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# Citrus Heights Messenger

"Written by the people, for the people"

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## FAT-ME-NOT



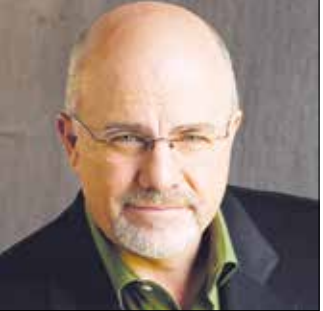
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## Bravery a Part of the Job

*Sgt. Dave Gutierrez Receives Award*



Sgt. Dave Gutierrez with Chris Henline (front), her daughter, and her husband. Chief Christopher Boyd is pictured on right back. Gutierrez was awarded the CHPD life-saving ribbon by the Citrus Heights Police Department for rescuing Henline following a major vehicle accident on November 26th, 2014. Photo courtesy of the Citrus Heights Police Department

By Elise Spleiss

**CITRUS HEIGHTS, CA (MPG)** - If much of the national media coverage is to be believed, the world of law enforcement has exploded with "bad cops." The image has become one of the neighborhood cop beating innocent bystanders or using undue force to subdue the alleged perpetrator of a minor crime. While there are problematic employees in every profession, the large majority of law enforcement officers go above and beyond their job description daily, both on and off the job.

One such officer, Sgt. Dave Gutierrez from the Citrus Heights Police Department (CHPD), recently received a life-saving ribbon at the department's annual Awards and Promotion Ceremony. He was awarded the ribbon for saving a life while off-duty in November of 2014. Gutierrez has agreed to come forward to share the details of this incident and two other incidents he was involved in since 2009.

On November 26th, 2014 at 7 p.m., Gutierrez, a nine-year veteran of the CHPD, placed his own life in peril when he came upon a serious traffic

accident in a dark wooded area on Hwy 89 in Siskiyou County. After quickly assessing the situation, he stabilized and pulled a seriously injured woman through the window of her smoldering SUV seconds before it exploded into flames. There is no doubt that if Gutierrez and his wife had not been at that exact location on Hwy 89 at that time, Chris Henline from Northern California would have died in the accident.

This scenario, which played out like a well-rehearsed television cop show or Hollywood movie, was in fact very real.

Yet Gutierrez is the first to disagree with those who call him a hero. He says that his life-saving actions – while an amazing act of bravery to those who do not face danger every day – are the norm for the CHPD and officers in all areas of law enforcement throughout the country. It is the result of the training and experience they receive.

"In law enforcement, there are so many unknowns," said Gutierrez. "When you're in that high risk moment where split-second decisions have to be

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## Officer-Involved Shooting on Greenback Lane

**CITRUS HEIGHTS, CA (MPG)** - The Citrus Heights Police Department is currently investigating an officer-involved shooting that took place at an apartment complex at the 7500 block of Greenback Lane on June 22nd. Officers initially responded to the apartment complex for a report of a domestic violence incident between a husband and wife. Initial reports to police dispatch indicated that the suspect had physically attacked the female victim, causing injury, and was armed with a handgun.

As Citrus Heights police officers arrived on scene, the 35-year-old male suspect began shooting at the officers. A total of four officers engaged the suspect and returned gunfire, fatally striking the suspect. Officers immediately attempted life-saving measures. Fire personnel also responded and pronounced the suspect deceased at the scene. No police officers were injured.

The female victim was safely removed from the apartment and transported to a local hospital for treatment. She appeared to have a significant head wound caused from being struck ("pistolwhipped") with the handgun.

According to Citrus Heights Police Lieutenant Ryan Kinnan, "The armed suspect placed the victim, the children, and all the residents within the apartment complex in danger. The responding officers' heroic actions, training, and experience saved numerous lives during this incident. We are extremely proud of the actions taken by our officers during this incident."

The original domestic violence call was received by police dispatch at approximately 7:20 p.m. The officers involved with the shooting will be placed on paid administrative leave, which is standard policy during these incidents. There are no outstanding suspects or threats to the public resulting from this incident.

Source: Citrus Heights Police Department ★

## Local Filmmakers Premiere Crime Thriller

By Christie Spurlock



Cast members from left to right: Emily Marie Grant plays the part of Mandy Sanders, the mother of Robert Sanders (played by Jason F. Knittle II). Jason F. Knittle II plays the part of a 17 year old who witnesses a murder. Tessa Zehnder plays the part of Sara in RELLIK. Charlie Holliday is an actor and a SAG (Screen Actors Guild) Union Representative for Northern California. Jodi L. Church on the red carpet. Photo by Christie Spurlock. Photo illustration by Messenger Publishing Group.

**SACRAMENTO REGION, CA (MPG)** - On June 21st, the locally based crime thriller pilot of *RELLIK* premiered at both Wizard World Sacramento Comic Con and the Tower Theatre in Roseville. The Roseville premiere featured most of the cast and crew, and the excitement was palpable as everyone saw the results of their work on the big screen.

*RELLIK* was directed by Tim Russ, known primarily for his role as Tuvok on *Star Trek Voyager*. Originally contacted to act in the series, Russ was intrigued by the script and ended up directing instead. The cast and crew hope that the web series will be picked up by a streaming service for wider distribution.

Messenger Publishing Group was able to speak with Craig DeLuz – who plays the character of Dante Valentino and is one of the writers and producers of *RELLIK* – about how he got involved in the project and what he wants the public to know about the series.

**MPG: How did you get involved in this project?**

**DeLuz:** A little over a year ago, a casting call went out to film what was going to be the pilot of a web series, which was actually a small segment of what you saw in the theater. I came to find out that I actually knew the head writer – the only writer at the time – Brian Jagger, and I let him know that I was really excited about it and I had written for stage, but I would be interested in doing some writing for *RELLIK* if they were interested.

**MPG: Where is the series going to go?**

**DeLuz:** What I can tell you is this: that the pilot really comes across as a police show, but it's a crime thriller. And it's as much about the killer as it is about the detectives hunting down the killer.

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# Chamber Bash Boosts Businesses



Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Uniting area merchants, four chambers of commerce recently joined forces at Northridge Country Club in Fair Oaks. More than 200 business people from Carmichael, Citrus Heights, Fair Oaks, and Orangevale swapped cards and visited vendor booths.

