



Stroke Survivor to Ride 100 Miles for Veterans

Page 7

PLUS:
May is Building Safety Month



Citrus Heights Messenger

"Written by the people, for the people"

Volume 5 Issue 09

Serving the City of Citrus Heights and Sacramento County

May 8, 2015

Memorial Day Tribute Poem



Page 2

Lost And Vintage Recipes



Page 10

Kickstart Your Relationship



Page 10



Scan our QR Code for a direct link to our online edition!

Citrus Heights Student Wins Americanism Essay Award



Alejandra Perez, (second from the left), seventh grader at Kingswood K8 School in Citrus Heights, displays the awards she won for her prize-winning essay on the theme, "How Can I Show that I am Proud to be an American?" From left to right: American Legion Auxiliary member Faynette Stadtman, Alejandra Perez, Cindy Carranza, McKayla Schroeder, ALA members Sheila LaPolla and Elise Spleiss. Photo by Deborah House

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - In a time when being proud to be an American may not seem to be a popular aspiration among today's young people, 27 seventh grade students from Kingswood K8 School in Citrus Heights were recently recognized for tackling and completing a project that proved otherwise.

The students were part of an American Legion Auxiliary (ALA) Americanism essay project. They were asked by the Citrus Heights ALA Unit 637 to each write an essay entitled "How Can I Show that I am Proud to be an American?"

The mission statement of the ALA in part is "to support the American Legion and to

honor the sacrifice of those who serve by enhancing the lives of our veterans, military, and their families, both at home and abroad."

"Mentoring youth and promoting and recognizing patriotism and good citizenship in young people" is the purpose of the Americanism program, which includes the essay project.

Teacher Deborah House led the students throughout the project, encouraging them to think about what they have gained living in this country and how they can show they are proud to be Americans.

Early on the morning of March 24th, three members of the Citrus Heights ALA Unit 637 arrived at House's classroom. Americanism program chair Elise Spleiss

and auxiliary members Sheila LaPolla and Faynette Stadtman thanked the class for their thoughtful essays and announced the winners. Three of the students were asked to read their essays that best represented the topic of the contest. Honorable Mention recipients Cindy Carranza and McKayla Schroeder shared their essays followed by first place winner, Alejandra Perez.

For her first-place essay, Perez received a framed copy of her thesis and a first-place certificate. The serious mood of the classroom changed quickly to excitement when Perez was handed a crisp \$50 bill courtesy of the auxiliary. Perez said of the experience, "I put a lot of thought into writing this essay, so when I found out I had won, I

Continued on page 3

Annual Senior Health Fair Returns for Eighth Year

CITRUS HEIGHTS, CA (MPG) - County Supervisor Roberta MacGlashan will serve as honorary chair at the eighth annual Senior Health Fair to be held on Thursday, May 14th at the Citrus Heights Community Center.

The four-hour event will get started with chair exercises with dance instructor Thomas Spencer from 9:00 to 9:30 a.m. followed by multiple workshops on how to prevent potentially harmful trips and falls and criminals who target the elderly, a discussion to be led by Sergeant Mike Wells of the Citrus Heights Police Department.

Admission and parking is free for everyone and a special prize will be offered for the oldest member of the community in attendance. Additionally, tests for blood pressure and diabetes screening will be available from 9:00 a.m. to noon, and from noon to 1:00 p.m., a panel of experts will discuss the nutritional needs of older adults.

Some exercise is also planned on the "Health Walk and Roll" where participants will receive a "goodie bag" as they journey from the community center to the Arcade Creek Park Preserve (about 1.35 miles round trip).

Key sponsors include SOAR Neighborhood, Arcade Creed Neighborhood, the Citrus Heights Lions, the City of Citrus Heights, and SMUD. The Community Center is located at 6300 Fountain Square Drive. For more information, call Dr. Jayna Karpinski-Costa at (916) 599-3647 or via email at vetlaw@drjayna.com.

Source: Dr. Jayna Karpinski-Costa ★

WE SUPPORT OUR MILITARY

Miss Citrus Heights Crowned Miss Northern California



The winner of the 2015 Miss Northern California pageant is Shadi Rezaie of Citrus Heights. Photo by Joy Porter of Winding Road Imagery

CITRUS HEIGHTS, CA (MPG) - Recently, 34 contestants competed in the Miss Northern California Pageant hosted by

M3 Mall in Grass Valley. The contestants ranged in age from 3 to 60 and included men and women.

The pageant focuses on character and community service. Part of the application process to compete in the Northern California title division is to have won at least two previous titles. This does not include any awarded, elected, or win-by-default titles and proof of

winning is required.

The three judges of the pageant were all ladies that serve their community extensively with their current Queen titles and who also had daughters as title holders. The judging sheets had questions about goals, community service, and platform. The two-day pageant consisted of private interviews with the three judges individually.

An on-stage introduction

included short- and long-term goals as well as a featured platform. The platform is a charity or nonprofit of a candidate's choosing. The candidate must plan to serve this nonprofit during their reign. Next, the candidates were on stage for a pop question and were wearing a passion outfit. A passion outfit's purpose is to visually describe a contestant's goals, dreams, or passions. The final on-stage appearance was in

formal wear.

The winner of the 2015 Miss Northern California pageant is Shadi Rezaie of Citrus Heights. Rezaie attends San Juan High School and is graduating this year with honors. Her senior project was hosting a pageant. Rezaie said, "The purpose of this pageant is to promote self-esteem, poise, class, and teamwork for young ladies

Continued on page 6

GOT MORE LOCAL NEWS?
CALL 773-1111

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

MPG

To place your legal advertising, go to

CarmichaelTimes.com



START YOURS TODAY!

BOTH NEWSPAPERS FOR ONLY \$15⁰⁰ FOR 6 MONTHS!

See inside for details

✓ Citrus Heights Messenger delivers your local community news 24 issues a year.

✓ Get The Sunday Sacramento Bee!

CLINCHED!

THE SACRAMENTO BEE

Memorial Day Tribute

Story and photo by Sheila LaPolla

CITRUS HEIGHTS, CA (MPG) - For Memorial Day, Lance Pyle (pen name Peter Blueberry) has written a poem titled, “The Sacrifice” to honor and remember those who have died in all America’s wars, as well as those who are veterans and active military.

Lance is a local Citrus Heights veteran and poet. His pen name is Peter Blueberry and he reads his poetry to the delight of children and adults.

He visits schools in the Sacramento region and recites from the poetry books he’s written titled, *It’s O.K. To Laugh While you Cry* and *Inside the Mind of a Blueberry*, as well as others. His poems are funny and often teach children how to cope with growing up. He’s read his humorous poem “Road Rage” at the bedside of veterans at Mather Veterans Hospital, brightening up their day with laughter.

Lance is a Vietnam Era veteran, Army Specialist 5th Class, 1968-1971. After serving his country, he became an architect but has since retired because of several bouts of cancer that nearly took his life. After years of depression, one day he recited a silly little

poem to his grandson who commented that he should write poetry. That miracle day changed his life. He’s been writing and illustrating his own unique brand of poetry ever since.

“The Sacrifice” by Lance Pyle

*To the Vet I’ve never met,
And to the Soldier I never knew,
For the life that you’ve laid down,
And the sacrifice we’ve asked of you.*

*You give us life with freedoms ring;
No one, nowhere can match,
And it’s by your sacrifice,
That freedom’s seed will hatch.*

*Through your spirit people see
The darkness fade to light;
The outstretched hand you offer up,
To give them back their sight.*

*Into harm’s way you willingly go,
Without a second thought,
For it’s YOU who pays the precious price
For the freedom that we’ve bought.*

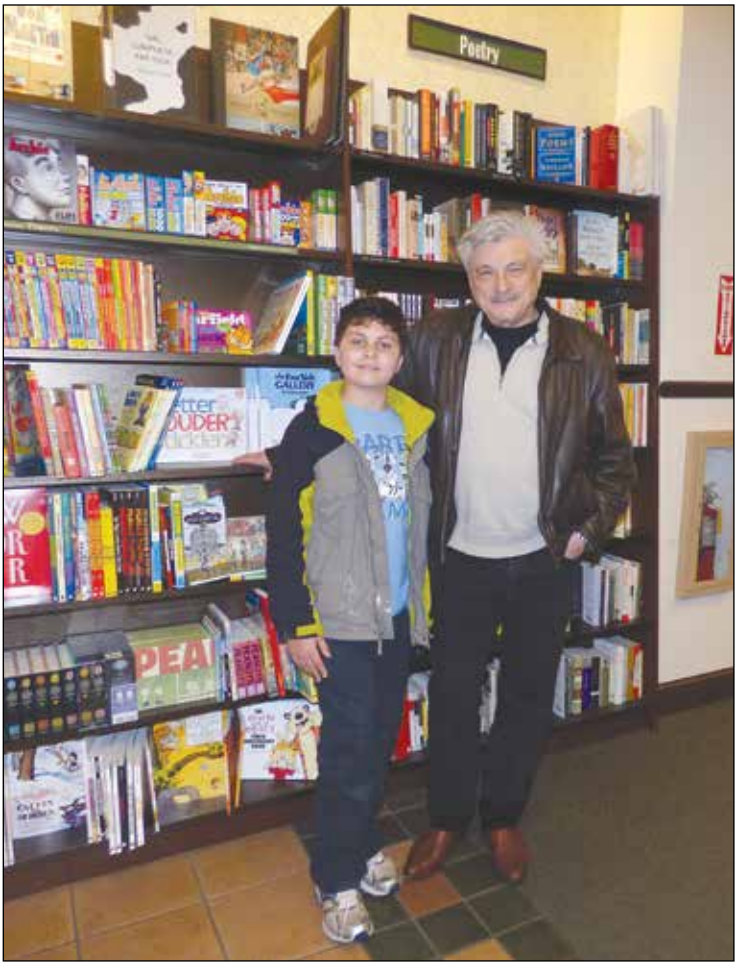
*And, it is OF you, the soldier born
Of a spirit’s gentle might,
That the wage is paid, the sacrifice made
To change what’s wrong to right.*

*So, we weep for those who bear the scars
And mourn those who paid full measure.
And we salute all you who’ve
earned the right
To be called our Nation’s Highest Treasure.*

*And if your faith should wane a bit
From the things we ask of you,
Just know the we, The United States,
Have not lost our faith in you.*

*So, keep your eyes clear and keen,
And your focus sharp and bright,
For your Nation stands by your side
As we pray you’ll be alright.*

*A Nation can only renew its soul
By the sacrifices made;
So we thank you for this precious price,
And the sacrifice you gave.* ★



Lance Pyle, poet, pictured next to his grandson Blake Ryan.

Caring About Your Water Is Our Only Job.

Delivering a reliable water supply to your home at the best possible price is Hector Torres’ only job. As one of our Sacramento-area team members, Hector provides the personalized care you deserve.

California American Water has invested over \$100 million in the past decade to renew and improve the water infrastructure that serves our customers. As the drought continues and water becomes more precious, the investments that have been made to replace aging water mains and install water meters have resulted in water savings for our customers. We will continue to make smart investments so our customers can count on reliable service at a reasonable price.

We’re Here to Help You

For seniors on fixed incomes and families facing financial difficulties, even a small water bill can be a challenge. That’s why California American Water has a financial assistance program, H2O Help to Others™, to help Sacramento-area families who need help the most. Visit www.californiaamwater.com and click on “Rates Information” under “Customer Service” to see if you are eligible to receive a monthly discount on your water charges.

