



**Beyond the
Police Uniform**
By Sal Arrigo Jr.

Page 9

**PLUS:
Assisting Mother Nature
in Wildlife Care by Giving
Obsolete Tech a Facelift**

Page 2



Citrus Heights Messenger

"Written by the people, for the people"

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POPPOFF!
with Mary Jane Popp



Page 10

**Call to Artists at
Nautilus Tea Company
Art Show**



Page 9

**Game Plots:
Finally, a
Choice Game**



Page 10



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Sylvan Cemetery Memorial Day Service Honors the Fallen



(Above) In a realistic reenactment, members of the Sons of the American Revolution fire Revolutionary War-era rifles. The smoke created by the unpurified gunsmoke used at that time was part of the process, thus the many references to "smoke-filled battlefields." Photo by Jim Faulkinbury. (At Right) From left to right: Michael Drouin, Lt. Colonel, USMC Retired in his 1998 dress blues with spouse Patricia Drouin in 1860s day dress. John Henry, Commander, USN Retired. Photo by Jack McIntz

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Memorial Day at Sylvan Cemetery proved to be the perfect day to remember over 1,300 veterans buried at the cemetery and to honor those who are still serving.

A warm breeze ruffled the grave flags placed at each veteran's grave by the members of American Legion Post 637 and local volunteers. Boy Scouts from Troop 288 raised over 120 flags that lined the roads throughout the cemetery, creating a somber yet fitting celebratory mood for the event. The flags were presented to the families of those who have died. The families donated them to the cemetery to be flown on Memorial and Veterans Day.

While friends and family waited at the gazebo for the traditional procession—led by the Citrus Heights Police Motorcycle Detail and Color Guard—to arrive, the Folsom Harmony Express Singers entertained with their ever-popular array of patriotic barbershop-style pieces. The Marine Honor Guard stood at attention.

American Legion Chaplain Jerry Smith gave the invocation and explained the meaning of the empty chair nearby, representing those prisoner of war and missing in action men and women who would never return home. He said, "Freedom is alive, not just a word. You take it home, walk with it, and embrace it! Never stop!" The prisoner of war/



missing in action flag stood next to the chair.

Karen Escobar, representing the California Department of Veterans Affairs, read a proclamation from the office of Governor Jerry Brown recognizing the members of the American Legion Post 637 for all their work with veterans in their community.

The Citrus Heights Police Department

Continued on page 3

Craft Brewfest and Wine Tasting

CITRUS HEIGHTS, CA (MPG) - Eat, drink, and be merry! Enjoy live music while tasting beer, wine, and food from local breweries, wineries, and restaurants. Soroptimist International of Citrus Heights is holding a Craft Brewfest and Wine Tasting fundraiser on June 13th. This event will be held at the beautiful and historic Rusch Home & Gardens on 7301 Antelope Drive in Citrus Heights from 5 p.m. to 9 p.m.

Soroptimist International is part of a worldwide volunteer nonprofit service organization whose mission is to improve the lives of women and girls in the local community. All proceeds from this fundraiser will be used for the many service projects the organization supports, such as A Community for Peace and Harmony House, a Teaching/Learning kitchen for A Glass Slipper's Mariposa House, the Live Your Dream award for single mothers continuing their education, scholarships and awards for local high school students, the Citrus Heights Police Department's Holiday Giving program, backpacks to local law enforcement agencies for sex-trafficking victims, and school supplies for students at local schools.

Admission is \$35 and you must be 21 to attend. Parking is free. For more information on this event or to buy tickets, visit www.brewfestcitrusheights.com or call Rosanne Anderson at (916) 799-8702.

Source: Soroptimist International of Citrus Heights

**WE SUPPORT
OUR MILITARY**

Rellik: It's A Wrap

Pilot Set to be Released at Local Comic Con

By Ben Barber and Christie Spurlock Photos by Ben Barber

SACRAMENTO REGION, CA (MPG) - Sacramento-area residents have something to look forward to when *Rellik* premieres at the Wizard World Comic Con on June 21st. *Rellik* is a crime drama that follows the story of two detectives as they investigate a serial killer who is terrorizing Sacramento.

The ultimate goal is for *Rellik* to grow into a full-season TV show. The crew of roughly 40 people worked for deferred pay in hopes that the pilot will be picked up by an online distributor such as Netflix, Hulu, or Crackle, which would bring steady production work to the Sacramento region. The pilot features *Star Trek Voyager's* Tim Russ at the helm as director; Sacramento region actors Nick Fenske, Craig DeLuz, Brian Jagger, Charlie Holliday; and many more local-area cast and crew.

Filming for *Rellik* took place all throughout the Sacramento region, primarily in Carmichael, Roseville, and Dixon. The creator, Jason Knittle, is a Carmichael

resident who reached out to friends for possible locations to shoot interior house shots. The City of Roseville also played a major role in making the production possible by making filming permits easy to access. This allowed for shooting in the old Roseville Courthouse—which was dressed up as a police station for the show—and various locations around Roseville, such as parking garages and city streets.

Ben Barber, cinematographer for *Rellik*, said, "The production team was moving so quickly, we were able to grab scenes that were planned to be shot on days two

Continued on page 2



Brian Jagger, Tim Russ, and Emily Grant on set in Carmichael.



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Assisting Mother Nature in Wildlife Care by Giving Obsolete Tech a Facelift



Caring volunteers at the Wildlife Care Association rehabilitate injured animals from across the region. Photo courtesy of Wildlife Care Association

SACRAMENTO REGION, CA (MPG) - A stark contrast between obsolete high technology and urgent wildlife care will bring the non-profit Wildlife Care Association, SMUD, the Sacramento Tree Foundation, Southside Rental Equipment, and volunteers from the community to the former radar dome on the west side of McClellan Park. The old

technology “palace” now houses the non-profit Wildlife Care Association, providing intake, care, and release for displaced or injured wildlife in the Sacramento region.

To provide shade, native habitat, a windbreak, an on-site outdoor natural education area, and improve the public appeal of the old tech facility, 21 trees will be planted as part of the long-term change at the two-acre site. A program of SMUD and the Sacramento Tree Foundation, the drought-tolerant native trees offer a natural way to soften the harsh former-USAF facility to meet its current need in providing the essential and unique resource for the region’s wildlife. “Gray” or recycled washing machine rinse water will be used to help establish the trees after planting.

In this region, everything from hummingbirds to coyotes are sent to the volunteers at Wildlife Care Association, where they are cared for and released back to the environment. Volunteers are always needed, as 98% of the effort comes from caring volunteers, and 88 cents of every dollar donated goes to wildlife recovery and release.

The tree planting event will be held on Saturday, June 13th from 7:30 a.m. to noon at 5211 Patrol Road, on the west side of McClellan Park off Winters and I-80.

Volunteers to help plant trees are needed and can register for the event at wca volunteers@yahoo.com or by calling Volunteer Coordinator Sara Cobos at (916) 965-WILD. Visit www.wildlifecareassociation.com to learn more or make a donation.

