



Meet Sacramento's Volunteers of the Year

Page 11

PLUS: 'Beer and Bras' Raises Awareness for Human Trafficking

Page 4



Citrus Heights Messenger

"Written by the people, for the people"

Volume 5 Issue 07

Serving the City of Citrus Heights and Sacramento County

March 27, 2015

Citrus Heights will Get 20 New Libraries in One Day



Page 2

Citrus Heights Contestants Run in Nor-Cal Pageant



Page 9

For the Love of Books



Page 10



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

GOT MORE LOCAL NEWS?
CALL 773-1111

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!



To place your legal advertising, go to

CarmichaelTimes.com

Derby Madness Takes Over at Sacramento State University

Story and photos by Anne Stokes

SACRAMENTO REGION, CA (MPG) - The Sac City Rollers teamed up with Sacramento State University's Women's Resource Center and UNIQUE Programs on the evening of Thursday, March 12th, bringing their hard-hitting style of entertainment to campus. The free event featured the Capitol Punishers and Folsom Prison Bruisers competing against each other in an exposition match in celebration of March's Women's HerStory month.

"The reason we brought [Derby Madness] here in the first place was to expose Sac State students to these kind of events, because it's not something usually on college campuses," explained Zenia LaPorte, Sacramento State University Assistant Director for Programs and Marketing "It's definitely a fun, action-packed event, and the crowd definitely gets into it. It's a good time."

Second-year communications student Andrea Arango, who attended Thursday night with her friends, had never seen a roller derby match before but quickly caught on to the game's rules. "I've never seen something like this! I was like, a roller derby? Are we going to go and see people roller skate in circles? But it's more than that," she said. "I would say if you're open to learning and seeing new things, you should definitely go. Have an open mind. I decided to go this year just to see what it's about and I'm glad I came."

"It's always fun playing here at Sac State," said Aleitha Burns, who has skated under the moniker "Aleitha Weapon" for the past seven years. "We get a lot of new fans, a lot of volunteers. It's an opportunity for us to just play roller derby without the high pressure of sanctioning and rankings and the competitive nature. But of course we're all athletes, so our competitiveness comes out."

The game itself is a fast-paced, full-contact team sport in which 10 athletes at a time compete to out maneuver each other and score the most points. "There are two



Capitol Punisher jammer Aleitha Weapon (#713, above), known off the rink as teacher Aleitha Burns, scores points as she passes the pack of Folsom Bruisers during Derby Madness. "I grew up roller skating, I was a rink-rat. Every Friday, Saturday night I was at the roller skating rink. I got my first kiss on skates," she admits. So I went to tryouts and have never looked back seven seasons later, from a rookie all the way to our All-Stars."

Capitol Punisher jammer Blue Crush (#11, right in star helmet) attempts to pass Folsom Prison Bruiser blocker Annie Reksic (#10) during the exposition roller derby match at Sacramento State.

basic positions in women's roller derby," explained Burns. "There are the blockers, they make up the pack, and then the other position is the jammer. Essentially, the goal is for the jammer to get through the pack. The jammers score every time they successfully make it through the pack. So the pack is simultaneously playing offense to help their jammer through and defense to stop the opposing jammer. Jammers score points for every blocker from the opposing team they pass."

Founded in 2006, the Sac City Rollers was Sacramento's first women's flat track roller derby team. The team is comprised of two interleague teams, the Capitol Punishers and the Folsom Prison Bruisers, who compete together on an international level. "We play against our local teams

here in California; we also have played against teams from Canada, we've played against teams from Scotland, [and] we've played against teams from Michigan," explained Burns. "In two weeks we have our first tournament [of the season]; it's called the Dust Devil in Tucson, Arizona, where we'll be playing against a team from New Hampshire. Tournaments give us an opportunity to play teams from a larger range."

The team is a 501(c)(3) non-profit organization, raising hundreds of dollars each bout for local charities, culminating in their annual Red Red Holiday Invitational tournament each December, the proceeds of which benefit the Sacramento Food Bank. "We have raised thousands of

Continued on page 3

Building Activity Strongest in Last Decade

By Chris Gilbert

CITRUS HEIGHTS, CA (MPG) - As one of our worst recessions in history slowly recedes, developers and residents have gotten a lot busier with construction projects. The number of building permits recently issued in Citrus Heights is the highest in about a decade.

In Citrus Heights, 2,030 building permits have been issued at this point of the fiscal year. However, the vast majority of the permits (1,770) are residential, with a relatively small amount (260) issued for commercial development.

However, Chief Building Official Greg Anderson says that of the 1,770 residential building permits, just 20 permits have been issued for the construction of new homes. Most of the projects are for improvements to existing homes.

But he points out that the valuation of the improvement projects has more than doubled in the last three years. "People are spending money doing larger renovations and remodels," said Anderson. "Instead of a bathroom or kitchen remodel, now they may be doing an interior remodel and an addition to the house."

Anderson says Citrus Heights is pretty much built out when it comes to new commercial structures. But the value of the 260 commercial building permits—mostly for such things as façade improvements and new paint jobs, among other upgrades—is around \$11.6 million, compared to \$5.4 million in 2012.

"We've always noticed in the past, when times are tough, it seems that commercial property owners hold onto their money," said Anderson. "They don't do renovations that aren't absolutely necessary."

It's also an indication that more businesses are staying open, with more property owners having confidence in the stability of the economic recovery. ★

Anti-Domestic Violence Activist Named Woman of the Year



From left to right: Citrus Heights Police Chief Chris Boyd, A Community for Peace Executive Director Elaine Whitefeather, State Assemblyman Ken Cooley, and Citrus Heights Mayor Sue Frost in front of the wall where domestic violence victims have completed the sentence, "Imagine a woman who..." Photo courtesy of the office of Assemblyman Ken Cooley

By John-Michael Kibrick

CITRUS HEIGHTS, CA (MPG) - "Imagine a woman who..." That's the unfinished sentence on the wall at the headquarters for A Community for Peace, led by Executive Director Elaine Whitefeather who was named Woman of the Year on March 9th by State Assemblyman Ken Cooley.

The rest of the wall is filled with the writing of domestic violence victims who completed a series of workshops at A Community for Peace and completed the sentence with notions like, "Knows who she is and owns who she is," or, "Chooses to be a survivor instead of a victim."

The symbolic wall of words speaks volumes to the reasons

Whitefeather was honored at the State Capitol for her work as a voice and helping hand for victims of domestic violence in the greater Sacramento area. The wall, she says, is representative of victims being able to break the rules and think outside the box.

"Domestic Violence is a learnt behavior," Whitefeather told the Citrus Heights Messenger. "Once you live in abuse and terror, you don't always have to live there."

On March 13th, Whitefeather was honored again at a small reception attended by Cooley, Citrus Heights Mayor Sue Frost, and Citrus Heights Police Chief Chris Boyd. All attested to the difference Elaine's work has made in the community.

Continued on page 11

www.CitrusHeightsMessenger.com

How Citrus Heights will Get 20 New Libraries in One Day

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - On April 11th, 20 Little Free Libraries will be installed at various locations throughout the city of Citrus Heights.

A Little Free Library is a “take a book, return a book” gathering place for neighbors of all ages to borrow books and to share their favorite literature and stories. In its most basic form, a Little Free Library is a box full of books where anyone may stop by and pick up a book (or two) and bring back another book to share.

Citrus Heights Little Libraries are a partnership between the History & Arts Commission, Citrus Heights Rotary, San Juan High School students, and Lowe’s and Home Depot, who have donated all the materials for construction. Sunrise Recreation and Park District and the City of Citrus Heights are each donating 10 sites. Sylvan Library along with residents will donate the books. The San Juan High School football team will help with installation.

The purpose of this project is to promote awareness of the City’s historical buildings while at the same time encouraging literacy and a love of reading.

Each library will be situated near a sitting area for more comfortable reading. The libraries are a replica of the Sylvan



Sunrise Recreation and Park District and the City of Citrus Heights are each donating 10 sites for placement of the libraries.
Photo by Jessica Mang

Schoolhouse, the historic building depicted on the city seal. The building is slowly being renovated after becoming a veteran’s community center in 2013.

Each library will include a plaque saying, “Little Free Library” on it. Another plaque will display a sponsor’s name and business logo. In addition, each library will have one unique feature, such as a butterfly, bird or perhaps a cat painted on the schoolhouse window so visitors can keep track of which libraries they have visited.

The first Little Free Library appeared in 2009. Todd Bol of Hudson, Wisconsin built a model

of a one-room schoolhouse as a tribute to his mother, a former schoolteacher who loved reading. Bol put his model on a post, filled it with books and installed it in his front yard. It was an immediate hit with neighbors and friends. Bol gave other libraries away to friends and family members with a sign attached saying, “Free Books.” Today Bol and a friend, Rick Brooks maintain the Little Free Library website as coordinators growing a network of global libraries.

Today there are 30 officially registered libraries in the Sacramento area, and over 15,000 worldwide. the libraries will be officially registered online and added to the official map.

The Citrus Heights Rotary Club as part of International Rotary At Work Day will install all the Libraries with help from volunteers, and the San Juan High School football. The initial installation will be at 9 a.m. behind the Wal-Mart and Costco on Old Auburn Rd. in the Stock Ranch Nature Preserve.

Sponsorships are still available for businesses, organizations or individuals for \$500. For information on sponsoring a Little Free Library contact Jessica Mang at JessicaEMang@gmail.com or Katherine Cooley at KCooley@citrusheights.net.

Source: Citrus Heights History and Art Commission ★



IN MEMORIAM

Jaquelin Ree Friedman

10/19/1942 – 02/27/2015



Jaquelin Ree Hanson was born to Earl and Ree on October 19, 1942 in Lompoc, California. Her father was working with the CCC boys on the restoration of La Parisma Mission. She was the youngest of three, joining Phillip Wayne and Barbara Louise.

In her early days the Hanson family lived in the Redwood forest near Wyatt California where Earl worked as a park ranger. Her love of nature was born out of her father's experiences as a ranger and family camping trips all through the West. It seems this was when camping and rain storms became a common occurrence for Jackie. Just before starting Kindergarten, the family relocated to 2600 Verna way in Sacramento where she attended Del Paso Manor Elementary. Jackie was introduced to Girl Scouts in grammar school which became a passion for her lifetime. She attended El Camino High School becoming a member of the Girl's Athletic Association participating in sports prior to the inception of title 9. She was also actively involved in the youth group Cya Sigma at Carmichael Presbyterian where she met her future husband Kenneth Vernon Friedman.

Married August 19, 1961 at Carmichael Presbyterian, Ken and Jackie started their 53 year commitment to marriage. Jackie's first job was working as a telephone information operator for the phone company. They welcomed their first child Deborah Ree Friedman (Cocola) into the world on May 23, 1964. Not long after her birth they relocated to Stockton California

where Douglas Vernon Friedman was born on October 28, 1965. Ken and Jackie joined a Mariner ship with Lincoln Presbyterian Church where they met some lifelong friends. During this time Jackie watched children for friends while they worked or continued their education. Ken got a job working for Champion Spark Plug Company which meant a move for the family to Thousand Oaks California. Jackie did the move herself with two kids and a dog while being pregnant. Duane Earl Friedman was born September 17, 1969 soon after they settled on Fargo Street. Jackie's children became the focus of her life, becoming actively involved in every organization her kids were involved in. She became a part of the PTA, Girl Scouts, Boy Scouts, home room mom, and all sorts of youth sports.

Eventually Jackie re-entered the workforce first as a noon duty aid for Wildwood elementary, later delivering flowers for a local florist company then working at the Calvary Community

Church in Westlake California.

