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Citrus Heights Messenger

"Written by the people, for the people"

Volume 5 Issue 18 Serving the City of Citrus Heights and Sacramento County September 18, 2015

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WITH MARY JANE POPP



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Great Balls of Fire!

California Capital Airshow Celebrates 10th Anniversary



Rockin' the runway at this year's daytime shows are the spine-tingling USAF Thunderbirds, Canadian Forces Snowbirds, and USN F-18 Super Hornet military jet demonstration teams as well as world-class aerobatics, pyrotechnics, barnstorming, and miles of entertainment. Photo courtesy of California Capital Airshow



SACRAMENTO REGION, CA (MPG) - It's been 10 years, and it is time to celebrate...with a BANG! The California Capital Airshow, presented by Sacramento County in partnership with the City of Rancho Cordova, has announced the addition of the Airshow After Dark on Friday, October 2nd. The hottest ticket in town is on sale now, and tickets are expected to sell out fast!

"We're excited to kick-off our 10th anniversary with Airshow After Dark, an exclusive nighttime Airshow," said Darcy Brewer, executive director of the California Capital Airshow. "As the sun sets on Friday,

sky with streaming flares, showers of colorful bursts from their wings, and thundering pyrotechnics. These phenomenal performances will be skillfully choreographed to awe-some concert quality music with a fiery grand finale—it's nothing like the Sacramento region has ever seen or heard before!"

Gates open at Mather Airport for the California Capital Airshow After Dark at 4:30 p.m. Flying begins promptly at 5:30 p.m. with a farm-to-fork dinner being served throughout the evening. Attendees can look forward to performances by the world-famous Canadian Forces Snowbirds, local favorite



Julie Clark, Gene Soucy's "Fireflight," Matt Younkin's "Magic by Moonlight" taking place after the sun sets, and a "Big Rig Salute" dedicated to first responders. A wall of fire and mesmerizing fireworks will conclude this unforgettable evening. For more

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From Farm to You: Sac County Food Scene

SACRAMENTO COUNTY, CA (MPG) - Whether you love a good burger and a sizzling basket of garlic fries or you prefer a lightly braised salmon with a fresh apple walnut salad, Sacramento County has the food your taste buds crave. As America's Farm-to-Fork capital, "foodies" and those interested in unique cuisine are finding favor in the River City where the food scene is growing.

One of the most popular up-and-coming food scenes is the food truck. Sacramento Mobile Food (SacMoFo) holds events almost daily throughout the county, where food trucks present a variety of cuisine options, such as the weekly Truckin' Tuesday lunch meet-up at 15th and Capitol in the Rose Garden. From 11 a.m. to 2 p.m. every



On September 26th, Sacramento will celebrate the annual Farm-to-Fork Festival. This festival aims to spread awareness about the region's local food production, consumption, and sustainability.

Tuesday, people crowd around trucks for Thai cuisine, boba, burgers, ice cream, smoothies, tacos, specialty hot dogs, and kettle corn, to name a few.

According to SacMoFo, 28% of people who see a food truck decided to purchase from that truck. Nevertheless, food trucks are more than just good food;

they also support the local community by purchasing local products and produce.

If gourmet is more your style, Sacramento has walking food tours. The Gourmet on K Culinary Walking Tour leads people on a tour to discover what is "hot" at local restaurants that specialize in farm-to-fork ingredients. The tour takes participants to different stops along downtown K Street, offering tastings of items like locally

sourced kale greens with apples, walnuts, and a house dressing, or even desserts like green tea French macaroons.

Every year Sacramento County also has a wide variety of food-focused festivals. The Courtland Pear Fair has been a Delta tradition since 1972. With pear pies, jams, preserves, and more, it is a great way to taste sweet, delicious pears from the beautiful Sacramento River Delta. Fair Oaks features the

Continued on page 2

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Barbecue Festivities Honor Veterans

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - The Historic Rusch Home & Gardens is the site for the October 3rd “WE SUPPORT VETS - Battle of the Bands and BBQ’s” event that will raise funds to assist American Legion Post 637 in providing emergency assistance to veterans in need throughout the year.

Three local bands and eight of the top barbecue restaurants in the region are donating their time and talents for a day of music and good food while battling for the best in their category.

For the price of \$15, ticket attendees will enjoy the music of bands and barbecue samples, along with other food, beer, wine, and non-alcoholic beverages. AL Auxiliary Unit 637 will host a dessert table. The entire day is included in the price of the ticket. In addition, there will be raffle and door prizes.

At the end of the day, attendees will vote for their favorites. The winner in each category will win \$200 and a trophy donated by All Awards in Citrus Heights. Local Rotarian and DJ Carlos Verett will provide interim music

between 45-minute sets during the band competition. Opening ceremonies will feature Folsom Marine Corps Color Guard, the Golden State Accordion Players, and a special Ghost Soldier Tribute featuring Dr. Raphael Pazo, California bagpiper.

Participating bands scheduled are God’s Country Band, Rhythm Riders (A Johnny Cash Tribute Band), and Heartbreak Time Machine.

Competing in the barbecue contest are Wild Wades BBQ & Grill, JR’s Texas Bar-b-Que, Texas Roadhouse, SLAB BBQ, Bunz Sports Pub & Grub, Lucille’s Smokehouse BBQ, Big Ray’s Bully Ribs, and Smoke Junction Café.

