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Citrus Heights Messenger

"Written by the people, for the people"

Volume 5 Issue 10

Serving the City of Citrus Heights and Sacramento County

May 22, 2015

Movie Games Resurge



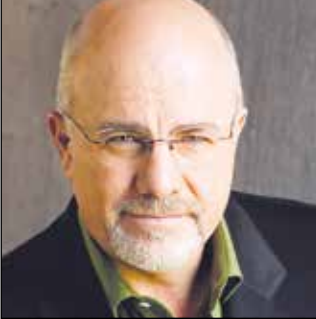
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Our Heroes' Dreams Give Hope to Returning Combat Veterans



Veterans with elephants during the Healing Safari event at Vision Quest Ranch (above).
Veteran Dave Riley (at right) with a new friend. Photos courtesy of Our Heroes' Dreams

By Justin Bond and Elise Spleiss

SACRAMENTO REGION, CA (MPG) - Memorial Day is a time to remember those brave men and women who gave their lives for our country. At the same time, it is imperative that people do not forget the brave warriors returning home from combat who have been wounded physically, mentally, and emotionally.

There are 22 veteran suicides a day, with over 90,000 since the current wars began. Today, we are looking at the most deadly killer that our troops will face: life after military service. Our Heroes' Dreams (OHD) is a non-profit organization sponsored by the Wounded Soldier and Family Relief Fund Inc., based in Hanford, California. It is OHD's sole mission to improve the lives of warriors and their families by helping them accomplish dreams that they wouldn't otherwise be able to fulfill because of their disabilities. In order

to appreciate this mission, one must understand the world these wounded warriors return to when they leave the service and how Our Heroes' Dreams is changing the lives of many of these veterans.

The military trains people to be warriors, but nobody trains them to be veterans. Kids right out of high school are sent to combat to carry the weight of freedom on their shoulders at the ages of 18, 19, or their early 20s. They are taught to be warriors, with our military now averaging four combat tours.

When these soldiers return home, they know what it feels like to be a warrior and need an adrenaline rush, but they often just sit on the couch and self-medicate with alcohol and "VA candy": OxyContin, Vicodin, and pain pills. They self-destruct, checking out of society and eventually life as they try to cope with the

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Suspect in Gorilla Mask Sought in Robbery Case

CITRUS HEIGHTS, CA (MPG) - Citrus Heights Police Detectives recently found digital evidence that revealed a possible strong arm robbery may have occurred on April 20th at approximately 1:54 p.m. The digital evidence shows a victim confronted by a suspect who robbed him of his bicycle. The suspect's identity was concealed by wearing a gorilla mask, which is pictured below. The video and still images indicate there were multiple unknown subjects who were present during the robbery.

There have been no reports made with similar circumstances to the Citrus Heights Police Detectives or surrounding agencies. Detectives are seeking the help of the community to locate the victim of the indicated bicycle robbery. They are also requesting the public's help in identifying anyone else who may have been victimized by the suspect(s) wearing this mask or information regarding the identity of the suspect(s).

Detectives believe the masked suspect and additional unknown subjects may be responsible for additional robberies in Citrus Heights and surrounding areas. The suspect seen in the image is described as white male adult, approximately 5'11" tall, with a medium build. As seen in the image, the suspect was wearing a white t-shirt and a gorilla mask during the robbery.

Violent crime cannot be tolerated and places our community at unnecessary risk. Family and friends of the suspect may already be aware of the crime or recognize the individual in the photograph. Anyone with information is strongly encouraged to contact the Citrus Heights Police Department at (916) 727-5500 with information regarding the victim(s) or suspect(s).

Source: Citrus Heights Police Department ★



CHPD detectives believe this to be the masked suspect.



Fire Camp Lets Kids Be Firefighters for a Week



Fire Camp provides local children a once-in-a-lifetime opportunity to experience today's fire service first hand. The program is designed to instill self-confidence, teamwork, and a basic understanding of the firefighting profession in a fun and exciting atmosphere. Photo courtesy of Sacramento Metropolitan Fire District

CITRUS HEIGHTS, CA (MPG) - Metro Fire recently opened the application period for Fire Camp, a day camp that takes place from July 7th through the 10th. Fire Camp provides local children a once-in-a-lifetime opportunity to experience today's fire service first hand. The program is designed to instill self-confidence, teamwork, and a basic understanding of the firefighting profession in a fun and exciting atmosphere.

Campers are grouped in "strike teams" of eight campers, and each strike team is mentored by two Metro Firefighters. Campers learn valuable life safety skills

while discovering what it means to be a firefighter.

To attend Fire Camp, applicants must be 11, 12, or 13 years of age, with preference given to those living within Metro Fire's boundaries. Applications are processed in the order in which they are received, so apply early for a better chance of securing a spot. The deadline to apply is Thursday, June 4th.

In order for the accepted camper to attend, a parent or guardian must attend a Mandatory Orientation Meeting on June 18th at 7:00 p.m. The fee to attend Fire Camp is \$100 per camper.

Fire Camp will be held at Fire Station 21, located at 7641 Greenback Lane, in Citrus Heights near Sunrise Mall, on Tuesday, July 7th and Wednesday, July 8th from 9:00 a.m. to 4:00 p.m. and on Thursday, July 9th and Friday, July 10th from 8:00 a.m. to 4:00 p.m. (end time for Friday is flexible). In order for any child to attend camp, he or she will require daily transportation to and from the camp.

For applications and more information, visit www.metrofire.ca.gov.

Source: Sacramento Metropolitan Fire District ★



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Jorge Acosta Recognized as Chamber Student of the Month

CITRUS HEIGHTS, CA (MPG) - Citrus Heights Chamber recognized Jorge Acosta from Mesa Verde High School as the May 2015 Student of the Month.

Jorge recognizes that he wasn't always a model of success. He struggled when he was a freshman at Mesa Verde. He got into fights and had a difficult time staying focused. During his sophomore year, Jorge realized that if he continued on the same path, he was never going to be a successful adult, so he changed. He began to focus and turn in assignments, and he chose not to have confrontations with other students. Jorge's grades improved and he started to be noticed by his teachers as a student that cares about school and wants to learn as much as he can in class.