Source: Rick Reed Public Relations



Rellik: It’s A Wrap

Pilot Set to be Released at Local Comic Con

Continued from page 1

and three and fit them into day one, where we shot at O’Donnell Heritage Park.” O’Donnell Heritage Park is located in Carmichael near the border of Carmichael and Fair Oaks.

Jason Knittle II, the son of creator Jason Knittle and an El Camino High School student, plays the role of Robert. Robert is a troubled teen who happens upon a murder in progress and becomes the lead suspect in a series of murders.

Actress Emily Marie Grant plays the role of Robert’s mother, who is a single mom struggling to keep her teenage son out of trouble. Grant is a prolific actress, with roles in *August Falls*, *Steve Jobs*, *San Andreas*, *Minutes After Midnight*, *The Diary of a Teenage Girl*, and more just in 2015. *Steve Jobs*, a biography of the late CEO of Apple, just wrapped shooting in San Francisco.

Shooting for *Rellik* has now wrapped and is in post-production. To see the premiere, come to Wizard World Comic Con on June 21st, located at the Sacramento Convention Center at 1400 J St. in Sacramento. After *Rellik*’s premiere, there will be a question and answer segment where fans can ask questions about production. Don’t miss your

chance to support local filmmaking here in the Sacramento region!



In a scene from the film, Robert’s mother Mandy (played by Emily Grant) speaks with her character’s brother Eli (played by Brian Jagger) on set in Carmichael.



Tim Russ talks with Jason Knittle II on set.



All types of injured birds and animals are sent to the volunteers at Wildlife Care Association, where they are cared for and released back to the environment. Photo courtesy of Wildlife Care Association

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Sylvan Cemetery Memorial Day Service Honors the Fallen

Continued from page 1

Honor Guard posted the American flag. Post 637 Commander Paul Reyes presented a new tradition to this year’s observance, the Fallen Soldier Battle Cross. This memorial, started during WWII and still repeated in the field today, is used more now since the Gulf War. The cross is made up of a deceased soldier’s rifle with its muzzle buried in the ground, helmet on top, dog tags hanging from the rifle, and the boots of the fallen soldier next to it. The boots sometimes rest on the folded American flag, which represents the people of a proud and grateful nation for whom the soldier died. Thanks were given to Chris McKinney of Shooters Warehouse for providing the Fallen Soldier Battle Cross.

MC Jim Monteton, an American Legion Post 637 officer member and Sylvan Cemetery District Board of Trustees member, recounted that of the 30 million men and women who have served in combat in the 240 years since the American Revolutionary War in 1775, three million have died in combat. Sylvan Cemetery holds the remains of 1,350 of these warriors, the earliest buried in 1862.

Three years after the Civil War ended, on May 5th, 1868, the head of an organization of Union veterans established Decoration Day as a time for families to honor their dead by decorating their graves with flowers. Eventually this was expanded to commemorate all of the dead of American wars and conflicts. In 1971, Congress declared Memorial Day a national holiday to be celebrated the last Monday in May. 2015 marks 150 years since the end of the Civil War.

Sacramento County Board of Supervisors District 4 representative Roberta MacGlashan reminded the audience that 2015 is the 40th anniversary of the end of the Vietnam War, where 58,272 Americans died. May 2015 also marks 70 years since the end of WWII in Europe, where 407,000 lives were lost and many thousands more people were injured.

Mayor Sue Frost explained how a civilian has no

idea what service members and their families experience. Frost said, “I’m told Vets speak a different language than we do. They go to basic training and their individuality is broken down and taken away. They are taught to think like a team, the ‘you go, I go’ concept, ‘one punished all punished’ mindset. They learn to wait for and take orders from officers. Then they fly home on the same plane that carries coffins filled with dead soldiers. And those that come home can feel a sense of guilt. ‘It wasn’t my turn’ or ‘why did my friend go and not me?’”

This reality check was then followed by a list with dozens of ways the American Legion Post 637 is reaching out and working with those returning from their military service. Her poignant stories proved how this work is making a difference in the community.

Police Chief Christopher Boyd shared the police’s connection with their service. “Many wonderful things come from freedom, not the least of which are the rights that we as citizens of this great nation enjoy,” said Boyd. “Law Enforcement takes our duty to protect our citizen’s rights in our communities very seriously, for it was our soldiers and their families who sacrificed and fought for those rights.”

Commander Paul Reyes thanked those who attended by saying, “Your presence here today and that of the people gathering all across

America is a tribute to those lost troops and to their families.” Quoting an unnamed source, he added, “It is a way to say we remember, from the soldiers who shivered and starved through the winter at Valley Forge, to the doughboys crouched in the muddy trenches of France, to the platoon who patrolled the hazy jungles of Vietnam and the young man or woman patrolling the mountains of Afghanistan, we remember and honor them.” He ended with, “Real heroes don’t wear capes, they wear dog tags!”

Chaplain Smith concluded the day with Psalm 91, the Soldier’s Psalm (My Refuge and My Fortress), followed by a rifle salute and Taps. ★



This memorial is the Fallen Soldier Battle Cross. The cross is made up of a deceased soldier’s rifle with its muzzle buried in the ground, helmet on top, dog tags hanging from the rifle, and the boots of the fallen soldier next to it. Photo by Jack Mintz



The Sylvan Cemetery Memorial Day service follows the traditional procession lead by Citrus Heights Police motorcycle officers and the Police Honor Guard, followed by Boy Scouts of America Troop 228, Sons of the American Revolution, and American Legion Post 637. Photo by Jack Mintz

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By Ronnie McBrayer

Even if one makes only a cursory reading of the Old Testament, that reading is sure to uncover the fact that ancient peoples were fond of building memorials. In the oldest of times, these places were called “gilgals.” A “gilgal” is a “circle” or a “wheel,” and these places were exactly that; circular campsites and memorials not unlike Stonehenge. A stone monument would be erected in the center of the circle and the community would gather at the outer edges for their rituals.

Like our ancient forefathers, we too are fond of building stone monuments, modern “gilgals” that honor the past, and the past we are most quick to memorialize is our history of war. An index of major US monuments reads like a catalogue of conquest. From our revolutionary beginnings to our current international military campaigns, we have filled up the ground with the infinitely precious bodies of our youngest and most promising men and women.

Case in point, visit our most iconic memorial of stone: Arlington National Cemetery. Hundreds of thousands have been buried there over the years, and it troubles me to say this, but it will reach capacity in only a few more decades. No, not everyone buried there is a war casualty, but all served in some capacity, and Arlington isn’t



Unconditional Love not Unconditional Surrender

even the largest of our National Cemeteries. It is only one of nearly 150 such graveyards all over this country.

Yes, it is right to honor the men and women buried in those places, but we do them a disservice if we do not remember them and their deaths properly. How do we remember properly? By remembering in such a way as to stop filling the ground with the fallen dead of war. Or, at the very least, to reduce the numbers called upon to bleed, sacrifice, and die; to learn from the cycle of history and cease the crazed repetition of violence; and to work with all our might to end our dependence upon warfare.