In 1990 Ken and Jackie relocated again giving them a chance to return to Sacramento. Jackie continued working first at Benetech and then for San Juan Unified School District as a teachers aid working with Special Ed children both elementary and high school aged. Concurrently the family was growing. Debbie married Paul adding the first grandchildren Michael and Briana. Duane followed marrying Amanda and having Jonas and Julia. Doug married Rebecca, blessing the family with three more grandchildren Jillian, Collin and James. Following Ken's retirement they both became devoted members of Fair Oaks Presbyterian Church. Never wanting to give up her desire to help children, Jackie volunteered to help with the afterschool program at Sayonara. And we can't forget Girl Scouts, even though she had no children involved, Jackie continued to volunteer both as a treasurer and as a member of the Almond Service Unit. Ken's passion for Upward Basketball meant that it also became a passion for Jackie, driving kids to practices and cheering them on at the games. She went on several mission trips with the church including one trip to Mexico and two trips to Romania (her favorite).

Jackie fought a battle with both brain and colon cancer, never letting it distract her from the activities of her grandchildren and church. Ultimately she succumbed to infection complications following surgery, returning home to her Father in the early hours of February 27, 2015 at the age of 72.

GROCERYOUTLET

bargain market

6059 Greenback Lane
Citrus Heights, CA 95621
(916) 729-3600
Mon. - Sat. 8am - 9pm; Sun. 8am - 8pm

Shop us first. Get more.

\$3 OFF

a \$30 minimum purchase

Valid at Citrus Heights Grocery Outlet only. One coupon per person. Minimum purchase excludes dairy and alcohol. No cash value. Not valid with any other offer. Duplicated coupons will not be accepted. Coupon must be surrendered at time of purchase. Expires March 30, 2015.



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

CALL 773-1111





DISCOVER *the difference*



4th Annual Citrus Heights Police K-9 Unit Fundraiser and fun stuff for your pets!

Date: Wednesday, April 22nd
Time: 11:00am - 3:00pm

All Proceeds Benefit The Foothill K-9 Association
CHPD K-9 unit Demonstration at 1:30pm
Raffle Prizes!!! • Vendors selling supplies.

Crosswood Oaks takes Independent Living in Citrus Heights to the next level with amenities and services desired by today's seniors. From thoughtfully designed floor plans to the world-class service and myriad recreational and social opportunities, residents may just find that we have thought of everything.

Call or visit us online today for more information or to schedule a complimentary lunch and tour!



CROSSWOOD OAKS

6650 Crosswoods Circle
Citrus Heights, CA 95621
tel **916-969-6161**

crosswoodoaks.com

Living Trust Senior Special

with this ad

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

SENIOR SPECIAL

Asset Protection Program includes the following:

Revocable Living Trust • Powers of Attorney Financial • Powers of Attorney Healthcare Wills • One Residential Trust Transfer Deed

No Charge for Notary Services • Prop 13 Protection

Long Term Care Government Benefits Planning



WILL ASSOCIATES


Richard H. Will
ELDER LAW ATTORNEY

Serving Seniors Since 1975

Avoid Probate — Call Today!

(916) 482-8897

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



Publisher,
Paul V. Scholl

Citrus Heights Messenger is a member of **Messenger Publishing Group**

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Editorial4@mpg8com.

Be sure to place in the subject field "Attention to Publisher".

If you do not have email access, please call us at (916) 773-1111.




Citrus Heights Messenger

Serving Citrus Heights and Sacramento County Since 2006

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

The *Citrus Heights Messenger* is not responsible for unsolicited manuscripts or materials. The entire contents of the *Citrus Heights Messenger* are copyrighted. Ownership of all advertising created and/or composed by the *Citrus Heights Messenger* is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to *Citrus Heights Messenger*, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$25 per year in Citrus Heights. *Citrus Heights Messenger* is published twice monthly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

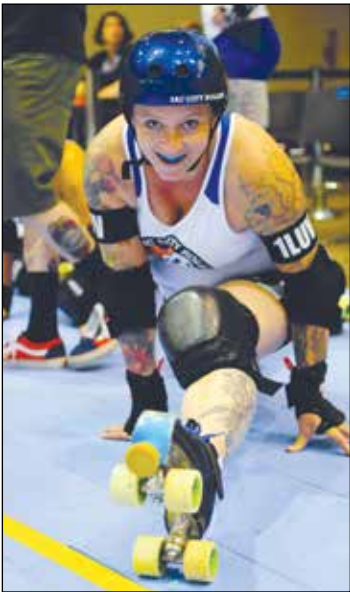


We are proud members of these newspaper associations.

Derby Madness Takes Over at Sacramento State University



Capitol Punisher blocker Foxy Knoxy (#777, inside right) blocks Folsom Prison Bruiser jammer Bird Dog (#415, in the star helmet) as she attempts to pass the pack and score during the exposition match at Sacramento State. Jammers score points for every opposing blocker they pass while blockers simultaneously obstruct opposing jammers while clearing the way for their own team’s jammer.



Folsom Prison Bruiser Dirty Hippie (#1LUV) stretches out pre-game at Derby Madness, the exposition match at Sacramento State’s University Union Ballroom.

Continued from Page 1

dollars over the last nine seasons for the Sacramento Food Bank,” said Burns, adding that “every game that we have, we pick a local charity to raise money for. All the proceeds from our raffle prizes all goes directly to a charity. At each bout we raise a couple hundred dollars for various charities.”

Burns, who is a middle school science teacher, is one of over

100 women and girls who make up the Sac City Rollers. Athletes come from a variety of backgrounds, from stay-at-home mothers to laboratory scientists, and range in age from as young as 18 to women in their mid-40s, who commit to working out at least three to four days a week for two to three hours at a time. According to Burns, however, the benefits reach well beyond just staying in shape: “I’ve

gotten a whole group of friends that I know will always have my back no matter what happens.”

The Sac City Roller’s next match against the Auburn Outlaws is slated for March 21st at The Rink in Sacramento. If you think you may have what it takes to be a Capitol Punisher or Folsom Prison Bruiser, tryouts will be held on Sunday, June 7th. For more information, visit www.saccityrollers.com. ★

Job Forecast Bright for Sacramento’s HIREvent

SACRAMENTO REGION, CA (MPG) - The region may not have a great forecast for rain, but experts predict a 100% chance of jobs at Sacramento’s HIREvent on Tuesday, April 7th from noon to 4 p.m. at The Grand, 1215 J Street. This exceptional employment event will feature private organizations and public agencies from

around the region, with a variety of immediate staffing needs ranging from entry-level to management positions.

First impressions will be very important, as all the employers will be eager to hire. Jobseekers should dress to impress and be prepared to pitch their qualifications to company recruiters. Attendees

who want to polish their resumes can consult with employment experts offering free one-on-one evaluations.

For more information about this free event, visit www.JobJournal.com and click on “job fairs” or call 888-THE-JOBS (843-5627).

Source: Job Journal ★

MacGlashan Slights Sac City Council on Illegal Alien’s Health Care

Story and Photo by John-Michael Kibrick

NORTH HIGHLANDS, CA (MPG) - County Supervisor Roberta MacGlashan (District 4) voiced subdued frustration with members of City Council at a North Sacramento Chamber of Commerce Luncheon on March 19th, suggesting that they were playing politics with an important issue.

MacGlashan referenced a board of supervisors workshop which had occurred the day before on the possibility of funding health care for illegal aliens in the area. “Many members of city council spoke (in favor of funding),” she said. “None of them offered to help pay for this care.”



County Supervisor Roberta MacGlashan addresses the North Sacramento Chamber of Commerce on the issue of health care for undocumented immigrants.

Sacramento Mayor Kevin Johnson and City Councilmembers Steve Hansen and Jay Schenirer all commented during the public workshop, highlighting the moral and possible financial benefits of funding the health care program.

The county had offered health care to undocumented immigrants until 2009 when a struggling economy forced the board to make severe cutbacks.

“We have limited resources, just like everyone else,” MacGlashan told the Citrus Heights. “It’s easy to advocate for something when you’re not paying for it.”

MacGlashan addressed members of the North Sacramento Chamber saying that at least three supervisors were leaning toward adopting a budget plan that would allot some \$5-6 million in providing coverage to an the population of illegal immigrants in Sacramento County. Only citizens are currently covered under President Barack Obama’s Affordable Care Act.

The financial estimate given by MacGlashan suggests that the

five-member board may be leaning toward a health care option to mirror that adopted by Fresno County. During a presentation at the workshop, it was stated this plan would come with an estimated price tag of \$6 million during the first fiscal year while focusing on providing contracted health services rather than coverage.

MacGlashan said that while the county had once provided health services to illegals, there is currently no obvious means by which officials could fund the project. This, said MacGlashan, is due to a recession and low-level of funding that is only now beginning to bounce back. She also cited the needed to fund solutions for homelessness and mental illness, both issues that will be discussed by the board in upcoming workshops.

“There’s a lot of need out there,” said MacGlashan. “We have limited resources. We welcome any outside funding sources.”

The supervisor’s criticism extended beyond city

councilmembers however, as she suggested that the entire issue of immigrant health care was a case for the state legislature.

Addressing the hundreds of pro-health care advocates who had been present at the county workshop, MacGlashan said, “They need to be focusing their efforts in the State.”

A bill is currently moving through the State Senate and if passed would largely solve the financial and moral conundrum faced by the County Board of supervisors. State Assemblyman Kevin McCarty spoke at the workshop and said that the bill was likely to pass, saying that it was a, “High priority.”

Former Assemblyman Roger Dickinson also spoke however, calling the State Legislature, “Unpredictable,” and pushing for the county to take action.

If held up by the political process, the bill at the State could take months if not years to be decided upon and MacGlashan conceded Dickinson’s argument saying that the legislative process is, “Always an unknown.” ★

CITRUS HEIGHTS RESIDENTS!



TRIM YOUR WASTE
and get rewarded!

In the month of March, Republic Services will randomly select a household in each Neighborhood Association Area to check the contents of their recycling cart. The first recycling cart with no contaminates (i.e. non-recyclables) will win a \$100 gift card and will be eligible for a grand prize \$200 gift card!

HOW DO YOU WIN? Recycle only the correct materials!



For more information on what can be recycled, contact Republic Services at 916.725.9060 or 916.638.9000, or refer to the month of June in the Customer Service Calendar.



Open the door to
new
office
space.



RATES
AS LOW AS
2.99%

When it’s time for more office space, SAFE can help with the financial heavy lifting. Our Conventional Commercial Real Estate Loan is a great financial tool to help you improve the space you need. With a SAFE Conventional Commercial Real Estate Loan, you can:

- Borrow up to \$5,000,000
- Purchase or renovate retail, light-industrial, warehouse, or office space
- Refinance an existing commercial real estate loan
- Take advantage of local decision making
- Enjoy low fixed rates and excellent service

*2.99% rate accurate as of 3/2/2015, based on loan structure of \$1 million loan amount, 36-month term, 300-month payment amortization, and 65% loan-to-value. Rates, terms, and conditions subject to change without notice. Other restrictions may apply. See SAFE for details.

We’re big believers in small business.



Contact our business development experts today at (916) 971-6430 or safecu.org

Easter Craft Fair to Benefit Children’s Charity ‘Beer and Bras’ Raises Awareness for Human Trafficking

By Kathy Hedicke and Connie Hall

CITRUS HEIGHTS, CA (MPG) - Its springtime and along with the beautiful flowers blooming, glorious California weather, and love in the air, it’s also time for Easter. Images of the white, fluffy Easter Bunny, brightly-colored Easter eggs, chocolate treats, special dinners, and many other family traditions create wonderful childhood memories. An up-coming local event will allow folks to create those wonderful Easter memories, while also supporting a well-deserving children’s charity at the same time.

