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Volume 5 Issue 04

Serving the City of Citrus Heights and Sacramento County

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Approximately 50-60 attendees of all types were drawn to the event including residents, public transit users, city staff, and officials, including Council Member Mel Turner and former Planning Commissioner David Briggs.

By Julia Baum

CITRUS HEIGHTS, CA (MPG) - Residents and city officials mixed business and pleasure at a recent community workshop, both celebrating and working on the beginning stages of creating Citrus Heights' first ever pedestrian master plan.

Organized by the city, the January 29th workshop was the starting point for ongoing community input and participation on the project, which is expected to be completed in early 2016. Attendees viewed a

20-30 minute presentation on improvement tools for pedestrian safety and accessibility including various types of crosswalks, sidewalks, and traffic signals before dispersing. People later mingled at various stations around the room, nibbling on cookies, writing down suggestions or comments, and meeting face to face with city staff and

Citrus Heights Senior Planner Casey Kempenaar said the workshop is one of the first steps for hearing from people and in step with the city's values.

"We have a long history of trying to improve walkability," Kempenaar said.

Approximately 50-60 attendees of all types were drawn to the event including residents, public transit users, city staff, and officials, including Council Member Mel Turner and former Planning Commissioner David Briggs. Briggs was a vocal proponent of walkability when he served on the Planning Commission and commended the city for taking a hands-on approach with residents.

Continued on page 5

CHPD Apologizes for 'Inconvenience' of Citizen Alert

CITRUS HEIGHTS, CA (MPG) - An official apology was released by the Citrus Heights Police Department (CHPD) on January 29th, after their mass notification system alerted many in the community that an, "at risk," individual was missing but expected to be in the

What the CHPD calls the, "Citizen Emergency Alert Notification System," was put into action at 10:30 p.m. on January 27th after an older, local resident and sufferer of dementia was reported missing.

11 The combination of the alert system and engaged community members reduces the resources used by law enforcement on these types of critical calls, as well as decreases the time it takes to safely locate the missing individual"

The community alert resulted in several calls from concerned members of the community who thought they may have spotted the described individual. The CHPD apologized for the inconvenience caused by the late-night alert and added that the missing resident was found by police and safely taken home in good health.

Continued on page 5

Sign-ups Open for Swoop Time Track and Field



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SACRAMENTO REGION, CA (MPG) -Local youth sports programs continue to play an important

role this year with the "Swoop Time" Track and Field Club for children ages 7-18. Swoop Time, a local nonprofit for youth, hosts the

club and still has spots open

on their roster for the 2015 season. Kids signed up for the program get to participate in athletic, outdoor events geared to promote health, teamwork, and improved skills in a vari-

ety of sports. The participant fee is \$225 and payment plans are available. Parents can register their children at the Round Table Pizza on the corner of Walerga Road and Elverta Road.

The remaining sign-up dates are Saturday, February 14th, Saturday, February 21st, and Saturday, February 28th. All will take place from 11 a.m. to 12 p.m.

Swoop Time is an organization independent and unaffiliated with a school or government body, founded by former NFL star Ron Brown and others.

The group provides training programs and camps in track and field, Football, and more. Source: Swoop Time

Kids participate in running





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Experience American Heritage Day



Story and photos by Jim Hatfield

FAIR OAKS, CA (MPG) - You are invited to attend the 13th annual American Heritage Day event sponsored by the Mount Vernon Memorial Park at 8201

on Monday, February 16th (Presidents' Day) from 10 a.m. to 2 p.m. Admission to the event is free. Mark your calendars, tell your friends, and be sure to bring

Exhibits at the event provide a day of living history with American Revolutionary Soldiers, a drum band, George and Martha Washington, President Lincoln, Amelia Earhart, Rosie the Riveter, Mountain Men, American Indians, U.S. Calvary, Gold Rush City and gold panning (for the kids), a puppet show, Wells

Battalion, Red Barons R.C. Flying Club, U.S. Army Vietnam helicopter, a vehicle display featuring vehicles from 1913 to 1970 including motorcycle and military units, local fire and Citrus Heights Police Department display, and much more!

