



**All American  
Speedway Hosts  
Vintage Racing Event**

Page 11

**See Pentagon Veteran  
Artist Exhibit at  
Birdcage Mall**

Page 2



# Citrus Heights Messenger

"Written by the people, for the people"

Volume 5 Issue 21

Serving the City of Citrus Heights and Sacramento County

November 6, 2015

**VALLEY AND  
BUTTE FIRE  
UPDATE**



Page 9

**POPPOFF!  
WITH MARY JANE POPP**



Page 10

**HOW WE PROVE  
OUR FAITH**

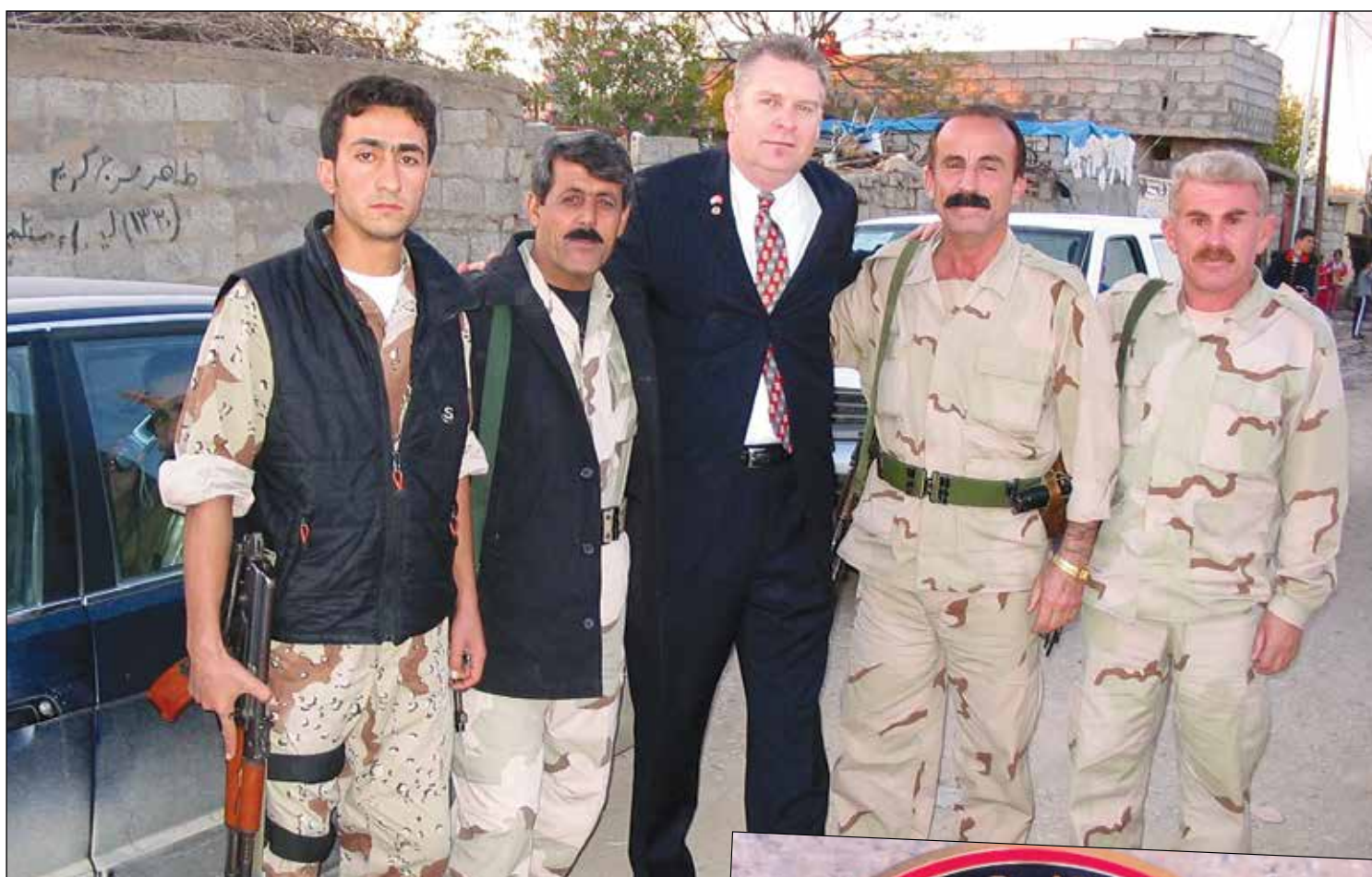


Page 4



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## Gold Star Dad Reaches Out to Honor Fallen Son



Mike Anderson Sr. (center, top photo) stands with soldiers in Binislaw, Iraq in 2006. Photo courtesy of Michael Anderson, Sr. Challenge Coin (at right) of Cpl. Michael D. Anderson Jr., which his father keeps nearby at all times. Photo by Elise Spleiss

By Elise Spleiss

**CITRUS HEIGHTS, CA (MPG)** - Recently, Gold Star Dad Michael Anderson Sr. of Modesto, whose son was killed in Fallujah in 2004, was honored at the Citrus Heights American Legion Post 637 "Battle of the Bands" and Barbecue Fundraiser held at the Rusch Home. Funds raised at this event help meet the many needs of local veterans—both active and retired—who come to the attention of the American Legion.

During a solemn interlude during the festivities, Anderson Sr. was recognized and honored for his own work to help veterans both still actively serving and retired. "Gold Star" is a designation given since World War I to a family member whose loved one died in a combat theater.

Anderson's son, Corporal Michael D. Anderson Jr., died in combat action on December 14th, 2004, during the Second Battle of Fallujah. The Second Battle for Fallujah, code-named Operation Al Fajr ("The Dawn" and Operation Phantom Fury), is considered by the U.S. military as "some of the heaviest urban combat U.S. Marines have been

involved in since the Battle of Hue City in Vietnam in 1968." Following the "ghost soldier" ceremony and presentations of



Continued on page 3

## Holiday Referral Program Helps Local Families

**CITRUS HEIGHTS, CA (MPG)** - The City of Citrus Heights Seventh Annual Holiday Referral Program is officially underway. The Citrus Heights Police Department (CHPD) and the City of Citrus Heights have again partnered with various local service clubs, schools, neighborhoods, businesses, and community members to brighten the holidays for several of our Citrus Heights families. This collaborative effort between all facets of the community specifically targets assistance to families residing in the City of Citrus Heights. Last year, they worked with over 50 service clubs, business groups, social clubs, churches, schools, and community members to assist over 55 families, including 314 children and 90 adults.

This unique community-involved program was created to help families who have experienced a hardship or critical event in their life over the past year that has caused a significant change in their financial abilities. The program provides participating families with food, household items, and toys/clothes for the children. The program relies heavily on the community to help make the effort a success. Participation can include the donation of items, adopting a family, volunteering, or all of the above.

Community members can donate or nominate a family who needs assistance by filling out a referral form. To refer a family for consideration, an application must be completed and submitted to CHPD. The "Holiday Referral Program Application" can be picked up at the front counter of CHPD or found

Continued on page 3

## Honoring Citrus Heights' Finest



From left to right: Lieutenant Jason Russo, Detective Chad Morris, Sergeant Michelle Perez, Sergeant Eric Dias, Executive Assistant Melanie Randel.

Story and photo by Elise Spleiss

**CITRUS HEIGHTS, CA (MPG)** - The Citrus Heights City Council chambers were packed on October 22nd as its residents, businesses, and members of service organizations joined together in an unprecedented show of support for its police department.

In the wake of the alarming rise in attacks against law enforcement throughout the country in the past two years, members of the community—led by Police Activity League coordinator Diane Ebbitt—agreed that they wanted a way to show their appreciation for their own police department. With the help of the City, a proclamation was created that proclaimed October 18th to October 24th as "We Support Our Police Week."

During its official presentation to the Citrus Heights Police Department (CHPD), Mayor Sue Frost and the City Council Members each read a portion of the proclamation for Chief Christopher

Boyd and members of his force present at the meeting.

Following the reading of the proclamation, 34 members of the community came forward one at a time to name—before city council, police officers, the audience, and those viewing the meeting on a live cable broadcast—the many programs the CHPD has created and is involved in. Most of these programs are on an officer's off time for no additional pay.