On Saturday, April 4th, 1st Choice Realty of Citrus Heights, along with Alpine Mortgage Planning, will be co-hosting a special Easter Craft Fair from 10 a.m. until 3 p.m. at 1st Choice Realty. 1st Choice Realty is conveniently located at 7622 Auburn

Blvd. in Citrus Heights. Tanya Bridges; Broker, Co-Owner, Licensed Realtor, and Event Organizer said, “We are all so excited about this Easter event. In addition to Easter crafts, we will also have music, food, plus free photographs of the kids with the Easter Bunny, and much more.”

1st Choice Realty has been very active in the community since they opened their doors to their newest Citrus Heights location. They have brought many free family events to the local area. According to Jim Seibert, Senior Mortgage Adviser for Alpine Mortgage and event co-host, “This wonderful Easter event is the first, of what we hope will be many events we co-sponsor with 1st Choice Realty. We are excited about the event and excited to be aligned with another stellar and highly-respected professional firm in the local Real Estate industry.”

This years’ Easter Event benefits Lilliput Children’s Services. Event hosts will be gratefully accepting any monetary donations, and/or a new beach towel donation for the children receiving supervision and assistance by Lilliput Children’s Services. The non-profit organization of Lilliput Children’s Services was started by former Social Worker, Bob Fuser. Mr. Fuser saw a real need to increase the quality of care delivered to foster children through a combined effort between the private and public sector and set about to make this a reality. Lilliput Children’s Services has now placed over 6,000 children into caring, loving, and supportive adoptive families. Lilliput doesn’t just stop there either. They also continue to offer a variety of services long after the legal adoption process, to insure success for both the adopted child and the family. ★

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Dozens of fancy, colorful bras were hung and draped throughout the Couch Sports Lounge in Citrus Heights on March 16th. The cause, which brought 40 supporters bearing even more bras to help women trapped in domestic violence and human trafficking situations, was called “Beer and Bras.”

“Beer and Bras” is a new fundraising event being repeated during the year by General Federation of Women Club (GFWC) clubs at different venues throughout the Sacramento area. This event, sponsored by the GFWC Citrus Heights Women’s Club (CHWC) showed how it’s possible to have fun while raising funds for a serious cause.

Other fundraising activities at the Couch on this night were ‘Bra Pong’, enjoying the colorful, tasty, bra-themed cupcakes



Members of the GFWC Citrus Heights Women’s Club, friends and family sport some of the colorful bras donated at the ‘Beer & Bras’ fundraiser which was held at the Couch in Citrus Heights on March 16 to help fight domestic abuse and human trafficking. Photo by Valeria Lujan-Sundukos

made by members to raise additional funds, and bidding for the sizeable St. Patrick’s raffle prize. Curious regular patrons got in on the fun and donated to the cause; even children joined in from a special family area.

Educating people and organizations about human trafficking worldwide is the second goal of Free the Girls. To this end, the CHWC and other clubs in the district are collecting 1,760 bras to form a mile long chain around a local park to bring this cause

to the attention of Sacramento County.

Couch staff noted “it was a great Monday night” and they are looking forward to doing it again. They liked being a part of an event where everyone was pitching in for a good cause.

If you are a business owner and have a facility suitable to hold a ‘Beer and Bras’ event to help raise funds for this cause, please call 916-751-1918.

Source: Free the Girls ★

Every Drop Counts. So Does Every Customer.

Karen Wilhelm helps California American Water customers save water. As part of our Sacramento team, Karen is dedicated to providing reliable, high-quality water service. She helps customers reduce their bills by increasing outdoor irrigation efficiency and providing rebate information for water-efficient devices and appliances.

At California American Water, we live in the communities we serve. Our local team knows that every drop of water is precious and increasingly expensive. We’re dedicated to helping you cut your water bill, one drop at a time.

We’re Here to Help You

Call (916) 568-4201 to schedule a FREE Water Wise House Call. A conservation specialist will visit your home and develop a personalized plan to help you save water and money.



CALIFORNIA
AMERICAN WATER

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



KAREN WILHELM
Conservation Specialist
Sacramento District



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

Youth Mission Visits León, Nicaragua



Sacramento Region, CA (MPG) - Disaster Response Ministries, a new worshipping community in association with Eventide Communities, led a mission trip to Nicaragua on behalf of the Presbytery of Sacramento on February 14th through the 22nd. The Nicaragua mission team included 16 individuals from Eventide, Northminster, Grace, Placerville Federated, Davis, and Auburn Presbyterian Churches. The team of five adults and 11 children partnered with CEPAD, the Protestant Council of Churches of Nicaragua and a partner with the Presbyterian Church since 1972. Together, they painted a school, volunteered in classrooms, and helped with an agrarian project outside the city of León. The mission was led by the Reverend Jeanie Shaw, pastor at Eventide Community Presbyterian Church in Sacramento. Photo courtesy of Reverend Jeanie Shaw *Source: Black Lion Marketing* ★

Sayonara Center to Host Luau Benefit

CITRUS HEIGHTS, CA (MPG) - The Sayonara Center will be celebrating their 10th anniversary with a special Luau benefit on April 17th from 6:30 p.m. to 9:30 p.m.

The event will be held at the Citrus Heights Community Center at 6300 Fountain Square Drive. Live entertainment like Kaulumele’s Polynesian Dancer, the River City Ukulele Orchestra, and Dani Joy will grace the stage.

Fun activities will fill the event including a hula contest, raffle prizes, and a Hawaiian styled dinner for all to enjoy.

Tickets can be purchased for \$25 at www.sayonarayouthcenter.org, and the center is also looking for sponsors. Donations of anywhere from \$175 to \$1,000 grant donors access to the event, special recognition, additional special tickets, and an ever-increasing number of raffle tickets to win items at the Luau.

Source: Sayonara Center ★

Local Crime Beat

Murder, Assault, DUIs and Notifications

Suspect Jailed for Rocky Point Court Murder

CITRUS HEIGHTS, CA (MPG) - Allen Boctemus Franks, 48, was taken into custody on March 17th, charged with the murder of Kimberly Chittenden the day before.

Police had arrived on Rocky Point Court to find Chittenden unconscious and injured. Medical teams rushed to the scene while officers attempted to save the victims life, but Chittenden was declared deceased after arrival at the hospital.

Initial investigations spurred CHPD to alert the public of the incident and request assistance in locating the victim’s vehicle that they believed had been taken by the perpetrator.

Officers found the vehicle with Franks behind the wheel the next day near Marysville Boulevard. Franks was questioned by investigators and booked into County Jail. CHPD said that Franks and Chittenden seem to have been acquaintances.

corner of Sunrise Boulevard and Greenback Lane.

Calls reached dispatch and officers responded at approximately 4:34 p.m. to find one of the two suspects described by witnesses attempting to flee the scene.

Garett Wallace, 24, was chased down on foot by officers who finally made the arrest in a patio area of an apartment. A helicopter also aided in the chase. The second suspect, Briardy Duran, 20, remained at the scene and was detained by police. Both were booked in the County Jail on charges of robbery, elder abuse, and battery with great bodily injury.

Police described the victim’s injuries at non-life threatening however, and was expected to make a full recovery at the hospital.

‘At Risk’ Missing Person Found Thanks to Notification System

CITRUS HEIGHTS, CA (MPG) - Officers arrived at a care home at 2:45 p.m. on March 14th after receiving calls claiming that a 58-year-old who required daily medication for dementia, schizophrenia, and bi-polar disorder had left the facility.

A search ensued but police

were unable to find the “at risk” man after about one hour. CHPD then utilized the Everbridge notification system to alert the public and request that they inform police if they saw a man fitting the description.

A citizen located the man and informed police as requested. Officers then returned the man safely to the home without harm or injury.

The Everbridge system allows the police to send non-emergency alerts to the community, though citizens have to sign up for the program online. A missing 69-year-old female was also located thanks to the system in January.

DUI Checkpoint Nets Two Arrests

CITRUS HEIGHTS, CA (MPG) - CHPD made two DUI arrests on March 13th at a roadblock near Greenback Lane and Birdcage Street from 8 p.m. to 2 a.m.

Police said that 920 vehicles were stopped and the two arrests were out of five conducted tests for the legal limit of alcohol consumption. Additionally, eight drivers were ticketed for driving without their licenses.

CHPD maintains that roadblocks are an important tool in DUI enforcement, being effective both financially and in physical results.

Source: Citrus Heights Police Department ★

70-Year-Old Man Assaulted Downtown

CITRUS HEIGHTS, CA (MPG) - A 70-year-old male victim was the target of abuse and robbery on March 16th near the

Mayor Frost Joins Meals on Wheels Initiative

CITRUS HEIGHTS, CA (MPG) - Mayor Sue Frost took part in A Community of Caring’s (ACC) Meals on Wheels efforts on March 18th when she delivered and served meals in the community from 9 a.m. to 12:30 p.m.

The event was part of the March for Meals public awareness campaign to, “Draw attention to the importance of

senior meal programs for frail homebound seniors” according to a press release.

Meals on Wheels by ACC participates yearly in this national campaign to bring awareness to the needs of the frail seniors in our communities. Meals on Wheels by ACC delivers 2,000 meals each weekday to seniors, sick, and disabled throughout the

county.

The program has invited government officials to join Meals on Wheels by ACC on a home delivery route or at one of our 23 cafés in Sacramento County to raise support and awareness for senior needs in the community.

Source: Volunteer Services Coordinator Jannette Wells ★

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

Online at SSPCA.ORG

Go Green.
Bring your own bag.
Reduce, Reuse, Recycle.

ANNUAL SPRING USED BOOK SALE

Thousands of gently used books in over 40 categories! Find a good read and help animals in need!

March 21-29, 2015

Monday - Saturday
10:00 am to 6:00 pm

Sunday
11:00 am to 5:00 pm

6041 Sunrise Mall, Citrus Heights, CA 95610
Inside Sunrise Mall next to Macy’s Men’s Store
Sacramento Area’s Longest Running Charity Used Book Sale

BEST JOB IN THE WORLD

Funeral Professionals Wanted

- A variety of part-time positions available with flexible hours.
- Equal Opportunity Employer

EAST LAWN
ACE AMERICAN CEMETERY EXCELLENCE AWARD WINNER

Apply in person at 5757 Greenback Lane, Sacramento, CA 95841 or email your resume to: mikes@eastlawn.com

5 Year FIXED RATE Home Equity Line of Credit Loan

4.25%

Initial APR

CHECK THE EL DORADO ADVANTAGE:

- ✓ **FIXED RATE** for 5 Years
- ✓ **Local Processing & Servicing**
- ✓ **No Closing Costs on Qualifying Transactions**
- ✓ **Flexibility and Convenience**
- ✓ **Have Funds Available for Current and Future Needs**
- ✓ **Home Improvement, Debt Consolidation, College Tuition**
- ✓ **Interest May be Tax Deductible** (Please consult your tax advisor)

EL DORADO SAVINGS BANK
Serving our local communities since 1958
www.eldoradosavingsbank.com
CITRUS HEIGHTS • 7895 Lichen Drive • 729-1100
Se Habla Espanol • 800-874-9779

The initial Annual Percentage Rate (APR) is currently 4.25% for a new Home Equity Line of Credit (HELOC), and is fixed for the first 5 years of the loan which is called the draw period. After the initial 5 year period, the APR can change once based on the value of an Index and Margin. The Index is the weekly average yield on U.S. Treasury Securities adjusted to a constant maturity of 10 years and the margin is 3.50%. The current APR for the repayment period is 5.30%. The maximum APR that can apply any time during your HELOC is 10%. A qualifying transaction consists of the following conditions: (1) the initial APR assumes a maximum HELOC of \$100,000, and a total maximum Loan-to-Value (LTV) of 70% including the new HELOC and any existing 1st Deed of Trust loan on your residence; (2) your residence securing the HELOC must be a single-family home that you occupy as your primary residence; (3) if the 1st Deed of Trust loan is with a lender other than El Dorado Savings Bank, that loan may not exceed \$200,000 and may not be a revolving line of credit. Additional property restrictions and requirements apply. All loans are subject to a current appraisal. Property insurance is required and flood insurance may be required. Rates, APR, terms and conditions are subject to change without notice. Other conditions apply. A \$375 early closure fee will be assessed if the line of credit is closed within three years from the date of opening. An annual fee of \$50 will be assessed on the first anniversary of the HELOC and annually thereafter during the draw period. Ask for a copy of our “Fixed Rate Home Equity Line of Credit Disclosure Notice” for additional important information. Other HELOC loans are available under different terms.