Jorge thanks his parents for the values and work ethic they taught him. He brings self-confidence, responsibility, pride in his schoolwork, and a sense of strong leadership to the school and to everything he does. He is always willing to help other students in his class with work they may be struggling through. He always completes his assignments on time, and his classmates—with his quiet



Citrus Heights Chamber Executive Director Jay Hornbuckle; Sacramento County Supervisor Roberta MacGlashan; Kelly Rivas, representing Congressman Ami Bera's office; Mesa Verde High School Student of the Month Jorge Acosta; Citrus Heights Chamber Education Vice Chair Rosa Umbach; City of Citrus Heights Mayor Sue Frost; and Landon Wolfe, representing Senator Nielsen's office. Photo courtesy of Rosa Umbach

encouragement and assistance—follow his lead. He is always polite and respectful to teachers and staff members.

Jorge has a job outside of school and he works daily but still has fantastic attendance and completes all his schoolwork. At the workplace, Jorge conveys experience, accountability, confidence, and team spirit. He is always ready for any task that the staff at Grocery Outlet needs

and is often aware of the need for a task before being told.

Jorge's future goals are to attend college and take automotive and business classes so that one day he can manage and possibly own his own business.

National University, courtesy of Denise Brandt, sponsored the Student of the Month lunch.

Source: Citrus Heights Chamber Education Vice Chair Rosa Umbach ★

Our Heroes' Dreams Give Hope to Returning Combat Veterans

Continued from page 1

nightmares and thoughts about what they have had to do or have seen during their combat service.

Eventually, they see a counselor who tells them why they feel the way they do. The veteran wonders why they are taking advice from someone with no combat experience who doesn't understand what they have experienced. Soldiers are often branded as heroes and excel at their job, but once they leave service, they feel broken. So, the veteran will check out and refuse to work with the counselor, going back to old habits and feelings.

Our Heroes' Dreams has been 100% successful at getting warriors off suicide watch. To begin with, OHD uses Vietnam, Korean War, and other seasoned veterans to come in and break the ice with the veteran. They start out around the campfire at the Healing Safari in Monterey County, CA getting to know each other. Soon, the returning veterans realize they are not alone and someone understands what they have been through. Seasoned veterans tell the returning veterans how to make it to tomorrow, next year, 10 years, and even 40 years from now.

Next, they are evaluated for all their needs. OHD has partnerships with many nonprofits already in place throughout the country to meet those needs. Home Depot is donating \$80 million in three years to fix up veterans' homes throughout the country. To date, they have renovated over 180 homes nationwide. Chase Bank is fixing up and donating 1,000 foreclosed homes in three years. OHD has groups that help with car repairs, finances, mortgages, credit scores, marriages, relationships, family issues, spiritual guidance, and any type of counseling needed to relieve stressors so veterans can get their lives back. While they are at the Healing Safari, all of these items



Justin Bond and his wife, Laurel, with Buffy the elephant at Vision Quest Ranch. Photo courtesy of Our Heroes' Dreams

are implemented during their stay at the ranch.

Elephants play a huge part in the healing of these special guests at the Vision Quest Ranch in Monterey. An elephant delivers their breakfast each morning. The vets and their families can ride the elephants, swim with dolphins, and interact with monkeys, kangaroos, baby tigers, zebras, and many more animals. They can go skydiving and scuba diving, showing them they can still get back that adrenaline rush they were missing.

This is where this program is unique for veterans suffering from post-traumatic stress disorder (PTSD). If the vets were to return home at that point, the program would be no different than many others. The veteran's experience would have just been a bandage on their wounds. What OHD does next is the most important part of rehab. They help the veterans find a new mission in life to replace their former work of defending America.

New missions discovered in this process include veterans starting their own nonprofits or

joining the Our Heroes' program. Some may use their intimate knowledge and experience as veterans to face homelessness by working at shelters seeking and rescuing other homeless veterans who are at risk of suicide. Veterans that haven't left their home in three years are now out maintaining trails with the forest service and even have their names on trailheads. One thankful wife says, "He is only home three or four days a week because he is volunteering instead of self-medicating."

All of this works because it addresses the needs of the veteran who was on the couch self-medicating and spiraling out of control. If veterans can find a new mission, they cannot dwell on past problems and they can dedicate their time to a new purpose in life. This formula has been 100% successful. These veterans now have a reason to wake up in the morning.

To volunteer, donate building supplies, or apply for services, go to OHD's website at www.ourheroesdreams.org or call (559) 381-2853. ★

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11:30 am to 12:30 pm
Thurs., June 25 (Dinner)
Wed., August 26 (Dinner)
6:30 pm to 7:30 pm
Thurs., September 24
Fri., October 30
11:30 am to 12:30 pm
Sierra Hills Memorial Park & East Lawn Mortuary
5757 Greenback Lane,
Sacramento, CA 95841
Tel 916.732.2020 Lic. #FD-1242
RSVP: Jessica at jessicae@eastlawn.com

Thurs., June 11
11:30 am to 12:30 pm
Thurs., August 6 (Dinner)
6:30 pm to 7:30 pm
Fri., October 9
11:30 am to 12:30 pm
East Lawn Memorial Park & Crematory
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Sacramento, CA 95819
Tel 916.732.2000
RSVP: Meredith at mereditht@eastlawn.com

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Seating is limited to 30 attendees per seminar.



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Summer Safari Day Camp Series

CITRUS HEIGHTS, CA (MPG) - It's that time of year again when the little ones are tired of being cooped up and need something fun to do. The perfect remedy might be the Summer Safari Day Camp Series at Citrus Town Center. The series started on Friday, May 15th and runs through August 7th.