The annual event allows greater visibility for members of participating chambers. Business leaders in attendance included (from left to right) Jay Hornbuckle (Citrus Heights Chamber executive), Sam Swenson (Orangevale Chamber president), Linda Melody (Carmichael Chamber executive), Jim Bielgard, (Orangevale Chamber vice-president), and Kim Pitillo (Fair Oaks Chamber executive). ★

# City Gives Smart & Final Leeway to Pursue Liquor License

By Julia Baum

CITRUS HEIGHTS, CA (MPG) - A Smart & Final grocery store set to open at the corner of Madison Avenue and Sunrise Boulevard has passed the multiple stages for securing its alcohol sales license.

In addition to the sales of everyday grocery items and household goods, the 2,800 square foot store at 7945 Madison Avenue will be able to sell beer, wine, and spirits since its general alcohol sales license was approved with a 5-0 vote at May 14th City Council meeting. The company’s applicant, Art Rodriguez and Associates, did not receive opposition from the Citrus Heights Police Department or any neighborhood associations.

“[We] responded to the Citrus Heights Planning Department on this subject,” said Neighborhood

Area 11 President James Reiman in an e-mail. “We saw no reason that Smart & Final should not be licensed to sell alcohol in their new location.”

The Citrus Heights Police Department noted that Smart & Final’s other store in town on Auburn Boulevard has not had any significant problems related to selling alcohol. However, they recommended several changes regarding the layout of their alcohol display areas in a memorandum to the City Council, including moving them to the back of the store to discourage thieves from grabbing alcohol by the front door and running out.

Peter Impala, with Art Rodriguez and Associates’ sales and consulting department, said in an interview with the Citrus Heights Messenger that having the

alcohol at the front of the building is an intentional layout with security in mind. Alcohol theft at its other stores has actually been lessened because that is where the manager’s office and the cash registers are located. Usually there are two to three workers up front keeping an eye on the alcohol while running the registers, according to Impala. “There’s something to be said about monitoring the alcohol,” Impala said.

In addition to regular monitoring, the alcohol will be behind locked cabinets and all cash registers will use technology to confirm that the buyer is 21 years of age or older.

Smart & Final representatives said that the original opening date for the Madison Avenue location has been pushed back from August until early 2016. ★

# Local Filmmakers Premiere Crime Thriller

Continued from page 1

There’s going to be lots of twists and lots of turns, but I think that when people get the chance to see the pilot on the screen, I think people are really going to be excited about the direction, the twist that it has.

**MPG:** Is there anything you’d like the public to know about RELLIK?

**DeLuz:** As far as I know, there hasn’t been a product or show with the level of potential that RELLIK has to be something in the Sacramento region, to employ the number of actors and number of people in front of the screen and behind the scenes. It’s really important that if we want to bring more [projects like this] that the Sacramento community get behind...efforts like these. We have to work with the elected officials to make this

happen. Because I’ll tell you, the City of Roseville, Placer County, and businesses over in Sacramento County—they really went out of their way to make it happen. I haven’t seen a single community come together the way they have to support this project. It’s been humbling and for those of us – the four of us – who just started out; I can tell you that we fully recognize that



Ben Barber and his wife, Lindsay Barber, pose on the red carpet. Barber was a producer, cinematographer, and editor for RELLIK and is part of our very own staff at Messenger Publishing Group. Photo by Christie Spurlock



Craig DeLuz plays Dante Valentino in RELLIK. Photo by Christie Spurlock

this is a really huge success. And no one actor and no one writer made this happen. It was a team effort in every sense of the word. And you saw it, the results were fantastic.

For more information about RELLIK, see the website at <http://relliktheseries.com>. ★

# Temporary Relocation of City Hall

CITRUS HEIGHTS, CA (MPG) - Effective July 13th, Citrus Heights City Hall will relocate to 7927 Auburn Boulevard in the Grand Oaks Shopping Center during construction of a new facility.

In March 2015, the City Council approved construction of a new City Hall as part of the Medical Office Building and City Hall Project. The unique proposal to construct a Medical Office Building on the existing City Hall site and relocate City Hall

to 6360 Fountain Square Drive is anticipated to result in a direct investment of \$53.2 million into the City’s economy. Furthermore, the Medical Office Building will diversify the local economy, generate job opportunities, increase the City’s Sales and User Utility Tax Revenues, and stimulate approximately \$1.6 million in economic output.

Development of the Medical Office Building and new City Hall is slated to begin summer 2015.

The Medical Office Building construction is estimated to last 18 months. Construction of the new City Hall facility is expected to be complete in late summer 2016.

For more information about the Medical Office Building and City Hall Project, visit <http://www.citrusheights.net/325/Medical-Office-City-Hall-Project> or email [publicinfo@citrusheights.net](mailto:publicinfo@citrusheights.net).

Source: City of Citrus Heights ★



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# Acts of Bravery by Police are Part of the Job

## Sgt. Dave Gutierrez Receives Award

Continued from page 1

made, you have to resort back to your training.”

Gutierrez’s proud wife J.J. agrees with his view that many of his brothers and sisters in the force would do exactly the same thing if necessary. All three incidents occurred on the way to family outings with their children in tow. The 2009 and 2011 incidents were also potentially fatal accidents, both involving women, one with two children. As a result of his training, Gutierrez quickly triaged the situations and assessed who to help first, extricating four victims and administering first aid. The 2011 accident involved an overturned truck that was sparking a fire. A woman was strapped in her seat, hanging upside down and bleeding from the head. Gutierrez again acted quickly to save lives as a result of his training and own expertise.

Gutierrez and J.J. cannot explain the reason for all these events taking place right in front of them. They chalk it up to divine providence that they were the ones put in those places at those times so that no lives were lost.

For his actions during these incidents, Gutierrez was honored by the Sacramento County District Attorney’s Office, Citrus Heights City Council, and the Sacramento Rotary. On June 2nd, he received the 2015 “Service Above Self” Award from the Sacramento Rotary.

While he appreciates how this recognition brings the positive aspect of police work to the forefront, Gutierrez’s most meaningful reward was meeting Chris Henline, the woman he rescued from her exploding SUV on November 26th. Of her ordeal, Henline said, “There are no words to adequately express my full appreciation. He was a calm and reassuring angel sent from above; my whole world was wrapped up in his eyes. I will never forget him.” To keep Henline from going into shock, Gutierrez



Chris Henline embraces Sgt. Dave Gutierrez as they meet for the first time since he rescued her following a major vehicle accident on November 26th, 2014. Her daughter, husband, and Chief Christopher Boyd look on. Photo courtesy of the Citrus Heights Police Department

insisted that she focus on his eyes throughout the entire ordeal.