14-1

BAUER

car wash

Monday - Saturday 8:30-5 • Sun 9-4

We Accept All Competitors’ Coupons

Locally Owned & Operated

Professional Auto Detailing

No Extra Charge For Trucks, Vans or SUVs That Accomodate Our Automatic Car Wash

5927 San Juan Ave
Between Madison & Greenback
Citrus Heights • 916-967-3083

\$3.00	Any Car Wash	\$5.00	Any Car Wash Package
OFF	OFF	OFF	OFF
BAUER San Juan Car Wash Citrus Heights • 916-967-3083 Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 04/28/15		BAUER San Juan Car Wash Citrus Heights • 916-967-3083 Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 04/28/15	

CALL A PROFESSIONAL!

Business & Service Directory

LANDSCAPE SERVICES

SLS
Insured
Lic#794551

Superior Landscape Services
Landscaping and Maintenance

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

(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net

PARALEGAL SERVICES

Living Trust • Living Will

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

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

CONSTRUCTION SERVICES

Brasiel's Construction Company

**Specializing in
Residential Remodel and Repair**

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

Call for a free estimate:

Office Phone (916) 725-4061 • Cell (916) 745-2447
E-mail garybrasiel@surewest.net
Website: www.brasielconstructioncompany.com

PLUMBING SERVICES

BROWNS & WILLIAMS

Contractor • State License # 889339

**YOUR Plumbing Problem
is OUR Business!**

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

(916) 871-7624

**15%
Labor Discount**
Expires
09-01-15

GENERAL CONTRACTOR

**A Retired General
Contractor and Son**
All Home Repairs

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

License # 684476 *25 Years in
Citrus Heights*

Call Tim at 916-495-6183

ROTOTILLING SERVICES

**COZMO'S
ROTOTILLING SERVICE**
Serving All of Sacramento & Yolo County
Bus. Lic. # 15-00016493

- ✓ Tilling & amending organic soil
in raised vegetable gardens
- ✓ No job too small
- ✓ Can rototill up to 15,000 sq. ft.
- ✓ Weed control

916-370-9441

HANDYMAN

CARPENTER DAVIDMACK

Handyman • 25 Years Experience
Licence Pending • No Jobs Over \$500

Honest Man • Quality Work

- Doors Specialist • Dry Rot • Roof Repairs
- Painting • Sheet Rock • Texture
- All Floors, Windows, Decks, Tiles, Patios A to Z
- Exterior Siding • Plumbing • Electrical
- Dump Hauling • Facial Boards • Gutters
- Auto Body and Spot Painting

916-548-8249

FUNERAL SERVICES

RUSS MONROE'S

FUNERALS & CREMATIONS

FD 1404

7960 WINDING WAY
FAIR OAKS, CA 95628

Tel (916) 9611265
Fax (916) 9612430

DENTAL CARE

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

AMERICAN RIVER DENTAL

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

10350 Coloma Rd. 362-9247

LEGAL SERVICES

BONES LAW FIRM
4811 Chippendale Dr., Suite 307, Sacramento, CA 95841

Gordon G. Bones
Attorney at Law

The Law Firm provides the following legal services:

- Bankruptcy • Business and Corporate Matters
- Trust and Trust Administration
- Estate Planning • Probate and Conservatorship
- Family Law

P: 916.965.6647

F: 916.965.4218

gbones@boneslawfirm.com

PAINTING SERVICE

QUALITY A PAINT SERVICE

22 Years Experience

State Lic. 646386



Prefer Small Jobs - My Specialty!

► 2-3 Rooms ► 2-3-4-5 Doors

► Single Family Homes

1200-1500 Sq Ft.

916-967-0763



HORSE RANCH SERVICES



Hughes Horse Ranch

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

- Large Covered Pipe Corral Stalls
- Individual, Secure Tack Lockers
- Horses Fed Alfalfa Twice Daily
- Automatic Water Systems

- Cement Wash Rack
- Riding, Grazing and Turn Out Pastures
- Arena • Trailer Storage
- Riding Distance to Ancil Hoffman Park

DRY STABLES AND RUN

**\$200/MONTH
916.944.3119**

CEMETERY SERVICES

*Respectful,
Affordable Burial*

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

Fair Oaks Cemetery District

7780 Olive St., Fair Oaks, 95628

916-966-1613

PET SITTING SERVICE

*Professional, Loving
PET CARE*

**Established Reputation
Kennel Free Environment
Lots of TLC**

Call Madeline

(916) 723-1608

DRUG AND ALCOHOL REHABILITATION

CLEAN & SOBER
LIVING
CSTL, Inc.

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

DETOX (916) 965-3386

SOBER LIVING (916) 961-2691

PLUMBING SERVICE

24/7 Emergency Plumbing

**French Connection
Plumbing**

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

916-833-7618
www.frenchysplumbing.com

10% OFF*

*Labor costs when
you're a new
customer of French
Connection
Plumbing.

Offer valid through 06/01/15.
Valid only in areas serviced.
Not good with any other offer.

HOME OWNERSHIP

1st Time Home Buyer??



LYON
REAL ESTATE
www.Golgoth.com

✓ Me out

**Charles
Vines**

Broker Associate
(916) 216-9349
DRE# 01789423



Scan QR Code to see YouTube Video

COMPUTER SERVICES

YourAppleTutor.net

HANDS-ON APPLE TUTORING

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



*Expert Experienced Help
Beginners to Advanced Users
Reasonable Rates*

(916) 996 - 0609

Zinsky's

PC Configurations

"Don't replace it - REPAIR IT!"

Custom Desktop Computer Configurations
• PC Repair • Home Wireless Networking
• Installations • Viri & Spyware Eradication

Alan Zinsky
Phone: 916-622-2269
Zconfig@sbcglobal.net
Bus. Lic. # 305312 • B. E. A. R. Reg. #84416

www.zinskyspcrepair.com

DENTAL CARE

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

• Restorative and Cosmetic Dentistry • Oral Sedation

• Invisalign • Extractions (including wisdom teeth)

• 1 hour Teeth Whitening (as seen in extreme makeover)

• White Fillings • Digital X-Rays (uses less radiation) • Financing Available

STATEPOINT CROSSWORD • THE 1970S

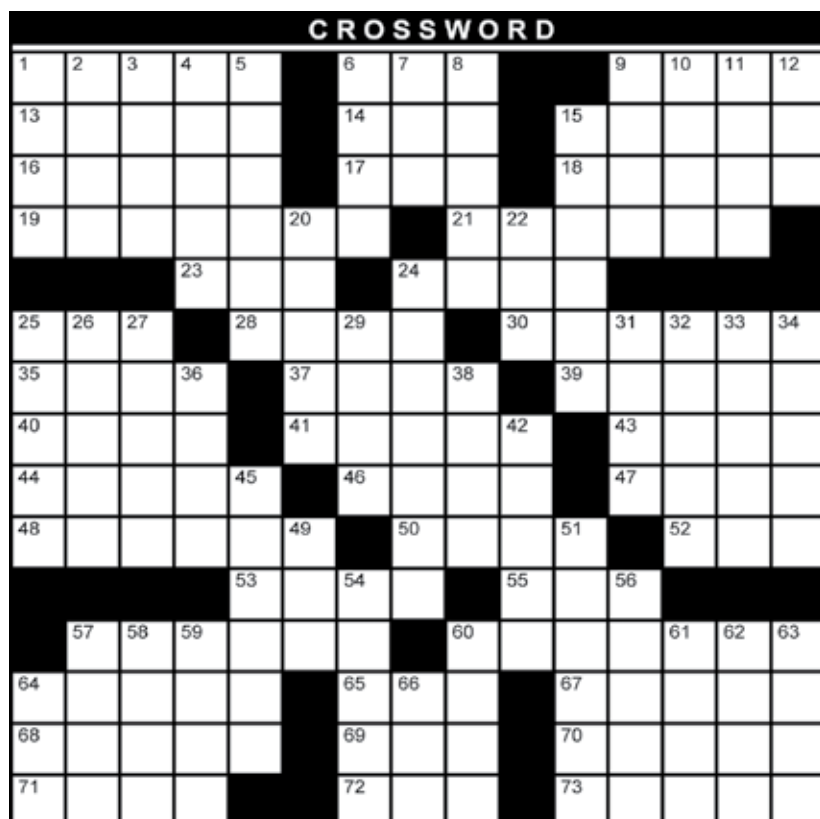
CLUES

ACROSS

- Libra symbol
- Weep convulsively
- Under-dress garment
- Knucklehead
- *Some Watergate burglars had worked for it
- On the rocks
- *"Fear of Flying" author, given name
- *"My Children"
- Gossimpomper's information
- *iPod predecessor, debuted in Japan in '79
- *Its fall ushered the end of Vietnam War
- Snakelike reef dweller
- You can't have this and eat it too?
- Business school reward
- Tibetan teacher
- #20 Down, to Shakespeare
- Miner's bounty, pl.
- Measles symptom
- Dictation taker
- Signal receiver
- "Punk rock, e.g.
- "I'm ____ you!"
- Kindle content
- ____ lamp
- *Travolta and Newton-John, e.g.
- Historically, they were sent to colonies
- Sacred Hindu writings
- *Martial artist
- Ambience
- Genetic initials
- Like a bikini?
- *Type of men's suit
- The present
- Calendar square
- Forty-niner, e.g.
- Arabian chieftain
- "But I heard him exclaim, ____ he drove out of sight..."
- Plug-in
- Something necessary but lacking
- Hi-____
- Film director Sergio

DOWN

- Old World duck
- Countess of Grantham, "Downton Abbey"
- Seed coat
- English philosopher John
- Canine's coat
- *First clinical CT- or Cat-____ in '71
- *Subject of 1970s crisis
- Model-building wood
- Like a bug in a rug
- Stretched ride
- Clickable picture
- For every
- Bay windows
- Eye opener
- *Arthur Herbert Fonzarelli, ____ "The Fonz"
- Source of tapioca and a staple in the tropics
- *Cheryl Tiegs or Beverly Johnson, e.g.
- Palm grease
- Famous fabulist
- Sledgehammer
- At the summit of
- Of the kidneys
- Undo laces
- *She had a hit TV sitcom
- Old Woman's home
- Bee home
- Military group
- *Kramer's opponent
- Small amount of liquid food
- *"____ House"
- Actress Winona
- Out of the way
- Not all
- Capped joint
- Like a decorated cake
- Cleaning cabinet supplies
- Backward arrow command
- Seabiscuit control
- European sea eagle
- A Bobsey twin
- Present plural of "be"



dish
**Make the Switch
to Dish Today
and Save Up To 50%**
Call Now and Ask How!
1-800-318-5121
Call 7 days a week 8am - 11pm EST Promo Code: MB0113

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

FREE
PREMIUM MOVIE CHANNELS*
For 3 months.
HBO **SHOWTIME**
ENEMAX **starz**
dish
on **AT&T**

*Offer subject to change based on premium channel availability

© StatePoint Media

SUDOKU
you could save 28%*
Call 1-800-970-4376 to see how much
you could save on car insurance.

esurance
an **Affiliate** company

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

*National average annual savings based on data from customers who reported savings by switching to Esurance between 10/1/14 and 10/31/14.
© 2014 Esurance Insurance Services, Inc. All rights reserved. CA License #00100000

For Solutions See Page 7

Come back every week for Crossword and Sudoku!

