



**Restaurant VIPs
Feed Ambition**
*Culinary Careers Championed at
Local Schools*
Page 3

PLUS:
Marvel Universe LIVE!
Debuts in Sacramento
*Super Heroes Will Unite for an Epic
Battle to Save the Universe!*
Page 11



Citrus Heights Messenger

"Written by the people, for the people"

Volume 5 Issue 05

Serving the City of Citrus Heights and Sacramento County

February 27, 2015

Parking Fines Nearly Doubled By City



Page 4

SWAT Raids Across the City Lead to 3 Arrests



Page 5

Egg Artists Annual Show and Sale



Page 9

Police Honor Quilt Maker for Exceptional Volunteerism



Police Chief Christopher Boyd (right) said of Lotte Reed (left), "Because of her, a child in need is gifted a quilt, a person in a nursing home gains a lap quilt, a homeless person receives a handbag or hat, and an ill person receives one to ease their journey." Photo courtesy of the Citrus Heights Police Department

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - On February 12, 2015, at the Citrus Heights City Council meeting, Mrs. Lotte Reed, a long time Citrus Heights resident and active member of the Golden Valley Quilt Guild of Citrus Heights was honored in a special ceremony by the Citrus Heights Police Department.

Chief of Police Christopher

Boyd read from a plaque presented to Reed for her endless service to her community and the police since 2006 when the department was established.

As the Community Service Coordinator for the Golden Valley Quilt Guild (a group of 100 quilters) for the past 4 years, Reed (84) was instrumental in raising the production of quilts to a total of 788 donated in 2014 alone.

Recipients of these ladies' labors include those from birth, through all stages of life to those nearing the end of their lives. Quilts are distributed through the police department, nursing homes, veteran's hospitals, homeless facilities, Child and Adult Protective Services, and for victims of domestic violence, through A Community For Peace to name a few.

Police officers carry her

quilts in the back of their vehicles and hand them out to children in need and to those who may become afraid during an incident. She also donates 100 quilts each year to the Citrus Heights Holiday Referral program for each child adopted into the program.

Even though Reed has stepped down from this position she continues to be active in the

Continued on page 4

Citrus Heights 'Energy Bags' Mean More Oil, Less Trash

CITRUS HEIGHTS, CA (MPG) - A city-backed initiative received national recognition on February 17th as it was revealed that the "Energy Bag Pilot Program" in Citrus Heights successfully produced 512 gallons of synthetic crude oil from typically non-recyclable plastic items.

"We were very proud to be the first community in America to participate in the Energy Bag initiative," said Mayor Sue Frost. "The program demonstrated how communities nationwide can benefit by diverting typically non-recycled plastics from landfills and give them new life as an energy resource."

Sponsored by Dow Chemical, the Flexible Packaging Association, Republic Services, Agilyx, Reynolds Consumer Products and the city of Citrus Heights, the initiative began in 2014 and purple collection bags known as "Energy Bags" were distributed throughout the community.

The items collected for conversion came from approximately 26,000 local families who agreed to take part and ranged from juice pouches, candy wrappers, plastic pet food bags, laundry pouches, and plastic dinnerware.

Rather than disposing of them in the garbage, local residence put these items in their purple bags which were collected with the rest of the households' recyclables.

Upon release of the official results of the initiative, Dow Chemical said that some 30 percent of the city's population had participated and approximately 6,000 pounds of normally trash-bound plastics were diverted from landfills.

Nearly 8,000 purple bags were collected over the course of approximately two months. The plastics now slotted to become fuel were

Continued on page 2

Mylan World TeamTennis Returns to Sacramento

CITRUS HEIGHTS, CA (MPG) - Mylan World TeamTennis (WTT) has decided to return to the Sacramento area as a newly formed ownership group will move the Texas Wild franchise from their home in Irving, Texas for the beginning of the 2015 season.

The team will be re-branded as California Dream and play at Sunrise Mall in the Sunrise MarketPlace Business District of Citrus Heights.

The new ownership group includes long-time franchise owner Jeff Launius who is joined by Harbor Point Tennis Club President Bob Kaliski and Dallas-based investment banker Michael Malone.

Kaliski, who is well-known in Northern California tennis circles for his

successful tennis events, was eager to see professional team tennis return to the Sacramento region.

Kaliski pitched Launius, who has been a WTT team owner since 2001, on bringing the team to the Sacramento area.

Launius was already well aware of the popularity of team tennis in the area.

"For so many years, I hated bringing my team to Sacramento because I knew there would be so many fans there going crazy for their team," said Launius. "I

hope they feel the same way about the Dream and come out to support us. This market certainly has fans that know and love World TeamTennis and they deserve a team."

The Dream will play seven home matches this July on a specially-constructed stadium in the parking lot at Sunrise Mall. Sunrise MarketPlace will be an inaugural sponsor of the California Dream. Launius said the support of Sunrise MarketPlace merchants and the area's fan base was appealing to the Dream's owners.

Sunrise MarketPlace Executive Director Kathlynn Carpenter said, "We welcome the California Dream to Citrus

Continued on page 5



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!**
MPG

To place your legal
advertising, go to
CarmichaelTimes.com

**The Perfect
Combination!**

**Citrus Heights
Messenger**

"Written by the people, for the people"

Serving the City of Citrus Heights and Sacramento County

Centennial Celebration

START YOURS TODAY!

**BOTH NEWSPAPERS
FOR ONLY
\$15⁰⁰
FOR 6 MONTHS!**

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

✓ Get The Sunday Sacramento Bee!

See inside for details

New Chamber Director Plans for Business Boom

By John-Michael Kibrick

CITRUS HEIGHTS, CA (MPG) - Recovery has been slow after nearly two full years of recession from 2007-2009. Jobs were shed at alarming rates and only now, five years after the end of the “Great Recession,” are economists openly proclaiming an upswing in business futures.

In Citrus Heights, the encouraging new growth has inspired the local Chamber of Commerce to take on new leadership in a man who plans to utilize his history of taking initiative to push local economic gains to their limits.

Jay Hornbuckle, the chamber’s new executive director, grew up in Carmichael and attended Del Campo High School in Fair Oaks before studying finance and economics in Hawaii and London.

But it was only when he returned to the Sacramento area that his entrepreneurial spirit came into full maturity.

“The people I respected in my life that I wanted to emulate were all business owners,” said Hornbuckle. “I guess I had whatever it takes to be a risk-taker and say, yeah, ok, I’ll do that.”

Hornbuckle’s first opportunity was to open his own advertising company in Citrus Heights where he found a niche in the market as well as several businesses that were ready to pay him for his services.

Hornbuckle Advertising



Citrus Heights Chamber of Commerce Executive Director Jay Hornbuckle. Photo courtesy of Jay Hornbuckle

was known for their efforts in door-to-door marketing and eventually, the new CEO saw another opportunity—one that would make him a local pioneer of internet monetization.

With new, hi-tech partners, Hornbuckle was able to help many local businesses build an online presence—a critical commodity for any business today.

His resume in the world of business, economics, and finance was bolstered even further when he started an 11-year position as a financial planner for Pacific Advisors in 2003. Now Hornbuckle has taken up his duties at the chamber, an institution that has always been an important part of his

business career.

“I’ve always been a chamber guy,” said Hornbuckle. “I love the chamber, love what it stands for, and love what it does for the business community.”

He joined the Citrus Heights Chamber of Commerce as a member in 1996, but became a true business advocate and eventually a representative of local business after his company moved to Rancho Cordova in 1998. In 2007, Hornbuckle became a board member of the Rancho Cordova Chamber of Commerce.

The new executive director’s successful career got him the job in Citrus Heights and helped shape the approach he

plans to take on supporting and growing business opportunities within the city.

“If you guys want to go a direction of growth and movement and really working within the business community, of economic development to see what Citrus Heights can really be, then that’s something that I want to be a part of,” said Hornbuckle.

Barely three weeks into his new office, Hornbuckle has initiated an aggressive 90-day plan to get his feet wet and identify where he’ll have the opportunity to invest, encourage, and promote growth in the community.

“The Board here is looking at, how do we grow this chamber, from membership to the size of companies we’re representing, to what we can be doing in Citrus Heights for true economic development,” said Hornbuckle.

Hornbuckle cited 3,200 business licenses in the city and said that added up to approximately 2,000 businesses that he hopes to engage more completely using the door-to-door tactics he originally used as a salesman.

“One of my goals is within three years to double the membership here. I get to play the middle man a little bit. I think that’s always been my strong suit,” said Hornbuckle.

But, said Hornbuckle, directing the chamber is mostly about representing the community’s businesses, some of whom may

simply need information while others need the backing of a group that can help entrepreneurs connect with one another or lobby City Council on their behalf.

“They’re so busy trying to run their businesses, how can they also be showing up to City Council meetings and representing themselves? That’s what we’re there for, I get to be that voice,” said Hornbuckle.

The new approach Hornbuckle plans to implement is largely thanks to an improving economy. According to him, current conditions provide fertile territory to take advantage of opportunities along the road in a push for more substantial growth.

“Now is the time to move. People are opening up their purse-strings a little bit.”

After a two-decade long career in business, it’s the same drive that inspired Hornbuckle to take the risk of becoming an entrepreneur that he hopes will help him succeed in driving development and opportunity in Citrus Heights.

