



**Sacramento Area
Makes Top 50
Healthiest List**

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Fair Oaks EcoHousing
Project Unanimously
Approved**

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Citrus Heights Messenger

"Written by the people, for the people"

Volume 5 Issue 08

Serving the City of Citrus Heights and Sacramento County

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On the Streets

An Uncertain Future for Area's Homeless



May, a homeless woman who stays near Loaves and Fishes for daily access to their services, spends her afternoons sitting on the curb of North 14th Street with dozens of others who jump at the opportunity for a bottle of water or a free meal.

**Story and photos by
John-Michael Kibrick**

SACRAMENTO REGION, CA (MPG) - Sheriff's Deputy Paul Pace begins his day calmly, climbing into his cruiser and reviewing his to-do list. His last two years assigned specifically to answering complaints about homeless campers and panhandlers have been a welcome change after a long career policing prostitution and narcotics.

Throughout the years, Pace has handled the emotional stress of his job the same way. "It's just business; it's not personal," he said before leading this journalist on a ride-along. "At some point, you have to have a disconnect

and go into cop mode." But policing the homeless isn't as black and white as handling homicide or drug abuse. Although the county passed ordinances against aggressive panhandling and sleeping outdoors, being homeless is not a crime in and of itself. The moral line is also blurred: The general public sees the plight of some to be legitimate but voice frustration over others with drug abuse problems and those who remain on the streets due to choice, not necessity. Officer Pace estimates that 80% of regular panhandlers in his north Sacramento beat have homes, vehicles, and collect social security, facts not reflected by their

signs claiming hunger and homelessness. Pace and his fellow officers refer to one such panhandler as "Santa Claus," thanks to his long white beard. Who would guess that Santa owns

raging on the issue for years and dozens of activists are present weekly at Sacramento City Council meetings. They berate the government's homeless policies and call for a long-term

"The idea is that it's easier to treat somebody's issues if they're in housing than it is if they're on the street. It's cheaper and more effective."
SSF External Affairs Director Maya Wallace

a house in Antelope, drives a Cadillac, and uses the money he makes on the street to go gambling? Apparently Santa is immune from his own naughty-or-nice list.

A New Approach
Public debate has been

solution. Opinions on how to reduce Sacramento's chronic homelessness are as varied as the people giving them, but public pressure and data showing the heavy financial burden of the status quo seems to be having an effect.

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**Pot Bill Heavily
Backed by Council
and Law Enforcement**

By Julia Baum

CITRUS HEIGHTS, CA (MPG) - Assemblyman Ken Cooley made an appearance at an April 6th Citrus Heights City Council meeting, seeking consideration from councilmembers for his recently introduced Assembly Bill 266, which would regulate the medical marijuana industry.

If passed, AB 266 would establish a Bureau of Medical Marijuana Regulation within the state Department of Consumer Affairs. The bureau would be responsible for industry oversight including licensing and regulating a number of medical marijuana growers, manufacturers, and dispensary operators. The bill also gives local governments the authority to prohibit the operation of cannabis dispensaries per a 2013 ruling by the California Supreme Court.

Citrus Heights Police Chief Christopher Boyd thanked Cooley for his efforts at the meeting. Boyd, who had advised Cooley on the bill, recommended that the City Council support AB 266. He said the bill would be instrumental in giving communities local control and protecting them by establishing uniform security measures and health and safety standards.

"It's been an issue for law enforcement, for users, for communities," Boyd said.

Cooley said that regulation has been long overdue since Proposition 215, which authorizes medical marijuana use for qualified patients in the state of California, was passed by voters in 1996. He said that not much has changed since, despite intent language in the original law to adopt language outlining regulatory practices, resulting in many interpretations of it.

"This has led to a sort of vacuum and a lot of confusion and different districts apply the rules differently," Cooley said in a phone interview with the Citrus Heights Messenger. "Those sorts of rules have not been present so you end up with a lot of ad hoc decisions being made."

Calling the bill "well-balanced," Cooley said that it is important for

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BBQ Dinner and Dance Raises Funds for Local Veterans

**By Sheila LaPolla
and Elise Spleiss**

FAIR OAKS, CA (MPG) - The American Legion (AL), Fair Oaks, Post 383, hosted a Bar-B-Q Blues dinner and dance fundraiser at the Veterans of Foreign Wars (VFW) hall in Fair Oaks, 8990 Kruitof Way, on April 11th.

Many American Legion and VFW veterans and their families as well as the general public enjoyed the festivities and delicious BBQ steak or chicken meal with all the fixings.

The crowd kicked up their heels with rhythm and blues, jazz, and classic rock music by the band Crystal Image. John Covert and his band provided an eclectic



Air Force veteran Jacqui Daley (left), proud winner of the patriotic quilt, and quilt creator, Suzanne Winters (right) display the much-coveted door prize following the American Legion Bar-B-Q dinner. Photo by Elise Spleiss

mix of listening and dancing

those from their 20s to Baby Boomers and beyond.

Sax player Dorothy Sills, 61, has been playing music since she was a young child and is possibly the only female sax player performing at her level in Northern California. She comes by her musical talent from her parents. Her father and musical mentor led the 12-piece Don Sills Orchestra and performed throughout the Sacramento region, playing in some of same venues Dorothy has played in the past. She still uses her mother's alto saxophone and her father's clarinet in her performances. Her two children continue the family musical tradition by leading their own bands.

The Moon Goddess Caravan Belly Dancers of

Folsom also treated the audience to a dance performance, providing a sampling of different styles of belly dancing with an infusion of Tahitian, modern dance, and jazz.

Local businesses and AL members donated over 60 door prizes. Among the prizes was a spectacular patriotic quilt. The quilt was created and donated by Orangevale resident Suzanne Winters, wife of Air Force veteran Ed Winters, and was won by Air Force veteran Jacqui Daley of Carmichael. Daley served in the Air Force during Vietnam era. When her grandson showed excitement at her winning the quilt, she reminded him, "Don't worry, it's in the

family; you'll get it someday." Quilt maker Winters, who has been creating quilts for many years, shared that quilting is her passion, as well as riding her motorcycle with the American Legion Riders.

The grand prize drawing was a six-burner barbecue grill donated by Air Force veteran Jay Jiter of Rancho Cordova. The lucky winner was Air Force veteran Christine McGlasson of Fair Oaks who, in turn, generously donated it back to American Legion Post 383, which meets at the VFW, for use in future events honoring U.S. servicemen and women. She noted she knew her donation would look much better serving veterans

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On the Streets

An Uncertain Future for Sac's Homeless

Continued from page 1

In the last months of 2014, Sacramento County named Eduardo Amenityro as Department of Human Assistance Division Manager, a new position working specifically on the homeless issue. Sacramento City also created a new job to work opposite Amenityro, naming Emily Halcon as Homeless Services Coordinator. The appointments indicate that officials are approaching homelessness with more energy and resources than ever before.