On this weekend in which we remember the dead of war, let us do so with tears streaming down our faces. Let us fervently honor those who unselfishly gave their lives, but let us vigorously refuse to glorify the violence that took those lives. After all, “war,” as the often maligned William T. Sherman said, “is hell. It is all folly, madness, a crime against civilization. And even its success is over dead and mangled bodies with anguish and lamentation.”

For me to say “war is not the answer” is to do more than quote a Marvin Gaye song. It is to confess faith in Christ as the way to peace and reject the false promises of war. War promises us that when the last battle is fought, the last bomb is dropped, the last enemy is slain, and the last soldier is put to rest in sacred soil,

then we will have a world at peace. Yet, war is waged without end, and our cemeteries continue to fill.

The world we want, a world where swords are beaten into plowshares, where mercy and justice flow down like the waters, where every tear will be wiped away from our eyes, and where there will be “no more death or sorrow or crying or pain” is the world constructed by the unconditional love of God, not the unconditional surrender of our enemies.

I believe, though it sounds utopian, that the death of Jesus was the last act of necessary violence in the history of the world. In showing us how to live and die; how to sacrifice without hate or hostility; and how to love others and ourselves, he has shown us the path to be at peace with God and the world.

So let us gather at our cemeteries and memorials of stone, around the tombs of the known and unknown who gave their lives. And as people of faith, let us also gather around another stone; the stone rolled away by the power and love of Christ, the only love that will bring peace to the world.

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



By Marlys Johnsen Norris, Christian Author

Family members and friends are treasures who love you. They love you as you are, but they also love who you can become! They are there to support and catch you when sharing in your everyday experiences, even when you fall. They accept you at your worst and help you to become your best. They know and understand your past but believe in your future. They accept you just as you are, but

Friends are to be Nurtured!

when the whole world has gone away, they are still there! True friendships need to be cherished.

All genuine friendships must be built and nurtured. If you have such a friend, never take that relationship for granted. The value you place on your friends is evidenced by the way you treat them. Be sure those closest to you are heading in the same direction. That’s why all of our dearest friends must be fellow believers who share the same values and love for our Savior.

We need family and friends like this, don’t we? The book of Proverbs provides wise counsel to help us select the right kind of companions. Consider the following verses: “A friend loves at all times” (Proverbs 17:17). They must be much like Jesus!

“There is a friend who sticks closer than a brother” (Proverbs 18:24). Jesus will never forsake you! “Faithful are the wounds of a friend, because when you fall they will bring you back to reality” (Proverbs 27:6). “A man’s counsel is sweet to his friend” (Proverbs 27:9). Genuine friendships are characterized by love, loyalty, and honesty. They not only support us, but they also have our permission to correct and advise when necessary. If we stray away, they will bring us back because, like God, they are friends of second chances.

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



By Pastor Ray Dare

The greatest lesson in life is learning to be unselfish. That’s it. That’s the #1 lesson in life. It’s also called love. Love your neighbor as yourself. Once you know and love God, God says, “Now I want you to learn to love other people,” and that means being unselfish. Unfortunately, a lot of people go through life and never learn the greatest lesson and they waste their life. They waste the whole reason they are here on earth: To learn how to be unselfish.

The problem is, by nature we’re all selfish people. I am. You are. It’s our nature to be selfish. If you don’t believe that just watch a couple of toddlers play together in a room. Within 5 minutes they’ll be fighting over the same toy! It’s in our nature. See, you don’t think most about me; most of the time, you’re thinking about you. And I’m thinking about me most of the time- my interests, my needs, my wants. You think about yourself more than anybody else.

Selfishness is the number one enemy of relationships. The number one cause of conflict and arguments is selfishness. When

Pastor Ray's Encouraging Words Life's Greatest Lesson

you first start in a relationship, you do all the little things for each other. You work hard at being unselfish. It’s kind of like the five stages of marriage. The 1st year: “Baby darling, I’m worried about that little snuffle, so I’ve called the paramedics to rush you over to UCD for a check-up and a week of rest.” 2nd year: “Sweetheart, I don’t like the sound of that cough so I’ve arranged for Dr. Cox to make a house call.” 3rd year: “You look horrible! Why don’t you drive yourself over to the pharmacy and get something for that.” 4th year: “Look, be sensible, after you’ve made dinner, washed the dishes and cleaned up the house a little, I think you ought to get some rest.” 5 year: “For heaven’s sake would you stop coughing! You sound like a barking dog! I can’t hear the TV! Where’s the remote?” Selfishness has a way of creeping into relationships.

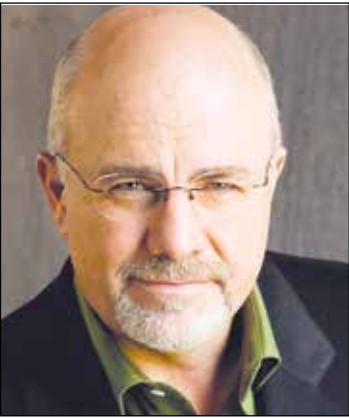
You can’t build relationships and teamwork if you’re selfish. Ego gets in the way. Do you know what e-g-o stands for? *Edging God Out*. When your ego gets control of your life, you are edging God out of your life. Ego shows up in a lot of different ways: It shows up first in criticism. If you are critical of someone, if you tend to be judgmental of other people, you have an ego or pride problem. If you tend to be competitive and you’re always comparing, that is an ego problem. If you are stubborn and find it difficult to say “I’m sorry”

You have an ego problem.

What’s the antidote? One word: Selflessness. That means thinking a little bit less of me and thinking a little bit more of you. It’s realizing that the world does not revolve around you. “Don’t be concerned only about your own interests, but also be concerned about the interests of others.” *Philippians 2:4 (GW)*

Selflessness doesn’t happen overnight. You don’t learn to be unselfish by a one-time counseling appointment or by God zapping you. It’s going to take the rest of your life, because it is a growth process. There is only one way you can do it and that is with God’s Spirit in you. “Live freely, animated and motivated by God’s Spirit. Then you won’t feed the compulsions of selfishness.” *Galatians 5:16 (MSG)* Anybody can be unselfish every once in a while, but God says, “I want it to be a lifestyle.” One way to begin this lifelong process of learning to be unselfish is to start every day by praying a simple little prayer. Say, “God, help me today to love other people, to listen to them, to learn to see from their perspective, to think about their interests and not just my own. In Jesus name, amen.”

Pastor Ray
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Save Extra Instead

Dear Dave,

I recently applied for life insurance for the first time with a child rider. The insurance company denied my request for the rider portion because my son has hemophilia. Do you have any suggestions or advice?

