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NEW MOMS**

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Citrus Heights Messenger

"Written by the people, for the people"

Volume 5 Issue 14

Serving the City of Citrus Heights and Sacramento County

July 17, 2015

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Foster Agency Needs Good Families



County placement agencies especially need foster homes for adolescents and homes that have enough room to permit siblings to stay together. They also have a need for homes that may be used on an emergency shelter basis.

By Jan Dalske

CITRUS HEIGHTS, CA (MPG) - Nationwide, more than 500,000 children live in foster care. California has over 60,000 children in the foster care system, the largest foster care population of any state. The number of foster youth has tripled in the past 20 years. In our area of California, there are nearly 4,000 children who require temporary out-of-home care because of parental neglect.

How and why these children of all ages and needs end up in foster care is important. There are several reasons. Physical abuse, emotional abuse, sexual abuse or exploitation, and the lack of ability to care for children are the most common reasons. The largest percentages are African American and Latino children. Some stay in foster care for weeks, some for years. You can

remain in foster care until you are 18, but can stay up to the age of 20 if you meet eligibility requirements.

If the Juvenile Division decides that it is necessary to remove a child from the home, several possibilities exist. The child may be placed with the other parent if the parents are separated or divorced. The child may also be placed in a foster or group home. Where the child goes depends on the needs of the child. The court and the Social Services department will determine if it is appropriate for the child to return home. All concerned parties work together to reunite the family as quickly as possible.

Parents can and are encouraged to visit their children regularly. It is important to maintain the parent-child relationship if at all possible. It is difficult for children to be separated from their parents, even when the

parents have harmed the child. No one can easily replace a child's parents.

If the child is placed in a foster home, the foster parents are expected to provide a supportive and stable family for the child until family problems are resolved. Foster parents work with social services staff to reunite the child with birth parents. Some foster parents may provide care to many different children. To become a foster parent, a license is required and the process requires a licensed worker to visit their home. There are minimum personal, safety, and space requirements required by law. County placement agencies especially need foster homes for adolescents and homes that have enough room to permit siblings to stay together. They also have a need for homes that may be used on an emergency shelter basis.

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Operation Brokenheart II Leads to Arrests of Child Predators

SACRAMENTO COUNTY, CA (MPG) -

The Sacramento Internet Crimes Against Children (ICAC) task force along with ICAC task forces around the country took part in "Operation Brokenheart II," a nationwide effort to identify and arrest as many child predators as possible along with providing outreach and internet safety education. This effort took place during the months of April and May of 2015 and was a coordinated effort by law enforcement representing more than 3,000 federal, state, and local law enforcement agencies nationally.

The Sacramento ICAC task force, which is part of the Sacramento Valley Hi-Tech Crimes task force, arrested four people for child pornography during the two-month-long national operation. They also served 17 search warrants and presented internet safety education to over 250 adults and children.

The operation concentrated on offenders who possess, manufacture, and distribute child pornography as well as those engaging in online enticement of children for sexual purposes.

All participating task forces targeting internet crime compiled arrest statistics from the two-month-long operation and shared them with the Office of Juvenile Justice and Delinquency Prevention (OJJDP) in Washington, D.C.

To report internet crimes against children, contact the National Center for Missing and Exploited Children at www.missingkids.com/cybertipline or call the cyber tip line directly at (800) 843-5678.

Source: Sacramento County Sheriff's Department ★

Citrus Heights Celebrates its 16th Red, White, and Blue Parade

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - If you want to learn about your city while having fun, go to the Red, White and Blue parade! The city parade is more than an event, it's an experience.

This year's 16th annual Red, White and Blue Parade, held on June 27th, was no different. Over 2,000 parade-goers and participants enjoyed what might be the best parade weather in recent memory. The parade route covered half a mile on Sunrise Blvd. from Madison Ave. to Greenback Lane. Ninety entries from Citrus Heights and half a dozen surrounding cities showed their spirit as they waved, walked, rode, sang,

danced, and showed off martial arts skills as they moved down the parade route.

The small-town feeling was evident with school and military marching bands, veterans, dance schools, vintage cars, floats, boy scouts, girl scouts, animals, and lots of red, white, and blue flags! Individuals and families, along with new and long-established businesses, entertained the crowd, all eager to show their city pride.

Before the start of the parade at 8 a.m. was the traditional Rotary Pancake Breakfast, where 650 piles of pancakes with bacon were served. The official start of the parade was marked by a traditional Citrus Heights police escort and the Citrus Heights Community Marching Band, Wells Fargo horse-drawn stagecoach, City Mayor Sue Frost, and City Council members. Citrus Heights queens, princesses, and ambassadors led the way for the parade's 90 entries, showing off the best of Citrus Heights. New at the parade this year were the

Sassy Stepperettes of Sacramento, Spyder Ryders of America, and the Chako Pit Bull Rescue.

The Parachute Center from Acampo, sponsored by the Sunrise Marketplace, got everyone's attention as two of its finest parachutists demonstrated their skill by precisely landing across from the Men's Warehouse on Sunrise.

A crowd favorite again this year was the impressive 27-foot-long Oscar Mayer Wienermobile, driven by a highly trained Hotdogger. It is one of a fleet of six Wienermobiles touring the United States, Canada, Japan, and Spain.

The 2015 Mayor's Award went to the Antelope High Titan Marching Band and Color Guard. The band was not sporting their usual parade uniforms, as those uniforms were on their way to Washington D.C. where the band and guard had the honor of marching in the National Independence Day Parade on July 4th.

Continued on page 2



First place Red, White and Blue Award went to "Area 51, Landing Area Citrus Heights," the Harmer Family's fifth entry in the Citrus Heights parade. Float creation is a family affair. Here, Sherie Harmer poses with Area 51 Security Force Justin, Destiny, Jackson, and Jonah.

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Citrus Heights Celebrates its 16th Red, White, and Blue Parade



Third place Red, White and Blue Award went to Sunrise Rec and Park District. "Sunrise Super Heroes" included young Spiderman, Batman, and Supergirl.

Continued from page 1

The Harmer family's "Area 51 Landing in Citrus Heights" float received the first place Red, White and Blue Award. This year's intergalactic float told the story of the Vega family and their robo-dog, Pluto. After receiving a signal inviting them to come to America, they set out dressed in their best 50s attire to join the festivities, but arrived a few decades too late and just in time to join the parade. The float features a running waterfall, smoking afterburners, animatronics, four biodegradable confetti canons fired off at the judges' stand, and 1950s music. The Harmer family have been participants for five years and their entries have won three Mayor's awards and two Red, White and Blue Awards.

For the second year, the Del Campo Jr. Cougars Football float took the second place Red, White and

Blue Award. The Citrus Heights Recreation and Park Department received the third place award, with their float featuring the Sunrise Super Heroes that included Spiderman, Batman, and Supergirl.

Neighborhood Association (N.A.) 11 - Birdcage Heights earned the N.A. Award, and the Music Division award was claimed by the Jazzercise class given at the Rusch Park Community Center. Northridge Music and Entravision (103.5) sponsored their \$500 music gift certificate.

Terror in the Night Halloween Productions' spooky entry took the Business Division Award as they gave parade-goers a taste of the Crematorium Haunted House coming in October to the former Sunrise Fun Center on Arcadia Way.

The parade was sponsored by the City of Citrus Heights, Republic Services, Sunrise Mall, and 101.9 The Wolf radio. ★

California State Fair's Toyota Concert Series

SACRAMENTO REGION, CA (MPG) - The 17 best days of summer at the California State Fair once again include free nightly concerts on the Golden 1 Stage at Cal Expo. The 2015 State Fair will run through July 26th, with the Toyota Concert Series featuring a variety of music genres including country, pop, rhythm & blues, classic rock, and a comedy performance by Paul Rodriguez.

"We are excited to feature 17 nights of free, big-name concerts as part of State Fair's celebration of the Best of California," said Rick Pickering, CEO of the California State Fair. "This year's lineup appeals to a broad spectrum of music lovers and features up-and-coming talent like the Country Music Awards New Artist of the Year, Brett Eldredge," Pickering said.

