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Citrus Heights Messenger

"Written by the people, for the people"

Volume 5 Issue 15

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August 7, 2015

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WITH MARY JANE POPP



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Honoring Purple Heart Recipients



Above Lunch will be the traditional hot dog and hamburger barbeque with all the fixings and dessert. Buffalo Wild Wings of Citrus Heights will provide their famous wings for your enjoyment.

Right The day will begin with the Citrus Heights Community Marching Band, the Folsom Marine Corps Honor Guard, and recognition of our veterans from members of City Council and local veterans groups.

Story and photos by Elise Spleiss

CITRUS HEIGHTS (MPG) - Citrus Heights American Legion Post 637 and the General Federation of Women's Clubs (GFWC) Citrus Heights Women's Club are hosting the sixth annual Veterans Appreciation and Resource Picnic to honor the area's active duty servicemen and servicewomen, our retired veterans of past wars and conflicts, and their families.

This free event will be held Saturday, August 22nd at Rusch Park, located on 7801 Auburn Blvd at the Gazebo/Pavilion from 10 a.m. to 2 p.m. All veterans and their families and friends are welcome.

New this year, Master of Ceremonies Dave Bender—a familiar face on Channel 13 (KQVR)—will keep the program rolling and will share his appreciation for our U.S. veterans.

The day will begin with the Citrus Heights Community Marching Band, the Folsom Marine Corps Honor Guard, and recognition of our veterans from members of City Council and local veterans groups. The Military Order of the Purple Heart is sponsoring several activities this year, including

the reading of the governor's annual Purple Heart Day Proclamation.

During the 10 a.m. hour, the public is invited to witness a special ceremony and wreath-laying honoring all California combat-wounded veterans—in particular those killed in action, the disabled, and who have died of their wounds.

Keynote speaker is Chris Lambert, a U.S. Marine Corps veteran awarded three Purple Hearts for combat action in Vietnam in 1968. He is a member of Military Order of the Purple Heart Chapter 385. Lambert's wife Susie will share her experiences as the spouse of a deployed warrior.

Lunch will be the traditional hot dog and hamburger barbeque with all the fixings and dessert. Buffalo Wild Wings of Citrus Heights will provide their famous wings for your enjoyment. Dozens of veterans' resources will be available for attendees. The special guest of honor this year is Sgt./Major Charles Linden, U.S. Army Retired, also a Purple Heart recipient during the Korean War.

Scheduled children's activities include a bounce house, balloon lady, and face painting and crafts. Be sure to look for the equines

(horses)

and canines (dogs). Horses Healing Heroes along with Canine Companions for Independence, 4 Paws 2 Freedom, and the California Council for the Blind are scheduled to be present, sharing how their programs help our veterans.

Scheduled information and resource booths include Gold Star Wives and Blue Star Moms, Veterans of Foreign Wars (VFW), Citrus Heights Community Veterans Center (Veterans Golf Park for Disabled Vets), America's Homeless Veterans, Fisher House, Tuskegee Airmen, Forgotten Soldiers, Meals on Wheels, Soroptimists Club, Red Hat Ladies, Citrus Heights Lions Club, American Legion Auxiliary Unit 637, Gold County Standdown, and local community businesses and nonprofits providing services to the military.

Our sponsors and members of the community are donating gift baskets and other opportunity drawing prizes to show their appreciation to our veterans. ★



Construction Begins on New Citrus Heights City Hall



The plan for the new City Hall.

Story and photos by
Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - The cheerful fountain and informative digital sign that has welcomed drivers to the Citrus Heights Civic Center for the last 19 years has gone dark. But while this chapter in the history

of Citrus Heights has closed, a new one is rapidly being constructed to improve the lives of those who live, work, shop, and visit this evolving city.

On March 26th, 2015, the Citrus Heights City Council approved a proposal to demolish the aging city hall on Greenback Lane and relocate city staff to

a temporary location. Dignity Health will then construct a new three-story medical office building on the site at the corner of Greenback Lane and Fountain Square Drive.

A groundbreaking ceremony for the new Citrus Heights City Hall Complex took place on July 15th at the 10.92 acre site next to the Citrus Heights Post Office. The new one-story 35,000 square foot city hall and 4,000 square foot utility yard is scheduled to be completed in late summer of 2016.

The new city office structure, to be built on about half of the available acreage, will consolidate the 65 city employees previously located in four separate buildings that made up the 5,000 square foot Fountain Square Nursery Complex. The original nursery was built in 1977 by Henry Kroeger and Kathryn Mae Van Maren Kroeger.

The 45 minute groundbreaking ceremony—attended by approximately 150 people—featured greetings from a representative

Continued on page 3

Water Merger Proposal Circles Down Drain Amidst Controversy

Story by Julia Baum

CITRUS HEIGHTS, CA (MPG) - Recent plans for a merger between the San Juan Water District (SJWD) and Sacramento Suburban Water District (SSWD) fell through at a June 25th meeting. Proponents said that the merger would have provided customers with more effective water management and perfected beneficial use, in addition to more groundwater for current SJWD customers. SSWD voted down the merger in a 4-1 vote, while SJWD did not take a vote.

Opponents called the merger a money grab and accused several SJWD board members of strong-arm tactics to push the merger through, including threatening to run new candidates in future elections against board members of other water districts who questioned the deal.

"If [the merger] had taken place, it would have had a profound effect on about 400,000 people," said Bill Eubanks, a SSWD customer. "The attitude of the San Juan board was, 'We don't need any data, all we need is a vote.'"

Emotions ran even higher when an announcement was made during the meeting that Citrus Heights city manager Henry Tingle received an email with attached screenshots of a Facebook post offering payment of \$40 to anyone who agreed to publicly testify support for the merger. SJWD board president Ted Costa demanded an apology for the audience from Citrus Heights Water District board director Ray Riehle, who forwarded the information from Tingle.