Adoption

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)

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)

Announcements

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

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

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

DID YOU KNOW Newspaper-generated content is so valuable it's taken and repeated, condensed, broadcast, tweeted, discussed, posted, copied, edited, and emailed countless times throughout the day by others? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

DID YOU KNOW that not only does newspaper media reach a HUGE Audience, they also reach an ENGAGED AUDIENCE. Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

Antiques/Collectibles Wanted

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

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

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

Autos Wanted

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

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

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

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

WANTED: 190SL, 280SL Mercedes or other pre-1972 Foreign Sports car or Convertible. Porsche, Jaguar XKE, Ferrari, etc. ANY CONDITION! FAIR OFFERS! Mike 520-977-1110, \$1,000 FINDERS FEE! (Cal-SCAN)

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

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

Autos Wanted Luxury

CASH for VINTAGE CARS Mercedes convertibles, Porsche, Jaguar, Alfa, Lancia, Ferrari, Corvettes, Mustangs. Early Japanese Cars 213-465-3227 rstevensjr@gmail.com Other collector cars of significant value desired. (Cal-SCAN)

Cable/Satellite TV

Dish TV Retailer - SAVE 50% on qualifying packages! Starting \$19.99/month (for 12 months). FREE Premium Movie Channels. FREE Installation! CALL, COMPARE LOCAL DEALS 1-800-357-0810 (Cal-SCAN)

Switch & Save Event from DirectTV! Packages starting at \$19.99/mo. Free 3-Months of HBO, Starz, SHOWTIME & CINEMAX FREE ENLE HD/ DVR Upgrade! 2015 NFL Sunday Ticket. Included with Select Packages. New Customers Only. IV Support Holdings LLC- An authorized DirectTV Dealer. Some exclusions apply - Call for details 1-800-385-9017 (Cal-SCAN)

DISH TV Packages for \$19.99/mo & \$14.95/mo for Internet + \$25 Visa Gift Card (with Activation). Call NOW and Save: 844-589-9575. Conditions apply. (Cal-SCAN)

Career Training

AIRLINES ARE HIRING for those with FAA certification. Financial aid if qualified - Job placement assistance. Get the A&P training at Aviation Institute of Maintenance 888-686-1704 (NANI)

Electrical Services

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

Financial Services

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

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

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

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

Do You Want to Know What Your Home is Worth?



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

Call Now for a **FREE Market Analysis of Your Home**

(916) 992-9922

Dare & Associates
Real Estate
License #01228753

(MPG 06-30-15)

For Rent

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

Small "cute" Carmichael office 150 sq. feet. Asking \$200 per month includes all utilities paid, desk, metal cabinet. 4826 El Camino Ave. Call 916-483-7325 or 916-972-0651. (MPG 11-15-15)

For Sale

2009 CAR DOLLY FOR SALE
Great for motor home. \$1,250. OBO. (916) 560-9742. (MPG 04-30-15)

MOBILE HOMES FOR SALE

Lakeview Village. A 5-star 55+ park. Brenda Parker. #01315461. Lion Real Estate. 916-849-7089 (MPG 04-30-15)



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

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

Toyota Touring Prius 2009. 58K. Great condition. \$14,900. 408-777-3007. (MPG 12-31-14)

Chairs, Matching Barcalounger Recliners; Jade, Excellent Condition, Asking \$150 each. Call (916)728-1362 (MPG)

For Sale Business

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

For Sale Houses

\$2,000 down possible, free credit check, 4/2 Cam. 4/2 Elk Grove. 3/2 on 1+acre El Dorado County, 3/2 on 1+acre Placer Co. all under 300k.BKR#00605628NMLS #12328227 Call 916-847-7722 tommidvalley@yahoo.com (MPG 02-28-15)

For Sale Mobile Home

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

Handyman

QUALITY LABOR & MAINTENANCE

Yard Work, Hauling, Gutter Clean, Odd Jobs

You Name It!

(916) 613-8359



Health & Beauty

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

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



Health & Medical

Can't Stop Eating
Compulsive Eaters Anonymous – HOW (CEA-HOW)

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

The only requirement is a desire to stop eating compulsively **CALL: 916-434-5894** for meeting times and locations OR Visit ceahow.org (MPG 07-31-14)

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

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

Heating & Air

AC Repair Low Prices 487-4609 (MPG)

VICTORIA HEATING & AIR CONDITIONING

Lic#8777379
Over 10 Years of Experience
We Provide SERVICE, REPAIR, CHANGE OUT AND NEW INSTALL
• Easy • Fast Response
• Reasonable Price
• We offer a **Special \$50 Diagnostic Fee**
• We will tell you what is wrong with your unit and how much it will cost to fix your unit before we begin work
• Each project is confirmed in writing and one year warranty
• OR, new unit installed with 5 to 10 years warranty
So Don't Wait! Call Us At
(209) 338-4475 or (916) 474-0173
(MPG 04-30-15)

Help Animals

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

Help Wanted



!!!! UP TO \$17/HOUR PART TIME LICENSED P&C PERSON, SALARY + COMMISSION !!!

Allstate agency in Carmichael is looking for that person that is ready to service customers and sells new policies. **P&C license is a must.** Hourly rate will start at \$ 12 up to \$17 based on experience and involvement. Also generous commission pay out starting at 7% for new business and 3% renewals after the probation period.

Extra payout based on sales targets applies.

This is a part time position for up to 4 hours a day in the office, preferably late afternoon or evening hours. Ideal person should demonstrate good sales abilities, willingness to work hard and obtain new accounts.

Please mention " Allstate part time position " in your resume.

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

SEASONAL WORK

03/30/2015 through 11/20/2015
Montana Trees, Inc., located in Northwest Montana, Town of Trout Creek, is seeking five (5) seasonal workers. Wage: \$11.14 per hour; Job Duties: must lift 50lbs, plant seedlings, digging, bending over continuously, transplant seedlings, cutting trees, hand tie/dig mature trees, maneuver 150lb-300lb root ball, hand stack, harvest plants; Employer provides: housing, transportation/subsistence expenses upon completion of 50% of work contract; tools & supplies. Employer guarantees employment for a minimum of 3/4 of the workdays of the total specified job contract. To apply: Contact your local State Workforce Agency, or Montana Job Service at: jobs.mt.gov type in Nursery Worker or Job Order No. 10104421 and click on Montana Trees, Inc.; or contact employer directly Zachary P. Hannum @ Montana Trees Inc., (406) 827-3984. (MPG 04-24-15)

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

CONSTRUCTION EQUIPMENT MAINTENANCE

Heavy Equipment Fuel/Lube Person And Small Tools/Supply Person. Appropriate Driver's License and Endorsements are REQUIRED. Competitive salary and excellent benefits. MUST APPLY IN PERSON: Western Engineering Contractors, Inc. EOE. 3171 Rippey Road, Loomis, CA 95650 (CL.No.0440681) (MPG 03-31-15)

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

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

CALL 916-773-1111 TO ADVERTISE IN YOUR LOCAL HOMETOWN NEWSPAPER

Help Wanted Drivers

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

ATTN: Drivers - \$2K Sign-On Bonus! We Put Drivers First! Earn \$55K/yr + Bonuses. Great Equipment w/ APU's. CDL-A Required 888-293-9337 www.drive4melton.mobi (Cal-SCAN)

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

Home Maintenance



A Quality Home Maintenance

Gutters Cleaned

By Gutter Dog

(916) 613-8359

Inhome Childcare

Nenes Smart Start
Small in-home Childcare M-F 7AM-6PM. Infant thru 5 Preschool certified Licensed & Insured, (916) 723-3342 collier@surewest.net

Insurance/Health

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

Compare Medicare Supplement Plans and Save! Call NOW during Open Enrollment to receive Free Medicare Quotes from Trusted, Affordable Companies! Get covered and Save! Call 844-277-0253. (Cal-SCAN)

LANDA'S HOUSE CLEANING



Serves Sacramento Areas. Residential & Commercial Cleaning Services. For More Information: www.landashousecleaning.com (MPG 04-30-14)

Medical Supplies /Equipment

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

Moving Services

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

Miscellaneous

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

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

CASH PAID for unexpired, sealed DIABETIC TEST STRIPS! 1 DAY PAYMENT & PREPAID shipping. HIGHEST PRICES! Call 1-888-776-7771. www.Cash4DiabeticSupplies.com (NANI)

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

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

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

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

Sudoku Puzzle on Page 6

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

Miscellaneous

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

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

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

Struggling with DRUGS, ALCOHOL, PILLS? Talk to someone who cares. Call ADDICTION HOPE & HELP LINE for a free assessment. 800-768-9180 (NANI)

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

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

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

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

Miscellaneous for Sale

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

Music Lessons

Guitar Lessons – Beginner to Advanced. \$10/half hour. \$15/hour. freddiebbalbert1@yahoo.com. 530-263-6926 (MPG 12-31-15)

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

Painting Services

Anni The Painter

One Room at a Time Okay!

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

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

916-532-6194

Personals

Want to hear from a vibrant S.D.A. Church Man. I am a vibrant S.D.A. Church Woman, 81 yrs old, 5 ft 7 ins. Interested in going to church, traveling. Have a FREE pass to Yosemite. Enjoy Camp meetings. Please call me anytime at 916-496-5740 (MPG 10-31-14)

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

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

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

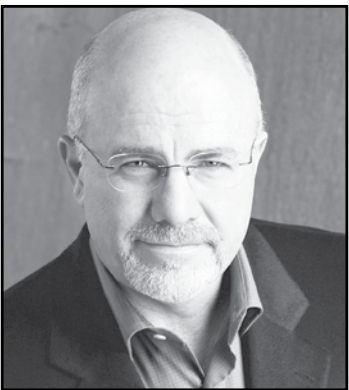
Pets/Animals

DOG RESCUE
Gary (916) 334-2841
Please Adopt or Foster
Because so many really great dogs are dying for a good home...
ShelterMOU @hotmail.com

Piano Lessons

Available Monday through Saturday. Learn piano, flute, and guitar. GREAT RATES! 916-974-7397 (MPG 03-31-14)

GOT LOCAL NEWS?



Dave Says

Pay for Grades?

Dear Dave,
What’s your opinion on rewarding kids with money for getting good grades in school?
- Joe

Dear Joe,
Honestly, I don’t have a strong opinion about it one way or the other. We didn’t pay our kids for good grades, but I can’t really think of a strong argument not to pay them for success in school. You could say you shouldn’t pay them because it’s something they’re expected to do anyway, and that’s somewhat valid. But you could also make the same point where chores around the house are concerned, too.

We paid our kids to do some chores, but really the point is not about the economic value. It’s the fact that you want your kids to associate work with money. I still meet people my age and older who haven’t made that connection. Work creates money, and that’s an important thing to teach your kids. Once they’ve created some money by working, then you want to use those moments to teach them to save, spend and give wisely.

You can do this around the

subject of grades if you want. There’s probably a valid case to be made that getting an “A” takes a lot more work than getting a “C.” You’re certainly not obligated to pay them for work or grades, but if you don’t do some of this – and teach them the proper ways to handle the money they earn — you’ll miss out on a lot a fantastic teachable moments.

