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of Citrus Heights  
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# Citrus Heights Messenger

*"Written by the people, for the people"*

Volume 5 Issue 16

Serving the City of Citrus Heights and Sacramento County

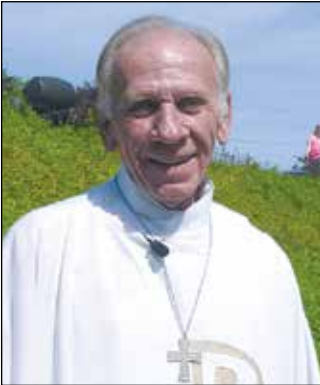
August 21, 2015

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ADDRESS REPUBLICAN  
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**POPPOFF!**  
WITH MARY JANE POPP



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## Citrus Heights Resident Helps Others through Vision Challenges



Paul Gray was born with a genetic disease called Leber hereditary optic neuropathy, which normally begins affecting men's central vision when they are in their 40s and 50s.

**Story and photo by Kristin Thebaud**

**CITRUS HEIGHTS, CA (MPG)** - Paul Gray of Citrus Heights started losing his vision at age 16, but that did not stop him from being named Junior Prom King. In fact, the born athlete remembers his whole football team getting into trouble together at the hospital as he was dealing with his diagnosis. He also remembers being the "fun blind guy at the party" and his friends playing good-natured pranks on him.

"My mom and dad are tough folks and taught me I had to get over it," Gray said. "I could dwell on it and waste life or I could learn to move on and figure it out. So I kept my sense of humor and my friends kept taking me to parties. I continued to play football, baseball, and basketball as long as I could."

Gray was born with a genetic disease called Leber hereditary optic neuropathy, which normally begins affecting men's central vision when they are in their 40s and 50s. Women

carry the gene, but only men experience the vision loss. Men also cannot pass on the gene. Doctors believe Gray began losing his vision at such a young age because he underwent chemotherapy for a year and a half at age 11 to beat cancer, and stress triggered the disease to kick in.

"We had no idea this gene was in our family," Gray said. "Now we know all of my brothers have it, but they can still see."

He remembers playing basketball one day as a junior in high school and he could not see a player's jersey number. The next week he could not see the scoreboard. The following week, he started missing the ball. He thought it was wind, sweat in his eye, or a football injury. Many tests later, Gray realized he would never be able to go to college on a sports scholarship as he had planned.

"At that point, I realized something I was passionate about had been taken from me, but I'm such a positive person that I believed it

would get fixed eventually," Gray said. "My family and friends really helped me with that transition. I still worried about all of the things I had taken for granted, though, like being able to play catch with my future son and support a family."

But he found a way to pour his passion into athleticism. He moved to San Diego and became a certified personal trainer, building a successful business doing boot camps on the beach. Eventually he made his way to Oregon, where he met his wife and later moved back to Sacramento.

He knew building a personal training business would be much more difficult in the Sacramento area than in San Diego, but he was determined to find a career that he was passionate about, so he began taking classes at the nonprofit Society for the Blind in Sacramento. His instructors noticed that he had a talent for working with technology and computers. He volunteered for seven months and one day

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## Comedy and Cops Raises Funds for First Responders

**CITRUS HEIGHTS, CA (MPG)** - For one night, Lowe's of Citrus Heights will transform their parking lot into an open-air comedy house to support Citrus Heights police department and A Community for Peace's (ACFP) award-winning Domestic Violence Response Team first responders. Comedy and Cops will take place on Saturday, August 22nd at Lowe's in an outdoor tent located at Sunrise Boulevard and Greenback Lane.

Michael Mancini will headline as "the World's Funniest Cop," according to Jay Leno. Mancini has a background in law enforcement and an insightful sense of humor. His high-energy, action-packed, fun-filled show full of real-life experiences will keep you laughing. Performing for comedy clubs and law enforcement agencies all over the US and Canada, Mancini brings humor into all aspects of life when dealing with law enforcement, from traffic stops and foot pursuits to arrests.

A ticket includes a BBQ dinner from the House of Chicken and Ribs and all the fixings. Alley Kat's Pub & Grill, opening in Citrus Heights, will offer up some of the finest microbrews from the area, and LUSE Guse classic rock group will entertain you as you enjoy the evening.

Event sponsors are Lowe's of Citrus Heights, Quick Quack Car Wash of Citrus Heights, Citrus Heights Women's Club, Soroptimist International of Citrus Heights, The STAR 106.5 and 96.9 The Eagle (Entercom Media), Consolidation Communication Foundation, the Citrus Heights Police Department, and the Foundation for Peaceful Communities. These sponsors are excited to partner together to bring this class-act comedy show to you.

Comedy and Cops tickets are selling fast. Purchase a table for eight and invite your friends, family, or clients. Doors open at

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## A Lifetime of Dedication

*Local Resident Carol Spiker Wins Prestigious Award from Heifer International*



Citrus Heights General Federation of Women's Clubs (GFWC) Sutter District President Alice Frankland (left) holds the 2012 Heifer International award accepted by Carol Spiker. Spiker (right) displays the first Linda Dennis Heifer Hope Award, a GFWC personal achievement award, presented at the 2015 GFWC International Convention in Memphis, Tennessee.

**Story and photo  
by Elise Spleiss**

**CITRUS HEIGHTS, CA (MPG)** - Carol Spiker, a resident and past president of the Citrus Heights General Federation of Women's Clubs (GFWC), recently received a prestigious award from the nonprofit Heifer International, which helps people in underdeveloped countries lift themselves out of poverty.