Each Summer Safari session has a great theme for the day and each falls on a Friday from 10:30 a.m. until 12:00 p.m. On June 12th, "Ocean Adventure" will allow the kids to have fun crafting an "Ocean in a Bottle" and making their own jellyfish decorations. On June 26th, the theme is "It's a Jungle Out There!" with kids making their own Safari hats, jungle scene crafts, and putting on a show with Jungle Popsicle stick puppets. On July 10th, "The Rain Forest" is the featured theme. Kids will learn about the rainforest and its tropical inhabitants, such as the Blue Morpho butterfly. They will paint their own butterflies, craft colorful Macaw Parrot decorations, and enjoy read-along stories and games. Session five on July 24th makes all the kids into summer scouts, with crafts like friendship bracelets, kites, and wind chimes. For the final summer session on August 7th, the theme will be "Princess and Pirate Party!" The kids will craft their own princess and pirate costumes and make treasure maps. Bring the kids to join the summer scouts as they go on a magical scavenger hunt and find buried treasure. Icy-cold treats and beverages will be served to the scouts and prizes will be won. Summer Safari Awards will be given to all the participants of the Summer Safari Kids Camp.

Citrus Town Center is conveniently located at the corner of Sunrise Boulevard and Greenback Lane in the heart of Sunrise Marketplace in Citrus Heights. Mark your calendar for all the Friday dates, when Magic Wand Entertainment returns to Citrus Town Center for the very popular Summer Safari Day Camp. Visit Citrus Town Center on Facebook for updated details on the Summer Safari Series.

Source: Connie Hall ★

LETTER TO THE EDITOR

The Climate Change Boogeyman

From Dale Creasey:

Coal and oil both are derived from plant and animal residue geologically mauled around. Plants need CO2 to process to get the carbon for their growth. The plants release the unneeded oxygen which the animals do need.

Considering how many plants were required to make this reservoir of energy in either form, required a great deal of CO2. Since the carbon part of the CO2 is sequestered in the plants, it cannot be recycled. Therefore the CO2 must have been inherent in the air? That would be a very high concentration of CO2, which would be deadly to animals. EXCEPT, the plants release oxygen, therefore the oxygen levels would be high. I have heard of no source of off planet CO2.

Since the amount of CO2 needed for all that plant growth, must have been in the air, and the animals were able to obtain the needed oxygen, it would appear that high levels of CO2 is not so detrimental as our current "climate change" authorities seem to believe. The earth was able to produce all that plant and animal matter, for all that coal, and oil.

Therefore does it seem strange to you that certain entities are promoting a disaster due to the CO2 being added from the plants and animals that were turned into coal and oil, who took it from the air to start with?

For every disaster claimed to be because of "climate change", there is an historical event or evidence of an historical event that is equal to or greater than the event claimed to be a disaster?

So, perhaps "climate change" is not the boogey man we are being told it is?

-Dale Creasey PE Retired ★

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FREE MOVIE NIGHT


Saturday, June 13th

Citrus Town Center is proud to present the 2nd of a series of FREE outdoor movies this year with Boxtrolls. Pre-movie entertainment starts at 7:30. The movie will start at dark.

- FREE Movie
- Popcorn
- Raffle

- Music
- Cartoons
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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)



Complete listing of retailers and restaurants at Citrus Town Center

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C E N T E R
YOUR CENTER



By Ronnie McBrayer

Walt Disney hates your mother, and the evidence is shockingly conclusive. Exhibit A: Bambi. Before the poor boy can celebrate his first birthday, his mother, who Walt Disney didn't even name because he knew she wasn't going to last long, is shot and killed. Exhibit B: Dumbo. This big-eared elephant is delivered to Mrs. Jumbo and out of love she seeks to protect him from the jeering crowds because of those massive ears. Ultimately, she loses her cool while defending her son, and is locked away. Exhibit C: Cinderella. Her mother is dead, obviously. So to assuage the pain of her missing mother, Cinderella's father remarries, creating a blended family that is nothing short of dysfunctional. And while the story ends well - with glass slippers and all - she must suffer terrible humiliation at the hands of her wicked stepmother and her repulsive stepsisters. Exhibit D: Snow White, a variation of the theme, but further proof of Walt's war on women. Here is this naïve, beautiful teenager - "the fairest of them all" - at the mercy of who? Her wicked stepmother. Her mom is as dead as a hammer, and Snowy's behavior proves as much. She runs away to the woods, not a safe place first of all, and once there moves into a fraternal house with seven men, their sweet and innocent sounding names notwithstanding. Then,



Minimum Protection, Maximum Support

she takes candy from a stranger and finally she runs off with the first man who kisses her. If she had a mother providing appropriate instruction, none of this would have happened. Mowgli. Tarzan. Lilo. Nemo. On and on I could go. If Walt Disney were alive today he would need a mental health intervention, and though he's been dead now for half a century, his studio continues his long campaign to eradicate mothers as if the species were some horrible disease. Some have tried to explain his films by stating that Walt Disney, who had a marvelous mother from all accounts, is trying to show that a traditional family (whatever that might mean to whoever is defining "traditional") is not necessary for happiness. Families come in all shapes and sizes and the individual can thrive in the worst of home situations. Going further, people like feminist Amy Richards believe that the elimination of the mother figure in so many Disney films is simply for dramatic effect. If Cinderella, Snow White, Bambi and Mowgli had loving, involved, present moms in their lives, there wouldn't be much of a plot left would there? So, by this logic, Walt Disney isn't trying to push your mother off Space Mountain, but in his own way, he is providing instruction for raising resilient, adaptable, successful children. People need to struggle to become strong, and protecting

our kids from all adversity is not an act of kindness. It is a crime against their futures. Case in point, observe the parent who is over-involved in his or her child's life. These parents have good intentions (they want to safeguard and nurture their child), but they cross all boundaries with their micromanaging and uber-protecting ways. They hover, physically and emotionally, robbing their children of the maturity to live in this world. Hence, when parents make a child feel that he or she should never suffer pain, rejection, or be deprived of anything asked or demanded, it doesn't create maturity, it creates monsters. So beware of those for whom everything has come easy. Beware of those who have never suffered or struggled, who have always had someone else clean up their messes. It's hard for such people to develop any depth of character. To succeed, yes, we need instruction and guidance, but not so much that it ruins us. The key is "minimum protection and maximum support," to quote the late William Sloane Coffin, and I think Walt Disney understood this. He knew that when one must wrestle against the "slings and arrows of outrageous fortune," this does more than make great movies. This makes for a great life. Do not take that away from your children. *Ronnie McBrayer is a syndicated columnist, blogger, pastor, and author of multiple books. Visit his website at www.ronniemcbrayer.me.* ★