Customers can also learn more about saving water and money by visiting the drought and conservation sections of our website or by calling (916) 568-4201.

HECTOR TORRES
Meter Operator
Sacramento District



CALIFORNIA
AMERICAN WATER

(888) 237-1333 • www.californiaamwater.com



Thank you for your positive feedback regarding our customer service. We strive to provide you with reliable water service and are continually seeking ways to improve.

Citrus Heights Student Wins Americanism Essay Award



Surprise and excitement of the winner and other girls at Perez’ receiving a \$50 bill in addition to the certificate. Photo credit Sheila LaPolla

Continued from page 1

was very proud of myself.”

Honorable Mention certificates were presented to Cindy Carranza and McKayla Schroeder. The entire class also received tickets to Sunrise Rollerland Skating Rink compliments of the ALA.

House said of the experience in an email, “It was a wonderful opportunity for my students to put into words how they show they’re proud to be an American. It started a valuable conversation in our classroom about all the blessings we enjoy in this country. Many of my students are from other countries and quickly came to realize why their parents wanted to come her to help assure a better future for them.” Alejandra Perez’s essay is below:

How Can I Show that I am Proud to be an American?

There are many actions I could take to show I am proud to be an American. For example, I could recite the Pledge of Allegiance whenever I can. Not just reciting it blindly, but fully understanding what I am saying and knowing what it means when I say it.

I can show that I am proud to be an American by showing gratitude for having an education. We have to appreciate the fact that we have free education. In many other countries they don’t have this opportunity that we have because the children either have to start working at a young age, or they don’t have enough money to go to school. This is why we have to take advantage and be thankful that we live in this country

and have an education. We must work really hard while we’re at school.

Another way I could show that I am proud to be an American is to acknowledge everything that has happened in the past to lead up to what America is today. For example, Martin Luther King Jr.’s speeches about segregation and equality which inspired Americans to end unfair laws and how, because of him and many other brave protesters, bathrooms, schools, stores etc. are no longer segregated by skin color.

America isn’t perfect, and neither are the people that live in it, but we have so many things that other countries don’t have such as free education and brave leaders that we should be proud to be Americans and be especially thankful we live here. ★



Our home loans are putting up some amazing numbers.



ADJUSTABLE RATE MORTGAGE

3.00%

3.01%^{APR}

NO LENDER FEES

No matter where you find your perfect home, your perfect home loan is waiting for you right now at SAFE Credit Union. Right now, we’re offering an Adjustable Rate Mortgage at a low 3.01% APR. Then, we’ll make a great deal even better by waiving the cost of lender fees. For more details, visit us at a SAFE branch today or online at safecu.org.



SAFE

(800) SEE-SAFE safecu.org Change the way you bank.



NMLS# 466072

*APR accurate as of 04/01/2015 subject to change, and may increase after consummation. Subject to credit approval and membership eligibility. \$900 in SAFE origination costs waived. Third-party fees apply. Excludes FHA, VA, and refinance transactions. Cannot be combined with any other offers. Offer expires 5/17/2015. See SAFE for details and other restrictions.



FREE MOVIE NIGHT

Saturday, May 9th

Citrus Town Center is proud to present the first of a series of FREE outdoor movies this year with Big Hero 6. Pre-movie entertainment starts at 7:30. The movie will start at dark.

- FREE Movie
 - Popcorn
 - Raffle
- Music
 - Cartoons
 - Much more!

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

- Apparel & Accessories**

 - Carter's
 - Dress Barn
 - Marshalls
 - Once Upon A Child
 - Red Wing Shoes
 - Skechers

Specialty Services

 - Bella Nails
 - Coastal Dental
 - I B Tan
 - Sunrise Chiropractic
- Restaurant & Food Beverage Service**

 - BevMo
 - Black Angus
 - La Fiesta Taqueria
 - Panera Bread
 - Pizza Hut
 - Round Table Pizza
 - Sprouts Farmers Market
 - Wendy's
 - Wingstop
- Specialty Retail**

 - GameStop
 - Party City
 - Petsmart
 - Rite Aid
 - Staples
 - Wig Galleria

Coming Soon:

 - Gymboree
 - Half Price Books

Like us, follow us or pin us, be a part of our social media





By Ronnie McBrayer

Recently, on a visit to my hometown, I took the time to drive by the house that had been my childhood home. It was the first time I had seen it in nearly two decades. It was largely unchanged except that it seemed so much smaller. Surely, the house, and what I thought had been a sprawling front yard, had shrunk over the years.

How else could Shane, Michael, Zane, Tammy, Connie, Angie, Sarah, Elvis (yes, there was a kid named Elvis in the neighborhood), Jeff, Cotton, Jamie, Richie and myself have all fit in it to play baseball every summer evening? Now, the front yard looked like a meditation garden it was so small.

Not everything, however, was small and nostalgic. The neighborhood itself had gone to seed. Homes were completely abandoned. Once beautiful yards were overgrown. Everywhere I looked I saw the same thing: Dilapidated, deteriorating, run-down homes.

So what happened? It was a failure of vigilance more than anything else. Everyone moved out or moved on, and homes that aren't lived in break down. The same can be said for our hearts. By "heart," of course I'm not speaking of the cardiovascular system, but the mysterious, inner person.

Almost all ancient languages refer to the heart as the core or essence of a person. Thus, we



You Are Stuck With You

have the admonition from the Hebrew sage: "Above all else, guard your heart, for everything you do flows from it." The writer wasn't referring to elevated concentrations of LDL cholesterol or high triglycerides (though one should be cautious of these, for sure).

He was addressing the spiritual center of the person, for the heart can become as overrun as an abandoned home, as fallen into disrepair as a forsaken neighborhood if one doesn't stay with it. And I mean exactly that: You have to occupy that space, living at the center of who God has made you.

It's tempting to run away from who you are, moving out and moving on, but at the end of the day (literally and metaphorically) you have to come home to yourself. And home will not be a very pleasant place if you haven't taken care of the space, if you have no center - no core - if you haven't taken care of where you live.

Put bluntly, you are stuck with you; and if you have let your heart go to seed, how can you ever be happy occupying a place like that? If your heart has been given over to the wilderness, if the dust and mold are a foot deep inside, and if cockroaches, critters, and cobwebs have taken over the joint, why would anyone else want to share that space with you?

Chris Hurst, a young songwriter from Nashville, asks this

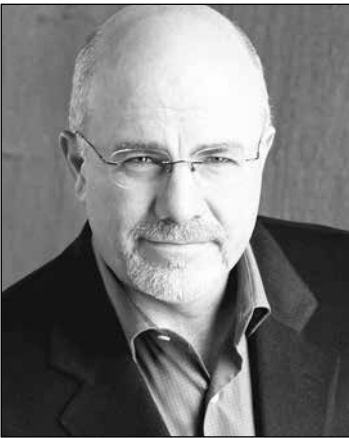
question: "How do you break a heart?" He answers, "You abandon it. Slip out in a moment of weakness and vulnerability; when it has turned its back. Leave it lonely. A heart cannot be crushed. It cannot be pierced. It cannot be gagged. It must be neglected. Then and only then will it break."

I dare say that most of the heartbreak and heartache we suffer is not the result of what others have done to us, but what we have done to ourselves, the result of our own spiritual indifference. Yet, the forgotten and abandoned heart can be revived. It will take some time and hard work, mind you, but time and hard work will get it done.

Trim the hedgerows with prayer or meditation. Cut the grass, that is, keep bitterness and unforgiveness nipped in the bud. Repair those broken places of the past, long ignored. This kind of sweat equity will clear the cobwebs and clean the windows, allowing the light to shine in, and you'll begin to feel safe and sheltered.

Guard your heart and you just might learn to love the person God has made you to be and the life he has given you to live. Give your heart the attention it deserves, and you just might discover a wonderful place to call home.

Ronnie McBrayer is a syndicated columnist, blogger, pastor, and author of multiple books. Visit his website at www.ronniemcbrayer.me. ★



Dave Says

cost you 10 times that or more.

Still, the best way to build wealth and have a high-quality financial life is to not be in debt. You're never going to win with money in the long term if you can't learn to delay pleasure. That's the bottom line. Personal finance is about controlling the person you see when you look in the mirror.

Every one of us has that little four-year-old kid inside, a little kid whose name is Immaturity, and he or she wants what they want right now. What your wife is asking is a normal request, but it's also a sign that we all have to address that little kid that's inside us once in a while — and tell that kid no!

—Dave

Car debt

Dear Dave,

My wife and I have just started getting on track with our money. We have \$2,000 in savings, and the only debt we have is our house and two cars. I work in the oil and gas industry and make about \$180,000 a year, but things are pretty volatile right now. We're upside down on both vehicles, and we owe \$39,000 on one and about \$48,000 on the other. Under the circumstances, should we go ahead and build a fully funded emergency fund or work on paying off the cars?

Kendall

Dear Kendall,

Are you kidding me? Sell the cars, dude!

You need to go to Kelly Blue Book's website right now, and find out what your cars are really worth. Then, put them on the market as a private sale. You'll get thousands more selling them that way than you will at a dealership. You'll have to talk to a local credit union or bank for a small loan to cover the difference, plus a little bit more so you guys can get a couple of little beaters to drive for a while.

But man, you've got close to \$100,000 in car debt hanging over your heads. That's a disaster! I want you to take a moment and think about how things would be without these stinking car payments. Your lives would change completely!

Hopefully, you'll be able to keep your job. But this car debt is the scariest thing I've heard in a long time, even with your great income. Get rid of those things now!

—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. ★

IN MEMORIAM

Charlotte L. Weise (Koehn)

3/25/1916 – 4/17/2015

Born on March 25, 1916, in Milwaukee, WI, Charlotte passed away in her sleep just weeks after celebrating her 99th birthday with family and friends. She was living in the home that she, along with her first husband Gerald H. Koehn and two sons, started building back in 1957 when they moved out west from East Troy, WI finally settling in the Citrus Heights area. She is survived by a twin sister, Connie Sniderwin in Wisconsin; two daughters by marriage, Joann Davis of Rancho Mirage and Barbara Hayes of Las Vegas, NV; and those two sons, Gregory Koehn and Dennis Koehn; along with many grandchildren, great grandchildren, nieces, nephews, and cousins spread across the country.

Charlotte worked as a waitress most of those years starting in East Troy, WI, then in Roseville, Citrus Heights, Folsom, Sacramento, Auburn, and Sonoma after their migration to California.

In the first years, her family helped start Messiah Lutheran Church in Citrus Heights while her two

boys attended Sylvan Elementary and San Juan High School. In 1974, she moved to Sonoma, CA, with her late husband William "Bill" Weise. While living in Sonoma she was a very active member at the Faith Lutheran Church, the Sonoma Valley Grange #407, Sonoma Valley Garden Club; and the SV Loyal Order of Moose where she and her two sons often celebrated her birthday at the March dinner.

Charlotte and her late husband loved to travel. They went to Europe twice, took 5 ocean cruises and crossed the US at least 10 times, visiting family and friends along the way.

Coming from the farm country of Wisconsin, Charlotte always had a garden. She loved to cook, bake and she canned just about everything you could imagine. One of the favorites with her family and friends were her pickled beets. They were the hardest to keep on the shelf. Charlotte was extremely outgoing and loved to entertain. She will be greatly missed by all of those who knew her.