Bring the kids and grandkids and enjoy a fun-filled family day. For more information about this event, please call Ruthie at Mount Vernon Memorial Park at (916) 969-1251.

Chamber Names Jay Hornbuckle as **Executive Director**

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Chamber of Commerce announced on February 4th that Jay Hornbuckle had been selected as the Chamber's new executive director as board members look to take local business to the next level.



Jay Hornbuckle, business munity I have been leader and new executive director of the Citrus Heights Chamber of Commerce. Photo courtesy of Jay Hornbuckle

"I'm very excited about this opportunity with the Citrus Heights Chamber," said Hornbuckle. "We're going to continue its mission as a unifying force for business, government, education, and community involvement and I look forward to serving the coma part of for much of my life."

The chamber announcement

said that, "Jay will continue the Chamber's initiatives in providing for the needs of the business community, promoting economic development, and enhancing the quality of life throughout the Citrus Heights Region."

"Jay brings energy and enthusiasm to his new role as the executive director of the Citrus Heights Chamber," said 2015 Board Chair Kathilynn Carpenter. "I'm looking forward to working with Jay to take the Citrus Heights Chamber to the next level."

Hornbuckle is a long-time Citrus Heights Chamber member and local business man. He graduated from Del Campo High School and later attended Sacramento State before starting several local businesses including Hornbuckle Advertising and Distribution, Avantac Technologies, and Sonic Internet Services. Most recently, Hornbuckle has served as a benefit planner with Pacific

Source: Citrus Heights Chamber of Commerce



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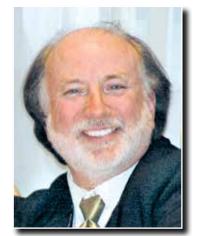
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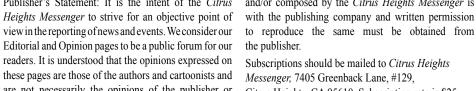
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Women's Club Collects Bags for Child Trauma Victims



The generous member of Leisure Hour with duffle bags prepared for the Children's Receiving Home. Photo courtesy

CITRUS HEIGHTS, CA (MPG) - Kids who are brought to the Children's Receiving Home, a support organization for victims of abuse, often arrive without proper clothing or any other belongings. That's why a local women's group entitled, "Leisure Hour," has spent the last five years making duffle bags for the minors and filling them with necessary items like toothbrushes, tooth paste, combs, brushes, shampoo, and

In many cases, the women even include an item of comfort like a blanket or stuffed animal. The Leisure Hour Club meets every Friday and some 25 duffle bags are successfully sewn and

delivered each year.

The club is attached to the Masonic Natomas San Juan Chapter, Order of the Eastern Star. They meet in Harding San Juan Masonic Lodge located on the corner of Northlea and San Juan Ave. in Citrus Heights.

Over the past 50 years or more, some of the ladies in the club worked a cancer station, preparing bandages, bed pads, caps, and other necessary items for the Cancer Society. When that was no longer possible, the members of the cancer station joined the ladies at Leisure Hour.

The generous ladies of Leisure Hour also belong to a Masonic Club that regularly buys books of

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McDonalds gift certificates and donates them to the Children's Receiving Home to be used as rewards to the children for good hehavior

The members of Leisure Hour also help the Harding San Juan Masonic Lodge with their community projects, which have included the donation of several thousand pounds of food to the Food Closet in the Lutheran Church on San Juan Ave and the donation of hundreds of turkeys and holiday dinners for the needy. The Masonic Lodge also participates in the coat and school backpacks drives for needy

Source: Patricia Gore

Local Club to Host E-waste Fundraiser and Disposal

CITRUS HEIGHTS, CA (MPG) - The Evening Optimist Club will be sponsoring an electronic waste fundraising event where community members can drop off car loads of any old and unused items from computers to digital cameras and fax machines to be cleanly and safely shredded.