Sarah

Dear Sarah,

Unfortunately, you’re going to have a difficult time with this situation. It’s generally pretty hard, for obvious reasons, for hemophiliacs to get life insurance. I hope you understand that’s a statistical statement, not a spiritual statement. You can always cover him as a child by building an emergency fund over and above the three to six months of expenses I normally recommend. A child rider is just a small policy to cover final expenses and things like that, so you could self-insure by saving up in the event — God forbid — of a worst case scenario. An average funeral today costs around \$7,000 to \$10,000. You could always spend less, but if you guys have reasonable safeguards this isn’t a situation you should be facing. I mean, there are probably some things he just shouldn’t do from a common

Dave Says

sense standpoint, right? But lots of folks have long, wonderful lives with that particular condition. It might be that as research on the disease progresses and as he gets older, there’s a possibility that he could qualify. Think about this. If you even whispered a word like “cancer” anywhere near your name 25 years ago in the insurance business, you were done — no life insurance of any kind.

Nowadays, they look at all the factors involved. You can actually have had cancer and get life insurance.

In short, I think there’s hope for the future. In the meantime, I would cover it with a slightly larger emergency fund. Just add a few thousand to what you would normally set aside for emergencies, because you might face some medical issues, as well.

—Dave

Bankruptcy Aftershocks

Dear Dave,

What are the long-term effects of declaring bankruptcy?

Brittany

Dear Brittany,

One of the biggest aftershocks of filing bankruptcy is that it stays on your credit report for years afterward. A Chapter 7 filing, which wipes out everything and gives you a clean slate, stays on your report for 10 years. Chapter 13, which is a repayments plan, and Chapter 11, another type of large bankruptcy or business bankruptcy, both stay

on your credit bureau report for seven years. Another big problem is that it can follow you around when it comes to applications or when you apply for different types of licenses. Many of these ask if you’ve ever filed bankruptcy. It doesn’t ask if it’s still on your credit report; it will ask if you’ve ever filed bankruptcy. If you have, you’ll have instances for the rest of your life when you have to admit it and explain it all over again. So, it’s an emotional scar that follows you around for a long, long time.

Too many bankruptcy filers never really recover from their financial distress because they never learn new and better ways to manage their money. That’s why I recommend people do everything they can to avoid bankruptcy. It’s not an easy do-over; it’s a last-resort kind of thing. And in the vast majority of situations it’s just not necessary.

—Dave

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

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New Limits on Landscape Watering

SSWD Unveils Rebate Programs to Help Customers Conserve

SACRAMENTO REGION, CA (MPG) - The Sacramento Suburban Water District (SSWD) has adopted new outdoor watering restrictions that limit landscape irrigation to two days per week on specific days and times.

The new watering guidelines are designed to further encourage water reductions in light of the severe drought plaguing California and new directives from the Governor and State Water Resources Control Board to reduce water use. SSWD is required to reduce its water use by over 30%.

Effective immediately, outdoor watering is limited for all District customers to two days per week according to the following schedule:

- Addresses ending in an odd number (1, 3, 5, 7, 9) can water on Tuesday and Saturday
- Addresses ending in an even number (0, 2, 4, 6, 8) can water on Sunday and Wednesday

Customers are allowed to water on their designated day before noon or after 8 p.m.

“People can make a big dent in their household water use by limiting landscape watering, which is where most water use occurs,” said Greg Bundesen, SSWD’s water conservation supervisor. At a typical home, most water use goes to watering lawns and outdoor landscaping, and about 30% of that is lost due to overwatering and evaporation from wind and sun.

“By taking immediate action to limit landscape

watering, SSWD customers can maximize water savings during the coming peak temperature and water use months. Summer presents our best opportunity to achieve the ambitious conservation targets set by the state,” Bundesen said.

In addition to the new watering guidelines, SSWD is also unveiling a suite of new incentive programs to help customers reduce water use, including the following rebates:

- Turf Replacement (“Cash for Grass”) for 50 cents per square foot (up to \$1,000) for replacing thirsty lawns with low-water use plants
- Irrigation Efficiency Upgrades (up to \$300) for replacing existing spray sprinklers with more efficient rotary nozzles and drip irrigation systems
- Pool Covers (up to \$100), which can reduce evaporation from pools by up to 95%
- Rain Sensors (up to \$100) to automatically turn off sprinkler systems during rain
- Recirculating Hot Water Pumps (up to \$150) to deliver hot water on demand
- WaterSense-Labeled Weather-Based Irrigation Controllers (up to \$100) to install a “smart” sprinkler controller that adjusts watering schedules according to the weather

Complete rebate details, applications, and water-wise tips are available at www.sswd.org.

Source: Sacramento Suburban Water District ★

DA Schubert Announces “Criminal Justice Shadow Day” Youth Program

SACRAMENTO COUNTY, CA (MPG) - District Attorney Anne Marie Schubert announced the launch of a new Criminal Justice Shadow Day, giving high school students an opportunity to job shadow professionals from various criminal justice agencies.

Based on the area of interest, students will be paired with prosecuting attorneys, defense attorneys, probation officers, investigators, and judges to get a first-hand look at the criminal justice process and the different roles within the system. Students will also have an opportunity to learn about the District Attorney’s Laboratory of Forensic Services.

The Criminal Justice Shadow

Day will be held on June 25th from 8 a.m. to 1 p.m., and the Laboratory of Forensic Services presentation will be held on July 16th from 12 p.m. to 2 p.m.

The program is open to current Sacramento County high school students (incoming 9th graders through 12th graders). Eligible students are encouraged to apply.

Students will need to submit a completed application and signed permission slip, which can be downloaded at www.sacda.org. The deadline to apply is June 12th.

The Criminal Justice Shadow Day is one of several DA youth programs designed to increase understanding and engage

students in a positive relationship with members of the criminal justice system.

District Attorney Anne Marie Schubert stated, “I am passionate about protecting the safety of our children as well as early crime intervention. I will continue to innovate and implement new ideas to deter criminal activity among students, prevent them from becoming victims of crime, and inspire them to explore careers within the public safety field.”

For questions, please email YouthPrograms@sacda.org.

Source: Sacramento County District Attorney’s Office ★

A Sideline View into the World of Business

By Molly Townsend

SACRAMENTO REGION, CA (MPG) - Behind every good leader is a great leader. For 25 years, Gary Henson, founder of the Sacramento-based [www. BusinessCoach.com](http://www.BusinessCoach.com), has mentored and advised thousands of business leaders worldwide. Henson credits much of his success to the company’s unique approach of creating and nurturing an intimate employer/employee relationship.

“What I love to do is to teach entrepreneurs the fine art of leadership,” said Henson. “Let’s not just work on the job descriptions...but let’s talk about [the employer’s] attitude and relationship to [their] employees.”

According to Henson, changing one’s outlook can often be the determining factor between success and failure. Henson believes that striving for continuous improvement and being committed to learning are crucial qualities to possess in order to become successful.

Henson has a very holistic approach to working with team leaders. It not only centers around increasing profits but focuses on time management, employee delegation, and life balance. The average client works with “Coach Gary” for about 23 months via phone calls, emails, and face-to-face meetings.

Some of Henson’s clients include A & S Motorcycles, Monterey Mushrooms, Carson Landscape Industries, and Haemonetics Inc.