The Citrus Heights Chamber of Commerce holds monthly breakfast and luncheon mixers where members come together to network and discuss local business. Hornbuckle is already planning a joint mixer in June with the Fair Oaks, Carmichael, and Orangevale Chambers of Commerce where business owners will be able to connect with their peers across city limits. ★

Citrus Heights ‘Energy Bags’ Mean More Oil, Less Trash

Continued from page 1

separated from other recyclables and sent to a separate plant where Agilyx used their patented thermal pyrolysis technology to produce synthetic crude oil from the contents of the purple bags.

Using this technology, the crude oil can be further refined and made into valuable products for everyday use such as gasoline, diesel fuel, jet fuel, fuel oil, lubricants, and can even be transformed back into plastic.

“We were extremely excited to work with all the partners involved on this first-of-its-kind pilot in the U.S.,” said Greg Jozwiak, North American Commercial Vice President, Dow Packaging and Specialty Plastics.

“Through the power of this collaboration, we gained significant knowledge regarding an alternative method that complements plastics recycling and shows that non-recycled plastic waste can be diverted from landfills, extracted for its embedded energy and put to good use,” said Jozwiak. “There is more work to be done to validate this option and Dow is committed to help drive this concept.”

According to Dow, Americans generate over four pounds of waste per person every day, translating to approximately 135 million tons of trash heading to the landfills.

“This is an important milestone toward advancing change in the way we handle waste in the U.S.,” said Jeff Wooster, global sustainability leader at Dow Packaging and Specialty Plastics.

“This pilot proved that resource recovery of non-recycled plastics is a viable municipal process. Our collaborative efforts brought us one step closer to reducing plastic waste by converting it to energy,” said Wooster.

There are currently four commissioned commercial-scale pyrolysis plants operating in the U.S. and more are planned. There are also numerous plants outside the U.S.

Source: Dow Chemical ★

**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 **Meadow Vista**
www.AATPA.com/oceania 530-878-2992
CST 2081961-40

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.

GROCERYOUTLET
bargain market
0 00000 73904 7

New Overstock and Closeout Merchandise
From Hair Clips to Canoes
Mention this ad and receive **15% OFF**

Designer Purses
Home Decor
Camping Gear
Clothing • Tools
and More!
Visit us at our new store
(next to Benihana & Tuesday Morning)
5489 “C” Sunrise Blvd.
in Citrus Heights
(916) 536-9672

**Mon-Sat 10-6 | Sun 11-5**
Look for us on Amazon, Ebay & Sacramento Craigslist



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

“Written by the people, for the people”

Publisher’s Statement: It is the intent of the *Citrus Heights Messenger* to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. 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.

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; \$30 per year in Sacramento and Sacramento county; \$40 per year outside Sacramento county. *Citrus Heights Messenger* is published twice monthly. Call 916-773-1111 for more information. (ISSN # 1948-1918).




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

Advertising Sales
Graphics & Layout
Contributing Writers
Distribution Assistant
Accounting
Web Master
News Services
Photography

Banerjee Designs • Stump Removal Graphics • Full Moon Graffiti
Susan Skinner • Mary Jane Popp • Marlys Johnsen Norris • Tim Reilly
David Dickstein • Dave Ramsey • Dr. E. Kirsten Peters • Kay Burton
Dr. Bob Graykowski • Julie Parker • Elise Spleiss • Eric Marks
Leslie Carrara • Pastor Rich Reimer • Pastor Cary Duckett • Ronnie McBrayer
David Graulich • Perry Hartline • Gerry Scholl • Trish Tatterson
Gabriel Scholl
Nicholson & Olsen CPA
RJ at the site barn.com • JWS Promotions • Mikahn Design
Whiskey & Gunpowder • StatePoint Media • NewsUSA • PRWEB NewsWire
North American Precise Syndicate • Blue Ridge Press • ARA Content
Family Features • WorldNetDaily
Amanda Morello • Susan Skinner

Member of Carmichael, Citrus Heights, Fair Oaks, and Orangevale Chambers of Commerce

We are proud members of these newspaper associations.



Restaurant VIPs Feed Ambition

Culinary Careers Championed at Local Schools

Story and photos
by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Something other than food was cooking when celebrity restaurateurs recently showed up at two Sacramento-area schools. Indeed, inspiration was on the menu.

At Leo A. Palmiter High in Arcade, 30 teenage culinary students heard about how Bobby Coyote started out as a soda jerk and now operates his own restaurant chain, how Chris Jarosz washed enough dishes to eventually own several food trucks and three restaurants, and how Mikki Stevens started out as a hostess and now directs operations for the company that runs Johnny Rockets franchises.

Student counterparts at San Juan High in Citrus Heights also got job hunting tips from an insider in the industry that, after the Government, is America's second-greatest employer.

“Insight on employee screening was also valuable. “The Warren G. Bender executive said that after interviews, he escorts job applicants to their cars,” reported Coulter. “He sees whether they keep it clean, if the interior is trashed. He told the students a car shows a lot about a person.”

The visits were part of a new program launched by the California Restaurant Association. Force In Training (FIT) aims to encourage industry recruitment by supplying mentors for culinary students. On the day of the two Sacramento visits, the association sent 70 professionals to dozens of California schools.

Their presentations emphasized “soft skills”—hard to teach but vital habits for employment—like being punctual, being clean, respecting co-workers, and



Above: Visiting restaurateurs Bobby Coyote (left) and Chris Jarosz (center) toured the Leo A. Palmiter High School garden and met with culinary students and instructor Jeff Zahniser. Right: In a Leo A. Palmiter High School kitchen, visiting restaurant executive Mikki Stevens (center) and instructor Jeff Zahniser (right) viewed pasta-prep by culinary student Aaron Namco.

minimizing social media use on the job. “It sounds obvious,” said Leo A. Palmiter Culinary Arts teacher Jeff Zahniser. “But many employers complain schools are turning out workers who lack social skills. The mentors got through to my kids. They see a successful chef who has tattoos and tells them he didn’t do that well at school and that he started off washing dishes. The kids think, well, if he can do well, so can I.”

The tattooed chef in question was Sacramento icon of cool Chris Jarosz (46), who owns West Sacramento’s Broderick Roadhouse; Capital Dime Restaurant, Trick Pony, and several food trucks extend the culinary entrepreneur’s hip empire. He grew up in a Pennsylvania steel mill town but took his first job as a greasy spoon café dishwasher. Jarosz now heads the Sacramento chapter of the California Restaurant Association and regards mentoring wannabe chefs as an after-hours mission. “Not going

to college is not necessarily a terrible thing,” he maintains. “Most restaurant owners I’ve met didn’t. Some kids are forced into higher education before they’re ready; sometimes having a job helps them figure out what direction they want to take.”

He connects easily with kids from disadvantaged backgrounds. “Many of them are told they won’t amount to much,” says Jarosz. “They see my spiked up hair and tattoos and figure working in a restaurant is somewhere where they don’t have to fit a mold. I tell them in this business, if they work hard and walk a straight line, the sky’s the limit.”

The program also serves its mentors. “We see young people as the ones who are shaping the industry,” explains restaurant executive Mikki Stevens. “They tell us what a new generation of customers want from us. When I first started, who ordered anything gluten-free or



vegan? The food industry attracts youth because business is fast-paced and always changing. It needs a high level of energy. If you’re willing to put in the time and work, you’ll see the benefits in your career.” Her own story is proof: The 39-year-old single mom started out as an IHOP hostess in Texas. The job

got her through college and she is now the Sacramento operations director for Johnny Rockets restaurant outlets and the Pinkberry Yogurt franchise.

The food industry is generously sprinkled with triumph achieved after shaky starts. VIP mentor Bobby Coyote (real name) earned his first paycheck as a Baskin Robbins ice cream scooper. He now has nine restaurants and shares ownership in several more. “Part of being in this business is teaching kids what you learned on the way up,” he says. “If we can get through to a few of them, we feel it’s a mission accomplished. To those who have emotional challenges and disadvantages, our message is that there’s room in our business for everyone. If you can be taught, if you can work hard, you can be viable.”

San Juan High culinary students heard a similar message. Mentors were Ken Le from Oshima Sushi and Fugu Lounge and Warren G. Bender executive Roland Guillen. “What industry pros have to share is important,” said the school’s culinary instructor Sandi Coulter. “My students were impressed by how young some chefs are. Seeing successful people who are near their age makes their goals seem closer.”

Insight on employee screening was also valuable. “The Warren G. Bender executive said that after interviews, he escorts job applicants to their cars,” reported Coulter. “He sees whether they keep it clean, if the interior is trashed. He told the students a car shows a lot about a person. Some thought miniscule things like that didn’t matter, but they do.”

On the receiving end of FIT visitors’ advice was Aaron Namoco. “The mentors inspired me,” said the 17-year-old Leo A. Palmiter student. “Cooking is my passion. I love to put my heart into meal preparation and to feel I’m part of a team. What (the visiting professionals achieved in their careers) was pretty hard for me to imagine. But when I heard how they went, step by step, now it seems possible. ... You realize that a dishwasher who has a positive attitude can own his own restaurant—someday.”

DISCOVER the difference

THE KEY TO YOUR ECONOMY?

AFFORDABILITY and that means...