Gutierrez credits his actions to his six month basic police training at the Sacramento County Sheriff’s training academy, followed by more training at the CHPD and ongoing training to review and learn new tactics and skills. Like their military counterparts, police are trained to have a survival mentality. They leap into action, automatically coming to the aid of those who cannot help themselves.

In a phone interview, J.J. Gutierrez said that in light of all the negative publicity being given to the law enforcement in the last few years, she felt compelled to come forward with her husband’s story. It burdens her heart that although most of his peers are like him, the national media spotlight falls mainly on stories involving the small percentage of officers with a bad attitude.

J.J. Gutierrez said it was scary to be so close to dangerous accident situations, but she is confident her husband knows what he is doing and would always help someone in need. She said that following the second rescue, “it

was surreal, a weird reality to later be sitting in the audience at ‘Disney on Ice’ discussing with family how 30 minutes ago, my husband had just saved a life.”

Gutierrez also noted that the police rely on their relationship with the community as an important way to make Citrus Heights a safe place to live and work. Residents of all ages can be involved with their officers in activities, including being members of their Neighborhood Associations, attending the Citizens’ Police Academy, volunteering at the Sayonara Youth Center, working with their Police-Oriented Problem officers, and events such as the Holiday Gift Program. Officers are also highly visible as they are involved in high school sports, the Police Activities League, raising awareness of children with cancer, the Explorer mentoring program, Shop with a Cop, introducing their K9 officers to the public, and the annual National Night Out.

For information on the CHPD, what they do in the community, and how readers can get involved, go to [citrusheightspd.net](http://citrusheightspd.net). ★



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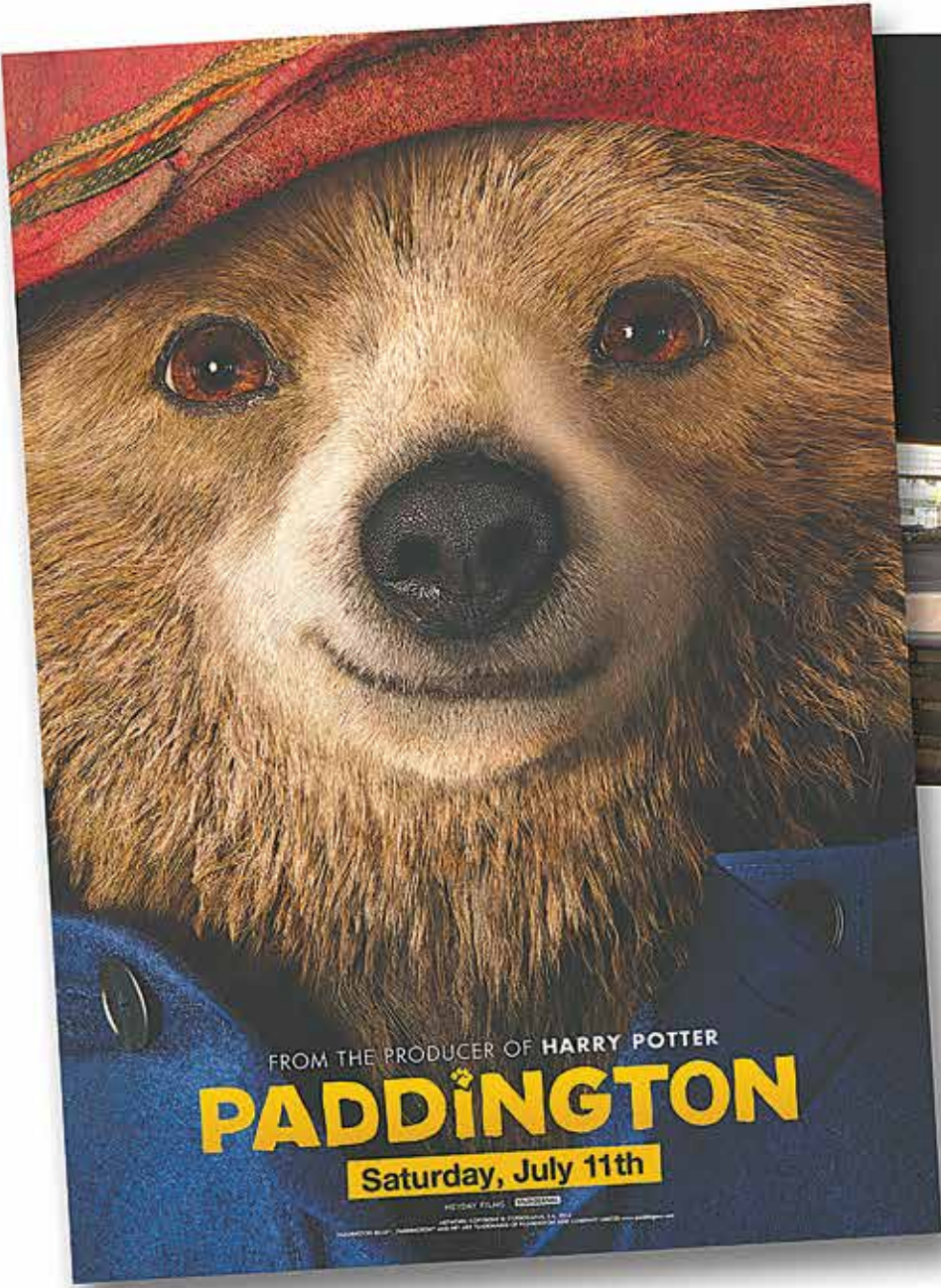


# FREE MOVIE NIGHT

## Saturday, July 11th

Citrus Town Center is proud to present the 3rd of a series of FREE outdoor movies this year with Paddington. Pre-movie entertainment starts at 7:30. The movie will start at dark.

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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

Sharing faith, in Christian terms, is known as “evangelism.” This is the English rendering of a Greek word meaning “to proclaim the good news.” That’s a problem, because the news isn’t always good.

There was a subtext to the evangelization method I was taught that went something like this: “God is really ticked off with you. He’s mad as hell – literally. And if you don’t pray this prayer, believe the way I believe, and don’t hurry to the baptismal waters as quickly as possible, then he will likely strike you dead before I’m finished talking to you.” I would then scurry away before God’s vengeance fell like fire on the sinner and I was caught in the collateral damage.

Again, there wasn’t much good news in such confrontations, because there was no sharing of God’s love. Love? Forget it. God didn’t love, God hated. God didn’t invite, God demanded. God didn’t plead, God prosecuted. God wasn’t pursuing wayward children as a heartbroken parent; God was dogging hardened criminals like a trigger-happy bounty hunter, a ready execution order in his hip pocket.