Art in City Hall Exhibit

CITRUS HEIGHTS, CA (MPG) - The New Art in City Hall exhibit features artwork created by students from Cambridge Elementary School, Sylvan Middle School, and Mesa Verde High School. This colorful art exhibit features a variety of subjects and is now on display in the Citrus Heights Community Center. Art in City Hall features the

exhibitions of local artists in various buildings in the Citrus Heights Civic Center Complex located at 6237 Fountain Square Drive. A new exhibition is featured every two months and generally includes the work of two to three artists. The exhibit runs through June. The public is invited to view the art collection at City Hall during regular

business hours. To receive email notifications when there is a new exhibit, sign up for the City's E-Notifier service by visiting www.citrusheights.net. If you are interested in showing your art in a future exhibit, email historyandarts@citrusheights.net or call (916) 725-2448. *Source: City of Citrus Heights* ★

San Juan Alumni Association Carnival Fundraising Event

CITRUS HEIGHTS, CA (MPG) - The San Juan Alumni Association is sponsoring a special event to help remodel the San Juan High School Legacy Exhibit area. This event is partnered with the Brass Ring Amusement Midway of Fun. The fundraising event takes place at Sylvan Middle School

on Wednesday, June 3rd through Sunday, June 7th from 10 a.m. to 11 p.m. each day. Sylvan Middle School is located at the intersection of Auburn Blvd/Old Auburn Road and Sylvan Road in Citrus Heights. There will be rides, games, prizes, and food. Tickets can be bought individually for \$1.25,

20 tickets for \$24, 50 tickets for \$50, or you can purchase an individual one-day pass wristband for \$25.00 (unlimited, most rides). Note: Generally, each ride is more than one ticket. Contact Jerry Still for questions at whiskeystill@comcast.net. *Source: Jerry Still* ★



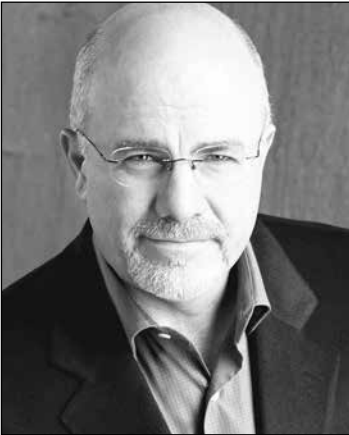
By Marlys Johnsen Norris, Christian Author

The messages of God's instructions are recorded in His Word, the Holy Bible, to direct our path. Peace and joy accompany those who follow in obedience to please the author. Ignore His words and one day as you stand before Him, you will realize that you are accountable because what His word indicates is certainly going to happen. Then, my friend, you will reap the act of your rebellion and disbelief as well as the consequences He warned will be your reward! Listen. The whole book describes a beautiful journey to know our creator. Be guided by

Stop Ignoring God's Warnings!

His hand because sin leads us nowhere and we all need to be reconciled to God to be a part of eternity in His home in heaven. Possibly no one has ever told you that Jesus, God's Son, became the sacrificial lamb to provide the way when He willingly died on the cross for all of us. The word of God is the road map and guidebook for living the best life possible before death happens. Listen to His words. God loves you so much, and He speaks to all of us through the words in His book of life. God says, "My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart" (King James Version, Proverbs 4:20-21). His words give life unto those who are obedient. They will find health for their flesh. "For they are life unto those that find them, and health to all their

flesh. Keep thy heart with all diligence; for out of it are the issues of life. Put away from thee a forward mouth, and perverse lips put far from thee. Let thine eyes look right on, and let thine eyelids look straight before thee. Ponder the path of thy feet, and let all thy ways be established. Turn not to the right hand nor to the left: remove thy foot from evil" (Proverbs 4:22-27). *"For God so loved the world that He gave His only begotten Son, that who-so-ever believes in Him shall not perish but have everlasting life" (John 3:16).* Jesus will help you and an exciting life awaits your surrender and commitment. *"Seek first the Kingdom of God and His righteousness and all things will be added unto you" (Matthew 6:33).* *Marlys Johnsen Norris Christian Author of 7 books Marlysjn@gmail.com* ★



Dave Says

three to six months of expenses. Baby Step 4 is investing 15 percent of your income for retirement, and Baby Step 5 means putting aside money for the kids' college education — if you have kids. The seventh Baby Step is building wealth and giving. I hope that helps straighten things out. The good news is you won't have to fight through a house payment while you're paying off the student loan debt. So for now, just get into attack mode and make it disappear. Then, move on to the other steps. Other than getting the sequence a little mixed up, you guys are doing great! —Dave

Do no more damage

Dear Dave, I'm returning to school to finish my degree this year, and I'm going to ask my girlfriend to marry me. We both have decent jobs, but I also have some previous student loans that I could put into deferment. Do you think I should pay off the debt before getting engaged? Colton

Dear Colton, Congrats on finding that special someone! Now, if I were in your shoes, here's the way I line up my priorities. First, don't do any more

damage where debt is concerned. I want you to pay cash for your food, lights, water, gas for your car and housing. Obviously, you have to live, but I want you to all this without adding any new debt. The next priority would be to pay for college, and pay cash for your tuition and stuff from this point forward. Remember, no new debt! After that, let's save up and pay cash for a nice, inexpensive ring. The student loan debt comes last through deferment. I'd really attack it with a vengeance after I was married, out of school and had an even better job and bigger income. You're going to be a busy guy for a while, but I'll bet this lady's worth it. Gaining control of your finances now will be a great gift for you both when you start your new life together. —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, Entrepreneurship 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. ★

Out of step with the Baby Steps

Dear Dave, My husband and I have been following your plan. We just paid cash for our new home after selling the old one, so we're out of the Baby Steps. But we've still got about \$50,000 in student loan debt hanging over our heads. We make over \$100,000 a year combined, so how would you suggest handling this? Stephanie

Dear Stephanie, Whoa, hang on a minute! I think you're a little confused about the steps in my plan. You're not out of the Baby Steps quite yet. You just got Baby Step 6, which is pay off your mortgage, done ahead of time. Go back to Baby Step 2, which involves paying off all your debt except for your house, and take care of the student loans. You guys make good money, so it shouldn't take long at all. After that, if you haven't already, move to Baby Step 3 and set aside a fully loaded emergency fund of