Since its founding in 1944, Heifer has been able to assist over 22.6 million families in 125 countries around the world to become

self-sufficient as a result of monetary donations to fund the gifts of animals and other resources to these families. In 2014, Heifer celebrated its 70th anniversary and partnership with GFWC by creating an award, the Linda Dennis Heifer Hope Award. Spiker was the recipient of this initial award that was given out at the 2015 GFWC International Convention in Nashville, Tennessee on June 15th.

When baby boomers across America heard their parents say "Clean your plate; there are starving children in China," many

children did just that and never thought more about it. Spiker asked her parents, "Can we send our food to them, even the stuff I like?" Later, when she learned about how Heifer helped people in underdeveloped countries make a living and feed themselves through farming and other avenues, she was sold.

Spiker's official involvement with Heifer began after a 2009 presentation by Heifer International at one of her club meetings. When she heard the percentage of people

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# Neighborhood Block Party Represents Old-Fashioned Values



The annual Wooddale Way block party, held in the backyard of Lamar and Van Fullmer, has become a much-anticipated tradition since 2010. The neighborhood also looks out for each other and responds to needs of their residents. Here, partygoers pose for their annual photograph. Photo courtesy of Lamar Fullmer.

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Each year, on the Saturday following the Fourth of July, a popular tradition—a bit of 1970s Americana—is revived on Wooddale Way in Citrus Heights. A colorful banner on a garage announcing “Block Party Here” welcomes former, current, and new neighbors to a block party held in the backyard of Lamar and Van Fullmer, the backbone of this caring, tight-knit neighborhood.

Those arriving follow the sound of conversation and laughter through a side door. Guests carry their favorite potluck side dish and favorite non-alcoholic beverage. This is a family affair! The sixth annual Fullmer backyard block party is in high gear. This annual homecoming brings together those from 10 or so of the 45 invited homes in the immediate area.

Right away, old friends reunite and greet each other. Gathered near and around tables set up throughout the well-kept yard, a mix of repeat guests and new additions to the tradition share their lives with family and friends. Those who have moved from the area return when they can for the camaraderie and to catch up. Following the meal and fellowship, there will be over 60 men, women, and children posing for the annual block party photograph.

The large “family reunion” group photo captures the residents

of a typical neighborhood. Families with babies, toddlers, tweens, and teens; college students; working singles; a working parent or parents; and retired seniors all attend.

The difference on Wooddale Way is that these neighbors almost all know each other or soon will. They have created an unofficial neighborhood watch and they appreciate and care for each other.

A wide variety of ages are represented on Wooddale Way, from seven weeks to 90 years. There are single people, couples, and families with anywhere from one to six children. The six boys are from one family whose own grandparents live in Romania. The boys have adopted the Fullmers as their surrogate grandparents and mentors.

The two newest neighbors have just moved into the community from Placerville with their two children. They said they were “so excited about being a part of this neighborhood.”

Wooddale Way is a community where neighbors are aware of needs as they arise and make sure those with special needs are helped. The Fullmers, both 73, are working to bring back neighborly relationships often lost to the hurried lifestyle of modern living.

This year has seen neighbors with back surgery, knee surgery, cancer, and a shoulder replacement being helped through their recovery. Depending on the need, other neighbors banded together to

sign up to provide ongoing meals as long as needed and transportation for appointments and errands. Vacationing families can also relax while away, knowing that their pets, plants, and mail will be taken care of.

The Fullmers offer ongoing hospitality throughout their neighborhood year-round. Last Christmas, Lamar toured his street offering a choice of homemade fudge or popcorn balls to whoever answered their door.

Lamar has had a heart for Citrus Heights his entire life. As a child, he and his family lived in a home on Greenback Lane at Sylvan Road in the 1940s. His parents owned the C&M Fountain at 7535 Greenback Lane, next door to San Juan High School. He attended kindergarten at the old Community Center (now the Citrus Heights Veterans Community Center). He also went to Sylvan Middle School, San Juan High School (from 1956 to 1960), and American River College for two years.

The Fullmers have lived on Wooddale Way since 1975, with the July get-togethers happening since 2010. The Fullmers retired in 2004 and did volunteer work with the Church of Jesus Christ of Latter-day Saints.

It seems that the Fullmers’ goal to help “bring back neighborly relationships often lost to the hurried lifestyle of modern living” has been a great and ongoing success. ★

# Kiwanis Corner



By Sal Arrigo, Jr.

The new school year is upon us! Schools all across the region are welcoming new and returning students to their campuses as tomorrow’s leaders prepare for

in the 2014-2105 school year.

In addition to the students being rewarded for their accomplishments, the parents feel the reward as well by seeing their child achieve and maintain good grades. This is an important community program and the Citrus Heights Kiwanis Club will continue, through this program, to live up to its motto of “Serving the Children of the World.”

**Kiwanis Fundraisers:** There are two other important events happening with our club. We have our eighth annual “Swing ‘Fore’ Kids Golf Tournament”

cord contamination during unsanitary delivery coupled with a lack of maternal immunization. At the end of the first week of life, infected infants become irritable, feed poorly, and develop rigidity with spasms. Neonatal tetanus has a very poor prognosis.

To date, Kiwanis worldwide has raised more than \$90 million dollars and has been very successful in wiping out this disease in many countries. Our project asks businesses to donate \$100, which allows their business card to be displayed on a placemat for one year. We are



Four lucky students at Coyle Avenue School were awarded bicycles, bike helmets, and locks on May 29th by the Kiwanis Club of Citrus Heights. A drawing was held as part of the BUG Program—Bringing Up Grades—sponsored by Kiwanis. Pictured here are winners (left to right) Preston Morrison, Xzavier Miranda, Brennen Semoes, and Sydney Clemmer with Principal Donna Miller. The drawings were held at two awards assemblies. Photo courtesy of Sal Arrigo, Jr.

new academic, social, and athletic adventures.