By Marlys Johnsen Norris, Christian Author

The beauty of belonging to the family of God is never ending. Yesterday a friend shared with me a prayer that was written some years ago by Clair Conniger. It is so beautiful it touched my friends heart and mine. I decided possibly God wanted to bless you as well.

So here goes –

Dear Child,

Before you open my Word

Prayer As You Read Your Bible

(Bible) this morning, stop and consider what you are holding in your hands. It is more than paper and ink, more than words and sentences. You are holding in your hands the very essence of who I AM! My word is my nature, my wisdom, my guidance, my love distilled into letter form. You are holding health and life, truth and healing. Keep My Word before you eyes. Give it permission to roam the rooms of your heart—cleaning, straightening, rearranging; closing doors on some things and opening windows on others. My Word can be for your heart, a companion, a hearth, and a housekeeper; guard against intruders. And so, as you open My Word this day, read with your eyes, but listen with your life. I want to speak to you.

Signed God

May the words of this little prayer prove to be an anointing on you as you read the Bible this day.

Through the years reading the Bible has been a never-ending experience of walking into the ways of God. Reading His "Book of Love" and plan for our lives and giving direction and guidance to make our lives more meaningful and blessed. His Word is so clear and pure but I never thought that it as like holding the "very essence of who He IS" in my hands. Reading and study certainly helps one to really "know and love" God with ones whole heart.

Marlys Johnsen Norris
Christian Author of 7 books
Marlysjn@gmail.com ★

YOU'RE INVITED!

Sundays 10:00a.m.

"We do Church Differently"

www.nbc4u.org | (916) 992-1997

Grace Baptist Church

Come and Experience God's Amazing Grace

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung.

Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible

Service Schedules

Sunday Schools (All Ages) 9:45am

Sunday Worship II 9:00 am

Sunday Evening 6:00pm

Wednesday Evening 7:00pm

6724 Palm Avenue, Fair Oaks, CA 95628

(Located one block South of Madison; just East of Dewey)

Pastor Charles Carter (916) 967-3915

Call for more information

LAW OFFICE OF RICK MORIN

DROWNING IN DEBT? GET HELP!

Get a FRESH START!

- Get out of debt and save money!
- Stop harassing phone calls.
- Stop lawsuits and wage garnishments.
- Free consultation and payment plans.

Don't Delay. Call Today!

331 J Street #200, Sacramento, CA 95814

(916) 258-5435 • www.sacramentobankruptcyoffice.com

Law Office of Rick Morin • Helping Consumers with Bankruptcy and a Debt Relief Agency

Delivery Routes Available!

Call (916) 773-1111

All Gave Some; Some Gave All

Memorial Day at Sylvan Cemetery

By Jim Monteton

CITRUS HEIGHTS, CA (MPG) - Every year, Sylvan Cemetery in Citrus Heights honors those that gave their lives in the defense of their county. This year, the Memorial Day service will be held on Monday, May 25th at Sylvan Cemetery located at 7401 Auburn Blvd. in Citrus Heights.

The ceremony begins at 10:30 a.m. with a march through the historical section of the cemetery, stopping briefly at each flag station to read a prayer and salute the flag. Those marching include members of the American Legion and American Legion Auxiliary, Veterans of Foreign Wars (VFW), Sons of Union Veterans of the Civil War, Sons of the American Revolution, Boys Scout troop 228, Police Officers of the Citrus Heights Police Department and all others that wish to march.

This march will last about 30 minutes and will conclude at



the gazebo where there will be a one-hour ceremony. Many of those marching will be in uniform—past and present—from the American Revolution to modern day.

History of Memorial Day: Three years after the Civil War ended, on May 5th, 1868, the head of an organization of Union veterans—the Grand Army of the Republic—established Decoration Day as a time for the nation to decorate the graves of

the war dead with flowers. Major General John A. Logan declared that Decoration Day should be observed on May 30th. It is believed that date was chosen because flowers would be in bloom all over the country.

The first large observance was held that year at Arlington National Cemetery, across the Potomac River from Washington, D.C.

Source: U.S. Dept. of Veterans Affairs ★

Miss Citrus Heights Crowned Miss Northern California

Continued from page 1

in my school. For a long time I have been bullied because of my heritage, weight, and looks. I felt alone most of my childhood. My first pageant was the ‘Miss Sacramento’ pageant; it was the most nerve-racking experience of my life, and although there were more gorgeous girls competing, I had the strength and the tools to win. After that pageant I competed and won the ‘Miss Teen California’ and ‘Miss Capitol City’ titles. These titles were from pageants directed by the late Mary Purvis of Citrus Heights.”

Rezaie wore the passion outfit of Rosie the Riveter. When

she was asked why she wore this passion outfit, she replied: “She provides motivation and proves that you can still be feminine while being tough and strong.” Her favorite book is The Great Gatsby and her favorite quote is “Whenever you think about quitting, just remember why you started!” Her platform is Relay for Life because she was the caretaker for her mother and had to witness the heartbreaking events she went through to survive cancer.

Rezaie was also asked what makes her unique. Her answer was, “I believe that no two people are the same, because being unique in every way is beauty in its own

respect.” Rezaie was crowned in a full-length beaded red gown and wore Motives Cosmetics, provided by M3 Mall. She will complete her senior year at San Juan High School while working full time and will make appearances year-round with her court. Congratulations to Miss Shadi Rezaie!

For more information about the Northern California Pageant system, contact Melisa Mistler of M3 Mall at melisa@m3mall.biz or text (530) 205-8462. You may call to book service opportunities for the 34 court members or to find out more information on competing.

Source: Melisa Mistler-Yates ★

LETTERS TO THE EDITOR

Droughts Are Historically Cyclicle and Always Have Been

To Whom it may Conmcern:

And that is all Californians. Droughts are a frequent occurrence in California and else where. There are, from historic records, droughts that have occurred in cycles. The cycles are not perfect, in that they are not exctly predictable. When I worked for the U. S. Bureau of reclamation, as a hydrologist, I worked up a prediction in the mid 60’s that a drought would occur in the vicinity of 1976-77. I have heard of different cycles that occur simultaneously, and interact. This is why the cycles are not absolute, but vary by a few years from an exact number of years. And the same cycles may not apply to the whole world.

In 1928-34, a similar drought occurred. I have not checked with DWR, or Corps, or Reclamation to see if this drought is more critical than the previously recorded drought. From a statistical standpoint, there is always a greater event that will occur in weather. There is always the chance for a bigger flood, drought more severe, higher temperatures, colder temperatures, less rainfall in a month, more rainfall in a day/ hour/week/month/year!

But that aside, California is classed as Semi-arid. That means it is not expected to be very wet, and not all the time. Thus those who live in a wet area, behave differently than those in a desert, and differently in a semi-arid area.

As the population grows in any area, changes in water use occur or become necessary. Fewer people can live in a desert, than can live in a wet area. Likewise, those who live in a semi-arid area, have to be prepared for the dry periods.

California has been lax in preparing for a longer term drought. Partly due to the limitations imposed on the planners.

We in Reclamation, studied Sites reservoir 30 years or so ago, but were limited to the benefits we could claim, and therefore could not prove it feasible. The benefits we were allowed to use for the water developed was limited to pasture and hay crops that were of low value. Had we been allowed to use Almonds as a benefit, it would now exist, and would help reduce the effects of the current drought. By the way, this drought is not going to last forever, if history can be used to fortell the future. The climate is always in a state of change, and it is not always bad.

California----Californians at this time are being faced with a drought [likely] larger than previously encountered. And because nature [God] has been kind to us, we have hot had to adapt very much. HOWEVER we can now see that our climate is going to require us to do things differently in the future.

The rules that reduce the flows of devices won’t save very much, because very few people turn on any flow device to maximum all the time. SO WHAT TO DO? The biggest saver in metropolitan areas would be being prepared to use grey water. Grey Water? That is reusing water that was already used for some other purpose. IF all new homes were equipped with grey water recycling, that is, capturing water from showers, tubs, clothes washers*, dishwashers*, and capturing rinse waters in the kitchen, and reusing it to water trees, shrub, and lawns. New cities or suburbs should have grey water recycling piping installed for municipal reuse. Grey water

from apartment houses could be used on golf courses, highway medians etc. The grey water could also be used to irrigate crops/gardens. Retrofitting homes will be expensive, but it would allow for some lawns to exist, or shade trees, ornamental or not.

So these agencies legislating by rules, should look in a more productive direction, plus the populace will need to be educated in the ways this can be done. Saving water is not cheap.

I live in one of the high use areas, Fair Oaks/Citrus Heights. In general in 2014 our water bills showed we had used 40% less than 2013, until the last bill which was back to 2013 level, because I had to water a garden that was feasible several months before normal due to the higher temperatures. To achieve these lower uses, I placed mulch around trees, for about 6 feet, and hand watered trees and flowers and did not water the lawn. I also hand watered the garden where crops were growing and not areas that did not have crops as was normal with sprinklers.

I also only flush the toilet when there is a solid excrement, or five uses. It is already a 1.28 gallon per flush toilet. IF YOU cut back on flushing you need to also add vinegar, about 1/4 cup, or hydrogen peroxide, after each flush. I gargle with hydrogen peroxide, and spit into the toilet to reduce deposits.

When we pool our thoughts there are no doubt more ways to save water but these are some of the more benficial in terms of net gain.

*Soaps/detergents being compatible

-Dale Creasey PE Retired - Hyuddrologist with U/S. Bureau of Reclamation ★

The Death of America

From Tom Dowdy:

The slow death of America started on April 8, 1913 the day the Seventeenth Amendment was ratified by 3/4 of the states. Since that time the decline of states power has been continual and steady.

This year with the help of the John Birch Society, the Eagle Forum, George Soros and all the way far left organizations they have just about put the last nail in the coffin.

Our country is split into and the only way to save us is through an Article V amending convention to stop the abusive power of this federal government. The Convention of States project has proposed bills in 41 States. So far they have pass both houses in 3 states. Eight States have failed to pass or have tabled their bills. 21 states have passed in one house.

The John Birch Society, and the Eagle Forum have chosen to

oppose the last legal means to stop this run a way government. The Constitution only allows for amendments and nothing else. What they do not understand is if we continue to do what they want, which is NOTHING our Constitution will be thrown in the trash in less than 5 years. www.conventionofstates.com ★

All letters to the editor are published as we receive them.

Are You Carrying Bricks In Your Backpack?

Procrastination! Ugh! What a word that is. But, we're all guilty of it - whether it's putting off laundry or doing your taxes - it's usually related to some task or chore we just don't want to do.

The same is true about making final arrangements. Who wants to think about, or talk about, death. And with so many more fun things to spend our money on, who wants to pay for it?

Well, just like taxes, death is something unavoidable, and when it’s done - what a relief that is. You can then unload that brick from your backpack and have some peace of mind. If you still need motivation, consider these points:

- You get to arrange what you think is best and not expect family members to know your wishes
- You can know that once your pre-arrangements are made, your wishes will be carried out
- You get to relieve your family from that burden of planning your funeral when they are grieving
- You can minimize disputes between your well-meaning relatives
- You can set up affordable monthly payments so the financial burden does not fall to your surviving family members
- You will show your love in a way your family will never forget

We hope these tips are useful. *Call us today for an appointment and let us help you unload some bricks from your backpack!*



Come to one of our Monthly Free Luncheon or Dinner Seminars to find out more about how you can lighten your load and receive tremendous peace of mind.