The Optimist Club will accept donations during the event on Saturday, February 14 from 9 a.m. to 4 p.m. and shredding will take place from 10 a.m. to 2 p.m. at the Kohl's Department Store Parking Lot at 6135 San Juan

The event is also sponsored by California Electronic Asset Recovery (CEAR), California Clothing Recyclers, and Pacific Record Management Shredding Company, all groups specializing in disposing of e-waste products.

Members of the Evening Optimist Club will be present to unload the car-loads of old items but household appliances including refrigerators, washers, drvers, microwaves, as well as furniture and hazardous household waste like batteries, fluorescent light bulbs, paint,

pesticides, used oil, cleaning supplies, and tires won't be accepted for disposal.

The club will accept monitors, televisions, computers, VCRs, stereo equipment, keyboards, PDAs, digital cameras, zip drives, telephones, cell phones, printers, copiers, scanners, and

fax machines. One car-load of e-waste will yield a return of \$5 and one box of materials for shredding will also pay back \$5.

Source: The Evening Optimist

Free Weekend Activities at Effie Yeaw Nature Center

SACRAMENTO REGION, CA (MPG)

- The Effie Yeaw Nature Center (2850 San Lorenzo Way) is hosting a series of free, fun, and informational events this February. There is a \$5 per car county entrance fee into Ancil Hoffman Park (free to members). Donations are gratefully

accepted.

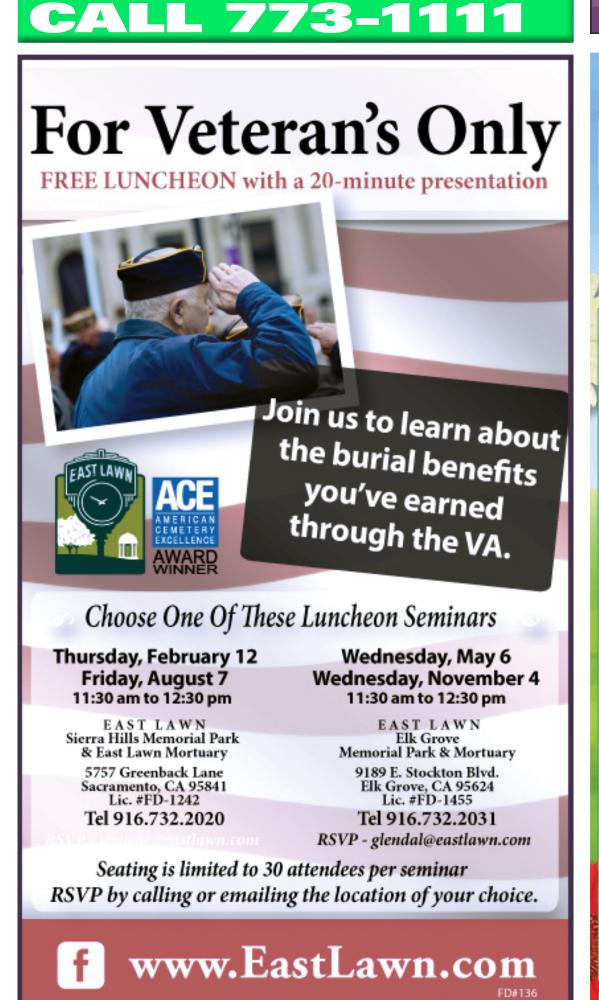
Secrets of a Wildlife Watcher: Much of what we know about wildlife was discovered by just watching. On Saturday, February 7th at 10:30 a.m., take a walk in the Nature Area and sharpen your observation skills.

Finding Your Way: Join

docent Jennifer Kerr on Sunday, February 8th at 1:30 p.m. for a guided map and compass walk. You will learn how to use a compass, take bearings, read a compass with a map, and find our way around the trails.

Source: Effie Yeaw Nature







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CDPH Issues New E-cigarette Report

California Department of Public Health (CDPH) director and state health officer Dr. Ron Chapman issued a health advisory and a report warning Californians of the toxicity of electronic cigarettes (e-cigarettes).