At the Coyle Avenue Elementary School, the Citrus Heights Kiwanis Club is the proud sponsor of the “Bring up Grades” or BUG program, a program designed to provide recognition to students who raise their grades into an acceptable range and maintain or continue to raise them from one grading period to the next. The program further enhances certain skills and lifelong lessons that involve conflict resolution, making safe and ethical choices, and learning to control their emotions when they become angry. As you can see from the picture, these students were rewarded for their successful academic achievement

coming up on Monday, August 31st, and there are still a few spots available. We golf at Sierra View Country Club in Roseville and the cost is \$150 per player. This includes green fees, cart, dinner, and a host of contests for your enjoyment. There is a silent auction and raffle as well. For more information, please call (916) 988-6880.

If you are not into the golfing scene, then consider supporting the Citrus Heights Kiwanis Club with Eliminate Project placemats. The Eliminate Project is helping to eradicate maternal and neonatal tetanus. Neonatal tetanus is a major cause of infant mortality in underdeveloped countries but is rare in the United States. Infection results from umbilical

producing placemats to be distributed at our weekly meetings, annual golf tournament, annual crab feed, annual spaghetti dinner, and virtually anywhere the Citrus Heights Kiwanis Club is present in the community. This provides great advertising for local businesses while also assisting a worthy cause. Call (916) 316-6347 to advertise.

The Citrus Heights Kiwanis Club, as you can see, is very active in your local community. Consider joining us!

*Citrus Heights Kiwanis meets at Denny’s restaurant at the corner of Greenback Lane and Sunrise Boulevard every Wednesday morning at 7 a.m. ★*

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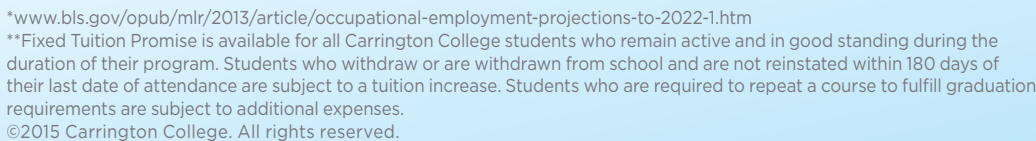
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***By Commander Gina Anderson,  
Citrus Heights Police Department***



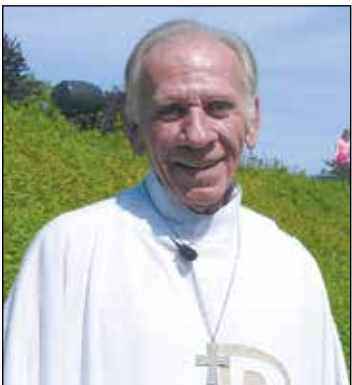


# Pastor Olsen Retires

**CITRUS HEIGHTS, CA (MPG)** - After 38 years as pastor at Advent Lutheran church in Citrus Heights, Ray Olsen is retiring on Sunday, August 30th. A celebration of his ministry is planned for August 30th from 5:30 p.m. to 8 p.m. at the Citrus Heights Community Center, 6300 Fountain Square Drive. Sunrise Christian Food Ministry announced a \$7,500 gift from Fair Oaks Presbyterian Church, and they are seeking matching donations in Pastor Olsen's honor. Tickets are available at [www.adventcitrusheights.org](http://www.adventcitrusheights.org).

Pastor Ray Olsen graduated from California Lutheran College (later University) and Pacific Lutheran Theological Seminary in Berkeley. He was ordained in 1973, serving his first congregation in Hanford, CA. In 1977, he accepted the call to Advent Lutheran Church in Citrus Heights.

Pastor Olsen has served faithfully at Advent and in the Citrus Heights community for 38 years.



**Pastor Ray Olsen.** Photo courtesy of Beth Mora



**Pastor Olsen has served faithfully at Advent and in the Citrus Heights community for 38 years.** Photo courtesy of Beth Mora

In 1983, he led a cooperative effort to spearhead the creation of the Sunrise Christian Food Ministry, an ecumenical collaboration of 28 churches in Citrus Heights to support our neighbors in need. Pastor Olsen lives the mission of Advent Lutheran Church as "the Welcome Place," welcoming groups such as Alcoholics Anonymous, Narcotics Anonymous, Boy Scouts, P.O.N.A., and Rotary. He has also had an ongoing involvement in community relations with the Citrus Heights Police Department.

Since the inception of Sunrise Christian Food Ministry, Pastor Olsen has sought to ensure its success. From January 1st to June 30th of 2015, the Sunrise Christian Food Ministry has served a total of 18,650 people and provided 279,750 meals.

A total of 12,447 families were served in 2014 and to date, 2015 has seen an increase of 674 families.

Recently, Sunrise Christian Food Ministry has gratefully received an offer from Fair Oaks Presbyterian Church, which has announced it will match all donations to the Sunrise Christian Food Ministry up to \$7,500. Sunrise Christian Food Ministry has set a goal of \$15,000 to provide expanded facilities to meet the increasing needs of the community. To help ensure the continuation of this important community ministry and to recognize Pastor Olsen's contribution and service, donations in Pastor Olsen's honor may be sent to Sunrise Christian Food Ministry, 5901 San Juan Ave. Citrus Heights, CA 95610.