You KNOW what you’re spending now to live alone... what you need to know is what you will be spending at Crosswood Oaks.

Call for details about our affordable quality services and amenities standard at Crosswood Oaks.

Independent and Loving it at Crosswood Oaks.

CROSSWOOD OAKS
An Independent Living Community

6650 Crosswoods Circle
Citrus Heights, CA 95621

tel **916-969-6161** | fax **916-726-4223**
Visit us online at **crosswoodoaks.com**

10%
MILITARY
DISCOUNT

COMPLETE CAR CARE

Get Your Car Road-Ready!

An Honest Brake® Since 1983

Yes, We Do...

- ✓ Wheel Alignment
- ✓ Front End Repairs
- ✓ Shocks & Struts
- ✓ Batteries, Starters and Alternators
- ✓ Belts & Hoses
- ✓ Water Pumps
- ✓ Timing Belts
- ✓ Axles
- ✓ Air Conditioning
- ✓ Fuel Pumps
- ✓ Radiators
- ✓ Factory Specified Services
- ✓ Towing Available
- ✓ FREE ABS & Check Engine Light Scan
- ✓ FREE Shuttle Service
- ✓ FREE A/C Check

ACDelco

KYB

ASE CERTIFIED

- QUALITY SERVICE
- QUALITY PARTS
- FINANCING AVAILABLE
- EXTENDED WARRANTIES HONORED

10% MILITARY DISCOUNT

FRONT OR REAR BRAKES

- Front disc or rear drum
- Resurface rotors or drums
- Centric pads or shoes
- Repack bearings as applicable
- 12 month or 12,000 mile warranty

\$89.95 Reg. Price \$109.95

SAVE \$20!

Additional parts or labor required on certain vehicles. Plus disposal fee. Not valid with any other offers. Expires 3/21/15.

Centric

EXPRESS LUBE, OIL & FILTER

- New Valvoline filter
- Up to 5 quarts of 5w-30 or 5w-20 oil

\$19.95 Reg. Price \$24.95

SAVE \$5!

Bring in a 2nd car the same day, & get the same for only \$10! Except Saturday.

Includes: Express courtesy inspection, under 30 minutes in most cases. Most cars & light trucks. Plus disposal fee. Not valid with any other offers. Expires 3/21/15.

Valvoline

ANTI-FREEZE FLUSH SERVICE

FOR WORRY-FREE WINTER DRIVING

- Revitalizes your engine's radiator & entire cooling system
- Includes new antifreeze coolant (chemical kit extra if necessary)

\$49.95 Reg. Price \$89.95

SAVE \$40!

Most vehicles. Plus disposal fee. Not valid with any other offers. Expires 3/21/15.

Brake Masters

MAINTENANCE SPECIAL

OIL CHANGE PLUS ANY 2 FLUSHES:

- Transmission Fluid
- Steering Fluid
- Brake Fluid
- Coolant
- Fuel Injectors

\$169.95 Reg. Price \$289.95

SAVE \$120!

Most vehicles. Plus tax & disposal fee. Chemical kits extra. Not valid with any other offers. Expires 3/21/15.

Brake Masters

CITRUS HEIGHTS
8000 Greenback Ln.
916.723.8000

ELK GROVE
8456 Elk Grove Blvd.
916.714.8585

MANTECA
515 E. Yosemite Ave.
209.239.7400

ORANGEVALE
9348 Greenback Ln.
916.988.0737

RANCHO CORDOVA
2265 Sunrise Blvd.
916.638.2886

ROSEVILLE
106 Harding Blvd., #2
916.786.7800

ROSEVILLE
10221 Fairway Dr.
916.774.1600

SACRAMENTO
3261 Northgate Blvd.
916.921.0502

SACRAMENTO
5810 Auburn Blvd.
916.338.5656

TRACY
1210 Tracy Blvd.
209.836.3500

WELCOME LAS VEGAS

Spend \$100+ & Receive a 2-Night Las Vegas Getaway!

WE ACCEPT COMPETITOR COUPONS FOR SAME SERVICES AND PRODUCTS

BBB ACCREDITED BUSINESS

More Coupons: www.Brakemasters.com

Police Honor Quilt Maker for Exceptional Volunteerism



Lotte Reed (front row, 4th from left) surrounded by city council members, her 4 children, and extended family following Reed's recognition for her work with the Golden Valley Quilt Guild that provided 788 quilts to the community in 2014. Daughters Elizabeth Suarez (3rd from left, and Mona Laird, 3rd from right) show off two of the quilts. Mayor Sue Frost and Police Chief Christopher Boyd stand in the back row on the right. Photo courtesy of the Citrus Heights Police Department

Continued from Page 1

guild and creates many items on her own. Throughout the year she continues to sew quilts for Mercy San Juan Hospice and donates afghans for seniors and caps for the homeless. Her large quilted bags are gifted to Loaves and Fishes for shower bags and the smaller ones are given to nursing homes for wheelchair or walker bags.

This past year Reed made and donated 4 large quilts to Sutter Hospital that were auctioned for the Breast Cancer Society. Her

work and that of her guild proves there is no age limit to making a difference in one's community.

At the end of the ceremony Boyd presented the plaque to Reed with the words, "It is my pleasure to recognize Mrs. Lotte Reed for her 'service before self' commitment to the Citrus Heights community. Lotte unselfishly dedicates her time, money and most of all her talent to helping others."

Reed arrived at the city council meeting thinking she was there to see her neighbor, Forrest

Allen honored for his community service. Actually, it was Allen who initiated Reed's recognition. Four of her children were present for the surprise, along with extended family and neighbors.

Daughter Mona Laird said, "We are very proud of all she has done, and we try very hard to keep up with her." Along with her service to the community Reed enjoys her 7 grandchildren. For information on the guild contact: president@goldenvalleyquiltguild.org ★

Parking Fines Nearly Doubled By City

By Julia Baum

CITRUS HEIGHTS, CA (MPG) - In an attempt to more closely align Citrus Heights' parking fines with those of surrounding communities, city officials recently chose to significantly raise the cost of tickets for many common violations. The increase also makes the city's fines now more expensive than those issued by Sacramento County.

Many of the violations, such as parking more than 18 inches from a curb and improperly displayed registration tags, will now incur a \$62.50 finean increase of more than 108 percent from its former \$30 standard. Part of the increase includes a state mandated \$12.50 fee for each violation; Citrus Heights' fines are all \$5 more than Sacramento County, which is only required to pay \$7.50 for state mandates.

While significant, the raises are long overdue even for a city without a major parking problem, according to Sgt. David Gutierrez of the Citrus Heights Police Department. The Judicial Council of California makes recommendations for parking penalties usually every three years, something which Gutierrez said Citrus Heights had not done since the city took over police services in 2006.

"The last nine years we've been way lower than the region because we haven't been raising our fees," Gutierrez said. "This the first time we've done that so we're in compliance...now we are similar to all the other agencies."

During a presentation at a February 12th city council meeting, CHPD Support Services Manager Sandy Maraviov said that the increase brings the city, "in alliance," with fines set by



Citrus Heights City Hall, where the decision was made to raise parking fines in the city. Photo By Anne Stokes

the Sacramento Sheriff's Dept. but also noted that the city lacks its own dedicated parking enforcement to regularly enforce the law.

"How do we handle violators of our parking ordinances?" asked Councilmember Jeannie Bruins.

Maraviov said that most tickets are driven by complaints from the community, a statement echoed by Gutierrez.

"Nobody is out proactively looking for violators. We are really a complaint-generated agency," Gutierrez said. "If an officer comes across a violation then certainly we would want to enforce those laws, but we don't send people out specifically looking for those types of violations."

The new parking fines are due to go into effect on March 14th. ★

LETTER TO THE EDITOR

Thanks for the Bipartisanship

From Elizabeth Vallafan, California Resident
Dear Editor,

Without a doubt, Rep. Ami Bera is the new face of bipartisanship in Congress. Despite the gridlock, he's actively reaching across the aisle in an effort to improve healthcare and public policy. He's teamed up with Republican lawyer, Andy Barr of Kentucky, on solid forward-thinking, bipartisan healthcare legislation.

The Saving Lives, Saving Costs Act, a joint effort between Rep. Barr and Rep. Bera provides measured, reasonable liability protections to providers who follow that evidence-based medicine.

More so, the legislation gives doctors who practice evidence-based medicine a legal "safe harbor" that reviews the case early on and gives both doctor and plaintiff a greater level of fairness and justice.

Sensible policies in this political environment are rare and it's great to see that Rep. Bera has come this far. His ideas are supported by notable organizations like the Healthcare Leadership Council, and the Center for American Progress, a who's who of Democratic health experts. Rep. Bera and Rep. Barr deserve much credit for their willingness to step forward and demonstrate that both parties can come together and agree on what's best for future generations.

Best,
Liz Villafan

For Veterans Only

FREE LUNCHEON with a 20-minute presentation



Friday, August 7
11:30 a.m. to 12:30 p.m.

EAST LAWN

Sierra Hills Memorial Park & East Lawn Mortuary

5757 Greenback Lane, Sacramento, CA 95841

Lic. #FD-1242

Tel: (916) 732-2020

RSVP jessica@eastlawn.com

Seating is limited to 30 attendees per seminar. RSVP by calling or emailing.



www.EastLawn.com

FD#136



Space available for:

Music lessons/recitals
Small group meetings/classes
Weddings

Memorials
Milestone celebrations
And more!