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By Chris Gilbert

It's all part of Citrus Heights' Five-Year Capital Improvement Program, which is updated

The next segment to be upgraded for Auburn Boulevard will be from Rusch Park to the north city limits. It's in the design phase. Residential

“We’re also working on a pedestrian master plan, which identifies a lot of deficiencies throughout the community that’s been brought to us by neighborhoods,” said Cave. “The hope of the plan is to be able to leverage our local funding at a later date with some other federal funding to be able to complete some of these infills.” ★




For those students who attended Bella Vista High School or Mesa Verde High School, there may be a line on their resume that reads, "Member of the Kiwanis Key Club." I bring this to your attention as you may want to have your high schooler consider joining a Key

“Our district has higher than average per capita water use. While part of that is due to the region’s hydrology and population density, the district is committed to sustainably reducing water use. The board has met twice since the governor’s emergency declaration on April 1st. They will quickly be announcing the district’s drought response

Key Club members assist wherever the community needs their help. It may be in

As with all Key Clubs, the students run their own meetings, elect officers, and learn responsibilities that last a lifetime. For any parent whose child attends Bella Vista or Mesa Verde High schools, you are encouraged to have your child inquire about a Key Club. Membership has its rewards! ★



Publisher,
Paul V. Scholl

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Preventive
tips for
pet owners

FAMILY FEATURES

Rising temperatures are a double-edged sword for pet lovers. Warmer days create the perfect setting for a run through the park or a game of fetch. But these warm days also provide an ideal environment for pests that can have a serious impact on your pet’s health.

Tiny but mighty

Both fleas and ticks are small but dangerous. Fleas are ravenous and can consume 15 times their own body weight in your pet’s blood. A serious infestation can cause your pet to become anemic. It is common for pets to have sensitivity to flea saliva and just one bite can cause a severe allergic reaction, leading to painful and intense itching. Fleas also transmit a variety of diseases such as bartonella and typhus, as well as tapeworms. Female ticks can consume more than 100 times their body weight in your dog’s blood, which can lead to anemia. Their bites may trigger allergic reactions, but even more dangerous are the diseases they can transmit, such as Lyme disease and Rocky Mountain spotted fever, which can also be transmitted to humans.

Treat and prevent pests

The best way to protect your pet and your family is to manage exposure to pests and take preventive measures to keep them at bay. New PetArmor Plus for dogs or cats contains fipronil, the No. 1 veterinarian-recommended active ingredient,* and (s)-methoprene — the same active ingredients found in FRONTLINE Plus, but costs up to 40 percent less than vet prices.** Each monthly dose kills fleas, flea eggs, flea larvae, ticks and chewing lice. And because it is fast acting, long lasting and kills eggs and larvae, it helps to stop the re-infestation cycle.

Protecting against infestations

When you see fleas or ticks on your pet, there is a good chance that they are in your home as well. Simply treating your pet won’t rid the problem entirely, because you risk re-infestation until pests are fully eradicated. Household sprays, carpet powders and foggers kill fleas nesting in the home. Thoroughly vacuum and wash any carpeting, furniture or linens, including beds and pillows that your pet may have come into contact with. Although you won’t be able to control the outdoor environment as easily as the home, you should also treat your yard so that pests aren’t reintroduced every time your dog or cat ventures outside. Prevent fleas and ticks from jumping onto pets when outside by spraying the yard and treating around the home’s foundation to kill any potential flea populations. In

addition to using a pet-safe insect repellant, cut down tall brush and grasses near the house or pet runs to reduce a pet’s exposure to fleas and ticks. Learn more about the health risks associated with fleas and ticks, and find additional prevention tips, at www.petarmor.com.



Photo courtesy of Getty Images

*GFK 2014 Vet Recommended Flea and Tick Products September 2014.
**PetArmor® Plus is not manufactured or distributed by Merial. FRONTLINE® is a registered trademark of Merial. Pricing comparison based on average veterinarian retail price survey of FRONTLINE® Plus (December 2014) and MSRP of PetArmor® Plus (January 2015). Data on file.

HOW TO CHECK FOR FLEAS AND TICKS

Adult ticks are often visible to the naked eye, so you may be able to spot them on short-haired pets. But with longer haired pets, it’s best to do a thorough inspection with a fine-toothed comb.

Signs your pet may have fleas can include flea dirt (small dark flakes), excessive itching or scratching, redness and inflammation, hot spots and pale gums. You may also see adult fleas on your pet’s coat and skin.

Follow this advice from the experts at PetArmor to find and eliminate fleas and ticks on your pet:

1. First, use a fine-toothed metal flea comb. Run the comb along your pet’s back or underbelly, making sure the comb comes in contact with the skin.
2. If you pull out any fleas or ticks, immediately drown them in a nearby bowl of soapy water.
3. Have your pet stand on a white sheet or towel. Then brush or rub your pet’s coat. Small black specks

on the white sheet or towel are more than likely fleas or flea dirt. Flea dirt can also look like sand.

4. Apply a monthly topical preventive treatment such as PetArmor Plus to keep pests from coming back.
5. Also be sure to treat your home and yard to prevent a recurrence.

Choosing a preventive treatment

No two pets are the same, so it’s a good idea to consult with your veterinarian before you begin a flea and tick preventive program. Some questions to keep in mind as you’re determining the best treatment for your pet include:

- Is a topical or oral treatment most appropriate for my pet?
- How costly is the treatment?
- Can I get the treatment from a retailer over the counter, or is it available only through the veterinary office?
- Does it kill eggs and larvae to prevent the re-infestation cycle?
- How quickly does it begin working and how long will it last?
- Is it waterproof?
- Is it safe for breeding, pregnant and lactating animals?