Halcon and Amenityro work in close collaboration with Sacramento Steps Forward (SSF), an umbrella organization intended to coordinate and unify the efforts of a multitude of non-governmental organizations (NGOs) and other homeless service providers in the region. In just a few months of work, a vision of unified services and a new strategy is starting to emerge.

"The dialogue in our region is now starting to move towards this 'housing first' dialogue that you see in other parts of the state and the country," said SSF External Affairs Director Maya Wallace. "The idea is that it's easier to treat somebody's issues if they're in housing than it is if they're on the street. It's cheaper and more effective."

"The city is fully on board with housing first," said Halcon. "All of the city's services, at this point, are directed toward programs that meet housing first initiatives."

“City Councilmember Jeff Harris estimated that some 300 homeless individuals now remain in the vicinity, dependent on the services provided at Loaves and Fishes, and not all of them are looking for help.”

From the county's perspective, Amenityro said, "The overall target is to go the same way. The challenge is to find the affordable housing that goes with it."

Even the U.S. Department of Housing and Urban Development is supporting housing first, and the inter-organizational agreement to follow this path suggests true cohesion and consensus on a difficult issue. But other factors, including the sheer complexity of the issue, imply



Curtis recently moved back to California from Texas and ended up on the streets near Loaves and Fishes with a crowd of individuals. Curtis says that Loaves and Fishes has offered nothing to aid him in his daily job and apartment search.

that Sacramento still has a long way to go before homelessness becomes manageable.

Wallace claims that inefficiencies between Sacramento's organizations have stymied progress on providing the complete package of services that prevent and reduce homelessness. She also says that finding affordable housing is difficult due to "land use policy at the city and the county level." Amenityro cited limited federal funds as a severe barrier to affordable housing for all.

The Best Brings Out the Worst

Meanwhile, the shortcomings of even the best-intentioned programs can be seen and felt on the streets surrounding Loaves and Fishes, one of Sacramento's best-known and most-successful providers of basic survival services, functioning entirely on private donations.

Wallace, Halcon, and Amenityro all cited the organization run by Sister Libby Fernandez as a safe haven for Sacramento's homeless, but City Councilmember Jeff Harris estimated that some 300 homeless individuals now remain in the vicinity, dependent on the services provided at Loaves and Fishes, and not all of them are looking for help.

One 50-year-old man who wished only to be identified as Chris, spends most of his time on the streets near Loaves and Fishes or in Friendship Park, a private facility also run by Sister Libby. But on a hot afternoon on the corner of North C Street and Ahern Street, Chris said that he had chosen to be homeless.

Another man sucked on a marijuana pipe and yelled at his canine companion as he sat next to Chris on the sidewalk pavement. Chris's dreadlocks suggested infrequent bathing. The sun was hot and sit-



Was this candle at an abandoned camp used to read by or to remember a loved one? More likely than not, its scent was used to ward off the stench of feces in the bucket beneath.

ting on the pavement uncomfortable, but Chris insisted that people should have the freedom to live outside and despaired at the public's view of homeless people.

"There's a good percentage of people who are out here because they like to live outside. Why punish everybody for the actions of a few?" asked Chris.

Having consciously made the choice to be homeless, Chris rejected the notion that he was dependent on Loaves and Fishes or its services. "I don't need it but it's there and convenient, so I'm going to make use of it," he said. "Just because I get a free meal doesn't mean I'm leeching off of society."

Sister Libby said that a "handful" of people remained in the area and depended on her services. According to her, not everyone is ready to accept help, but she will be there to keep them going until they are. The NGO

leader admitted that there have been many instances of violence within the homeless community in the area—Chris was involved in a fight in Friendship Park and a friend of his was recently killed.

Officer Pace also said he receives frequent reports from homeless individuals who have been robbed or attacked by others living in the streets. "A lot of what happens to the homeless goes unreported," said Pace.

However, SSF has begun one initiative designed to make Pace's job a little bit easier by marrying his policing duties with a moral approach. The deputy is now paired with a trained "navigator" who emerged



An old shoe is just one of dozens of odd items that can be found at abandoned homeless camps along the American River parkway.

from homelessness himself and acts as a counselor and advisor when they encounter vulnerable individuals. Pace knows the law and his companion knows how and where to get individuals into the proper services.

Joining cops with trained social workers has proved to be a powerful and effective tool in other areas of local law enforcement, but only time will tell how many of Sacramento's homeless can be convinced to enter programs after years of suspicion and disappointment when dealing with the authorities.

Nowhere to Go

Halcon insists that a new approach is taking hold that will mark the turning of the tide for those on the streets. "Sacramento is on the cusp," she said. "We want to do something that's more purposeful and linked to real outcomes."

Indeed, SSF is in the midst of collecting and analyzing data on the homeless that could provide new ideas and improved results. However, with increased insight could also come increased moral debate. Who deserves to be helped and why? How should the public view those who can't or won't be helped with government funds? Those are common questions that data may struggle to answer.

Amenityro added that the county had set a goal of housing 300-400 families by the end of the current fiscal year, but according to the 2013 census of Sacramento's homeless, 2,538 total individuals were identified in emergency shelters or living in "places not meant for human habitation." A more liberal estimate from the Sacramento Regional Coalition to End Homelessness claims that 5,000-7,500 are out on the streets, and Amenityro admitted that, "locating them (homeless individuals) right now is a little bit difficult." New numbers are expected this year after a census took place on January 28th, 2015.

Despite an apparent leap forward in addressing homelessness in Sacramento County, the region still faces an up-hill battle to solve one of its most expensive and contentious issues of the past decade. When asked where a homeless person can go or who they can call for help, SSF's Wallace replied, "There's no good answer to that right now." ★

Are You Carrying Bricks In Your Backpack?

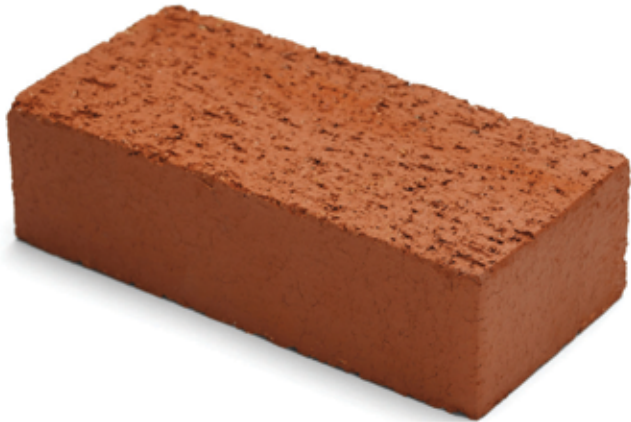
Procrastination! Ugh! What a word that is. But, we're all guilty of it - whether it's putting off laundry or doing your taxes - it's usually related to some task or chore we just don't want to do.