Friday, May 28 11:30 am to 12:30 pm **Thursday, June 25** (Dinner) 6:30 pm to 7:30 pm **Wednesday, Aug. 29** (Dinner) 6:30 pm to 7:30 pm

Sierra Hills Memorial Park & East Lawn Mortuary
5757 Greenback Lane, Sacramento, CA 95841
Tel 916.732.2020 Lic. #FD-1242
RSVP: Shannon at shannonb@eastlawn.com

Reservations Required, Please RSVP to the location of your choice. Seating is limited to 30 attendees per seminar.

Check our website for other locations, dates and times.

www.EastLawn.com



CALL 773-1111 TO ADVERTISE
www.CitrusHeightsMessenger.com

Mandatory Cut Proposal Concerns Citrus Heights Water District

By Chris Gilbert

CITRUS HEIGHTS, CA (MPG) - Of the 23 Sacramento-area water districts, 13 face the maximum water use cutbacks at a 36% water use reduction per month for June 2015 through February 2016 (compared to 2013 water usage) under the latest recommendations from staff for the State Water Resources Control Board. The Citrus Heights Water District is not among those 13 but would have a mandated reduced water use of 32%.

“We did write a letter of concern about the methodology,” said the District’s conservation specialist, Rex Meurer. “They’re using data that may not reflect the current conditions. It’s just a straight across cut for everyone.”

The cuts are based on gallons-per-person-per-day for September of last year. For the Citrus Heights District, that was 195 gallons. The statewide average was 124. The conservation rate for June 2014 to February 2015 was 19%, which was close to the Governor’s voluntary goal at the time of 20%. If that average were to continue this summer, the district would need to reduce usage by another 13%.

A number of Sacramento-area

districts contend they should not be compared against the cooler coastal cities where less water is needed in the summer and where many residents live in higher-density communities with smaller lots. Many disagree with the implication that watering lawns is an unreasonable use. Some also dispute being included with areas that don’t have strong water rights and mostly import their water from other regions.

There are still no mandatory watering days in the Citrus Heights District, although two days a week is recommended by the state. “I believe we’re headed that way,” said Meurer. “That’s going to be our biggest opportunity to reduce, is the outdoor watering during the summer months.”

Many people still believe they use more water indoors than outdoors. But, “easily, at least 60% of total use is outdoors,” said Meurer, “up to 80% for some of the bigger lots.”

The district’s water is 100% metered, but many parts of the Sacramento region are not, which is another reason why consumption is among the highest in the state.

Meurer said the number of

warnings has gone up significantly, although not a lot of fines have been issued. “We do our patrols,” he said. “We follow up on a lot of calls.” That includes for such things as water running off from lawns onto sidewalks and storm drains.

So what else can be done? “Lots of public outreach,” Meurer said. “We’re not going out there to penalize them. We want to educate them and get them to change some behaviors. I think with all the press... that goes a long way for us, to keep the drought in the forefront and let the customer know this isn’t going away. It’s going to get worse this summer and we all need to work together.”

Officials at the State Water Resources Control Board say if all districts met their mandates, the total savings would be around 1.3 million acre-feet of water, or about the current level at Lake Oroville. Districts that don’t reduce adequately face fines that would start at \$500 a day.

And more tweaking of reduction percentages is still possible from the Board after considering all the feedback from districts, residents, and public officials. ★

Stroke Survivor to Ride 100 Miles for Veterans



Cardoza reminds readers that May is National Stroke Awareness Month. He has shared his story with over 1,200 students this year. Each year, almost 800,000 strokes occur in the United States. Photo by Kendra Cardoza

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - On June 1st, 2014, stroke and two-time brain surgery survivor Matt Cardoza celebrated a decade of rehabilitation and recovery by completing his second 100-mile (century) bicycle course around Lake Tahoe. He completed this feat as part of the “America’s Most Beautiful Bike Ride.”

Today, Cardoza is training to complete his third century course on June 7th of this year. He will be riding to support veterans through two veterans’ organizations. Cardoza’s team of eight will consist of his wife Kendra and six friends; additional team members are welcome.

Aside from his support of veterans, Cardoza is an advocate of stroke awareness as he survived a stroke in 2008. In 2003, Cardoza survived a biking accident where he was hit by a car. A benign tumor was discovered during an examination following the accident. It was removed. Annual checkups to test for a

tumor proved to be negative until 2008. During surgery to remove the second tumor, a blood vessel was accidentally severed. It caused a stroke, leaving Cardoza completely paralyzed on the left side of his body. His 2014 ride was the culmination of over a decade of hard work and healing.

Cardoza reminds readers that May is National Stroke Awareness Month. He has shared his story with over 1,200 students this year. Each year, almost 800,000 strokes occur in the United States. Strokes, sometimes called brain attacks, occur when a blockage stops the flow of blood to the brain or when a blood vessel in or around the brain bursts. Although many people think of a stroke as a condition that affects only older adults, strokes can and do occur in people of all ages. In fact, nearly a quarter of all strokes occur in people younger than age 65.

Cardoza thanks his supporters on his company’s website, saying “Last year, with the help

of my family, friends, clients, and the community, over \$2,000 was raised for the Citrus Heights Veterans Community Center. I am very grateful for all of the support as I had no idea what to expect. In 2015, there are two nonprofits I have decided to raise money for, the C.H. Veteran’s Community Center and the Joseph House Foundation.”

The Citrus Heights Veteran’s Community Center on Sylvan Road continues to provide a safe place for veterans to gather and heal from their military experiences. The Joseph House Foundation provides ongoing respite care for Gold Star Families to help them work through their grief towards becoming empowered survivors.

Personal and private donations toward Cardoza’s fundraising effort are accepted any time. To have your name on team jersey or to join the team contact www.yourdonationplease.com or call Matt at (916) 534-3245.

Source: American Heart Association ★

May is Building Safety Month

WEEK 1



DON'T GET BURNED
BUILD TO CODE

WEEK 2



BOUNCE BACK FASTER
FROM DISASTER
BUILD TO CODE

WEEK 3



WATER SAFE,
WATER SMART
BUILD TO CODE

WEEK 4



SAVE ENERGY
BUILD TO CODE

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Building Safety Month is a public awareness campaign offered each year to help individuals, families, and businesses understand what it takes to create safe and sustainable structures. The campaign reinforces the need for adoption of modern model building codes, a strong and efficient system of code enforcement, and a well-trained, professional workforce

to maintain the system. An informative display will be located at City Hall during Building Safety Month with bulletins, brochures, and small giveaways. There are a total of four weeks, all with a different theme and focus:

- **Week 1:** Don’t Get Burned—May 4th-10th
- **Week 2:** Bounce Back Faster From Disaster—May 11th-17th
- **Week 3:** Water Safe, Water Smart—May 18th-24th
- **Week 4:** Save Energy—May 25th-31st

The Building Department will host two events, a kickoff and send off. The kickoff will be May 4th at 2:00 p.m., while the sendoff will be May 28th at 12:00 p.m. Both events will be held at City Hall and an RSVP is required. For more details, please email Susan McLendon at smclendon@citrusheights.net or call (916) 727-4761. ★

Windows & Patio Doors

Energy Efficient • Noise Resistant • No Stucco Damage



BROTHERS
HOME IMPROVEMENT
WINDOWS & DOORS

www.BrothersHomeImp.com
(916) 724-1480 CA Lic 699009

A True Family Business. Owned & Operated by NINE BROTHERS & SISTERS always striving for your COMPLETE SATISFACTION! Serving the area since 1994.

Celebrating 21 Years in Business!
Over 50,000 Satisfied Customers

- ✔ Quality Craftsmanship
- ✔ No Subcontractors
- ✔ Lifetime Warranties
- ✔ No High Pressure Sales
- ✔ InstallationMasters™
- ✔ Certified Installers
- ✔ AAMA & Lead Certified

\$75 OFF
Per Window

\$150 OFF
Per Door

Not valid with other offers or prior purchases. Expires May 31, 2015.

SAVE
12 Months / No Interest
Financing

Senior Discounts • Free Estimates
On Approved Credit. Ask for Details

Check our reviews on yelp.com

Ranked among the Top NATIONWIDE
by Qualified Remodelers

Sacramento Hospice.com



Hospice Resources Patient Needs Caregiver Needs

Earn \$200 per month for just a few hours delivery work per week!

CALL 773-1111





CALL 773-1111 TO ADVERTISE

The Perfect Combination!



Start Yours Today!

Get a 6 month subscription for only:

\$15⁰⁰

**Citrus Heights Messenger**
delivers your local community news, twice monthly.

**Get The Sunday Sacramento Bee** every week!

YES! START MY SUBSCRIPTION NOW!

NAME _____

ADDRESS _____

CITY _____ ZIP _____

PHONE (____) _____ EMAIL _____
(OPTIONAL)

☐ * To opt-out of delivery of the Sacramento Bee, simply check this box

MAIL YOUR PAYMENT TO:
MESSENGER PUBLISHING GROUP
7144 FAIR OAKS BOULEVARD, SUITE 5
CARMICHAEL, CA 95608

CHM
**Some delivery restrictions may apply.*

As a valued Citrus Heights Messenger subscriber, you receive the Sunday Sacramento Bee as part of your subscription. BOTH NEWSPAPERS FOR ONLY \$15 FOR 6 MONTHS!

IT’S THE PERFECT COMBINATION!

Offer available to new and current subscribers. To take advantage of this unique opportunity please call (916) 773-1111.

CALL A PROFESSIONAL Business & Service Directory

LANDSCAPE SERVICES

SLS

Insured
Lic#794551

Superior Landscape Services
Landscaping and Maintenance

- Sprinkler Repair/Install • Pruning
- Mowing/Trimming • Fertilizing

(916) 728-5812 • Cell (916) 761-0999

Dave Cochran Owner • dave_SLS@surewest.net

PARALEGAL SERVICES

Living Trust • Living Will

Includes: Trust, Will, Powers of Attorney,
Family Residence Deed
Single \$450 • Couple \$495

Call Lynda K. Knight (916) 214-1215
1337 Howe Ave. Suite 103, Sacramento

CONSTRUCTION SERVICES

Brasiel's Construction Company

Specializing in
Residential Remodel and Repair
*In addition to other services, we do
bathroom remodels, kitchen remodels,
pest report repairs and entire home makeovers.*

Call for a free estimate:
Office Phone (916) 725-4061 • Cell (916) 745-2447
E-mail garybrasiel@surewest.net
Website: www.brasielscostructioncompany.com

PLUMBING SERVICES

BROWNS & WILLIAMS

Contractor • State License # 889339

YOUR Plumbing Problem
is OUR Business!

*\$ Low Budget Prices \$
Honest & Reliable
30 Years' Experience*

15%
Labor Discount

Expires
09-01-15

(916) 871-7624

GENERAL CONTRACTOR

A Retired General
Contractor and Son

All Home Repairs

- Carpentry • Plumbing • Texture
- Kitchen and Bath Repair
- Tile Work • Painting
- Flooring - Linoleum and Wood

License # 684476 25 Years in
Citrus Heights

Call Tim at 916-495-6183

TREE SERVICES

Leonard's Tree
Service

- Topping • Trimming
- Removing
- Stump Grinding

Small and Large Jobs
FREE FIREWOOD!