The Citrus Heights Messenger received copies of the screenshots from Tingle and reached out to the informant, Andrew Slater. While Slater, a Bay Area resident, was mistaken about Citrus Heights' jurisdiction over SJWD, he felt compelled to alert the public about the Facebook post.

"I assumed it was shady," Slater said. He said that he asked the poster—Ricky Borba, an actor from Roseville whom Slater knew from high school—for more details about the offered payments to people.

"He said, 'You are mistaken,' and I asked for clarification and never got it," Slater said.

Borba told people in the post to meet with a man named Joshua Wood at the meeting for payment. The Messenger was unable to confirm the identity of Joshua Wood or his connection to the board meeting. When contacted for an interview with the Messenger, Borba declined to comment. ★

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Is Your Yard Wildlife-Friendly?



Stock your garden with small native species of trees, shrubs, and flowers to give wildlife needed nourishment, as well as cover from predators. Photo courtesy of Statepoint Media

SACRAMENTO REGION, CA (STATEPOINT) - Being a good neighbor means more than being friendly to the humans across the street; it also means being friendly to the animals in your yard. Making your yard a safe place for local wildlife should be a top lawn care priority.

With that in mind, here are some tips for creating a healthy habitat for local critters:

Be a Valuable Rest Stop

Stock your garden with small native species of trees, shrubs, and flowers to give wildlife needed nourishment, as well as cover from predators.

A source of water can also be a great resource for visiting fauna. Whether it's a pond or a bird bath, be sure this zone is well maintained so you don't inadvertently create a haven for unwanted species. In the warmer months when mosquitoes are most active, you should change the bird bath water even more often.

Promote Safety

A bird feeder in your backyard, full of water and seeds, will be the perfect invitation for beautiful

migrating and local birds to stop by.

Just be sure your property is safe for birds. Unfortunately, birds don't see clear glass. As a result, millions of birds die every year by striking glass. Don't let your sliding glass doors or other windows become a death trap for birds.

To protect birds, apply special decals that reflect ultraviolet sunlight. For example, those from WindowAlert have the appearance of frosted glass, but glow like a stoplight for birds, so you don't have to compromise your own view out your window. The brand also makes a high-tech liquid called WindowAlert UV Liquid, which should be applied between decals.

"Wildlife can beautify your garden and be a sign that your yard is healthy," says Spencer Schock, founder of WindowAlert. "But birds and other wildlife need food, shelter, and safety."

Get out the binoculars! With a few small actions, you can make your yard or garden a wildlife refuge. *Source: Statepoint Media* ★

Derick Bryant is Citrus Heights Chamber Student of the Month



From left to right: Citrus Heights Chamber Executive Director Jay Hornbuckle; City of Citrus Heights Mayor Sue Frost; Landon Wolf, representing Senator Jim Nielsen's office; Kelly Riva, representing Congressman Ami Bera's office; Marianne Conarroe, representing Assemblyman Ken Cooley's office; Education Committee member Robin Stuhr; Student of the Month Derick Bryant of the Sacramento Regional Conservation Corps; Ted Wolter, representing Sacramento County Supervisor Roberta MacGlashan's office; Joyce Weil of the Sacramento Regional Conservation Corps; Citrus Heights City Council Member Steve Miller; Citrus Heights Vice Mayor Jeannie Bruins; Citrus Heights City Council Member Mel Turner.

Submitted by Baldeo Singh

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Chamber's Education Committee honored Derick Bryant as the Student of the Month at the Chamber's July 14th luncheon at Northridge Country Club.

Growing up in Citrus Heights, Derick Bryant went through a lot and learned many hard lessons. He wanted to fit in and be cool. He became a follower. He skipped school, hung out, and smoked weed. He made one bad decision after another, never held a steady job, and went to jail for periods in his life. Finally, Derick decided to make good use of the resources offered by Citrus Heights. He realized that he had to be his own man, get an education, and start building his life.

Derick joined the Sacramento Regional Conservation Corps in 2012 because it offered two things: help to earn his diploma, and a chance to gain valuable work training. It took him three years to earn his diploma, but with the help of staff, he is now a high school graduate. Although there were times he wanted to give up, he never did. He knew this was the only way to get where he wanted to go.

Derick also learned how to be a good worker. He learned to show up on time and work hard on the job. He worked in the creeks of Citrus Heights clearing debris. He cut trees and used wood choppers and weed whackers. His crew set up public events and performed minor road construction in the city. Derick learned to take pride in making Citrus Heights a better place to

live for himself, his family, and for the community as a whole.

Derick earned several certificates, including his First Aid/CPR certificate. He earned an AmeriCorps Scholarship Award, which he plans to use on furthering his education. AmeriCorps helped him earn his Class C California's Driver's License, and Derick wants to get a Class A license to become a driver.

Derick has come a long way from the young man who just wanted to hang out and look for easy answers. He has learned that to succeed in life, you have to work hard, stay focused, and never quit.

The lunch sponsor for the Student of the Month was Republic Services, courtesy of Johnnie Downs.

Source: Rosa Umbach ★

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Pageants with Purpose

CITRUS HEIGHTS, CA (MPG) - The Northern California Pageant system started through the late Citrus Heights resident and pageant director Mary Purvis. The current director, Melisa Mistler, served under Purvis for six years. Through Mary’s instruction, Mistler earned the title of Ms. Greater Sacramento and Mrs. Northern California. Mistler also won the award of Volunteer of the Year for her county—voted by the citizens—two years in a row.

After Mary’s passing, Mistler also won the Humanitarian of the Year award for the West Coast and decided that her county needed a pageant system, which would allow Mary’s dream to live on in her community. Mistler purchased the Northern California, Capitol City, and Gold Country titles that were once Mary’s as well as many Nevada County titles.