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

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Spring Celebration Returns to Citrus Town Center

By Connie Hall

CITRUS HEIGHTS, CA (MPG) - Citrus Town Center is most pleased to host their annual Spring Celebration at the Center on Saturday, April 25th, from 1:00 p.m. - 3:00 p.m. All events are absolute free to the public and include an array of fabulously fun activities for the whole family.

This two-hour celebration includes free train rides, magic tricks, face painting, balloon twists, arts and crafts, games, dancing, music, and even free prizes. Free prizes include car washes at Quick Quack, Gift Certificates from IB Tan, game passes to upcoming California Dream Tennis, and much more. Visitors can enjoy a visit with former Disney artist John Denton, who will be on hand to do free caricatures.

For a dining break, be sure to check out Panera Bread, Round Table Pizza, Wendy's, Black Angus, La Fiesta Taqueria, Pizza Hut, Sprouts, and Wing Stop.



Children enjoy hula-hoop games at a previous Spring Celebration. Photo courtesy of Connie Hall

Watch for more information on the first movie of the upcoming Free Summer Movie Series at Citrus Town Center as well. The first scheduled movie up will be on May 9th with *Big Hero 6*, one of the newest animated hits to run in movie theaters. The free movies will be on the second Saturday of every month running from May

through August.

Check out Citrus Town Center on Facebook for updated details on the Spring Celebration and other free events and festivities for the whole family.

Citrus Town Center is located at the corner of Sunrise Blvd. and Greenback Lane in the heart of Sunrise MarketPlace in Citrus Heights. ★

San Juan High Celebrates 100 Years

Story and photo by John-Michael Kibrick

CITRUS HEIGHTS, CA (MPG) - The gold rush was over and California's population hovered below one million at the turn of the 20th century. Other monumental changes were underway however, and San Juan High School, first built in 1915, has been around to see them all.

From watching men march off to fight in Europe to observing the steady reconstruction of San Francisco in the wake of the 1906 earthquake, San Juan was there, providing an education to the young men and women of Citrus Heights. Now, 100 years after its construction in its current location, San Juan High School is celebrating a rich history of steady growth with a historical display at the Citrus Heights Community Center.

The display created by San Juan's History and Arts Department tells the story of today's high school, 100 years in the making. A photo of the newly constructed school in 2016 is included as is a Spartan helmet, a year book and diploma from 1960, and an award from the Sacramento County Fair and Horse Show in 1938.

The display will remain open for viewing at the community center through July 31st. ★



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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

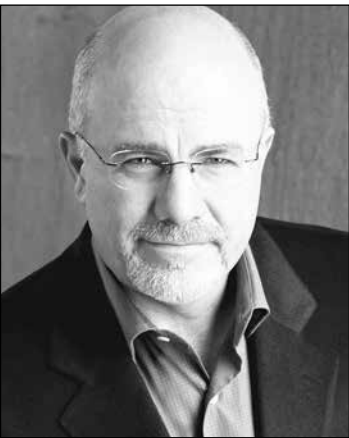
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Dave Says

What’s the Goal?

Dear Dave,
We have two girls in competitive gymnastics, and it’s costing \$12,000 to \$15,000 a year at a professional gym to do all this. My wife and I both work, and we make about \$115,000 a year, but virtually all of her income goes toward paying the gymnastics bill. We’re also trying to get out of debt and get better control of our money at the same time. Should we focus more on our finances right now?
- Jim

Dear Jim,
If I were in your shoes, I’d be asking myself why the kids are in gymnastics. Unless you guys are trying to send them to the Olympics — and they’re actually good enough to reach that level — teaching them things like discipline and to master their bodies through physical training can be done at a local amateur level. And at a much lower cost.
My son played ice hockey in local leagues for years when he was growing up. We did it as a family thing, and he had lots of fun and we all made great new friends. He even played some in

high school, too, but he wasn’t NHL material or anything like that. It didn’t change his life that he didn’t play on a traveling team or with professional trainers, so we had to ask ourselves, “What will it matter when he’s 30 years old?”

You make good money, so that’s not really the big issue. If you guys made \$50,000 or less, I’d be yelling at you. But with your income, the gymnastics thing probably isn’t going to slow you down too much when it comes to getting your financial house in order. In other words, it’s a parental thing. Ask yourself why you’re investing so heavily in this, and what the goal is when they’re adults. I think that will help you make the smart decision.
- Dave

Bicoastal is for the Birds

Dear Dave,
My husband and I have been living bicoastal since last October. He found a great job with great pay in Charlottesville, Virginia, after graduation, and we both agreed he couldn’t pass it up. I’m still in Portland, Oregon, with a good marketing job making \$50,000 a year. We’re trying to get out of debt. If I join him now, I won’t have a job and we won’t pay off our debt as quickly. But being apart is so difficult. Should I go ahead and make the move now?
- Danielle

Dear Danielle,
If he’s making great money, and you guys can make it on one salary while you look for another job, then I’d say go for it. There are things in life that are more important than money, getting out of debt in a certain amount of time, or a particular job.
Have you talked to your company about the possibility of doing your job remotely? If that’s not possible, maybe you could do some consulting on a remote basis. Even if you weren’t a traditional employee, they might float some projects your way.
Talk to them about these ideas, and start shopping for a position in Charlottesville. It’s a university community, if I remember correctly, so there are probably lots of opportunities in your field.
Go be with your husband, Danielle. You guys have been apart way too long already!
- 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.* ★



By Marlys Johnsen Norris, Christian Author

God has been waiting for you for a long time. He has been nudging you over and over again to get your attention. This very minute, God is reaching out to you. You ask why? My friend, it is because He loves you beyond any love you have ever experienced and He wants to help you attain something beautiful in your life. God has a

It’s Never Too Late!

beautiful plan for every life; He wants to provide for those who seek His perfect will.
It does not matter where you have been or what sins you have committed. He loves you with an unconditional, powerful love. If you will come to Him now, He will give you a brand new life. He knocks at the door of your heart wanting to be invited inside so that He can do wonderful things beyond anything you have ever dreamed. Partnering with God will birth within you great things, as well as a sense of self-worth you have never enjoyed.
You know who you are, you know what you have done, and you may have never realized it, but God knows it all too. Nothing is hidden from the creator of all, but He loves you and He desires to prove His love for you. Will you let Him by praying this simple prayer?
Dear God, creator of all that is, I humbly ask you to listen to this prayer and read my heart. I need help, I need you, I need your forgiveness. Please forgive all my sins and help me to live a life that is pleasing to you and a blessing to other people, too. Open my eyes and ears to hear your still small voice and listen to your guidance. Help me to understand the words of the Bible. I submit and commit my life like never before. I am yours, all yours. I accept your beloved son Jesus as my Savior and Lord. Amen.
Now wait and His blessings will answer you!
*Marlys Johnsen Norris
Christian Author of 7 books
Marlysjn@gmail.com* ★