- Dave

Making Grown-Up Choices

Dear Dave,
My husband and I are on Baby Step 2 of your plan. We’ve got our starter emergency fund of \$1,000 in the bank, and we’re busy paying off credit cards and unpaid taxes from previous years. He thinks it’s okay to take trips and save up for other fun things while we’re doing this, but I disagree. I want to cut out all extra spending and pay off our debt as fast as possible. What’s your opinion?
- Laura

Dear Laura,
It’s okay to do those things in the general philosophy of life. Unfortunately, that’s not what I teach when it comes to getting out of debt and gaining control of your finances. The reason people are successful following my plan is because I teach common sense combined with an unbridled, scorched-earth kind

of intensity.
Let’s take a closer look at this. You have unpaid taxes, not to mention credit card debt hanging over your heads, and he’s talking about going on a trip and saving up for toys? I’m sorry, but that’s completely irresponsible. Remember when we were kids, and Mommy and Daddy wouldn’t let us go outside and play until we had cleaned up our mess? That’s the kind of thing I teach.

There’s a process here. There’s an idea and a concept behind what I teach, and when you plug into it, you’re going to start moving in a positive direction. In short, behaviors have to change, Laura. The more dramatically they change, the better results you get and the faster you fix things. But if you don’t plug into it — if he doesn’t plug into it — you guys are going to keep getting the same results you’ve been getting, which basically stink!

** 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 Pastor Ray Dare

On April 5th, we will celebrate the focal point in history, the greatest event that ever happened – Easter. It split history in two: A.D. and B.C. Do you realize that every time you write down the date you’re referring to the resurrection of Jesus Christ?

Why is Easter such a big deal? Because it proved who Jesus was. When Jesus was on earth He made some amazing, outrageous statements. He said things like “I am God... I am the Savior of the world... I am the Messiah... I am the only way to heaven.” Incredible challenges and claims and then He said “I’m going to prove it: After they kill me, three days later, I’ll come back to life.” And He did! Hundreds of people saw Him, walked with Him, ate with Him, touched Him.

Easter is all about God’s power. God took the worst

The Power of Easter

possible situation, the death of His son and He turned it around and used it prove His power to the world. The resurrection of Jesus Christ demonstrated how powerful God is and how that same power is available to you today. There’s nothing too difficult for God. If God can raise Jesus Christ from the dead, He can handle any problem you give Him. “*How tremendous is the power available to us who believe in God. That power is the same divine energy which was demonstrated in Christ when He was raised from the dead.*” *Ephesians 1:20 (Ph)*

I don’t know what you’re going through today. I don’t know how dark and hopeless things may seem to you. But I want you to be assured of one thing. All things are possible when God is in your life. God is aware of what you’re going through right now. He sees your struggle. He sees every tear you’ve shed. He sees every sleepless night you’ve had. He knows exactly what you’re going through. He’s heard every single prayer that you’ve prayed. And you know what? He loves you, He cares for you and He has the power to help you.

The Bible says in Hebrews 4:15 that “*God can be touched*

with the feelings of our infirmities.” Jesus was here. He lived on this earth for 33 years. He knows what it’s like to face the trials and struggles and the hardships of life. He himself has been down. He knows what it is to feel sorrow and pain. Easter is proof of that. That’s why the Bible says, you’ve got to “*boldly come to the throne of grace so that you may obtain mercy and find grace to help in time of need.*” (*Hebrews 4:16*)

I would like to personally invite you to be my guest this Easter Sunday at New Beginnings Church on April 5th. Easter Service begins at 11:00 am. I’ll be sharing a message of hope that will encourage you and those you bring with you. New Beginnings is a place where people find hope and love, not critical or judgmental attitudes. For directions or more information visit our website at www.NBC4U.org, or call (916) 992-1997.

*Pastor Ray
New Beginnings Church
YOU’RE INVITED,
Sunday service at 10 am
“We Do Church Differently”
www.NBC4U.org*

★



By Ronnie McBrayer

A desperate executive sought the counsel of an old guru who lived in a mountain cave. The executive was living a harried and hurried life. He was frustrated, his prayers were powerless, and his soul was tired. The holy man listened to his guest for a while, then retreated deep into his cave, returning shortly with a basin.

He scooped water from the muddy little stream passing by the mouth of the cave and offered it to the executive to drink. Of course, the executive rejected it, even though he was very thirsty from his journey. The water was far too dirty.

After a while he offered the water again, but this time, all the silt had settled to the bottom of the basin and the water was clear and pristine. The man readily drank it. The wise man then asked, “What did you do to make the water clean?” The man answered, “I didn’t do anything.” “Exactly!” said the old monk. “Your life is dark and troubled; it is disturbed and muddy because you are always allowing the water to become agitated. Only when it is calm will you have peace. So do nothing. Be still and let the water settle.”

Be still. That’s harder than it sounds, no doubt, but it is one of the best things for the health of our souls. Learn to turn down the noise (and stop contributing to the noise). Learn to cultivate some distance from this



The Fewer the Words The Better

clamorous world, because distance is a good thing when it comes to things and people who are harmful. Learn, by healthy boundaries to keep the raucous environment that is contemporary society at arm and ear’s length, and you might begin to let the water of your own soul peacefully settle.

I don’t have to work very hard to convince you that this world is a noisy place, do I? Talking heads, radio and viewpoint shows, 24-hour news, analysis on every hand, opinions like arm-pits: Court is always being held, comments are always being made, and there is a constant eagerness to share the oh-so-correct perspective. There’s always someone babbling about something, and the air becomes so saturated with pandemonium, it seeps into our souls.

Jesus understood this. He once instructed his disciples, “When you pray, close the door and pray to your Father who is unseen...do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them.” What a stark and necessary correction. Even in prayer, the “fewer the words the better,” it seems.

“Do not be like them,” Jesus says. That is, “Don’t be like this ear-splitting world that thinks loud opinions will actually be heard. Don’t put on a show with your yammering, bloviated prattle. Shut up. Be still. Get quiet.” It’s good for you, not to mention

how everyone else will appreciate it as well.

It’s not unlike the familiar story from Lyndon B. Johnson’s administration as told by Skip Heitzig. Once, at a special dinner, Johnson was hosting a few members of his staff, and he called upon one of the men to say grace. The man, named Jim, began to pray and President Johnson, in his brash, demanding way interrupted. He said, “Speak up, Jim, I can’t hear you.” Jim answered, “With all due respect, Mr. President, I wasn’t talking to you.”

Oh, that’s exactly what Jesus is teaching his disciples. Too often, far too often, public prayer (much of religious instruction, actually) is not an invitation to stillness and humility before God. It is an invitation to commotion. It is “babble,” or “vain repetition” as the King James Version translates Jesus’ instructions. It is foolish rambling, tedious chattering, words that continue to stack up, but never really mean anything.

I have a friend who noted recently the the words “listen” and “silent” are spelled with exactly the same letters and mean the same thing. And I think stillness is the quickest way to hear God, to “let the water settle,” and find true peace.

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

Your voice activates or creates positive or negative mountains in your life! The words you speak are full of power therefore; take care of what you speak and how you say it.

Scripture tells us that out of the heart the mouth speaks therefore what you say is either a curse or a blessing! Get rid of the mixture! Be thankful and bless everything and everyone in one way or another. (Psalm 100:4-5) “*Enter his gates with thanksgiving and his courts with praise: give thanks to him and praise his name. For the Lord is good and his love endures forever; his*

Move That Mountain Powerful Message

faithfulness continues through all generations”

Take authority over your life using the rule of sowing and reaping. In operation your words therefore always need to sow positive words. Sow them to bring health and happiness into your life. Sow them to bring the same into others lives. Sow them to honor the God you claim to honor and worship. Sow them as a “testimony of your faith in a mighty powerful loving creator who works miracles”! You will be amazed as God moves mightily in your life because you listen, then speak positive words of affirmation and act on this message.

When you think you are hearing God’s voice, take care of what you hear and discern

exactly whose voice you are hearing! Satan will attempt to disguise his words so they sound good so you will follow him. His words will lead you

astray, out-of-God’s will- and into the pit of hell. Stay away from becoming a carnal believer because you are listening to the wrong voice. Overturn the enemy’s words by truly listening to the Words of Scripture and the voice of the One True God.

Whatever is a mountain in life you praying for, it will be removed with these words “In Jesus name tell the mountain to “go”. It is important to “speak to the mountain” to leave you, asking our Heavenly Father using the name of Jesus. If you have a mountain to be removed, it will be activated by the shed blood and power of Jesus as you speak His name. Remember Jesus said, “I and the Father are One”. Finish with Praise to God for the forthcoming answer!

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

★



Grace Baptist Church

Come and Experience God's Amazing Grace

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

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

Service Schedules

Sunday Schools (All Ages) 9:45am
Sunday Worship II :00 am
Sunday Evening 6:00pm
Wednesday Evening 7:00pm

**6724 Palm Avenue, Fair Oaks, CA 95628
(Located one block South of Madison; just East of Dewey)
Pastor Charles Carter (916) 967-3915**

Call for more information

YOU’RE INVITED!

Sundays 10:00a.m.

“We do Church Differently”

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



New Beginnings CHURCH

We meet at Foothills Community Center

5510 Diablo Drive
Sacramento, CA

Specialties Plus

- Machine Repairs (*all makes & models*)
- Toner Cartridge Refills (*Using Cartridge World? Take 10% off their price & try mine*)
- Free Cleaning (*with our cartridge*)
- We are Local
- Service Contracts (*monthly or yearly*)
- Lease or Rent
- High Volume Copying (*save wear & tear on your machine*)



Specializing in Digital Printers, Copiers, Fax & Multifunction Machines

E-mail:
specplus@comcast.net
(916) 723-8430

Citrus Heights Contestants Run in Nor-Cal Pageant

GRASS VALLEY, CA (MPG) - Several candidates from Citrus Heights are due to compete in the Nevada County Spring Pageant on March 28th, giving them an opportunity to promote awareness of a non-profit and how they plan to contribute to the community.

The title of “Capitol City” will be awarded to contestants from Citrus Heights and Surrounding areas. The titles were purchased in 2014 from the state with the blessings of the late Mary Purvis’ family. Mary Purvis, of Citrus Heights, held the titles of Capitol City for many decades and ran many pageants in Citrus Heights.

Over 30 contestants, ages 3-60 will compete in the inaugural Nevada County Spring Pageant which is 100% volunteer run. Each contestant must provide details about their non-profit platform and how they plan to provide service hours to their charity. These contestants are coming from all over Northern California to compete.

There are optional categories for talent and swimsuit but the candidates will be judged on interview skills, speaking on stage and answering pop questions and the clarity of their plan to help their communities. Five weeks of training are included in the \$25 application fee.

Trainings are provided by 25 year pageant coach, Sheryl Casper of Lake of the Pines. A majority of the contestants are from Nevada County and pageant producers expect to see another surge in serving as a result of the pageant.

training provided to the contestants of all ages is something she wants Nevada County to offer.”

The Cornish Christmas pageant had 21 contestants, and all were crowned Queen, Ambassador or Princess. Within the first 3 weeks of December this court of 21 individuals provided over 80 public service appearances. The additional 30 being added to the spring court will combine efforts with the Cornish Court and continue serving year round.

Former Miss Capitol City, Lanette Sipes is currently running for Diamond Capitol City and several of the title holders from Mary’s pageants will be serving as visiting queens at the Nor Cal Pageant. This pageant is directed by one of Mary’s former Queens, Melisa Mistler-Yates.