CL#926622

Call 447-1686

HANDYMAN

CARPENTER DAVIDMACK

Handyman • 25 Years Experience
Bus. Lic. # 636425

Honest Man • Quality Work

- Doors Specialist • Dry Rot • Roof Repairs
- Painting • Sheet Rock • Texture

All Floors, Windows, Decks, Tiles, Patios A to Z

- Exterior Sidings • Plumbing • Electrical
- Dump Hauling • Floor Boards • Gutters
- Auto Body and Spot Painting

916-548-8249

DENTAL CARE

Dr. John C. Riach
Dr. Michael B. Holm
Dr. Guy E. Acheson

AMERICAN RIVER DENTAL

Appointments 7 a.m. to 7 p.m. • New patients welcome
IV Sedation-Nitrous Oxide • Orthodontics

10350 Coloma Rd. 362-9247

LEGAL SERVICES

BONES LAW FIRM

Gordon G. Bones
Attorney at Law

The Law Firm provides the following legal services:
• Bankruptcy • Business and Corporate Matters
• Trust and Trust Administration
• Estate Planning • Probate and Conservatorship
• Family Law

P: 916.965.6647
F: 916.965.4218

gbones@boneslawfirm.com

PAINTING SERVICE

QUALITY A PAINT SERVICE

22 Years Experience ♦ Testimonials Available ♦ Bonded & Insured

Prefer Small Jobs - My Specialty!

- 2-3 Rooms ► 2-3-4-5 Doors
- Single Family Homes
1200-1500 Sq Ft.

916-967-0763 State Lic. 646386

HORSE RANCH SERVICES

HHR Hughes Horse Ranch

Providing Quality, Caring and
Professional Horse Boarding
in Carmichael since 1983

DRY STABLES
AND RUN

\$200/MONTH
916.944.3119

- Large Covered Pipe Corral Stalls
- Individual, Secure Tack Lockers
- Horses Fed Alfalfa Twice Daily
- Automatic Water Systems
- Cement Wash Rack
- Riding, Grazing and Turn Out Pastures
- Arena • Trailer Storage
- Riding Distance to Ancil Hoffman Park

CEMETERY SERVICES

Respectful,
Affordable Burial

Endowment Care Facility
Beautiful Park like setting
Monuments allowed • Cremation Niches
Commingle Scattering Garden
Quality & Affordable Service

Fair Oaks Cemetery District

7780 Olive St., Fair Oaks, 95628

916-966-1613

PET SITTING SERVICE

Professional, Loving
PET CARE

Established Reputation
Kennel Free Environment
Lots of TLC

Call Madeline
(916) 723-1608

DRUG AND ALCOHOL REHABILITATION

CLEAN & SOBER
LIVING
CSTL, Inc.

HELPING PEOPLE AND THE COMMUNITY WITH
THE ALCOHOL AND DRUG PROBLEM!
18 YEARS IN BUSINESS!

DETOX (916) 965-3386 SOBER LIVING (916) 961-2691

PAINTING SERVICES

Anni The Painter

One Room
at a Time
Okay!

- Perfectionist
- Ideas • Kid's Rooms
- binets • Bathrooms
- Kitchens • Etc.

New Molding Installs • Small Jobs OK!
Lic # 733938 • Free Bids

916-532-6194

COMMERCIAL JANITORIAL SERVICES

The Superior Choice For Commercial Cleaning

Anago Commercial
Janitorial Service

CLEANING SYSTEMS
OF SACRAMENTO

Call to schedule your
FREE Quote

916.782.3300 • www.ANAGOSAC.COM

FUNERAL SERVICES

RUSS MONROE'S

FUNERALS & CREMATIONS

FD 1404

7960 WINDING WAY
FAIR OAKS, CA 95628

Tel (916) 9611265
Fax (916) 9612430

Call to
Advertise
Here

773-1111

Messenger
Publishing
Group

MPG

PLUMBING SERVICE

24/7 Emergency Plumbing

French Connection
PLUMBING

Call French Connection Plumbing today and Frenchy
will be happy to take your plumbing worries away.
Contractor State License #936953

916-833-7618
www.frenchysplumbing.com

10% OFF*
*Labor costs when
you're a new
customer of French
Connection
Plumbing.
Offer valid through 06/01/15.
Valid only in areas serviced.
Not good with any other offer.

HOME OWNERSHIP

1st Time Home Buyer??



LYON
REAL ESTATE
www.GotLyon.com

Me out
Charles
Vines
Broker Associate
(916) 216-9349
DRE# 01789423



Scan QR Code to see YouTube Video

COMPUTER SERVICES

YourAppleTutor.net

HANDS-ON APPLE TUTORING

At your home
or office, with
you and your Mac,
MacBook, iPhone,
iPad, or Apple TV.
\$100 for 2 hours

Expert Experienced Help
Beginners to Advanced Users
Reasonable Rates

(916) 996 - 0609

Zinsky's
PC Configurations
"Don't replace it - REPAIR IT!"
Custom Desktop Computer Configurations
• PC Repair • Home Wireless Networking
• Installations • Viri & Spyware Eradication
Alan Zinsky
Phone: 916-622-2269
Zconfig@sbcglobal.net
Bus. Lic. # 305312 • B. E. A. R. Reg. #84416
www.zinskyspcrepair.com

DENTAL CARE

HMF Family DENTISTRY

Located at 11230 Gold Express Dr. #306
Gold River, CA • 916-852-7660

- Restorative and Cosmetic Dentistry • Oral Sedation
- Invisalign • Extractions (including wisdom teeth)
- 1 hour Teeth Whitening (as seen in extreme makeover)
- White Fillings • Digital X-Rays (uses less radiation) • Financing Available

STATEPOINT CROSSWORD • FADS

CLUES

ACROSS
1. "___ Man" by disco
stars Village People
6. Rainbow, e.g.
9. Attention-getting sound
13. Archipelago
14. Pigeon sound
15. Indian restaurant
condiment
16. Camelot to King Arthur,
e.g.
17. Expression of doubt
18. Village V.I.P.
19. *One of the Cullen family
21. *Short in front and long
in back
23. Johnny Cash's boy with
unfortunate name
24. Manufacture
25. Nuke
28. Friend from Down Under
30. As a whole
35. Sky defender
37. First baby word?
39. King Henry VIII, e.g.
40. Actress Sorvino
41. "___ truly"
43. *Known for his clowning
around
44. Sinbad the Sailor's home
46. A bunch
47. Crude group
48. Bad blood
50. Vietnam's neighbor
52. Don Draper's creations
53. Lady of "Applause"
55. Poor man's caviar
57. *Her hair style was popu-
lar in the '90s
60. *Part robe part blanket
64. Conservative side
65. Length of existence
67. *Pokémon exchange
68. Lady's pocketbook
69. Last letter
70. Dialectical Reasoning
philosopher
71. "___ there, done that"
72. Freddy Krueger's street
73. *Tulip Mania flower holders

DOWN
1. Multiple independently targetable
reentry vehicle
2. Seaward
3. Chowder ingredient
4. Facilitates
5. Os on Periodic table
6. Heart or tooth condition
7. Read-Only Memory
8. Punctuation mark
9. ___ Mall, London
10. Served with an entree
11. Editor's mark
12. Feather glue
15. Give in
20. Precedes "set, go!"
22. Tiny guitar
24. ___ oblongata
25. *Salsa exercise
26. Chinese and Japanese
27. Zoroaster follower
29. New Mexico art colony
31. Swollen lymph node because
of plague
32. Parkinson's disease drug
33. Exuded
34. *Casual summer shoes
36. Old MacDonald's domain
38. ___ 51
42. Bounded by an oath
45. Goose eggs, archaic
49. Sigma Alpha Epsilon
51. Cardinal compass point at 180
degrees, pl.
54. Donut topping
56. White heron
57. Baptism or shiva
58. Chills and fever
59. *Home of the beard trend?
60. Give an impression
61. Dashboard instrument, var.
62. Previously mentioned
63. Snaky swimmers
64. Confederate Johnny
66. Styling goo

dish

Make the Switch
to Dish Today
and Save Up To 50%

Call Now and Ask How!
1-800-318-5121

Call 7 days a week 8am - 11pm EST Promo Code: MB0113

Promotional
Packages
starting at only ...
\$19.99
mo.
for 12 months

FREE
PREMIUM MOVIE CHANNELS*
For 3 months.
HBO
SHOWTIME
STARZ

© StatePoint Media

SUDOKU

you could save 28%*

Call 1-800-970-4376 to see how much
you could save on car insurance.

esurance
an Allstate company

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

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

For Solutions See Page 9

Come back every week for Crossword and Sudoku!

Adoption

PREGNANT? CONSIDERING ADOPTION? Call us first. Living expenses, housing, medical, and continued support afterwards. Choose adoptive family of your choice. Call 24/7. 1-877-879-4709 (Cal-SCAN)

PREGNANT? CONSIDERING ADOPTION? Talk with caring adoption expert. Choose from families Nationwide. LIVING EXPENSES PAID. Call 24/7 Abby's One True Gift Adoptions 866-413-6296 Void In Illinois/New Mexico/Indiana (NANI)

Announcements

Hot Flashes? Women 40-65 with frequent hot flashes, may qualify for the REPLENISH Trial - a free medical research study for post-menopausal women. Call 855-781-1851 (Cal-SCAN)

DID YOU KNOW 144 million U.S. Adults read a Newspaper print copy each week? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

DID YOU KNOW 7 IN 10 Americans or 158 million U.S. Adults read content from newspaper media each week? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

Antiques/Collectibles Wanted

Always Buying WWII Military Souvenirs, German, Japanese, U.S. Also Antiques Firearms, Obsolete Law Badges, Police, Sheriff, 916-300-8045 (MPG 12-31-14)

Old Railroad Items Wanted: lanterns, locks, china, paper, etc. Call (916) 663-2463 (MPG 12-31-15)

Old Porcelain Signs Wanted: oil & gas, highway, RR, etc. Call (916) 663-2463 (MPG 12-31-15)

Autos Wanted

WE BUY CARS! Running or Not. Any Make, Model or Year. Call Today for an INSTANT OFFER. Free Towing/Pickup. Top Dollar. We're Local! 1-800-844-3595 (SWAN)

CARS/TRUCKS WANTED! Top \$\$\$\$\$ PAID! Running or Not, All Years, Makes, Models. Free Towing! We're Local! 7 Days/Week. Call Toll Free: 1-888-416-2330 (NANI)

GET CASH TODAY for any car/truck. I will buy your car today. Any Condition. Call 1-800-864-5796 or www.carbuyguy.com (NANI)

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of! 800-731-5042. (Cal-SCAN)

Got an older car, boat or RV? Do the humane thing. Donate it to the Humane Society. Call 1- 800-743-1482 (Cal-SCAN)

WANTED! I buy old Porsche's 911, 356, 1948-1973 only. Any condition. Top \$\$. Paid. Finders Fee. Call 707-965-9546 or email porsche-classics@yahoo.com (Cal-SCAN)

Beautician Space for Rent

Beautician Space for Rent. Great Deal for Someone Starting Out. Call Jake at 916 967-0763 (MPG 5-29-15)

Cable/Satellite TV

Dish Network - Get MORE for LESS! Starting \$19.99/month (for 12 months) PLUS Bundle & SAVE (Fast Internet for \$15 more/month.) CALL Now 1-800-357-0810. (Cal-SCAN)

DIRECTV Starting at \$19.99/mo. FREE Installation. FREE 3 months of HBO SHOWTIME CINEMAX starz. FREE HD/DVR Upgrade! 2015 NFL Sunday Ticket Included (Select Packages) New Customers Only. CALL 1-800-614-8506 (NANI)

DIRECTV Starting at \$19.99/mo. FREE Installation. FREE 3 months of HBO SHOWTIME CINEMAX, STARZ. FREE HD/DVR Upgrade! 2015 NFL Sunday Ticket Included (Select Packages) New Customers Only. CALL 1-800 385-9017 (Cal-SCAN)

Career Training

AIRLINE CAREERS. Get FAA approved maintenance training at campuses coast to coast. Job placement assistance. Financial Aid for qualifying students. Military friendly. Call AIM 888-686-1704 (NANI)

Electrical Services

RETIRED MASTER ELECTRICIAN, problem solver! 30 yrs experience, senior discounts. Save big - don't replace panel - rebuild it. Lic.# 513168, 916-595-3052 (MPG 12-31-15)

Financial Services

SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-966-1904 to start your application today! (Cal-SCAN)

Do You Want to Know What Your Home is Worth?

