriction, many decorative lenses of unknown origin can be bought online. Around Halloween, they often crop up for sale at beauty parlors, flea markets, or even gas stations. The problem is that contact lenses not approved by the FDA may be made with materials that can harm the eyes by causing corneal ulcers or other corneal irritations or infections (keratitis). These conditions can result in scarring that impairs vision or causes blindness. For this reason, both Academies advise against wearing decorative lenses without a prescription.

“You can’t be sure what you’re getting when you buy over-the-counter contact lenses, which can be very dangerous to your eyes,” said ophthalmologist Thomas Steinemann, MD, spokesperson for the AAO. “If you want decorative contact lenses, get a prescription or steer clear of them. It’s not worth the risk to your vision.”

### Costume Contact Lens Safety Guidelines

To safely wear decorative contact lenses this Halloween or any time of year, the California Academy of Eye Physicians and Surgeons and the American Academy of Ophthalmology recommend following these guidelines:

- Only buy decorative contact lenses from retailers who require a prescription and sell FDA-approved products.
- If you don’t already have a contact lens prescription, obtain a valid prescription and eye exam from an ophthalmologist—a medical doctor who treats eye conditions and diseases—or an optometrist.
- Even those who don’t require lenses to correct their vision need to get examined and fitted for the right size plano (zero power) cosmetic contacts by an eye health professional. Ill-fitting lenses can scratch the surface of the eye, creating an opening for infection.
- Redness, swelling, excessive discharge, pain, or discomfort can signal eye infection. If you have these symptoms, immediately see your prescriber. Eye infections can cause blindness if left untreated.

For more information on costume contact lenses, visit the American Academy of Ophthalmology’s public information website, [www.geteyesmart.org](http://www.geteyesmart.org).

Source: Stephanie Rosa ★

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# FBI Announces Results of Nationwide Human Trafficking Operation

Local Operations Aid in Recovery of Five Juveniles and Arrest of Seven Alleged Pimps



In Sacramento, the FBI's Sacramento Child Exploitation Task Force—which includes officers from the Sacramento Police Department—recovered two minors and arrested three alleged pimps; the Sacramento County Sheriff's Department recovered one minor. Stock Photo

From FBI Press Release

**SACRAMENTO REGION, CA (MPG)** - Officials from the FBI and its state and local partners (including the Citrus Heights, Rancho Cordova, Fresno, Fairfield, and Sacramento Police Departments as well as Sacramento County Probation Department) recently announced that 149 underage trafficking victims were recovered and 154 pimps were arrested in a nationwide human trafficking operation last week. The initiative, dubbed Operation Cross Country IX, is a national program spearheaded by the FBI and the National Center for Missing and Exploited Children, along with state and local law enforcement partners across the country. The initiative targets the criminal enterprises responsible for the commercial sex trafficking of children.

“Human trafficking is a monstrous and devastating crime that steals lives and degrades our nation,” said Attorney General Loretta Lynch. “As a result of the FBI’s outstanding coordination and exemplary efforts alongside state and local partners during Operation Cross Country, more children will sleep safely tonight, and more wrongdoers will face the judgment of our criminal justice system. The Department of Justice will continue to aggressively and persistently fight this heinous crime, and to hold its perpetrators

accountable to the fullest extent of the law.”

In the area served by the FBI’s Sacramento field office, FBI officials announced the recovery of five underage victims and the arrest of seven pimps as part of the takedown. The FBI Sacramento field office and its law enforcement partners conducted multi-day operations in the area served by the FBI Sacramento field office focused on the metropolitan areas of Fairfield, Fresno, and Sacramento. These operations also resulted in the arrest of 90 adults for various offenses including probation violations and prostitution-related charges.

In Sacramento, the FBI’s Sacramento Child Exploitation Task Force—that includes officers from the Sacramento Police Department—recovered two minors and arrested three alleged pimps; the Sacramento County Sheriff’s Department recovered one minor.

In Fairfield, the FBI, Fairfield Police Department, Solano County Sheriff’s Office, and Vallejo Police Department recovered one child and arrested two alleged pimps.

Fresno operations conducted by the FBI’s Child Exploitation Task Force—which includes officers from the Fresno Police Department—the Fresno Sheriff’s Office, and Tulare Police Department resulted in the recovery of one minor and the arrest of

two alleged pimps.