By Pastor Ray Dare

Pastor Ray’s Encouraging Words The Benefits of a Church Family

The entire Bible is about one thing: God building a family. God wanted a family and He wants you in it. “*You are members of God’s very own family...and you belong in God’s household with every other Christian.*” Ephesians 2:19 (LB). What are the benefits of having a church family?
My church family identifies me as a genuine Believer. I can’t claim to follow Christ if I’m not committed to any specific group of believers. Jesus said, “*Your love for one another will prove to the world that you are my disciples.*” John 13:35 (NLT). Becoming a church member doesn’t make me a Christian; it’s a proof that I am one.
My church family moves me out of isolation. God didn’t make us to be independent. He made us to be interdependent. Only in regular contact with ordinary, imperfect believers can we learn real love and experience the New Testament truth of being connected and dependent on each other.
My church family helps me

develop spiritual muscle. Over fifty times in the New Testament the phrases “one another” or “each other” are used. We are commanded to love each other, pray for each other, encourage each other, greet each other, serve each other, accept each other, honor each other, bear each others’ burdens, forgive each other, be devoted to each other and on and on... This is Biblical membership. These are the “family responsibilities” that God expects every believer to fulfill. “As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.” Ephesians 4:16 (NLT)
My church family needs me. You have something to contribute to the whole. God wants you to be a contributor and not just a consumer. God has a unique role for every believer to play in His family. This is called your “ministry,” and God has gifted you for this assignment: “A spiritual gift is given to each of us as a means of helping the entire church.” 1 Corinthians 12:7(NLT) If I don’t use my God-given gifts and abilities, the church gets cheated. If you don’t use your gifts and abilities, the church gets cheated.
Regular church attendance is the natural next step once you become a child of God. You

become a believer by committing yourself to Christ, but you become a believer by committing yourself to a church family. The first decision brings salvation; the second brings friendships.
I invite you to make New Beginnings your new church family. I don’t care what you’ve done or where you’ve been, you’re welcome at New Beginnings. There’s only one condition: you can’t be perfect. If you’re perfect, if you’ve got it all together, this isn’t the church for you. On the other hand, if you’ve got a few habits, hurts or hang-ups, if you don’t have it all together, then this is the place for you! New Beginnings is a place for people who are growing, mending, healing, who admit they’re not perfect, but they’re trying to get better. We’re not a perfect. If you ever find a perfect church, please don’t join it! Because the moment you join it, guess what happens? No church is perfect but I believe we’re going in the right direction and I invite you to join us.
*Pastor Ray
New Beginnings Church
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www.NBC4U.org* ★



By Ronnie McBrayer

A religious leader once asked Jesus a question. “If loving God and loving my neighbor is all that religion requires, then tell me, who is my neighbor?” Jesus answered with a parable, a parable that is one of his most well known stories: The Parable of the Good Samaritan.
This story turns up everywhere in our culture, even in places where people do not know what a Samaritan is or that it was Jesus who first told the story. With such familiarity, we typically think of the Parable of the Good Samaritan as a story about being a good neighbor. Yet, this is not Jesus’ point at all. Jesus does not even attempt to define the word “neighbor,” though that is what the religious questioner wanted.
Jesus takes another course altogether. He defines, instead, what it means to “love your neighbor.” He speaks of a love that involves itself in unexpected, revolutionary, boundary-breaking ways. Of course, the only way to explain such a love as this is with a story:
Paul Rusesabagina is the former hotel manager who inspired the movie Hotel Rwanda. Beginning in April of 1994 (has it really been more than two decades?), over the course of a hundred days, an estimated one million Rwandans were killed after extremists in the majority Hutu population turned on the Tutsi minority.



To Die Trying

Fifteen percent of the population was annihilated. From perspective, that would be the percentage equivalent of a genocide wiping out nearly fifty million Americans, the total combined population of the greater Southeastern United States: Alabama, Georgia, Florida, Mississippi, South Carolina and Tennessee – every human being living in those states, gone in three months.
Hotel Rwanda focuses on the seventy-six days in which Mr. Rusesabagina transformed the luxury hotel over which he was responsible, into a refuge for the terrified. On the first day of violence, twenty-six people came to Paul’s home for shelter. They knew he was a person of influence with high connections and that he could help them. That is why they came, of course, but they also knew he was a person of compassion.
They bet their lives on him, and it was a bet that paid off. At the end of that three month massacre, Paul Rusesabagina had saved 1,268 people in his hotel. Somehow, Paul kept corn and beans in the kitchen; he rationed the water in the pool for drinking when militia cut the utilities; and he took all the room numbers off the doors and burned the registration records, so the roving bands of machete-wielding killers would not know the identities of those under his protection.
At one point, Paul and his family were given the opportunity

to leave Rwanda. He packed his bags to depart. It was then the residents of his hotel came to him and begged him to stay. “Paul,” they said, “we know you are going to be leaving this place tomorrow. But please, if you are really leaving, tell us, because we will go to the roof of the hotel and jump. A better death would be to jump and die immediately.”
Paul said, “By that afternoon I had made the toughest decision of my life. I said to myself, ‘If you leave, and these people are killed, you will never be a free man. You will be a prisoner of your own conscience.’ I then decided to remain behind...and if I was to die, I would die helping my neighbor.”
So, who is your neighbor? That question is incidental, really, as anyone you meet along life’s way fits the definition. “Will you love your neighbor?” - that is the primary question, and one we have the opportunity to answer daily.
Will we be called upon to love with the fearsome intensity of Paul Rusesabagina? It’s not likely, but I hope that when the time comes for us to leave this world, we die trying; we leave knowing we have helped and loved our neighbors. This is so much more than a story. It’s the way we save and heal the world.
Ronnie McBrayer is a syndicated columnist, blogger, pastor, and author of multiple books. Visit his website at www.ronniemcbrayer.me. ★

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Young Professionals Drive Change and “Own It”

Emerge Summit Empowers, Engages, and Inspires



The **Emerge Summit** was a catalyst for collaboration and connection. The half-day event provided opportunities for young professionals to engage with the community, develop critical business skills, and inspire action to make a difference. Photo courtesy of Metro EDGE

SACRAMENTO REGION, CA (MPG) - Metro EDGE and a coalition of young professional groups from across the region gathered in downtown Sacramento on March 27th for the second annual **Emerge Summit**. In scope and local in focus, **Emerge Summit** inspires young professionals to take action to improve their cities, communities, and careers.