“Our veterans in Citrus Heights are working hard to support their fellow veterans in need,” said Mayor Sue Frost. “They have reached out to fix cars, buy diapers, provide temporary housing for homeless prevention, and assist families of the fallen. As recent as this week, they paid a house payment and loaned money for a car payment to assist a soldier who could not get a job after returning home from war, even after

attending college.”

All proceeds will go to the Vets Helping Vets Fund. Mayor Sue Frost said, “The veterans are all overwhelmed at the incredible outpouring of support from the entire region. This generous support will allow 100% of ticket sales to go directly into the Vets Helping Vets fund. This is truly a great community we live in!”

The “Battle of the Bands and BBQ’s” will be held at the Historic Rusch Home and Gardens, 7301 Antelope Rd. from 10:30 a.m. to 3:30 p.m. on October 3rd. It will be a day of tasting and entertainment under the shade of the beautiful trees.

Voting ends at 2:30 p.m. immediately followed by awards. Children under 12 are free when accompanied by a paid adult. There will be tables and chairs under the trees. You can bring a lawn chair and blanket if you wish.

For tickets, visit www.Eventbrite.com and search for “We Support Vets.” Or call Jack at (916) 616-7962 and a veteran will deliver your ticket(s). Tickets are also available at the door. ★

From Farm to You: Sac County Food Scene

Continued from page 1

Chicken Festival every year, celebrating Fair Oaks’ history in citrus groves and olive orchards. With great food, vendors, and history, this festival is a great way to taste what makes Sacramento County so unique.

Sacramento County’s Farmers Market season has begun and for those who want to really get up close and personal with their local foods, Sacramento County has roughly a dozen certified farmers markets. With at least one market hosted nearly every

day of the week, people are welcome to meet the producers and farmers who grow the food we consume. With access to fresh seasonal produce and goods, farmers markets are the ultimate in farm-to-fork experience.

On September 26th, Sacramento will celebrate the annual Farm-to-Fork Festival. This festival aims to spread awareness about the region’s local food production, consumption, and sustainability. People can experience live music; cooking demonstrations; a kids’ zone;

interactive booths from local grocers, farmers, and ranchers; and most importantly, local food, wine, and beer from regional eateries. This year’s event is expected to exceed the 35,000 attendants reported last year and is a great way to share the area’s diverse food cultures utilizing locally grown items. Check out two popular websites that feature the local food scene: www.sacfoodies.com and www.sacatomato.com.

Source: Sacramento County ★

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**Story and photos
by Seraphim Winslow**

The final motion of the evening, which the Council carried, was for a resolution authorizing the city manager to execute addendum #1 with the Anaheim-based AMPCO construction company in the amount of \$152,020 for demolition of the old City Hall. The addendum is proposed to prevent the adverse effect that these operations would have on local air quality. ★

Source: Michele Saario ★

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Kiwanis Corner

The Changing of the Guard

It's that time of year when local Kiwanis Clubs change their leadership and install new officers to take the reins. The Citrus Heights Kiwanis Club is proud to announce that William Hooper will be our incoming president, taking over from Cindy MacCormack. Joining William for the 2015-2016 year is Christy DeCelle, president-elect; Dianna Batt, secretary; and Steve Johnson, treasurer. Just as people make New Year's resolutions, the Citrus

Heights Kiwanis Club also has a list of resolutions designed to benefit many worthy causes. These causes include supporting a water safety program for children at Rusch Park, providing scholarships for Kiwanis Key Clubs at Bella Vista and Mesa Verde High Schools, contributing to the operations at Kiwanis Family House, assisting with Family Funday in the park, and hosting our community Easter Egg Hunt in Rusch Park, to name a few.

To fund these efforts and to contribute to other worthy organizations, the Kiwanis Club holds these annual fundraisers:

- Crab Feed on January 23rd, 2016: Citrus Heights

Community Center

- Placemat Project, which raises money to provide vaccines in preventing neonatal tetanus
- Swing "Fore" Kids Golf Tournament on August 29th, 2016: Sierra View Country Club

There are two new events that are planned in 2016: Concerts at the Pool and a 5K Run/Walk. More information on all these events coming soon.

Citrus Heights Kiwanis Club meets at Denny's, corner of Greenback Lane and Sunrise Blvd. at 7 a.m. every Wednesday. Join us! ★



By Marlys Johnsen Norris, Christian Author

The question of the trinity is certainly a question that one has before they have read and studied God's Holy Word, the Bible. In the very first book of the Bible, these words should answer the question. *"And God said, let us make man in our image, after our likeness..."* (Genesis 1:26 KJV) and *"...let us go down"* (Genesis 11:7 KJV).

In the New Testament, we read, *"...in the name of the Father and of the Son and of the Holy Spirit..."* (Matthew 28:19 NIV).

The Trinity: One God in Three Persons

Isn't that three persons in one? Another place it reads, *"There is one God, and one mediator between God and men, the man Christ Jesus"* (1 Timothy 2:5 KJV).