There are many safety and educational programs run by officers. One program includes working with youth in schools after hours and during special weekly activities and special events. Off-duty men and women work with neighborhoods to solve problems and often work their regular long hours in addition to managing a program such as the Explorers. They work off-hours to keep motorists, businesses, homeowners, and renters safe on the streets and in their homes. Police officers and

Continued on page 2

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# See Pentagon Veteran Artist Exhibit at Birdcage Mall

Story and photo by Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Some of the images are simple and to the point. Others take more study. Still others of the 50 prints of artwork created by veterans in different artistic mediums evoke a more immediate reaction from the viewer.

The Citrus Heights History and Arts Commission is hosting the first West Coast showing of the Pentagon Veterans Artist Exhibit that runs through Veterans Day on November 11th. It is located at 5925 Birdcage Center Lane (next to ULTA and across from Target). Admission to the exhibit is free; hours are 11 a.m. to 7 p.m. each day. There will be a solemn closing ceremony at 7 p.m. on Veterans Day.

Fifty prints were chosen from 400 submissions in 33 states to be shown at the Pentagon by the Veteran Artist Program (VAP). Citrus Heights is the first stop west of the Rockies.

One artist of note, retired U.S. Marine Corp Col. Peter M. Gish of Rhode Island, has been painting since 1945. According to his website, "It was during WWII training as a naval aviator



Members of the Citrus Heights History and Arts Commission at the Grand opening gala of the first all-veteran art exhibit created by the Veteran Artist Program (VAP).

that he decided on a painting career." His work as a combat artist includes paintings from Vietnam, Iraq, and Somalia.

The official kick-off of the local exhibit on October 17th was led by the Folsom Marine Corp Color Guard, who set the tone for the day with the posting of the colors. Mayor Sue Frost and members of City Council were present. Refreshments were provided and members of the History and Arts Commission

were available to answer questions about the exhibit.

Information on purchasing available original artwork is available at the exhibit. For information on the exhibit as seen at the Pentagon and on other VAP events, visit [www.veteranartistprogram.org](http://www.veteranartistprogram.org). Email Jessica Mang at [jessicamang@gmail.com](mailto:jessicamang@gmail.com) for more information. ★

# Counseling Corner

Helping Your Teenager Deal with Peer Pressure

From the American Counseling Association

It would be nice if parents could control everything about their children. You know, just for a little while, say maybe until they're 30. But, of course, that's not the way life works.

Growing up means learning to be more independent, to take responsibility and, sometimes, to even make mistakes. While we want to protect our children, it's also important that we give them room to grow and develop.

One of the hardest places to give kids space is when you sometimes see the effects that peer pressure can have on your son or daughter. During the teen years, the opinions and actions of their friends often count more than Mom's or Dad's opinions and advice.

It's easy to understand. The teenage years are a period of uncertainty. Bodies are changing, interests are changing, and

they're beginning to see the adult world just over the horizon. Many kids feel insecure and lacking in confidence at these times. There's comfort in being accepted, in "fitting in," and giving in to peer pressure.

Does that mean that we parents are helpless? Not necessarily. The key is to recognize the pressures your teen is facing. A starting point is opening up more communication with your teen. While difficult, it can happen when you show you're genuinely interested in your teen's life. Try questions that give your teen a chance to talk about what he or she is doing and feeling. Be gentle but persistent.

Limit criticism and try to find positive things to praise. Helping build your teen's self-confidence and positive self-image goes a long way in fighting negative peer pressure.

Avoiding absolutes also helps. It almost never works

to "forbid" certain friends. But you can try setting limits on the amount of time spent with them and require it be in supervised settings.

Building a stronger family relationship is also important. Curfews should be made and stuck to. Homework and family chores need to be done. Make dinner hours a family activity and find quiet time to sit down and really talk with one another.

Not all peer pressure is negative, but as a parent you want to try and help your child learn how to evaluate friendships and the things that influence him or her as a person. Building a closer, positive relationship goes a long way in making that happen.

"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). ★

# "We Support Our Police" Campaign Brings Show of Support for City Police

Continued from page 1

other staff participate in numerous city events throughout the year and work with the community to continually improve their neighborhoods.

Those working on the "We Support our Police" campaign tirelessly gathered signatures from businesses and residents throughout the month of October. To date, over 600 signatures have been collected in support of the Citrus Heights police.

The following words from the proclamation highlight the expectation that instead of following the negative national trend, the work of these officers will help the children and youth of the city develop a sense of respect for law enforcement as they grow older and that they will pass these values on to their own children.

"Our police officers are mentors, familiar faces, and pillars of our community. They are

hardworking mothers, fathers, daughters, and sons who have dedicated their lives to public services, working every day to build a brighter future as displayed by the numerous programs and activities in the community."

The presentation ended with a standing ovation for the officers of the Citrus Heights Police Department. ★

# Bikeway Master Plan Update

CITRUS HEIGHTS, CA (MPG) - The City adopted its first Bikeway Master Plan in 2009, followed by a technical update in 2011. The regular update of the City's Bikeway Master Plan is necessary to reflect current conditions, policy direction, and to remain competitive for grant funds.

The City is in the process of updating the Bikeway Master Plan and the General Plan Bikeway Map to include Priority 1 Creek Corridor Trails (Sylvan Library to Wachtel Way only) from the Creek Corridor Trail Project as directed by the City Council, update the map to reflect Class II and Class



add bike lanes that were installed as part of Neighborhood Safety Improvements.

The DRAFT Bikeway Master Plan and environmental document is available here: <http://www.citrusheights.net/857/4453/Bikeway-Master-Plan>. The Bikeway Master Plan update will be reviewed by the Planning Commission on November 18th and the City Council on December 10th. For more information, see the project website or email [planning@citrusheights.net](mailto:planning@citrusheights.net).

Source: City of Citrus Heights ★

III bikeways that have been installed since 2011, add bike lanes along various roadways, add bike lanes that have been striped previously but were not included in the last update, and

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# Holiday Referral Program Helps Local Families

Continued from page 1  
online at [www.citrusheightspd.net](http://www.citrusheightspd.net). Completed referral applications can either be dropped off at the department or mailed to CHPD at 6315 Fountain Square Drive, Citrus Heights, CA, 95621.

Applications will be accepted through Friday, November 20th, 2015. The program will be accepting donations from

November 16th to December 21st, 2015. Donations can be dropped off at the CHPD, located at 6315 Fountain Square Drive, between the hours of 9 a.m. and 5 p.m. Monday through Friday, or Saturdays between 9 a.m. and 2 p.m.

This year, Citrus Heights businesses are encouraged to work with their employee teams to either collect donations for the

program or adopt a family. They are looking for businesses to also place donation bins in their lobbies for collecting new toys, clothes, etc. If you would like to volunteer, adopt a family, or have questions regarding the program, please email [holidayreferral@citrusheights.net](mailto:holidayreferral@citrusheights.net) or call (916) 727-5565.

Source: Citrus Heights Police Department ★

# Gold Star Dad Reaches Out to Honor Fallen Son

Continued from page 1  
flags by American Legion Commander Paul Reyes and Robert "Cowboy Bob" Rogers, Anderson Sr. shared how he still maintains close connections to the members of his son's squad who fought next to him and were with him up until, during, and following his death. In 2006, he went to Iraq and visited the region to interact with the people and breathe the same air where his son took his last breath. While he lost his only son to war, Anderson is comforted knowing that at the same time he has gained an innumerable number of young warriors for him to serve as he would have served his own son.

Now, Anderson's purpose in life is to use the many events he attends to share Michael's story and to be there for the hundreds of men and women who are still fighting and come home daily with many needs: physical, emotional, and spiritual. His goal is to fill as many of those needs as he can.

To this end, Anderson and his wife, Angela, created a 501(c)3 nonprofit foundation called

the Welcome Home Heroes Foundation. All workers are volunteers. Transitioning into civilian life from the military can be long and difficult. The foundation works with the VA and other organizations to get veterans ready to deal with re-entry into civilian life.

Anderson noted that "by now, the foundation is a like a well-oiled machine and has taken on a life of its own." They never know what to expect. There are many components at work to identify, verify, and fill the many needs brought to their attention throughout the year. Yet, as Anderson said, "the cause can consume you."

Anderson travels extensively in this work meeting veterans and their families and supporters and sharing his son's story, which has inspired many articles, books, and films. At times, members of his family, including his wife and 16-year-old daughter, travel with him.

Services provided are not just a bandage, but a course of action to be of real help. Temporary support can include help with obtaining car loans and home

loans, making one-time payments, paying motel or storage costs, paying car repairs and utilities, dinner gift cards for a squad deploying to a non-combat country, and much more.