"E-cigarettes contain nicotine and other harmful chemicals, and the nicotine in them is as addictive as the nicotine in cigarettes," said Chapman. "There is a lot of misinformation about e-cigarettes. That is why, as the state's health officer, I am advising Californians to avoid the use of e-cigarettes and keep them away from children of all ages."

E-cigarettes are battery-operated devices that are often designed to resemble cigarettes. They deliver a nicotine-containing aerosol. E-cigarettes have many names, especially among youth and young adults, such as e-cigs, e-hookahs, vape pens, vape pipes or mods. The liquid solution (e-liquid) used in e-cigarettes typically contains nicotine and is commonly referred to as "e-juice." It is sold in a variety of candy, fruit, and alcohol flavors.

Studies find a significant rise in e-cigarette use each year, especially among young adults and teens. New California data shows that e-cigarette use among young adults, ages 18 to 29, increased from 2.3% in 2012 to 7.6% in 2013. Young adults in California are three times more likely to use e-cigarettes than those 30 and older. Likewise,

e-cigarette use among U.S. teens has surged. In 2014, teen use of e-cigarettes nationally surpassed the use of traditional cigarettes, with more than twice as many eighth and tenth graders reporting using e-cigarettes more than traditional cigarettes. Among 12th graders, 17% reported currently using e-cigarettes vs. 14% using traditional cigarettes

Along with an increase in use, there has been a spike in calls to the California poison control centers related to exposures to nicotine-containing e-liquids and accidental e-cigarette poisonings. Calls have increased from 19 in 2012 to 243 in 2014. More than 60% of all those e-cigarette related calls involve children five years and under.

"The e-cigarette cartridges and e-liquid bottles are not equipped with child-resistant caps and often leak, creating a poisoning risk by ingestion or by skin or eye contact," warned Dr. Chapman. "These products are not safe."

Some highlights of the report include how exposure to nicotine during adolescence can harm brain development; how e-cigarettes do not emit a harmless water vapor, but an aerosol that has been found to contain at least ten chemicals that are on California's Proposition 65 list of chemicals known to cause cancer, birth defects or other reproductive harm; and how e-cigarettes are not FDA- Department of Public Health ★ approved cessation aids.

Between 2011 and 2013, e-cigarette advertising jumped more than 1,200% and used marketing tactics to appeal to youth. Those tactics include the use of cartoon characters, which is prohibited in traditional cigarette advertising.

Chapman also announced that the public education and media efforts to counter e-cigarettes are just beginning. CDPH intends to partner with health, medical, child care, and education communities to educate consumers about the dangers of e-cigarettes, and is planning an advertising campaign in the near future.

The California Tobacco Control Program was established by the Tobacco Tax and Health Protection Act of 1988. The act, approved by California voters, instituted a 25-cent tax on each pack of cigarettes and earmarked five cents of that tax to fund California's tobacco control efforts. These efforts include supporting local health departments and community organizations, a media campaign, and evaluation and surveillance. California's comprehensive approach has changed social norms around tobacco use and secondhand smoke. It is estimated that California's tobacco control efforts have saved more than one million lives and have resulted in \$134 billion worth of savings in health care costs

Source: California

Students Learn and **Teach About Recycling Through Art**



Fourth-grader Catherine Matthew (second from the right) of Arlington Heights Elementary drew the grand-prize winning poster shown here with city council members and fellow contest winners. Her teacher is Ms. Flores.

By Jordan Chernesky and Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Hundreds of Citrus Heights' elementary school students recently took on the challenge of participating in the 2014/2015 Recycle Poster Drawing Contest hosted by the City of Citrus Heights and its residential trash and recycling service provider, Republic Services.

Students from Arlington Heights Elementary, Lichen K-8, and Mariposa Elementary School submitted drawings based on the theme "How Do You Recycle at Your School?" City council members and Citrus Heights History and Arts commissioners ultimately selected 12 winners. The winners were honored at the December 11th city council meeting. The winning posters were featured on the big screen while each winner was called up to receive certificates and prizes and have their photo taken with the city council. The winning posters are now featured in the 2015 Republic Services Citrus Heights Customer Service Calendar. Calendars are available at City Hall in the General Services Department.