FAIR OAKS
United Methodist Church

love
grow
serve

9849 Fair Oaks Boulevard (at Sunrise Blvd.), Fair Oaks, CA 95628
916-961-6631 office@FairOaksUMC.org www.FairOaksUMC.org

Sacramento Hospice.com

Hospice Resources
Patient Needs
Caregiver Needs

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:

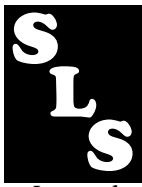
www.ugmsac.com

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

CALL A PROFESSIONAL!

Business & Service Directory

LANDSCAPE SERVICES



Superior Landscape Services Landscaping and Maintenance

Insured
Lic#794551

- 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.brasielsconstructioncompany.com

DRUG AND ALCOHOL REHABILITATION



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

DETOX (916) 965-3386

SOBER LIVING (916) 961-2691

PAINTING 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

DRY STABLES AND RUN

\$200/MONTH
916.944.3119

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

CEMETERY SERVICES

Respectful, Affordable Burial

Endowment Care Facility
Beautiful Park like setting
Monuments allowed • Cremation Niches
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

FUNERAL SERVICES



FD 1404

7960 WINDING WAY
FAIR OAKS, CA 95628

Tel (916) 9611265
Fax (916) 9612430

PLUMBING SERVICE

24/7 Emergency 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??



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

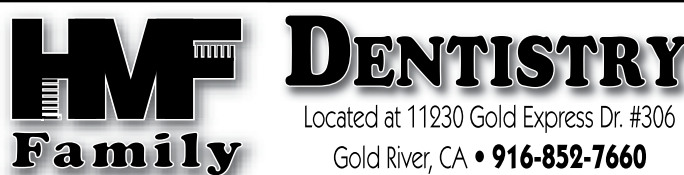
"Don't replace it - REPAIR IT!"

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



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

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

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

TREE SERVICE

Leonard's Tree Service

- Topping • Trimming
- Removing
- Stump Grinding

Small and Large Jobs

FREE FIREWOOD!

CL#926622

Call 447-1686

PAINTING SERVICE

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

GOT LOCAL NEWS?

Call 916-773-1111



Messenger
Publishing
Group

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

STATEPOINT CROSSWORD • THE OSCARS

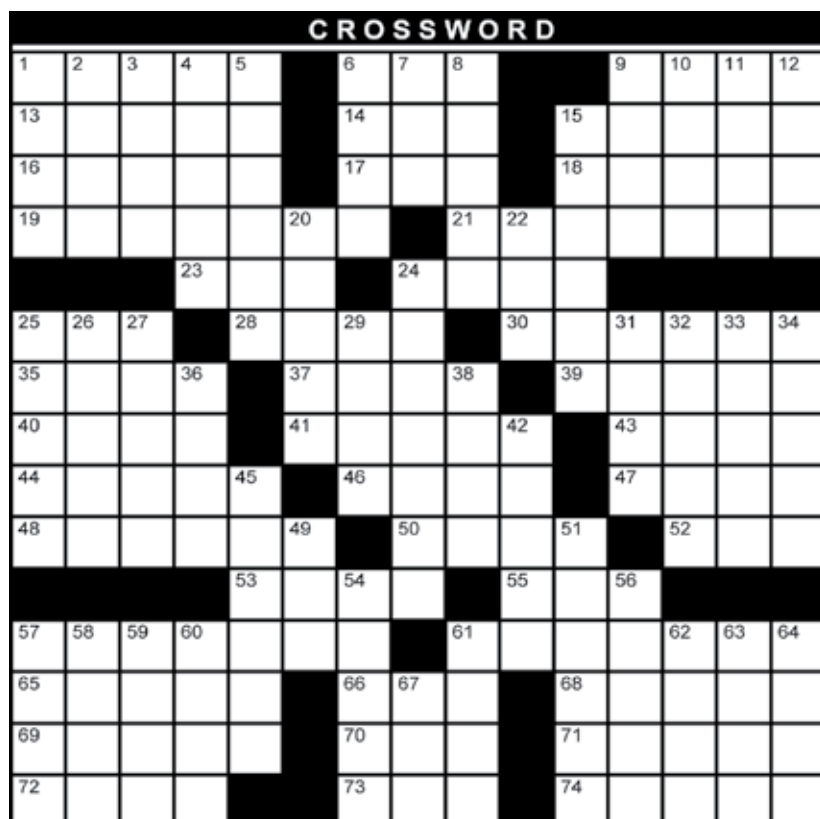
CLUES

ACROSS

- They can sting
- *Oscar winner Henry Fonda to Peter
- ___ of operation
- Traditional Inuit home
- Site of 2016 Olympics
- Unpleasant airport news
- Beach souvenir
- Australian runner
- On or to one side
- *"The Theory of Everything" physicist
- *Filmed over a 12-year period
- Take your pick
- Wild guess
- Bygone bird of New Zealand
- Ogle or gape
- School break
- Great horned ___, pl.
- Make-up artist?
- Blind alternative
- "I'm ___!"
- Where vows are often exchanged
- Type of track
- Renaissance fiddle
- Deity, in Sanskrit
- A hair treatment
- *Yearly Oscar winner for Best Film Editing
- *Warren Beatty won for directing this flick
- Yellow ___
- "My bad"
- Berg matter
- Thorough
- *"The Unexpected Virtue of Ignorance"
- Evian, backwards
- In the past
- Like a gymnast
- Step
- Create with cloth
- Easter's marshmallow treat
- Church bell sound
- Unagi
- *Academy Award winner, ___ Lubitsch

DOWN

- ___ list
- Turkish honorific
- Boatload
- "Roll Out the Barrel" dance
- Putting on a new sole
- Small amount of residue
- Between "ready and "fire"
- *Meryl Streep was nominated for this 2008 movie
- Netting
- Assortment
- Carpenter's groove
- Gave the once-over
- A seat by day, a bed by night
- African antelope
- Argo propeller
- Tai Babilonia and Randy Gardner, e.g.
- *Alice actress
- Had title to
- Cover story
- *Witherspoon stars in this hiker's story
- Photoshop option
- Bat dwelling?
- Extra tire
- *Famous march starting point
- Leave in, as text
- *Kind of film review
- Forearm bones
- *Nominee three years in a row
- Decompose
- Claw mark
- ___ of the moon
- Gardening tool
- In or of the present month
- Created in 1949 for security purposes
- Obsolete phone feature
- Bad to the bone
- New Year's Day game
- Bearing
- *Setting for 1965's "The Sound of Music"
- Hawk's aerie, e.g.
- " ___ whiz!"



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
CINEMAX
SHOWTIME
starcz

dish
on an Astble company

*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 Astble company

*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

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

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

For Solutions See Page 7

Come back every week for Crossword and Sudoku!

Adoption

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

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

Announcements

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

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

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

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 06-30-15)

Old Porcelain Signs Wanted: oil & gas, highway, RR, etc. Call (916) 663-2463 (MPG 06-30-15)

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.carbuycuy.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! 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)

Cable/Satellite TV

DISH TV Retailer. Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available.) SAVE! Ask About SAME DAY Installation! CALL Now! 1-800-357-0810 (Cal-SCAN)

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

DISH TV Retailer. Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available.) SAVE! Ask About SAME DAY Installation! CALL Now! 1-800-375-0156 (MB 06-30-14)

Career Training

AVIATION Grads work with JetBlue, Boeing, NASA and others - start here with hands on training for FAA certification. Financial aid if qualified. Call Aviation Institute of Maintenance 888-686-1704 (NANI)

Credit/Debt Services

GET FREE OF CREDIT CARD DEBT NOW! Cut payments by up to half. Stop creditors from calling. 855-341-6281 (MB 12-31-13)

Divorce

Before you list your home, order Free Special Report that reveals what happens to your matrimonial home before, during, and after a divorce. Free recorded message 1-800-213-4205 ID# 1009 DRE # 0089220 R Dumont (MPG 08-30-12)

Electrical Services

RETIRED MASTER ELECTRICIAN, problem solver! 30 yrs experience - don't replace panel - rebuild it. Lic.# 513168, 916-595-3052 (MPG 12-31-14)

Home Maintenance

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 75 percent on all your medication needs. Call today 1-800-281-3958 for \$10.00 off your first prescription and free shipping. (MB 06-30-14)

Home Maintenance

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 90 percent on all your medication needs. Call today 1-800-273-0209, for \$10.00 off your first prescription and free shipping. (Cal-SCAN)

Heating & Air

AC Repair Low Prices 487-4609 (MPG)

VICTORIA HEATING & AIR CONDITIONING

Lic#877379
Over 10 Years of Experience

We Provide SERVICE, REPAIR, CHANGE OUT and NEW INSTALL.