General seating for all concerts is free with fair admission. The reserved Gold Circle Seats closest to the stage range in price from \$12 to \$25 depending upon the artist. All concerts start at 8 p.m. each night. The remaining concert dates feature the following artists:

- July 18th – Queen Nation: A tribute to the Music of Queen
- July 19th – Jerrod Niemann
- July 20th – War
- July 21st – Caranserai: The Santana Tribute
- July 22nd – Theory of a Deadman
- July 23rd – Britt Nicole
- July 24th – Chase Rice
- July 25th – 38 Special
- July 26th – Brett Eldredge

About the California State Fair: For more than 160 years, the California State Fair has showcased the best of the Golden State. During the 2014 State Fair at Cal Expo, more than 750,000 people experienced the best and made memories that will last a lifetime. Cal Expo was dedicated as a place to celebrate California's achievements, industries, agriculture, diversity of its people, traditions, and trends that shape the Golden State's future. ★

Domestic Violence Arrest

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Police Department responded to an incident of domestic violence in the area of 6100 Patterson Lane on July 9th. The victim sustained significant injuries during the incident.

As Citrus Heights Police Officers attempted to take the suspect into custody, he ran from the officers into the residence. The suspect later surrendered to officers and was taken into custody without incident. There are no outstanding subjects in the investigation. This case is currently under investigation.

Source: Citrus Heights Police Department ★

Master Plan Workshop

CITRUS HEIGHTS, CA (MPG) - The City of Citrus Heights wants to hear from you! We're preparing our first-ever Pedestrian Master Plan to help make our community more walkable.

How can you help? Join us on Wednesday, July 29th any time between 5 p.m. and 7:30 p.m. at the Citrus Heights Community Center (6300 Fountain Square Drive) to share your input on the draft recommendations. Once complete, the plan will help city leaders create a more walkable city that encourages economic development, improves air quality, and creates a sense of community. ★

Foster Agency Needs Good Families

Continued from page 1

Foster parents receive a monthly payment to feed, clothe, and meet the material needs of the children placed in their care. Medical and dental coverage is provided through the Medi-Cal program. For working parents, appropriate child care arrangements must be made by the foster parents. Age requirements are flexible as long as the foster parent is in good health. Retired foster parents are also needed.

Paradise Oaks Youth Services is a Citrus Heights-based agency

that has served the Sacramento area for more than 20 years. They are committed to providing safe and structured environments for emotionally disturbed children and foster youth of diverse backgrounds from the greater Sacramento area. They continue to certify foster families who are committed to providing safe and caring homes to foster children. All prospective foster parents interested in becoming certified with Paradise Oaks Youth Services must go through a screening and certification process. They will be

trained and are continually supported and monitored to ensure compliance with accreditation and Community Care Licensing standards. If you are interested in learning more about their program, they can be reached at (916) 967-6253.

Sources: Foster Care Statistics; Children Uniting Nations, California Dept. of Social Services, and Paradise Oaks Foster Family Agency in Citrus Heights ★



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Citrus Heights Messenger

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Royal Court in Red, White and Blue Parade



CITRUS HEIGHTS, CA (MPG) - On Saturday, June 27th, the 2015 Miss Citrus Heights Royal Court appeared in the 2015 Citrus Heights Red, White and Blue Parade. From left to right: Clay Gaunt, Mr. Greater Sacramento; Hailey Sharpe, Miss Citrus Heights; Allison Bemis, Miss Orangevale; Simone Havilland, Teen Miss Citrus Heights; Gracie Thorns, Little Miss Citrus Heights; Allyson McAllister, Miss California

representing Sacramento; Kaylee McAllister, Young Miss Citrus Heights; and Erin Fackler, Mrs. Citrus Heights. You will see these queens, kings, and many more all over town during the summer as they volunteer for community and charity.

Source: Tamara Barbu-Brown. Photo by Pageant Director Tamara Barbu-Brown ★

Baby Baskets for New Moms

Grant of \$5,000 Helps Provide Essentials When Babies are Born

SACRAMENTO REGION, CA (MPG) - Sierra Sacramento Valley Medical Society Alliance has awarded a \$5,000 grant to the Sacramento Life Center to fill 100 baby baskets for low-income new moms in the Sacramento area. Baskets are filled with needed items, including formula, diapers, newborn clothes, pacifiers, and more, and are given to every Sacramento Life Center patient after her baby is born.

“We want to encourage women and teen girls and their partners that they are capable of caring for a child, and we understand the hurdles that they often face—sometimes as simple as wondering if they will be able to afford diapers,” said Marie Leatherby, executive director of Sacramento Life Center. “We are grateful to the Sierra Sacramento Valley Medical Society Alliance for this grant that will give new moms a boost of confidence and needed supplies.”

Monetary donations and new items for baby baskets are

accepted year-round. For more information, visit www.saclife.org. “We are so privileged to be able to provide this grant to such a wonderful organization,” said Kim Majetich, president of Sierra Sacramento Valley Medical Society Alliance.

The Sacramento Life Center’s mission is to offer compassion, support, resources, and free medical care to women and couples facing an unplanned or unsupported pregnancy. The center’s licensed Sac Valley Pregnancy Clinic includes a primary clinic and two mobile clinics, all providing free services including pregnancy tests, STD tests, ultrasounds, counseling for men and women, education, and resource referrals. The Sacramento Life Center also offers a school-based teen education program, a 24-hour hotline, and a program for women seeking support after having an abortion. For more information about the Sacramento Life Center’s Sac Valley Pregnancy Clinic,

visit www.svpclinic.com. For more information about the Sacramento Life Center or to make a donation, visit www.saclife.org.

The Sierra Sacramento Valley Medical Society Alliance is a nonprofit dedicated to improving the quality of health in the community through education, funding, and volunteer support. The group has contributed to the well-being of the community for more than 80 years, granting more than half a million dollars to community organizations throughout the Sacramento region. The alliance also contributes thousands of dollars annually to support medical school and nursing scholarships. Alliance membership is composed of physicians, medical students, staff, spouses, and domestic partners. For more information or to make a donation, visit www.ssvmsa.org.

Source: Kristin Thebaud Communications ★

FBI Seeking Serial Bank Robber, “Dropout Bandit”

SACRAMENTO REGION, CA (MPG) - The Sacramento field office of the Federal Bureau of Investigation (FBI) seeks help from the public to identify a man wanted for his involvement in a series of three bank robberies in the greater Sacramento area.

The suspect, a black male, has robbed the following three Schools Credit Union locations in the greater Sacramento area over the past four months: 8725 Folsom Boulevard in Sacramento on Friday, March 20th, 2015; 1631 Claudia Drive in Sacramento on Friday, May 8th, 2015; and 8255 Laguna Boulevard in Elk Grove on Tuesday, June 30th, 2015.

Each of the robberies occurred in similar fashion. The suspect entered each of the locations calmly, and when he reached the teller, he placed a bag on the counter, displayed a weapon, and instructed the teller to fill the bag with cash. After receiving an undisclosed amount of cash at the locations, the suspect departed the properties on foot.

The suspect stands anywhere from 5’9” to 5’11” tall and weighs approximately 170 pounds. He wore a monochromatic, subdued clothing color palette; flat, short-brimmed “golfer” style caps; and black framed clear glasses during each of the robberies.

Photos of the subject can be found on the FBI’s Unknown Bank Robber website at <https://bankrobbers.fbi.gov/robbers-container/2015-04-08.3854341457>.

The three cases are being investigated by the FBI Sacramento Violent Crime Task Force, Elk Grove Police Department, and Sacramento Police Department. Anyone with information regarding the identity of this bank robbery subject is asked to contact the FBI in Sacramento at (916) 481-9110, the Elk Grove Police Department, the Sacramento Police Department, or Crime Alert at (916) 443-HELP.

Source: Federal Bureau of Investigation ★



Members of the Sierra Sacramento Valley Medical Society Alliance celebrate with Sacramento Life Center staff after presenting a \$5,000 check to fill baby baskets for low-income new moms.

FREE MOVIE NIGHT

Saturday, August 8th

Citrus Town Center is proud to present the final of our series of FREE outdoor movies this year with Strange Magic. Pre-movie entertainment starts at 7:30. The movie will start at dark.