Source: Beth Mora ★



**By Marlys Johnsen Norris, Christian Author**

We mingle with all kinds of people every day. Sometimes what they believe is obvious because of their actions and interactions with people. There are nice people who do lose their cool occasionally and, depending on one's ability to live above circumstances, it will determine their

## Carnally Minded Souls

response to any event.

The carnally minded will always attack with either words or deeds. There is a higher calling on a believer's life when such things occur, but we often fail to show forth the love of God as we ought.

You might ask: what is a "carnally minded soul?" The best definition is found from God in the scriptures. The carnally minded live to satisfy their fleshly desires.

"For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace" (Romans 8:5-6 NKJ). We can determine from this that living this way leads nowhere but to eternal destruction.

"Because the carnal mind is enmity against God, for it is not subject to the law of God, nor indeed can be. So then those who are in the flesh cannot please God" (Romans 8:7 NKJ). Satan is the one who causes a person to have a carnal mind. In the garden, he wanted to replace God and be worshipped, but God sent him out of heaven to earth.

"But those not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. Now if anyone does not have the Spirit of Christ, he is not his. And if Christ is in you, the body is dead because of sin but the Spirit is life because of righteousness" (Romans 8:8-10 NKJ).

Marlys Johnsen Norris is the Christian author of seven books. You may contact her at [Marlysjn@gmail.com](mailto:Marlysjn@gmail.com). ★



**By Pastor Ray Dare**

Some folks think that when they make a mistake, God's ready to kick them out of the kingdom of God. That is so far from the truth. When you are born again, when you ask Jesus to come into your life, when you make a decision to have a personal relationship with Jesus, the Bible says you are born again. There's a spiritual birth that takes place. You have been born into the family of God. You are a child of God. It doesn't mean you're a child of God on Monday and Tuesday, but when you do something wrong on Wednesday or Thursday now you're a child of the devil. It doesn't work that way. You're still a child of God.

God doesn't turn off/on your salvation like a faucet, depending on what type of day you've had. One minute you repent so you're saved, but the next minute you make a mistake so now you're not, but then you repent again so now you're saved again- that's ludicrous. God doesn't turn off/on your salvation based on your works. You don't earn your salvation by works, so you don't keep your salvation by works. It's all by God's grace. Ephesians 2:8 says, "It is by grace you are saved through faith; not of yourselves. It is the gift of God, lest any man should boast."

I'm not saying that when you get

## Pastor Ray's Encouraging Words

### God Loves You in the Process

born again you're not going to have some fruit, good works and change in your life. You should. I'm just saying those good works don't get you saved, so they don't keep you saved. Salvation is the gift of God. You must understand that salvation is a completely and totally free gift.

You may be a Christian and you think, "But I'm not seeing a whole lot of change in my life yet." Understand change is not automatic. Becoming a Christian is a decision followed by a process. You may have some bad habits left over from the past. You may relapse now and again. It doesn't mean that you're not saved, that you haven't repented or that you're not going to heaven. It simply means you're not perfect - but you're in a "process" of growing more and more like Jesus Christ. Becoming like Christ is a long, slow process of growth. Spiritual maturity is neither instant nor automatic. It is a gradual, progressive development that will take the rest of your life and will not be complete until the day you see Jesus face to face.

Some of you think that God will only love you once you get to a certain stage of spiritual maturity. Once you get all the bugs worked out. Once you get to a certain state of perfection. Wrong! God loves you at every stage of your Christian development. When my boys were little, 5, 6, 7 years old, I'd play baseball with them in the backyard. I would pitch and they would hit maybe 1 out of 10 pitches. Afterwards I would say, "Wow you did great today!"

What was I saying? That they were better than Babe Ruth? No. That they're All-Stars? No. I was saying you did great for your stage of development. I was not waiting for them to bat 1,000 before I started loving them. I love them at every stage of their growth and I realize they will never bat 1,000.

That's the way God loves you. He loves you at every stage of your development and He knows you will never bat 1,000. He loves you "in the process" of growing more and more mature. God will never love you any more or any less than He does right now. Don't get me wrong, He wants you to change and grow. Just realize He loves you in the process.

You do your best and forget the rest. When you make mistakes, get up and go on and don't let that stop you from being your best for God. Don't get on the sidelines. Don't quit coming to church. Don't quit serving or being involved. Go on like never before. The Apostle Paul said, "Not that I have... already become perfect... but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus..." Philippians 3:12-14

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may need some work to sell well. Is it possible to borrow money for repairs against the sale?

**Dick & Rosemary, Fair Oaks**

**A:** Good question - Yes, you can refinance or get an equity line of credit for the repairs. It is advisable to repair any leaks, dry rot, etc. You will get more for your home if the house looks well maintained. The features that can give you the most return are an updated kitchen and bathroom(s). We would be happy to give you an estimate of the value of your home and look at the repairs and/or upgrading that you are considering. Don't be afraid to invest in selling!

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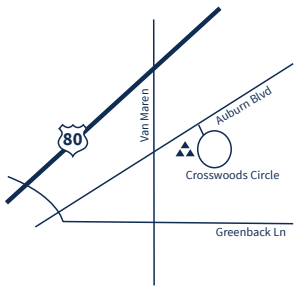
Date: Friday, August 21st

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# Great Nosh at Beth Shalom



Congregation Beth Shalom's food festival celebrates traditional and modern Jewish cuisine.

**Story and photo by Susan Maxwell Skinner**

### SACRAMENTO REGION, CA (MPG)

- The 38th annual food festival at Congregation Beth Shalom promises fine Jewish cooking on Sunday, August 30th.