Anderson is concerned for today's younger generations who have not experienced war or had to sacrifice in any real way. They do not understand the very real threat to our very existence as a free country. During WWII, most men, women, and children sacrificed much as they supported their warriors and the cause of freedom in many different ways.

Anderson drew the correlation by saying, "Whether a man or woman chooses to go abroad and wear the cloth of the nation in the trench or to be 'in the rear with the gear,' we all have to fight from home in our own ways to support them."

There are many ways to support our troops from home. Visit Anderson's website at [www.cplandersonjr.org](http://www.cplandersonjr.org) for information or visit [www.SacramentoBlueStarMoms.org](http://www.SacramentoBlueStarMoms.org).

Source: [www.cplandersonjr.org](http://www.cplandersonjr.org) ★




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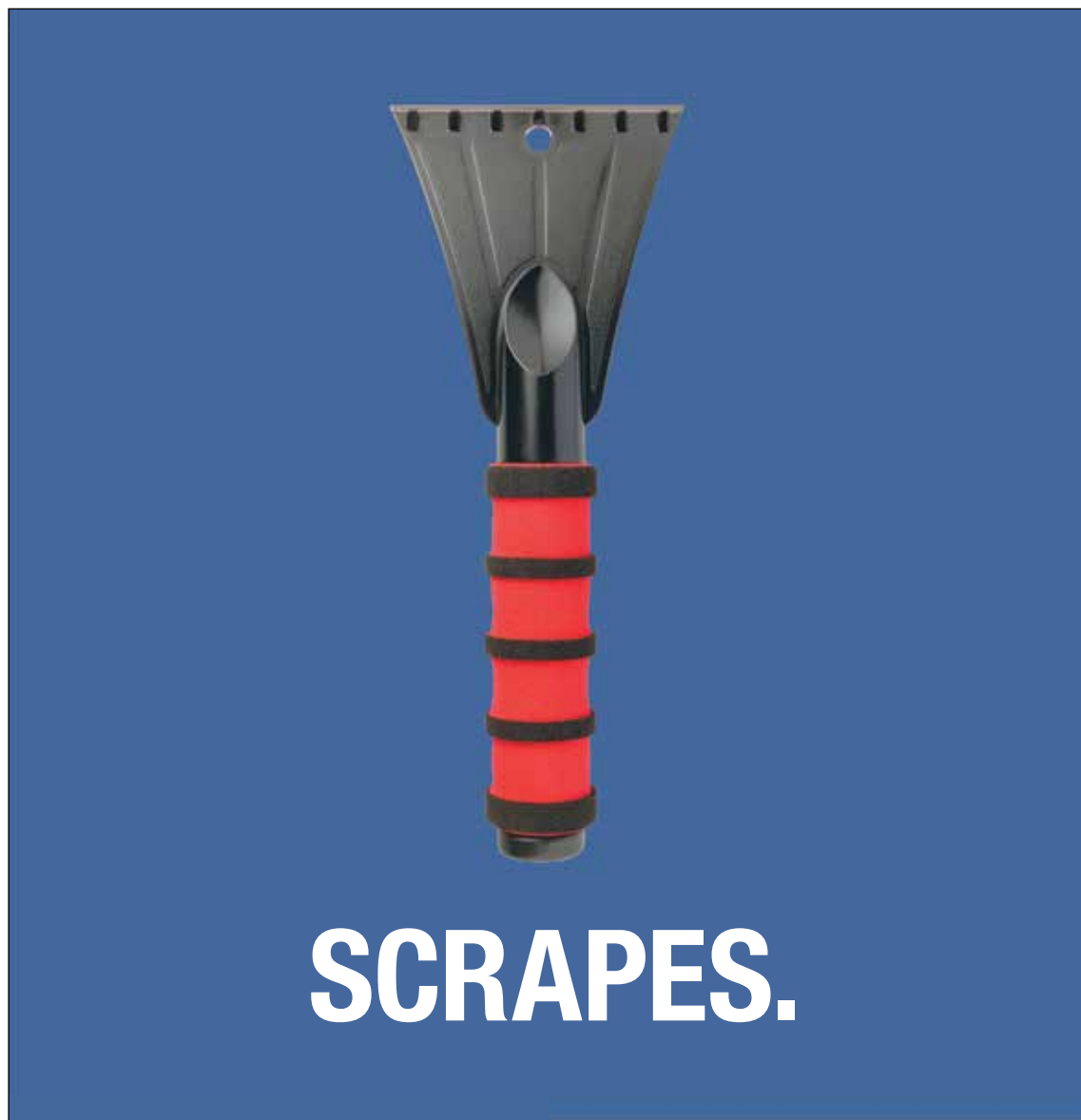
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# I'm So Itchy I Don't Know Where to Start Scratching

Dr. James L. Snyder

In our house, we have an ongoing debate. The Gracious Mistress of the Parsonage claims I am the king of procrastination. At first, I did not quite understand what she was talking about and asked if I could get back to her on that question. She has the idea that I put things off until the last minute, then, according to her, I'm in a panic to get it done. I am not saying she is right; she just might have a good point there. I'll get back to you on that. Before I do anything, I like to give it plenty of thought, sit in my chair and meditate on that project until I really have it clearly developed in my mind from beginning to end. The problem is my wife thinks my meditation is closer to taking a nap than meditation. She just does not understand the dynamics of meditation. Sure, when I am meditating on a project, it may seem like I am taking a nap. It takes an awful lot of meditating on a subject for me to form a good plan. I like to know what I am going to do every step of the way and I do not like to get started until I have it completely fixed in my mind. This is particularly true when it comes to the infamous "honey-do-list." Sometimes that list is so long and complicated I just do not know where to start. Starting, as you well know, is the first step in getting it done. If you do not start a project right, it will not end up right. That is the argument I try to give to my wife who counters with, "The first step in doing the project is to start doing the project." I am trying to get her to understand my "starting a project" begins with some deep meditation on that project. I cannot help it if that meditation period is comprehensive. "Could it be," my wife suggested, "that

you're so itchy you don't know where to start to scratch?" Well, I could not have been more offended in my life. When I am itchy I know when and where to scratch. In fact, right now I am getting a little itchy on the subject of procrastination. However, I will wait until tomorrow to do anything about it. I must confess I do put things off at times. I learned one thing in life; sometimes when you put things off long enough, they do not need doing. I do not know how many times I tried doing something and by the time I got it done it was no longer necessary. I want to be very careful that what I start needs to be finished. My wife, if you will permit me, is super ambitious. When a project comes to the forefront she wants to get it started and finished right away.

For example. Take Christmas shopping. When it comes to Christmas shopping for myself, I usually wait until Christmas Eve. That is the traditional time for me to do Christmas shopping. Then, if you shop on Christmas Eve and they run out of something you can always say, "I wanted to get you this, but they were all out at the time." Not so for the other resident in the house. She begins Christmas shopping in the month of January. Yes, I said January! Before we put away all the Christmas decorations she has prepared a list for next year's Christmas gifts. I really do not know how she does it. Even while people are opening their presents, she is thinking of what to get them next year.

### Land sakes alive!

Sitting around the Christmas tree opening our presents, I am literally amazed at some of the gifts. I never would have thought somebody would want the present my wife bought. They all

thank her and are appreciative and do not know how she knows exactly what they want. I well remember when we first got married and the first time I took her grocery shopping, I was stunned. I had never gone grocery shopping in my life. We got a shopping cart and she began piling that shopping cart full of food. I noticed she had a two-page list of groceries that she needed to buy and little by little she cross them off. When we got to the counter, we had a shopping cart and a half of groceries and the person behind the counter just stared with open mouth.

What my wife had done, and I have never seen it before, she bought groceries for the entire month. How did she know what we would be eating for a month?

Her motto is simply, "Never put off buying tomorrow what you can buy today."

As the cashier was ringing up the groceries, she would sneak a glance and smile at me. It finally dawned on me what she was smiling about. Not my good looks. But my checkbook that was going to have to pay for all of these groceries. I did not see that coming.

I was reminded of what Solomon said. "The thing that hath been, it is that which shall be; and that which is done is that which shall be done: and there is no new thing under the sun" (Ecclesiastes 1:9).

Procrastination never scratches where it really itches.

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 jamesnyder2@att.net. His website is www.jamesnyderministries.com. ★



By Marlys Johnsen Norris, Christian Author

Haven't you felt like there was something missing in your life for a very long time? You have been on the heart and mind of the Heavenly Father since the day of your birth. Our creator is anxiously waiting to hear from you. Every one of His creations

# Ask, Seek, and Knock

is important to Him and He desires a very intimate personal relationship with you.