Randy Felice, the president of A & S Motorcycles, said of Henson, “I’m not sure we would be in business today if it weren’t for hiring Gary as our business coach and trusted advisor.”

Henson described one client he is currently working with as a very smart attorney who has great employees but a major work overload to the point where he’s not able to spend much time with his family. Henson is helping the client focus more on the employee delegation aspect of business so as not to overburden himself, thus going from working 55 hours a week to 35 hours a week. Henson also noted that this client has since seen cash flow increase dramatically.

“It’s about implementing certain procedures and making minor changes that are designed to shift the entire business,” Henson said.

According to the website www.impactforcoaches.org, 70% of Henson’s clients have at least doubled their sales or profits. Aside from being a successful entrepreneur, mentor, coach, and business advisor, Henson is a sought-after speaker and a published author in many magazines and journals. He authored the book *Strategies to Future Proof Your Business*, and is a co-author of *Ready, Aim, Captivate!*

A portion of his clients are attracted not only to his style of coaching, but also his passion for his Christian faith, which helps them feel they can better relate to him. He is the past president of the Sacramento Fellowship of Marketplace Christians, an active member of Bayside Church and leader in their marriage ministry, and president of the Top 20 Thought Leaders of Sacramento, with a legacy goal



Gary Henson, the author of *Strategies to Future Proof Your Business*. Photo courtesy of Gary Henson

of donating 90% of his income to his favorite ministries and charities. Henson is also the co-founder of the Make a Difference Project, a non-profit organization committed to ending family violence.

One of the biggest struggles Henson has faced, particularly in the early days of www.BusinessCoach.com, was helping people understand precisely what a business coach is among the differing perceptions of the title, often relating it to the analogy of a sports coach observing his players from the sidelines.

“For years I’ve struggled communicating what it is I do...it’s a hard concept to grasp when you’re talking about the benefits of business consulting,” said Henson.

Henson works with clients by teaching them how to increase profitability; hire top performers; recognize better and larger goals; increase employee accountability; organize workshops, training, and retreats; improve customer service and client retention; promote team building; and learn how to market online through social media. His website also offers potential clients a free first session where they can bring their three biggest concerns for their company to the table and get a feel for what future sessions have in store.

When asked if he believes his occupation is more critical in light of the current economy than it was 10 years ago, Henson said, “It’s always been needed, but it’s needed now more than ever.”

Success aside, Henson still believes his greatest achievement in life is his relationship with his wife, Jenene, and their family.

Those who wish to inquire about Henson’s services can contact him by calling (916) 922-7766 and browsing his website www.BusinessCoach.com. ★

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1. Mine passage
6. Chlorofluorocarbon
9. Diplomat's forte
13. "____, I Love You" by The Doors
14. "____ la la!"
15. Harvest helper
16. "Pomp and Circumstance Marches" composer
17. Hula necklace
18. Exclude
19. *Father, e.g.
21. *Frequently derided gift
23. Baseball stat
24. "Animal House" party garb
25. "T" in Greek
28. Symphony member
30. *Dad, colloquially
35. Ballpark stats
37. Dollar bills
39. *Where lots of old dads live?
40. Norse war god
41. *Mike was the dad in the "The Brady ____"
43. In the next month
44. Whitman's dooryard bloomer
46. Dog command
47. Fodder holder
48. Don't do this to Elvis's blue suede shoes
50. Type of cell
52. Even, to a poet
53. Has divine power
55. Grandmother, in Britain
57. *____ and Son"
61. ____ 5, band
64. Twig of a willow tree
65. Extra point value
67. Theater boxes
69. "It is silent" in sheet music
70. Money in Myanmar
71. Coastal feature
72. Hightailed it
73. Play part
74. Like one who seeks extra attention

DOWN

1. "He said, ____ said"
2. The Beatles song/movie "____!"
3. One of algae
4. Distress signal
5. Bull opponent
6. *A stallion is a dad to him
7. Pacquiao to Mayweather, e.g.
8. Trouser fabric
9. Radio genre
10. Came down to earth
11. Ghana money
12. Arbor Day star
15. Stop being excited
20. Fat cat in the Orient
22. Id's partner
24. Very small
25. *These gifts can come in handy for dad
26. IRS threat
27. Useful
29. Burden or load
31. Goes with chips
32. An Osmond
33. Soap plant
34. *He signed Father's Day into law
36. Ginger cookie
38. Jazz singing
42. Laughing predator
45. A company of companions
49. It often follows "neither"
51. *Nemo's Dad
54. Parkinson's drug
56. Nary a soul
57. Chronic drinkers
58. Hurry up
59. Cote d'Azur locale
60. Livestock food
61. A burrito can come with or without this
62. Check out
63. As opposed to a want
66. Manhattan
68. Hog haven

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

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Sudoku Puzzle on Page 8

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

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Crossword Puzzle on Page 8

S	H	A	F	T	C	F	C	T	A	C	T
H	E										

The Ultimate Guide for the Smart Traveler



Photo courtesy of Getty Images

FAMILY FEATURES

With Americans traveling more than ever today, both domestically and internationally, it's important to develop smart traveling habits. Whether you are venturing around the world or road-tripping across your home state, traveling smart is a must if you want to get the most out of your vacation without spending more.

According to a Bank of America survey, nine of out ten Americans think they are smart travelers, but only 54 percent are planning their vacation itineraries in advance and only 38 percent use credit card rewards to help offset costs of their travel expenses.

Travel Channel host and expert, Samantha Brown, has partnered with Bank of America to provide useful travel advice and help Americans raise their travel and budget IQ.



Samantha Brown

Plan Smart

Brown's first rule of smart travel is to do your homework and be prepared for any adventure. No matter how local or exotic the trip, the trick is to have all the details worked out before you leave home.

Smart travelers will plan their itinerary in advance, alert their credit card company (especially if you're traveling overseas), send loved ones their travel itinerary and contact information, and apply for TSA pre-check to get through airport security faster.

If you are heading overseas, check to see if your credit card waives foreign transaction fees. Simple steps like these can save you time and money, while protecting you from the unexpected.

Once your itinerary is booked, Brown advises travelers to use social media and start following your airline and hotel, the city you're traveling to and sites you plan to see.

"When you connect with businesses they'll send you deals directly, and give you great advice on what to do in the area — they can prove to be a helpful customer service resource."

Travel Smart

One of Brown's favorite tips for travelers is to jump on flight deals when you see them, for instance, "If you see an airfare that's within your budget, book it. Don't wait. You could spend a lot of time and energy looking for a cheaper fare that in the end saves you 20 bucks."

When it comes to booking your lodging, Brown recommends selecting a hotel that offers extra value in the form of free hot breakfasts, a wine and snack or a small kitchenette in the room. These perks will enhance your stay and make the trip more affordable.

Brown also recommends using credit card rewards to offset the costs of hotel and transit, as it's one of the easiest ways to keep travel costs manageable. It's important to make sure that your credit card rewards you for everyday purchases, the rewards don't expire, and it has the flexibility to allow you to use the points you earned to cover all or part of your hotel and transit. For example, the BankAmericard Travel Rewards credit card lets you use your points on airfares and hotels, plus many other travel-related activities.