A tradition in Arden/Carmichael, the event is held in and outside the synagogue at 4746 El Camino Avenue. Food may be preordered, purchased to eat on

site, or taken home.

Lox and bagel breakfasts are a draw for early birds. Lunch includes matzo ball soups and stuffed cabbage rolls. Congregation booths will also sell falafels, pitas, hummus, kosher hot dogs, and barbecued brisket. Pastries, coffee cakes, and kosher babka are much anticipated desserts. While many of the promised treats are prepared locally, other are shipped from famous Jewish

delis in Los Angeles, Berkeley, and Oakland. A bakery section offers specialty breads.

Vendor booths, live music, dancing, and children's games will fill the synagogue yard. Activities begin at 9 a.m., continuing until 3 p.m.

Anyone may attend this free festival. To pre-order food, visit [www.jewishfoodfaire.com](http://www.jewishfoodfaire.com).

For more information, call (916) 485-4478. ★

## District Attorney to Address Republican Women's Federation Luncheon

### SACRAMENTO REGION, CA (MPG)

- The Sacramento Republican Women's Federation will feature Sacramento District Attorney Anne Marie Schubert as the speaker at their Wednesday, September 2nd meeting.

Anne Marie Schubert is a career prosecutor with 25 years of law enforcement experience. As a Sacramento County prosecutor, Schubert has sent some of the area's most notorious and dangerous criminals—murderers, rapists, and child molesters—to state prison.

As District Attorney, Schubert is focused on catching killers and criminals using DNA evidence, helping the children of the community by combating truancy, and

honoring those citizens who have served justice with the development of the annual Outstanding Citizen Awards. Schubert has received the Prosecutor of the Year Award and the POST ICI Instructor of the Year Award.

The meeting will be held at the North Ridge Country Club, 7600 Madison Avenue in Fair Oaks. Members and guests may arrive at 11:30, with lunch served at noon.

Reservations should be made by Friday, August 29th. To reserve your spot, please call (916) 733-1623. Last minute attendees (members or guests) will be accommodated if space allows. The cost of the luncheon is \$25 with a reservation and \$27 without.  
Source: Kay Burton ★



Anne Marie Schubert is a career prosecutor with 25 years of law enforcement experience. As a Sacramento County prosecutor, Schubert has sent some of the area's most notorious and dangerous criminals to state prison. Hear Schubert speak at the September 2nd Sacramento Republican Women's Federation luncheon. Photo courtesy of Sacramento County District Attorney's Office

## Call to Artists at Nautilus Tea Company

Autumn Walk in Fair Oaks Park

By Allison Buchholtz

**CITRUS HEIGHTS, CA (MPG)** - Nautilus Tea Company is accepting entries into their second juried art show. Artists are encouraged to digitally submit 2D pieces for review that revolve around themes of autumn. Each gallery will be themed after a tea available at the tea shop; this theme is inspired by the tea "Autumn Walk in Central Park." Submissions of steampunk, nautical, and tea are still encouraged and accepted. Art work must be original and display-ready upon acceptance.

Deadline for submissions is Saturday, August 29th. The Gallery is scheduled to start running September 8th with a reception on September 12th. For more information and online application, visit [www.nautilus-tea.com](http://www.nautilus-tea.com).



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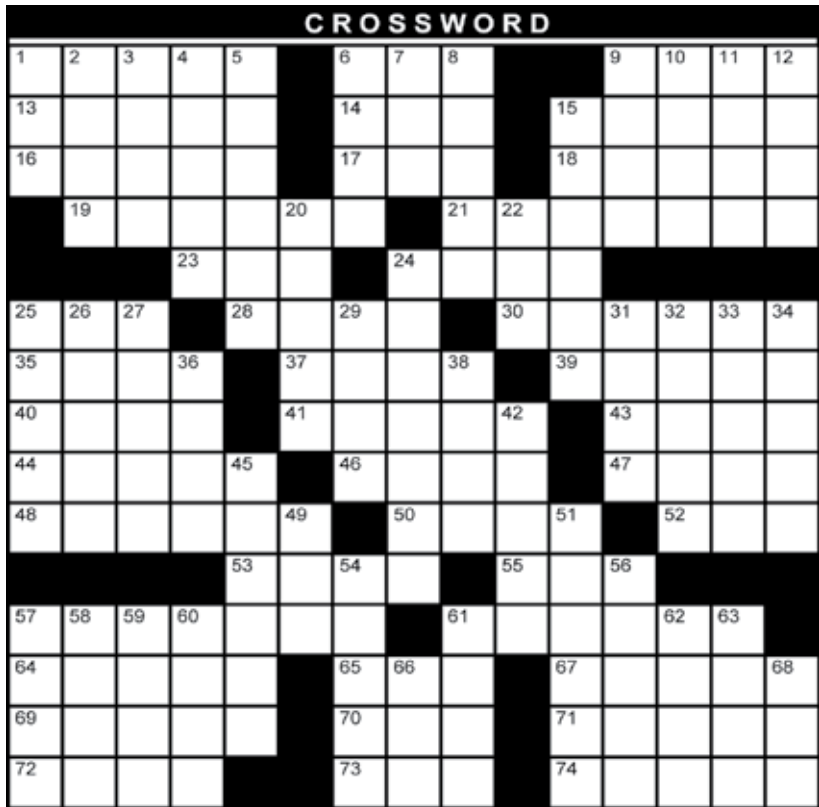
#### ACROSS