“We sincerely thank our partners in Fairfield, Fresno, and Sacramento for their participation in Operation Cross Country IX and their continued, year-round commitment to the difficult task of identifying, locating, and recovering children who have been exploited and ensuring that their traffickers face justice,” said Special Agent in Charge Monica M. Miller of the FBI Sacramento field office. “While the arrest of the offender has an immediate result, only recovering a child can offer him or her an opportunity to begin to accept services necessary to begin the healing process and restore a sense of normalcy.”

In addition to Operation Cross Country IX, the FBI and Fairfield Fresno Police Department, Clovis Police Department, Merced Police Department, Tulare Police Department, and Visalia Police Department completed Operation Summer Tour in August. The five-week operation focused on commercial sexual exploitation of minors primarily in Clovis, Fresno, and Merced. The multi-week effort resulted in the recovery of 11 children as well as the arrest of six pimps. Additionally, 105 adults were arrested for a variety of other violations including probation violations and prostitution-related charges.

Operation Cross Country IX is the largest in the nine-year history of the initiative, with 53 FBI field offices and 73 Child Exploitation Task Forces taking part in the operation in 135 cities across America, including Citrus Heights, Rancho Cordova, Fairfield, Fresno, and Sacramento. Nationwide, more than 500 law enforcement officials conducted both “in-call” and “out-call” operations in hotels, casinos, truck stops and in other areas known as frequented by prostitutes, sex-traffickers, and their customers.

“We’re proud to partner with the FBI and provide support to both law enforcement and victim specialists in the field as they work to locate and recover survivors of child sex trafficking,” said Linda Krieg, acting chief executive officer of NCMEC. “The number of children recovered and pimps arrested in this year’s operation highlights the importance of these efforts today and every day in protecting our children from exploitation.”

Operation Cross Country is part of the FBI’s Innocence Lost national initiative, which began in 2003. Since the program’s inception, more than 4,800 children have been recovered from underage prostitution and prosecutors have obtained more than 2,000 convictions, including at least 15 that have resulted in life sentences. For additional information on Operation Cross Country IX and the Innocence Lost initiative, please visit [www.fbi.gov](http://www.fbi.gov).

Source: Federal Bureau of Investigation, Public Affairs Specialist ★

## Is There a Link Between Diet and Your Mental Health?

From the American Counseling Association’s “Counseling Corner”

Say the word “diet” and the usual reaction is that we’re talking about losing weight. Today, let’s talk about “diet” as simply our daily food choices, the ones we often make without giving them much thought.

While our food choices certainly affect our weight, they also play an important role in our emotional wellbeing and overall mental health. Numerous studies have found that the foods we consume play a large role in how we feel and act.

Most parents, for example, have seen how a sugar high affects their kids. Although numerous studies have failed to find a link between sugar and hyperactivity, just about any mom will tell you that her son or daughter seems more excited or active after eating a sugary snack.

The reason may not be so much a physiological link as a psychological one. Eating foods we like makes us feel better, and most of us are genetically programmed to like sweet-tasting things. Our love of sweet tastes comes from our ancient ancestors who learned that sweet fruits and veggies were ripe and ready to eat.

Recent studies have found even more direct links between our food choices and mental health. A 2014 study of over 3,500 people reported that long-term exposure to an unhealthy diet, one high in sugar and processed foods, appeared to increase the risk for depression.

Foods high in sugar and fat have also been cited as a risk factor leading to addictive eating. Sugar and fat trigger the same pleasure centers in the brain that addictive drugs do. The pleasurable feelings that come from eating such foods help relieve stress and cause people to overeat or even to binge eat.

Being more aware of your food choices and how they affect your moods and overall mental health can help lead to a healthier and happier you.

If you think your food choices are affecting your moods or wellbeing, try keeping a food diary for several days of what you eat and how you feel afterwards. You may find that you are turning to unhealthy choices and overeating simply to feel better.

That information can help lead you to making healthier choices. Or, if extra help is needed, talk to your family physician, a local nutritionist, or a professional counselor to help steer your diet back on track for better physical and mental health.

“Counseling Corner” is provided by the American Counseling Association. Comments and questions to [ACACorner@counseling.org](mailto:ACACorner@counseling.org) or visit the ACA website at [www.counseling.org](http://www.counseling.org). ★



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*Lisa West*  
Community  
Outreach Director



## What Veterans Need to Know



*Memorial Parks  
Mortuaries & Crematory*

By Lisa West

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

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

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

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

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

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

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

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

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

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## 20 Minute Educational Presentation and a Free Luncheon



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Seating is limited to 30 attendees per seminar.