Eat Smart

Creamy Italian gelato? Spicy red curry? Vacation is the perfect time for your taste buds to experience some of the world's most exotic cuisines and local delicacies. Besides lodging, food and beverage is the biggest travel expense, particularly for millennial adventurers, but smart travelers know how to find good eats without breaking their vacation budget.

For those traveling to exotic locations, explore a local marketplace and treat your taste buds to an assortment of traditional dishes. Don't forget, depending on the country you can sometimes haggle the market price so don't be afraid to try to get a bargain. If you really want to learn about local cuisine, take a cooking class and discover a new recipe to take home with you.

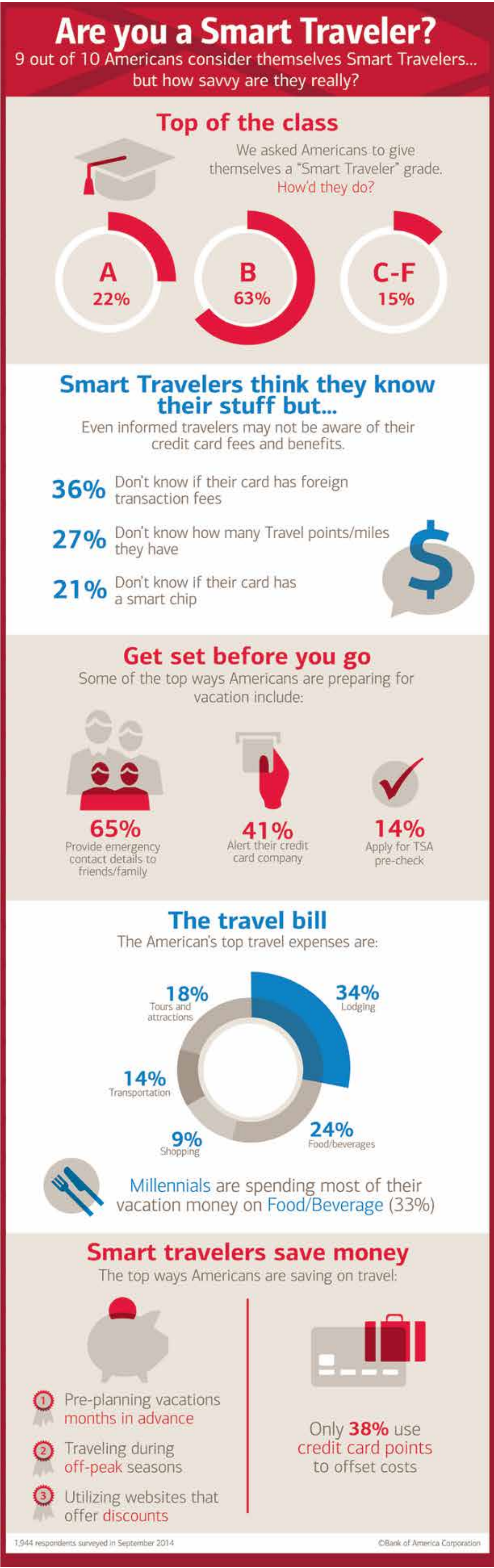
If you're traveling with a large group, especially if you have kids, plan ahead of time and request a prix fixe menu at a restaurant. That way you can avoid confusion over splitting the bill and sticker shock when the waiter comes by with the check. Smart travelers reap the benefits of using a travel rewards credit card when paying for large vacation meals. With the BankAmericard Travel Rewards credit card you get unlimited 1.5 points for every dollar spent on all purchases including meals.

Budget Smart

In order to keep your travel budget low, it's important to take advantage of every resource available to help offset costs. The Bank of America survey shows that Americans are already saving money on travel by pre-planning vacations months in advance (53 percent), traveling in the off-peak season (44 percent) and utilizing websites to find travel discounts (41 percent). Another way to budget is to pick a destination based on where your family or friends are located so you have a place to stay and cut out lodging costs, a method popular among millennials.

Don't forget to take advantage of credit card rewards programs. Nearly two out of five Americans (37 percent) own travel reward credit cards but 27 percent don't know how many points or miles they've accumulated. Keep on top of your travel rewards points and don't forget they are a valuable asset to vacation budgeting and can be more flexible than you might expect. The BankAmericard Travel Rewards card lets you use points to offset the costs of activities as unique as visiting a theme park or swimming with dolphins.

For more information, visit www.bankofamerica.com/creditcard.



Beyond the Police Uniform



Story and photo by Sal Arrigo Jr.

CITRUS HEIGHTS, CA (MPG) - You know how it goes: you drive by a car wreck and you hear police sirens blaring as they approach to help. After you arrive home safely, you don't give it much thought and you move on with your life. However, it is entirely different for members of the Citrus Heights Police Department (CHPD) and police agencies all across the land. It can be especially tough for those who witness badly injured or dead bodies or for the police officer who has to take a life in the line of duty.

I recently had the pleasure of interviewing Lieutenant Ryan Kinnan, commander of the Special Operations Unit for the CHPD. Officer Kinnan also served in the United States Marine Corps and has been a police officer since 2000. Since I myself have been dealing with post-traumatic stress disorder for several years now, I wanted to know how police officers handle the stress of their jobs. We talked about how officers can use physical activity to work off their stress, but what is being done for the mental stress that officers must deal with on an ongoing basis? For instance, an officer is not done working after the traumatic incident is cleared; they must write a report about it in detail and relive the awful moments. I asked Lieutenant Kinnan to describe his fellow officers who

are doing this work. "They are like anyone else," Kinnan said. "They go home to families, they coach little league, and they get sick. We try to protect our families by not talking about an on-the-job incident, yet we are bottling up our own stress."

In order to prepare officers to deal with actual situations, they participate in scenario-based training. Lieutenant Kinnan referred to this as "shocking your brain" training. He explained that officers are placed in simulated real-life situations in which they are training their brain to think differently and react instinctively. Lieutenant Kinnan said, "We can't pause; we are in harm's way, and a split second does make a difference in a crisis situation."

The Citrus Heights Police Department has several outlets available for its officers to deal with emotional stress associated with their job. There is an Employee Assistance Program that offers counseling. If they prefer talking to a spiritual counselor, the police officers' chaplaincy program is

available as well. In all cases involving a traumatic event, officers go through a critical debriefing and discuss the situation, which is also part of the healing process. Additionally, a peer support group provides the opportunity for officers to express their emotions related to an incident in which they were involved.

I asked Lieutenant Kinnan how he handles the emotional aspect of his work and he said that he involves himself in coaching youth sports, fishing, and being a "proud member of the Citrus Heights Kiwanis Club."

As citizens of Citrus Heights, we depend on the police to solve many of our problems when we have no one else to turn to for answers. The police, however, are not superhuman; they have to deal with types of stress most people can only imagine. When I was introduced to one of Lieutenant Kinnan's colleagues and said I was writing a story on the physiological stress that officers face, their response was, "no one ever asks us about that!"