It makes sense that as the Bible speaks about Almighty God. He is described in several terms to help man comprehend the depth of who He is. In the same vein, if we look at ourselves, we too are called by many names. Our given name, son or daughter, and later a father or mother may have an insignia relating to our expertise or profession.

When one continues to read the Bible, the words written actually come alive within you as one understands and applies them to life and lives by them. Is it any wonder lives are transformed and changed by the power of God in the process? One who has a problem with self-esteem and identity will find themselves as well as find

a wonderful freedom in the process. It is an adventurous life, and the thirst for the knowledge in the Bible seems to never be quenched as one comes to know the author of true love.

God is love! Love that comes from Him satisfies our souls.

A new life begins in the soul of a man who reads and follows the words of scripture. The Bible refers to this as being born again as the spirit of God enters a person who accepts the Son of God as their savior, surrendering and committing their life to Him. He then becomes Lord of their lives as the Holy Spirit guides and inspires one's service to God, giving gifts of talent to help others in their walk with God.

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



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By Pastor Ray Dare

Sadly, civility has become a counter-culture value in our society. I don't know if you've noticed how disrespectful and uncivil our culture has become. People are just flat out disrespectful and rude today. Have you noticed that? They do not respect anyone, much less the authorities. They're rude and disrespectful. They're not civil with others.

As our nation becomes more pluralized — that means we have more people coming in from different perspectives, different places — the more divisive a people are becoming. God has called the church to set the standard for the restoration of civility. We must set the standard of the restoration of personal responsibility and the restoration of civility in our culture so that it's possible to disagree without being disagreeable; to have differences without division.

Why should we work towards that? Because Jesus said, *"Blessed are the peacemakers, for they shall be called the children of God."* Matthew 5:9 Jesus blessed not the people who create conflict and division but the peacemakers,

Pastor Ray's Encouraging Words

A Counter-Cultural Value

the bridge builders, those who are counter-cultural.

Jesus said in Matthew 5:9, *"You're blessed when you can show people how to cooperate instead of compete or fight"* (MSG). God wants to bless us, so He wants us to learn how to be civil toward people. To show respect to everyone, especially civil authorities, *"Let everyone be subject to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God."* Romans 13:1 (NIV). God has established civil authority. These men and women lay down their lives for us every day and they deserve respect, our honor and our gratitude. God wants us to do that.

One of the most famous quotes of Jesus is found in Matthew 7:12: *"In everything, do to others what you would have them do to you"* (NIV). It's called the Golden Rule. Do unto others as you would have them do unto you. The word for that is "civility." Civility is just treating other people the way you'd like to be treated, even if you disagree with them — even if they're flat-out, dead wrong. Even if they're fighting against you, you treat them the way you would like to be treated. That's civility. The

Bible teaches EVERYONE matters - regardless of color, regardless of ethnicity or social status. Black people matter, white people matter, brown people, yellow people, red people matter, everyone matters to God! So every person deserves to be treated with dignity and respect. First of all because God made everyone, second because Jesus died for everyone, third because it shows that I really know God when I treat people with respect and fourth because we get back what we give in life. If you want to be respected, you must show others respect.

Civility begins with prayer. The Bible says, *"I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. Pray this way for kings and all who are in authority* so that we can live peaceful and quiet lives marked by godliness and dignity. This is good and pleases God our Savior." 1 Timothy 2:1-3 Let's be counter-cultural and work towards restoring civility within our communities and nation.

Pastor Ray
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A Framework for Patient Harm

Commentary by Robert Goldberg

A group of doctors has decided to rewrite the Hippocratic Oath. The ancient pledge charges physicians with applying “all measures that are required” to help the sick. The American Society of Clinical Oncology (ASCO) wants to add a caveat: “unless those measures are too expensive. Then let the patient die.”

The oncologists’ group has developed a “conceptual framework” that relies on cost-benefit analysis to determine the most “valuable” treatments for different patients.

Sounds innocent enough. But healthcare outcomes cannot be reduced to cost-benefit calculations. By focusing on the cost of a treatment—rather than its potential benefit—the oncologists are allowing dollar signs to dictate whether a patient lives or dies.

Under ASCO’s framework, new treatments will be judged “based on clinical benefit, side effects and cost.” Those are the exact same measures health insurers use in limiting patient access to treatments. Indeed, ASCO wants insurers to use its calculator to “evaluate the relative value of new treatments” as they develop benefit structures and adjust premiums.

Such “controls” could include shifting drugs to the highest cost-sharing tier of an insurance plan or requiring patients to try older, cheaper drugs before receiving the most cutting-edge therapies.

Never mind that the Obama Administration has warned “placing most or all drugs that treat a specific condition on the highest cost tiers discourages enrollment by individuals based on age or based on health conditions” is discriminatory.

The oncologists are effectively asking insurers to discriminate against cancer patients—in direct contradiction of the Affordable Care Act’s intent.

Further, ASCO has concluded that a treatment that can keep patients alive for weeks or months has no value.

The framework assigns zero value to any treatment that doesn’t increase survival by 20%. Right away, the formula would deem numerous modern treatments for cancer worthless.

That 20% figure is arbitrary. Take a lung cancer patient who is alive today because of the accumulation of treatments that never made that arbitrary threshold. Cardiologists hailed a just-approved drug that reduces the risk of death from heart failure by 20% as revolutionary.