- Easy • Fast Response
- Reasonable Price
- We offer a Special \$50 Diagnostic Fee
- We will tell you what is wrong with your unit and how much it will cost to fix your unit before we begin work
- Each project is confirmed in writing and one year warranty
- OR, new unit installed with 5 to 10 years warranty

So Don't Wait! Call Us At (209) 338-4475 or (916) 474-0173 (MPG 16-02-14)

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

CONSTRUCTION EQUIPMENT MAINTENANCE

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

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

LIVE-IN HOUSEKEEPER in Sacramento

Good English, driving ability and Asian/Indian cooking essential. We have an attached 1 bedroom apartment with separate entrance. For 4-8 wks. Probation at \$15 per hr., afterwards up to \$2500 per month + apt. + food, etc. Call 916-484-1333 (MPG 11-31-14)

Caring Compassionate Seniors WANTED! SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules..we'll work around your schedule! Valid driver's license and use of auto is required.Call us today for more information. (916) 372 9640 (MPG)

AVON - Earn extra income with a new career! Sell from home, work, online. \$15 startup. For information, call: 877-830-2916. (Cal-SCAN)

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

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. 888-991-2195 www.CentralTruckDrivingjobs.com (Cal-SCAN)

ATTN: Drivers - \$2K Sign-On Bonus! \$5 RECENT PAY INCREASE \$5 Make \$55,000 your first year! Newer KW 1660 and 1680's. CDL-A Req. - (877) 258-8782 www.ad-drivers.com (Cal-SCAN)

Obtain Class A CDL in 2 ½ weeks. Company Sponsored Training. Also Hiring Recent Truck School Graduates, Experienced Drivers. Must be 21 or Older. Call: (866) 275-2349 (Cal-SCAN)

If you have a vehicle that can tow at least 7,000 pounds, you can make a living delivering RVs as a contract driver for Foremost Transport! Be your own boss and see the country. ForemostTransport.Blogspot.com or 866-764-1601! (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@surrest.net

MPG

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)

Medical Alert for Seniors - 24/7 monitoring. FREE Equipment. FREE Shipping. Nationwide Service. \$29.95/ Month CALL Medical Guardian Today 855-334-1975 (MB 06-30-14)

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)

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)

Sell your structured settlement or annuity payments for CASH NOW. You don't have to wait for your future payments any longer! Call 1-800-714-4724 (NANI)

SUPPORT our service members, veterans and their families in their time of need. For more information 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

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)

Bundle & Save on your TV, Internet, Phone!!! Call Bundle Deals NOW Compare all Companies, Packages and Prices! Call 1-855-978-2608 TODAY! (NANI)

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

Miscellaneous

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

DISH TV Starting at \$19.99/month (for 12 mos.) SAVE! Regular Price \$32.99 Call Today and Ask About FREE SAME DAY Installation! CALL Now! 877-626-5780 (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. freddiebalbert1@yahoo.com. 530-263-6926 (MPG)

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)

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 (Cal-SCAN)

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)

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

Real Estate

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

Hope for Troubled Homeowners

WE PROVIDE SOLUTIONS

Call Our Short Sale Hotline for a FREE Consultation (916) 331-3311 Sac Short Sale Pros License #01128753 (MPG 06-30-13)

Schools/Education

TRAIN AT HOME TO PROCESS MEDICAL BILLING & INSURANCE CLAIMS! NO EXPERIENCE NEEDED! Become a Medical Office Assistant now with our online training program!! HS Diploma/GED & Computer/Internet required to participate. 1-877-649-3155. (Cal-SCAN)

Timeshares

SELL/RENT YOUR TIMESHARE Now! Guaranteed Services find more buyers/renters. NO GIMMICKS JUST RESULTS! www.BuyATimeshare.com 1-888-879-8612 (NANI)

Volunteers Needed

LIKE TO PLAY BINGO? Support Veterans While You Play! Bingo Volunteers needed every Thursday, Friday, Sunday nights from 4-10pm at Sacramento Bingo Center. 916-533-9811. (MPG 03-31-14)

Bristol Hospice is looking for volunteers to provide companionship with our hospice patients and families. We provide the training and match you with a family in your area. Please call volunteer services for more information at (916) 782-5511. (MPG 12-31-13)

Sudoku Puzzle on Page 6

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

HELP WANTED

Business Systems Implementation Supervisor

Sutter Physician Services

Job location: Rancho Cordova, CA.

Responsible for the supervision of implementation analyst. Travel to various unanticipated Sutter affiliates for implementations is required. Act as subject matter expert for the Business System Ambulatory Implementation teams. Email resume to townsmt@sutterhealth.org attn: HR. Ref# SPS-1503103. (MPG 03-31-15)

HELP WANTED

Now accepting applications for Full time and Part Time help at the UPS Store

Please inquire for positions at the store location with resume. 7405 Greenback Lane Citrus Heights CA 95610 Please call (916) 802-0807

Classified Advertising

Sell Your Stuff! Reach 1000's of Readers Every Week!

MPG

773-1111

HELP NEEDED AT HOME

REQUIRED Handyman - Jack of All Trades, Live-in Caretaker.

Small furnished Studio in Colfax area. Call 530-637-4022 (MPG 10-31-14)

LOST AND FOUND

Old Family photo album found at a Regional Transit Bus Stop in the vicinity of Orangevale.

Please call 916-483-2299, ask for Lynne, to identify it.

GOT LOCAL NEWS?

Call 773-1111

MPG

Messenger Publishing Group

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

MPG

Call to place your legal advertising

483-2299

All Legal Ads Published in the Carmichael Times and RC Independent

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

W A S P S D A D M O D E

I G L O O R I O D E L A Y

S H E L L E M U A S I D E

H A W K I N G B O Y H O O D

A N Y S T A B

M O A G A W K R E C E S S

O W L S L I A R D R A P E

O N I T A L T A R O V A L

R E B E C D E V A P E R M

E D I T O R R E D S S E A

O O P S I C E

I N D E P T H B I R D M A N

N A I V E A G O A G I L E

S T A I R S E W P E E P S

T O L L E E L E R N S T

Crossword Puzzle on Page 6



By Pastor Ray Dare

More than anything else what defines your life are your thoughts. Not your heredity, not your background, not your environment. What you choose to think about has greater impact on your life than anything else. So, changing anything in your life begins with changing the way you think. That’s why the Bible says, “... *be renewed in the spirit of your mind...*” *Ephesians 4:23* and “*be transformed by the renewing of your mind...*” *Romans 12:2*.

The Bible says in Philippians 4:8-9, “...*Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned from me and heard from me and saw me doing, and the God of peace will be with you.*”

Peace is found in perspective; in what I choose to think about. Now I’m not saying you become a Pollyanna, stick your head in the sand and pretend nothings wrong. There are a lot of things wrong in life. Bad things happen. People hurt people. God never promised

How to Have More Peace

you a problem-free life. But God has promised personal peace in spite of your problems when you think on the right things. Here are 3 things that will bring more peace into your mind and heart as you fix your thoughts on them:

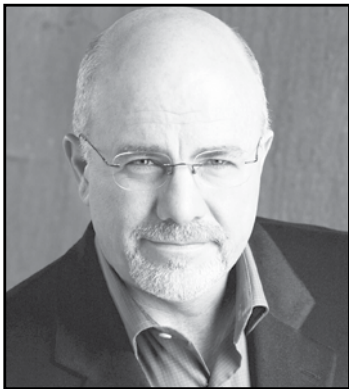
Think About God’s Goodness – When your situation seems unexplainable. You learn to trust and focus your thoughts on God’s goodness even when you don’t understand your present situation. Proverbs 3:5-6 says, “*Trust in the Lord with all your heart, and don’t lean on your own understanding; in all your ways acknowledge Him, and He will direct your paths.*” Where we go wrong is, we try to trust God with our “head” not our “heart”. But God says, ‘Trust Me with your heart when it doesn’t make sense in your mind.’ Leaning on your own understanding is one of the biggest reasons why you don’t have peace. You don’t have to have all of the ‘how’s’ and ‘when’s’ and ‘whys’ of life figured out in order to have peace.

Think About The Power Of God – When your situation seems unchangeable. *Jeremiah 32:27 (NLT)* “*I am the Lord, the God of all the peoples of the world. Is anything too hard for me?*” God has the power to change your situation. But sometimes it’s YOU God wants to change. God wants you to grow in faith and trust, so sometimes He will allow adversity to develop you in this way (James 1:2-4). Either way, think about God’s power to change your situation or to change you.

Think About The Providence Of God – When your situation seems unmanageable. Providence means three things. First, God knows all about your future. In fact He’s already been there; He sees it. “*The days allotted to me had all been recorded in your book before any of them ever began.*” *Psalms 139:16 (GN)* Second, nothing’s going to catch God off-guard in terms of your future. Third, He knows the best path to get you where He wants you to go. *Psalms 138:8*, “*The Lord will fulfill his purpose for me; your love, O Lord, endures forever...*” So, think about God’s power to fulfill His plan for your life.

What has stolen your peace today? A relationship? No relationship? One of your kids? A problem at work? Your finances? Do what David did... “*I sought the Lord, and He answered me. He delivered me from all my fears.*” *Psalms 34:4* Peace isn’t found in a pill or a drug or even in your circumstances. Peace is found in the Lord. The more you seek the Lord and get to know Him and understand what He promises to do in your life, the less fear and worry you will have, and the more peace you will have.

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



It Shouldn’t Take a Year

Dear Dave,
I’m 30 and debt-free. Do you think I should stop making contributions to my 401(k) account for a year in order to save up an emergency fund?
- Beth

Dear Beth,
Yes, I do. But it shouldn’t take you a year to set aside an emergency fund if you’re debt-free and making decent money at your job. Just make it part of your monthly budget plan, grit your teeth and do it!