The words of scripture were written long ago and they will confirm to you how important you are to God. Over and over again, you can read about His personal love for you and all of His creation and how you will be reconciled to God through the death of His beloved son, Jesus Christ.

It is important to enjoy one's personal relationship through prayer and take every request one has before God. "Ask, and it will be given to you, seek and you will find, knock and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who

knocks it will be opened. Or what man is there among you who if his son asks for bread, will give him a stone? Or if he asks for a fish, will give him a serpent? If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him?" (Matthew 7:6-11)

He will answer, and when He does it is extremely important to thank and praise Him. God loves those who have good manners and sincerely appreciate His answers to their prayers.

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



By Pastor Ray Dare

We prove our faith in Christ not by the rules we keep, but by the love we give. "Your love for one another will prove to the world that you are my disciples." (John 13:35 NLT) Notice Jesus didn't say, "Love me," as proof of our discipleship. He said, "Love one another, and that will show the world you belong to me." One of the best things we can do to reach our community for Christ is to love each other; to love other believers.

Until the world sees the love of God modeled in Christian community, they're going to have trouble believing it can ever exist. When we truly care for one another, we show the world a love so tangible and contagious that they can't help but be attracted to it. It's love that reaches people. The church that loves people is a church that God blesses. A loving church means we give everyone in it the AAA treatment. What is the AAA treatment?

# Pastor Ray's Encouraging Words

## How We Prove Our Faith

**Accept one another.** Have you ever been in a snobbish church? Some people have a difficult time accepting others because they confuse acceptance with approval. There's a big difference. You can accept somebody without approving of their lifestyle. Paul said, "Accept one another just as Christ accepted you." Romans 15:7 So that's the starting point. You accept people "just like" God has accepted you.

Everyone's welcome in our church. We have every kind of background you can imagine in our church. We've got former Catholics, Charismatic, Jews, Baptists, Presbyterians, Lutherans, Pentecostals and Nothings! You name it, we've got it. But it really doesn't matter because it's not about religion. If Jesus is your Lord and the Bible is your authority, we're on the same team.

**Appreciate one another.** This goes a little bit further than acceptance. "Do nothing from selfish ambition or vain conceit, but in humility consider others better than yourself. Each of you should look not only to your own interest but also the interest of others." Philippians 2:35 This means find something you can like, not just accept. With

some people this may require a little creativity. You may have to look a little while. Maybe you just need to value them for their uniqueness. Like Baskin-Robbins -- 31 Flavors. What if we were all vanilla?

What a boring church we would be! God has 31 flavors of personality and more than that.

**Affirm one another.** "Encourage one another and build each other up." 1 Thessalonians 5:11 When people stumble, don't criticize, sympathize. Be an encourager not a complainer, not a condemner, not a critical person, not a judge. You can encourage people just by smiling at them.

The church that accepts, appreciates and affirms one another is the church that God blesses. It doesn't happen accidentally. Everybody needs to contribute to the atmosphere of love in the church. Love draws outside people in. We want our church to have a reputation for love.

New Beginnings Church YOU'RE INVITED, Sunday service at 10 am "We Do Church Differently" www.NBC4U.org ★

2nd Annual

# Sunrise Crafts Fair

**Saturday, November 14, 2015**  
**10:00 a.m. – 3:00 p.m.**

Rusch Park Community Center  
 7801 Auburn Blvd. Citrus Heights

Our vendors will be selling hand crafted and homemade items of all kinds!

Refreshments will be available

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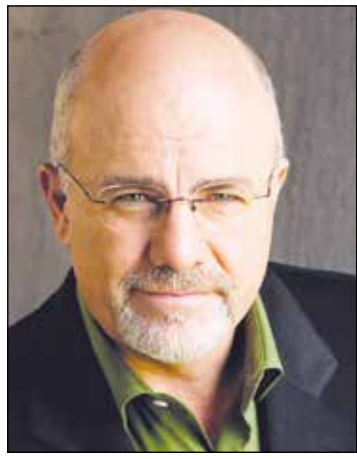
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# Dave Says

There's no reason to do this immediately, either. I mean, we're only talking about one day a week. Chances are it won't change your lives that much. It probably won't hurt anything if she works her regular hours through the end of the year. That way, you guys can keep looking at the numbers and decide on what's best.

You obviously love your wife, Randy. But remember, this is up to her, too. Continue, with her, walking through the idea and the numbers. Make this decision together, so that you'll both be happy and it will be a blessing in your lives!

—Dave

## Be wise when selecting a roommate

Dear Dave, I'll be moving out to finish college next year, and I'm not sure how to find a good roommate. I know this isn't a money question exactly, but I listen to your show and value your opinion. Do you have any suggestions?

—Carson

Dear Carson, I'm always happy to try to help someone who wants to make good decisions in life. I say that what I do is about life and money, so this question

definitely qualifies.

Finding a good roommate can be tough. You need to choose someone you like and get along with, but someone who is responsible and has a little maturity, too. Sometimes you'll have different schedules, and this may lead to people working, studying or playing at all different times. You also have to be respectful of each other's needs and values, and remember, too, that certain things about another person will eventually get on your nerves a little.

Spend a lot of time talking to people and try to find someone with whom you have a lot in common. You won't always be on the same page with another person, but, if you take some time and try to choose wisely, it can be a fun and rewarding experience!

—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, Entrepreneurship 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.*



# Citrus Heights Police Request Help With Identifying Armed Robbery Suspects

**CITRUS HEIGHTS, CA (MPG)** - The Citrus Heights Police Department is asking for the public's help in identifying two suspects wanted in connection with an armed robbery.

On September 30th at about 8:14 p.m., two unknown suspects entered the Shell gas station at 6141 Greenback Lane and demanded money from the employee at gunpoint. The suspects fled the scene with cash. Suspect #1 is described as a black male, approximately 6' tall, heavy-set, in his 20s with short black hair. He wore a large baggy green sweater and baggy blue jeans.

Suspect #2 is described as a light-skinned black male, approximately 5' 10" to 6' tall, stocky build, in his 20s with short black hair. He wore a large baggy red T-shirt and baggy long jean shorts with black and red high-top shoes.

The robbery was captured on the store's video surveillance camera. A still photo of the incident is included here.

Anyone with information is encouraged to call Detective Shaun Gualco of the Citrus Heights Police Department at (916) 727-5500 or Sacramento Crime Alert at (916) 443-HELP

www.crimelert.org.

Source: Citrus Heights Police Department



The two suspects as seen on surveillance video footage. Photo courtesy of Citrus Heights Police Department

**Make the decision** with her  
Dear Dave,

My wife and I just started your class, and we're determined to get out of debt. At the same time, I'd like to do something to reduce the stress in her life. She's a nurse, and she works three 12-hour night shifts a week. I'm a teacher, and I think we possibly could get by if she cut down to just two nights a week and worked part time. Would this be a good idea?

—Randy

Dear Randy, The truth is there's no "possibly" involved. Even without knowing your income and other numbers, it all boils down to one simple question — can you live on that?

It's a simple math thing. You need to look at your income and her income at 24 hours. Then, go over all of your bills and make a budget. If you can live on that, and it's what she wants to do, you have the answer.

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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).

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- Harbor city of Ancient Rome
- \*Tennis great
- Kind of can
- \*Golfer Trevino
- Hefty competitor
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- Queen of Carthage
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- Salty septet
- Chow
- In no manner
- Up it in poker
- Polynesian dance, pl.
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- Kelly Clarkson and Phillip Phillips
- Hindu Mr.
- Julia Roberts' Brockovich
- Dairy choice
- NCAA tourney position
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- Indigo extract
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- Bad car
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- Be of use
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- Caribou kin
- Dots and dashes code
- A \_\_\_ move
- \*Result of first Lewis-Holyfield title fight
- Like Tin Man after being helped

DOWN

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- Parentheses, e.g.
- Hard to find
- Top of a DQ cone
- Truly
- Lady singer
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- Part of a calyx
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- Sounds of reproof
- Medley
- Church sound
- \*Bull and Wizard
- Black Beauty's cry
- \*Mike Tyson bit one
- Hungarian stew
- \*Fastest man on Earth
- Japanese sword fighting
- To \_\_\_ a table
- Clobber
- Do, re or mi
- Characterized by great caution
- Friend, slang
- \*Credited for crushing Hitler's myth of Aryan supremacy
- Narcissist's love
- \*a.k.a. The Sultan of Swat
- Napped leather
- "I'm just \_\_\_"
- X
- Electrical current generator
- End of a shoelace
- Concluding portion of a poem or essay
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**Sudoku Puzzle on Page 6**

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

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

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# Is It Time for a Change?