Under ASCO’s framework, sorry—not good enough.

Between 1987 and 2000, various AIDS therapies increased patient life expectancy by less than 20% a year. Had ASCO’s framework been instituted then, thousands of AIDS patients who benefited from those treatments wouldn’t be alive today.

ASCO defends its guidelines by claiming that expensive new treatments have sown “unrealistic patient and family expectations that lead clinicians to offer or recommend some of these services, despite the lack of supporting evidence of utility or benefit.” America’s healthcare system can’t afford limitless spending on cancer treatments, the group says.

True, spending on cancer drugs has risen. In 2014, it topped \$100 billion. But that’s just 1% of U.S. healthcare spending.

Moreover, these medicines are worth their price tags.

Successful drug therapies reduce overall costs by diminishing the need for future medical attention. According to a study from the Center for Value and Risk in Health, specialty drugs “tend to confer greater benefits and hence may still offer reasonable value for money.”

Successful treatment also benefits the nation. Cancer survivors have contributed \$4.7 trillion to the economy since 1990, simply by living and working longer.


By valuing treatments based on costs rather than the benefit they provide to patients, the ASCO framework violates both the letter and spirit of the Hippocratic Oath. It should be scrapped before it puts patients in danger.

Robert Goldberg is vice president of the Center for Medicine in the Public Interest. ★

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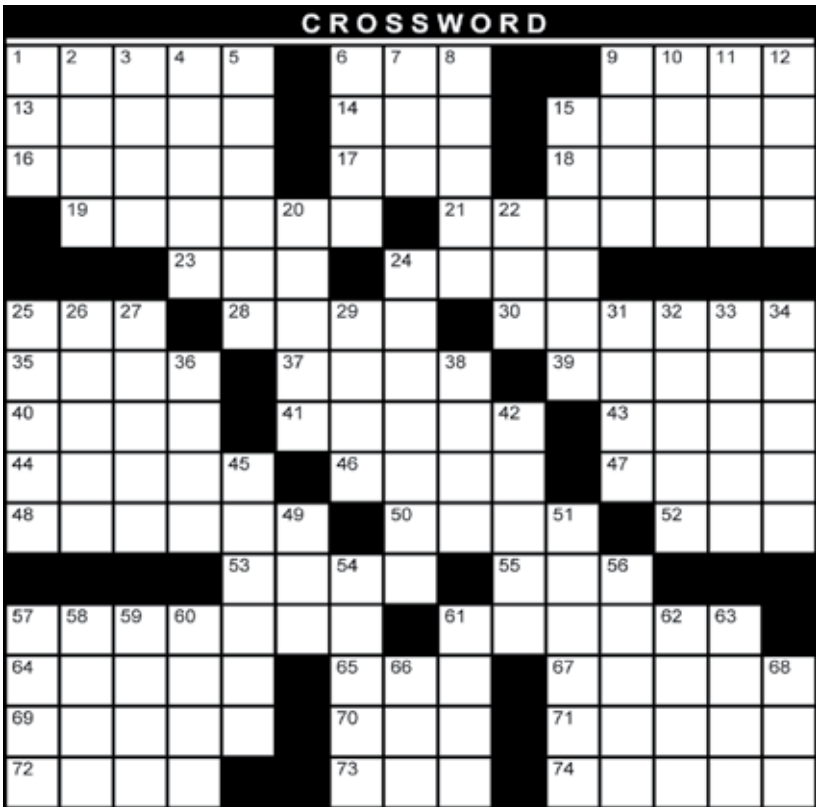
CLUES

ACROSS

- HR concern
- *Like TV's Oscar and Felix
- Roofed colonnade
- *Where Hawkeye Pierce was stationed
- Luau dish
- Use elbow grease
- Are not
- Tiny toiler
- Haul up
- *Hair trend-setting friend
- *Lady Mary or Lady Violet
- Immeasurable period
- Herring-like food fishes
- Commonwealth of Independent States
- Gaspar, Balhasar and Melchior
- Opposite of lead
- Burden
- *Most of the characters in Oz
- Sound of a fast move
- Harbor ill feelings
- Greyish brown
- South American monkey
- Army doc
- Good earth
- State of irritation
- Trail
- Functions
- Fraternity
- Stir fry pans
- Indefinite degree
- *Gandolfini's character
- Ancient theaters
- Not our
- Found at the end of a series
- More wry
- What sitcom did
- Zeppelin
- Opener
- Recipe direction
- Sometimes they just pop up
- City in North Rhine-Westphalia

DOWN

- Calypto cousin
- Unit of pressure
- a² of a square
- Made of pickets
- 6 feet, to a captain
- "Because of Winn-Dixie" protagonist
- *Mad Man
- Dine and
- Flat-bottomed boat
- Work hard
- English river, of Virginia Woolf fame
- Bohemian
- What Peter Pan lost
- Perform in a play
- Luftwaffe's WWII enemy
- Like a curvy line
- *Given name of Seinfeld's neighbor
- Lay to rest
- Blue fabric in Elvis song
- Guarded by Hope Solo
- Land parcels
- Under fig leaves?
- Plural of ostium
- *a.k.a. Heisenberg
- of whiskey
- R&R destinations
- Make corrections
- English playwright Noël
- 4 Blondes, rock band
- *The youngest Griffin
- Aussie bear
- French brass, pl.
- Bayonet wound
- Home to Columbus
- Prefix with scope or meter
- Cambodian money
- Horse's chances
- Things to pick
- Dehydrated
- *Eddard Stark, for short
- *He played Opie Taylor