Her business, M3 Mall, sponsored several “Capitol City” title holders over the past 7 years and they are expected to serve at the event by crowning the new

contestants. In addition to Lanette Sipes running for a Capitol City Title, and her daughter, Kaitlyn, running for a Teen Miss Nor Cal, those running for Capitol City Titles include: Phyllicia and Jasmine for Teen Miss Capitol City, Kadja for Miss Capitol City, Crystal Schmitt for Jr Ms Capitol City and Shadi Rezaie who attends San Juan High School is running for Miss Northern California.

The entire community is invited to attend the pageant on Saturday, March 28th at the Holiday Inn Express at 10 a.m. Tickets are \$10 at the door or may be purchased at a discount from any of the competing individuals. This event also serves as a fundraiser for NEO. Raffle tickets will be on sale throughout the pageant, with 100% of the proceeds going to NEO.

Source: Melisa Mistler, Pageant Director ★



Trainings are provided by 25 year pageant coach, Sheryl Casper of Lake of the Pines. A majority of the contestants are from Nevada County and pageant producers expect to see another surge in serving as a result of the pageant.



Showcase Real Estate Group Presents

“The Real Estate Insider”

with Realtor, Developer and Radio Host

Ellen Herrle

Listen weekdays 12n-1pm on Money, The Wall Street Business Network, 105.5 FM



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 Taekwondo.** 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.robinsonstkd.com/events-2>. Don’t spend more than you have too, or sell for less than you deserve by asking the expert first! Visit <http://www.showcaserealestategroup.com> or call us to help when you decide to buy or sell at 916-761-2108.

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

ITS ALL ABOUT YOU

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

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

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

www.showcaserealestategroup.com

916-761-2108

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

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

CA DRE #00521277



The Perfect Combination!



Start Yours Today!

Get a 6 month subscription for only:

\$15⁰⁰

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

☒ Get The Sunday Sacramento Bee every week!

CLINCHED! Air capture A.J. West title for second year arena champion

THE SACRAMENTO BEE

Housing rises from meltdown

Group in mall attack resilient

YES! START MY SUBSCRIPTION NOW!

NAME _____

ADDRESS _____

CITY _____ ZIP _____

PHONE (____) _____ EMAIL _____ (OPTIONAL)

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

MAIL YOUR PAYMENT TO:

MESSENGER PUBLISHING GROUP

7144 FAIR OAKS BOULEVARD, SUITE 5

CARMICHAEL, CA 95608

CHM

**Some delivery restrictions may apply.*

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

IT’S THE PERFECT COMBINATION!

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



Sacramento CHORAL SOCIETY & Orchestra

DONALD KENDRICK | MUSIC DIRECTOR

SPRING 2015

SONGS OF ETERNITY

(West Coast Premiere)

Requiem For The Living | Dan Forrest

Songs of Eternity | James Hopkins

Sea Symphony | Howard Hanson

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

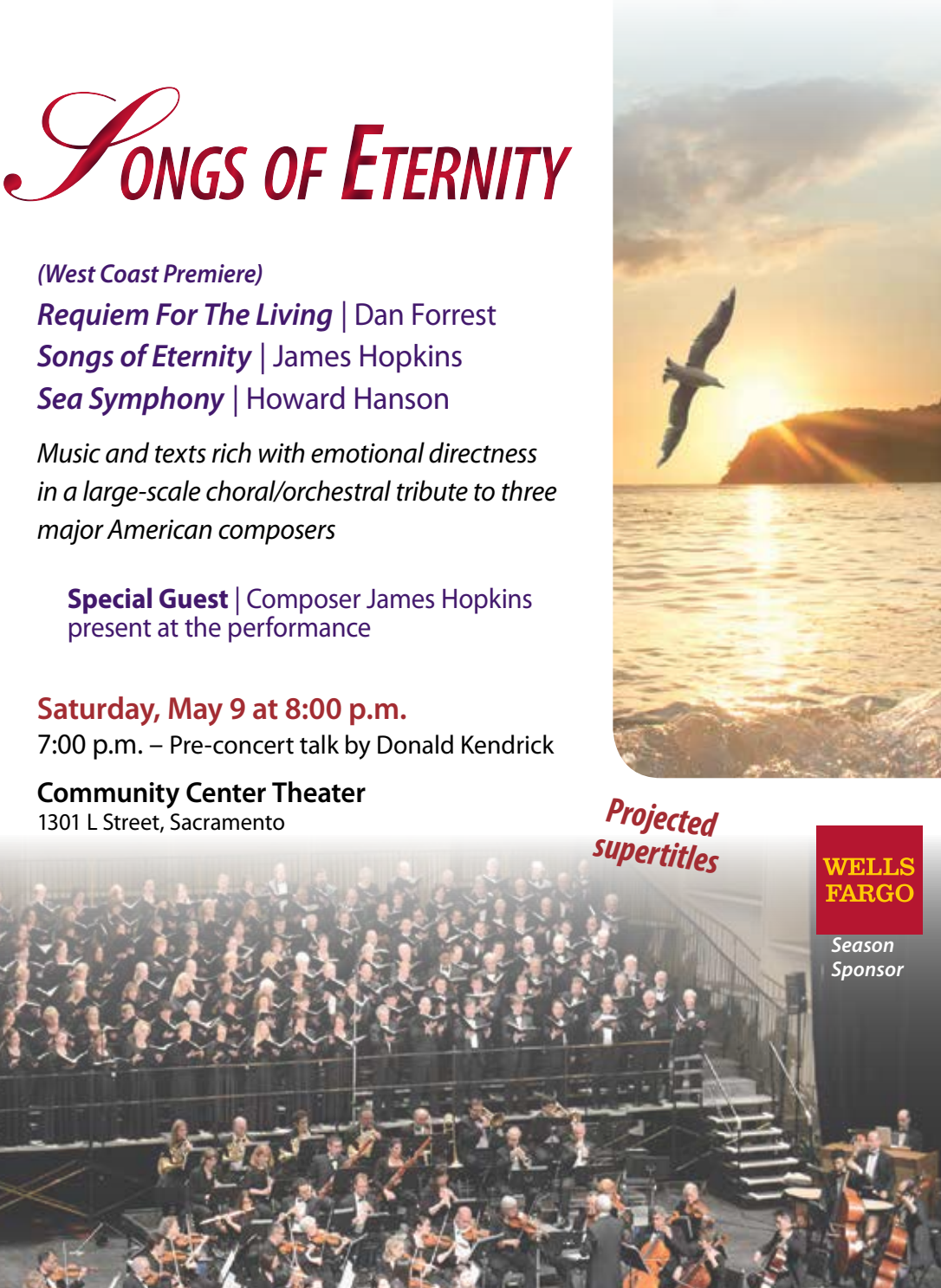
Special Guest | Composer James Hopkins present at the performance

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

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

Community Center Theater

1301 L Street, Sacramento



Projected supertitles

WELLS FARGO

Season Sponsor

Community Center Theater Tickets

CCT Box Office | 916.808.5181 or TICKETS.COM

SACRAMENTOCHORAL.COM



POPPOFF!

with Mary Jane Popp

improve. Go for all eight, and your body will reset its glucose metabolism. So comes his book *“The Diabetes Reset.”* Let’s get to those simple strategies that can change your life.

1) CUT YOUR FAT IN HALF, DOUBLE YOUR FIBER. Switch to a high-fiber diet of 70% complex carbohydrates, 15% fat, and 15% protein. He disentangles the myths and confusion surrounding carbs, fats, proteins, and fiber, and shows why all carbs are not bad and sugar is not the root of all evil.

2) INCREASE YOUR MUSCLES’ GLUCOSE-ABSORBING ABILITY THROUGH AEROBIC EXERCISE AND STRENGTH TRAINING. 80% of the glucose circulating after a meal is handled by the skeletal muscles. Fat deposits in Muscles trigger harmful inflammation, which can be corrected with a balance of strength and aerobic training...and in turn increase glucose sensitivity.

3) ACTIVATE YOUR BROWN FAT (WHY NOT ALL FAT IS BAD FOR YOU). Brown fat is activated in the cold, and helps you burn up to 15% more calories. Brown fat activity is boosted fifteen-fold at 65 degrees F during exercise, when exposed skin meets the cold air.

4)BECOME AN INFLAMMATION FIGHTER. Chronic, low-grade inflammation is a major contributor to a host of issues including type 2 diabetes. Inflammation can be measured by C-reactive protein levels (CRP), easily checked in your annual blood test, and is crucial to interpreting your risk of Diabetes, and cardiac arrest.

I will get to the last four strategies in my next column, but keep in mind that, within each chapter of *“The Diabetes Reset,”* Dr. King provides evidence to support the strategy and advice on adopting it into a daily routine. It also busts the myths that keep Americans from changing their habits, and outlines a clear twelve-week implementation plan with a tool to track your progress. Dr. King M.D. is research Director and Chief Scientific Officer at the Joslin Diabetes Center. He is one of the most sought-after speakers on diabetes and diabetes-related issues. Dr. King explains why preventive care is important for everyone regardless of current health or family history—including the surprising role of dental care and hygiene in Diabetes prevention. We’ll get to the rest of the story in my next POPPOFF column. I don’t want you to become a statistic! ★

**Limo + Air + Cruise SPECIALS**
Easy to Manage - Door to Door - Great for Singles

10 Day Europe
\$5998pp w/Air

10 Day Tahiti
\$5148pp w/Air


**"Limousine" Cruises**
Oceania Premium
Smaller Ship Elegance
Panama Canal, Tahiti, Rome, Brazil

INCLUDES: Limousine from your Auburn Home to SFO
Free SFO R/T Airfare to the Cruise Port !

Arenz Travel Planners
www.AATPA.com/oceania

Meadow Vista
530-878-2992

CST 2061961-40



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

Search Single Again Dating Free Today!

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

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

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

Here's how it all works...

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

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

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

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

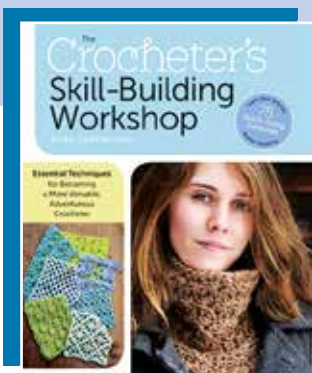
Single Again

WWW.SINGLEAGAIN.COM/DATING

For the Love of Books



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



CROCHETER'S SKILL-BUILDING WORKSHOP

by Paige McKenzie

- ◆ Publisher: Storey Publishing
- ◆ Release date: December 2, 2014 ◆ hardcover, 256 pages
- ◆ Intended audience: Adult/Crafts ◆ Rating: ♥♥♥♥♥

On the Book Jacket: This fresh, fun guide from expert Dora Ohrenstein covers all of the basic crochet techniques and so much more, from choosing yarns to finishing! It includes more than 70 stitch-along swatches that each teach a particular technique, as well as five projects (a hat, shawl, neck warmer, bag, and scarf) that put those techniques to use. The swatches offer not just a variety of stitch patterns but also a variety of shapes and can serve as the building blocks for sophisticated and creative projects of your own design.

Amy's Review: Emerging from history and gaining speed, crocheting is everywhere, from the everyday crafter, to the runway. This book, provides the knowledge to go past the traditional granny squares, to the sophisticated, elevating crocheters to the possibility of fascinating, with inventive new ways to crochet.