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benefits, cremation, and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a FREE Emergency Planning Guide.

Friday, October 30  
11:30 a.m. to 12:30 p.m.

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### Hollywood History Can Be Yours

It doesn't seem possible, but it's been nearly a year and a half since the passing of my dear friend June DiMaggio just before she turned 91. June was the niece of Joe DiMaggio, and very close friends with Marilyn Monroe until Monroe's death in 1962. She and I collaborated on my book "Marilyn, Joe and Me." June DiMaggio told it like it was.

As I thought back to the 35-plus years I knew June, I recalled the incredible stories she told me about Marilyn, Joe, and some of the many other special people she knew from her days in Hollywood, from Barbara Stanwyck and Jeanette MacDonald to Hoagy Carmichael, Ann Sothern, and so many more. At the anniversary of her passing in June of this year, I decided to take out all of the memorabilia June gave me over the years for birthdays and Christmas since our first meeting in 1980. I really had forgotten about so many of the precious items she gave me. I loved reading all of the handwritten notes signed by her, which included stories about how she came to own such precious memorabilia like the Kimono—from Japan—that Marilyn wore before she gave it to June. There were so many personal items from both

# POPPOFF!

with Mary Jane Popp

Marilyn and Joe, including the original memorial program from Marilyn's funeral; I can't begin to list them all. There were wonderful candid family photos from a private birthday party in San Francisco that have never been



to pass these treasures on to fans of these icons, he said "Marilyn and Joe were iconic figures. Their marriage was the love story of the century. They were, and still are, American Royalty." He was so right, and so I want these beautiful memories to go to those who will keep them and pass them on for decades to come.

All of these items will be offered to fans November 4th to 18th by Witherell's Auction. You can bid on the items during this time. Go to www.Witherells.com and click on the Dimaggio Auction Link, right below the image of Marilyn Monroe. On November 18th at 9 a.m. Pacific Time, the auction will close. A preview of the auction will be held Saturday November 14th from 1 to 5 p.m. at Witherell's gallery, 300 20th Street, Sacramento.

If you have more questions, please call (916) 446-6490. Own a piece of Hollywood. From the big screen of yesteryear, I hope to share this iconic history of celebrities who will remain in our hearts forever! ★

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A Special Article  
by Tim Riley

# Riley Reviews

GRIPPING HIGH WIRE ACT  
IN “THE WALK” PROVES  
STUNNING, TENSE

“The Walk” proves to be spectacular and emotional. Gordon-Levitt’s Petit fulfills the director’s primary objective of what it’s like to be on the wire, and to be sure, the actual stunt is breathtaking. But before the film gets to the scene of the “artistic crime,” the story begins in Paris with Petit riding a unicycle and performing stunts in the public square acting the role of a struggling busker. Performing his circus act of juggling and walking on a rope strung between two trees, Petit was basically in the minor leagues until he met up with street singer Annie (Charlotte Le Bon), who became his girlfriend and partner in the eventual planning of the New York caper.

In many respects, “The Walk” is a caper film, with the heist target being the illicit act of making it up to the 110th floor of the Twin Towers with the necessary equipment and the heavy cable wires.

At first, it appears that Petit’s ambition is beyond his talents. His attraction to the Twin Towers comes from a newspaper article about the architectural marvel of what would become at the time the world’s tallest buildings.

Petit began doodling on the newspaper photo a line connecting the two towers, dreaming of a feat that would require him to seek out the help of Papa Rudy (Ben Kingsley), a circus performer with a lifetime of experience walking on the high wire.

After mentoring sessions with Papa Rudy, which include walking the wire under the circus tent without a safety harness and practicing in open fields, Petit assembles a team of cohorts to plan the New York adventure.

As time moves along, Petit becomes more immersed in American culture and the English language, even though his accent

remains unmistakably foreign. Serving as a framing device to capture the Twin Towers in the background, Petit narrates his thought process on moving forward with an ambitious goal from a perch on the Statute of Liberty, a landmark which in itself is the welcoming point for entry into America. Aside from Annie’s dedication to his visionary yet dangerous aspiration, Petit finds a primary accomplice in his friend Jean-Louis (Clement Sibony), who has the responsibility in the pre-Internet age to document the event with still photography. While picking up supplies at an electronics store in Manhattan, Petit and his team gain another accomplice in J.P. (James Badge Dale), who gets in on the action because, unbeknownst at first to the crew, he speaks French and understands their secret mission. Once in New York, the story focuses on the planning stages of the caper, with Petit and his gang conducting undercover surveillance and scouting their options. Petit dons a number of disguises, from construction worker to an office drone complete with the appropriate business suit.