I no longer share with others my faith in an angry, perpetually irritated God who only wishes to stamp out humanity because I no longer believe in such a Deity. In light of Jesus, and the love



of God he came to reveal to the world, evangelism can radically change. We are now “compelled by love,” to employ a phrase from Paul.

We share our faith not to coerce, force, intimidate, or to instill terror. We share our faith because of and for love’s sake – the only worthy compulsion. We have learned that God loves us, remarkably so, and loves our neighbors with equal measure. This love changes us; cures our dysfunction; and gives us new life. It really is “good news.”

This reminds me of an ancient story about a man named Demosthenes, a skilled orator from Greece. But he was not always a skilled wordsmith. As a young man he had a terrible speech impediment. This became painfully evident when his inheritance was stolen and he had to argue his case in open court.

His speech was so bad, they gave him an ambiguous nickname in the Greek, meaning either “stutterer” or “sphincter” (While neither is flattering, I prefer the former over the latter). He was laughed out of the courtroom. But Demosthenes was determined. He secluded himself in a cave and began studying the methods of the great orators of the past.

He stuffed rocks in his jowls, a crude form of speech therapy, forcing himself to slow down when he talked. Then he shaved off one side of his facial hair so that he would be

too embarrassed to go into public. That way, he had to remain in isolation practicing until his hair grew back, and would face no one until he was properly prepared for the task. This would be a good practice for most of us.

Before we breathe a word about the gospel or “good news,” we should be properly prepared.

What is the proper preparation? Well, it’s not about having all the theological answers or a collection of “gotcha” responses to objections. It’s about having God’s love consume our hearts.

When we can share the love of God by speaking of the ever-loving Christ, while loving those to whom we speak, only then are we ready to open our mouths, and not a minute sooner.

If we must, we will shave our heads and hide our faces. Let us go live in a secluded cave, if need be. Maybe we should stuff our mouths full of stones (or at least cover them with duct tape). It would simply be a good idea not to speak a word about religion, church, God, or the gospel until love is the means, message, and motivation for everything we say. If we can shut our mouths for just a little while, it just might open our hearts – to the love of God – which really is “good news” for all.

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](http://www.ronniemcbrayer.me). ★



By Marlys Johnsen Norris, Christian Author

Have you ever asked someone a question that you would like an answer to and an answer never comes? Possibly, they think the answer to the question might put you on the spot or even hurt you, therefore none is forthcoming. Have you ever been asked a question and, because you did not want to answer, you avoided giving an answer?

There is always an answer to

## Answers

everything and sometimes it may be an answer we really don’t want to hear. It may be an answer that would not make us happy, and the person asking is aware and fearful it may affect our relationship with them.

Wait a minute and pray. There is always something we can do about it. How about talking to God about our dilemma? He has the answers to all life and all questions. It does take time to realize that every situation happens to help us grow in our knowledge of God and to realize how His help and His power can help us accomplish something in life. He allows situations to happen so we will look to Him for our answers. He is more anxious to help us than most people understand. Prayer always draws us into God’s presence.

We should never minimize the existence and power of God at

work in our lives. Doing this will minimize the power of God and you will never discover the greatest and most wonderful adventure into the supernatural areas of His love, grace, and mercy.

Often, situations and circumstances appear in our lives and we feel weak and discouraged. We feel helpless to know what to do, but we should pray and talk to God about it. We need to remember and exercise our faith because He promises to help us find the answers we need in our lives. We do know and believe that with God, all things are possible (Romans 8:28).

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



By Pastor Ray Dare

A lot of people spend their lives worrying about tomorrow. They never enjoy today because they’re worrying about tomorrow. Why?

Because we don’t know what’s going to happen tomorrow. But if Jesus Christ is your shepherd you need not fear. “*Surely goodness and mercy will follow me all the days of my life, and I will dwell in the house of the Lord forever.*” Psalm 23:6 If you’re a believer, there are three reasons why you don’t need to fear the future:

**Because Goodness will follow you.** “*Surely goodness will follow me all the days of my life.*” “*Surely goodness will follow...*” What does he mean by that? Obviously David had disappointments in life. Not everything that happened to him was good. He’s not saying, “Surely, only good things are going to happen to me.” That’s not true. Bad things happen to good people. He’s not saying only good things are going to happen. He’s saying only goodness will follow. Good things will always come out of whatever

## Pastor Ray's Encouraging Words

### Why You Don't Need to Fear the Future

happens even the bad, the evil, the difficult. God will ensure that good will come out it somehow, somehow, at some time.

**Because Mercy will follow you.** Not only goodness will follow you but “...mercy will follow me all the days of my life.” Mercy means that when you’re going through a tough time, a valley, a difficulty -- even one that you’ve brought on yourself -- God is there to help you out.

As a parent have you ever followed your child around picking up after them? God is constantly picking up your messes. Things that you blow, when you make a mistake, things you get out of order and mess up. God is behind you, picking it all up, putting it back together, working it all out, taking care of the messes. That’s mercy. He’s picking up behind you, cleaning up your messes. “*Mercy will follow ALL the days of my life*” -- not some of the days, but ALL the days. God doesn’t turn His goodness and His mercy on and off. He doesn’t treat you nice one day and the next day treat you badly.

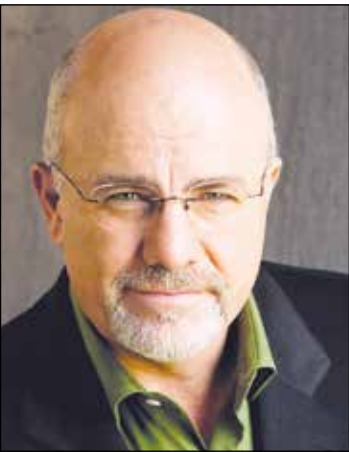
**Heaven is waiting for you.** “*... and I will dwell in the house of the Lord forever.*” God says, “I’ve got this great life planned for you and surely goodness and mercy will follow you through it,” but that’s not the end! With God it just keeps getting better and

better. The best is yet to come.

I encourage you to read the 23rd Psalm today. When the Lord is your shepherd, you don’t have to fear anything. You don’t need to fear poverty because you’ll have everything you’ll need. You don’t need to fear loneliness, for He is with you. You don’t need to fear mistakes, for He guides you on the right path. You don’t need to fear failure, for He restores your soul.