I recommend that people put off or stop investing until they are debt-free, except for their home, and have an emergency fund of three to six months of expenses in place. In some cases, depending on how much debt

Dave Says

they have, it could take three or four years to do all this. I know it seems like a long time, but it’s really not in the grand scheme of things.

Here’s the way I look at it. If you have no emergency fund, but you’re contributing to your 401(k), there’s a good chance you’ll end up cashing out your 401(k) if a large, unexpected expense comes along. When you cash out a 401(k) early, you get hit with a penalty plus your tax rate. That’s not a good plan!

That’s just one of the reasons I tell people to have an emergency fund in place before they start investing!

- Dave

In my opinion, they’re a waste of money even if you don’t have that much set aside for emergencies. I recommend an emergency fund of three to six months of expenses to cover the unexpected things that life will throw at you. This amount of cash, sitting in a good money market account with check writing privileges, will give you easy access in the event of a financial emergency.

I don’t do extended warranties of any kind, Andy. They’re not a good deal. You’re better off to self-insure against things breaking down, and put what would have been profit and marketing dollars for the extended warranty company in your own pocket!

- Dave

* Dave Ramsey is America’s trusted voice on money and business. He has authored five New York Times best-selling books, including *The Total Money Makeover*. The Dave Ramsey Show is heard by more than 8.5 million listeners each week on more than 550 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com. ★

A Waste of Money?

Dear Dave,
I have a question about home warranties. Are they a waste of money if you already have a fully-funded emergency fund, with six months of expenses or more set aside?
- Andy

Dear Andy,



By Ronnie McBrayer

A.W. Tozer once wrote, “What comes into our minds when we think about God is the most important thing about us.” I can hardly disagree. For people of faith, those who believe in God as the pervading force and presence of the universe, and who base their moral and spiritual lives on this belief, Tozer must be correct. And if Tozer is correct, our perception of God shapes our character and actions like little else.

So it’s no wonder that some faithful people are the way they are: Loving, helpful, sacrificial, kind, and giving. They think of God this way. But on the other hand, some religious people are angry, suspicious, unforgiving, and even murderous. These folks, in turn, think of God in these terms as well, and it shows.

Personally, this is why Christ is so important to my faith. He offered a revolutionary vision of God, a new way to think about who God is, and how God relates to creation. Jesus showed us a God best described as an affectionate parent. This God really does love, accept, treasure, and cherish us - as a “Father has compassion on his children.” This was the driving force behind all Jesus said and did.

It becomes clear, when diving into the words of Christ, that he came not to change God’s thinking about us - that is absolutely



Good All The Time

preposterous - he came to change our thinking about God. In light of Jesus, we must let go of all understandings of God that are less than loving or less than gracious. This will reorient our entire lives and correct so many of the misguided and misrepresented divine images that have been put before us.

By way of example, I have a friend whose theology - that is, her understanding of God - is a bit, frankly, sadistic. God, for her, is Father, but he wins no “Parent of the Year” awards, for he is always lurking as an unpredictable bogeyman who must be continually appeased. He is enraged, vicious, and eager to rub out a groveling sinner (or an entire city) if it befits him.

Thus, she lives in abject terror of God and inflicts this terror on others; her theological angst splatters on all who get close to her. Recently, however, I connected the dots between her thinking about God and the relationship she had with her own father, when in an unguarded moment she told a forbidding story from her childhood.

She was twelve years old or so and her father had come home drunk, as usual. In his stupor he pulled a revolver from his chair-side table and called his daughter, my friend, over to his lap. He cuddled her in his arms for a few moments and then placed the cold steel of the revolver against the back of her

head.

“Did you know I could blow your brains out right now?” he asked her in a menacing whisper. Then he put the gun aside and held her close again, only to return to the gun and repeat the question again and again over the space of the evening. One moment he was tender and loving, and the next he had a gun barrel pushed against her skull with the hammer pulled back.

This is a horrible story. More so, it is a horrible experience for anyone to live through, and it has caused her all types of emotional disturbances over her lifetime, not the least of which is her thinking about God. For her, and I understand why she feels this way, God is just like her drunken father.

The moral and spiritual authority for her life is an erratic, cold-hearted bastard whose words of love are nothing more than an invitation to terror. Her God calls out for his children, takes them into his arms, and then threatens them with violence. Such a God is unworthy of worship, incapable of being trusted, and impossible to love. Thankfully, such a God doesn’t exist, for Jesus has shown us that God is good, and he’s good all the time.

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

Symbols have been used since the dawn of primitive societies to convey meanings from one person or group to another. In this age of the computer and new cell phones we have progressed to a point of insanity. Loss of personal contacts and relationships suffer even the connection with loved ones. No phone calls and a voice that says “I love you”. Seems the less said appears to be better for a society too busy to care. The alphabet letters is now used to relate a message like LOL and that is supposed to relay that something

Beware of Symbols

was funny or laughable. Some years ago the so called PEACE symbol became widely used and little known about its origin. It is an ancient symbol. The circle was not included in ancient drawings of the symbol as they appear in mosaics found from excavated ruins of ancient Rome Palaces.

This symbol appears in the runic alphabet used in northern Europe about 400-500 A.D. It is actually NOT a symbol of peace that surpasses understanding that God provides and given by Him.

When the extended arms of the cross were turned down, the figure became a “symbol of DEATH”. Depending on their eternal destination death may or may not bring peace to everyone. Heaven or Hell determines this depending on an important decision they make during their lifetime! During the early Middle Ages, this symbol was called by various names such as: witch’s foot, crow’s food, Nero’s cross,

goblin foot, and was used as a “INSIGNIA OF SATAN”. (see Koch, Rudolf, *The Book of Signs*, p 83) Confirmation of this Satanic connotation of the peace symbol appears in various writings of medieval many authors.

So many people have used this symbol thinking they were talking of people or countries living in a peaceful society and now we all know they have been sadly mistaken. Let’s keep everyone who does use this sign in our prayers today – especially our young and innocent ones – that they may come to KNOW AND LOVE – THE HEAVENLY FATHER/God of Creation and receive a heavenly gift of inner peace from His Beloved Jesus! “For God so loved the world that He gave His Beloved Son, that through His death and resurrection one might receive eternal life”. (John 3:16)!

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



Foster Care

The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens.


We offer free training, fingerprinting, CPR/ 1st aid, 24 hr support, monthly reimb.



Call Lenka (916) 338-7156

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

www.CitrusHeightsMessenger.com

Northern California Egg Artists Annual Show and Sale

SACRAMENTO REGION, CA (MPG)
- Local residents are invited to attend the Northern California Egg Artists (NCEA) 25th annual Show and Sale on Saturday, March 7th from 10 a.m. to 5 p.m. and on Sunday, March 8th from 10 a.m. to 3 p.m. This fun event is being held at Crowne Plaza Northeast, 5321 Date Avenue, Sacramento CA, 95841. Admission to the event is free.

Egg artists from around the world will be teaching seminars and exhibiting and selling artwork created from real eggshells such as ostrich, rhea, emu, goose, and finch. Styles of artwork will include Faberge, pysanka, etched, jeweled, beaded, painted, diorama, jewelry boxes, and wearable art to name a few. The public is also invited to take part in the "Make and Take" projects for \$3 on March 7th and 8th from



11 a.m. to 1 p.m. or until supplies are depleted.

The seminars will take place on March 5th through March 8th; to attend the seminars, pre-registration is required. For more information, visit www.norcaleggart.com or email legantdesigns@frontiernet.net.

Proceeds from the Egg Art Raffle will benefit the Shriners Hospital in Sacramento.

Source: Northern California Egg Artists ★



*Lisa West
Community
Outreach Director*



**Are you carrying
bricks in your
backpack?**



*Memorial Parks
Mortuaries & Crematory*

By Lisa West

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

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

Well, just like taxes, death is something unavoidable. A co-worker of mine is famous for saying, **"Aren't you glad that task is done - now you can take that brick out of your backpack"** and what a relief that is to quit carrying around undone tasks because when they are completed, you ALWAYS feel better. It's where the phrase "peace of mind" comes from. If you still need motivation, consider these points:

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

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

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

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

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

March 28 & 29

Roseville (Placer County) Fairgrounds
Saturday 10 am - 5 pm • Sunday 10 am - 4 pm

FREE PARKING!

The Big Show!!

Family Fun!

50 Vendors
Family Fun ♣ Exhibits

- 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

The Perfect Combination!

Start Yours Today!

Get a 6 month subscription for only:

\$15⁰⁰

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

☒ Get The Sunday Sacramento Bee every week!

YES! START MY SUBSCRIPTION NOW!

NAME _____

ADDRESS _____

CITY _____ ZIP _____

PHONE (____) _____ EMAIL _____ (OPTIONAL)

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

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

CHM
**Some delivery restrictions may apply.*

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

IT'S THE PERFECT COMBINATION!

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

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

MPG **CALL 773-1111 TO ADVERTISE**



POPPOFF!

with Mary Jane Popp

additional pounds of muscle you add to your body, you will burn approximately 500 more calories a day. Do strength training 2-3 times weekly 30-40 minutes. It will take about four months to add on 10 additional pounds of muscle, so be patient.