Interestingly, and completely riveting, is the notion that the preparation for the act itself is like a reverse heist film. The primary objective is not to steal anything, but to put the cables and equipment in a secure and hidden place.

In real life, Petit’s high-wire walk, without a safety harness, took about 45 minutes. In “The Walk,” the timeframe is more condensed, and yet it fully captures the extremely perilous nature of this performance.

Petit traverses the wire between the two buildings not just once but many times, pausing occasionally to kneel down and at one point to recline on the wire. If you don’t feel the emotional punch of watching this hazardous stunt, check to see if you still have a pulse.

The high-wire walk creates gripping tension and suspense, and as such “The Walk” is a technical marvel that demands to be seen in 3D. You can’t watch the climactic daredevil act without a feeling of shear dread or panic. ★

# Parade and Harvest Festival Honors Local Law Enforcement

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Community Marching Band is hosting their Howl O’ Ween Parade and Harvest Festival on Saturday, October 24th. The parade will move along Auburn Boulevard from Twin Oaks to Grand Oaks, starting at 9 a.m., and will enter Rusch Park and segue into a Harvest Festival, which will run from 10 a.m. to 2 p.m.

Currently, the parade has 40 entries including marching bands, floats, community groups, and local businesses. Sixty vendors have joined the Harvest Festival. In addition, there will be a variety of live entertainers and demonstrations, including the Capital City Concert Band and family taekwondo. The Citrus Heights Community Marching Band will feature percussionists in a live, interactive jam session, as well as inviting the community to join in on a “Marching and Movement” demonstration, hosted by Citrus Heights Community Marching Band Drum Major Samantha Bean.

The band will be paying a special tribute to the Citrus Heights Police Department, as well as honoring all local law enforcement. They are proud to host the Citrus Heights Police Activity League as they raise funds by selling attractive Blue Ribbon pins to help local citizens show their support for law enforcement. They are also honored to host a demonstration by the award-winning Citrus Heights K9 Squad, a talented team of human and canine police officers who display the intense training involved in modern policing.

The Citrus Heights Community Marching Band is a free service organization providing music education and performance experience to all members of the community, regardless of age or experience level. The band performs in parades, community events, and music competitions throughout the Sacramento area year-round. The Citrus Heights Community Marching Band succeeds due to their community-based fundraisers, as well as support from the City of Citrus Heights, the Sunrise Recreation and Park District, and the Hearts for Parks Foundation.

Source: Kody Tickner

# Give Your Sprinklers a Break this Fall

Sacramento Suburban Water District Asks Customers  
to Voluntarily Limit Landscape Watering to One Day

Continued from page 1

expected rains, yards will need little to no additional water.

Customers willing to voluntarily limit their watering to one day per week are asked to choose one of their designated watering days (Tuesday or Saturday for odd addresses and Wednesday or Sunday for even addresses) and water only on that one day.

SSWD customers are encouraged to use the screwdriver test if they’re not sure if their landscape needs water. The test can be done by taking an eight-inch screwdriver and pushing it into the ground. If the screwdriver goes in more than three inches below the surface, additional watering is not needed.

For more information on ways to conserve, including details about available water-wise rebates, customers can call (916) 972-7171, or go online to sswd.org.

Source: SSWD

★

# Local Author Rejuvenates Fairy Tales

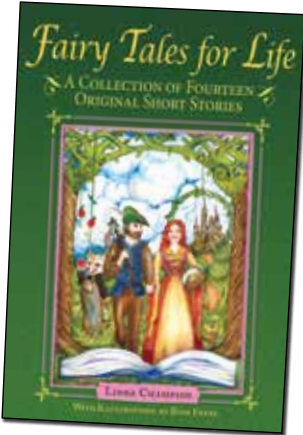
Continued from page 1

Lifetime Secondary Teaching Credential from San Francisco State University. After 20 years of teaching in the area, she decided to retire. Now, she has written two books, “Conversations with My Auntie Margaret about Sporty Dog” and “Fairy Tales for Life: a Collection of Fourteen Original Short Stories.” She is also the winner of the 2015 S.F. Book Festival, earning first place in the Children’s Literature category.

Partnering with Champion on her authoring journey is her husband, Ken Champion. He plays the trumpet and harmonica, and adds music to create what she calls “musical fairy tales.” “He has provided me tremendous support in the telling of my stories by adding musical touches,” said Linda Champion.