Inspired to write this book, due to the information gaps on particular aspects, Dora Ohrenstein, addresses problem topics such as: tension control, shaping with complex stitch patterns, choosing yarn and advanced skills. Patterns for 77 swatches are included to effectively learn a particular technique, along with five everyday projects, using skill sets from the previous patterns. *The Crocheter's Skill-Building Workshop*, is filled from beginning to end with every resource you need to be successful, including pictures with every skill to help explain each technique in its entirety, leaving no room for error, making

this book and even more of a valuable resource. Each project is beautifully highlighted, with description, photo and how to advice designed for every level of crocheter. Chapter highlights include: fundamental techniques, how to choose yarn, your crochet tool box, as well as skill chapters on shaping and construction, crocheting in the round, advanced shaping and color changing.

An all in one resource guide, *The Crocheter's Skill-Building Workshop*, encourages readers to experiment and try new techniques, while giving them confidence to tackle any project. I was pleasantly surprised with exquisite attention to detail, not only with the informative guidelines, but with the detailed photos throughout, showing each step. Beautifully put together, with literally everything you need in one book, including a glossary of basic terms, and an informative key stitch guide, making this book invaluable for anyone who loves the craft.

SUPPORTING LOCAL FARMERS, YOUTH AND COMMUNITIES *California Certified*

**EAT HEALTHY. BUY LOCAL.**

FARMERS MARKET



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

Come Shop Our Winter Locations!

**SATURDAY**

**SATURDAY**

**SATURDAY**

**SUNDAY**

**SUNDAY**

**WEDNESDAY**

Sunrise Mall Farmers Market
6196 Sunrise Blvd, Citrus Heights (behind Sears in the SE parking lot).
Every Saturday 8 am - 1 pm.

Sacramento Midtown Farmers Market
20th St between J and K, Sacramento.
Every Saturday 8 am - 1 pm.

Historic Folsom Farmers Market
915 Sutter St, Folsom (Historic Folsom Public Plaza).
Every Saturday 8 am - 1 pm.

Carmichael Park Farmers Market
5750 Grant Ave, Carmichael (corner of Grant and Fair Oaks Blvd).
Every Sunday 9 am - 2 pm.

Land Park Farmers Market
1944 Sutterville Rd, Sacramento.
Every Sunday 9 am - 1 pm.

VA Mather Farmers Market
10535 Hospital Wy, Mather.
Every Wednesday 9 am - 1 pm.

All markets open year-round, rain or shine

Get \$1 off any gift certificate purchase of \$10 or more
Farmers market gift certificates make the perfect gift for birthdays, Valentine's Day, thank yous, or just because.
Offer valid at any of our Certified Farmers Market Locations.
Valid through February 2015.



For more information: www.ILoveMyFarmersMarket.com

Anti-Domestic Violence Activist Named Woman of the Year

Continued from Page 1

“It’s overwhelming what you’ve done,” Frost told the group of A Community for Peace Volunteers, all of whom are past victims of abuse in one form or another. “You treated the mind, the body, and spirit. On behalf of Citrus Heights I want to thank you for everything you’ve done for our city.”

Whitefeather is also a survivor of domestic violence that was prevalent in home as a child. Her struggle with abuse extended into her adult life when she faced racial violence and sexual assault. Her experiences inspired an awakening and a drive to inspire others to break free of oppression.

“I just knew there had to be another way,” said Whitefeather. “I don’t think we want to live in a world where people hurt other

people.” Her facilities are strategically planned to welcome victims into a safe environment. The operation even extends to an area specifically for child victims of abuse and a wide open room where staff teach self-defense.

But perhaps Whitefeather’s most significant accomplishment is her work with the Citrus Heights Police Department. Referred to as DVRT (Domestic Violence Response Team), the program pairs trained volunteers from A Community for Peace with police officers responding to domestic violence calls.

Police Chief Boyd cited a national average of 5 percent of victims who seek organized help and said, “When we have advocates in the car, we’re seeing 55-60 percent entering services. Domestic violence really plagues

our community. It continues to be a top priority for the police department.”

Sacramento Police Department has also contacted the group to consider expanding the DVRT program to the city as a result of its success in the periphery.

“There is no one more worthy or more deserving for Woman of the Year,” said Boyd. “She has been a pathfinder. She has been very innovative in her collaboration with the police.”

A Community for Peace maintains a 24/7 presence at their offices to respond to any crisis that may emerge. Victims can also call the police who regularly contact A Community for Peace in cases of domestic violence. ★

Meet Sacramento’s Volunteers of the Year

Story and Photos
By John-Michael Kibrick

SACRAMENTO REGION, CA (MPG) - Two local volunteers, Susan Ramsden and Maggie Oys, were recognized on March 12th with the Volunteer Coordinator of the Year and Youth Volunteer of the Year awards at a reception hosted by DOVIA (Directors of Volunteers in Agencies).

Held at Shriners Hospitals for Children, the event was attended by California State Assemblymember Ken Cooley (D-Rancho Cordova) as well as representatives from the offices of State Senator Dr. Richard Pan (D-Sacramento) and Sacramento City Councilmember Jay Schenirer (District 5), who handed out certificates to each of the nominees.

“Everyone is such a great volunteer who was nominated,” said Oys humbly after being announced Youth Volunteer of the Year.

Ramsden commented along similar lines, saying that being nominated and winning Volunteer Coordinator of the year had come as a surprise. “There are so many people who do so much more,” she said.

Seventeen-year-old Oys was nominated by the Sacramento Food Bank and Family Services for her work in jump-starting the Core Service Program, which has brought in some 40 of her fellow students as volunteers. Winning the award also granted Oys a \$500 scholarship from the Margaret Einspahr Memorial Fund.

Ramsden was nominated and recognized for helping a struggling Habitat for Humanity Restore who needed additional volunteers to function in the community. Ramsden reached out to the Church of Jesus Christ



Maggie Oys (left) with Robin Simpson of the Sacramento Food Bank (middle) and DOVIA Awards Chair Cole Fostedt (right). Maggie was named Youth Volunteer of the Year and received a \$500 scholarship for bringing her fellow high school students to donate time and energy at the Food Bank.

of Latter Day Saints and brought in enthusiastic volunteers who have since contributed thousands of hours with Habitat for Humanity.

Oys and Ramsden were selected as winners by a panel of two judges with expertise in the field of non-profits. Serving this year were Dr. Bill Wittich and Tricia Rosenbaum.

Also nominated for Coordinator of the Year by various local organizations were Veronica Smith, Jane Hindmarch, Cecilia Jacquez, and Maria Vides-Medal. Oys was joined in her category of Youth Volunteer of the Year by Ardith Chavez, Olivia Brophy, Bianca Pelletti, Lauren Montee, Daniel Mao, Javier Eres, Helen Veazey, Bailey Robinson-Burmester, and Nick Soliz.

“Volunteers are precious and great volunteers are invaluable,” DOVIA Chair Les Plaschek told those present before the awards were handed out. “Volunteering is a way to find yourself.”

Indeed, celebration of volunteerism was the over-arching theme of the entire ceremony. As Assemblyman Cooley put it to the nominees, volunteering is, “Looking for need that you may be able to reach into the well of you to provide.”

The event also marked an increasing amount of success for DOVIA’s Sacramento branch as noted by Awards Chair Cole Fostedt who said in an interview, “We’re really thrilled we have such a large number of nominees this year.”

The increase in nominees from 2014 suggests an equally increased capacity to reach out to the community and organize cooperation between the region’s volunteer effortsone of DOVIA’s biggest jobs. The non-profit supports volunteer programs in additional ways which include the hosting of training seminars, and acting as a forum for NGO leaders to collaborate, network, and offer advice to peers. ★



Lisa West
Community
Outreach Director



Funeral and
Cemetery
Etiquette



Memorial Parks
Mortuaries & Crematory

By Lisa West

Have you ever asked yourself what the proper etiquette is for attending a funeral or visiting a cemetery?

In California, things can be pretty casual, especially in relation to our attire. I will not tell you what to wear to a funeral because I believe that the most important thing is that you go to the funeral, and it doesn’t really matter what you wear.

On the other hand, I would make a few suggestions, because they may make you feel more comfortable, and it’s hard to feel comfortable at a funeral. As people have evolved, so have funerals, and it is not considered necessary in most cultures to wear black. However, culture is one of the things you should consider most when attending a funeral. If you aren’t sure, call the funeral home and ask them what is considered customary or appropriate to wear if you are unfamiliar with the culture or religion of the deceased.

For the most part, a funeral is still considered a solemn occasion, and you can never go wrong by dressing up instead of being too casual.

The very best advice for attending a funeral is this: please silence your cell phone. If possible, turn it all the way off so the vibrating isn’t heard and it

isn’t lighting up. This can be disturbing to grieving family and friends.

A few other tidbits: Get directions; you would be surprised how many people go to the wrong funeral home. Arrive early so you can get inside and sign the guest book before the service starts.

Also, don’t monopolize the immediate families’ time. Giving them a quick hug and offering condolences is enough because they are overwhelmed at that time. Check in with them a day or two later to talk at length and see how they are doing. If there is a visitation prior to the service, it is a time when you can spend a few extra moments with the family.

In the cemetery, keep noise (such as your car radio) down because many people are there visiting and grieving over their loved ones.

It is okay to walk on graves. It is almost impossible not to. But be considerate of headstones (markers). Do not walk or stand on them. Do not sit on them. It is disrespectful, and they could fall over or break.

Lisa West is the community outreach director for East Lawn and her column appears monthly. You can reach her at lisaw@eastlawn.com or (916)732-2020. For previous articles, please visit www.EastLawn.com. ★

www.EastLawn.com

Spring
into a
New Career!

Sacramento's
HIREvent

Powered by JobJournal.com

Tuesday, April 7

Noon-4pm

The Grand

1215 J Street, Sacramento

Connect with Job Journal

SPONSORED BY:

FREE ADMISSION

FREE RESUME REVIEWS

A fresh crop of jobs is in, so don't miss this chance to take your pick at this exceptional employment event. Whether you're looking for a new job or a better career, it's time to take action. Showcase your skills to a roomful of recruiters with immediate openings to fill. Arrive early and dress professionally, since all of these Sacramento area organizations (both public and private-sector) will be seeking great employees in a variety of fields.

For more information, visit JobJournal.com, HIREvents.com or call 888-THE-JOBS.

Assistance for attendees with disabilities provided upon written request at least 14 days prior to event. Job Journal • 3050 Fite Circle, Suite 100 • Sacramento, CA 95827

The Roseville Rock Rollers Gem and Mineral Society 501(C)

53rd Roseville Gem, Jewelry,
Fossil & Mineral Show!

FREE
PARKING!

March 28 & 29

Roseville (Placer County) Fairgrounds

Saturday 10 am - 5 pm • Sunday 10 am - 4 pm

The Big Show!!

50 Vendors
Family Fun Exhibits

Family Fun!

• Crystals • Beads • Jewelry • Gemstones
• Gold Panning • Meteorites • Fossils
• Minerals • Free Door Prizes • Fabulous Food!

Kids & Scout's
"Education Station"

General Admission \$6.00
Seniors 60+ \$5.00
Kids 12 and Under FREE

Rain or Shine • Inside & Outside

\$1 OFF ADMISSION WITH THIS AD

www.rockrollers.com

Union Gospel Mission Sacramento

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

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

Matthew 25:40
"Caring for the Least"

50+ Years
of Service

(916) 447-3268

400 Bannon Street • Sacramento, CA 95811

Exec. Director, Pastor Tim Lane

P.O. Box 1108, Sacramento, CA 95812

Tune in our Radio Program:

KFIA 710 AM, Sun & Mon 3 PM

listen online & visit us at:

www.ugmsac.com

[Facebook.com/UGMSAC](https://www.facebook.com/UGMSAC)



Now serving award winning fresh food daily.

OPEN 24HRS/7 DAY A WEEK

THE ORIGINAL SAMMY'S, OPEN SINCE 1989

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

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