You don’t need to fear the future, because goodness and mercy are going to follow you all the days of your life. You don’t need to fear death, because you will dwell in the house of the Lord forever. God is beneath you in green pastures. He is beside you in still waters. He is with you in the valley. He is around you in the presence of your enemies. He’s upon you, anointing your head with oil. He is before you, leading you in the right paths. What more could you want? That covers it all. Jesus is all you need. The Good Shepherd provides protection, provision, peace, providence, His presence, and paradise. That wraps it all up!

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### Traps to avoid after graduation

Dear Dave,  
I’m currently a senior in college. I’m completely debt-free right now, and I am wondering what I should do to stay this way after graduation?  
- Cary

Dear Cary,  
You’re already primed for a great start. Doesn’t it feel great to know you won’t have a bunch of payments hanging over your head when you walk out into the world? I’m really proud of you!

There are three major traps I tell all new graduates to avoid. One, don’t buy or lease a new car. Save up and pay cash for your cars for the rest of your life. If you saved the amount of an average car payment — about \$485 a month — and put it into a good mutual fund from age 25 to 65, you could easily retire a millionaire. Now that’s something to look forward to!

The second trap to avoid is

## Dave Says

rushing in to buy a house. The first few years after college will be some of the most volatile in your life in terms of career and relationships. Save up a big pile of cash and be patient. Too many young people today go crazy and buy houses they can’t afford just because their friends bought one, or everyone is telling them it’s what they should do.

Last, don’t ever get caught up in the credit card trap. Your income is your greatest wealth-building tool, so why would you want to take a chance on wrecking your future by sending everything you make to some bank? Live on less than you make, and live by a written, monthly budget.

I think you’ve got a really bright future ahead, Cary. Just remember to have a plan, pile up some cash and stay away from debt!

—Dave

### Stay away from interest-only mortgages

Dear Dave,  
Can you explain interest-only mortgages? Are they a good idea?  
- Dale

Dear Dale,  
An interest-only mortgage is just what it sounds like. You’re

paying only the interest on the loan, and none of what you actually owe. It’s a good way to stay in debt for the rest of your life, so they’re not a good idea.

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Interest-only mortgages are like adjustable rate mortgages and high fixed rate mortgages — they’re good things to stay away from completely!

—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](http://daveramsey.com). ★

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# Summer Heats Up with Free Fun at Citrus Town Center



Each Summer Safari Day Camp will be followed with free train rides on the new Citrus Town Center Chug-a-Lug Train. Photo by Bill Martin

By Connie Hall

CITRUS HEIGHTS, CA (MPG) - Citrus Town Center, located at the corner of Greenback and Sunrise near Panera Bread, has become a frequent destination for local residents to partake in all of the free fun offered to families this summer.

On Friday, July 10th from 10:30 a.m. to 12 p.m., the Summer Safari Kids Day Camp will feature a rainforest theme. All children who attend will be able to make their own butterflies and colorful Macaw Parrot decorations, along with enjoying read-a-long stories, games,

and more.

Due to the higher temperatures, the Safari location has been moved to an easy-to-locate space under the overhang area, in the shade and not far from the original fountain location. There will be additional Summer Safari Day Camp dates of Friday, July 24th and Friday, August 7th. Each Summer Safari Day Camp will be followed with free train rides on the new Citrus Town Center Chug-a-Lug Train. The train will run from 12 p.m. until 2 p.m. on the July and August dates noted.

*Paddington* will be the next featured movie at the Free

Summer Outdoor Movie Series on Saturday evening on July 11th at 7:30 p.m. This free family-friendly movie will be a treat, along with free popcorn, free raffle tickets and prizes, and pre-movie music and magic entertainment.

Chairs are available for the movie, but you are welcome to bring your own comfy chairs, small coolers, and strollers. No glass or alcohol please. For more information on these events and other free Citrus Town Center events, please visit them on Facebook. ★

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It is the intent of the *Citrus Heights Messenger* to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

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Thursday, September 24  
11:30 a.m. to 12:30 p.m.

Friday, October 30  
11:30 a.m. to 12:30 p.m.

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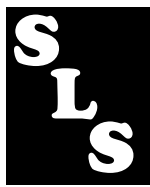
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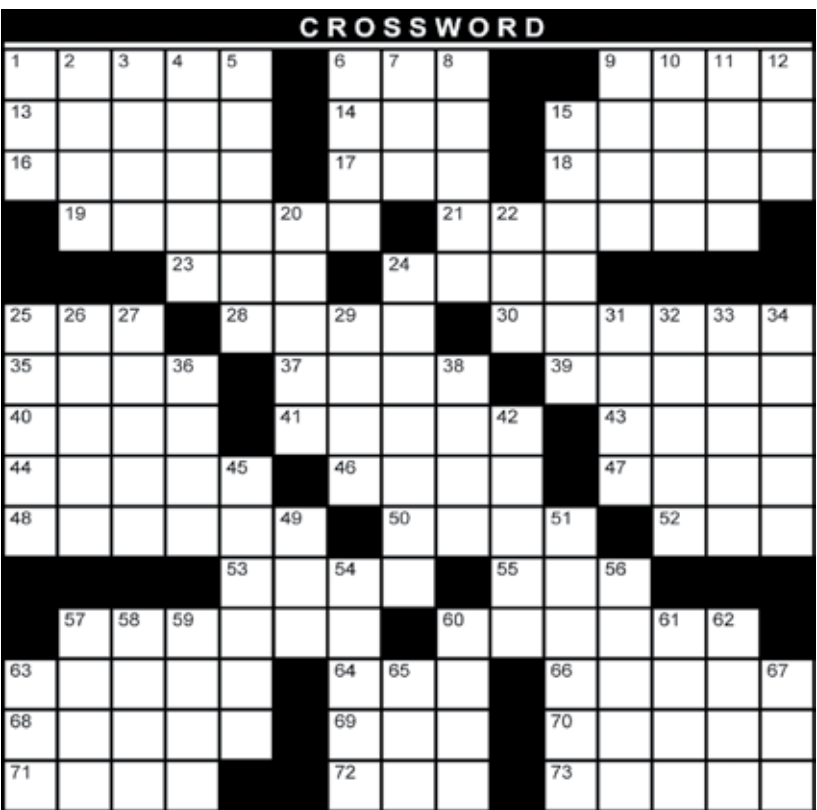
ACROSS

1. Audition tapes
6. More of the same
9. Sound of astonishment
13. Incompetent
14. Ancient Chinese state and major Chinese river
15. Root of iris
16. Japanese-American
17. ENT's first concern
18. \*Hurricane Jeanne's Greater Antilles victim, 2004
19. \*Sudan's troubled region
21. Pamper and indulge
23. "\_\_\_ the President's Men," movie
24. \*Obama \_\_\_
25. \*Kendrick Lamar's genre
28. \_\_\_ a Sketch toy
30. Antietam happening
35. "I'm \_\_\_!"
37. Caviar and Wade's opponent
39. \*"Mad Men" star Hamm completed it in real life
40. Wine
41. Saints' lights
43. Japanese restaurant staple
44. Run off together
46. Opposite of knit
47. Facial treatment
48. Eye part
50. It prevents objectivity
52. \_\_\_ Angelico
53. A in BA
55. One who follows teachings of Lao-tzu
57. \*Subject of Russia/Ukraine dispute
60. \*Modern self-portrait
63. Trouser fabric
64. Old French coin
66. Type of island
68. "Mad" forté
69. Habitual twitch
70. High IQ society
71. End of grace
72. Member of a "benevolent and protective order"
73. Picture within a picture, e.g.