As for what’s next, Champion may not be done with fairy tales yet. She has stated that she wants to write more fairy tales in the future.

“Fairy Tales for Life” is available online on her website, www.championwritingcreations.com, as well as amazon.com and barnesandnoble.com in both book format and ebook format. Champion is also available for author appearances that often include dressing up in costume. To find out more about scheduling an author appearance, call (916) 965-7269 or email championwritingcreations@comcast.net.



The book cover for, “Fairy Tales for Life: A Collection of Fourteen Original Short Stories” by Linda Champion. Photo courtesy of Linda Champion

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# Medical Office Building and City Hall Project Moves Forward

**CITRUS HEIGHTS, CA (MPG)** - Last spring, the City Council unanimously approved the Medical Office Building and City Hall Project, a unique public-private-partnership resulting in a direct investment of \$53.2 million into the Citrus Heights economy and generating more than 170 jobs. The project consists of the development of a 68,727-square-foot Medical Office Building and construction of a new 35,000-square-foot City Hall and adjacent 4,000-square-foot Utility Yard. The Medical Office Building will be constructed on the former City Hall site at the corner of Greenback Lane and Fountain Square Drive and City Hall will move to a new facility currently under construction at 6360 Fountain Square Drive, just north of the Post Office.

To prepare for the upcoming demolition of the former Fountain Square property, City Hall temporarily relocated to 7927 Auburn Boulevard in the Grand Oaks Shopping Center on July 13th. City Hall will operate out of the

temporary location for 12 to 14 months during the construction of a new facility. The Police Department (6315 Fountain Square Drive) and Community Center (6300 Fountain Square Drive) will remain in their current locations.

On August 31st, AMPCO Contracting began demolition of the former City Hall Complex, located at 7115 Greenback Lane. Following the demolition, Panattoni Development Company will construct a three-story, 68,727-square-foot medical office building on the site of the former City Hall Complex. The medical office building will be operated by Dignity Health and will provide primary and specialty care services. Demolition of the former City Hall Campus is expected to be completed fall 2015.

On July 20th, Capital Partners Development Company and Ascent Builders commenced construction of the new City Hall and adjacent Utility Building at 6360 Fountain Square Drive. On September 28th, crews poured the

foundation slab for the new building. Next, the contractors will finish installing site utilities, construct curbs and gutters, and form the concrete walls. The new City Hall facility is on-schedule for a late summer 2016 completion.

The new City Hall will consolidate 65 employees once housed in four separate buildings into a single one-story energy-efficient facility. The state-of-the-art facility will feature a “one-stop” public counter providing community members convenient access to City services. The new building will reduce maintenance and operation costs while enhancing the City’s ability to continue providing high-quality and economical services to the Citrus Heights community for years to come.

For more information about the Medical Office Building and City Hall Project, contact Monica Alejandre at (916) 725-2448 or publicinfo@citrusheights.net.

*Source: City of Citrus Heights*

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**We Only Accept ATM, Cash, & Checks** M-F 9-8, SAT 9-7, SUN 10-7 Effective 10/21/15 - 10/27/15

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

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

- Lamb Meal & Rice **\$2999**
- Chicken Meal & Rice **\$3199**
- Lite •Original
- Large Breed Adult

Effective 10/21/15 - 10/27/15

**IAMS DRY DOG FOOD**  
26 - 30 Lb Bag Only

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

Limit 2 Bags Per Family **\$2599**

Effective 10/21/15 - 10/27/15

**DIAMOND NATURALS DRY DOG FOOD**  
40 Lb Bag

- Chicken •Lamb •Beef
- Senior 35 Lb •Light 30Lb
- Large Breed
- Large Breed Lamb
- Ex-Athlete