From the Desk of Chief of Police Christopher W. Boyd

A fall Prevention Workshop
along with free balance

Public Health nurses offered diabetes testing and a pharmacist

In a phone conversation, Dr. Jayna Karpinski-Costa thanked the 25 to 30 volunteers who assisted throughout the planning process and at the fair. She said, "It was the best fair yet and will just keep getting better. Save the date for May 12th of next year." ★

Another significant asset to the police department



CHPD Police Chief Christopher W. Boyd

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citrusheightspd
Next Door: www.nextdoor.com ★

Shriners Hospital Volunteer Recognized for Exceptional Service

When Mr. Norman decided to become a Shriner clown, he said it was easy to come up with a clown



Source: *Shriners Hospitals for Children, Northern California* ★

“We must heed this warning and save for that imminent ‘rainy day.’ Putting away money and drawing down debt are responsible actions to safeguard California’s financial future. Planning for a rainy day will help ensure we can respond to natural disasters like fires, drought, floods, and earthquakes and cushion the blow for those who depend on state services when we face a recession again.

Source: Senator Jim Nielsen's office ★



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1. Lip ____
6. Military operations, for short
9. Breakfast raisin companion
13. Pizazz
14. *Bruce Willis in " ____ Hard"
15. Constructed
16. *Lon Chaney was the Phantom at it
17. " ____ the fields we go"
18. Discompose
19. *Chris Kyle, "American ____"
21. *Richard Gere role
23. Salon product
24. Move
25. *Music genre in "8 Mile"
28. Stiff hair
30. Big ____ or V.I.P.
35. Jet black
37. Type of missile
39. "Homeland" actress Claire
40. Rugby team's dance
41. Motivate
43. Plural of lira
44. Tart
46. Below a marquess and above a viscount
47. Etna output
48. Woven container
50. Skier's transport
52. *Heston starred in "The ____ Commandments"
53. Foot part
55. Clinton ____ Rodham
57. Bantu people of Kenya
60. *American Werewolf's whereabouts
63. Calculus calculation
64. Male friend, informal
66. Tutor's student
68. *Setting of Clooney's "The American"
69. Debt acknowledgement
70. SAG member
71. Audition tape
72. It knows drama?
73. **Once Upon a Time in America" director

DOWN

1. " ____ Goo Dolls"
2. Snips
3. *Damien's prediction
4. Serving of parsley
5. Geometrical objects
6. CO lacks this
7. *1999 comedy "American ____"
8. Twilled woolen fabric
9. Plague symptom
10. Iranian coin
11. *Tyrene Power in "The Sun ____ Rises"
12. Unknown power
15. "The Thief of ____"
20. Varnish resin
22. Printer's need
24. Belligerent course
25. Betty Ford Center, e.g.

26. Manila hemp
27. Prods
29. *Alan Alda in "Same ____, Next Year"
31. **Coming to America" star
32. Uniate, alternative spelling
33. Impulse transmitter
34. Southeast Asia association
36. Police informer
38. Action word
42. Grassy plain
45. **American ____, starring Kevin Spacey
49. "Give it a go!"
51. *John Candy in "Summer ____"
54. Ancient measurement unit based on forearm length
56. Derive
57. Khaled Hosseini's "The ____ Runner"
58. Mosque prayer leader
59. 1,000 grams
60. Stupid person
61. Director of 1944's "Laura"
62. Vegas lights
63. Jack-in-the-Box restraint
65. *Howard of "American Graffiti"
67. Old English for before

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

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Crossword Puzzle on Page 8

G	L	O	S	S		O	P	S		B	R	A	N
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BEATING STRESS 1

No matter who you are or what you do or how hard you work or not, stress can still be killing you. And it doesn't matter what race, creed, color or socio-economic group you belong to... even political parties...stress does not discriminate. That's where Jeanne Ricks comes into the picture with her "Biology of Beating Stress." Book. On POPPOFF, Jeanne explained that there are ways to beat stress by changing your environment, your body, and your brain to help you find balance and peace. The changes that take place in your body due to stress are real and can have serious side effects. Some symptoms are easy to spot...headaches, upset stomach, elevated blood pressure, chest pain, or problems sleeping. But stress can lead to major health issues including disease. So Jeanne said you can take back control with a few pointers. Here are the first five of ten.

POPPOFF!

with Mary Jane Popp

BREATHE: You're completely unaware of it but, the more anxious you become, the shallower and higher in the chest your breathing becomes. So change it! S couple of times during the day consciously deepen and lengthen your breath, loosening the muscles across the chest and through your abdomen, breathing deep into the stomach. Count to seven as you breathe in, and ten on the out-of-breath. Doing this several times a day helps send signals to the brain that it's okay to relax.

SMILE: Research has shown that the easy tool of laughter can reduce symptoms of depression and anxiety. Take a quick break to get some giggles in. Check-out a short comedy clip on YouTube to calm those jittery nerves.

WORRY: That's right. Give into it, completely freak out, but only for a limited time. When you think something terrible will occur, commit yourself to only allowing that worry for 20 minutes. During that time think of all the possible outcomes and write down game plans, then quit thinking about it after 20 minutes. Set a timer so you keep to the time.

MAINTAIN STEADY BLOOD SUGAR LEVELS: It's the key to stabilizing your moods. Stress throws your body

completely out of whack. You might crave foods like carbs and sugar. Research shows eating sugary and processed foods can increase symptoms of anxiety. Give your body the support it needs. Eat foods that contain nutrients like Vitamin B and Omega-3s. Make sure you have a small meal or snack every 2-3 hours that contains protein like a hard-boiled egg, a small organic chicken breast, and seasoned brown rice. Studies have shown that Omega-3s help reduce symptoms of depression and anxiety, while Vitamin B has links with good overall mental health.

MAKE PLANS: Fend-off anxious thoughts in advance by preparing for potential pit-falls. Help yourself develop habits that will increase your productivity. Trying writing-out-a to-do list or schedule. You will easily learn how to "un-think" your anxiety, producing beliefs by being prepared even before they pop-up.

That's a start. Next time around we'll get to the last five stress beaters so your life can settle down. Stress is all around us, but that doesn't mean it can control us. Check out Jeanne Ricks at www.NuDau.org. In "The Biology of Beating Stress" you can live life to the fullest! ★

Game Plots

Movie Games Resurge

By Noah Howard

Video games are one of the few genres that have been used frequently in the past as a stand-alone advertising medium. Video games based off of movies swarmed the market during the early 2000s until it became routine for kid and teen films to release alongside a corresponding licensed videogame. The problem with this was that most of the time these games had small budgets, small teams, and an incredibly strict release date to coincide with the film they were supposed to be endorsing. As a result, quality became secondary; development teams had to worry about getting a product out the door.