Home Values Have Increased Over 30% in our Area in the Last Year!

Call Now for a FREE Market Analysis of Your Home

(916) 992-9922

Dare & Associates Real Estate

License #01228753

(MPG 06-30-15)

Financial Services

Reduce Your Past Tax Bill by as much as 75 Percent. Stop Levies, Liens and Wage Garnishments. Call The Tax DR Now To see if you Qualify. 1-800-498-1067. (Cal-SCAN)

HELP PREVENT FORECLOSURE & Save Your Home! Get FREE Relief! Learn about your legal option to possibly lower your rate and modify your mortgage. 800-469-0167 (Cal-SCAN)

Sell your structured settlement or annuity payments for CASH NOW. You don't have to wait for your future payments any longer! Call 1-800-673-5926 (Cal-SCAN)

For Rent

Townhouse in Carmichael \$1200 per month. 3 bdrms. 1.5 baths. 4036 Knoll Top Court, Carmichael. (510) 865-7724. (MPG 04-30-15)

Does your group need a reasonably priced and conveniently located meeting place? Check out the little church on the hill - FOUMC, 9849 FO Blvd., 961-6631, office@FairOaksUMC.org. (MPG 02-28-15)

For Sale

2009 CAR DOLLY FOR SALE

Great for motor home. \$1,250. OBO. (916) 560-9742. (MPG 04-30-15)

Save Big on Kids Stuff

Used Clothes/Toys/Accessories for Infants / Toddlers / Kids Brand Names / Great Prices. Tadpoles 901 Sunrise/Roseville 916.787.0259 FB [shop/tadpoles](https://www.facebook.com/tadpoles901) (MPG 04-24-15)

Snowmobiles & Trailer for Sale 97- Ski Do MXZ 583 1562 miles excellent condition, 01 - Ski Do MXZX 800 728 miles like new condition. Karavan dual snowmobile trailer with rock guard and lift strut. Many extras. Stored inside since new. \$5300. 916-502-4403. (MPG 02-28-15)

1977 GMC 1500 Custom Cab. 99,000 miles - Beautiful condition. \$5,500. 916 335-9998. (MPG 5-29-15)

Compost, save water, enrich soil, mulch plants, trees, garden. 3 yrd \$60 delivered (916) 397-2854. (MPG 5-29-15)

SAWMILLS from only \$4397.00-MAKE & SAVE MONEY with your own bandmill- Cut lumber any dimension. In stock ready to ship. FREE Info/DVD: www.NorwoodSawmills.com 1-800-578-1363 Ext.300N (Cal-SCAN)

For Sale Business

Small Hair Salon wantiques for sale. 35 years in business. Please call for information. Excellent location. 530-346-6341. (MPG 04-30-15)

For Sale Houses

OREGON DREAM HOME IN THE WOODS - Minutes from Grants Pass. 2,560 sf, 4 BD, 3.5 BA, 2 Masters on 5 acres. Move-in ready. \$469,000. 541-955-4663 or www.valerianhomes.net (Cal-SCAN)

For Sale Mobile Home

\$19,999 55 & over community. Well maintained 2 bedroom 2 bath. Castle City MHP Newcastle CA. For more info email cbwoods72@gmail.com (MPG 02-28-15)

Handyman

QUALITY LABOR & MAINTENANCE

Yard Work, Hauling, Gutter Clean, Odd Jobs

You Name It!

(916) 613-8359

Health & Medical

OVERWEIGHT? We have helped thousands of people across the USA since 1980. Guaranteed products, 100% money-back if not satisfied. Call Linda or Frank. (800) 319-5558 or www.WeBeSlim.com (SWAN)

Stop OVERPAYING for your prescriptions! Save up to 93%! Call our licensed Canadian and International pharmacy service to compare prices and get \$15.00 off your first prescription and FREE Shipping. Call 1-800-356-4170 (SWAN)

Health & Beauty

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 93% on all your medication needs. Call today 1-800-273-0209 for \$10.00 off your first prescription and free shipping. (Cal-SCAN)

Can't Stop Eating

Compulsive Eaters Anonymous - HOW (CEA-HOW)

We're a nonprofit organization for anyone suffering from Compulsive Eating, Anorexia, and Bulimia. A fellowship of individuals who understand your problem and will offer you support. Come find examples of others who have found a working solution. *Membership is Anonymous* There are no dues or fees for membership

The only requirement is a desire to stop eating compulsively

CALL: 916-434-5894 for meeting times and locations OR visit ceahow.org (MPG 03-31-14)

Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-relieving brace - little or NO cost to you. Medicare Patients Call Health Hotline Now! 1- 800-796-5091 (Cal-SCAN)

Help Animals

SPCA Thrift Shop Helpless animals need your donations. The Real Non-Profit. Will pick up. Call 916-442-8118. 1517E Street for donations-10-4pm (MPG)

Heating & Air

VICTORIA HEATING & AIR CONDITIONING

Lic#877379

Over 10 Years of Experience

We Provide

SERVICE, REPAIR, CHANGE OUT AND NEW INSTALL

- Easy • Fast Response
- Reasonable Price

- We offer a Special \$50 Diagnostic Fee

- We will tell you what is wrong with your unit and how much it will cost to fix your unit before we begin work
- Each project is confirmed in writing and one year warranty
- OR, new unit installed with 5 to 10 years warranty

So Don't Wait! Call Us At (209) 338-4475 or (916) 474-0173

(MPG 04-30-15)

Legal/ Public Notice

DID YOU KNOW Information is power and content is King? Do you need timely access to public notices and remain relevant in today's hostile business climate? Gain the edge with California Newspaper Publishers Association new innovative website capublicnotice.com and check out the **FREE One-Month Trial Smart Search Feature.** For more information call Cecelia @ (916) 288-6011 or www.capublicnotice.com (Cal-SCAN)

Help Wanted

Customer Service Rep Needed

Farmers Insurance is recruiting for a new and well experienced customer service rep who can handle the company financial statement, welcome client from all over the state, must be able to deal with and help resolve any customer complaints. Selling the company's products and services, must be able to help generate sales leads, must be able to answer telephone calls and making the appropriate transfers, interested candidate should send resume to travisverette90@gmail.com (MPG 04-30-15)

SEASONAL WORK 03/30/2015 through 11/20/2015

Montana Trees, Inc., located in Northwest Montana, Town of Trout Creek, is seeking five (5) seasonal workers. Wage: \$11.14 per hour; Job Duties: must lift 50lbs, plant seedlings, digging, bending over continuously, transplant seedlings, cutting trees, hand tie/dig mature trees, maneuver 150lb-300lb root ball, hand stack, harvest plants; Employer provides: housing, transportation/subsistence expenses upon completion of 50% of work contract; tools & supplies. Employer guarantees employment for a minimum of 3% of the workdays of the total specified job contract. To apply: Contact your local State Workforce Agency, or Montana Job Service at: jobs.mt.gov type in Nursery Worker or Job Order No. 10104421 and click on Montana Trees, Inc.; or contact employer directly Zachary P. Hannum @ Montana Trees Inc., (406) 827-3984. (MPG 04-24-15)

\$500-\$1000 Daily Returning Phone Calls! No Selling. No Explaining! Not MLM! Call 1-800-689-0931 (NANI)

Service Plumber Needed in the Auburn/Grass Valley area. We supply truck and tool. Phone 530-414-3071. (MPG 03-31-15)

CONSTRUCTION EQUIPMENT MAINTENANCE

Heavy Equipment Fuel/Lube Person And Small Tools/Supply Person. Appropriate Driver's License and Endorsements are REQUIRED. Competitive salary and excellent benefits. MUST APPLY IN PERSON: Western Engineering Contractors, Inc. EOE. 3171 Rippey Road, Loomis, CA 95650 (CL No.440681) (MPG 03-31-15)

Part time Merchandiser Auburn, California. Apply at: www.apply2jobs.com/tng (MPG 12-31-14)

ATTN: COMPUTER WORK. Work from anywhere 24/7. Up to \$1,500 Part Time to \$7,500/mo. Full Time. Training provided. www.WorkServices24.com (Cal-SCAN)

AIRLINE CAREERS start here - Get FAA approved Aviation Mechanic training. Financial aid for qualified students. Job placement assistance. Get started by calling AIM now 888-216-1687 (SWAN)

DRIVERS - NO EXPERIENCE? Some or LOTS of experience? Let's Talk! No matter what stage in your career, it's time, call Central Refrigerated Home. 888-891-2195 www.CentralTruckDrivingjobs.com (Cal-SCAN)

ATTN: CDL Drivers - Avg. \$55k/yr! \$2k Sign-On Bonus. Family Company w/Great Miles. Love your Job and Your Truck. CDL-A Required 888-293-9337 www.drive4melton.mobi (Cal-SCAN) (Cal-SCAN)

Obtain Class A CDL in 2 1/2 weeks. Company Sponsored Training. Also Hiring Recent Truck School Graduates. Experienced Drivers. Must be 21 or Older. Call: (866) 275-2349 (Cal-SCAN)

Vacation Help Wanted

Barber Needed for 6-week period. Hours 11-4 pm. Call Jake the Barber 916-967-0763. (MPG 05-31-15)

Home Maintenance

A Quality Home Maintenance

Gutters Cleaned

By Gutter Dog

(916) 613-8359

Inhome Childcare

Nenes Smart Start

Small in-home Childcare M-F 7AM-6PM. Infant thru 5 Preschool certified Licensed & Insured,

(916) 723-3342 collier@surewest.net

Insurance/Health

Lowest Prices on Health & Dental Insurance. We have the best rates from top companies! Call Now! 888-989-4807. (Cal-SCAN)

Legal Services

DID YOU KNOW Information is power and content is King? Do you need timely access to public notices and remain relevant in today's hostile business climate? Gain the edge with California Newspaper Publishers Association new innovative website capublicnotice.com and check out the **FREE One-Month Trial Smart Search Feature.** For more information call Cecelia @ (916) 288-6011 or www.capublicnotice.com (Cal-SCAN)