The theme of the summit was “Own It”—your career, your city, your future. The summit also featured a welcome message from Mayor Kevin Johnson, a preview of Swan Lake by the Sacramento Ballet, and a DJ set by Z Rokk. Keynote speaker Ben Casnocha, Silicon Valley entrepreneur and co-author of New York Times bestselling book “The Start-Up of You,” led a motivational lineup of fascinating thinkers and doers who presented on their personal experiences, innovative ideas, and journeys to success. Other speakers included Clay Nutting, TBD Fest co-founder and owner of the hip Sacramento bierhall LowBrau; Dr. C.M. Lee Jr., who spoke on topics of persistence, leadership, and purposeful living; and Erica Taylor, vice president of

Communications and Community Relations at Five Star Bank and the Metro EDGE Young Professional of the Year. This event was a catalyst for collaboration and connection. The half-day **Emerge Summit** provided opportunities for young professionals to engage with the community, develop critical business skills, and inspire action to make a difference. In addition to the speakers, breakout sessions were offered by 10 young professional groups from across the region. Young professionals are playing larger roles than ever in the continued development of Sacramento’s economy and overall culture. “The influence of young professionals continues to grow in Sacramento and **Emerge Summit** will empower them to drive change,” said Michael Marion, chair of Metro EDGE. “We’re encouraging the local young professional community and its emerging leaders to get involved and take an active role in their city, community, and career.” The summit offered 11 professional development workshops, each facilitated by different local

young professional programs. Session topics included the Downtown Entertainment and Sports Complex and the Impact of Development, Volunteerism for the Young Professional, and Regional Recruitment and Retention of Young Professionals. Spearheaded by Metro EDGE with support from the Sacramento Metro Chamber, the **Emerge Summit** is a collaborative effort of regional leadership programs including American Institute of Architects Emerging Professionals; Nehemiah Emerging Leaders Alumni Association; Junior League of Sacramento; Roseville Ignite Young Professionals; Sacramento Asian Chamber of Commerce, Catalyst Program; Sacramento Regional Builders Association, NEXT; VSP Young Professionals BRG; United Way’s Young Leaders Society; Urban Land Institute (ULI) Sacramento Young Leaders Group; Urban League of Greater Sacramento Young Professionals; and many more. For more information, visit www.emergesummit2015.com. *Source: FSB Core Strategies* ★

Carmichael Beavers Swim Team Turns 50

SACRAMENTO REGION, CA (MPG) - The Carmichael Beavers Swim Team is proudly celebrating their 50th season. Since their conception in 1965, the Beavers have had many successful years winning championships and setting individual league records. Achieving these feats goes hand-in-hand with the team’s goals of desire, dedication, and determination. Contributing to the team’s recent success are the Beavers’ current president Ron Miller, head coach Doug Smith, and parents of the team swimmers. These parents diligently maintain the standing tradition of a family atmosphere, promoting a fun swimming experience where children learn to swim in

a competitive forum. The Carmichael Beavers range in age from 4 to 18 and they practice nightly at Del Campo High School’s pool, which has been their home for the past 12 years. The team welcomes the community to come out and enjoy their efforts. The Beavers’ 2015 home meets are from 8:00 a.m. to 2:30 p.m. on June 6th, 13th, and 20th, as well as July 11th. In commemoration of this 50th Anniversary, some elements have been added to the season’s usual repertoire. Special 50th swim caps, suits, and t-shirts are being offered and the Beavers Swim Team will be accompanying their 50th Anniversary float

during their regular appearance in Carmichael’s Annual 4th of July Gala Parade. All Carmichael Beavers alumni are invited to join the team on Saturday, May 16th for recognition and participation in a special alumni swim meet. The time trials start at 8:00 a.m. and the alumni meet will take place at 11:00 a.m. The current Beavers team looks forward to meeting past Beavers team members! For more information, visit www.cbswim.com or cb.swim@hotmail.com. Follow CB Swim on Facebook at Carmichael Beavers Swim Team. *Source: Roni Santiago* ★



By **Sal Arrigo Jr.**

Hello Citrus Heights! Let me introduce you to the “Kiwanis Corner.” As a recent transfer from the Rancho Cordova Kiwanis Club, it only made sense that my column travels with me as well. In it, I hope to provide the City of Citrus Heights and the surrounding communities with an insight into the premiere service club in the area. What is Kiwanis and what do we do locally? Kiwanis is a global organization of

Kiwanis Corner

volunteers dedicated to changing the world, one child and one community at a time. The first club started in Detroit, Michigan, in 1915 as a business and professional men’s club. Today, Kiwanis is now made up of both men and women. The name Kiwanis is borrowed from a Native American phrase, “Nunc Kee-wanis,” meaning “We trade” or “We trade our talents” (www.kiwanis.org). The Kiwanis family now includes nearly 600,000 members of all ages, more than 15,000 clubs for adults and youth, and a presence in 80 nations and geographic areas. Kiwanis Club members get together to improve lives and to serve communities. As a Kiwanian, you can expect to be involved in education and networking, service projects and activities, and leadership opportunities. The benefits of all this include personal growth, visibility in your community, and fellowship. The Citrus Heights Kiwanis Club supports Books for Kids at the Coyle Avenue Library; Bella Vista and Mesa Verde High School Key Clubs (more on Key Clubs at a later date); Ski for Light, a program for the visually impaired; Sacramento Blood Source; local food banks; Rusch Park Easter Egg Hunt (29 years); and the Kiwanis Family House (www.kiwanis-familyhouse.org). Why not stop by and meet us? Consider this your invitation! We are just like you—family members, school teachers, travel agents, business owners, and yes, retired folks contributing in their leisure time. We meet at Denny’s restaurant at the corner of Sunrise Boulevard and Greenback Lane every Wednesday morning from 7:00 a.m. to 8:00 a.m. See you soon! ★

Prescribed Burning Projects Discontinued

SACRAMENTO REGION, CA (MPG) - The American River Ranger District on the Tahoe National Forest will discontinue implementation of most planned prescribed burning projects effective immediately. Persistent dry and warm weather and an early onset of spring/summer forest fuel moisture levels have increased the risk of exceeding desired prescribed fire intensity and fuel consumption targets beyond acceptable levels.

The Forest Service will resume prescribed burning if conditions become favorable and will continue to reduce dense stands of trees and brush using mechanical thinning and hand removal of vegetation. All of these methods are important tools in reducing the size and frequency of high intensity wildfires and promote forest health. For more information, call

Larry Peabody at (530) 367-2224. For more information on prescribed fire on the Tahoe National Forest, visit www.fs.usda.gov/tahoe. If you would like to learn about prescribed fire versus wildfire, please visit www.smokeybear.com/prescribed-fires.asp. *Source: American River District, Tahoe National Forest* ★

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EcoHousing Project Unanimously Approved

SACRAMENTO REGION, CA (MPG)

- Fair Oaks EcoHousing, a new cohousing community of 30 homes, was unanimously approved by the Sacramento County Planning Commission on April 13th by a vote of 4-0. Not one individual showed up to object to the project. Commissioner Eric Guerra called it “a wonderful neighborhood that will raise the quality of life in Sacramento County.” This is the first time cohousing will be available in the Sacramento suburbs.