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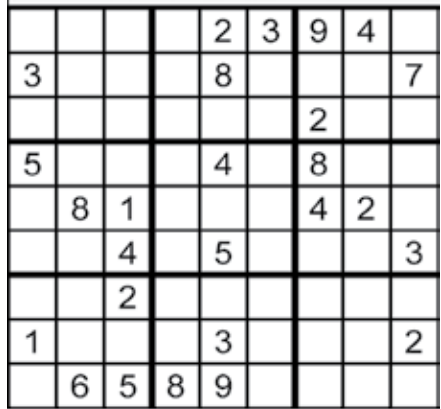
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Sudoku Puzzle on Page 6

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

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Sudoku Puzzle on Page 6

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

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Governor Signs Legislation that Limits Access to Direct Democracy

SACRAMENTO REGION, CA (MPG)
- Governor Brown signed Assembly Bill 1100 (Low-D) into law on September 1st. Effective January 1st, 2016, citizens who wish to submit a ballot initiative or referendum must pay \$2,000, instead of the current fee of \$200.

“Direct democracy is a citizen’s right—a cornerstone of the checks and balances of democracy that have been protected passionately in California,” said Senator Jim Nielsen (R-Gerber). “Raising the fee by 900% is cost prohibitive.”

The ballot initiative process engages voters and increases



Senator Jim Nielsen

interest and participation in elections. The intent of this extraordinary fee increase was

to deter frivolous filings, but with this new \$2,000 charge, the freedom and balance of powers that California’s early Reformers established are slowly being eroded away.

This exponential fee increase will rob ordinary Californians from getting their ideas on the ballot and reserve that privilege only to the state’s elite political class.

“Elected officials should increase voter participation, not discourage it,” Nielsen added.

Source: Office of Senator Jim Nielsen ★

State Officials Honor Latino American Veterans

SACRAMENTO REGION, CA (MPG)
- State officials gathered on September 15th at El Soldado (“The Soldier”) Memorial in the State Capitol Park to honor the sacrifices and contributions of Latino American Veterans.

“We are so grateful to the veterans who continue to serve,” said Senator Jim Nielsen (R-Gerber), who leads the Senate Committee on Veterans Affairs. “In celebrating Hispanic Heritage Month, it is appropriate to thank and express our gratitude to generations of Latino men and women for their love of country and selfless service.”

To kick off National Hispanic Heritage Month, CalVet held a ceremony to honor the 296,000 Latino American Veterans who honorably defended our country in war and those who serve during times of peace.

Latinos represent the highest number of Medal of Honor recipients per capita of any ethnic group. During World War II, about half a million Latinos served with distinction.

A symbol of the military contributions of Latinos from all branches of the military, El Soldado is the only such monument located on a state capitol grounds in the nation. The existing statue is the centerpiece of a planned expansion, which will recognize Latino military veterans from all wars, including Medal of Honor awardees. The expansion is funded by private donations.

The statue was commissioned in 1948 by the wives and mothers of Mexican-American veterans, and eventually donated to the State of California, with the expectation that it would

become an official and permanent state memorial. In 1975, El Soldado was moved to its present location across the street from the Main (West) entrance to the State Capitol.

“These heroes volunteer to risk their lives to protect ours; I cannot think of a higher calling than that. With gratitude in our hearts, we thank our veterans and their families for their service,” Senator Nielsen added.

Senator Jim Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama, and Yuba. To contact Senator Nielsen, contact him at (916) 651-4004 or via email at senator.nielsen@senate.ca.gov.

Source: Office of Senator Jim Nielsen ★



POPPOFF!

with Mary Jane Popp

things. Our education is a mixture of inputs from our upbringing and environments, from parents and teachers to books, the internet, TV, movies, and travel. We’re all on a grand journey. It’s like going through several phases of our own reality show. *Happy 95% of the Time* describes in detail the three primary ways to overcome low self-esteem, stress, anxiety, and depression.

1) COGNITIVE BEHAVIORAL THERAPY This is an example of Western, left-brain analytical thinking.

2) PRACTICAL SPIRITUALITY. This is an example of Eastern, right-brain mystical thinking.

3) MINDFULNESS MEDITATION. This is an inner-body, contemplative approach designed to manage our internal thought processes in order to calm the mind.

He had some thought-provoking ways to think about life. “We have to know imperfection before we can know perfection. We have to be hurt before we can heal. We have to be broken before we can know bliss. It’s a journey many of us are forced to take.” Staples gave me some powerful strategies to overcome depression and despair.