Fourth-grader Catherine Matthew of Arlington Heights Elementary School drew the grand-prize winning poster. Her teacher is Ms. Flores. Her drawing features all the elements of nature enjoying the benefits of recycling.

Colin Wallace, community relations manager for the Republic Services of Sacramento, stated,

The winning poster drawn by fourth-grader Catherin **Matthew.** Photo courtesy of Republic Services

"This contest is a great way for the students to expand their thinking and to teach as well as learn the importance of recycling, waste reduction, and overall sustainable practices."

This yearly event kicks off in September, so schools, students, and parents should remember to mark it on their calendars.

Source: Republic Services

Mesa Verde to Perform Classic Musical 'Oliver'

CITRUS HEIGHTS, CA (MPG) - Mesa Verde High School announced the dates for its upcoming production of the classic musical "Oliver" based on the Charles Dickens novel, Oliver's Twist.

Directed by Deni Scofield, the adapted production at Mesa Verde will feature a live orchestra and all the catchy songs of the original classic.

The story of Oliver is set in London in 1853 and tells the story of a young orphan who falls into a gang of thieves. He meets several larger-thanlife characters who aren't always looking out for his best interests. Along the way, he encounters a man who just might be able to help unlock the secrets of his past.

"Food Glorious Food" and "Where is Love?" are just two of the popular songs from this Tony Award-winning musical.

All shows begin at 7 p.m. on March 5th-7th and again from March 12th-14th.

Source: Vice Principal Cynthia Morarity

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Cemetery Says Tantillo Crypt Was Not Vandalize

By John-Michael Kibrick

SACRAMENTO REGION, CA (MPG) -

Concerns over the vandalism of gravesites spread after January 29th when a local report detailed the story of Robert Tantillo who claimed that his son's crypt in the Sierra Hills Cemetery was being vandalized.

In the report, Tantillo claimed that he had found beer cans at the site of his son's crypt and approached the managers at the

However, the cemetery's Community Outreach Director Lisa West said that this didn't appear to be a case of vandalism. Instead, she said that friends of the deceased were most likely responsible for leaving being beer bottles and stickers – tokens of respect.

"He (Tantillo) is upset at the lack of respect. What he considers respectful and what they

consider respectful are two different things," said West.

While Sierra Hills rejected Tantillo's call for security measures surrounding his son's crypt, West said, "We're still looking into it, trying to find a solution."

Trevor Tantillo, Robert's son, passed away in mid-2014 in what officials ruled a suicide by







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LETTERS TO THE EDITOR

Panhandling or Charity?

From Margaret Kaffka,

constituent, Sacramento County District 4

Dear Supervisor MacGlashan,

"County Officials" have recently updated the Aggressive and Intrusive Solicitation Ordinance to include charitable solicitors, as well as panhandlers. Are you aware that many firefighters are about to conduct their annual Fill the Boot for Burns event by soliciting donations Sunrise Boulevard/Greenback Lane by Sunrise Mall. Last year, the Citrus Heights Firefighters Burn Institute received \$107,000 due to this community-supported four-day event.

Why was "charitable solicitors" added? Please explain.

Rogue Republican Agenda

From Ron Lowe,

Navada City resident

To the Editor,

House Speaker John Boehner (R-Ohio) and Israeli Prime Minister Benjamin Netanyahu cooked up a plan to bypass the U.S. government and have Netanyahu address Congress.

For John Boehner, Mario Rubio (R-Fla.) and other Republican hardliners, party politics and ideology are now more important than national unity. John Boehner and Mario Rubio represent the Republican Party not the United States of Amerwica, least they forget.

Lone wolf Republicans poking their noses into international protocol could easily imperil American security.

City and Residents Kick-Off First Phase of Pedestrian Plan

Continued from Page 1

"I applaud the city for doing the outreach," Briggs said. "They are inclusive of responding to issues that people raise."

Many projects, particularly commercial ones, often lack convenient pedestrian options, according to Briggs. This was a problem that he commonly encountered during his Planning Commission term.