Lisa D. Taylor and Associates is producing a pre-orientation and fashion show on Tuesday, August 18th at 6 p.m. This event is free to the community. The pre-orientation overview is perfect for individuals to see if participating in the organization is right for them. It is also ideal for nonprofits to come and see if partnering with the court on year-round service opportunities is a good fit. Each nonprofit that registers in advance will be given one minute at the podium to explain their mission.

The participants have an incredible opportunity ahead of them. Guys and gals ages three to 103 are encouraged to attend. The director is looking for contestants, sponsors, nonprofits, advertisers, and volunteers. This isn’t your ordinary beauty pageant!

Melisa Mistler, Nevada County pageants director, beamed with delight when asked why she directs pageants. Her answer was, “To serve the community, of course! My business, M3 Mall, has been sponsoring beauty queens for five years. I’ve had to send the ladies and the money to other communities. We continue to hear ‘shop local,’ so why not ‘pageant local?’ Let’s provide the training the pageant system offers to our own community. Training consists of interview skills, on-stage presentation, setting goals, and articulating thoughtful answers with public speaking skills. This training is so valuable, then, these ladies will serve the local community. Our time is now; let’s help our ladies and our community. We want everyone involved!”

The pre-orientation fashion show is at Citrus Heights Seventh Day Adventist Church, located at 7610 Wachtel Way in Orangevale, CA 95662. RSVP to Lisa D Taylor at (916) 856-4536 or msqueen916@gmail.com. Contact Melisa Mistler at melisa@m3mall.biz for more information on sponsoring, advertising, competing, or volunteering. ★



The 2014 Cornish Christmas Court and Associates. The court’s youngest contestant was three years old, while the most mature was 87. Photo courtesy of Joy Porter of Winding Road Imagery

Construction Begins on New Citrus Heights City Hall



The temporary City Hall located at 7927 Auburn Boulevard.

Continued from page 1

of Congressman Ami Bera, California Senator Jim Nielsen, a representative of California Assemblyman Ken Cooley, and Citrus Heights Mayor Sue Frost.

Following the event, Frost said, “The Dignity Medical Office building will bring jobs and resources to our residents. The new city hall is a smart move. It is our opportunity to pay cash for a new city hall before construction costs go up. It’s all about timing. Thank you to Mr. Henry Tingle who had the vision.”

This was also a special day for Sacramento Board of Supervisors member Roberta MacGlashan. One of the of the city’s first city council members

in 1997 and former mayor MacGlashan reminded the audience that the new City Hall will be completed just in time to celebrate the 20th anniversary of cityhood.

On July 18th, the City held a “Cash and Carry” day where hundreds of residents unearthed and took home hundreds of roses, potted plants, shrubs, and trees from what still remained of the original nursery. Fountains, statues, planters, and even benches found new homes to assure part of the legacy. Prices from \$5 to \$30 assured that many historical items found new homes.

As of now, Citrus Heights City Hall is temporarily located at 7927 Auburn Boulevard

in the Grand Oaks Shopping Center for approximately 12-14 months. Please visit www.citrusheights.net for more information. If you have questions about the new City Hall project, contact Stephanie Cotter at (916) 727-4768 or scotter@citrusheights.net.

If you have questions about the Sylvan Road Improvements Project, contact the General Services Department at (916) 727-4770 or email general-services@citrusheights.net. As a result of the two construction projects, traffic on Fountain Square Drive, Stock Ranch Road, and Sylvan Road will be impacted—sometimes heavily impacted—during the hours of 6 a.m. and 5 p.m. Monday through Friday.

At times, there will be lane closures on Fountain Square Drive, Stock Ranch Road, and Sylvan Road. At least one lane will remain open at all times to maintain access to thru traffic except for northbound Fountain Square. For three to four weeks, northbound Fountain Square drive will be closed during the contractor’s work day between the Post Office and Stock Ranch Road traffic circle.

Source: City of Citrus Heights ★



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By Ronnie McBrayer

“Control is an illusion, you infantile egomaniac.” So said Nicole Kidman to Tom Cruise in the movie, “Days of Thunder.” It was a fictional scene, of course, but I’m sure it’s a mantra she repeated often over the course of their decade-long marriage.

That digression aside, the quote itself is absolutely the truth. Control - over others’ behavior, personal circumstances, world events, the universe - is a fantasy. It was Dr. Ellen Langer who wrote the book on the subject. Her work is titled, “The Illusion of Control.” She believes, and her research backs this up, that human beings have a delusional sense that they can influence the outcomes of certain events, even those events over which they have no command.

Summarizing one of her experiments, she gave a group of subjects lottery tickets with a chance to win big money. Some tickets were random “quick-picks” and some were numbers chosen by the participants. Once in hand, all participants were told that they could trade their tickets for other ones that had a higher chance of winning.

Those who had quick-picks traded almost immediately. Those who had chosen their own numbers, far and away, did not. They had more faith in the numbers they controlled, than in the tickets that actually improved their odds.

In another gambling example, Dr. Langer discovered that when a person rolling dice needed



higher numbers, as in the game of craps, he or she would throw the dice with greater force, thinking, almost unconsciously, that the greater effort would produce higher numbers. Likewise, those rolling for lower numbers invariably threw the dice softly, as if that could change the outcome.

And finally, Langer’s research reveals that drivers feel that they are much less likely to be in an accident when they are driving versus sitting in the passenger’s seat. No surprise there, as we have all beat the floorboards out of the passenger side of the car when someone else is driving.

But here is where things get interesting: Move that front seat passenger to the back of the automobile, and that individual’s feelings of anxiety completely skyrocket! In fact, the further removed from the driver’s seat he or she was moved, the more the test subject felt an accident was inevitable. Why? He or she was not the one in control of the situation.

This is one reason why I recoil from the banality of the bumper sticker, “God Is My Co-Pilot.”

Oh, for heaven’s sake. Can any phrase in the human lexicon be more descriptive of our neurotic need to be in control, and yet tip our hat to The Maker in case we get into a situation that is just a bit too much for us? Even then, we want to remain firmly ensconced in the driver’s seat; we want to remain the gods of our own universe.