**\$2999** **\$3199** **\$3699**

Effective 10/21/15 - 10/27/15

**IAMS DRY CAT FOOD**  
•Original •Weight Control

- Hairball •Indoor/Weight/Hairball

16 - 17 Lb Bag Limit 2 Bags **\$1999**

Effective 10/21/15 - 10/27/15

**9 LIVES CANNED CAT FOOD**  
5.5 Oz All Varieties

Limit 1 Case Per Family **35¢**

Effective 10/21/15 - 10/27/15

**FANCY FEAST GOURMET CANNED CAT FOOD**  
All Varieties 3 Oz

Limit 2 Cases Per Family **20/\$1100**

Effective 10/21/15 - 10/27/15

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

Limit 2 Bags Per Family **\$1199**

Effective 10/21/15 - 10/27/15

**SCOOPAWAY CLEAN CLUMPING CAT LITTER**  
20 Lb Box

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

Limit 2 Boxes Per Family **\$549**

Effective 10/21/15 - 10/27/15

**PURINA PRO-PLAN CANNED FOOD SALE**

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

•Adult •Large Breed (36 Lb \$21.99) 46 Lb Bag Limit 2 Bags Per Family **\$2399**

Selected Varieties 6 Lb Bag Limit 2 Bags **\$899**

**CAT COUNTRY PREMIUM ORGANIC CAT LITTER**  
Limit 2 Bags 20 Lb **\$749** 40 Lb **\$1399**

**MEOW MIX DRY CAT FOOD**  
•Original Choice 16 Lb Bag Limit 2 Bags Per Family **\$1099**

18 Lb Bag **\$599**

**PRECIOUS CAT CLUMPING CAT LITTER**  
Limit 2 Bags Per Family **\$599**

**CAT'S PRIDE FRESH & LIGHT PREMIUM CLUMPING CAT LITTER**  
15 Lb Jug Limit 2 Jugs **\$549**

**SCIENCE DIET SMALL BITES DRY DOG FOOD**  
•Adult •Light •Mature 17.5 Lb Bag Limit 2 Bags Per Family **\$2299**

**WORLD'S BEST CAT LITTER**  
14 Lbs Limit 2 Bags **\$1199** Original **\$1299** Extra Strength

10 Lb Bag Limit 2 Bags Per Family **\$769**

**JONNY CAT PREMIUM CAT LITTER**

**MEOW MIX CAT FOOD**  
Market Select 2.75 Oz Cup Limit 1 Case **49¢**

**WILDERNESS DRY CAT FOOD** **AS MARKED OFF in store coupons**  
•Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags **\$5** OUR REGULAR LOW PRICES

**MIDWEST METAL PRODUCTS**

- Exercise Pens •Crates All **20% OFF**
- Ovation Trainer •iCrate Varieties **OUR SUPER LOW PRICES**

**TRUE CHEWS PREMIUM JERKY CUTS**  
All Varieties 12 oz Pig **\$799**  
100% Natural Dog Treats

**BRAMTON SIMPLE SOLUTIONS TRAINING PADS**  
23" x 24" 50 Pads **\$1299**

**JOLLY PETS JOLLY BALLS** **20% OFF**  
•Tag 'n' Toss •Treasure Ball •Bounce 'n' Play •Tag All Varieties **OUR SUPER LOW PRICES**

**HANSEN'S & JASMINE NATURAL BOBBY PANTER & BEB & CO PROFESSIONAL PET CARE PRODUCTS & SHAMPOO All Varieties** **20% OFF** **OUR SUPER LOW PRICES**

**MARINELAND POWER FILTER SALE**  
TANK SIZE

PENGUIN 100B	20 Gal	<b>\$19.99</b>
PENGUIN 150B	30 Gal	<b>\$27.99</b>
PENGUIN 200B	50 Gal	<b>\$33.99</b>
PENGUIN 350B	75 Gal	<b>\$45.99</b>

**TETRA BOXED 10 GALLON TANK**  
Just add Heater For Tropical Fish **\$39.99** Limit 1 Per Family

**KORDON WATER CONDITIONERS**  
Amquel 16 Oz **\$5.99**  
Amquel Plus 16 Oz **\$5.99**  
Novaquea Plus 16 Oz **\$5.99**

**O.S.I. PREMIUM FISH FOOD**  
ALL VARIETIES **20% OFF**  
•Freshwater •Goldfish •Marine •Spirulina **OUR SUPER LOW PRICES**

**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 10/21/15 - 10/27/15 **59¢** CHM PLU 568

**BONUS COUPON**

**GREENIES DOG TREATS**

Chevy Texture Easy to Digest Teenies 22 Ct • Petite 10 Ct • Regular 6 ct • Large 4ct 6 oz Pig Limit 2 Pigs with Coupon Limit One Coupon Per Family Price Valid Only With Coupon, Effective 10/21/15 - 10/27/15 **\$499** CHM PLU 355

**BONUS COUPON**

**ARM & HAMMER CAT LITTER DEODORIZER**

20 Oz Box Limit 2 Boxes with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 10/21/15 - 10/27/15 **\$149** CHM PLU 422

## 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

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