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Complete listing of retailers and restaurants at Citrus Town Center

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Chairs are available, but you are welcome to bring your own, as well as small coolers and drinks. (No glass or alcohol please)



By Ronnie McBrayer

The Barna Group is a long-tenured research organization that tracks “spiritual indicators” and the role of faith within American culture. Barna maintains massive databases on everything from Americans’ TV-viewing habits to weekly church attendance, and its data is used extensively.

A recent Barna study, commissioned by the American Bible Society, sought to determine the level of “Bible-Mindedness” in this country’s largest cities. The rubric for the study was simple: Participants who claimed to read the Bible weekly and who strongly asserted the “Bible to be accurate in the principles it teaches” were considered “Bible-Minded.” Those who did not meet this standard were deemed to be unbiblical.

The major cities in the South “engaged and esteemed the Christian scriptures” with the greatest fervency, per Barna. Knoxville and Chattanooga, Tennessee, along with Shreveport, Louisiana, led the way with the majority of these residents being “Bible-Minded.” On the other end of the analysis were major cities from New England, not one of which could score above 20%, meaning the overwhelming majority of these people demonstrate “resistance to the Bible,” again, per the Barna study.

But far and away, the most “unbiblical” city in America is Providence, Rhode Island. There, only 9% of survey participants regularly read and adhere to the Bible. This should come as no surprise, given Rhode Island’s history. The state began



Safer Among the Christian Savages

as a haven for those who had been mistreated by strict bibli-cists - “Bible-Minded” people - who embraced the letter of the law, not the spirit of grace.

So you could conclude, historically speaking, that Islanders have a bad taste in their mouth when it comes to religion, and it began with Rhode Island’s founder, a hero of mine, Roger Williams. When Williams arrived in Massachusetts more than a century before the American Revolution, he was part of the Puritan effort to build that famed “City on a Hill,” a divinely instituted nation where everyone would be “Bible-minded.”

He settled into his new role as pastor of the church in Salem, and in short order became the most controversial figure on the continent. How so? Williams relentlessly preached liberty of conscience and freedom from state-driven religious conformity, espousing a revolutionary idea that there should be a separation between church and state.

Vexed to the point of murder, the authorities finally made plans to kidnap Williams and deport him to England where he would be executed. But warned just hours before the authorities arrived to arrest him, Williams escaped into the wilderness where he eventually purchased from the Narrangansetts, the land that would become Rhode Island.

And it was exactly that: An island, a sanctuary for all kinds of religious dissidents in the earliest years of the American colonies, surrounded by the stormy waters of zealous extremism. Jews. Quakers. Baptists. Catholics. Atheists.

They came in manifold and variegated expressions, and Roger Williams, this nation’s first Founding Father of toleration and liberty, welcomed them all, in spite of being viciously hated by New England’s religious establishment.

Meanwhile, back at Salem, an awful scar was soon slashed into America’s early history: The abominable witchcraft trials where twenty people were executed. An addition thirteen died in their prison cells, and hundreds more were ensnared in the inquisition. All this was carried out by by professing Christians who had rejected Roger Williams’ appeal for religious toleration.

It was no wonder, then, when Massachusetts Governor, John Winthrop, asked Roger to recant of his beliefs, leave the natives of the wilderness and come home, Roger responded, “I cannot; for I feel safer among the Christian savages, than I do among savage Christians.”

Ironically, Roger Williams never lost his Christian faith, and to the end of his life, he was definitely a “Bible-minded” man. Maybe, if he were alive today, he would wish that more of his neighbors “engaged the Christian scriptures,” but he would never force them to do so. He would say as he said: “Men’s consciences ought never to be violated...for a religion that must be upheld by violence, is a religion that cannot be true.”

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

If one has looked within after they read that question, they may begin to understand a lot about themselves. Most of us have areas of denial in our lives because we do not want to face the issues of truth. However, denial only leads us into more areas of denial and takes us away from finding the answers to life that we seek.

We often wonder why we have problems with our self-image and sense of any kind of value in our

What Motivates Your Love?

lives. We are aware that many others live far above us and appear to over-value their sense of worth. They only make us feel more worthless than we do already.

Dear one, without Christ it is impossible to operate from true love and godly motivations. It is only by becoming a child of God and accepting the Heavenly Father’s son do we begin to understand the tremendous amount of love God has for each one of us. And that is why His son came and died: that we might find true love, acceptance, forgiveness, and a brand-new life. It is His love, which is poured out into our hearts through the Holy Spirit, that has been given to each of us. We surrendered and committed our lives when we invited Jesus into our hearts (Romans 5:5). It is only in Christ we can exhibit and be motivated by the

Biblical love He alone provides.

Christianity is the only religion that began with the motivation of God’s love to mankind. Christianity has survived because its core is Biblical love given by our Heavenly Father through His Beloved Son and directed by His Holy Spirit to all who will come to Him.

Christianity itself becomes a living demonstration of God living in each of our lives. Christianity will never die because we have a promise to live forever with God in heaven. He loves us from everlasting to everlasting and because of Him, we love you!

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



By Pastor Ray Dare

If I were to go down to the corner and take a personal survey on the street asking everybody who came along, “Are you going to heaven?” 99% would say, “I hope so.” Then if I were to follow it up with the question, “On what do you base that hope?” 99% would say, “I try to be good.” God says, “Wrong answer!” That’s the world’s idea of how you get to heaven: by keeping rules and regulations and that kind of stuff. The Bible says, “Christ has set you free from following the world’s idea of how to be saved by doing good and obeying various rules.” Colossians 2:20.

God says you don’t get to heaven by following rules. That’s the world’s idea- getting to heaven by following rules; by being good enough. The Bible says, “God saved you by his grace when you believed. And you can’t take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it.”

Pastor Ray's Encouraging Words

Why Religion Can't Save You

Ephesians 2:8-9.

You don’t get to heaven by keeping rules. You don’t get to heaven by regulations. You don’t get to heaven by ritual. You don’t get to heaven by religion. Not once in the Bible does it say religion saves you. You may be Catholic, you may be Protestant, you may be Jewish, Buddhist, Baptist. I don’t care what you are. Religion is simply man’s attempt to get to God.

God says it’s not rules and all that kind of stuff, it’s a relationship. It’s knowing Christ in a personal way. And it’s a free gift.

Have you ever watched the life guard when somebody needs help? They swim out but don’t immediately grab onto the person. As a lifeguard you’re taught to tread water while the one in need of assistance is flailing around, until finally they run out of energy, collapse and start to go under. Then it’s real simple. You put your arm over their shoulder and swim back to shore. One of the things they teach you as a lifeguard is this: You can’t save anybody until they stop trying to save themselves. As long as they’re trying to save themselves, they’ll pull you down with them.

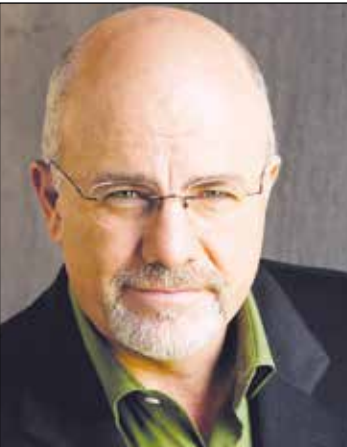
That’s what God says to you. You don’t get to heaven by trying to save yourself. You can’t be good enough and neither can I.

You just relax and let Christ save you. “The free gift of God is eternal life through Jesus Christ.” Romans 6:23.

The fact is, we don’t like to talk about it but we’re all going to die someday. It seems to me that since you know it’s going to happen eventually, only a fool would go all the way through life totally unprepared for something he knows is inevitable. You’re not ready to live until you’re ready to die. It’s going to come. “The free gift of God is eternal life.” How can I be certain what happens to me after I die? Here’s how: You accept that free gift.

The obvious question is, “Have you received it?” I can’t give you Christ’s salvation. You have to ask Him for it. How? You just say to God, “God, I’m scrapping Plan A – trying to be good enough and I’m trusting Plan B – relaxing and letting Christ save me. Today I’m putting my trust in a relationship, not religion. I want to know Jesus personally and follow Jesus.” Tell someone of your decision today and get into a Bible teaching church where you can develop your relationship with Jesus.