Critics of faith often argue that belief in God is an irrational mindset at best, or

serious derangement at worst, as God’s existence defies logic and evidence. God cannot be “proven,” goes the reasoning, so ceding command of life to such a hypothetical being is simply foolish.

Philosophically, I understand and appreciate this argument. Yet, I counter that we all - atheists, theists, Christians, Jews, Muslims, agnostics - have confidence in something, in some foundational truth or principle that guides our lives. It’s plainly impossible to be human and not to believe in something.

That much said, and without diving into some empirical argument, I discover that belief in God - a Higher Power as my friends in AA call it - is a far safer bet than trusting humanity. Not because I believe God will steer the cosmos in my direction, but because I have little confidence in our ability to control anything.

No, you might not find faith in God to be easy, even logical. I respect that. But surrendering the management of the universe to someone else makes a lot of sense when there is so little we can personally control. After all, control is an illusion, and the evidence on that matter is irrefutable.

Ronnie McBrayer is a syndicated columnist, pastor, and author. His newest book is “The Gospel According to Waffle House.” You can read more at www.ronniemcbrayer.me. ★



By Marlys Johnsen Norris, Christian Author

God longs to have a personal relationship with each one of us. Those whose desire is to please God with their lives most likely have decided to become a part of God’s heavenly kingdom here on earth. The Spirit of God indwells every believer from the day they invited Jesus into their hearts and lives. This unity makes these people an effective

Citizens of the Heavenly Kingdom

and powerful team of love and mercy for Jesus Christ. They stand as an immovable force of their faith in the Gospel, representing sound doctrinal truths.

The legacy of faith has existed for generations and will live on forever. The people of faith come together in one accord, standing and understanding the wrath of God and His response to those who reject His deity and holiness. Yet, they will still reach out in love so that some might also receive God’s gift of eternal life given through His beloved son. They are not fearful of those who oppose them for standing firm in their faith. They stand with uplifted love and prayer that others will receive a “new life” and the blessings of God. They

are unified for all eternity and are loving witnesses to all people everywhere.

The longer one knows God, the more amazed one becomes at how the hand of God’s loving grace and mercy touches so many lives. God forgets no one! His love is so magnanimous that none of us have any idea how powerful and miraculous it really is. Our knowledge and understanding of God only scratches the surface, but one day we will know all things as citizens of His Heavenly Kingdom in eternity.

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



By Pastor Ray Dare

God always answers prayer, but sometimes there’s a delay in receiving the answer. God hears our prayer immediately. There’s no delay for your prayer to get to God. It is there instantly. But sometimes He delays giving the answer for a period of time and that is one of the hardest things we have to learn.

As a parent, the hardest concept for my kids to learn is the difference between “no” and “not yet”. That’s hard for them to understand. Especially when they were younger, they’d say “Daddy can I have a cookie?” I’d say, “No, not right now.” They might go into a fit as if I’m never going to give them a cookie. Why? Because immature people don’t understand the difference between “No.” and “Not yet.” A mark of maturity in the Christian life is this: How long can you wait? That’s a mark of maturity in life. Babies always have to have it right away, but a mature person can wait.

I talked to a person once who

Pastor Ray's Encouraging Words

While You’re Waiting- God Is Working

said, “I tried prayer. I prayed for two weeks and nothing happened so I’ve given up on prayer. I’ve lost my faith in prayer.” No, you haven’t lost your faith. You’ve lost your patience. You spell faith -- PATIENCE. Faith is patience.

Why does God delay answers to our prayer? Usually it’s because He needs to prepare us first. He needs to get us ready. He wants to bless us and in order to give that blessing to us, He has to prepare us for it. When my son was 13 years old, he would ask, “Dad can I drive the car?” I would reply, “Not at this time, but someday. When you grow up and you’re mature and you’ve learned how to drive, then you’ll get the request answered, but not yet, because you need to grow up.” God often waits for us to grow up.

You think, “But if God sees everything I’m going through and if God really cares about me, why doesn’t He work things out for me?” That’s a legitimate question. The answer is, He usually wants to change you first. He wants to change your attitude. After you’ve learned the right attitude, then God’s free to go to work on the problem. God is more interested in making you mature than He is about making life easy. So He starts by saying, “You get your

life changed and then I’ll help you work on the problem.” Instead of saying, “Lord, change this situation!” you start by saying, “Lord, change me.” “Lord, change me in this marriage and not my spouse.” “Lord change me in this job problem.” Once you’re in line, then God can go ahead and answer.

The fact of the matter is this: God is never late. His timing is perfect. We may think He’s late but He’s never late. God’s delays are not God’s denials. “Not yet” does not mean “No”. What do you do when the answer is delayed? You keep on praying until you get the answer, you get assurance of the answer or until God reveals to you that it’s not His will.

What you need to remember is God loves you more than you’ll ever know and He knows what’s best for you. He knows when you’re ready for the answer. He knows when you can handle it. Trust in His timing and know that God’s delays are not God’s denials. God is working behind the scenes to bring things together and God is working in you.

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Golf Tournament Changes the Lives of Special Needs Youth



Staff members from Richardson Center and Luther Burbank High School post with the Diedrich family and Andre Justice's family. Photo by John Swentowsky

By Elise Spleiss

SACRAMENTO REGION, CA (MPG) - “It’s All About the Kids” is how all those involved in this year’s annual Sacramento Rotary “Golf 4 Kids” fundraiser on August 10th. Funds raised from this one event have been changing the lives of 100 special needs students at Ralph Richardson Center in the San Juan Unified School District (SJUSD) in Carmichael and three other schools in the Sacramento City Unified School District (SCUSD) for three decades.

The annual tournament held at the Northridge Country Club in Fair Oaks funds programs for the physically and health impaired at the Richardson Center, and at Luther Burbank High School, Fern Bacon Middle School, and Bowling Green Charter School in the SCUSD.