DOWN

1. Clamor
2. Children's author Blyton
3. \_\_\_ Verde National Park
4. Verdi's output
5. Smother or suppress
6. Type of pitcher
7. \* \_\_\_ Party
8. Approximately, as in date
9. Obama to Harvard Law School
10. Seed coat
11. www.google.com, e.g.
12. Tire measurement
15. "\_\_\_," \_\_\_" said Piglet
20. Extremist
22. Scepter's partner
24. Duo at the Sistine Madonna's feet
25. \*Mars vehicle

26. Feeble old woman
27. Can be noir or grigio
29. \*Egyptian \_\_\_ d'état
31. Short-term employee
32. \*These days, he often steals identities
33. Light acronym
34. \*Cause of 2014 global health scare
36. Large African antelope
38. Delhi dress
42. Fill with spirits
45. Bewitch
49. Am is to I as \_\_\_ is to we
51. sandwich meat
54. Gustatory sensation
56. More than occasional
57. \*"Pawn Stars" employee nickname
58. Frost residue
59. Involved in a secret
60. Draw in, as in air
61. Charged particles
62. Other than what's implied
63. It's repeated 2 or 3 times to form dance name
65. \*Gulf polluter
67. Back muscle, for short



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

\*National average savings based on data from customers who reported savings by switching to Esurance between 12/1/11 and 12/31/12. © 2012 Esurance Insured Services Inc. All rights reserved. C100000000

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Sudoku Puzzle on Page 6

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

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Crossword Puzzle on Page 6

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

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Crossword Puzzle on Page 6

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





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with Mary Jane Popp

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## 2) EATING A BALANCED DIET RATHER THAN A LOW CARB, LOW FAT DIET.

Different body organs need different nutrients, for example, sugar (carb) is essential for blood cells and brain cells. Without the sugar, the brain will be chasing cabs and sweets. That's how cravings begin and the discipline of dieting gets ruined. That is the reason if you want to lose fat, you need to shoot for a balanced diet for long-term results. Losing weight from body water and lean body are short term. Quick fix diets will get you weight loss for a short time and then pounds come back with a vengeance.

## 3) EATING FOUR OR FIVE TIMES A DAY.

Our metabolism goes down 40% if we do not eat for more than four to six hours. It shuts down the less essential departments of the body. If your body senses that you are a regular breakfast skipper or small lunch eater, or just one meal a day eater, it will be cutting the calories by 40% without realizing it. That's why some obese people gain more weight without eating much. So let's fast-pace our metabolism by eating at least four to five times a day in correct portions. Let the gut work hard by

digesting, transporting, absorbing, storing, and transforming the nutrients at the intervals of approximately every four hours. When your gut is working hard, you know it's burning fat, too.

## 4) FOODS THAT BURN FAT.

Whole grain breads and pasta, brown rice, legumes, lentils... good stable foods. A variety of colorful vegetables will give your gut a good workout and burn more calories. High-fiber diets promote fat-me-not bacteria in the gut and promote weight loss. Lean meat, fish, and seafood are great fat burners. For example, compare a protein shake vs a piece of lean meat with the same calories... eating meat will burn up to 40% more calories than the ready-made protein shakes and the lean meat will enhance the gut workout by chewing, digesting, absorbing, and transforming the nutrients. Coffee, pepper, and chewy veggies are good metabolism enhancers. Good fat such as avocado, nuts, and egg yolks are helpful too. Drinking eight glasses of water per day is essential to improve metabolism and burn fat.

These are a few of the ideas explored in *Fat-Me-Not* and you can check out more at [www.slimplatesystem.com](http://www.slimplatesystem.com). Good luck with that it'sy bitsy teeny weeny yellow polka dot bikini! ★

## FAT-ME-NOT

Summer is creeping up on us. Have you looked in the mirror lately? Are you ready to shed those sweaters for the it'sy bitsy bikini? What if you could burn that nasty fat without pills or super exercising? Dr. Sandeep Grewal says there are fat burning foods. Along with Dr. Myo New, Dr. Grewal has finally connected the advances in weight-loss science in the book *Fat-Me-Not*, the weight loss diet of the future. Why try to lose weight the old way when powerful new research can make it simpler, easier, and safer to should create to burn fat with me on my POPPOFF Radio Show, like:

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## About East Lawn's Water Conservation