Pastor Ray
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Pause investing for a luxury?

Dear Dave,

Where should you save for large expenditures when you’re doing the Baby Steps?

Heath

Dear Heath,

Depending on what the expenditure is, I would suggest saving for these sorts of things after Baby Step 3. Once you’ve paid off all of your debts, except for your home, and built an emergency fund of three to six months of expenses, you reach a point where you can breathe a little bit. After all that hard work and sacrifice, you’re finally in a position to replace that ratty, old furniture or get a better car. The question then is this: How much do you want to temporarily cut back on investing in order to make this expenditure happen?

Dave Says

Personally, I’d like to see you allocate a fixed percentage of your income toward play money and still be able to put 15 percent of what you make into retirement. If you want to slow down a bit on Baby Step 5, which is paying off the house, in order to take a once-in-a-lifetime vacation, I’m cool with that. But I don’t like the idea of slowing down on funding your retirement.

The basic idea here is to always handle your money with planning, purpose and maturity. You’ve got a little room to play back and forth once you get past Baby Step 3. But until then, I want you to be hardcore about scrimping, saving and getting your financial house in order!

—Dave

The rebate explanation

Dear Dave,

How do cash-back rebates work on electronics and other items?

Dan

Dear Dan,

I like this question. Most consumers don’t think about how the process works. They only

care that it’s benefitting them from a financial standpoint.

Let’s say you buy an item for \$1,000, and you get a cash rebate for \$100. Basically, you just paid \$900 for that item, right? So, what the companies are trying to do is incentivize certain retailers to buy a particular product or amount of that product, yet sort of protect the sticker price in the minds of the consumers. To me, it’s really a little ridiculous. Why not simply take off the money, and price it at \$900?

That keeps retailers from jerking around with the margins. It purifies the process a little bit, but it adds to the hassle.

Good question, Dan!

—Dave

Dave Ramsey is America’s trusted voice on money and business. He has authored five New York Times best-selling books: *Financial Peace*, *More Than Enough*, *The Total Money Makeover*, *EntreLeadership* and *Smart Money Smart Kids*. The Dave Ramsey Show is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com. ★

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Current Takes Home PWBA Storm Sacramento Open Trophy

Story and photos by Barry Wisdom

CITRUS HEIGHTS, CA (MPG) - Crediting fan support that made the Ephrata, Pennsylvania native feel welcome “so far from home,” Elysia Current won the Professional Women’s Bowling Association (PWBA) Storm Sacramento Open trophy Saturday evening after defeating top-seeded Kristina Wendell of Kingston, New York 246-194 in the championship game of the stepladder finals at Steve Cook’s Fireside Lanes.

Earlier, Current, the No. 2 seed, dismissed Missy Parkin of Laguna Hills, California 248-233. Parkin overpowered Rocio Restrepo of Louisville, Ohio 216-202 in the opening game of the finals. Current’s victory earned her \$12,000, as well as a place in the season-ending PWBA Tour Championship, which is set for September in Arlington, Texas.

The PWBA Tour, which folded in 2003, is enjoying a rebirth this year due to the influx of new sponsorship.

Source: PWBA

Final Standings

1. Elysia Current, Ephrata, PA, 494 (two games), \$12,000

2. Kristina Wendell, Kingston, NY, 194 (one game), \$6,000

3. Missy Parkin, Laguna Hills, CA, 449 (two games), \$4,500

4. Rocio Restrepo, Louisville, OH, 202 (one game), \$3,500

Stepladder Results

Match One - Parkin def. Restrepo, 216-202

Match Two - Current def. Parkin, 248-233

Championship - Current def. Wendell, 246-194

Match Play

(16 games, 30 bonus pins for a win, 15 bonus pins for a tie, top four advance)

1. Kristina Wendell, Kingston, N.Y., 11-5-0, 6,586.

2. Elysia Current, Ephrata, Pa., 9-7-0, 6,364.

3. Missy Parkin, Laguna Hills, Calif., 10-6-0, 6,278.

4. Rocio Restrepo, Louisville, Ohio, 10-6-0, 6,227.



Rocio Restrepo readies to release a ball during Saturday’s opening match against Melissa “Missy” Parkin during the PWBA Storm Sacramento Open. Rostrepo was bested by a 24-pin margin, 216-212.



In the opening match of the stepladder finals, Melissa “Missy” Parkin enjoys a lighthearted moment with the standing-room-only crowd in attendance for Saturday’s PWBA Storm Sacramento Open. Parkin defeated Rocio Restrepo of Louisville, Ohio, 216-202, before falling to Alycia Current in the next round.

Did Not Advance

5. Samantha Schaden, Baltimore, Md., 9-7-0, 6,202, \$2,500.

6. Maria Jose Rodriguez, Austin, Texas, 9-7-0, 6,126, \$2,400.

7. Bryanna Caldwell, Red Rock, Ariz., 11-5-0, 6,114, \$2,300.

8. Stefanie Johnson, Grand Prairie, Texas, 6-10-0, 6,087, \$2,200.

9. Anne Marie Duggan, Edmond, Okla., 8-8-0, 6,060, \$2,100.

10. April Murphy, Wichita, Kan., 9-7-0, 6,014, \$2,000.

11. Tnia Falbo, Greensburg, Pa., 7-9-0, 5,948, \$1,750.

12. Natalie Cortese, Hoffman Estates, Ill., 7-9-0, 5,923, \$1,700.

13. Diandra Asbaty, Chicago, Ill., 7-9-0, 5,907, \$1,650.

14. Kerry Smith, Lititz, Pa., 6-10-0, 5,785, \$1,600.

15. Kimberly Power, San Leandro, Calif., 4-12-0, 5,776, \$1,550.

16. Megan Kelly, Dayton, Ohio, 5-11-0, 5,762, \$1,500.

Northwest Student Exchange Seeks Host Families for 2015-2016 School Year

SACRAMENTO REGION, CA (MPG) - Responsible parents looking for ways to supplement the educational and personal growth opportunities for their children should consider hosting a teenage exchange student for an academic semester or year. For children and adults alike, daily interaction with a new, international family member broadens their perspective on the world and allows for discovery of new facts and ideas.

NorthWest Student Exchange (NWSE) places international high school students with families all over the country, including here in our community. Exchange students add a dimension to the family dynamic that cannot be achieved in any other way. The benefits to the exchange student are perhaps obvious: honing their English

language skills; learning about the educational system in this country; understanding U.S. social, political, and cultural values; and establishing international friendships. Benefits to the hosts are similar: Not only can host families learn about another culture and its values, they can view the U.S. through another’s eyes, thereby gaining a broader understanding of our own country.

And families do not have to have children at home to host! Many childless couples, empty nesters, and single-parent families have enjoyed exchange students. Those who cannot host can earn financial incentives for referring families who do host.

NWSE exchange students are closely screened for appropriate motivation and academic and language skills; students

have solid emotional and practical support from NWSE professional partners abroad and from the students’ natural parents in their own countries. Exchange students come with their own spending money and health and accident insurance. NWSE local Academic Coordinators recruit, screen, and orient local host families and provide close support throughout the program.

It’s easy to get more information about hosting. Potential hosts can call Area Coordinator Sheryl Longworth at (916) 833-1218 or NWSE at (877) 850-3312. You can also email sheryl6663@yahoo.com or info@nwse.com. For more information, visit www.nwse.com and click “Host an Exchange Student.”