Parents of children with special needs living in these school districts are very fortunate. The Ralph Richardson Center is a unique and successful public school located within the SJUSD. They provide a wide variety of unique resources for 100 children and young adults with special needs ages 3 to 22.

Richardson Center Principal Beth Von Striver in a phone interview emphasized the importance of the event; “What

happens on this golf course on this one day makes or breaks what we do here.” Eighty-five percent of funding for these schools comes from the proceeds of this one event.

Von Striver added that the center would not have the quality of their aquatic program or maybe even its existence if not for the funds they receive from the Rotary. Funds are needed for equipment used in and out of pool and for its upkeep. Most of the therapy can only be done in the warm water pool, not on land.

According to Bob Miller, event chair, providing technology is of major importance to these students. Von Striver added, “The only way for most students to communicate and make their needs and wants known is from access to latest technology.” A large cost has been the purchase of seven wall-sized Smart Boards and one Apple TV at a cost of \$5,000 each, including installation by the district.

Programs include physical and occupational therapy, adaptive PE classes, and music classes. It is common for students to produce their very first words and sounds during their music classes, which are also aided by technology.

A typical example of success is eight-year-old Ian Diedrich. At the Sacramento Rotary meeting on July 21st, Ian was able

to get up from his wheelchair with the help of braces on his legs and walk with his mother’s help. His mother and father, Colleen and James, moved to Carmichael from Rancho Cordova in mid-2014. After just one year at Richardson, Ian, who upon arrival was confined to his wheelchair, was walking with help, his stamina had improved, and he was happy. Colleen said he would often cry when they began to pull away from the school at the end of the day.

Colleen Diedrich noted that, “A key to the success of their programs for these students is the many professional and collaborative skills all on one campus from staff who have dedicated their lives to helping and supporting their students.” Many staff members have been at these schools for decades.

Andre Justice is another success story, recently graduating from Luther Burbank High School in Sacramento. Prior to his four years at Burbank, Andre attended Bowling Green Charter School for three years. His mother, Andrinus Pernell, says she no longer worries about her son, who is proud of his independence. Although confined to a wheelchair, he can take the bus on his own, budgets his money, and was elected prom king.

These schools change students’ quality of life and greatly affect their transition into the real world. This assistance is especially helpful for older children and young adults transitioning into the workforce.

The “Golf 4 Kids” tournament is in its 93rd year, making it the oldest charitable event in the history of the Rotary. This Rotary event is the oldest charitable event in the history of Rotary International. In the mid-1980s, it shifted to a golf tournament.

For information on the golf tournament or to register, go to www.sacrotyarygolf4kids.com or call (916) 929-2992. You can also visit RalphRichardsonCenter on Facebook.



Hot August Nights

Date: Friday, August 21st

Time: 12:00 to 3:00pm

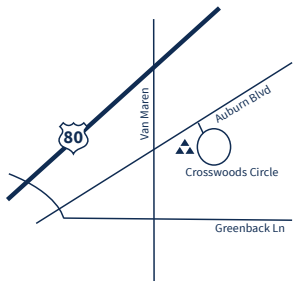
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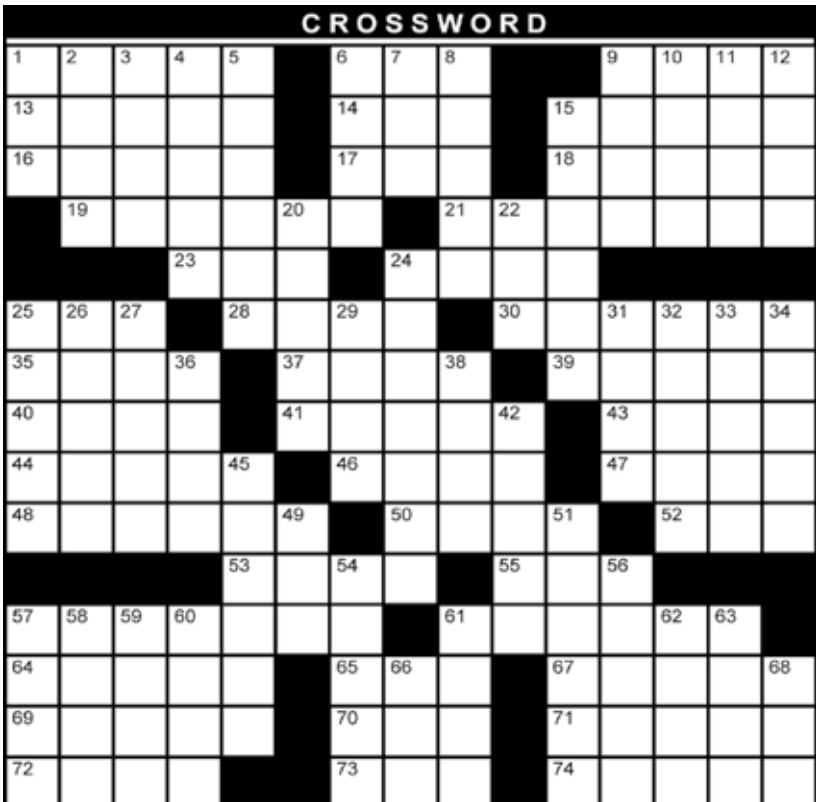
CLUES

ACROSS

1. Bewildered or confounded
6. Cul de ____
9. Rum cake
13. Church bell sounds
14. Anger
15. Give a green light
16. Dogma
17. ____ Aviv
18. Cancer sign?
19. *Higher education result
21. *L in LMC
23. *Yakety ____
24. W.'s advisor
25. Tube in old TV
28. *Classroom pests
30. Catching sight of something
35. "Jack and the Beanstalk" instrument
37. ____ Scotia
39. Ownership document
40. Sixth month of civil year
41. *Classroom ball
43. It's a long story
44. Fat or wax
46. Kindred
47. Resembling wings
48. Destiny
50. Volcano in Sicily
52. Japanese capital
53. *You work with it in shop class
55. *Where most of American History occurred
57. *Difference between public and private school
61. *" ____ and (#34 Down)"
64. Saw logs
65. Like arctic air
67. *Digital text
69. *He's in the class play
70. *Driver's Ed classroom
71. Kitchen appliance
72. "The ____ Not Taken"
73. Lamb's mother
74. Iron Mike