- Had, with thou
- Exclamation of disgust
- Fit of shivering
- American writer Jong
- Beauty treatment site
- "No guts, no \_\_\_\_"
- \_\_\_\_ in, for a doctor
- "C' \_\_\_\_ la vie!"
- \*A portable one is great for camping
- eBay participant
- \*Power provider
- \*A smart one syncs everything you write
- \*Pretty hot and tempting, in a text
- Public health org.
- Bluish green
- \_\_\_\_ talk
- ZZ Top hit
- Lady Gaga's 2010 dress material
- Lowest Hindu caste
- Tons
- "Walk the Dog" device, pl.
- Civil wrong
- Done to some documents
- "Cheers" regular
- "The Iliad," e.g.
- Interruption in continuity
- Medieval domain
- Emerald \_\_\_\_ borer
- Naive, alt. spelling
- Hat
- \*Bose, e.g.
- Iron Man's robotic nemesis
- Like a ballerina
- Unit of electric current
- Scape goat's due
- \_\_\_\_ circle
- Likewise
- More ill
- No I in this
- Long, long time
- Working shoelaces

#### DOWN

- "For \_\_\_\_ a jolly ..."
- Circle parts
- Awful
- Create a sculpture
- \*Mobile computer
- \* \_\_\_\_-friendly
- \*Directional helper
- Appear like a chick
- Winglike
- "It's time!" signal
- Impulse
- One who eyes another
- Costing nothing
- Public \_\_\_\_, rappers
- As opposed to mishap
- It's often sudden death
- \* \_\_\_\_ drive
- Indian metropolis
- Greek bazaar
- Long, long time, alt. spelling
- Mandolin's cousin

- Parkinson's drug
- Root of iris
- \*Apple or Pebble, e.g.
- Proofreader's mark
- Amos or Spelling
- Perceive by olfactory sense
- a.k.a. Norwegian Hound
- Sigma Alpha Epsilon
- \*Activity tracker
- All worked up
- \_\_\_\_ bar, DQ treat
- Skirt opening
- A conifer
- Largest volcano in Europe
- Throat-clearing sound
- On top of
- French Sudan, today
- Black cat, e.g.
- Jersey call
- Energy unit



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For Solutions See Page 7

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Sudoku Puzzle on Page 6

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

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Crossword Puzzle on Page 6

H	A	D	S	T		U	G	H				A	G	U	E
E	R	I	C	A		S	P	A			G	L	O	R	Y
S	C	R	U	B		E	S	T			R	A	N	G	E
S	E	L	L	E	R		C	H	A	R	G	E	R		
			P	E	N			P	H	A	T				
F	D	A		T	E	A	L		P	I	L	L	O	W	
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A	L	O	T		Y	O	Y	O	S		T	O	R	T	
S	H	R	E	D		N	O	R	M		E	P	I	C	
H	I	A	T	U	S		F	I	E	F		A	S	H	
					N	A	I	F		L	I	D			
S	P	E	A	K	E	R		U	L	T	I	M	O		
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T	E	A	M			E	O	N		T	Y	I	N	G	





Can Your Refrigerator Hack You?

Can your personal information be hacked through your refrigerator? Really, no joke—I wish it was. According to cyber security and credit repair expert Paul Oster, forget your doors and windows and look to your kitchen! Oster told me on my POPPOFF radio show that we live in a world where identity theft is, and will continue to be, the fastest growing crime in the world. He added that—believe it or not—the basic concept of the internet has been around since the 60s. The first user-friendly interface that we know today got started in the 90s. Like it or not, we are in the “age of the internet” and there doesn’t seem to be any finish line in sight. He was straight with me that we now have to deal with the fact that everything is connected

# POPPOFF! Big Steps for Pedestrian Plan

with Mary Jane Popp

to the internet. Computers, phones, cars, houses, appliances, watches, and more. Would you believe that in one high-profile cyberattack that took place in late June of 2013 and early 2014, hackers broke into 100,000 consumer gadgets, including refrigerators, televisions, wireless speakers, and media centers? They used these appliances to release almost a million malicious emails. All of this connectivity has left us wide open for cyber hacking. Oster gave me his top 10 tips for preventing your information from being stolen.

Early detection is key. Set one day a week to monitor all your statements.

- Enroll in any real-time alerts for all your credit cards, banking, and retirement accounts.
- Change all of your PINS and PASSWORDS on a regular basis.
- Subscribe to a robust credit monitoring service that has a resolution service included.
- Never use public Wi-Fi for sensitive browsing, banking, or shopping.
- Update your browser to the newest version.

- Run a full scan on your computer.
- Back up all your files (pictures, videos, personal banking) regularly.
- Disconnect all devices when not using the internet.
- Limit the amount of information you share on social media. Make your accounts private.

After hearing all this information from someone who deals with these hackers on a daily basis, what I fear most is that this is only the beginning. Almost daily, we hear reports of massive hacks into not only our private information but that of major government sites and companies we all frequent. So I guess we need to be extra vigilant with this newfound tool that seems so innocent to use. I suspect there are no guarantees, but we can certainly do the best we can with what we have.

If you would like more information about Paul Oster and what you can do to protect yourself, check out [www.BQ911.com](http://www.BQ911.com). Life in the fast lane seems like great fun, but it can really come back to bite you big time! Please be vigilant! ★

Story by Julia Baum

**CITRUS HEIGHTS, CA (MPG)** - Ideas became clearer for a more pedestrian-friendly future in Citrus Heights at the city’s second public workshop in 2015. The workshop was dedicated to citizen outreach and feedback on walker transit and safety issues and goals.