Source: Sheryl Longworth



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CLUES

ACROSS

1. *It featured Mr. T
6. Middle-earth dweller
9. Slavic monarch
13. Paparazzo's quest
14. India's smallest state
15. Haul with a tackle
16. Raja's wife, pl.
17. Address abbreviation
18. *Bert's roommate
19. *Gilligan's domain
21. *Andy Griffith, e.g.
23. *Alex P. Keaton
accessory
24. Coal miner's layer
25. Part of overalls
28. Give up
30. World-wide
35. *Fonzie's comeback: "Sit
____"
37. On bottom of coffee mug
39. Swelling
40. "No problem!"
41. Brown with a tinge of red
43. Like an ear infection
44. Server's request
46. Like Gulf Stream
47. Driver's road display?
48. Complicated situations
50. Air of allure, slang
52. Popular sauce on
Chinese food
53. Louboutin's creation
55. Ford Explorer, e.g.
57. *"Cheers" spin-off
61. Characteristic to
consider
64. Cured item popular on
bagels, pl.
65. *"Doctor Who"
broadcaster
67. ____ Jane
69. Audience's approval
70. Charged particle
71. Two under on one hole
72. Increases or adds to
73. Foot digit
74. Chased up a tree

DOWN

1. Credit card rate
2. Bangkok native
3. Ages and ages
4. Not upright
5. Tesseract artwork
6. "Goodness gracious!"
7. Chop off
8. Casper the Friendly Ghost's uncle
9. Unit of pressure named after
Torricelli
10. Pueblo tribesman
11. "Clueless" catch phrase
12. Coral barrier
15. "The Love Bug"
20. Must-haves
22. Take greedily
24. Oozing
25. *Kind of buddies
26. Accustom
27. They flock together?
29. *He took over for Bob Barker

31. 0 in b.o.
32. Greek Bs
33. Friend from Mexico
34. *Cagney's partner
36. Phil Mickelson's ball prop
38. *"That ____" with Marlo
Thomas
42. Aggregate
45. Withstand
49. Female
51. *Kermit, e.g.
54. Galactic path
56. Type of consonant
57. Bolt
58. *Third from the sun
59. Car shaft
60. Neptune's realm, pl.
61. Teenager's woe
62. Zoo room
63. Bathroom flooring
66. Fan's discontent
68. * ____ Flanders of "The
Simpsons"

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Fill in the blank squares in the grid, making sure that every
row, column and 3-by-3 box includes all digits 1 through 9.

For Solutions See Page 7

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

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Star Wars Crochet
by Lucy Collin



Peanuts Crochet
by Kristen Rask

- ◆ Publisher: Thunder Bay Press
- ◆ Release date: May/March 2015
- ◆ Paperback, 76 pages each
- ◆ Audience: All
- ◆ Rating: ★ ★ ★ ★

For the Love of Books

Book Review

by Amy Shane

Email: amy-shane@att.net



On the Book Jacket: *An out-of-this-world crochet adventure, the **Star Wars Crochet** kit offers a fun and interactive experience by including a full-color paperback book with step-by-step instructions for crocheting Star Wars' most memorable characters, plus yarn, a crochet hook, a needle, stuffing, and safety eyes. With instructions for twelve different characters and enough materials for two complete projects – Yoda and a stormtrooper your crochet collection can also soon include Luke Skywalker, Darth Vader, Princess Leia, Jabba the Hutt, and many other favorites. Use the force of crafting to create this amazing cast of characters with Star Wars Crochet.*

*Charlie Brown, Sally, Peppermint, and the gang are all ready to come together from a few bundles of yarn. With **Peanuts Crochet**, you can assemble the whole ensemble and reenact their holiday woes and daily dilemmas yarn-style. Complete with a paperback book containing step-by-step instructions and photographic inspiration, this kit includes four colors of yarn, a metal crochet hook, stuffing, thread, and a tapestry needle. You'll have enough materials to complete three Peanuts characters right away, and the directions to make a whole dozen. For any lover of Snoopy, Woodstock, and the unforgettable Peanuts kids, **Peanuts Crochet** is a fun new way to collect and create this nutty cast.*


Amy's Review: Just in time for summer, Thunder Bay Press takes readers into their favorite Sunday comic strip or on an adventure that is out of this galaxy with two full color, step-by-step instructional crochet books.

Nestled within a prepackaged box is everything you will need to complete two characters, including instructional books, tapestry needles, yarn, crochet hooks, and stuffing. These books make perfect gifts and help bring character stories to life.


From the far reaches of the galaxy, *Star Wars* fans will delight in a book that combines the love of crafting and crocheting with the iconic characters from the earlier *Star Wars* movies. From the adorable Wicket the Ewok to the famed Darth Vader, step-by-step patterns are included for 12 iconic movie characters. Paired with pictures from the movies, *Star Wars Crochet* gives you the power to join "the force" with Yoda, Princess Leia, Han Solo, Luke Skywalker, Chewbacca, and even the loveable droid duo C-3PO and R2-D2.

Reminiscent of a simpler time, *Peanuts Crochet* brings home the adorable classic characters of Charles M. Schultz's *Peanuts* comic strip. The *Peanuts* gang has touched many generations, whether it be from the famed comic strip that ran for 50 years (and still continues to rerun today) or the Charlie Brown movies. Recreate these adorable classics and bring home the love of the world's most famous beagle Snoopy or the iconic Charlie Brown, Linus, Lucy, and the rest of the gang. However, it doesn't stop there, because it also includes Snoopy's alter ego The Flying Ace and his adorable aviator hat and goggles, as well as Schroeder with his toy piano.

Loveable and delightful characters grace every page of these two books, creating characters that can easily be carried in a pocket or used as ornaments or mobiles—the possibilities are endless. Instructional pictures grace almost every page, while chapters with abbreviation charts, tips, and techniques are perfectly geared for those who have just learned the craft, taking the crochet beginner all the way to successful creator.



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As we all know, our state is facing serious challenges due to the current drought. Recently Governor Brown initiated a directive for the reduction of residential and commercial usage and conservation of water. Here at East Lawn, we are in full compliance with the Governor's mandate. As a matter of fact, East Lawn voluntarily began making significant water reductions back in 2013. We have been, and continue to be, a responsible participant in any and all appropriate community efforts and standards to conserve water resources.

All three East Lawn cemeteries are independently provided with water through our own well and pump systems. We do not receive water through the municipalities. Our wells and pump systems are professionally inspected and serviced regularly for maximum efficiency as are our sprinkler systems. Self-supplied well water entities, such as East Lawn, are required by the Governor's Executive Order B-29-15, to reduce potable water usage by 25%; however, our goal is to continuously try to find the most efficient means possible to reduce water usage and we have exceeded the mandate by conserving over 50% and significantly minimized run-off.


We have elected to temporarily stop the flow of water in our fountains. Unfortunately, due to these water cutbacks a few brown spots have appeared in some areas of our parks. We are cognizant of the responsibility we have to properly maintain the beauty of the cemeteries as Endowment Care facilities. We ask for your patience and understanding as we negotiate this drought; however, should you notice a problem that needs to be addressed, please do not hesitate to contact us.