DOWN

1. Pertinent
2. Got ready to drive
3. Healthy
4. Lament for the dead
5. Stellar
6. Place or location
7. "We ____ the World"
8. *Usually in orchestra but not marching band
9. Foggy view?
10. * ____ mater
11. Uncouth one
12. Wrong
15. As good as it can be
20. Augmenting
22. " ____ Got the World on a String"
24. Canceled
25. *Marker's predecessor
26. *r in a math formula, pl.
27. Golf bunkers
29. Kind of soda pop
31. Leaning Tower city
32. *The "boot" in Geography class
33. Aquarium scum
34. *"(#61 Across) and ____"
36. " ____ and proper"
38. Not much
42. Boredom
45. More dewy
49. Also
51. Declare with confidence
54. Chilled
56. Cornered
57. Nicholas II of Russia, e.g.
58. To a remarkable degree, British
59. I, to a Greek
60. Walked on
61. Greek muse's strings
62. A long, long time
63. Not happening
66. Crow sound
68. Boy toy



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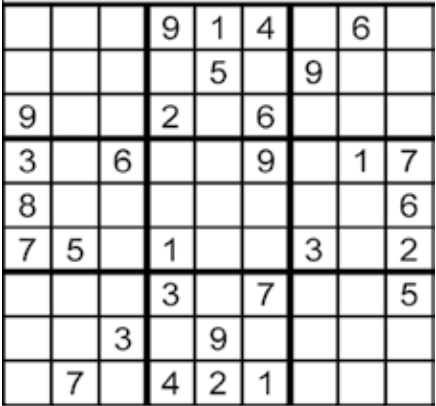


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GUITAR LESSONS Beg. - Adv. GIT grad. Call for prices. 916 723-7021 (MPG 8-07-15)

Drum Set for the Adult Learner. \$25 - 1/2 hr. musicview@comcast.net 916-482-6592 (8-31-15)

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Crossword Puzzle on Page 6

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

Sudoku Puzzle on Page 6

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

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POPPOFF!

with Mary Jane Popp

I Almost Saw Russia

Almost, but not quite. Have you ever felt like the world melted away and you were transported into a land far, far away? That's exactly how I felt as we left port in Seattle and set sail for Alaska aboard Oceania's Regatta. It is a land like no other with fabulous scenic views of glorious forests as far as the eye can see. What an amazing state to explore. It was a fun stop at the Lumberjack Show in Ketchikan and the stately totem poles at Wrangell. These were tiny fishing ports and you got the flavor of what life is really like for the hearty people who choose to live there. By the way, they love it and would never leave.

But I have to admit it was fun getting back to the ship with all the pampering as we sailed the high seas. With 77 chefs to feed



Could not resist the hunks at the Lumberjack Show in Ketchikan. Photo by Erick Sprunger

just 686 passengers, we were fed morning, noon, and night by a crew that hailed from 40 countries. High Tea was served in the afternoon with goodies and pastries as we were entertained by a String Quartet from the Ukraine. Way too extravagant, but truly lovely... The food was absolutely incredible with lobster and crab and...well, you name it, we ate it—including hot dogs and hamburgers and malts in the soda shop. Oi...what a spread.

And there was entertainment each night with singing, dancing, and magic too.

The piece de resistance was seeing the Tracy Fjord and Sawyer Glacier with the most dazzling blue ice that shimmered in the sunlight. The captain got us up close and personal with the glacier and kudos to Captain Meinhardt Hansen—it's no easy feat with the icebergs floating so close you think you can touch them. He even sent out a rescue

boat to gather ice from the glacier so we could actually touch it. Then, add the wonders of animal life—from sea otters by the hundreds, to orcas that went by in pods, to the majestic bald eagles.

And what a thrill to get to visit the bridge of the Regatta; I had a super conversation with the captain that I used on my POPPOFF Radio Show. And what a sight as we pulled out of port at Prince Rupert—would you believe the captain actually let me blast the ship's horn as we left the dock, signaling all other ships we were setting sail? I was like a kid in a candy shop. This was the same horn that was sounded every few minutes, just days before, as we traversed a heavy fog. I could almost hear Celine Dion singing "My Heart Will Go On." I lived



Shimmering blue ice at Sawyer Glacier. Photo by Erick Sprunger

the dream of looking over the bow as we set sail for our home port of Seattle, safe and sound, with sights I will never forget.

I had to share my voyage with you. If you ever have the opportunity to visit Alaska, do it. You can't imagine the vast open spaces yet to be explored! Our 50th State is a sight to behold. ★

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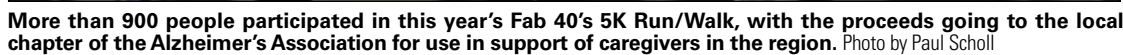
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Big Jim Hall, the announcer for the event. There were also more than 40 sponsors for this year's event, including the following:



Alzheimer's disease.

There were more than 900 people who participated in this year's event—including 22 from Citrus Heights—taking in the sights and sounds of the area as they reflected on the importance of the morning. The proceeds from this event went to the local chapter of the Alzheimer's Association for use in support of caregivers in the region. As participants made their way along the 3.1-mile course, they read educational signs informing them about Alzheimer's disease. The one that sticks in my mind

Even though this race brings to light a serious subject, the participants were able to enjoy some diversions in the form of the many vendor booths, which included chili sampling, face painting, and snacks and refreshments.