**At East Lawn we are doing our part to conserve and Save Water**

**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.

**East Lawn Memorial Park & Crematory**  
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Tel 916.732.2000

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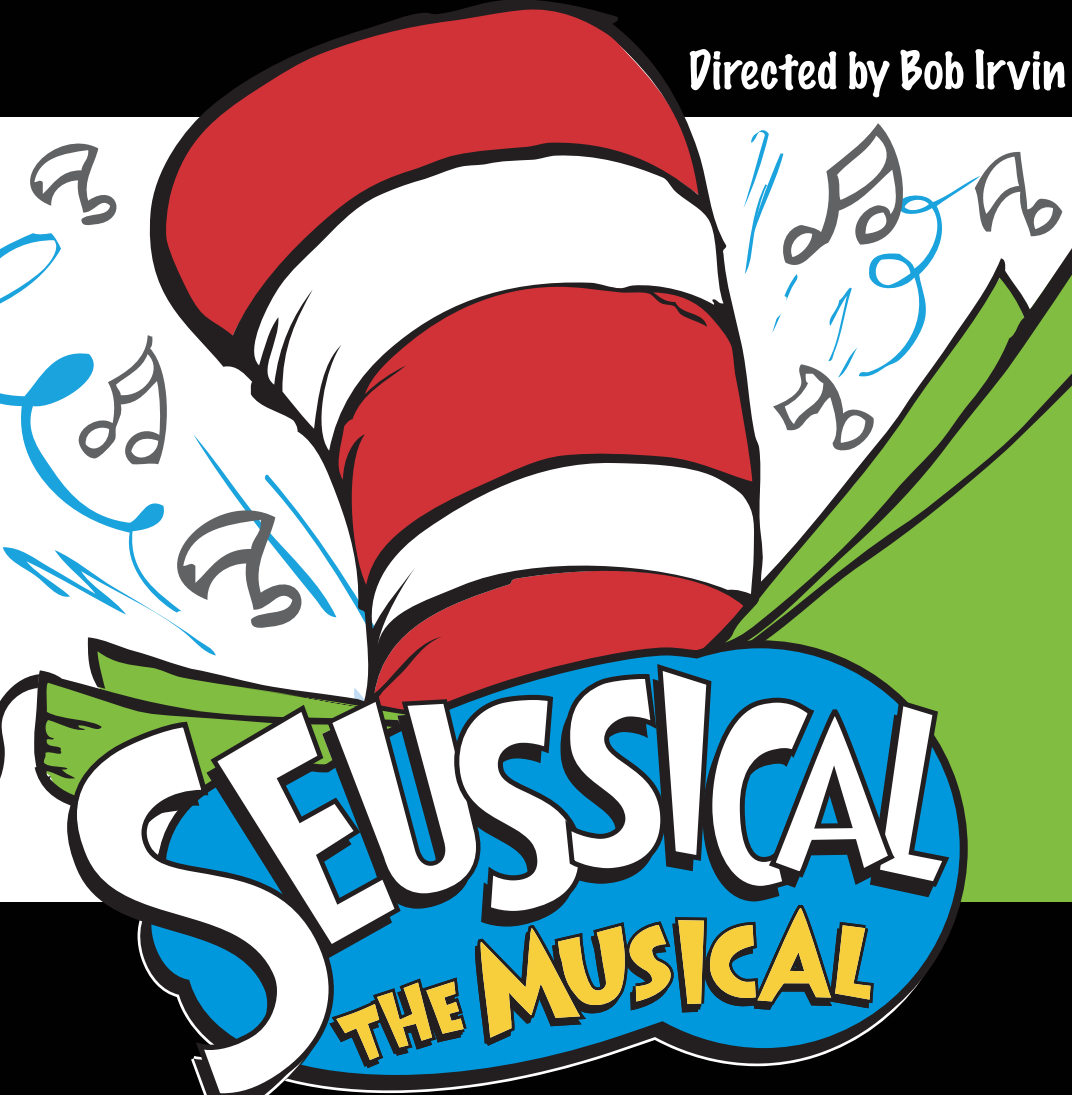
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*Lisa West*  
Community Outreach Director

Did You Know?

*Memorial Parks  
Mortuaries & Crematory*

By Lisa West

Did you know that when someone passes away there are nearly 100 decisions that must be made within the first three days? Do you want burial, cremation or entombment? Do you want a traditional church funeral service or life tribute celebration? How many death certificates do you need?

And did you know that if you do not have any advance funeral arrangements in place, your next of kin must take the responsibility to make all of these decisions on your behalf? Not only will it be difficult for these decisions to be made during the grieving process, they simply may not know what you wanted.

If your next of kin are your children, many funeral homes ask that they ALL agree before certain services, such as cremation, are carried out. This can be especially difficult if all of your children live in various parts of the country or are not easily accessible, such as those serving in the military.

If you have always taken care of your family, nurtured them, provided for their needs, put them through college, doesn't it seem appropriate that you would take care of this important "life and death" issue so they don't have to?

Knowing that every person will eventually die, why do you think so many people put this off, sometimes until it is too late?

After all, you've planned for your career and retirement, who better to plan for the inevitable?

There are many reasons people put it off – sometimes we just don't want to believe we are ever going to die. Another reason is cost. People are often under the misconception it is just not affordable when often the opposite is true. What may be unaffordable is if your family members are left to pay the bill. But, the cost savings can be enormous if you pre-plan and if you pre-arrange, and best of all, you can pay over time.

Josh Tuttle, Funeral Director and General Manager of East Lawn Mortuary and Sierra Hills Memorial Park said this, "When I meet with people and they see the numerous payment options we offer, they are surprised at how affordable our plans are. After all, we own the property, so we regularly offer 48, 60 or 72 months at zero interest for most gravesites, crypts, niches and cremation gardens." Tuttle continued, "But when people put off the decision, it is a far greater burden to have to come up with the full amount at the time of need."

*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

LETTER TO THE EDITOR


Red Light Cam Tickets Up 1/3 in Citrus Heights

The latest 2015 red light camera ticket counts are in and in March-May ticketing in Citrus Heights ran at a rate 1/3 higher than in 2014. An extra 238 tickets each month. No new cameras have been added; the existing cameras may have been adjusted to be more sensitive.

The majority of the City's red light cameras tickets – about 2/3 – are for right turns. There is a growing cloud over such heavy right turn enforcement. Consider this statement found in a Dec. 26, 2014 Wall Street Journal interview of the president of the company supplying the City's cameras:

"Mr. [James] Saunders [president of Redflex] suggests jurisdictions refrain from issuing a [rolling right] ticket except when a pedestrian is in the crosswalk." The headline was, "Can the Red-Light Camera Be Saved? – Money-hungry politicians discredited a hopeful safety innovation." (A Jan. 22, 2015 column in the Dallas Morning News confirmed the statement The Journal had attributed to Saunders: "When I asked Redflex spokeswoman Jody Ryan about her boss' comments urging cities to lighten up on rolling reds, she answered, "It only makes sense that Jim is going to say, 'Look, we need people to be thoughtful about how they are implementing these programs and how they are issuing citations.' It wasn't that shocking.")

Unless renewed by the city council, the City's contract with Redflex will expire in December. The raw data is on the Citrus



The Redflex Red Light Camera system as it appears in Citrus Heights. Photo courtesy Redflex

Heights page at highwayrobbery.net/redlightcamsdocsCitrusHts-Main.html.

Regards,  
Jim Lissner

All Letters to the Editor are published as received.

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4 EASY TREATS FOR THE

4TH OF JULY

Casual and colorful desserts made easy

FAMILY FEATURES

Everyone will be bringing something to the 4th of July picnic, but you can bring the grand finale. Each of these tasty sweet treats captures the flair of the 4th without the fuss. In just a little time, you can add patriotic color and fun flavor to classics like cupcakes, ice cream cones and cookies.