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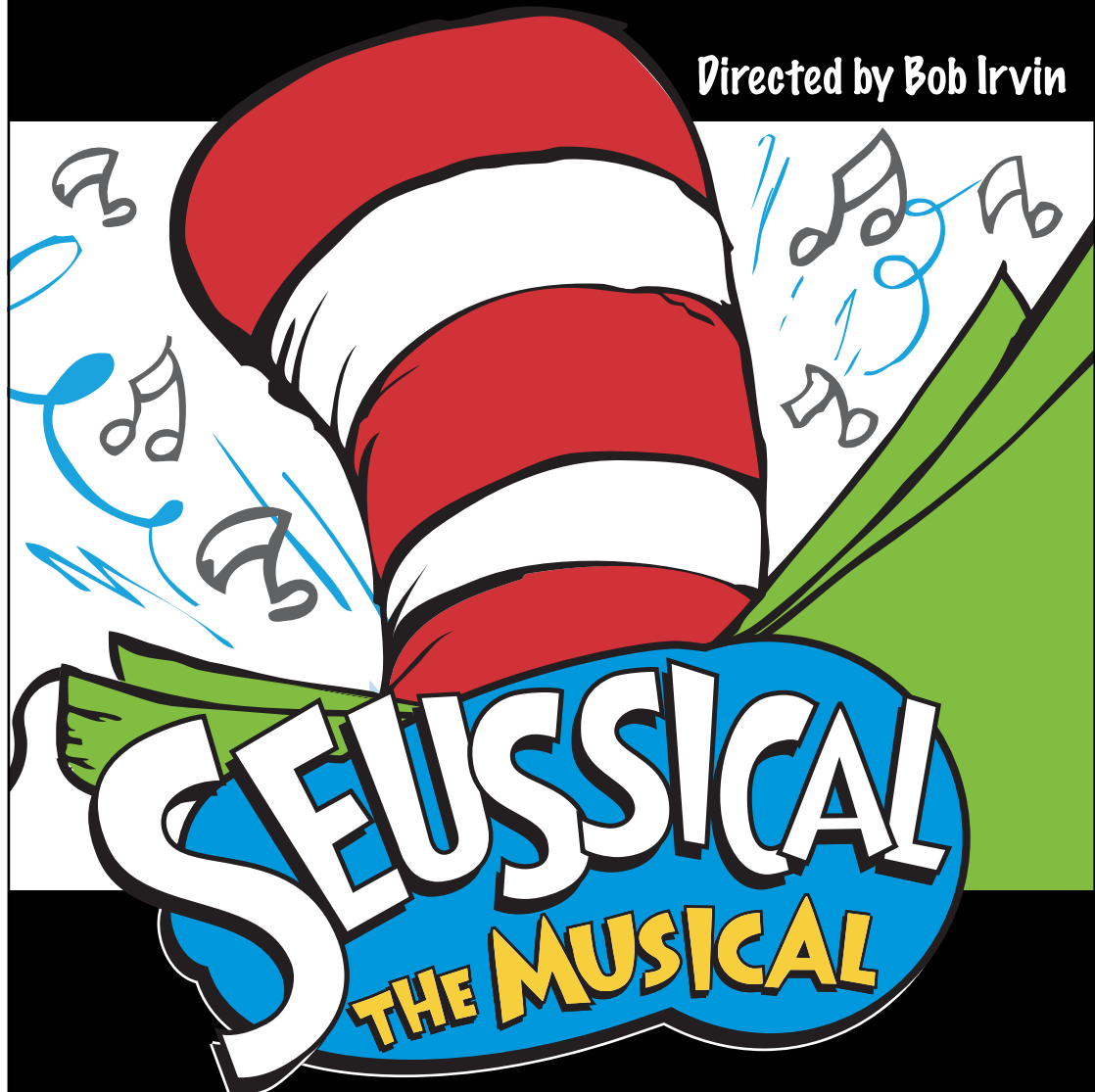
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A black and white portrait of a woman with dark, wavy hair, smiling. She is wearing a dark-colored top. The background is dark and out of focus.

Pope Francis has been called “the revolutionary Pope.” Before he became Pope Francis, he was a Jesuit Cardinal in Argentina named Jorge Mario Bergoglio, the son of a rail worker. Moments after his election, he made history by taking on the name Francis, after Saint Francis of Assisi, the leader of a rival order known to have shunned wealth to live in poverty.

Pope Francis' June 2015 encyclical is called "Praised Be," a title based on an ancient song attributed to St. Francis. Most papal encyclicals are addressed only to Roman Catholics, but this one is addressed to the world. And while its main focus is considered to be climate change, its 184 pages cover much more than that. Among other sweeping reforms, it calls for a radical overhaul of the banking system. It states in Section IV:

"Today, in view of the common good, there is urgent need for politics and economics to enter into a frank dialogue in the service of life, especially human life. Saving banks at any cost, making the public pay the price, forging a firm commitment to reviewing and reforming the entire system, only reaffirms the absolute power of a financial system, a power which has no future and will only give rise to new crises after a slow, costly and only apparent recovery. The financial crisis of 2007-08 provided an opportunity to develop a new economy, more attentive to ethical principles, and new ways of regulating speculative financial practices and virtual wealth. But the response to the crisis did not include rethinking the outdated criteria which continue to rule the world.

"A strategy for real change calls for rethinking processes in their entirety, for it is not enough to include a few superficial ecological considerations while failing to question the logic which underlies present-day culture."

"Rethinking the outdated criteria which continue to rule the world" is a call to revolution, one that is necessary if the planet and its people are to survive and thrive. Beyond a change in our thinking, we need a strategy for eliminating the financial parasite that is keeping us trapped in a prison of scarcity and debt.

Interestingly, the model for that strategy may have been created by the Order of the Saint from whom the Pope took his name. Medieval Franciscan monks, defying their conservative rival orders, evolved an alternative public banking model to serve the poor at a time when they were being exploited with exorbitant interest rates.

In the Middle Ages, the financial parasite draining the people of their assets and livelihoods was understood to be “usury” – charging rent for the use of money. Lending money at interest was forbidden to Christians, as a breach of the prohibition on usury proclaimed by Jesus in Luke 6:33. But there was a serious shortage of the precious

metal coins that were the official medium of exchange, creating a need to expand the money supply with loans on credit.

An exception was therefore made to the proscription against usury for the Jews, whose Scriptures forbade usury only to "brothers" (meaning other Jews). This gave them a virtual monopoly on lending, however, allowing them to charge excessively high rates because there were no competitors. Interest sometimes went as high as 60 percent.

These rates were particularly devastating to the poor. To remedy the situation, Franciscan monks, defying the prohibitions of the Dominicans and Augustinians, formed charitable pawnshops called *montes pietatus* (pious or non-speculative collections of funds). These shops lent at low or no interest on the security of valuables left with the institution.

The first true *mons pietatis* made loans that were interest-free. Unfortunately, it went broke in the process. Expenses were to come out of the original capital investment; but that left no money to run the bank, and it eventually had to close.

Franciscan monks then established *montes pietatis* in Italy that lent at low rates of interest. They did not seek to make a profit on their loans. But they faced bitter opposition, not only from their banking competitors but from other theologians. It was not until 1515 that the *montes* were officially declared to be meritorious.

After that, they spread rapidly in Italy and other European countries. They soon evolved into banks, which were public in nature and served public and charitable purposes. This public bank tradition became the modern European tradition of public, cooperative and savings banks. It is particularly strong today in the municipal banks of Germany called Sparkassen.

The public banking concept at the heart of the Sparkassen was explored in the 18th century by the Irish philosopher Bishop George Berkeley, in a treatise called *The Plan of a National Bank*. Berkeley visited America and his work was studied by Benjamin Franklin, who popularized the public banking model in colonial Pennsylvania. In the US today, the model is exemplified in the state-owned Bank of North Dakota.

What was condemned as usury in the Middle Ages today goes by the more benign term “financialization” – turning public commodities and services into “asset classes” from which wealth can be siphoned by rich private investors. Far from being condemned, it is lauded as the way to fund development in an age in which money is scarce and governments and people everywhere are in debt.

Land and natural resources, once considered part of the commons, have long been privatized and financialized. More recently, this trend has been extended to pensions, health, education and housing. Today financialization has entered a third stage, in which it is invading infrastructure, water, and nature herself. Capital is no longer content merely to own. The goal today is to extract private profit at every stage of production and from every necessity of life.

The dire effects can be seen particularly in the financialization of food. The international food regime has developed over the centuries from colonial trading systems to state-directed development to transnational corporate control. Today the trading of food commodities by hedgers, arbitrageurs and index speculators has disconnected markets from the real-world demand for food. The result

has been sudden shortages, price spikes and food riots. Financialization has turned farming from a small scale, autonomous and ecologically-sustainable craft to a corporate assembly process that relies on patented technologies and equipment increasingly financed through debt.

Through debt. We have bought into this financialization scheme based on a faulty economic model, in which we have allowed money to be created privately by banks and lent to governments and people at interest. The vast majority of the circulating money supply is now created by private banks in this way, as the Bank of England recently acknowledged.

Meanwhile, we live on a planet that holds the promise of abundance for all. Mechanization and computerization have streamlined production to the point that, if the work week and corporate profits were divided equitably, we could be living lives of ease, with our basic needs fulfilled and plenty of leisure to pursue the interests we find rewarding. We could, like St. Francis, be living like the lilies of the field. The workers and materials are available to build the infrastructure we need, provide the education our children need, provide the care the sick and elderly need. Inventions are waiting in the wings that could clean up our toxic environment, save the oceans, recycle waste, and convert sun, wind and perhaps even zero-point energy into usable energy sources.

The holdup is in finding the funding for these inventions. Our politicians tell us “we don’t have the money.” Yet China and some other Asian countries are powering ahead with this sort of sustainable development. Where have they found the money?

The answer is that they simply issue it. What private banks do in Western countries, publicly-owned and -controlled banks do in many Asian countries. Their governments have taken control of the engines of credit – the banks – and operated them for the benefit of the public and their own economies.