**Commentary**  
by David Warren

In 1906, George Santayana reminded us that "Those who cannot remember the past are condemned to repeat it." Even when it seems change is inevitable, the Citrus Heights City Council is unwilling to be proactive in dealing with unpopular change.

In 1996, California voters approved the sale of medical marijuana. This year, the California Legislature approved and the Governor signed three laws that regulate the sale of marijuana. The November 2016 ballot will include at least one, if not more, initiatives to legalize the sale and use of recreational marijuana. It is likely that recreational use of marijuana will be approved by the voters.

It seems wrong that marijuana may become as available as beer as arrests and convictions for driving under the influence and substance abuse and associated crime are increasing. Yet, whether one agrees or disagrees that recreational marijuana should be legalized, Citrus Heights needs to prepare for that possibility.

Citrus Heights has ceased issuing over-the-counter liquor licenses because there are "too many" licenses already, a reasonable and good policy. Unfortunately, our City Council, representing a generation that grew up watching the movie "Reefer Madness," refuses to allow even a very limited number of business licenses for the sale of marijuana, which flies in the face of the unfortunate inevitable legalization for recreational use.

The societal effect of Prohibition, the 18th Amendment implemented in 1920, was so unpopular and created so much lawlessness that it was repealed in 1933. Good people routinely ignored the illegality of liquor sales,

which encouraged violence and crime over sales and the genesis of the violent gangs we have today. Unfortunately, entertainment has glamorized the violence of such infamous characters as Al Capone and events such as the St. Valentine's Day massacre. The era's gangsters became fictional anti-heroes, which is part of what has led to today's acceptance of violence in television, movies, and video games today.

With the knowledge that alcohol and substance abuse is a continuing societal problem, the obvious question is why should the City allow a limited number of business licenses to sell marijuana? The simplistic answer is that the City cannot now and will not later be able to (1) keep people from bringing recreational marijuana into our community; (2) prevent the habituation and mental health problems associated with substance abuse; (3) or reduce the risk of illegal drug sale related violence unless there is change. The absence of legal locations to purchase marijuana encourages unregulated and illegal street corner sales that endanger our community.

The best reason to license sales in our community is to discourage illegal vendors. The revenue obtained from both licensing and sales tax can be directed to supplement the police budget to deal with substance abusers and related crime instead of allowing the revenue to be collected by adjacent communities to be used there for the same purpose.

Trafficking of illegal drugs, including marijuana, brings with it trafficking in weapons and related violence. Where legal sales are not available, normal law abiding people violate the law by making illegal purchases. Illegal drug sales provide the funds necessary for gangs, both foreign and domestic, who endanger we who live and work in Citrus Heights,



David Warren

first responders who must confront the gang members who are fighting among themselves for sales territory even as first responders attempt to stem illegal trafficking, our forests which are damaged by illegal marijuana grow sites, as well as our troops overseas who fight individuals who obtain their weapons using drug sale proceeds.

Solutions to the problem of trafficking and gang violence have failed because contraband sales are all about the money. Our City should do as much as possible to rob illegal traffickers of their profits. One way to accomplish that task is to license a limited number of legal marijuana vendors to force, as much as possible, illegal sales out of our community.

In this bad situation, limited legal sales to provide revenue to fight illegal trafficking, gangs, violence, and substance abuse is better than the same money going to criminals who endanger law-abiding citizens here and our service men and women overseas. Action should take place now before the problem gets worse.

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

# California Survey Sees Lower Rate of Illegal Tobacco Sales to Minors in 2015

Rates Still Remain High in Specialized Tobacco Retail Outlets

**SACRAMENTO REGION, CA (MPG)** - California Department of Public Health (CDPH) Director and State Public Health Officer Dr. Karen Smith announced that a survey has found that the California rate of illegal tobacco sales to minors has decreased. According to the 2015 Youth Tobacco Purchase Survey, illegal tobacco sales to minors at retail outlets occurred at a rate of 7.6 %, compared to last year's rate of 9 %.

When the state first started monitoring illegal sales of tobacco in 1997, teens participating in the survey were able to buy tobacco products during 21.7 % of tobacco purchase attempts.

"For seven consecutive years, the rate of illegal tobacco sales to minors has remained under 10 %. However, the Healthy People 2020 target is to reduce this to 5 % or less, which indicates that California still has room for considerable progress. I'm concerned that too many stores, especially certain types

such as tobacco-only stores and convenience stores, are willing to illegally sell tobacco products to youth," Smith said.

Notably, stores specializing in the sale of tobacco products, commonly known as tobacco-only stores, had the highest illegal sales rate, with 14.8 % in 2015. Other stores with high rates of illegal tobacco sales include:

- Convenience stores without gas (9.5 %)
- Convenience stores that sell gasoline (8.8 %)
- Less common retail outlets, such as discount and gift stores, gas stations without convenience stores, and car washes (8.6 %)

The difference between the rate of sales at non-traditional tobacco retail stores and the rate at more traditional retailers continues to narrow, and is only separated by 0.2 percentage points (7.7 % vs. 7.5 %, respectively). Supermarkets and drug stores/pharmacies had the lowest rate of illegal sales

at 3.9 % and 0 %, respectively.

This annual survey of illegal sales of cigarettes to minors is conducted to gauge the rate of illegal tobacco sales across California and to comply with the Stop Tobacco Access to Kids Enforcement (STAKE) Act. All U.S. states and territories are required to assess their rate of illegal sales of tobacco to youth, pursuant to the Federal Synar Amendment. Besides conducting the annual survey, the California Department of Public Health, Food and Drug Branch, conducts ongoing illegal sales compliance checks. The survey of 733 stores throughout the state is conducted by monitoring more than 100 youth who are sent to retail outlets to attempt to purchase tobacco products. California retailers caught selling tobacco products to minors during these enforcement operations may be subject to fines up to \$6,000 for repeated violations.

Source: California Department of Public Health ★

# Pedestrian Master Plan Community Workshop

**CITRUS HEIGHTS, CA (MPG)** - The City of Citrus Heights is developing a Pedestrian Master Plan to prioritize the installation of sidewalks, crosswalks, walkways, and other pedestrian improvements over the next 30 years. The City's objective is to create a complete network of pedestrian improvements to make walking easier and more comfortable for the residents.

The DRAFT Master Plan identifies new sidewalks where

sidewalks are missing, closure of sidewalk gaps, and overall pedestrian improvements throughout the community. For more information, see www.WalkCH.net.

The City of Citrus Heights wants to hear your comments and thoughts about new and improved pedestrian facilities in your neighborhood and throughout the City. The City is hosting a Community Workshop on Tuesday, November 17th at

the Citrus Heights Community Center from 5 p.m. to 7 p.m. A short presentation on the Pedestrian Master Plan will take place at 5:15 p.m. The workshop is an opportunity to provide feedback about sidewalks and other pedestrian-related improvements.

If you can't attend the workshop, visit www.WalkCH.net to complete the online survey.

Source: City of Citrus Heights ★

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# Foster Youth Gifts Needed

*United Way's Women in Philanthropy Holiday Gifts Drive*

**SACRAMENTO REGION, CA (MPG)** - Local residents can help foster youth have stockings and presents to open this holiday season through United Way's Women in Philanthropy Holiday Gifts Drive for foster youth. Visit United Way's online Volunteer Center at [www.yourlocalunitedway.org](http://www.yourlocalunitedway.org) starting November 1st to sign up to bring specific gifts for children in Sacramento County's Child Protective Services or to provide a \$30 donation to purchase a holiday

stocking for a foster youth in United Way's programs. All items must be received by 4:30 p.m. on November 30th at United Way's office, 10389 Old Placerville Road, Sacramento. United Way's Women in Philanthropy brings local women together to help local foster youth. Women in Philanthropy members are first responders in raising funds for United Way to provide financial literacy courses and matched savings accounts designed specifically for foster

youth. Members also hold drives and provide trainings. Women in Philanthropy is part of United Way's team of companies, schools, government, and individuals across the region, state, and country making a collective impact in the areas of education, financial stability, and health in Amador, El Dorado, Placer, Sacramento, and Yolo counties. To become a member, visit [www.yourlocalunitedway.org](http://www.yourlocalunitedway.org).  
*Source: United Way* ★

# Valley and Butte Fire Update



Valley Fire cleanup and debris assessment. Photo courtesy of Environmental Protection Agency

**CALIFORNIA (MPG)** - The U.S. Environmental Protection Agency (EPA) and its federal, state, and local partners continue the assessment and clean-up of household hazardous wastes in the aftermath of the Valley Fire in Lake County, CA and the Butte Fire in Calaveras County, CA. EPA mobilized to the two fire-impacted areas first to clear properties near public schools in Lake County, then more broadly in fire impacted communities under mission assignments from the Federal Emergency Management Agency (FEMA).