Legal/ Public Notice

DID YOU KNOW Information is power and content is King? Do you need timely access to public notices and remain relevant in today's hostile business climate? Gain the edge with California Newspaper Publishers Association new innovative website capublicnotice.com and check out the **FREE One-Month Trial Smart Search Feature.** For more information call Cecelia @ (916) 288-6011 or www.capublicnotice.com (Cal-SCAN)

Medical Supplies /Equipment

Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 800-799-4811 for \$750 Off. (Cal-SCAN)

Moving Services

STEADY MOVES

You rent the truck...we will make sure it's loaded/unloaded PROFESSIONALLY! (Lic#322945) 916-206-3183. Email msmith2661@comcast.net (MPG 06-30-14)

Miscellaneous

South Oregon Bed and Breakfast

Rogue River, Oregon. 8 miles to Grants Pass. One mile off I-5 and from the scenic Rogue River Historic Town. Nightly/Weekly Rates. Thrifty. Call Nancy 541-582-4163 (MPG 02-28-15)

MAKE A CONNECTION Real People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: 1-877-909-2569

Life Alert. 24/7. One press of a button sends help FAST! Medical, Fire, Burglar. Even if you can't reach a phone! FREE Brochure. CALL 800-309-8027 (NANI)

TV SHOW ASKS: DO YOU NEED TO TAKE A DNA/PATERNITY TEST? CALL AND TELL US YOUR STORY AT: (885)883-6223 (NANI)

Do you owe over \$10,000 to the IRS or State in back taxes? You could get a settlement for as low as 25% of previous IRS settlements. Call now! 1- 800-741-9104 (NANI)

TOP CASH PAID FOR OLD GUITARS! 1920's thru 1980's. Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mostrie, Rickenbacker, Prairie State, D'Angelico, Stromberg, And Gibson Mandolins/Banjoes. 1-800-401-0440 (NANI)

Make a Connection. Real People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: Call 1-877-737-9447. 18+ (NANI)

HOTELS FOR HEROES - to find out more about how you can help our service members, veterans and their families in their time of need, visit the Fisher House website at www.fisherhouse.org (NANI)

SERIOUSLY INJURED? Auto Accidents? Medical Malpractice? Slip and Falls? Dangerous Products? Wrongful Death. Speak to a Highly Skilled Personal Injury Attorney Now. Millions Recovered for Clients. Call 24/7. 800-431-4568 (NANI)

DIVORCE, ETC. \$240-\$550* Covers Children, etc. *Excludes govt. fees! For a Local Office, Call 1-215-717-8499, Ext. 400 or 1-888-498-7075, Ext. 500 BAYCOR & ASSOCIATES Established 1973 (NANI)

CASH FOR CARS: All Cars/ Trucks Wanted. Running or Not! Top Dollar Paid. We Come To You! Any Make/Model. Call For Instant Offer: 1-800-864-5960 (NANI)

Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-relieving brace - little or NO cost to you. Medicare Patients Call Health Hotline Now! 1-800-491-6053 (NANI)

SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-290-8321 to start your application today! (NANI)

DIRECTV starting at \$24.95/mo. Free 3-Months of HBO, starz, SHOWTIME & CINEMAX FREE RECEIVER Upgrade! 2014 NFL Sunday Ticket Included with Select Packages. Some exclusions apply - Call for details 1-800-647-1163 (SWAN)

Sudoku Puzzle on Page 8

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

Miscellaneous

Dish TV Retailer - SAVE! Starting \$19.99/month (for 12 months.) FREE Premium Movie Channels. FREE Equipment, Installation & Activation. CALL, COMPARE LOCAL DEALS! 1-800-341-7308 (SWAN)

Music Lessons

Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. rediebba1bert1@yahoo.com. 916-263-6926 (MPG 12-31-15)

Piano lessons for children and adults by experienced, creative teacher. Citrus Heights. For more information, visit www.anitraalexander.com, or call (916) 725-1054 (MPG 05-31-15)

Personals

Healthy, active, mature lady looking for a gentleman in his 70's with same zest for life. Let's talk and see what we have in common. 916-967-6289 (MPG 5-30-15)

MEET SINGLES RIGHT NOW! No paid operators, just real people like you. Browse greetings, exchange messages and connect live. Try it free. Call now 1-800-945-3392. (Cal-SCAN)

Find the love you deserve! Discover the path to happiness. New members receive a FREE 3-minute love reading! Entertainment purposes only. 18 and over. 800-639-2705 (Cal-SCAN)

MAKE A CONNECTION Real People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: 1-877-909-2569 (SWAN)

Pets/Animals

DOG RESCUE Gary (916) 334-2841

Please Adopt or Foster Because so many really great dogs are dying for a good home... **ShelterMOU@hotmail.com**

Property Management

VISTA GROUP REALTY & PROPERTY MANAGEMENT

Vista Group Realty & Property Management is a full service Real Estate Brokerage, providing Residential & Commercial leasing & property management. We specialize in leasing & managing, Single Family Homes, Multi Family Units, Office Buildings, and Retail Centers. Are you happy with your current management company? We are committed to your satisfaction! **Mention this ad and get one month free property management.** Call Bonnie Dominick License # 01405822 916-952-9005 bonnie@vistagrouprealty.com Vista Group Realty 7612 Fair Oaks Blvd Carmichael, CA 95608

HONEST LOCAL INVESTOR BUYS HOUSES FOR CASH... Call Me First! Mike (916) 203-1585 mike@risproperty.com (MPG 02-28-14)

DID YOU KNOW Information is power and content is King? Do you need timely access to public notices and remain relevant in today's highly competitive market? Gain an edge with California Newspaper Publishers Association new innovative website capublicnotice.com and check out the Smart Search Feature. For more information call Cecelia @ (916) 288-6011 or www.capublicnotice.com (Cal-SCAN)

Real Estate

VISTA GROUP REALTY & PROPERTY MANAGEMENT

We sell homes! 30 minutes that's all it takes. You tell me why you are selling your house and I will tell you how much your home is worth. Vista Group Realty we sell homes! Our goal is to make selling your house quick & easy! Call Bonnie Dominick License # 01405822 916-952-9005 bonnie@vistagrouprealty.com Vista Group Realty 7612 Fair Oaks Blvd Carmichael, CA 95608

Real Estate

HONEST LOCAL INVESTOR BUYS HOUSES FOR CASH... Call Me First! Mike (916) 203-1585 mike@risproperty.com (MPG 02-28-14)

DID YOU KNOW Information is power and content is King? Do you need timely access to public notices and remain relevant in today's highly competitive market? Gain an edge with California Newspaper Publishers Association new innovative website capublicnotice.com and check out the Smart Search Feature. For more information call Cecelia @ (916) 288-6011 or www.capublicnotice.com (Cal-SCAN)

Real Estate

We sell homes! 30 minutes that's all it takes. You tell me why you are selling your house and I will tell you how much your home is worth. Vista Group Realty we sell homes! Our goal is to make selling your house quick & easy! Call Bonnie Dominick License # 01405822 916-952-9005 bonnie@vistagrouprealty.com Vista



POPPOFF!

with Mary Jane Popp

KICKSTART YOUR RELATIONSHIP

With Mother’s Day just around the corner, why not think about some positive ways to beef up your relationship. Dr. Margot Brown a Licensed Marriage and Family Therapist for over twenty years suggests laying a foundation of positive so the negative is not ever-present. In her book “Kickstart Your Relationship Now! Move On or Move Out!” she identifies nine ways you can express the positive to your partner.

- 1) I LOVE YOU: Tell your mate “I love you.” Sometimes you might not feel that you show it, so say so and be sure to include the words, “I love you.” Say it aloud with sincerity.
- 2) COMPLIMENTS: If you never hear anything good or positive from your mate, then it is difficult for you to say something nice or positive back. Give a compliment now and then.
- 3) HUGGING: Hugging, embracing, kissing, holding hands, caressing...all are very gentle, symbolic

expressions of love and gentle communication. This is very important and necessary to any relationship.

- 4) ROMANTICE GESTURES: Send flowers, a card, jewelry, or a token of appreciation.
- 5) BE POSITIVE: Be positive in what you say to others and yourself. Stop any negative talk...it’s unhealthy and unproductive.
- 6) SMILING: Smile...it makes you feel extremely good, confident, and positive. It becomes infectious, and rubs off on others and in how they treat you.
- 7) MAINTAIN INTEREST: Keep time to do things together that you enjoy, such as reading, playing games, taking walks, going to the theatre, playing sports together etc.

- 8) BALANCE: See things from your partner’s perspective as to what he or she needs in regards to balancing work, kids time alone or together and chores with entertainment.
- 9) RESPECT: Respect your mate by including them in decision-making issues. Do not speak for your mate when asked to attend a party, dinner, or event without discussing it with that person first.

If your mate is negative, why don’t you, through your own positive thinking, try to encourage positive thinking in a gentle manner without putting him or her down. According to Dr. Brown, “You will find that positive thinking has a rippling

effect on your entire life...relationships, work, goals, health spirituality, and so on.” She added that we should not play games because they can be a barrier to connecting authentically. Do you play any of these games?

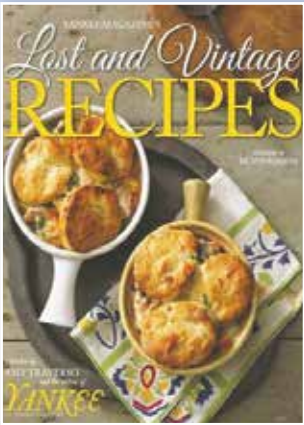
- 1) BREAK UP, MAKE UP: Couples fight and make up. They fight again, break up, and return back with lots of “I’m sorry.” It’s a vicious cycle that can become habitual. It needs to stop,
- 2) I DON’T KNOW: When your spouse asks why you persistently do something wrong or annoying and you answer “I don’t know,” it’s a cop-out. Look for ways to stop it.
- 3) IT’S YOUR FAULT, NOT MINE: Pointing fingers and laying all the blame on the other person is not productive. Often, the blamer merely reflects their own insecurities and projects them onto the other.
- 4) PICK PICK, NAG NAG: Some partners don’t do all they are expected to do. But it’s equally important to ask for help rather than fold your arms on your chest and refuse to help the situation. Here comes the implosion or explosion.
- 5) THE SILENT TREATMENT: This is never effective. It turns an argument into a war and leaves built up anger to fester.

Just a few facts. Find more information at www.72hrrule.com. Make a pact this Mother’s Day and be HAPPY! ★

For the Love of Books



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



YANKEE MAGAZINE'S LOST AND VINTAGE RECIPES

by Amy Traverso and the editors of Yankee Magazine

- ◆ Publisher: Countryman Press
- ◆ Release date: June 03, 2013 ◆ Hardcover, 192 pages
- ◆ Intended audience: All Audiences ◆ Rating: ♥ ♥ ♥ ♥

On the Book Jacket: *New Englanders know their heirlooms - clocks, quilts, vegetables and more. Now, Yankee Magazine rediscovers and updates their most delectable classic recipes - like chicken and dumplings, Roquefort biscuits, red flannel hash, corn pudding and snow cake - for today's home cooks who appreciate a great heirloom when they see one. Starters and soups, sides and meats and fish, breads and desserts, and more have been retested and updated for today's cooks and today's palates. To enhance the fun, retro sidebars feature excerpts from the magazine dating back to the 1930s, and you'll find the stories and histories behind many of the recipes as well.*

No publication better captures the essence of New England than Yankee Magazine. No book better captures the essential recipes of classic New England than Yankee's Lost and Vintage Recipes.