Special thanks must be given to

Thank you, everyone, for your support of the 2015 Fab 40's 5K Run/Walk! As the founder of "Sal's Pal's," I will once again be doing my part next year on July 30th, 2016. Team "Sal's Pal's" has been challenged by "Team Unforgettable" to get the most people to participate. Help us be victorious—consider joining me next July. You have a year to prepare for the 3.1-mile walk! ★

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25 Bags - 5 Lb Nutro Lamb & Rice Dog Food (\$9.39 value)
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Lisa West
Community
Outreach Director

**Important Key
Consumer
Advice**



*Memorial Parks
Mortuaries & Crematory*

By Lisa West

Have you ever heard one of those horror stories about a funeral home that has abused the public trust? The reason some of those stories stick with us is because they are so rare.

The funeral, cremation and cemetery industry is highly regulated – especially here in California. The Department of Consumer Affairs is diligent about inspecting funeral homes, crematories and cemeteries on a regular basis. I commend them for their diligence.

There is no more sacred duty than to take someone’s loved one into our care and trust that they will be treated with the utmost dignity. We consider it an honor and a privilege to do so.

When you are researching mortuaries and/or cemeteries, you are encouraged to check with the California Department of Consumer Affairs (DCA) to see if that firm has had any recent inspection violations or consumer complaints.

Did you know that in California embalming is not required by law? A funeral home typically cannot force you to embalm your loved one, however, under certain circumstances it may be necessary and required. For example, if your family member will be shipped to

another state or country on a common carrier (train, airplane, etc.) they must be embalmed or shipped with dry ice.

Many funeral homes have company policies regarding embalming. This means that they may not be obligated to offer a public viewing of your family member without embalming because it can be considered a public health concern to do so. Always ask what their embalming policies are.

Additional key consumer advice for everyone is that you know that all funeral homes and mortuaries are required by law to make their General Price List (GPL) available to you. Not just for you to look at – but for you to have a copy to take with you. This protects consumers so they are treated fairly in all monetary interactions with each funeral home. It also helps you make a better informed decision because not all funeral service packages are equal. They include and exclude different services so compare them carefully.

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

www.EastLawn.com

Game Plots

Nintendo Shifts its Strategies

By Noah Howard

Nintendo has been a driving force in video games since the release of the Nintendo Entertainment System in 1983. For three decades, Nintendo has enchanted gamers with light-hearted, creative, genre-defining games that have earned millions of loyal fans. But right now, the multi-billion dollar corporation seems at a turning point, trying to figure out how to adapt to a quickly changing industry without losing its creative identity.

The problems started with the Wii U, a console released in 2012 that centered on the idea of a second screen as a controller. It seemed too gimmicky to hardcore gamers and too inaccessible for casual gamers. Though the concept of a two-screen experience has arguably lived up to Nintendo’s promises, the idea wasn’t nearly as revolutionary as was hoped. Wii U sales flopped and continue to flop as sparse store shelves sport the occasional excellent Nintendo-made exclusive interspersed by almost nothing in the realm of third-party support.

That’s a shame, because Nintendo’s first-party titles are some of the best to come out of this console generation. Though the volume of games on the Playstation 4 and Xbox One is higher (although still relatively low), few games released for those systems come close in quality to Wii U



titles like Bayonetta 2 or Super Smash Bros. Nintendo stuck close to its strategy: create fun, original games, and the sales will come. One problem: the sales didn’t come.

Nintendo’s recent announcement of a shift to mobile is an indication that it’s reevaluating its strategy. The handheld Nintendo 3DS console is selling incredibly well in both systems and games, despite the fact that Wii U and 3DS games seem to be cut from the same fun-centric fabric. Nintendo knows that the games it makes do well on the go, so the decision to use Nintendo characters and intellectual properties in titles for phones and tablets seems like a natural evolution. Despite protests that this change could shift focus away from Nintendo’s dedicated fans, this was an important business decision that President Satoru Iwata had to make.

Sadly, it would be one of the last big decisions ever to come from Mr. Iwata, who passed away on July 11th at the age of 55. Iwata was a beloved figure in gaming: charismatic, fun, quirky, dedicated, and constantly optimistic. The

experienced creative mind and long-time president led Nintendo through some of its darkest and brightest moments. Unfortunately, he left Nintendo at a crucial time with many unanswered questions, including who his successor will be.

One notable unanswered question concerns the NX, Nintendo’s still-in-development console that’s being kept a close secret. It has teased that it will be revolutionary, that it will change how we think of gaming hardware, but nothing more. The announcement that a new console is in the works seems to be a white flag for the Wii U, a failed console with enormous unspent potential that tapered off just a few years after release.

Nintendo seems insistent on supporting its motto of fun that it has sported since the eighties. But Nintendo has been slow to adapt to a changing market and now must face its failures, challenges, and tragedies head-on if it plans to increase its relevance in the gaming world.