As of the end of October, the number of properties cleared are as follows:

- Butte Fire: 610 parcels have been cleared as of October 24th, 2015 (approximately 90%)
- Valley Fire: 632 properties have been cleared as of October 27th, 2015 (approximately 61%)

### Accomplished and Ongoing Response Activities

EPA has three household hazardous waste task forces and one survey team in Lake County to assess residential properties destroyed by the fire. Each task force conducts air and radiological monitoring, and, once completed, begins household hazardous waste characterization and removal. To date, 981 properties have been identified for household hazardous

waste assessment and removal. This number is determined by the County as those properties where Right-of-Entry has been granted by the homeowner.

In Calaveras County, EPA has three teams assessing residential properties following a similar process, and three teams from the California Department of Toxic Substances Control (DTSC) are also working in the area. The cleaned-up properties listed above are for all six teams working in Calaveras County. 678 properties have been identified to date.

### Response Background Information

The Governor of California, Edmund G. Brown Jr., issued Executive Orders (B-33-15 and B-35-115) in response to the wildfires in Lake, Trinity, and Calaveras counties to initiate clean-up of burnt debris and ash. The Department of Resources Recycling and Recovery (CalRecycle) has been assigned to manage the removal and proper disposal of the solid waste and debris left over from the fires. On September 28th, 2015, EPA On-Scene Coordinators (OSCs) from the Pacific Southwest Regional Office in San Francisco, using Comprehensive Environmental Response, Compensation, and Liability Act (CERCLA) authority, began clearing properties of household waste in

a buffer zone around public schools and performing air and radiation monitoring.

On October 3rd, 2015, EPA received two Mission Assignments from FEMA for debris management and to collect, stage, and dispose of household hazardous waste.

For these tasks, EPA manages the categorization, removal, and appropriate disposal of household hazardous waste and orphaned containers at properties with destroyed residential structures within the Valley Fire boundary in Lake County and the Butte Fire in Calaveras County. Teams first sample the air for possible volatile or radiation contaminants, then assess the property for household hazardous waste (propane tanks, aerosol cans, pressurized cylinders such as oxygen tanks and SCUBA tanks that can pose an explosive hazard, and other containers that could have wastes that survived the fires). Items are collected and brought to the staging area, sorted, and properly disposed. Larger items such as drums and household propane tanks are also removed from the properties before CalRecycle removes the remaining debris. Properties are then sampled to ensure that contaminants have been removed and are suitable for rebuilding.

*Source: Rusty Harris-Bishop, Environmental Protection Agency* ★

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# Game Plots

## Metal Gear Skews Child Soldiers

By Noah Howard

“Metal Gear Solid V: The Phantom Pain” (MGSV) has been, for the past two months, dominating the gaming community in discussions about everything from the value of freedom in gameplay to story construction in a game. It takes on numerous dark themes including disease, alliance, and language—largely with success—but when it finally approaches the theme of child soldiers, it stumbles and falls.

It’s admirable that Hideo Kojima, the director, writer, and lead designer of the “Metal Gear” series, at least tried to incorporate such a deep theme into his game, but MGSV needed no extra depth. Even without the child soldiers, it is one of the most symbolically rich and thematically layered games in existence. It encourages and necessitates intense scrutiny, on the same level as a great novel, to fully appreciate.

Though I can hardly say the game is shallow (numerous essays have already been written concerning its symbolic and philosophical implications), “Metal Gear Solid V” handles the theme of child soldiers in a tangential way, lacking in depth or any real feeling of sensitivity. There are the occasional scenes where adult characters will offer some sweet, heroic, or sentimental gesture toward the abused children you encounter over the course of the game, but MGSV finds it sufficient to ultimately turn



Game reviewer Noah Howard said, “It’s admirable that Hideo Kojima, the director, writer, and lead designer of the ‘Metal Gear’ series, at least tried to incorporate such a deep theme into his game, but MGSV needed no extra depth.”

the children into just another type of enemy. Their storyline isn’t tragic; it’s cold and undeveloped. The only real “character” among the children hardly seems like a child at all, but is written and acted just like a shorter version of another soldier. Some may argue that that’s the point: to depict how war changes a child. But MGSV provides no solvency for this dilemma besides dramatized spankings (that sometimes involve joint dislocation) and suppressed kinder-revolutions.

It’s ironic that MGSV came out just a few months before “Beasts of No Nation,” the Netflix original movie that was widely praised by critics for a depiction of child soldiers that was at least honest and heartfelt, if not factually accurate.

After all, Kojima is a middle-aged Japanese man whose closest encounters with actual war were only the movies he watched as a child. His treatment of the theme of war in

previous “Metal Gear” games worked well because it had a layer of sci-fi futurism that acted as a buffer, allowing the message to shine through without worrying about realism or sensitivity. But by taking on child soldiers, Kojima hits a real-life nerve that he should have avoided. It’s difficult to treat such a sensitive and brutal subject with the respect it necessitates without having actually lived through the experience (even “Beasts of No Nation” stumbles here as well).

So while it sounds like I’m trying to dismantle the entire game, I’m not. “Metal Gear Solid V: The Phantom Pain” is a meaningful experience that deserves every ten-out-of-ten score it received. However, it should serve as a cautionary tale to other developers: don’t take on ideas that you can’t do justice.

To respond to Noah’s articles email him at [digitalartsnoah@yahoo.com](mailto:digitalartsnoah@yahoo.com) ★



### Dating Mr. Wrong? Find Mr. Right!

Are you dating a loser? Why? Is it because you don’t know how to seek out Mr. Right? If you want to find Mr. Right, there are signs, according to Dr. Frieda Birnbaum, a research Psychologist, Psychoanalyst, and author of “What Price Power,” an in-depth study of the professional woman in a relationship. We really hashed this one out on my radio show POPPOFF because the divorce rate in the U.S. is about 53%, and I wanted you to have the best chance of being on that 47% of the line. So let’s begin with the seven signs you are dating the wrong guy. It’s best to rid yourself of the bad before you start looking for the good. He is Mr. Wrong if...

1. Your relationship with him doesn’t feel right in your gut.
2. You call him more than he calls you.
3. Some men and women desire more what they can’t have. Don’t make yourself too readily available.
4. Many men date women who

# POPPOFF!

with Mary Jane Popp

3. Your family and friends are unusually going out of their way to warn you about him.
4. His compliments don’t feel personal as if they could be said to just anyone.
5. He sends no cards or roses.
6. His words make you feel a bit insecure and not more secure.
7. His idea of dating is to text message you at the last moment.

Any of these or several strike a chord in your relationship? Then you might want to set some new standards to find Mr. Right. So here are some basic tips.

1. The first step is believing in your heart that you deserve someone great so you’ll immediately start to put out the right vibe.
2. You need to accept you for who you are because every guy senses when you are trying too hard, looking too desperate, or acting like you are having fun when you’re not.
3. Some men and women desire more what they can’t have. Don’t make yourself too readily available.
4. Many men date women who

want to change them. If you accept the person you are dating they are and they truly love you, they’ll want to change for you. The ones who do this are potential Mr. Right material. I had to interject my big fat opinion before we got to the next tip. In my humble and 44-year marriage experience, find the person you accept and like and then you won’t have to worry about change on either side of the relationship. If you like them, why do you want to change them? It gets too messy! OK, no more comments from the peanut gallery.

5. Observe the person you are dating with both your mind and heart. If it feels right in your heart, and your mind accepts what the heart says without hesitation, this is a good indication you might be dating a keeper.