'So many projects lacked two things, one, convenience, two, being direct," Briggs said. "These need to be part of the discussion instead of an afterthought."

Resident Arthur Ketterling, who suffered a stroke in 2012, turned out for the workshop so he could give feedback on accessibility for people with disabilities. Areas underserved by public transit and discontinued bus routes are troublesome to Ketterling, who often relies on public transit to travel.

"There's a lot of stuff that needs to be done, more for the disabled as well," Ketterling said. "There's places where there's no transportation and

needs to be some."

Ketterling said some areas are more dangerous for pedestrians, specifically Sunrise Blvd. and Antelope Road by Jack in the Box. According to the Citrus Heights Police Department, one of three pedestrian-involved fatalities in the past five years happened on Sunrise.

Residents who did not attend the workshop can still complete the survey and send their comments and suggestions. The survey will be available online until February 13th at www. WalkCH.net.

I Am a Conservative Western Christian

By Dr. Gary Welton

In my political views, I consider myself to be a conservative American. In my religious beliefs, I consider myself to be a conservative Christian. I am a conservative Western Christian. Sometimes, however, my two conservative bents seem to be in conflict with one another.

I was particularly conflicted when George W. Bush invaded Iraq. Because of my conservative political bend, I was inclined to support the Republican president's decision. However, because of my Christian faith, I was against the war. The evidence indicated that Iraq was perhaps the most religiously open Arab country, allowing Christian churches to meet and worship without threat of attack. Indeed, the Deputy Prime Minister of Iraq was Tariq Aziz, a member of the Chaldean Catholic Church. The American attack on Iraq, however, had serious consequences for the churches in that country. America's war on Iraq quickly evolved into Iraq's war on Christianity, in a very predictable manner.

Once again, I am very conflicted, as I consider the Charlie Hebdo murders in Paris, the Western response, and now the Muslim reactions. Some Muslim protestors have chosen to express their frustration by attacking Christians in Muslim countries. CNN has reported that the violence to date has been most and Christian homes have been destroyed. Thus far, at least 10 have been killed. Yet, I wonder, is their frustration with the realities of Christianity, or with the realities of Western secularism?

I understand that much of the world sees the West as Christian, yet it can be argued that Christianity is on the decline in the West, while it is expanding in Africa and China. It is a stereotype to think that the West portrays the essence of Christianity. In fact, the West provides for a rather free expression of faith. Granted, Christianity has been the dominant faith in the West but I am not willing, as a Christian, to take the blame for Charlie Hebdo's depiction of Muhammad. Charlie Hebdo is a reflection of the secular West, not particularly a reflection of Christianity. I am not Charlie

Salman Rushdie wrote in his novel "Midnight's Children," "It's a dangerous business to try and impose one's view of things on others." I value the freedom to practice my Christian faith. I also value the freedom of others to practice their various faiths and traditions. I value the freedom of others to practice no faith tradition. I personally disagree with other religious traditions but I do not make fun of them or ridicule them. I do not seek to impose my view of things on others.

Christianity and Islam have not always been civil to one another; Crusades. Nevertheless, I contend that the current disagreement is not a disagreement between Christianity and Islam. Charlie Hebdo was not reflecting the dominant Christian view of freedom and respect. Charlie Hebdo, rather, was reflecting the secular view against Islam (and, to some extent, against Christianity).

Because the West is often seen as the bastion of Christianity, the church is now under attack in Muslim countries. This disappoints and saddens me at many levels. Most relevant to this editorial, Charlie Hebdo does not reflect my Christian views; I am disappointed that Muslims are attacking Christians and their churches. We are not Charlie Hebdo.

Western and Muslim countries have not always been civil to one another. I am not always in agreement with the decisions that my politicians have made. Nevertheless, I freely admit that the issues are complex and difficult

Physical and verbal assaults do not facilitate a path forward. We need a civil exchange of ideas. This civil exchange is a conversation worth having.

Dr. Gary L. Welton is assistant dean for institutional assessment, professor of psychology at Grove City College, and a contributor to The Center for Vision & Values. He is a recipient of a major research grant from the Templeton Foundation to investigate positive youth development.