**Dipped Ice Cream Cones:** Add color and crunch to your cones with a dip in red, white or blue melted Candy Melts candy and a variety of patriotic sprinkles. The Cone Cakes baking rack holds the cones for drying and serving.

**Red, White and Blue Swirled Cupcakes:** Everyone loves picnic treats they can grab and eat, and these July 4th cupcakes also bring pyrotechnics to the plate. Each is topped with an explosive three-color swirl of icing, easily created with the Color Swirl Three-Color Coupler.

**S'mores Crispy Cereal Treats:** These crunchy cereal bars pack the flavor of traditional s'mores while being much neater to eat. The marshmallow, cereal and candy mixture is laced with warm cinnamon graham and creamy vanilla custard flavors using Treatology Flavor concentrates.

**Creamy Coconut Cookie Flag:** Give the day a flag-waving finish with red, white and blue royal iced cookies that hold up to the heat using the Color Right™ Performance Color System. The tropical taste combination of toasted coconut and creamy vanilla is just right for summer.

It's a great feeling to bring a dessert that can't miss. The Wilton Test Kitchen developed these deliciously easy ideas to go with your summer celebration so you can enjoy the fireworks with everyone else. For more party ideas, visit [www.wilton.com](http://www.wilton.com).

Dipped Ice Cream Cones

Yield: 12 ice cream cones

- 1 bag (12 ounces) Bright White Candy Melts Candy
- Sugar ice cream cones
- Jimmies 6-Mix Sprinkle Assortment
- Rainbow Jimmies

Melt candy in microwave safe bowl. Dip cones about 1 inch deep around opening of cone. Cut small hole in tip of bag and drizzle melted candy 1 inch deep around opening of cone. Tap cone lightly to smooth, and sprinkle with jimmies. Position cone in cone rack. Let chill, about 10–15 minutes.

Add ice cream scoops at party and serve in cone rack.

Red, White and Blue Swirled Cupcakes

Yield: 12 cupcakes

- Favorite cupcake recipe or mix
- 1 4.5-pound tub White Ready-To-Use Decorator Icing
- Color Right Performance Color System

Icing Colors

- Red (formula 186): 2 cups icing + 40 R
- White: Reserve 2 cups icing
- Deep Blue (formula 647): 2 cups icing + 26 B + 8 R + 4 P

Bake cupcakes according to package directions in red, white and blue standard baking cups.

Tint icing following color formulas above. Prepare Color Swirl 3-Color Coupler according to package directions, filling one decorating bag each with red, white and blue icing and fitting with tip 1M. Pipe a swirl on each cooled cupcake top.



Creamy Coconut Cookie Flag

Yield: About 3 dozen 3-inch cookies

Cookies

- 1 cup (2 sticks) unsalted butter, softened
- 1 1/2 cups granulated sugar
- 1 egg
- 1/4 teaspoon Toasted Coconut Treatology Flavor Concentrate
- 8 drops Creamy Vanilla Custard Treatology Flavor Concentrate
- 3 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt

Icing

- 3/4 cup + 3 teaspoons water
- 12 cups (about 3 pounds) confectioner's sugar, sifted
- 6 tablespoons Color Flow Mix Color Right Performance Color System (see colors tinted below)

Icing Colors

- Red (formula 32): 1 1/2 cups icing + 62 R + 8 O
- Deep Blue (formula 647): 1/2 cup icing + 27 B + 5 P + 6 R
- White: Reserve 2 cups icing

**Note:** Make and decorate cookies 1 day in advance to allow for drying time.

Heat oven to 350°F.

In large bowl, beat butter and sugar with electric mixer until light and fluffy. Beat in egg and flavors. Mix flour, baking powder and salt; add to butter mixture 1 cup at a time, mixing after each addition. Do not chill dough. Divide dough into 2 balls.

On floured surface with rolling pin, roll each ball into a circle approximately 12 inches in diameter by 1/8 inch thick. Cut cookies with star nesting metal cookie cutter. Dip cutter in flour before each use.

Bake cookies on ungreased cookie sheet 8–11 minutes or until cookies are lightly browned.

Prepare Color Flow icing. Tint icing following color formulas above. Use tip 3, a parchment bag and full-strength icing to outline cookies: 32 in red, 21 in white and 16 in blue. Let cookies dry 1–2 hours.

Thin 1 cup red, 1/4 cup blue and 1 cup white icing. Use thinned icing and disposable decorating bag to fill in cookies. Fill in 8 of blue outlined cookies with white icing and remaining cookies with matching outline color. Let dry 8–12 hours.

To serve, arrange cookies on tray in stars and stripes design.



S'mores Crispy Cereal Treats

Yield: 20 servings

- 6 tablespoons butter
- 1 bag (16 ounces) regular-sized marshmallows
- 1/4 teaspoon Warm Cinnamon Graham Treatology Flavor Concentrate
- 10 drops Creamy Vanilla Custard Treatology Flavor Concentrate
- 1/4 teaspoon salt
- 10 cups crisped rice cereal
- 1 bag (10 ounces) mini marshmallows, divided
- 1 1/4 cups Light Cocoa Candy Melts candy, divided

Prepare 13-by-9-inch baking pan with vegetable spray.

In very large saucepan, melt butter over medium high heat until it smells nutty and browns slightly. Reduce heat to medium low; stir in regular marshmallows, warm cinnamon graham and creamy vanilla custard flavors, and salt. Cook, stirring constantly, until melted and smooth.

Remove from heat; stir in cereal, 3 cups mini marshmallows and 3/4 cup light cocoa candy. Press into prepared pan. Sprinkle with remaining mini marshmallows and press lightly to adhere.

In small microwave-safe bowl, microwave remaining 1/2 cup candy on 50 percent power in 30-second intervals, stirring between each, until candy is almost melted. Stir thoroughly until smooth and drizzle over treats. Let cool completely.





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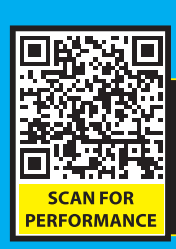
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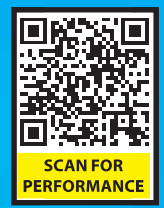
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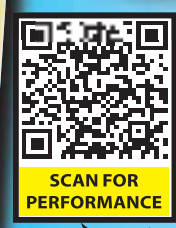
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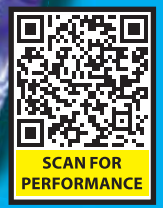
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