So there are some positive things to look for and some things to get you running screaming away from a relationship. If you want to check out more information, you can go to [www.drfrieda.com](http://www.drfrieda.com). I hope you find Mr. Right and hang on! ★

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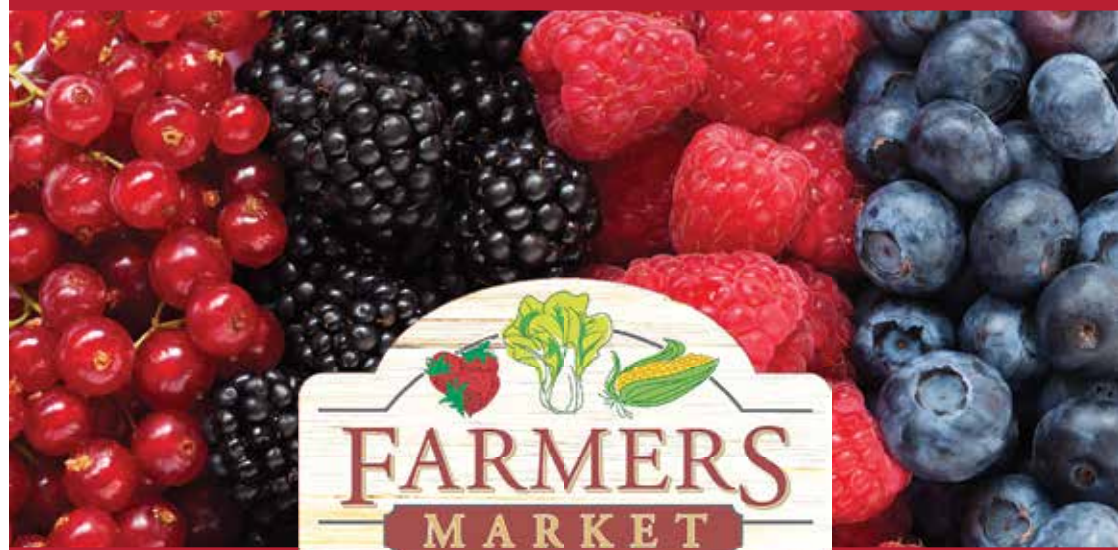
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# Riley Reviews

## GRIPPING DRAMA BEHIND "STEVE JOBS" GENIUS CAREER TRAJECTORY

brilliance was undeniable.

Like many brainy masterminds, Jobs is relentless in badgering and hectoring those around him instrumental in facilitating his dream. His most immediate foil is Andy Hertzfeld (Michael Stuhlbarg), who is roundly berated for not being able to get the Macintosh to say "Hello."

Gal Friday Joanna Hoffman (a nearly unrecognizable Kate Winslet) fares little better in her treatment from Jobs, whose never-ending grievances and demands would be demoralizing to someone with much less tolerance and inexhaustible endurance.

Over the course of what is essentially a three-act play, Jobs' oldest friend and collaborator, Steve Wozniak (Seth Rogen, playing it straight), endures the humiliation of vainly trying to get the Apple genius to publicly recognize the achievements of the Apple II team.

The personal failings of Jobs are found in his troubled relationship with former live-in girlfriend Chrisann Brennan (Katherine Waterston) and his insensitive unwillingness to accept paternity for their young daughter Lisa (played by different young actors over time).

Arriving backstage on the launch day, Chrisann scratches at the hard exterior shell of the aloof Jobs, making a strong case that his child support payments are woefully inadequate as she and Lisa suffer the hardship of living on welfare.

Even though he doesn't want Lisa to know him as a father, Jobs takes tentative steps to form a tenuous bond with his offspring, and his interest in her becomes more pronounced when she makes a computer drawing. Only in the third segment would he admit

naming a computer after her.

Another constant person in the picture is Apple CEO John Sculley (Jeff Daniels), the man who ironically fired Jobs from Apple in the early going, but keeps surfacing at the pivotal points in Jobs' career up to the end of the third-act launch of the iMac in 1998.

Sculley's presence also punctuates the tension of Apple boardroom squabbling where Jobs confronts his employers with the same tortured, angry responses that inform even his everyday interaction with other business associates.

The backstage drama of the second act comes just a short four years later in 1988 when Jobs, having been ousted from his position at Apple, pushes the NeXT cube computer, which proves to be anything but the next big thing in the digital world.

The third act wraps it all up with the 1998 launch of the iMac, and the crowds in the auditorium for the event have grown larger and even more sycophantic for the elusive mad genius behind the curtain.

In patented fashion, Aaron Sorkin delivers fast-paced, sharp dialogue in scenes where Jobs walks and talks with such speed that one is in awe of how his pithy one-liners are so clever and worthy of emulation.

Indeed, in situations where Jobs' arrogance matches his intelligence with ferocious impact on anyone and everything within his path, it's possible to see him as a Shakespearean creation of hugely melodramatic proportions, maybe like King Richard III but without the hunchback and murderous soul.

Though he may not look very much like his subject matter, Michael Fassbender's role is a tour de force performance that could easily be remembered when Academy voters are thinking about an Oscar nomination next year.

Above all, "Steve Jobs" is a psychological portrait of a brilliant man consumed by internal conflicts and personal demons. The result is a fascinating character study which ends so abruptly in 1998 that one may hope for a sequel to finish the rest of the story. ★

# All American Speedway Hosts Vintage Racing Event



A restored and ready to race Hardtop, circa 1940. Photo courtesy West Capital Alumni Association

Story by Linda Haynes Harper

**SACRAMENTO REGION, CA (MPG)** - During the 10th annual All American Vintage Classic, the All American Speedway in Roseville was taken back in time to when circle-track racing was wild, dangerous, and at the top of the "thrill meter." The West Capital Raceway Alumni Association (WCRA) hosted the three-day event October 22nd through 24th. This included a vintage car and travel trailer show, swap meet, silent auction, and a BBQ to celebrate 2015 Hall of Fame inductees. The event wrapped up with an exciting Saturday night vintage car race, highlighting Pre-1980s Sprints, Midgets, Super Modifieds, Roadsters, and Hardtops. Drivers, owners, and fans came from all over the nation as well as Canada to join local participants in showing off their restored machines and to compete on the track against fellow alumni.

West Capital Raceway, formerly known as Capitol Stadium and Capital Speedway, was considered one of the most challenging circle tracks in California and was described by drivers as a ¼-mile bullring. It took real skill and determination to race on West Sacramento's sticky clay short track. Often, brave fans in the first few rows of bleachers were covered in mud by the end of the evening's race.

Slipping, sliding, flipping, and crashing into one another was what made racing on West Capital Raceway fun and memorable for decades. The raceway opened in 1946 and provided local race fans with exciting track action until its closing in 1979,

when the property was sold.

Racing is one of the only sports that has historically included generations of family members in the evolution of race teams. This is especially evident during an event such as the Vintage Classic. The pits are cluttered with teams consisting of grandfathers, fathers, wives, and kids.

Congratulations go out to the WCRA 2015 Hall of Fame inductees: Jim Allen, Tom Herseith, Bill Highfield, Harold and Pat Holtsman, Clyde Lamar, Robbie Padgen, Pat Tongo, ShaneScott, and Bill Sanders. Gene Carlton's car was also inducted.

For more information about the West Capital Raceway Alumni Association, or if you're interested in becoming a member of this fun group dedicated to the sport of vintage racing, call Frank Richards at (916) 786-3944 or visit WCRA on Facebook. ★



Rough and tumble racing on West Capital Raceway's mud track, circa 1970. Photo courtesy www.shutterstock.com

**A Film Review by Tim Riley**

**STEVE JOBS (Rated R)**  
When it comes to handling computers, I am so incapable at times in dealing with technical problems that even the Geek Squad will no longer return my calls. But, at least, articles such as this one flow from the relative ease of using Microsoft Word.

On the whole, it would seem not within my realm of comprehension or even desire to be writing a critique of "Steve Jobs," the story of the acclaimed pioneer of Apple who made the computer accessible even to the most unskilled users.

This assignment is approached with some trepidation, but with the knowledge that Aaron Sorkin wrote the screenplay based upon Walter Isaacson's best-selling biography of the Apple founder, it appears the proper roadmap has been drawn.