- 1. Self-Talk/Affirmations (I’m Worthy and I Can)
- 2. Visualization/Positive Imaging
- 3. Quiet Contemplation (Spending

- Time In Nature)
- 4. Regular Sleep Habits
- 5. Daily Exercise (Walking/Running/Paddling/Etc.)
- 6. Diet and Nutrition (Natural and Home-Cooked)
- 7. Learn (Apply Critical Thinking)
- 8. Practice Regular Mindful Meditation
- 9. Understand/Develop/Respect Your Spirituality (E.G. Being At One With Nature)
- 10. Develop A Personal Interest/Hobby/Activity
- 11. Engage in Outdoor Recreation (E.G. Hunting/Fishing)
- 12. Read Articles, Books, and Personal Anecdotes About Despair/Depression, its Causes, and How to Manage and Overcome it

It’s beginning with 12 drug-free, self-administered ways to stop depression and find happiness. The goal is to help manage and control your thoughts, mood, and feelings. Here are a couple of the 50 memorable quotations from *Happy 95% of the Time*. “It is always your mind, and only your mind, that gets you into trouble; it follows that only your mind can get you out of it.” And this one is my favorite: “Most people believe that the next moment is more important, and will be more interesting than the present moment, the moment at hand. This, it could be argued, is the greatest curse of humankind.”

I’ll finish with my own thought. Enjoy today. It’s the best present you can give yourself! ★

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CSLB Offers Resources for Northern California Wildfire Victims

SACRAMENTO REGION, CA (MPG) - The Contractors State License Board (CSLB) has activated its disaster response support for residents of Amador, Calaveras, and Lake counties whose homes have either been destroyed or damaged in recent days by the devastating Butte and Valley Fires.

Property owners can access CSLB’s Disaster Help Center at www.cslb.ca.gov or CheckTheLicenseFirst.com to tap into helpful publications that can be ordered or downloaded. These include “After a Disaster, Don’t Get Scammed” and “What You Should Know Before Hiring a Contractor.” CSLB’s “Rebuilding After a Natural Disaster” video also is available on YouTube. In addition to the website, all information can be requested by calling CSLB’s Disaster Hotline, (800) 962-1125, staffed Monday through Friday from 8 a.m. to 5 p.m., or its 24/7 automated information line, (800) 321-CSLB (2752).

CSLB is also warning wildfire victims to be wary of unscrupulous and unlicensed contractors who may solicit to rebuild their homes or businesses. Avoid rushing into any agreement or contract until you have verified with CSLB that the person is licensed for the type of work that is being offered. Remember: construction work that costs \$500 or more in combined labor and material costs must be

performed by a state-licensed contractor.

CSLB investigators are already in the fire-ravaged parts of Amador, Calaveras, and Lake Counties, educating fire victims and looking for any signs of unlicensed contracting. Warning signs also are being posted. Anyone found contracting without a license in an area for which a state or federal state of emergency has been declared can face felony charges. Those convicted of unlicensed contracting in a declared disaster zone are subject to a maximum of 16 months in state prison and a fine of up to \$10,000 (Business & Professions Code 7028.16).

CSLB will join multiple other state and local agencies at Local Assistance Centers that are expected to be opened within a few days in the affected communities.

“It is heartbreaking that residents have lost so much,” said CSLB Registrar Cindi Christenson. “The fire victims need to be vigilant and protect themselves against predators who might try to take advantage of them at their weakest moments. We strongly encourage homeowners who are looking to rebuild to first check CSLB’s website before deciding on a contractor.”

CSLB urges everyone to follow these guidelines before hiring a contractor:

- **Avoid hiring the first contractor**

- who comes along;
 - **Avoid rushing into repairs: get at least three bids for comparison and check references;**
 - **Hire only licensed contractors and ask to see their license and a photo ID;**
 - **Always check the license number on CSLB’s website at www.cslb.ca.gov or CheckTheLicenseFirst.com, and contact the business directly if you have any questions;**
 - **Down payments are limited to 10 percent of the contract price or \$1,000, whichever is less. (There is an exception for about two dozen licensees who carry special blanket performance and payment bonds. These exceptions are noted on CSLB’s website);**
 - **Don’t pay in cash, and don’t let payments get ahead of the work; and**
 - **Get a written contract, and don’t sign until you completely understand the terms.**
- CSLB also reminds residents to make sure their contractor pulls necessary permits and receives required inspections from city or county building departments for any construction, reconstruction, or installation of air conditioners, heaters, or water heaters.
- Source: CSLB Public Affairs*★

Great Balls of Fire!

California Capital Airshow Celebrates 10th Anniversary



The California Capital Airshow is an exciting, family-friendly, non-profit event designed to honor the Sacramento region’s rich aviation heritage and veterans. Photo courtesy of California Capital Airshow

Continued from page 1
information, visit <http://www.californiacapitalairshow.com/airshow-after-dark/>.

The action doesn’t stop there—don’t miss the fun on October 3rd and 4th as three military jet demonstration teams roar across the skies of Sacramento! Rockin’ the runway at this year’s daytime show are the spine-tingling USAF Thunderbirds, Canadian Forces Snowbirds, and USN F-18 Super Hornet military jet demonstration teams as well as world-class aerobatics, pyrotechnics, barnstorming, and miles of entertainment, music, food, and exhibits. This thrilling, family-friendly, patriotic event has something for everyone! Visit <http://www.californiacapi->

talairshow.com/lineup/performers/ for the 2015 performer line up. The California Capital Airshow website is updated regularly with news, attraction information, and more. Fans can follow the Airshow on Facebook, Twitter (@calcapairshow), and Instagram (capitalairshow). Airshow tickets are on sale now at <http://www.californiacapitalairshow.com/buy-tickets/>.