2) INCREASE YOUR AEROBIC EXERCISE.

Aerobic exercise, which doesn't make you out of breath, trains muscles to burn fat and increase metabolism. Make aerobic exercise part of your fitness program at least five days a week, if you want to lose fat. Walking is one of the best aerobic exercises.

3) GRAZE THROUGHOUT THE DAY.

To boost your metabolism, strive to eat several small healthy meals a day... about every 3-4 hours...instead of eating 2-3 large meals.

4) KEEP YOUR BODY WELL-HYDRATED WITH PURIFIED WATER.

Your metabolism abates whenever you're even minimally dehydrated. Drinking 6-8 glasses of water daily supports fat loss. Keep in mind that alcohol, caffeinated teas, and colas all dehydrate the body. They are wet, but they are anti-water.

5) SLEEP YOUR WAY TO A HEALTHIER METABOLISM.

Research shows that skimping on sleep interferes with your body's

ability to process carbohydrates, which can lead to elevated blood-sugar levels and an increased tendency to store calories as fat. When you're sleep deprived, your body produces more of the stress hormone cortisol, which sets this chain reaction in motion. Get 7-8 hours nightly.

6) NOURISH YOUR SPIRIT.

To maintain a healthy body, first nourish your spirit. Do those things daily that help you relax and feel positive about your body. When you learn to love yourself, love will come to you in forms of health, happiness, success, peace, and prosperity.

So the key here is not to beat yourself up. But do make up your mind to begin period! Stop looking at all those computer generated models and look to the best you can be. For over 35 years, **Dr Susan Smith-Jones** has looked to a healthier you and she looks great! You can too. Check out her website for great free information and monthly newsletter to encourage us all to be healthier and happier at www.SusanSmithJones.com.

No matter what your age, Susan incorporates her best-of-the-best health-enhancing secrets to reverse aging, achieve high-level wellness, and live with gusto! So go for that brass ring, grab on, and never let go! It's your life! ★

RESOLUTION REVISITED

So you made that New Year's resolution with all good intentions. You know the one...I will lose weight and get in shape in 2015. Instead, those extra pounds you put on during the holidays are haunting you. Want to feel more in control of your body? According to **Dr. Susan Smith-Jones**, author of some 27 books including *"Walking on Air,"* your goal should be to boost your metabolism. The control mechanism for obesity (or being overweight) is not diet, it's muscle metabolism. Your basal metabolic rate is the rate at which your body utilizes energy. It's how efficiently your body burns calories. When your metabolism is higher, you burn more fat, and have an easier time losing weight (fat). She has some tips to supercharge your metabolism.

1) INCREASE YOUR MUSCLE MASS THROUGH STRENGTH (WEIGHT) TRAINING.

For every 10



LAW OFFICE OF RICK MORIN

DROWNING IN DEBT? GET HELP!

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

Get a FRESH START!

Don't Delay. Call Today!

331 J Street #200, Sacramento, CA 95814

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

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

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
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 02/28/15

\$5.00 Any Car Wash Package
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 02/28/15



LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!
Call to place your legal advertising



483-2299

All Legal Ads Published in the Carmichael Times

For the Love of Books



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



ROGUE WAVE (WATERFIRE SAGA)

by Jennifer Donnelly

- ◆ Publisher: Disney Hyperion
- ◆ Release date: January 06, 2015 ◆ Hardcover, 320 pages
- ◆ Intended audience: Young Adult ◆ Rating: ♥♥♥♥

On the Book Jacket: Serafina, Neela, Ling, Ava, Becca, and Astrid, six mermaids from realms scattered throughout the seas and freshwaters, were summoned by the leader of the river witches to learn an incredible truth: the mermaids are direct descendants of the Six Who Ruled-powerful mages who once governed the lost empire of Atlantis. The ancient evil that destroyed Atlantis is stirring again, and only the mermaids can defeat it. To do so, they need to find magical talismans that belonged to the Six. Serafina believes her talisman was buried with an old shipwreck. While researching its location, she is almost discovered by a death rider patrol led by someone familiar. . . . The pain of seeing him turned traitor is devastating. Neela travels to Matali to warn her parents of the grave threat facing their world. But they find her story outlandish; a sign that she needs to be confined to her chamber for rest and recovery. She escapes and travels to Kandina, where her talisman is in the possession of fearsome razormouth dragons. As they hunt for their talismans, both Serafina and Neela find reserves of courage and cunning they didn't know they possessed. They face down danger and death, only to endure a game-changing betrayal, as shocking as a rogue wave.

Amy's Review: After the fall of her Kingdom, Serafina must venture out and find the talismans to secure the safety of the sea, however, this adventure isn't everything she expected it to be, Serafina will be tested from head to fin, on who she is, and what she is truly capable of. This time the adventure is not just Serafina's for the telling, Neela also joins the adventure, with her story being told from her side of the ocean. Neela, once covered her emotions and feelings with bing bangs, kanjaywhoohoos and whatever mer-sweets she could get her hands on, but now she finds herself craving seaweed and greens- the healthy food she needs to carry her on the journey. On the run from her family that doesn't believe her, Neela sets out on an adventure that will test her strength and her fortitude, as she helps the others, by searching for her own talisman. Now, danger and death lurk around every shipwrecked corner, as the girls face adventures filled with fallen palaces, dragons and knight riders. Yet the greatest feat may

just be discovering who they can trust and who they will need to save. Nevertheless, just as Serafina thought everything was coming together, her world swims out of control, when she discovers her betrothed as a knight rider, hunting for her. Leaving Serafina not only to discover how to find the talismans, but how to uncover the secrets, the lies and the truth that lies buried underneath it all. Capture the thrilling continuation of the *Waterfire Saga*, as the adventure continues from the depths of Mediterranean Sea, to the dragon caves buried deep in the Indian Ocean. Fast paced and full of adventure *Rogue Wave* fulfills its promise of beautiful mermaids and high sea adventure. A story that is still beautiful and perfectly appropriate for the younger teens, of the young adult genre, but also entertaining and fast paced with a compelling story plot for the rest. From a gorgeous cover that draws you right in to a captivating storyline, that keeps you reading, Jennifer Donnelly knows how to bring the ocean to life.

SPRING 2015



DONALD KENDRICK | MUSIC DIRECTOR

EUROPEAN MASTERWORKS

Magnificat (West Coast Premiere) | Cecilia McDowall
Great Mass in C Minor, kv 427 | W. A. Mozart

Hailed by Gramophone magazine as the new voice of English composers, McDowall's evocative and poignant "Magnificat" is the perfect prelude to Mozart's triumphant masterpiece.

Nikki Einfeld, Soprano
Marina Boudart Harris, Soprano
Ross Hauck, Tenor
Daniel Yoder, Bass

Projected supertitle translations

Saturday, March 14 at 8:00 p.m.
7:00 p.m. – Pre-concert talk by Donald Kendrick

Community Center Theater
1301 L Street, Sacramento

Concert Sponsor
Raley's BEL AIR
For food. For family. For you.™



Nikki Einfeld



Marina Boudart Harris



Ross Hauck



Daniel Yoder

"In all, the concert (European Masterworks) was another example of how glorious choral music can be when sung by skillfully directed singers who are accompanied by a fine professional orchestra."
by E. Haig – Sacramento Gazette, March 14, 2014

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

SACRAMENTOCHORAL.COM

Marvel Universe LIVE! Debuts in Sacramento

Super Heroes Will Unite for an Epic Battle to Save the Universe!



Feel the energy and excitement of Marvel Universe LIVE! with cutting-edge special effects, pyrotechnics, aerial stunts, martial arts, motorcycles, and stunning video projections that completely immerse the audience in the epic action and story. Photo courtesy of Atherton Public Relations

SACRAMENTO REGION, CA (MPG)

- Marvel fans, assemble! Marvel Universe LIVE! is taking the live entertainment experience to a whole new groundbreaking level, with a mind-blowing stunt show unlike anything experienced before. Watch your favorite Marvel Super Heroes—including Spider-Man and The Avengers (Iron Man, Black Widow, Hulk, and more)—and menacing Villains come to life in an action-packed arena extravaganza debuting in Sacramento for the first time ever on March 12th through March 15th for seven performances at the Sleep Train Arena.

Marvel Universe LIVE! will captivate audiences with an authentic and original story that brings more than 25 Marvel icons together on one awesome quest. The Cosmic Cube, the source of ultimate power and one of the most feared and coveted

treasures in the Marvel Universe, has been shattered into pieces by the Mighty Thor in order to prevent it from falling into the wrong hands. With the pieces scattered across the globe, Thor's villainous brother Loki devises a scheme to clone its powers, inciting a threat that could not only decimate Earth but also obliterate the Universe.

Feel the energy and excitement with cutting-edge special effects, pyrotechnics, aerial stunts, martial arts, motorcycles, and stunning video projections that completely immerse the audience in the epic action and story. Nearly two years in the making, Marvel Universe LIVE! is being hailed as the most technically advanced and innovative live touring shows ever (in the more than 40-year history of Feld Entertainment). Join Marvel fans of all ages for this once-in-a-lifetime, monumental performance... the fate of the Universe depends on it!