That trend has thankfully lessened in the past eight years as children grew up and started to catch on to the low quality of the games they were buying. The movie game market shrunk away dramatically from consoles, and apart from a small resurgence on mobile, we haven't seen it since.

That is, not until recently. *Mad Max* and *Star Wars: Battlefront* are set for release this year to compliment the release of the new films *Mad Max: Fury Road* and *Star Wars: Episode VII*. Unlike their predecessors, these two games are hardly lacking in team members or funds. Instead, time is what poses the greatest threat to these titles.

Delays have become commonplace in the past two years. As games become bigger and more complicated to match the increased power of the Xbox One and PS4, they often become overambitious in what they intend to accomplish and in how much time they plan to accomplish it in. Most of the major



Battlefront and Mad Max, however, don't have the luxury of being able to push their release dates back six months whenever they feel like it. A few weeks? Sure, but in order for them to serve one of their primary purposes—to drive hype for their corresponding films—they have to come out somewhere near the movie's release date.
Photo courtesy Noah Howard

titles coming out this year, like *The Witcher III* and *Batman: Arkham Knight*, are carryovers originally set for release in 2014.

That's not to say that delays are bad. If a developer needs more time to make their game everything it can be, then the consumer should tolerate the extra wait in order to get a better final product. We've already seen games that have been pushed out for the holidays, like *Assassin's Creed Unity*, emerge unfinished and half-baked.

Battlefront and *Mad Max*, however, don't have the luxury of being able to push their release dates back six months whenever they feel like it. A few weeks? Sure, but in order for them to serve one of their primary purposes—to drive hype for their corresponding films—they have to come out somewhere near the movie's release date.

However, both *Battlefront* and *Max* seem to have found a way to dodge this pesky requirement. For *Max*, it's aiming ahead of the target. *Max* was originally slated for a 2014 release (well before its corresponding movie), but has since been rescheduled to September 1st of this year. As seems the new norm in blockbuster game development, *Max's* game director said that the whole game had to be "reset," and that the Playstation 3 and Xbox 360

versions had to be scrapped. By scheduling as conservatively as possible, developer Avalanche Studios built themselves a fail-safe in case unforeseen work had to be done.

Battlefront's development has been so mysterious, long, and disorganized that it achieved a sort of infamy until Electronic Arts picked up the creative reigns from developer Free Radical in 2013. Before that point, Free Radical co-founder Steve Ellis said that the game was already "99% done." By giving themselves two whole years (*Battlefront* will release in November) to work on a title already so complete, EA ensured that any roadblocks can be punctually overcome.

The worst genre in gaming history, licensed movie games, is now setting an example for responsible game creation. We now know that big-budget developers should expect delays. *Mad Max's* "aim ahead of the target" approach and *Battlefront's* "over-prepare" approach seem like polar opposite solutions to the same problem. Nevertheless, more developers should start reevaluating their strategies and possibly looking toward movie spin-offs for help.

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

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For the Love of Books

Book Review by Amy Shane
amy-shane@att.net



◆ Publisher: Cedar Fort-Front Table Books
◆ Release date: December 10, 2015 ◆ Paperback
◆ Intended audience: All Audiences ◆ Rating: ♥♥♥♥

Amy's Review: Front Table Books, an imprint of Cedar Fort Publishing, graces kitchens all over the country with three new cookbooks. With slow cookers, sweet party treats, and canning, Front Table Books covers it all. Following their motto—"to uplift and edify"—while focusing on what's important in life, Front Table Books brings back the basics of sitting around the family dinner table. Keeping within their high standard of beautifully-designed books, easy-to-follow recipes, and enticing food photography on every page, this line of cookbooks will not disappoint. Whether it be party planning, canning for the future, or preparing meals for the dinner table, cooking can be a heartfelt expression. Each of these authors will take you on their own food adventure, bringing new insights and flavors into your kitchen. Backed with the philosophy that "homemade didn't have to mean made from scratch," Norene Cox of *Party with Sweet Treats- Dressed up Goodies for Every Occasion* proves just that with her adorable, sweet, and simple treats. Truly remarkable in her creativity, Noreen Cox takes the ordinary and innovatively crafts it into the extraordinary, with budget-friendly party ideas and sweet treats that are made with store bought cookies, candies, and snack cakes. Norene Cox covers every occasion from holidays to celebrations to just for fun. Whether her recipes are whimsical and fun or sweet and sassy, the easy-to-follow directions will make anyone feel like a pro in minutes, complimenting any gathering or party. While nutter butter campers sleep beside an Oreo campfire, and Rice Krispy Treats are turned into Bu-"faux"-lo wings and "not"-zarella sticks, quirky and fun recipes fill the pages. Teacup cupcake toppers, pretzel bling rings, and teeny martini cupcake toppers bring a level of sass and sophistication, proving that any average occasion can be turned into extraordinary one. Grab your mason jars and treat yourself to the healthy choice of canning with *Canning Cents - The Money Saving*