Established in 2004, the California Capital Airshow is an exciting, family-friendly, non-profit event designed to honor the Sacramento region’s rich aviation heritage and veterans. Using the power and magic of flight to inspire young people to pursue education and careers in



science, technology, engineering, math, aviation, aeronautics, or aerospace while attracting visitors from all over the nation and beyond to discover what’s special about where we live, work, and thrive. California Capital Airshow is a 501(c)3 nonprofit organization that gives back to the community through scholarships, charitable group donations, and a wide variety of community events and exciting educational programs throughout the year.
Source: California Capital Airshow★

Fundraiser to Benefit Young Survivors of Domestic Violence

By Elise Speiss

CITRUS HEIGHTS, CA (MPG) - The GFWC (General Federation of Women’s Clubs) Citrus Heights Women’s Club is having its sixth annual Chili Cook-Off, Vendor Show, and Vintage Car Show on Saturday, October 10th from 9 a.m. to 3 p.m. All profits will be used for Christmas programs to benefit the children of domestic violence through A Community for Peace.

The event will be held at Lowe’s parking lot in Citrus Heights near Sunrise Mall at the corner of Greenback and Sunrise.

Children’s activities include “Kids Zone” face painting and other games. Donations of new toys will be collected for the A Community for Peace Christmas program. Drop off donations at the Women’s Club booth.

In 2014, the event was abuzz with activity with 500 shoppers and chili tasters and fierce competition between 13 chili chefs, many who promised to return this year for a rematch.

There is no fee to enter the Chili Cook-Off. Attendees will pay a \$10 donation to taste and judge entries. This year we will have five junior cooks with their

own trophy. Entry fee to the Car Show is \$20, which includes a raffle ticket, swag bag, and one ticket for chili tasting. All show cars are welcome. Trophies will be awarded for Best of Show, Ladies Choice, and more. Send an email for the entry form to citrusheightswomensclub@gmail.com.

The Citrus Heights Women’s Club is a 501(c)3 nonprofit; your booth fee of \$30 is a donation. Vendors will give a charitable tax receipt. The club also needs raffle prizes and merchant trophy sponsors. Call (916) 751-1918 if interested.★



The California Capital Airshow attracts visitors from all over the nation and beyond. Photo courtesy of California Capital Airshow

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By Lisa West

Death and taxes...ugh! Two things we love to put off as long as possible. I don't know about you but April 15th comes and goes every year without my taxes being done and I always file an extension. Typically there is a mad dash in early October for me to do it before the final, final deadline of October 15th.

The same is true about funeral pre-planning. Most people say, "I really need to get that done..." but it just keeps getting postponed. If I can give you ANY incentive at all – let me tell you these three things that will benefit you the most.

One, by doing it now, you can pay over time instead of coming up with a big lump sum at the time of a death. Two, by doing it now, you save money because you lock in today's pricing and shouldn't have to pay anything additional in the future. And three, peace of mind. Who doesn't need more of that these days?

Not only peace of mind for you, but for your family as well. When the time of death does occur, your family will be so grateful you made all of

your arrangements ahead in advance. You will save them a tremendous burden while they are grieving. You will also take the decision making out of their hands ensuring you have the disposition and services you wanted.

Here's another incentive, how about a free lunch to go with it? Each month, we offer a free luncheon seminar. It is not a sales seminar. It is a nice catered lunch with a quick 20-minute presentation on all the options available to you. It also contains valuable key consumer advice for when the moment comes that you are ready to make a purchase. It's important to know you are comparing apples to apples.

So go for it. Get off the procrastination band wagon and RSVP for one of our free luncheon seminars. You can find all the dates/times and locations on the events page of our website at www.EastLawn.com.

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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Sierra Hills Memorial Park & East Lawn Mortuary

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Wednesday, August 26 (Dinner)

6:30 p.m. to 7:30p.m.

Thursday, September 24

11:30 a.m. to 12:30 p.m.

Friday, October 30

11:30 a.m. to 12:30 p.m.

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Tel: (916) 732-2020 Lic#FD-1242 | RSVP: Jessica at jessicae@eastlawn.com

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Donald Kendrick, Music Director

SCSO 20th SEASON

2015–2016

Stained Glass Concert
John Rutter | *Requiem*
Rachel Laurin | *Fantasy for Organ and Harp*
OCTOBER 24, 2015 8PM
Fremont Presbyterian Church

Wells Fargo Home for the Holidays
With the Sacramento Children's Chorus, Lynn Stevens, Director
DECEMBER 12, 2015 8PM
Memorial Auditorium

Carmina Burana
Carl Orff | *Carmina Burana*
Karl Jenkins | *Songs of Sanctuary* (selections)
Jonathan Dove | *Psalms For Leo* (Area Premiere)
MARCH 5, 2016 8PM
Sacramento Community Center Theater

European Masterworks
Franz Joseph Haydn | *Harmoniemesse*
Vaughan Williams | *An Oxford Elegy*
Antonín Dvořák | *Psalm 149*
MAY 14, 2016 8PM
Sacramento Community Center Theater