This environmentally friendly infill project is sponsored by a group of 11 local households, who are all investors as well as future residents. The project had previously received unanimous approval from the Fair Oaks Community Planning Council (CPAC) and “enthusiastic, unanimous approval” from the Sacramento County Design Review Advisory Committee (DRAC) in September 2014.

When completed, the 30



Future and prospective residents tour the property at the site of the future Fair Oak EcoHousing project which was unanimously approved by the Sacramento County Planning Commission. Photo courtesy of Fair Oaks EcoHousing

privately owned homes will be clustered on the 3.7-acre property bordered by Fair Oaks Boulevard and New York Avenue near Fair Oaks Village and the American River Parkway. The group has been working with architect and international cohousing expert Charles Durrett on the design of

the community.

At the hearing, several future residents spoke. Bob Oyafuso, of Folsom added, “My wife has Alzheimer’s and requires 24-hour care. Her cognitive skills are so diminished that she no longer is able to entertain herself. Her quality of life depends completely

on the interactions with others. When I investigated Fair Oaks EcoHousing I asked, “If my wife was sitting on our front porch, would you come up to her and say hello?” The response was an enthusiastic, “yes”! I’m here because I know my neighbors will greet her with love.”

The homes will range in size from two-bedroom flats to four-bedroom town homes, along with extensive community facilities and garden areas, using designs to promote the sense of a neighborly village. The new community is unique in that it is being designed, funded, and built by future residents who seek to live in a more socially connected and sustainable neighborhood than traditional suburban developments.

The Fair Oaks property offers close proximity to the American River Parkway and its miles of bike paths, as well as Fair Oaks Village, Banister Park, the Sacramento Waldorf School, and the Rudolph Steiner College.

Green Design

Through its use of environmentally friendly design and building practices, Fair Oaks EcoHousing is expected to be one of the most sustainable new housing environments in the area. A variety of “green” strategies and technologies have been incorporated into

the community’s design. Among them are minimal paving, abundant natural lighting, and solar panels.

Fair Oaks EcoHousing will be the first cohousing community to be built in the suburbs of Sacramento. It takes inspiration from other regional cohousing neighborhoods, notably Southside Park Cohousing in downtown Sacramento, Wolf Creek Lodge in Grass Valley, Nevada City Cohousing, and several well-established communities in Davis. Nationally, there are more than 130 cohousing communities, with many others in Europe and Canada.

Fair Oaks EcoHousing invites prospective residents to attend a free site tour. Visit www.FairOaksEcoHousing.org for more information. The next tours are scheduled for April 25th at 10:30 a.m., and May 9th at 10:30 a.m.

Source: Fair Oaks EcoHousing. ★

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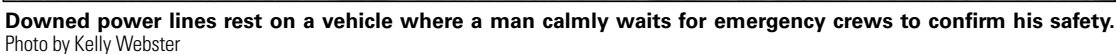
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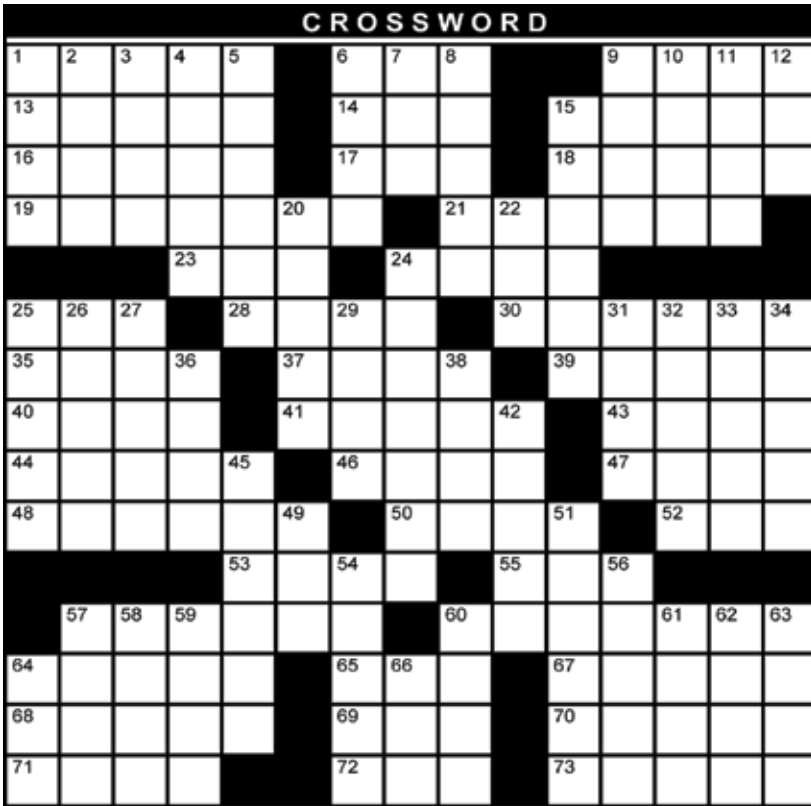
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ACROSS

1. Milan's La ____
6. Globe shape
9. Sainly sign
13. Alexandre Duma's "The Black ____"
14. Broadcast
15. Happen again
16. Like city life
17. Mudbath site
18. Fill with high spirits
19. "Mommie ____," movie
21. "Kate Hudson's mom
23. Dog command
24. Like Andersen's duckling
25. Eric Stonestreet on "Modern Family"
28. Hard currency
30. Internet business
35. In the sack
37. Sometimes hard to reach
39. Irrigation water wheel
40. Track event
41. "Suri's mom, e.g.
43. Fix a horse
44. ____'s razor
46. "Bébé's mother
47. Copycat
48. Tarzan's swings
50. A in B.A.
52. "... ____ he drove out of sight"
53. Repair, as in socks
55. Pull the plug on
57. *Mom to Meg, Jo, Beth and Amy March
60. *Popular Mother's Day gift
64. Kim Jong-un of North ____
65. Reverential salutation
67. Tie again
68. Relating to Quechuan people

DOWN

1. Part of house frame
2. Prepare by drying or salting
3. *This famous Jessica became a mom in 2008
4. Pinocchio and his kind
5. Relating to apnea
6. Brewer's kiln
7. Tombstone acronym
8. Health food pioneer
9. Retained
10. Palm tree berry
11. Guitar forerunner
12. Bonanza find
15. Count on
20. Indifferent to emotions
22. *Like Mother Hubbard
24. Soiled
25. *TV's "lovely lady"
26. Olden day calculators
27. Muhammad's birthplace
29. Big-ticket ____
31. "Animal House" garb
32. French pancake
33. Oil tanker
34. "Mother" in Italian
36. Novelist Koontz
38. German mister
42. Asian pepper
45. Sterling, Cooper or Draper
49. Sigma Alpha Epsilon
51. Soft palate vibrations
54. Boxer's stat
56. Inhabit
57. Kissing disease?
58. Atlantic Richfield Company
59. Last row
60. Notable achievement
61. Evening purse
62. Hitchhiker's quest
63. Nostradamus, e.g.
64. *Mom has at least one
66. By way of



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*Based on a 2014 survey of new policyholders who switched to esurance from other car insurance companies. Savings based on a 2014 survey of new policyholders who switched to esurance from other car insurance companies. Savings based on a 2014 survey of new policyholders who switched to esurance from other car insurance companies.