Lieutenant Ryan Kinnan, commander of the Special Operations Unit for the CHPD, also served in the United States Marine Corps and has been a police officer since 2000.

CITY OF TREES Concert Event Brings CAKE

SACRAMENTO REGION, CA (MPG) - On Saturday, August 15th at Gibson Ranch in Elverta, CA, RADIO 94.7 and Budweiser will present an inaugural summer concert event called CITY OF TREES, featuring an exciting lineup of established and emerging bands.

CITY OF TREES is headlined by Sacramento's very own CAKE. Spanning over two decades, CAKE's most notable singles include "Never There," "Rock 'n' Roll Lifestyle," "The Distance," and "Short Skirt/Long Jacket."

Looking forward to playing the band's hometown, CAKE lead vocalist and founding member John McCrea said, "There is a musically enhanced timeline from our beginnings in Sacramento through to all our other performance experiences around the world. Performing in our city of origin always brings about a better understanding of how our sound was developed in this one-of-a-kind place."

Also on the bill is Of Monsters and Men. Hailing from Iceland, this five-member band formed in 2010. Their debut album *My Head is an Animal* went Platinum in the U.S. last year. Their album, *Beneath*

the Skin is scheduled to be released on June 9th.

James Bay is also performing at City of Trees. A British singer-songwriter and guitarist, he's released a number of EPs and his album *Chaos and the Calm* reached number one in the UK. James Bay is on his way to becoming a well-known artist in the United States.

CITY OF TREES will feature six other bands chosen with the help of RADIO 94.7 listeners, including four artists performing on a second "Music Discovery" stage featuring emerging artists.

Gibson Ranch provides the ideal setting for this event nestled among beautiful trees and a park atmosphere; and RADIO 94.7 is proud to present this stellar day of music completely free of additional ticketing and service fees, no handling fees, no third party fees, and general admission parking is free.

Tickets may be purchased at www.cityoftrees.com. General admission is \$49.50. VIP is \$99.50. Kids 10 and under are free. Gates open at 2 p.m. This is an all-ages event.

Source: RADIO 94.7

Call to Artists at Nautilus Tea Company

Photo by Lexi Storm

By Allison Buchholtz

SACRAMENTO REGION, CA (MPG) - Nautilus Tea Company is accepting entries into their first-ever juried art show. Artists are encouraged to digitally submit 2D pieces for review that revolve around the themes of aquatic, steampunk, and tea. Artwork must be original, family-friendly, and display-ready upon acceptance.

Deadline for submissions is Saturday, June 27th. The gallery is scheduled to start running July 6th with a reception on July 11th. For more information and/or to fill out an online application, visit www.nautilustea.com.

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BE SILENT: Plan ahead for a small amount of time when you can completely disconnect. Begin this with increments of time that seem sustainable and doable for you, even if it’s just five minutes. That means no phone, no texting, no emails, no TV—nothing! Put the word out to others that they won’t be able to reach you so you can veg-out worry free.

POSITIVE SELF-TALK: This will require a bit of a shift in perspective for those who are more naturally pessimistic. Recognize that your problems are often a question of perspective. When you allow yourself the opportunity to change your angle, you may see your situation from a more positive point of view. With conscious and

consistent effort you can actually train yourself to be more positive about life. Let’s start. You don’t have to create formal affirmation, but try several times throughout your day (and especially during times of stress) some positive, self-affirming messages to yourself like, when you’re a bit anxious try “I always find a way, just breathe and relax,” “it can be done” or “all will be well.” Studies have shown that simply expressing gratitude will help reduce anxiety.

SMELL SOMETHING WONDERFUL AND RELAXING: The nose is a powerful tool. Sniff some calming essential oils—Vanilla, Orange, Basil, Anise, and Chamomile are great choices. Research shows that these scents can reduce tension in the body and help increase mental clarity.

Of course, this is just a smattering of all the information you will find in *The Biology of Beating Stress*. But it’ll give you a start. Jeanne Ricks is a Holistic Health Coach and Clinical Hypnotist who provides personal diet, wellness, and nutrition coaching combined with Hypnosis to help achieve your personal BEST! Check out www.NuDay.org and always remember, POPPOFF will always help you to be the best you can be! ★

Game Plots

Finally, a Choice Game

By Noah Howard

Choice is unique to video games among all entertainment mediums, but too often this potential is squandered on black-and-white decisions that have immediate, predictable, and utterly unsatisfying consequences. These types of choices, which are common in a series like the popular *Infamous* franchise or the *Mass Effect* games, fail to capitalize on the medium’s potential.

The Witcher III: Wild Hunt, released only a few days ago, capitalizes on this potential better than any game in the past 20 years. Developer CD Projekt Red has crafted a system of player choice that is both naturalistic and nonobvious, which represents a huge stride toward improving the ability of video games to allow a player to influence a miniature world.

Set in a medieval fantasy continent pitted in furious war, Geralt, the player-controlled monster hunter, runs into frequent opportunities to aid locals, kill creatures, and help one warring faction over the other. *Wild Hunt* ensures that the effects of each choice are shrouded in ambiguity. The player has to squirm, thinking through all possible consequences before selecting one of the few available



In a power-fantasy game like *Wild Hunt*, taking away power, and by extension fun, is a dangerous gamble that could impact sales and review scores. Photo courtesy Noah Howard

courses of actions. Oftentimes, what seems like the right decision could lead to the death of an innocent. Even inaction has consequences. Unlike other open-world exploration games, quests will fail if you do nothing. That girl dying of griffin wounds won’t live forever.

Wild Hunt holds every choice over the player’s head. Consequences are rarely revealed until far later in the game, preventing a simple restart to make a different choice. Once something is done, it’s done.

This commitment to consequences is rare in games because it takes power away from the player. In a power-fantasy game like *Wild Hunt*, taking away power, and by extension fun, is a dangerous gamble that could impact sales and review scores. However, in *Wild Hunt*, it pays off tenfold. By reflecting the impacts of player choice on the environment in a convincing way, *Wild Hunt* covers up its gears, eliminating an otherwise

conspicuous reminder that, yes, *Wild Hunt* is only a game.

In an open-world experience, the ultimate goal should be to convince the player that what they’re exploring is a real world rather than an artificial one. Once that suspension of disbelief is gone, you start to see the game as what it is: a collection of computer code. The illusion of “world” dies—and the joys of exploration and discovery die with it.

Ironic that one of video games’ most important assets, choice, is so frequently the destroyer of its other most important asset, immersion. *The Witcher III: Wild Hunt* is the first game in a long time that allows choice and immersion to exist harmoniously together. Hopefully, it will serve as a template to guide the creation of convincing digital worlds in the future.

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



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Botched Robbery Ends with Suspect Shot by Own Firearm

CITRUS HEIGHTS, CA (MPG) - On May 31st at approximately 10:22 p.m., officers responded to the 7700 block of Farmgate Way, west of Birdcage Lane, regarding the sound of multiple gunshots being fired. Neighbors in the area reported they heard people arguing outside followed by several gunshots.