What blocks Western economies from pursuing that course is a dubious economic theory called "monetarism." It is based on the premise that "inflation is always and everywhere a monetary phenomenon," and that the chief cause of inflation is money "created out of thin air" by governments. In the 1970s, the Basel Committee discouraged governments from issuing money themselves or borrowing from their own central banks which issued it. Instead they were to borrow from "the market," which generally meant borrowing from private banks. Overlooked was the fact, recently acknowledged by the Bank of England, that the money borrowed from banks is also created out of thin air. The difference is that bank-created money originates as a debt and comes with a hefty private interest charge attached.

We can break free from this exploitative system by returning the power to create money to governments and the people they represent. The strategy for real change called for by Pope Francis can be furthered with government-issued money of the sort originated by the American colonists, augmented by a network of publicly-owned banks of the sort established by the Order of St. Francis in the Middle Ages.

Ellen Brown is an attorney, founder of the Public Banking Institute, and author of twelve books including the best-selling *Web of Debt*. Her latest book, *The Public Bank Solution*, explores successful public banking models historically and globally. Her 300+ blog articles are at EllenBrown.com. ★

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Nathans: An Honest-to-Goodness Neighborhood Pool Store

SACRAMENTO REGION, CA (MPG)
- “If we don’t have it, we’ll get it.” That’s the mission of Nathans Pool Supply, a family-owned pool supply store located on Greenback Lane in Fair Oaks. The store sells new and used pool and spa equipment.
Nathans Pool Supply has a long history of keeping it in the family. The business first opened in 1958 on Fulton Avenue. The owner was Robert Nathans, Sr., who had a son, Robert Nathans, Jr. At that time, the only major nearby competitor was called Poolman, and so Nathans Pool Supply was a welcome addition to the pool supply market. As the years went by, Nathans Pool Supply quickly gained a

reputation for being a great place to find pool supplies.
Robert Nathans, Jr., better known as Mac, always wanted to own his own shop because he wanted to be a bigger part of the family business. So, in 1975, Nathans Pool Supply was opened at a Greenback Lane location. With Greenback Lane’s heavy traffic, the shop’s locale was ideal.
Mac prides himself in his and his staff’s knowledge. Customers often ask the staff for help, wanting to know how to keep their pools as clean as possible. In addition, the service is low-pressure, with no pushy sales tactics. “We tell it like it is and don’t sell you anything that you don’t

need,” said Mac.
The store relies on repeat business and word-of-mouth from customers. About his store, Mac said, “Nathans Pool Supply has always been your honest-to-goodness neighborhood store with a very large equipment and parts inventory. We are known all over because of our relentless customer service.” Mac joked that “customers can expect smiling and courteous assistance with a couple of cranky old farts.” If you visit Nathans Pool Supply regularly, you will probably get to know the staff – after all, there are only four people.
Unlike a lot of businesses, the popularity of online shopping hasn’t really affected the shop. Nathans Pool Supply conducts most of their business the old-fashioned way—in person—and people like the idea of being able to go to a store and get personalized answers to their questions. However, the store also offers the option of browsing and buying parts online for those who know exactly what they want and would rather have things shipped directly to their door. This makes the store a unique mix of past and present, and means that all types of people can shop locally and support their local businesses.
Nathans Pool Supply occasionally holds special sales. The shop will be having its next special sale in August for the founder’s birthday. They are open seven days a week in the summer and six days a week in winter. The summer hours are Monday through Saturday from 9 a.m. to 6 p.m. and Sunday from 10 a.m. to 4 p.m. If you need pool supplies, don’t hesitate to give Nathans Pool Supply the chance to win you over. ★



The Owner of Nathans Pool Supplies, Robert Nathans, Sr.,

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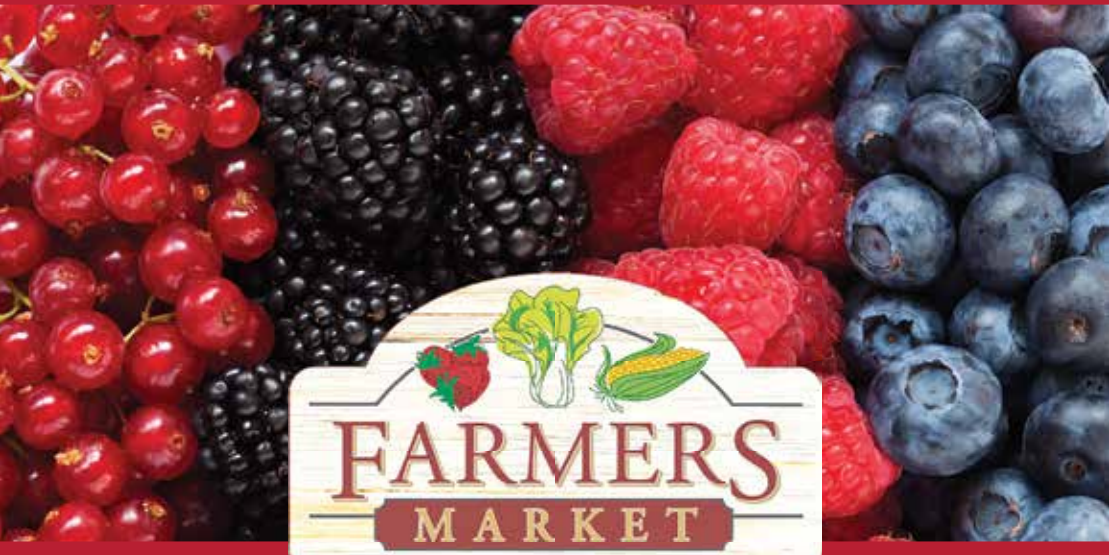
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Exhibition of Chinese Porcelain at Crocker Art Museum



Shimo, Lotus Series #16, 2013. Porcelain, 9 x 16 x 16 in. Photo courtesy of Shimo

SACRAMENTO REGION, CA (MPG) - Born in Shanghai in 1962, Shimo is a respected Chinese artist who immigrated to the United States in 2003 and now divides his time between Sacramento and Shanghai. Approximately 25 porcelain objects created by Shimo, including exquisite pieces previously exhibited by major museums in China, will be on view this summer at the Crocker Art Museum. The exhibition *Flowers of Fire and Earth: Shimo's Blue-and-White Porcelains* will be displayed in the Crocker's light-filled Weborg Gallery through September 6th, 2015.

Shimo's blue and white porcelains decorated with lotus flowers are a perfect union of medium and subject matter. An iconic symbol in Buddhism, the lotus springs forth pristinely white from the bottom of the murky pond in which it grows, suggesting the holiness of the Buddhist doctrine and the purity of the devotee. The same is true of the porcelain itself, which comes from a dwindling deposit in Jingdezhen, China. Beautifully translucent, it is the perfect ground for representing not only the lotus and other types of flowers, but landscapes and figures—all unions of history and modernity, East and West.

Shimo pursued formal training at the Art College

of the People's Liberation Army in Beijing, studying oil and set painting for four years and receiving a bachelor's degree in 1983. He next went to Shenzhen to serve as the vice-chairman of the Art Research Institute of Shenzhen and then as editor of Art Collection magazine. Returning to painting, Shimo obtained a master's degree at the Shanghai University Art Institute in 2003.

Shimo has worked in porcelain for just seven years, and only in the past four has he felt a mastery over his medium and approach. He begins by throwing his large vessels on the wheel, working diligently to achieve grace, size, and thinness. His modernist shapes include gravity-defying closed forms, spheres with long necks, and cylinders with broad shoulders or wide rims. Blue and white decoration encircles these, and bold, non-representational passages blend with recognizable motifs. Shimo has often said that he aims to "combine ancient traditions with a contemporary spirit" and, in a metaphor appropriate to his porcelains, "to melt the national aesthetics of Eastern and Western art in one furnace."

On Sunday, July 26th at 2 p.m. at the Crocker, Shimo will demonstrate his painting technique on a vessel brought from China. Participants will be able to view the artistic process used to create works such as those in *Flowers of Fire and Earth: Shimo's Blue-and-White Porcelains*. A brief question and answer session will follow. Space is limited; tickets can be purchased at www.crockerartmuseum.org or (916) 808-1182. A full color catalogue accompanies the exhibition.