To respond to Noah’s articles email him at digitalartsnoah@yahoo.com



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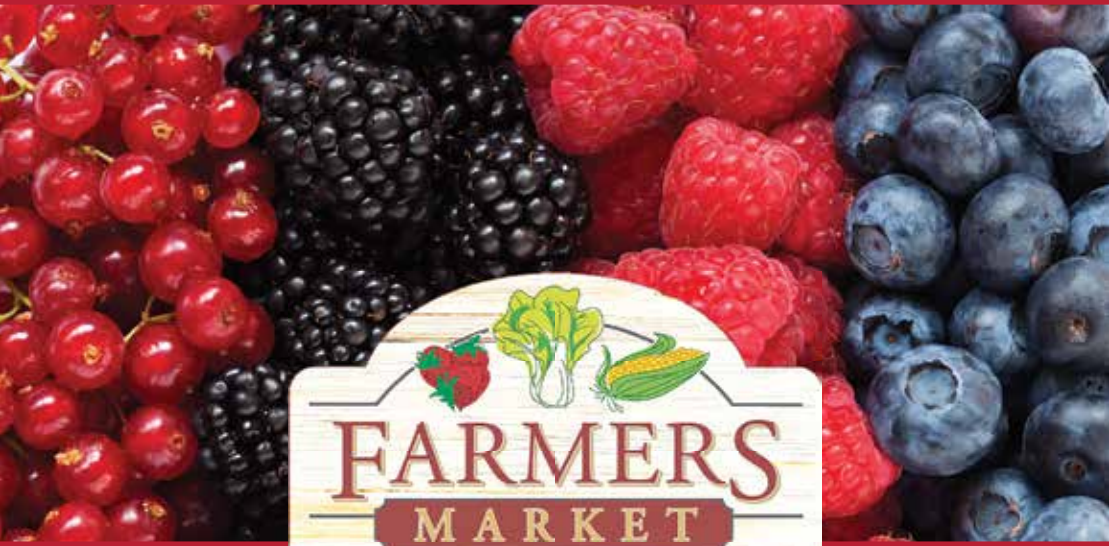
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How to Protect Your Eyes from Macular Degeneration

Dear Savvy Senior,
Is macular degeneration hereditary? My mother lost her vision from it before she died a few years ago, and now at age 65, I'm worried I may get it. What can you tell me?
Nearighted Susan

Dear Susan,
Having a parent or sibling with macular degeneration does indeed increase your risk three to four times. But the good news is there are things you can do to protect your eyesight, and a number of treatments that are available if you do happen to get it. Here's what you should know.

What is AMD?
Macular degeneration, also known as age-related macular degeneration (or AMD) is the most common cause of vision loss in people over age 50, affecting about 10 million Americans.

AMD is a progressive eye disease that damages the macula, the part of the eye that allows us to see objects clearly, causing vision loss in the center of your vision. This affects the ability to read, drive, watch television and do routine daily tasks, but it does not cause total blindness.

There are two types of AMD – wet and dry. Dry AMD, which affects about 90 percent of all people that have it, progresses slowly and painlessly over a period of years. While wet AMD is much more aggressive and can cause severe vision loss in a mat-

ter of weeks or months.

Factors that can increase your risk of getting AMD include age (60 and older); smoking; excessive exposure to sunlight especially if you have light-colored eyes; certain genetic components; a family history of AMD; high blood pressure; obesity; and being Caucasian.

For anyone over the age of 60, it's a smart idea to get your eyes examined by an ophthalmologist every year. They can spot early signs of AMD before vision loss occurs. Early signs, however, may include shadowy areas in your central vision or unusually fuzzy or distorted vision. The Amsler grid at amslergrid.org, is a good tool to check your eyes for AMD.

Preventing AMD
While there's currently no cure for AMD there are some things you can do if you're high risk. One option is to talk to your doctor about taking a daily dose of antioxidant vitamins and minerals known as AREDS – vitamins C and E, plus copper, lutein, zeaxanthin, and zinc. Studies by the National Eye Institute have shown that AREDS can reduce the risk by about 25 percent that dry AMD will progress.

Most drug stores sell these eye supplements in tablet or soft gel form over-the-counter for around \$20 to \$30, but be aware that not all eye supplements contain the proper formulation.

Choose either the PreserVision Eye Vitamin AREDS Formula, PreserVision Eye Vitamin Lutein Formula, PreserVision AREDS2 Formula, or ICAPS AREDS. These four options contain the right formula mix.

Other lifestyle adjustments that may help prevent or delay AMD include eating antioxidant-rich foods such as dark green, leafy vegetables, and cold-water fish for their omega-3 fatty acids; protecting your eyes from the sun by wearing UV protective sunglasses; controlling high blood pressure; exercising regularly; and if you smoke, quit.

Wet AMD Treatments
For wet AMD, there are several effective medications (Lucentis, Avastin and Eylea) available that can stop vision loss and may even restore it. These medications are given by injection into the eye, and repeated every month or two, perhaps indefinitely.

Note that each of these three drugs works equally in treating wet AMD, but there's a big cost difference. Avastin costs just \$50 per month, compared with \$2,000 for the other two. So experts recommend Avastin as the first choice for most people with wet AMD, especially if you don't have supplemental Medicare coverage.

Dutch Bros. Raises Money for Child Battling Ewing's Sarcoma

CITRUS HEIGHTS, CA (MPG) - On Monday, July 13th, Dutch Bros. in the Sacramento area banded together with the community and raised \$4,318 for Zack Dill as he battles Ewing's Sarcoma.

"Our crews were so happy to have the opportunity to meet Zack; he is a rock star," said Dutch Bros. Sacramento owner Nikol Grubbs. "We are praying for healing and courage for him and strength for his family."

Local to Citrus Heights, the 10-year-old Zack Dill was diagnosed with Ewing's Sarcoma, a rare form of bone cancer, in 2014. In the fall of 2014 he went into remission and was able to start the fourth grade. In April 2015, doctors discovered the Ewing's Sarcoma had returned as well as spread to additional places within Zack's body.

Recently, Zack was accepted into a clinical trial at the University of California, San Francisco Medical Center. These funds will help cover the family's expenses for multiple trips from Citrus Heights to San Francisco in order for Zack to receive the treatment he needs.

To raise funds, Dutch Bros. locations in Citrus Heights, Sacramento, and Fair Oaks participated in "Zack Attack," where \$1 from every drink sold on July 13th was donated to Zack and his family.



To raise funds, Dutch Bros. locations in Citrus Heights, Sacramento, and Fair Oaks participated in "Zack Attack," where \$1 from every drink sold on July 13th was donated to Zack and his family. Photo courtesy of Dutch Bros. Coffee

Contributions can also be made at gofundme.com/zack-dill. To learn more about Dutch Bros., visit www.dutchbros.com, like Dutch Bros. Coffee on Facebook, or follow @DutchBros on Twitter.
Source: Dutch Bros. Coffee



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