Donald Kendrick
Conductor

SCSO Office
916.536.9065

CCT Box Office
916.808.5181 or
TICKETS.COM

Ticket Information | SACRAMENTOCHORAL.COM



Andrew & Williamson Fresh Produce Recalls Cucumbers

SACRAMENTO REGION, CA (MPG) - California Department of Public Health (CDPH) State Health Officer Dr. Karen Smith has warned people not to eat garden cucumbers imported from Mexico and distributed by Andrew & Williamson Fresh Produce because these cucumbers may be contaminated with Salmonella. CDPH is currently aware of 285 individuals in 27 states infected with Salmonella serotype Poona, with 51 of these case-patients being reported from 17 California counties, including one death. Illnesses continue to be reported.

CDPH has been working closely with the U.S. Centers for Disease Control and Prevention and local health departments across the state to assess the scope of this outbreak and identify possible causes.

Andrew & Williamson Fresh Produce of San Diego, CA, initiated a voluntary recall of their garden cucumbers, after being informed of the epidemiologic association between these cucumbers and the Salmonella Poona outbreak. The recalled garden cucumbers can be identified in distribution channels as “Limited Edition” brand pole-grown cucumbers. The labeling on these cases indicates the product was grown and packed by Rancho Don Juanito in Mexico. These cucumbers were distributed between August 1st and September 3rd, 2015.

It is unlikely that cucumbers in retail grocery stores will have any identifying brand information. CDPH recommends that consumers check with their grocer to determine if the cucumbers they purchased are impacted by this warning.

Domestically produced cucumbers are not believed to be involved in this outbreak.

Symptoms of Salmonella infection include fever, abdominal cramps, and diarrhea, which may be bloody. Most infected people recover within a week. Some may develop complications that require hospitalization. Infants, the elderly, and people with weakened immune systems are at highest risk for more severe illness.

CDPH recommends consumers experiencing any ill effects after consuming cucumbers should consult their health care provider.

Source: California Department of Public Health ★



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Our Boys Are Back in Town

Hometown Heroes Honored in Capitol Parade



Photos clockwise from top left: Riding a hero-mobile on Capitol Mall, Alek Skarlatos, Spencer Stone, and Anthony Sadler (from left), bask in cheers from 10,000 admirers—their actions to thwart a terror attack brought international fame for the Carmichael and Rancho Cordova-raised trio; Three generations of Stone and Skarlatos' Carmichael and Fair Oaks kin gather to celebrate; Firefighters and police officers joined observances for the 9/11 tragedy; CSUS student Anthony Sadler embraced proud papa, Anthony Sadler Sr.; Airman First Class Stone, National Guard Specialist Skarlatos, and CSUS student Sadler (from left) rejoice in their keys to Sacramento City; Supervisor Susan Peters and Assemblyman Ken Cooley greeted their famous constituents; Del Paso High School students were vociferous fans—alma mater to Stone and Skarlatos, the San Juan District school also supplied ROTC honor guardsman for the parade.



**Story and photos
by Susan Maxwell Skinner**

SACRAMENTO REGION, CA (MPG) - Spencer Stone, Anthony Sadler, and Alek Skarlatos began a European vacation as ordinary tourists. The chums returned home as international heroes.

Armed with quick wits and aided by luck the Christian trio regard as divine intervention, they prevented a massacre that might have turned a train ride from Amsterdam into murder on the European express. Disabling an armed-to-the-teeth terrorist is now their legend—and probably inspiration for future movies. Meantime, France's Legion of Honor award, TV appearances, and hero worship are their overwhelming lot.

But homecoming topped all previous thrills. "We've been all over the world these last couple of weeks," an emotional Anthony Sadler said at last week's Sacramento rally. "All the thanks we've received don't compare to being in front of our home crowd like this."

Carmichael-raised Spencer Stone was amazed by the adulation. "We all love you," he told a 10,000-strong crowd. In uniform, the Airman First Class lived up to the "Captain America" moniker from his training days. Sadler was sartorial in slacks, shirt, and tie; Skarlatos' polo shirt and jeans did

little to hide an athlete's physique. Indeed, the three amigos were hotter than tar seal on a 100-degree Capitol Mall day.

Heralded by marching bands, drums, hoof beats, and cheers, they took the earlier procession—from Crocker Park to the State Capitol—in their formidable stride. At first indulging in selfies atop their gaudy float, they soon warmed to waving and hand-slapping duties. They stooped to shake hands with front row fans. They returned compliments from well-wishers. "Thank you, boys" was a phrase often yelled at the modest trio. At Fourth Street, the first confetti blizzard provoked onboard delight.

A jet fly-over and Mayor Kevin Johnson's keys to the city were icing on the Capitol cake. An hour of ovations later, our boys were ushered away. Tearful moms, proud dads, and awed young relatives awaited.

Accolades are far from over. Captain America Stone was moved to tears when a little girl asked if he were able to fly. Former Army National Guardsman Skarlatos once envisioned a police career. Now the Carmichael hunk is foxtrotting with the stars in Los Angeles. "At some point, our lives will probably return to their intended courses," he considers. "For now, we're just trying to figure out what we're doing next week."

★