The Crocker Art Museum was the first art museum in the Western U.S. and is one of the leading art museums in California today. Established in 1885, the Museum features one of the country's finest collections of Californian art, exceptional holdings of master drawings, a comprehensive collection of international ceramics, as well as European, Asian, African, and Oceanic art. The Crocker is located at 216 O Street in downtown Sacramento. Museum hours are 10 a.m. to 5 p.m. Tuesday through Sunday and 10 a.m. to 9 p.m. Thursdays. Every third Sunday of the month is "Pay What You Wish Sunday," sponsored by Western Health Advantage. For more information, call (916) 808-7000 or visit www.crockerartmuseum.org.

Source: Crocker Art Museum



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(All pets must be on a leash)






Lisa West
Community Outreach Director

To Scatter or Not to Scatter

Memorial Parks Mortuaries & Crematory



By Lisa West

With the dramatic rise in cremation rates, another question comes to mind. What do you do with the cremated human remains after the cremation has taken place? Cremation is only a process, it is not a final disposition such as burial or other cemetery placement.

Many people struggle with this decision. There are numerous options available. Cremated human remains can be interred in a regular-size grave with other family members who are buried in caskets. Or, they can be entombed in a crypt with another family member who is in a full casket.

Because of the rise in cremation, many cemeteries and memorial parks now have special cremation gardens. These are areas with smaller graves that accommodate one or more urns. A typical urn is the size of a shoe box so they don't have to be buried in a full-size grave.

Most cemeteries also have both inside and outside niches for cremated human remains. A glass-front niche is a display case which is inside of a secure, climate controlled building. The urn is placed on display in the glass-front niche along with mementos, photographs, medals or other personal items. It is a nice place to visit as there is so much to see. Glass-front niches come in a variety of sizes to accommodate

multiple family members.

Exterior granite-faced niches are also quite common and while you cannot see the urn inside, you still have a place to come and visit and the niche can be engraved with names, dates and hold a flower vase.

Often families choose to take the urn home and either display it there or scatter the human cremated remains in a person's favorite place. Scattering of cremated remains can be a meaningful choice. When considering this choice, it is important to remember that it is irreversible and the land where you scatter can have it's usage changed in the future (in other words, something could be built there that you don't like and you may no longer enjoy visiting your loved one in that place).

Be very cautious when scattering. You are required by law to obtain a permit for scattering and there are many, many places where it is illegal to scatter cremated human remains. You could find yourself in some hot water if you are not careful.

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



TALK YOUR WAY TO HAPPINESS

Can it be true? Can you really talk your way to happiness? Dr. Johnny Lops thinks you can and he has put together the essential tools to do so in *Reinvent Yourself*. From a Brooklyn street kid who has seen it all, he now helps others reach that happiness. With 18% of the U.S. population suffering from depression and anxiety, Dr. Lops claims help may be as simple as changing how we talk. Try these 7 tips on for size.

1) **FLIP THE SCRIPT ON SELF-DESCRIPTION.** Do you tend to describe yourself in absolutes like "I've always been unhappy?" Absolutes close off the possibility of change. Shift to a more open-ended language like "I have moments of unhappiness."

2) **ACKNOWLEDGE YOUR STRESSORS.** Ever say, "That stinks,?" Dwelling on the

POPPOFF!

with Mary Jane Popp

negative impact of a stressor allows it to continue to bring you down. Instead, use neutral language to master it like "It's been a bad situation, but I'll get past it."

3) **TAP INTO YOUR INNER VOICE.** Dr. Lops once suffered from a terrible bout of anxiety and was plagued by negative thoughts. At one point, he really thought he would die. Instead, he let his inner voice take over the one that said, "No, you're going to be fine." There's no evidence you're going to die, and you'll get over this. Listening to that voice he persevered and got back on his feet.

4) **BE MINDFUL OF A SITUATION.** One terrible result of negative language can be lose of friends and worse. Be mindful of your surroundings and the people around you. Becoming aware of where you are and who you're with can save you from a world of trouble and the recurring anxiety and regrets that often come with it.

5) **TAKE CONTROL OF YOUR OWN WORDS.** How do you describe a lost opportunity? Do you say "I didn't get the job and it sucks. They were idiots not to hire me." Or do you say, "I didn't get the job, but maybe it wasn't a good fit." Don't let the situation get the better of you.

Moving away from negative description will keep you moving forward.

6) **TEMPER YOUR TONE.** At a young age, we're taught through role models and feedback to raise our voices when we're angry. This can worsen conflicts, which can cause us to feel depressed or anxious. Instead, take a neutral tone. Acknowledge the specifics that made you angry, but leave the emotions out of it. That way, you can leave the dispute, and the negative emotions behind.

7) **CHECK IN WITH YOURSELF.** Dr. Lops gives his patients homework. When they go home, they begin checking in on themselves about how they spoke to people during the week. Did they use an angry tone or raise their voice? Did they complain about something? The more aware we are of this negativity, the sooner we can move past it, leaving room for growth and change.

There is so much more in *Reinvent Yourself* that will challenge your ideas and get you to a new level of self. Check out his website at www.drjohnnylops.com. From this Brooklyn Psychiatrist who has seen it all, Dr. Johnny Lops hopes to get you to that new level. Keep talking your way to happiness! ★

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The New Christy Minstrels

They're Back!



This Grammy Award-winning American folk music group will perform two live concerts as fundraisers for the Fair Oaks Theatre Festival and the New Christy Minstrels Foundation.



Under the direction of Randy Sparks, the group has sold millions of records and launched the careers of several musicians including Kenny Rogers, Gene Clark, Kim Carnes, and Jerry Yester. Known for hits like "Green, Green," "Saturday Night," and "Today," the group played to a sold-out house last year, so get your tickets early!

Tickets:
\$20
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This Walk Is Unique



The Fab 40s 5K Run/Walk meanders throughout the local neighborhood (the “Fabulous Forties”), past East Portal Park, and then returns to East Lawn for the finishing mile. Along the route, you are cheered on by the neighborhood, you get to take in the beauty of the area, and you get to see the architecture and beauty of the grounds at East Lawn Memorial Park—which are second to none in the entire region. Photo by Sal Arrigo

By Sal Arrigo Jr.

On Saturday, August 8th, the last movie of the Citrus Town Outdoor Movie Series will be an animated film by George Lucas entitled *Strange Magic*. *Strange Magic* is a fairytale about finding true love in the unlikelyst of places. This magical adventure features a host of colorful characters, including a princess who has

Although this is the last of the movies, there are still more free festivities coming up for the whole family. August 29th is the annual Citrus Town Center Safety Fair, followed by Pets on Parade at Petsmart on September 26th, the Fall Family Fair and Pumpkin Patch on October 24th, and the annual Holiday Open House on December 12th. There is always something fun and free going on for the entire family at Citrus Town Center! ★

Alan Fisher, President of East Lawn, recalls the first Fab 40s 5K: “I saw hundreds of people gather in the cemetery early for our first event. Now, seeing families come together for a common cause on that one special day each year, knowing that what we’re doing is both increasing awareness and providing financial assistance to the Alzheimer’s Association, is truly a wonderful thing. East Lawn strives to connect with the community in helpful and meaningful ways throughout the year.”

The essence of why people support this

The 5K Run/Walk meanders throughout the local neighborhood (the “Fabulous Forties”), past East Portal Park, and then returns to East Lawn for the finishing mile. Along the route, you are cheered on by the neighborhood, you get to take in the beauty of the area, and you get to see the architecture and beauty of the grounds at East Lawn Memorial Park—which are second to none in the entire region. Here is your chance to visit a cemetery for reasons other than the usual ones. In fact, families will often first participate in the 5K and then go and visit the site where a loved one or friend is interred at East Lawn.

Team "Sal's Pals" is ready to walk, so join me! You can get all the information about the 5K Run/Walk at the official event website: www.fab40s5K.org. You can also contact this newspaper to register for my team by calling (916) 773-1111; ask for Brenda. Everyone who is involved in the event, and especially those caregivers, thank you in advance for your community support! ★

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