For Solutions See Page 9

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

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Reply to this posting or fax your resume at **916-944-5093** or email at **alain@allstate.com** (MPG 03-31-15)

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(MPG 04-30-15)

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QUALIFICATIONS: Must be legal resident, have a valid California Drivers License, provide Criminal History check from Dept. of Justice, pass a fingerprinting background check and 2 work references from previous employers. Applicants must know Asian (preferably Indian) cooking and be prepared to "Live In " after probation period of 4-8 weeks. Applicants also must be experienced in this line of work, be flexible regarding hours and duties and be able to read, write and speak English. NO DUI. NO pets. NO smokers. Please read this carefully and only apply with a detailed written Resume of education and work background. Apply only if you meet ALL the criteria outlined above to jkrip@gmail.com or call 916-484-1333

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Crossword Puzzle on Page 8

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

Sudoku Puzzle on Page 8

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

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

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POPPOFF!

with Mary Jane Popp

REMEMBER YOUR DREAMS. Put your recording materials by your bed and ask your unconscious to share a dream with you.

3) GET TO BED A LITTLE EARLIER THAN USUAL. Shifting your sleep schedule often helps.

4) AVOID TAKING UNNECESSARY MEDICATIONS BEFORE BED. Antihistamines and certain other medications can inhibit recall. Vitamin B6 is thought to increase recall.

5) IF YOU WAKE IN THE NIGHT, FOCUS ON ANY DREAM IMAGES YOU HAVE. Jot down a few words to jog your memory in the morning. Don't let sleepiness talk you into believing you will remember in the morning or that images have no significance. It is easy to talk yourself out of the necessary steps for recall.

6) SOME PEOPLE FIND IT HELPFUL TO DRINK EXTRA WATER BEFORE BED. Then you might have to get up in the night, thus waking up close to a dream segment and achieving recall.

7) IF YOU HAD NO RECALL DURING THE NIGHT AND YOU CANNOT MAKE ANY CONNECTIONS TO YOUR DREAMS UPON WAKING, STAY QUIETLY IN BED. Keep your eyes closed, and imagine some of the people in your life or some settings that are familiar to you. Sometimes just after flipping

through these images will stimulate a reminder of a dream.

8) UPON AWAKEING, RESUME THE SLEEPING POSITION YOU WERE IN WHILE DREAMING. This is usually your most comfortable sleeping position. This is a very successful tool.

9) WRITE ANYTHING YOU REMEMBER...EVEN IF IT'S ONLY ONE WORD, AN EMOTION, OR A PHYSIOLOGICAL RESPONSE. One word can sometimes lead to important information. If you awake with a song or poem in mind, write it down. Nothing is insignificant.

10) IF YOU CANNOT REMEMBER ANYTHING, MAKE AN NOTE TO THAT EFFECT IN YOUR JOURNAL. "I do not remember anything about my dreams last night. If I had I would take time to remember it." It is amazing how receptive your unconscious is to your true efforts.

According to Justina, once you are serious about the process, the unconscious will reward you with dream memories. You're going to be amazed at what you have been sleeping through. You can check out more of what dreams are all about at www.DreamSynergy.com, and you can get more understanding of dreams in "Wake Up." Who knows, perhaps those daytime dreams will become reality! Sweet Dreams! ★

DREAMWEAVER

We all dream. It's mandatory even if you don't remember what that wild and crazy dream was about. Besides, if you do remember it, it's pretty confusing. But Justina Lasley told me on POPPOFF that we need to pay attention to our dreams and use them as a guide. She said that dreams will never take us off course from being uniquely the person we were born to be. Justina is Founder and Director of the Institute for Dream Studies and author of several books, her latest "Wake Up" Use your nighttime dreams to make your daytime dreams come true. But you need to remember those dreams first, so I asked Justina for the Top Ten tips for Dream Recall.

1) BUY A DREAM JOURNAL like the one at www.DreamJournal.org to show your unconscious that you are committed. Before sleep, record the date and a brief synopsis of the day.

2) BEFORE GOING TO BED, MANIFEST YOUR INTENTION TO

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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.

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Here's how it all works...

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- Send and receive private messages
- Chat online with instant messenger
- See who's looked at your profile
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- Create and read dating diaries
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Single Again

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For the Love of Books

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

THE WALLS AROUND US

by Nova Ren Suma

- ◆ Publisher: Algonquin Young Readers
- ◆ Release date: March 24, 2015 ◆ Hardcover, 336 pages
- ◆ Intended audience: Young Adult ◆ Rating: ♥♥♥♥♥

On the Book Jacket: "Ori's dead because of what happened out behind the theater, in the tunnel made out of trees. She's dead because she got sent to that place upstate, locked up with those monsters. And she got sent there because of me."

The Walls Around Us is a ghostly story of suspense told in two voices—one still living and one long dead. On the outside, there's Violet, an eighteen-year-old dancer days away from the life of her dreams when something threatens to expose the shocking truth of her achievement. On the inside, within the walls of a girls' juvenile detention center, there's Amber, locked up for so long she can't imagine freedom. Tying these two worlds together is Orianna, who holds the key to unlocking all the girls' darkest mysteries.

We hear Amber's story and Violet's, and through them Orianna's, first from one angle, then from another, until gradually we begin to get the whole picture—which is not necessarily the one that either Amber or Violet wants us to see.

Nova Ren Suma tells a supernatural tale of guilt and innocence, and what happens when one is mistaken for the other.

Amy's Review: Both a mesmerizing and gripping paranormal thriller, leaving that your mind reeling forward and back for the truth.

Amber, went wild the night the cellblock doors sprung open, giving the girls a perceived taste of freedom, tempting and torturing; do they stay or do they try to leave? Amber is one of 41 girls at Aurora Hills Secure Juvenile Detention Center, for all crimes ranging from tiny infractions, to cold blooded killers, but you never talk about why you're there. Amber, has learned the ropes, keep your head down, shoes off inside the cell, keep your jumpsuit buttoned up, don't make trouble, and never eat the peas. Everything was great until the cell doors opened and she was left questioning, can they ever really be free from the regret of what brought them to this point in time?

Violet, prepares for her last dance performance before heading off to Juilliard, trying not to think about the night that everything changed. Every August is like this, these are the nights that she thinks about the two dead bodies behind the dumpster. She will bury the fact, that she had anything

to do with crime, which sent her best friend Orianna to Aurora Hills. Trying to shake the memories of that night, she continues to dance, continues to spin around the truth of what really happened, and who held the box cutter that slit the two girls and let them bleed?