PARTY WITH SWEET TREATS BY NORENE COX, CANNING CENTS BY STEPHANIE PETERSEN, AND THE MAGICAL SLOW COOKER BY SARAH OLSON

Whole Foods Canning Handbook. Whether a reader is an experienced canner or just starting out, they can explore everything from canning basics to common questions. Recipes are included for high and low acid foods, sweets, spreads, gourmet sauces, soups, and pickled foods. Learn how to stock your pantry with an affordable, healthy alternative to processed foods and high grocery store prices. With her hopes to empower those new to the canning process, Chef Stephanie Petersen shares her insights while bringing a realistic and contemporary approach to canning for the new generation. With a refined, intense flavor palate, Chef Petersen delights with over 75 delicious canning recipes and beautiful and creative jar packaging ideas. With a flair for the unique and extraordinary, she brings a gourmet edge to fruit butters, jams and preserves, and soups and stews with recipes like "Sweet Baby Genius Barbeque Sauce," "Cry to Mama Hot Sauce," "Grilled Pineapples," "Mango Jalapeno Jam," and "Honey Cream Vanilla Oranges." Embrace the magic behind a slow cooker with Sarah Olson's *Magical Slow Cooker-Recipes for Busy Moms* A one-stop guide for cooks, including tips, resources, and guides for preparing the night before. Explore the many adventures of dishes that can be prepared within slow cookers, ranging from fast and simple to more detailed. Easy to prepare meals, complete with recipes from the classics, including soups, salsas, and chili that have been elevated with contemporary flavor and style. With breakfast, party food, side dishes, main dishes, and desserts, the recipes are easy to follow with mouthwatering results. Sample recipes include sausage mushroom frittata, meatloaf onion bombs, buffalo wings, country scalloped potatoes, cheesecake, and cobblers. There is something for everyone. With beautifully photographed food alongside each recipe, The Magical Slow Cooker features a full-page photograph with each recipe, showcasing the foods rich detail and texture all while giving readers a realistic feel for the dish.

Jim Miller
Answers
Your
Senior
Questions





Check Out This
Week's Topic!

Savvy SENIOR

Essential Screening Tests for Colon Cancer

Dear Savvy Senior,

Are there any easier alternatives to a colonoscopy to check for colon cancer? I'm in my sixties and would like to be tested, but hate the idea of drinking all that laxative solution, and being sedated for the procedure.

- Squeamish Jim

Dear Jim,

It's a great question. While a colonoscopy is considered the gold standard screening test for detecting colon cancer and is widely recommended once adults reach age 50, only about half of Americans who've passed that milestone ever get tested.

Why? Because most people, like yourself, dread the all-day laxative prep and sedation, not to mention the procedure itself. Fortunately, there are some easier alternatives, but be aware that if these tests uncover any suspicious results, you'll still need to undergo a colonoscopy.

Take-Home Tests

There are two different types of tests on the market today that you can take in the privacy of your own home that requires no laxative-taking/bowel-cleansing preparation.

The best option is the new FDA approved Cologuard test (see cologuardtest.com), which has a 92 sensitivity rate for detecting colon cancers. With this test you simply take a sample of a bowel movement, and mail it in to the lab for analysis.

The lab looks for both blood and cancer-related DNA cells in your stool.

The Cologuard test, which is recommended every three years, requires a prescription from your doctor, and costs \$599 but is covered by Medicare and many private insurers.

If, however, you find that the Cologuard test is not covered by your insurer, and you can't afford or don't want to pay the \$599 fee, the other option is the fecal occult blood test (FOBT) or the fecal immunochemical test (FIT), which detects 74 percent colon cancers.

These tests, which are also provided by your doctor, check for traces of blood in the stool that could indicate cancer or large polyps that can develop into cancer, but they don't look at the DNA. You simply send a stool sample to the lab.

Recommended annually, both of these fecal tests cost only around \$25 and are covered by Medicare and most insurers.

Less Invasive Tests

Two other tests to consider that are less invasive than a colonoscopy but more entailed than the take-home tests are the virtual colonoscopy and the sigmoidoscopy (both tests are recommended every five years).

A virtual colonoscopy uses a CT scan to view your colon instead of a scope in the rectum, so it's a less invasive procedure than a traditional colonoscopy and doesn't require sedation. But, it still requires the same bowel-cleansing prep. It's also more expensive, typically costing between \$400 and \$800 and is not covered by Medicare or most insurers.

A sigmoidoscopy exam, which is covered by Medicare and most insurers, uses a short, flexible scope inserted in the rectum like a colonoscopy to look at the lower colon only. This is a much faster and less involved procedure than a colonoscopy and one that doesn't require sedation. You follow a clear liquid diet the day before the exam and take a laxative or enema the morning of.

Colon Cancer Numbers

Colon cancer, which develops slowly over several years without causing symptoms especially in the early stages of the disease, is the second largest cancer killer in the U.S., killing around 50,000 Americans a year.

The U.S. Preventive Services Task Force – an independent panel of medical experts that advises the government on health policies – recommends colon cancer screening to all adults, ages 50 to 75. Earlier screenings are recommended to people who have an increased risk due to family history or other factors.

Experts believe that as many as 20,000 lives could be saved each year, if the screening rate went up to 90 or 95 percent.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit www.savvysenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.





Kids - come and run for our K9 Officers. The Kids K9 Fun Run for kids 15 and under is \$18. The fee includes a run tee shirt, kids breakfast and medal for each participant. Fee increases to \$25 after 6/20/15.

K9 Officers from the Sacramento PD K9 Unit and other agencies will be on site to pass out trading cards and there will be a demonstration by the K9 Officers after the run. Also, you can have your photo taken with a K9 Officer.

All proceeds from this event will benefit three area Police K9 Associations which provide retirement benefits for K9 Officers. More info on our website.

Start The run begins at 7:30 a.m. at the Garden of Valor at Sierra Hills Pet Cemetery where 48 retired K9 Officers are memorialized.

Date: Saturday, June 27, 2015

Where: Sierra Hills Memorial Park & Sierra Hills Pet Cemetery, 5757 Greenback Way, Sacramento, CA (off I-80 @ Greenback)

Time: Gates open at 6:30 a.m. (arrive early for best parking)

How: Register on-line at www.KidsK9FunRun.org

What: 7:30 a.m. Kids K9 Fun Run Starts (Rain or Shine!)
8:15 a.m. Participants breakfast served
9:00 a.m. Police K9 demonstration
9:30 a.m. to 11:00 a.m. Vendor and Community booths





Special Note: If you would like to have a booth at this event or have any questions, please call Lisa West @ (916) 732-2000 or email lisaw@eastlawn.com

www.kidsk9funrun.org



Union Gospel Mission Sacramento



For more than 50 years, Union Gospel Mission has been serving Sacramento's homeless with shelter, meals, clothing, a rehabilitation program and a life-changing Gospel message. Founded in 1962 by concerned Christians for men in need, the Mission now serves women and children, too, and is an amazing testament to the good that comes with committed volunteers, inspired leadership and the community's support.

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