The preliminary investigation revealed that the victim was walking down the street when a vehicle approached him. The 25-year-old male suspect exited the vehicle and attempted to rob the victim of his personal belongings. When the victim refused the suspect's demands, the suspect shot the victim in the abdomen. The victim was shot a second time while attempting to escape from the suspect.

During the altercation, a third-party passerby witnessed the incident taking place and stopped to intervene. As the passerby intervened, the suspect struck him in the head with an object but also inadvertently dropped the firearm he had used to shoot the victim. The shooting victim retrieved the firearm that had fallen to the ground and it is believed he fired multiple shots at the suspect while trying to protect himself. The suspect sustained several gunshot wounds as a result.

The suspect quickly fled to an awaiting vehicle that was being driven by the 21-year-old female suspect, who was identified as Rebekah Nand. Nand drove the shooting suspect to a nearby hospital where he checked himself in for treatment of several gunshot wounds. He underwent surgery and his condition is unknown at this time. The shooting victim is being treated for his injuries at an area hospital. Nand was later arrested for attempted murder, robbery, and conspiracy. She was booked into the Sacramento County jail on the morning of June 1st.

Neither the male suspect nor the victims are being identified at this point as the investigation is ongoing. It is unknown how or if the involved parties knew each other. This incident appears to be an isolated incident and does not appear to be connected to any other violent crimes that have occurred in the past several days in other parts of Sacramento County (outside the city of Citrus Heights).

The Citrus Heights Police Department is asking anyone who may have witnessed the incident to contact the Investigative Services Division at (916) 727-5500. The Citrus Heights Police Department is extremely appreciative for their partnership with the community and for the active role they take in identifying and reporting crime as it is occurring.

Source: Citrus Heights Police Department (Chad Morris) ★

Fly Kites with Caution

SMUD Offers Kite Flying Safety Tips

SACRAMENTO REGION, CA (MPG) - With just a little practice and a breeze, anyone can launch a kite with ease. Kite flying is a fun and easy hobby, but before flying any kite it's important to be safe because kites and electricity don't mix. The Sacramento Municipal Utility District (SMUD) offers these simple safety tips to help make kite flying a safe experience:

- Build or buy kites made of wood or plastic. Only use cloth for the tail.
- Fly kites in wide, open areas away from power lines.
- Only use cotton, linen, or nylon string. Never use metallic thread, wire, or wire reinforced string as they can cause a fire, serious injury, or death if they come in contact with energized electrical equipment.
- Only fly kites in dry weather. When kite string gets wet, it is a stronger conductor of electricity.
- If a kite gets caught in electrical lines or falls into a substation, leave it there. Do not touch any part of the kite or string and keep everyone away. To have a SMUD employee come out to safely retrieve a kite caught in power lines or equipment, call 1-888-742-SMUD (7683).

For additional electrical safety tips, visit www.smud.org.

Source: Sacramento Municipal Utility District ★

Jim Miller
Answers
Your
Senior
Questions



Check Out This
Week's Topic!

Savvy
SENIOR

How to Compare and Locate Senior Housing Options

Dear Savvy Senior,
Can you go over the different types of housing options available to seniors, and recommend some good resources for locating and choosing one? I need to find a place for my elderly mother, and could use some help.

Searching Daughter

Dear Searching,

There's a wide array of housing options available to seniors, but what's appropriate for your mom will depend on her needs and financial situation. Here's a rundown of the different levels of senior housing and some resources to help you search.

Independent living: If your mom is in relatively good health and is self-sufficient, "independent living communities" are a good place to start. Typically available to people over age 55, this type of senior housing is usually apartments or town homes that are fully functional. In addition, many of these communities also offer amenities such as meals served in a common dining area, housekeeping, transportation and a variety of social activities.

To locate this type of housing, contact your Area Agency on Aging (call 800-677-1116 to get your local number), or use online services like newlifestyles.com and caring.com. Most of these communities are private-pay only, and run anywhere from \$1,000 to over \$4,000 per month.

If that's too expensive, another option is "senior apartments," which are often subsidized by HUD for lower income seniors. You can locate these through your local housing authority or online at hud.gov – click on "Find Rental Assistance."

Assisted living: If your mom needs some help with daily living activities, an "assisted living facility" is another option. These facilities provide personal care (like bathing, dressing, eating, going to the bathroom) as needed, as well as meals, housekeeping, transportation, social activities and medication management. Many facilities also offer special care units for residents with dementia. Costs typically run between \$2,000 to \$5,000 or more per month. Most resident's pay for assisted living from personal funds, and some have long-term care insurance policies. But, some states now have voucher plans that let you use Medicaid money.

Another similar, but less expensive option to look into is "board and care homes." These offer many of the same services as assisted living facilities but in a much smaller home setting.

Your Area Aging Agency is again a good resource for finding these facilities, as are the previously listed senior housing locator websites. And for help choosing a facility, the Assisted Living Federation of America offers an excellent guide at alfa.org/checklist.

Nursing homes: If your mom needs ongoing medical and personal care, a "nursing home," which provides 24-hour skilled nursing care, is the next option. To find a good one, use Medicare's nursing home compare tool at medicare.gov nursinghomecompare. But be aware that nursing home care is very expensive, costing anywhere between \$4,500 and \$11,000 per month depending on location. Most residents pay from either personal funds, a long-term care insurance policy, or through Medicaid after their savings are depleted.

Continuing-care retirement communities (CCRC's): If your mom has the financial resources, a "CCRC" is another excellent option that provides all levels of housing (independent living, assisted living and skilled nursing home care) in one convenient location. But, these communities typically require a hefty entrance fee that can range from \$20,000 to \$500,000 or more, plus ongoing monthly service fees that vary from around \$1,000 to over \$5,000. For more information see carf.org/aging.

Need Help?
Consider hiring an aging life care expert (aginglifecare.org) who can evaluate your mom's situation, and find appropriate housing for a fee – usually between \$300 and \$800. Or, you can use a senior-care advising service like A Place for Mom (aplaceformom.com, 866-344-8005) for free. (They get paid from the senior living facilities in their network.)

Some other helpful resources include the National Clearinghouse for Long-Term Care Information (longtermcare.gov), and your State Health Insurance Assistance Program (shiptalk.org), which provides free counseling.

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



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

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

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

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

Date: Saturday, June 27, 2015
Where: Sierra Hills Memorial Park & Sierra Hills Pet Cemetery, 5757 Greenback Way, Sacramento, CA (off I-80 @ Greenback)
Time: Gates open at 6:30 a.m. (arrive early for best parking)
How: Register on-line at www.KidsK9FunRun.org
What: 7:30 a.m. Kids K9 Fun Run Starts (Rain or Shine!)
8:15 a.m. Participants breakfast served
9:00 a.m. Police K9 demonstration
9:30 a.m. to 11:00 a.m. Vendor and Community booths

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

www.kidsk9funrun.org

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