Shows will be held at Sleep Train Arena, One Sports Parkway, Sacramento, CA 95834. Show times are Thursday, March 12th at 7 p.m.; Friday, March 13th at 7 p.m.; Saturday, March 14th at 11 a.m., 3 p.m., and 7 p.m.; and Sunday, March 15th at 1 p.m. and 5 p.m. Tickets start at \$20 for adults with limited VIP and front row premium seating available. Kids (ages 2-12) tickets are priced at just \$15 (only valid for upper bowl seating, Thursday and Friday shows). Opening Night special discount tickets are available for \$15 for select seating (not valid for premium VIP/front row seating). Tickets are available for purchase online at www.ticketmaster.com, by phone at (800) 745-3000, or in-person at the venue Box Office. (Tickets may be subject to service charges, facility, and handling fees.)

Source: Atherton Public Relations ★



A TV Review by Tim Riley

Among the cable networks, AMC has had great success with original series in recent years. The recently concluded run of "Breaking Bad" ranks right up there in popularity with "Mad Men." Both shows put AMC on the map for serious television.

Speaking of the Emmy-award winning series "Mad Men," the final seven episodes begin on Sunday, April 5th. There's still time for binge viewing of all the previous seasons. I lost track of the number of seasons, but two months should afford enough time to gain an appreciation for the pending fates of the main characters.

Meanwhile, Vince Gilligan and Peter Gould, the creators of "Breaking Bad," are launching the new drama series "Better Call Saul," which is both a prequel and origin story to their award-winning series set in Albuquerque, New Mexico at a time six years before Bryan Cranston's drug dealer Walter White came in to the picture.

Before Bob Odenkirk's Saul Goodman became the notorious top criminal lawyer in Albuquerque, he was just a bottom-feeding attorney taking public defender cases only because he was struggling to make ends meet. "Better Call Saul" takes us back to when Saul was going by his real name, Jimmy McGill.

When we first glimpse Jimmy/Saul's legal skills, he's in a courtroom trying vainly to portray three knucklehead teenage

Riley Reviews

"BREAKING BAD" FANS REJOICE WITH AMC'S ORIGIN STORY "SAUL"

defendants in a vandalism and trespass case as merely unwise and foolishly reckless youth engaged in harmless indiscrete pranks. The prosecutor's videotape evidence demonstrated otherwise.

Always on the prowl for a big payday case, Jimmy may believe he's the underdog fighting the good fight, but his moral compass, such as it is, and his ambition are often at war with each other. Hence, his unfortunate encounter with two skateboarding brothers leads to more bad decisions.

Just like Jimmy McGill walks a fine line between serving justice and doing just the opposite, critics have been requested to not reveal storyline details in advance so as not to ruin the fan's experience of the full impact of plots as they unfold throughout the season.

Speaking to the recent gathering of the nation's TV critics, Peter Gould proclaimed, in the spirit of full disclosure, that Walter White would not appear in Season One, noting that "we don't want to mislead people into expecting something that's not going to happen."

As a result, "Better Call Saul," standing on its own, brings new characters and situations to the fore, though some familiar faces appear in a different light. For instance, Mike Ehrmantraut (Jonathan Banks), before he was Saul's fixer, is currently a parking lot attendant who is amusingly discourteous and combative.

In a manner of fashion, Jimmy is looking after his older brother Chuck (Michael McKean), a name partner in one of New Mexico's most prestigious law firms, who is on leave due to an

unfortunate illness. Though a new character, Chuck lends an air of familiarity to Jimmy's ultimate transformation.

Full of bravado, Jimmy has an explosive scene when he storms uninvited into the boardroom of Chuck's law firm, bellowing accusations at the smug Howard Hamlin (Patrick Fabian), whose good looks, charm and success are a source of great annoyance to a lawyer trapped on the lower rung.

When his efforts to enlist as a client the local County treasurer facing a serious embezzlement indictment fizzle, Jimmy concocts a bizarre scene to use the skateboarding brothers in a staged accident that would result in a tidy settlement. Instead, the scam ends up in a series of unfortunate unintended consequences.

At one point of negotiation with a potential client with dubious intentions, Jimmy avers that he's "an attorney, not a criminal." The point seems to be arguable, given the circumstances of his questionable behavior during the first two episodes that will debut on back-to-back nights.

"Better Call Saul," which was originally conceived to be a comedy series, in deference to Bob Odenkirk's comedic talent, has morphed into a drama series that will explore Jimmy's fairly messy descent to the dark side as he moves toward becoming devoid of ethics as the sleazy defense lawyer Saul Goodman.

The more dramatic tone of "Better Call Saul" nevertheless does not blunt the black humor that Odenkirk so capably delivers when he unleashes his pointed tirades at colleagues, clients and even the officious clerk at the courthouse pay station.

Much like "Breaking Bad," the prequel "Better Call Saul" commands the viewer's attention to details and the nuances of the storyline. Patience may be required to track the shady lawyer's transformation into the man who puts the "criminal" into "criminal attorney." If anyone can make it work, it will be Odenkirk's Saul Goodman. ★

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

Sunrise Mall Farmers Market

6196 Sunrise Blvd, Citrus Heights (behind Sears in the SE parking lot).

Every Saturday 8 am – 1 pm.

SATURDAY

Sacramento Midtown Farmers Market

20th St between J and K, Sacramento.

Every Saturday 8 am – 1 pm.

SATURDAY

Historic Folsom Farmers Market

915 Sutter St, Folsom (Historic Folsom Public Plaza).

Every Saturday 8 am – 1 pm.

SUNDAY

Carmichael Park Farmers Market

5750 Grant Ave, Carmichael (corner of Grant and Fair Oaks Blvd).

Every Sunday 9 am – 2 pm.

SUNDAY

Land Park Farmers Market

1944 Sutterville Rd, Sacramento.

Every Sunday 9 am – 1 pm.

WEDNESDAY

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

Jim Miller Answers Your Senior Questions

Check Out This Week's Topic!

Savvy SENIOR

How to Protect Yourself from Osteoporosis Bone Fractures

Dear Savvy Senior,

Can a person in their early 50's have osteoporosis? When I fell and broke my wrist last winter the doctor that treated me told me I might have osteoporosis. What can you tell me? - Worried Ronda

Dear Ronda,

While osteoporosis is much more common in older seniors, it can strike at any age. In fact, the National Osteoporosis Foundation estimates that half of women and up to 25 percent of men in the U.S. over the age of 50 will break a bone due to osteoporosis. Here's what you should know.

Who's at Risk?

Osteoporosis is a disease that causes the bones to become brittle and weak and more susceptible to fractures. Around 10 million Americans already have osteoporosis (80 percent are women) while another 43 million have "pre-osteoporosis," or osteopenia. But the good news is this disease is both preventable and treatable.

Most people, by the time they reach their late 30's, gradually start losing some of their bone mass, but for women, menopause is the time when this process really accelerates. Bone loss for men occurs much more slowly. However, by age 75, osteoporosis is as common in men as it is in women.

Some of the key risk factors of developing osteoporosis include:

being over age 50; being female; menopause; having a family history of the disease; being small and thin; having an eating disorder; not getting enough calcium and vitamin D; getting too much protein, sodium and caffeine; having an inactive lifestyle; smoking; drinking too much alcohol; taking certain medications (see nof.org/articles/6 for a list); and having certain medical conditions (see nof.org/articles/5).

To help you determine your risk of osteoporosis, the National Institutes of Health has a quick, online quiz you can take at bonecheckup.org.

Prevention and Treatment

A good first step in preventing and treating osteoporosis is to get screened. For women, that should start around menopause, especially if you're not taking estrogen, or anyone who has broken a bone after age 50 or who has other risk factors.

All women over 65 and men over 70 should be tested every two years – Medicare covers it. Screening for osteoporosis is a simple, painless, bone density test, which takes about five minutes.

Here's what else you can do to protect your bones.

Boost your calcium:

The best way to get bone-building calcium is through your diet. Dairy products (low-fat milk, cheeses and yogurt), dark green leafy vegetables (broccoli, kale, collards), sardines and salmon, cooked dried beans, soy foods, almonds and fortified cereals and juices are all good sources of calcium. Vitamin D is also important to help you body absorb calcium.

The National Osteoporosis Foundation recommends 1,000 mg of calcium daily for women under age 50 and for men under 70, and 1,200 mg for women 51 and older and for men over 71. Note: Recent studies have found that excess calcium could increase the risk of heart disease.

They also recommend all adults under age 50 get 400 to 800 IU of vitamin D, or 800 to 1,000 IU if you're over 50. If you're not getting enough vitamin D through sunlight or food, consider taking a supplement. Most daily multivitamins contain at least 400 IU.

Exercise:

Weight-bearing exercises like walking, and strength training with weights or resistant bands three or four times a week can also significantly improve your bone health.

Control these vices:

Avoid smoking, limit alcohol to no more than two or three drinks per day, and limit caffeine (coffee, tea or caffeinated soda) to three cups a day.

Consider medications:

The most widely prescribed for osteoporosis are bisphosphonates, a class of drugs designed to slow or stop bone loss. Talk to your doctor about these and other medication options, as well as potential side effects. ★

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



FOODIES WANTED.

I-80 @ ANTELOPE RD



Now serving award winning fresh food daily.

OPEN 24HRS/7 DAY A WEEK

THE ORIGINAL SAMMY'S, OPEN SINCE 1989

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

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