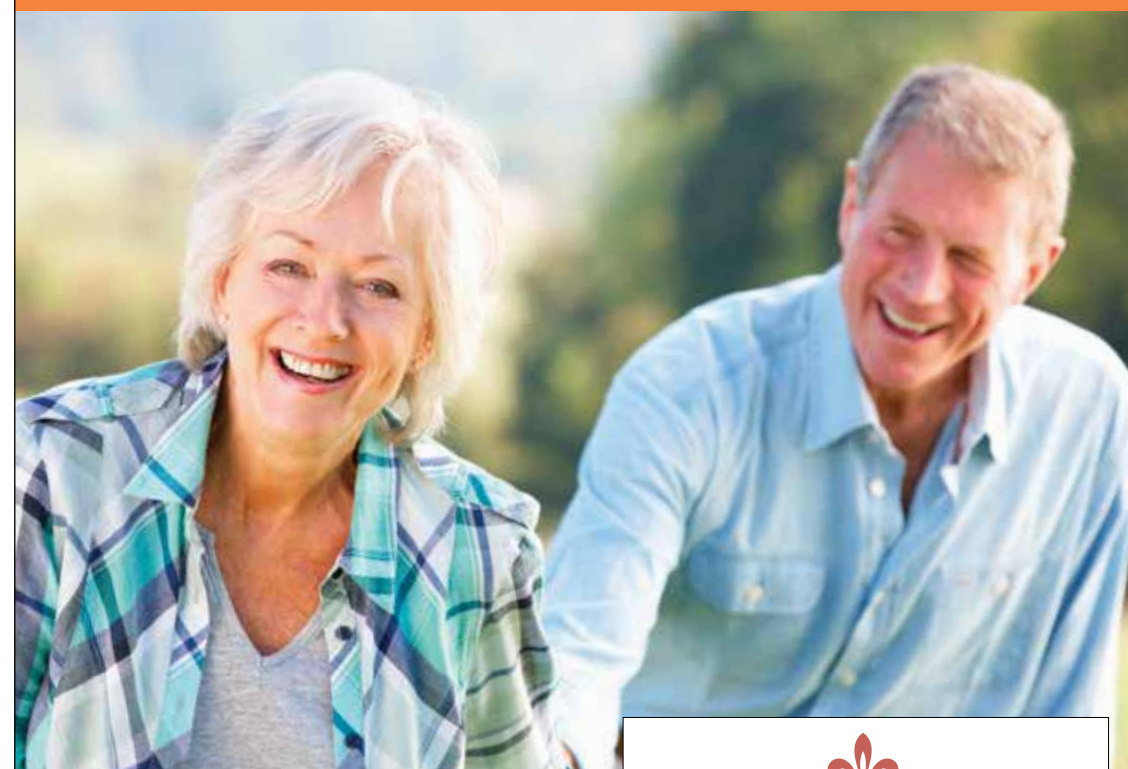
In a canned interview stuck inside the film's press notes, director Danny Boyle, who does a tremendous job here, notes that the "film is an abstraction," taking events – some of them real, some of them imagined – and pushing them into three acts.

With an almost minimalist style, "Steve Jobs" focuses on the backstage drama attendant to the launch of three new computer products over the course of a fourteen-year period beginning with Apple's formative years.

First, it's the launch of Macintosh in 1984, where Michael Fassbender's Steve Jobs unveils his work in front of a fawning audience that would seemingly fuel the computer genius' tendency to arrogantly believe that his

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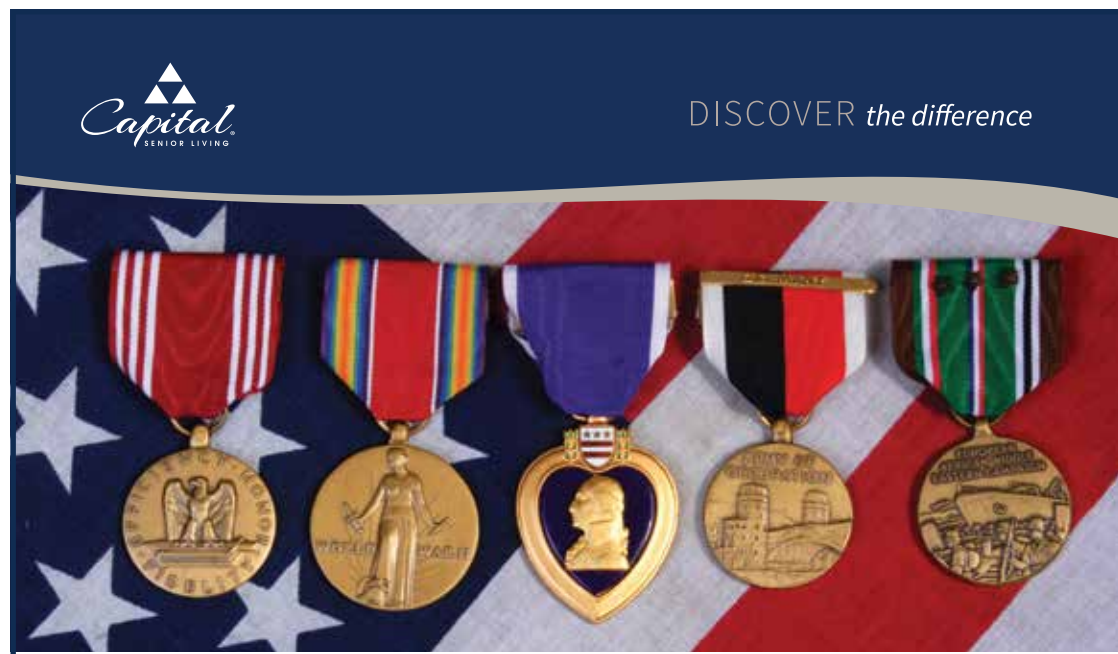
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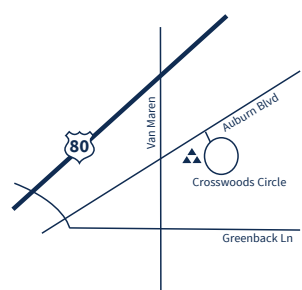
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<p><b>ADVANTAGE FLEA CONTROL &amp; TREATMENT</b>                  Dog 1-10 Lbs. (Green) Dog 55+ Lbs. (Blue)                  Dog 11-20 Lbs. (Teal) Cat 1-9 Lbs. (Orange)                  Dog 21-55 Lbs. (Red) Cat 9+ Lbs. (Purple)                  Limit 2 Per Family. Cannot be combined with any other offer.  <b>\$4.00 OFF</b>  <small>OUR REGULAR LOW PRICE</small></p>	<p><b>PARAGON WHIMZEE</b>                  Dental Dog Treats                  Edible Dog Chews All Varieties  <b>20% OFF</b>  <small>OUR SUPER LOW PRICES</small></p>	<p><b>PREMIER</b>                  Gentle Leader Hood Collars                  Gentle Leader Easy Walk Harnesses                  Gentle Leader Come With Me Kitty                  All Sizes  <b>\$12.99</b>  <b>\$16.99</b>  <b>\$9.99</b></p>	<p><b>TETRA BOXED 10 GALLON TANK</b>                  With Economy Kit                  Just add Heater For Tropical Fish  <b>\$39.99</b>  <small>Limit 1 Per Family</small></p>
<p><b>MAMMOTH PET PRODUCTS</b>                  •Tire Bites •Pow Tracks                  •Heavy Chews •Squeaky                  •Frocks •Soft Pet Toys  <b>20% OFF</b>  <small>OUR SUPER LOW PRICES</small></p>	<p><b>CONAIR PRO GROOMING SUPPLIES</b>                  •Clippers •Trimmers •Brushes                  •Stimpsons •Declodding Tool                  All Varieties  <b>20% OFF</b>  <small>OUR SUPER LOW PRICES</small></p>	<p><b>KENT MARINE WATER SUPPLEMENTS</b>                  20% OFF  <small>OUR SUPER LOW PRICES</small></p>	<p><b>INSTANT OCEAN SEA SALT</b>                  50 Gal. Salt Mix  <b>\$14.99</b></p>
<p><b>FRISKIES BUFFET CANNED CAT FOOD</b>                  5.5 Oz All Varieties                  Limit 12 Cans With Coupon                  Limit One Coupon Per Family                  Price Valid Only With Coupon Effective 11/4/15 - 11/10/15  <b>43¢</b></p>	<p><b>WHISKAS TEMPTATIONS CAT TREATS</b>                  •All Varieties Except Natural - 3 Oz                  Limit 2 Pkgs with Coupon                  Limit One Coupon Per Family                  Price Valid Only With Coupon Effective 11/4/15 - 11/10/15  <b>\$1.19</b></p>	<p><b>JONNY CAT CAT LINERS</b>                  Jumbo Drawstring - 5 Ct                  Limit 1 Box with Coupon                  Limit One Coupon Per Family                  Price Valid Only With Coupon Effective 11/4/15 - 11/10/15  <b>\$1.89</b></p>	

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