Amy’s Review: Delve into the sweet and savory world of lost and forgotten recipes from New England’s extensive history. With more than 130 recipes, inspired by *Yankee Magazine’s* archives, where traditional recipes are taken, retested and then adapted to appeal to contemporary cooking style of today. Staying true to the spirit of the dishes, editors of *Lost and Vintage Recipes*, revitalize, revamp and rekindle, not only delicious heartwarming meals, but also the forgotten tricks and techniques that elevate the depth of their flavor.

The updated recipes lend a chance for new memories to be made at the dinner table. With beautiful dedication to recipes lost in time, explore each chapter as you are taken on a historic journey ;from appetizers, to breakfasts, desserts and entrees, to even soups, salads and sides, every culinary experience is explored. The All-star chicken and dumplings was

a hearty, yet easy recipe to master, instantly compelling me to continue the cooking exploration. With recipes from Swedish meatballs, to lobster bisque, sticky buns cooked in a cast iron skillet, or waffle iron brownies, the possibilities are endless, reminding readers the joy of indulging in a new savory experience.

From pantry notes, to reference guides, *Yankee Magazine’s Lost and Vintage Recipes* opens the door for today’s cooks, by blending skills and techniques of the past for the modern kitchen of today, with everything from cooking basics to candy making. Wound with rich, hearty recipes meant to be shared at a family table intertwined with stories of the past, possible lending to a legend all of its own.

Earn \$200 per month for just a few hours delivery work per week! CALL 773-1111

Make the rest of your life the best of your life.

Search Single Again Dating Free Today!

Are you looking for a relationship? With our online dating tool we've made it easy for you to take the first step in to finding your perfect partner. We understand that dating can be a daunting experience, but with our help we can ease you through it. Using our simple and FREE sign up system you could be browsing for other single people within a couple of minutes.

With members who will match your profile to others who may have a completely different background, it's a great way to get to know new people and to start a new journey. Whether you are looking for friendship, a relationship or just a little bit of fun, you can find it here knowing that member share your same values. So wave goodbye to long, lonely nights! Sign up today.

With instant messaging, status updates, member feeds, video dating, dating diaries and more, there are plenty of ways to get to know some of our two million members!

Here's how it all works...

When you first join us, you become a free member. As a free member you can create a profile, add a photo, search for people by county, create your favorites list and send unlimited winks. You'll also receive an email if someone adds you as one of their favorites, winks at you, or sends you a message. If you decide to become a full member, you will also be able to:

- Send and receive private messages
- Chat online with instant messenger
- See who's looked at your profile
- Add multiple photos to your profile
- Video chat
- Create and read dating diaries
- Create and watch video profiles

You can upgrade from free to full membership by accessing 'My Account' when you login, or click here to be taken to the membership page once you are logged in. If you have any questions about your membership, or have any trouble using singleagain.com/dating, our dedicated support team are on hand to help you.

The best online dating site! 100% Free to register and search today!

Single Again

WWW.SINGLEAGAIN.COM/DATING

SUPPORTING LOCAL FARMERS, YOUTH AND COMMUNITIES

California Certified

EAT HEALTHY. BUY LOCAL.

Enjoy organic produce, specialty gourmet foods, live music, chef demos, and craft fairs.

Come Shop Our Spring Locations!

SATURDAY

SATURDAY

SUNDAY

SUNDAY

WEDNESDAY

WEDNESDAY

THURSDAY

Sunrise Mall Farmers Market
6196 Sunrise Blvd, Citrus Heights (behind Sears in the SE parking lot).
Saturdays 8 am - 1 pm. (Year-round, rain or shine).

Historic Folsom Farmers Market
915 Sutter St, Folsom (Historic Folsom Public Plaza).
Saturdays 8 am - 1 pm. (Year-round, rain or shine).

Carmichael Park Farmers Market
5750 Grant Ave, Carmichael (corner of Grant and Fair Oaks Blvd).
Sundays 9 am - 2 pm. (Year-round, rain or shine).

Land Park Farmers Market
1944 Sutterville Rd, Sacramento.
Sundays 9 am - 1 pm. (Year-round, rain or shine).

VA Mather Farmers Market
10535 Hospital Wy, Mather.
Sundays 9 am - 1 pm. (Year-round, rain or shine).

Fair Oaks Sunset Farmers Market
8101 Sunset Ave, Fair Oaks (New Life Church parking lot).
Wednesdays 3 pm - 7:30 pm. (Seasonal; April 8 - November 25).

UC Davis Health System Farmers Market
45th and Y St, Sacramento (UC Davis Medical Center Campus).
Thursdays 3 pm - 7:30 pm. (Seasonal; April 23 - October 29).

Bring this coupon in and receive 5 FREE RAFFLE TICKETS

for the monthly Farmers Market Gift Basket full of fruits, vegetables, specialty foods, and more!

Valid for the whole month of May, 2015.
One per household.

For more information: www.ILoveMyFarmersMarket.com



Showcase Real Estate Group Presents
“The Real Estate Insider”
with Realtor, Developer
and Radio Host
Ellen Herrle
*Listen weekdays 12n-1pm on Money,
The Wall Street Business Network, 105.5 FM*

Q&A with Buyers & Sellers

The largest amount of money you will ever spend is likely a home or property.

Complex rules, varied loans and stress about mistakes can make buying or selling your property a living nightmare. Please take advantage of our expertise in making the right decisions for your home purchase or sale. It's easy, just email your question to us and we share the answer so everyone can learn from it. Email: ellenherrle@hotmail.com or leave a message at 916-761-2108.

Q: We are just moving to Sacramento and don't know the character of individual neighborhoods. We want to buy into an area we can feel safe, have good school choices and access to local

freeways. Can a realtor do more than I can online?

Thanks, the Peppers Family

A: Absolutely, for one a realtor lives in the area, knows what the history of each community offers and has the very latest information. While online services (like Trulia, Zillow or others) offer a good starting place the information can be out of date, inaccurate or sometimes misleading. Working with a local realtor and individual market listings will yield better data, homes you can actually walk through and a 'real' experience from being in the neighborhood. Realtors are also sensitive to changing values and can save buyers, and sellers, from over-valuing or under-bidding the

property you have your heart set on. Find one or call us.

For those who get in touch each month you'll also receive one of three pamphlets on buying and selling strategies, and be entered in a random drawing for a dinner for two at one of our great Sacramento or Placer restaurants!

Don't spend more than you have too, or sell for less than you deserve by asking the expert first! Visit <http://www.showcaserealestategroup.com> or call us to help when you decide to buy or sell at 916-761-2108.

Next time: More Q&A from readers like you buying and selling property! ★

ITS ALL ABOUT YOU

When selecting a real estate agent, you need someone who puts your needs and wants above everything else. You need an agent who:

- Listens and understands your particular needs
- Communicates on a regular basis
- Knows local markets • Handles details
- Gives you the best value - whether you are buying or selling property!

For honest, ethical and reliable real estate assistance, call Ellen today.

www.showcaserealestategroup.com
916-761-2108

Whether a long term owner or first time buyer, Ellen can help.

Buyers down payment assistance programs, sellers we show how to get the most for your home. Starter or luxury home, Showcase Real Estate Group puts you first.

CA DRE #00521277



*Lisa West
Community
Outreach Director*



**Funeral
Insurance Versus
Life Insurance**



*Memorial Parks
Mortuaries & Crematory*

By Lisa West

People ask me this question all the time, “What’s the difference between funeral insurance and life insurance? Won’t my life insurance cover the costs of my funeral?”

Yes and no. Here’s the scoop: Life insurance won’t pay the next of kin immediately after your death; it can take several weeks or months. Some funeral homes may require you pay them in full at the time of need, and then you will have to wait to be reimbursed by the life insurance company.

That is not to say all funeral homes won’t accept life insurance; many will, however, there are lots of hoops to jump through and it can drag the funeral arrangement process out longer than need be.

Advance of need funeral insurance on the other hand, pays the funeral home immediately. This ensures you can make the funeral arrangements quickly and choose the date and time of the service that is most convenient for you.

There are some other benefits to funeral insurance; for example, you can be turned down for life insurance but you cannot be turned down for funeral insurance. Funeral costs

are guaranteed when you purchase funeral insurance. Premiums will not increase over time with funeral insurance, and premiums will end after a 3-, 5-, 7- or 10-year term depending on what you choose.

Life insurance is designed to maintain the life style of your family if you die unexpectedly. Funeral insurance pays your funeral expenses so those expenses don’t have to be deducted from the life insurance payout.

By purchasing funeral insurance, you relieve your family of significant stress over arrangements at the time of loss and uncertainty because you arrange exactly what you want at the time you purchase your funeral insurance policy.

For more information on the benefits of funeral insurance, please visit www.EastLawn.com and go to the events page to find out when our next free luncheon seminar is available for you to attend.

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

Living Trust Senior Special

with this ad

*If you have a house, you need a Trust.
If you have a Trust, it needs to be up-to-date.*
(Review of existing trust at no charge)

SENIOR SPECIAL

Asset Protection Program includes the following:

- Revocable Living Trust • Powers of Attorney Financial • Powers of Attorney Healthcare
- Wills • One Residential Trust Transfer Deed
- No Charge for Notary Services • Prop 13 Protection
- Long Term Care Government Benefits Planning



WILL ASSOCIATES

Richard H. Will
ELDER LAW ATTORNEY
Serving Seniors Since 1975

**Avoid Probate —
Call Today!
(916) 482-8897**

1337 Howe Avenue, Suite 103 • Sacramento • www.willassociates.com

SONGS OF ETERNITY

(West Coast Premiere)

Requiem For The Living | Dan Forrest
Songs of Eternity | James Hopkins
Sea Symphony | Howard Hanson

*Music and texts rich with emotional directness
in a large-scale choral/orchestral tribute to three
major American composers*

Special Guest | Composer James Hopkins
present at the performance

Saturday, May 9 at 8:00 p.m.

7:00 p.m. – Pre-concert talk by Donald Kendrick

Community Center Theater
1301 L Street, Sacramento



*Projected
supertitles*

**WELLS
FARGO**

*Season
Sponsor*



Community Center Theater Tickets
CCT Box Office | 916.808.5181 or TICKETS.COM

SACRAMENTOCHORAL.COM

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.

*We accept donations, clothing and goods,
7 days a week...and prayer always!*

Matthew 25:40
“Caring for the Least”

**50+ Years
of Service**

(916) 447-3268
400 Bannon Street • Sacramento, CA 95811
Exec. Director, Pastor Tim Lane
P.O. Box 1108, Sacramento, CA 95812

Tune in our Radio Program:
KFIA 710 AM, Sun & Mon 3 PM
listen online & visit us at:
www.ugmsac.com
[Facebook.com/UGMSAC](https://www.facebook.com/UGMSAC)



FOODIES WANTED.

I-80 @ ANTELOPE RD



Now serving award winning fresh food daily.

OPEN 24HRS/7 DAY A WEEK

THE ORIGINAL SAMMY'S, OPEN SINCE 1989

916-735-8440
6510 ANTELOPE RD
CITRUS HEIGHTS, CA 94621

STONESGAMBLINGHALL.COM
LIKE US AT [FACEBOOK.COM/STONESGAMBLINGHALL](https://www.facebook.com/stonesgamblinghall)