Told in the two strong voices of Violet and Amber, one free and dancing towards her dreams of joining a professional ballet at any cost, and one locked away for murder, secretly willing to make things right. Both, with their own accounts of Orianna, the only one holding the key to the truth that can unlock their fate, yet haunting and eluding to the fact that they can never be free.

The Walls Between Us is a story that bridges the gap between the living and the dead, finding a place that lays perfectly trapped within the walls that hide the truth. Eerie as it is chilling, readers are tossed between perceived reality and the truth, however the truth rarely stays buried.

Nova Ren Suma, builds a vividly imaginative journey, which taps into raw emotion. Suma dances around the truth, pirouetting into reader's minds, spinning a story that is delightfully dizzy, with mystery and intrigue.

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Historic Folsom Farmers Market
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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
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Sacramento Area Makes Top 50 Healthiest List

SACRAMENTO COUNTY, CA (MPG) - According to a new survey, Sacramento is one of the top 50 healthiest areas in the nation. Nerdwallet, a data-analysis company, conducted its annual study of health in metropolitan areas using assessment factors of overall fitness, medical care accessibility, and healthcare coverage.

Nerdwallet’s findings say 40.9% of Sacramento residents are at a healthy weight in concordance with the Centers for Disease Control (CDC) standards. As denizens of the Farm-to-Fork Capital of America, locals can easily maintain a balanced diet shopping for nutritious foods at one of the certified farmers’ markets. The area is populated with healthy-option restaurants partnering with the Farm-to-Fork network to deliver fresh ingredients in gourmet meals.

A solid 84.7% of Sacramentans stay physically active with more than 400 gyms, a collection of bike trails, and plenty of parks from which to choose. The county is home to the 32-mile Jedediah Smith Memorial Bicycle Trail along the American River Parkway, which is popular among cyclists, hikers, and joggers. Residents can also visit the four regional parks and numerous city and urban parks to enjoy clean air and a variety of family-friendly park activities throughout the year. For those who prefer the indoors, many yoga, dance, and fitness classes are also available in the area.

The survey reveals that 85.9% of the population is health insured and approximately 318 physicians and surgeons are available to tend to every 100,000 residents.



Nerdwallet’s findings say 40.9% of Sacramento residents are at a healthy weight in concordance with the Centers for Disease Control (CDC) standards. Photo courtesy of Sacramento County

Pot Bill Heavily Backed by Council and Law Enforcement

Continued from page 1

the bill to pass so the Legislature can finally focus on other issues. Similar bills attempting to regulate medical marijuana had failed in recent years for a number of reasons, according to Cooley.

“[Legislature] needs to go back to finding the ability to take complicated issues and roll up our sleeves, get everyone in the conversation and find a reasonable way to balance views,” Cooley said. “It’s actually a failure of the institution to take an issue, spend two years on it and then the wheels come off at the end. “(Everyone) has felt they’re getting to a time when the Wild Wild West should be done.” ★

BBQ Dinner and Dance Raises Funds for Local Veterans

Continued from page 1

at the Post than on her back deck.

McGlasson served four years on active duty and 22 years as a “weekend warrior” in the A.F. Reserves and A.F. National Guard. As part of one of her “daytime” jobs with Blue Diamond Growers, McGlasson was responsible for the 1986 slogan, “A Can a Week, that’s All We Ask.”

American Legion Commander Ben LaPolla announced that the donations received will benefit our local veterans and families in need as well as to fund programs promoting Americanism such as California Boys State (leadership), and American Legion baseball and the Jr. ROTC.

An event such as this could not take place without the help of dedicated AL members and their families volunteering their time and resources. They worked tirelessly for weeks preparing for the event.

The American Legion would like to thank the VFW for use of their facility and giving the American Legion Post 383 a home. Their facility serves VFW and other veterans in Fair Oaks and surrounding communities.

The Bar-B-Q Blues Dinner and Dance was a celebration reminding everyone of the freedom given us by all our veterans. ★



Lisa West
Community Outreach Director

What Veterans Need to Know



Memorial Parks
Mortuaries & Crematory

By Lisa West

Are you a veteran or do you know one? First, let me say, I love veterans. They are truly our heroes and deserve our respect and undying gratitude for their service.

Veterans are entitled to many benefits. I can’t possibly list them all here, and I wouldn’t want to try. But I do want to give you some basic information regarding burial that I hope you find beneficial.

There are some misconceptions about veterans getting a “free burial;” first, depending upon your service, veterans are entitled to be buried in a VA cemetery. The closest one to Sacramento is called Sacramento Valley National Cemetery, although it’s not in Sacramento, it’s in Dixon (in Solano County).

Please note that although you are entitled to be buried in the VA cemetery, you still must be prepared for burial and taken to the VA cemetery by a funeral home. This is where people sometimes get confused.

Simply put, your burial plot at the VA cemetery is free of fees and yours to use if you qualify. To find out if you qualify, call a licensed funeral home and they can tell you. If you do qualify, you still need to make your final arrangements through a mortuary or funeral home. It is always a good choice to do this in advance.

This means you need to be brought into the care of the funeral home after you pass away. Your body must be prepared through either cremation or casketing, and these fees are not free or paid for by the VA.

Other important facts to know are that a licensed funeral director is required to make the arrangements with the VA cemetery at the time of need (it cannot be made in advance like other arrangements can), and that funeral home must transfer your casket or cremation urn to the VA cemetery for the interment.

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. ★

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More Critical Issues for Buyer/Owner in 2015

The largest amount of money you will ever spend is likely a home or property. Complex rules, varied loans and stress about making a mistake can make your dream home purchase a living nightmare if something goes wrong in the process. Let us help you now!

Rents on the Rise

Last time we warned of the most important issue, rising interest rates. Now - Rents on the Rise! Rent increases of more than 25- 30% are happening in the local market. With low interest rates, this is exactly the market for moving on up!

Homeowners, on average, benefit by about \$3000 year because of tax write-offs, not including depreciation. The other benefit, of course, is the appreciation of your home or investment properties.

Many people retire because of the smart real estate decisions they made. For renters this is real incentive to buy. On the other side of the coin, for homeowners this is a signal to consider upsizing to a new family home. For retirees, as the ‘baby boomers’ reach 65, this is also a great period of time to take your profits and find a perfect downsized home. Long term, buyers have the real advantage as owners. Property is the key to many retirement plans as the value is solid and the potential income growth as real as dirt.

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!

Mark Your Calendar RE and Business Pros! Join us Friday evening at 6:30 pm April 24th for a one-hour free self defense clinic for business professionals and real estate agents with Robinson’s Tackwondo. After the recent assault on a realtor in El Dorado Hills, this free clinic will offer safety info, practical self-defense and escape moves to survive a potential assault.

Registration is required at <http://www.robinsonstkdc.com/tickets>

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Next time: Q&A from consumer’s buying and selling their properties! ★

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