Inside the Citrus Heights Community Center, the July 29th workshop was sparsely attended. However, those present were full of thoughts on how to improve and create safer options throughout town for travelers on foot. Some of those improvements and possibilities were based on recommendations from the last master pedestrian plan workshop held in January, including adding or widening sidewalks as well as planting trees between car lanes and sidewalks for both safety and beautification. Since then, the project’s focus has been on fleshing out those improvement plans, according to Jennifer

Donlon-Wyant, consulting project manager with Alta Planning and Design. In addition, the improvement plans outline the community’s priorities, which helps the project team.

“Pedestrian plans require finer detail of information,” said Donlon-Wyant.

“This helps us with prioritizing where we should be applying for grants,” said Casey Kempenaar, senior planner for the city of Citrus Heights.

Project members said it was too early to give an estimate for what the project would cost, but that they will have priorities and cost estimates completed by the third workshop in early fall. Despite a lack of numbers, some community members are still not convinced that the project is necessary and think that it may be a waste of money.

“I believe what they’re endeavoring to do is very costly, to change a lot of sidewalks that already exist,” said Citrus Heights

resident Teri Bullington. “In my opinion, you won’t see that many people using them to go shopping.”

Bullington said that some roads like Old Auburn Road and parts of Auburn Road need sidewalks, but widening the sidewalks, as proposed for parts of Greenback Lane and Sunrise Boulevard, would be a disruption to traffic that would ultimately not amount to much.

“People won’t use them the way the city envisions,” Bullington said.

Bullington’s husband, Mike, said that the plans wouldn’t affect them much because they only walk in their neighborhood, but the plans would help others.

“It touches the needs of the community where we need it the most,” said Mike Bullington. “It’s going to impact their ability to get to essential services.”

The next master pedestrian plan workshop is to be scheduled in late fall. ★

## LETTER TO THE EDITOR

### Residents Concerned: Pedestrian Plan Has Hidden Agenda

*The following is a letter that the Citrus Heights Messenger received after Julia Baum finished writing the above story. The letter is printed as received.*

I’m writing concerning an interview that Julia did with my wife and me after a meeting of residents and City officials at a workshop to see proposed plans for developing a system of pedestrian sidewalks and crossings. That was the only project discussed at the meeting. I gave Julia a favorable review of what I saw.

However, after the meeting, nearby residents alerted me to discrepancies in the Master Pedestrian Plan that referenced planning that went well beyond what was discussed at the workshop.

It involved the resurrection of something called the Creek Corridor Trail Project (CCTP) that was largely set aside last

year as the result of fierce opposition from the affected residents.

Inside the Master Pedestrian Plan Document there is an appendix that enumerates goals, of which #38 states that the city is still planning to develop a trail system along the creeks in the area. Opposition to the CCTP resulted in turnouts of up to 400 residents at Council Chambers, the vast majority of which opposed the overreach of this plan - which proposed to build 8 to 10 foot wide trails along already developed creek areas. In some instances it would have placed liens on private property. In one instance it would have built two 80 foot bridges across private property. In other instances it would have placed trails immediately adjacent to private property and thereby diminished the residents’ enjoyment of what has been

an undisturbed wildlife environment. Now it appears to be rearing its ugly head in the guise of a plan that ostensibly purports only to develop areas along public streets, the proverbial wolf in sheep’s clothing.

The residents in my area are on high alert and ready to fight any incursion into our sensitive creek areas with the same vigor that we mustered last year. There is a feeling of strong distrust of the Planning Division of the City. Much of their public affairs effort was deceitful and based on poorly drawn maps and diagrams. Fortunately, in Round 1, the City Council unanimously voted to restrict the CCTP to areas adjacent to parks and existing SMUD easements, to which there was no opposition.

This could well be a developing story. Stay tuned and please help us get the word out. -Michael T. Bullington ★

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### Comedy and Cops Raises Funds for First Responders

*Continued from page 1*  
6 p.m. for BBQ, beer, music, and raffles, and the comedy show and entertainment begins at 7 p.m. Tickets are \$40 per person, while a table for eight is \$350. To purchase tickets, go online and visit [www.ACommunityForPeace.org](http://www.ACommunityForPeace.org).

All proceeds support the

award-winning Citrus Heights Domestic Violence Response Team First Responders. The First Responders partner with Citrus Heights Law Enforcement to arrive on scene to all calls with an emphasis on offering counseling support and education. The organization’s mission

is to protect children too young to protect themselves.

For more information about the event or to get involved as a volunteer at ACFP, contact Shannon at Outreach@ACommunityForPeace.org.

Source: A Community for Peace ★

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## Citrus Heights Resident Helps Others through Vision Challenges

*Continued from page 1*

walked into the office and asked what he would have to do to work for the Society for the Blind.

Gray is now coordinator for Society for the Blind’s Access News program, which provides information, news, entertainment, and reading material to the blind through the telephone. People who are blind can call up and listen to recorded articles, stories, or information through their telephone any time, any day of the week. Volunteers come into Society for the Blind’s recording booths to record themselves reading newspapers, grocery ads, magazines, and more, and callers can choose from a menu of options.

“I like seeing people able to do things they couldn’t do before,” Gray said. “Technology is so great right now for blind people. When I first started losing my sight, they had these horrible tapes. Now we have iPhones that talk and can download books, and we have mobile GPS systems for walking directions. There’s a lot out there to help people have new experiences and to give them hope that they can do anything.”

When he is not coordinating the Access News program, Gray teaches mobility skills to people who come to Society for the Blind—walking three to four miles a day—and also teaches computer training.

“People change and things happen, and you can either make it a good thing or a bad thing,” Gray said. “I definitely have a very happy life. I think I was meant to be blind to encourage and help other blind people. Just because you lose your vision doesn’t mean you stop living your life. There is so much blind people can do, it’s incredible. You just have to do it another way.”

Celebrating its 60th anniversary this year, Society for the Blind in Sacramento has created innovative ways to empower individuals like Gray who are living with low vision or blindness to discover, develop, and achieve their full potential. Society for the Blind has grown from a dedicated group of volunteers that included the Lions Clubs of America to a nationally recognized agency and the only rehabilitative teaching center for a 26-county region of Northern California. The nonprofit provides low-vision eye care, life, and job skills training, mentorship, and access to tools to maintain independence for 6,000 youth, adults, and seniors experiencing vision loss. For more information or to make a donation, visit [www.societyfortheblind.org](http://www.societyfortheblind.org). ★

## New Regulations Do Away with Regulatory Permits for Brew Pubs and Taverns

**CITRUS HEIGHTS, CA (MPG)** - The Citrus Heights City Council recently approved amendments to the zoning regulations that allow brew pubs and taverns to locate within the City’s commercial areas without regulatory permits. Any brew pub meeting the below definition can locate in any of the City’s commercial areas by right, no use permit required.

The amendment updates the definition of a brew pub to be mean the following:

- Brew pubs produce their own beer on-site
- Production is limited to 5,000 barrels annually (this equates to 155,000 gallons and would be considered a very small operation)
- Operating hours are restricted to close no later than 10 p.m. Sunday through Thursday and 11 p.m. Friday through Saturday
- May or may not serve food

“With the popularity of craft beer, brew pubs are the most popular trend to introduce locally brewed beer to a community. We wanted to encourage new and expanding breweries to make Citrus Heights their home and become part of our vibrant community,” said Alison Bermudez, associate planner for the City of Citrus Heights.

Businesses can contact the City of Citrus Heights’ Planning Division for more information at (916) 727-4740.

*Source: City of Citrus Heights*★

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MPG

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# State Announces \$30 Million in Rebates to Help Replace Old Toilets and Turf

*Rebates Will Help Save Millions of Gallons of Water During Drought*

**SACRAMENTO REGION, CA (MPG)** - The California Department of Water Resources (DWR) has announced two new rebate programs to help Californians replace inefficient toilets and tear out water-guzzling lawns, further conserving water during the state's historic drought.

The "turf and toilet" rebate program is financed by the Proposition 1 water bond approved by voters in 2014. The program will help carry out Governor Brown's April 1st Executive Order on drought to further reduce water use in homes by replacing more than 10 million square feet of lawn and upgrading more than 60,000 water-wasting toilets.

DWR will oversee the two rebate programs, which provide a \$100 consumer rebate to replace one old toilet per household and

up to \$2 per square foot for lawn replacement. Californians can visit [www.SaveOurWaterRebates.com](http://www.SaveOurWaterRebates.com) to apply for the rebates.

With \$24 million in Proposition 1 funding, the turf replacement program will rebate \$2 per square foot of turf replaced, up to \$2,000 per household through state or local turf replacement programs. Consumers are eligible to replace turf that is living or dead at the time of the rebate application. (Bare earth areas with no sign of turf are not eligible for a rebate.)

The turf rebate program is estimated to benefit more than 10,000 homes, with a focus on disadvantaged communities hardest hit by the drought. Of the lawn removal funds, \$12 million is targeted for residents in disadvantaged communities in areas with depleted groundwater basins.

The turf program will be monitored by DWR and administered by the Electric & Gas Industries Association (EGIA).

The \$6 million toilet rebate program, also funded through Proposition 1, will help Californians replace approximately 60,000 old, inefficient toilets by offering a \$100 customer rebate per household to replace with a high-efficiency toilet.

California has been dealing with the effects of drought for four years. To learn about all the actions the state has taken to manage our water system and cope with the impacts of the drought, visit [www.Drought.CA.Gov](http://www.Drought.CA.Gov). Every Californian should take steps to conserve water; find out how at [www.SaveOurWater.com](http://www.SaveOurWater.com).

*Source: California Department of Water Resources* ★

# Citrus Heights Projects Win Awards

**CITRUS HEIGHTS, CA (MPG)** - The Citrus Heights Green Parking Lot Demonstration Project was awarded the American Public Works Association (APWA) Project of the Year by the APWA Sacramento Chapter, which represents 24 Northern California Counties. The Green Parking Lot demonstrates a functional process of taking oils and other carbon materials from runoff and diverting and capturing rainwater to a process of cleansing and decontamination before releasing into our creeks and waterways. The project has a series of message boards providing a brief summary of the parking lots' function, and is in continuous monitoring mode to track the effectiveness of keeping carbon materials out of our important waterways.



The awards were presented during the APWA Project of the Year luncheon in Sacramento on Friday, August 7th. Photo courtesy of the City of Citrus Heights

The APWA also selected the Auburn Boulevard Complete Streets Revitalization: Phase 1 Project for the Project of the Year Award. This project won in the Transportation Category. This project is a shot in the arm for a boulevard in great

need of a makeover to appeal to the existing businesses and is now situated to attract additional private investments along a location carrying one of the largest volumes of traffic in the Sacramento Region. The project was delivered seamlessly and amazingly under budget within a time-defying pace.

The awards were presented during the APWA Project of the Year luncheon in Sacramento on Friday, August 7th. The Awards Program annually recognizes public works projects that demonstrate excellence in management, administration, design, construction, and community relations as well as the reliance among managing agencies that work together to complete a project to the highest standards.

*Source: City of Citrus Heights*★



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