CHPD Apologizes for 'Inconvenience' of Citizen Alert

Continued from Page 1

Police also included background information on the alert system, noting that it was launched in April, 2014 and served as, "a vital tool used by local law enforcement agencies to provide important and timely information to the public."

According to the CHPD, an

recently located thanks to the

"The combination of the alert system and engaged community members reduces the resources used by law enforcement on these types of critical calls, as well as decreases the time it takes to safely locate the missing individual," said CHPD Public

additional missing person was Information Officer, Sergeant Michael Wells.

Sergeant Wells can be reached with any questions or concerns by email at mwells@ citrusheights.net or by phone at (916) 727-5500.

Source: Citrus Heights Police

What is Constitutional in the **State of the Union Address?**

By Dr. Harold Pease

In listening to the President's State of the Union Address one might think that he actually has the power to do what he requests. On domestic issues two old requests from last year's State of the Union Address were renewed: a request for raising the minimum wage and, instead of just making the college opportunity available to all middle class Americans, he went further proposing free community college for all. Other requests included advocacy for "a free and open Internet," which, given a recent executive order means control of it, expanded child care tax credits, improved job training, expanded paid leave, and a new tax benefit for two-income families. All this to be funded by increased taxes on the rich. He threatened a veto to any legislation that altered Obamacare or undermined his recently decreed executive amnesty. He was decidedly unclear on his request for criminal justice reform, certainly a reference to the riots in Ferguson, Mo. More federal involvement always means more federal control.

He defended his positions on Cuba and Iran and threatened presidential vetoes if Congress legislated differently. Constitutionalist had to have cheered when he seemed to lecture, the mostly Republican Congress, on what he called, "rash decisions, reacting to the headlines instead of using our heads; when the first response to a challenge is to send in our military—then we risk getting drawn into unnecessary conflicts, and neglect the broader strategy we need for a safer, more prosperous world." He called it, "a smarter kind of American leadership" and seemed aimed at the so-called military industrial complex of which President Dwight D. Eisenhower warned. He saw rewriting the Authorization of Use of Military Force, which authorized the air campaigns in Iraq and Syria, as a priority but left few specifics on what that

meant. He still refuses to use the term Radical Islamist Terrorists in describing the Islamists involved in the mass killing in Nigeria, Iraq, Syria and France even though while he spoke they were threatening to topple Yemen who has stood with us in opposition to al-Qaida.

The list went on and on as it does for every president Republican or Democrat, but what was different from last year is that he threatened the use of the veto rather than the threat of his bypassing Congress with the use of the "pen" through executive orders. The term executive order is not found in the Constitution and initially was nothing more than inter-departmental communications between the President and his executive branch with him requesting some action on their part. Constitutionally they have no law-making function.

Unfortunately most, if not all, of these things are not in Article II of the Constitution nor have they been added by way of amendment as outlined in Article V of that document, thus they are unconstitutional. It is very probable that, even with the approval of Congress, they would be outside the Constitution but that is a topic for another time. Presidents, in their thirst for power and / or proclaimed expediency, have empowered themselves to the point of "kingship" with their worshipful, unchallenging, party followers (whether Democrat or Republican) quite willing to look the other way as government grows beyond its ability to be constitutional or efficient. At any time he could remind the people of his real constitutional powers but he will not as that would drastically reduce his power that is beginning to look limitless.

We must return to the Constitutional powers of the President as identified in Article II. As we list these powers attempt to match the State of the Union requests wherein he suggests that he might have a role. Under the Constitution the

president has but eleven powers. Let us identify them: 1) "Commander in chief of the army and navy of the United States" including the militia when called into actual service of the United States; 2) supervise departments (cabinet), each presumably established by the Congress (George Washington had but four); 3) grant reprieves and pardons; 4) make treaties with the help of the Senate; 5) with Senate help appoint positions established by law such as ambassadors, ministers and judges; 6) fill vacancies "during recess of the Senate." 7) make recommendations to Congress on the state of the union; 8) convene both houses on special occasions and handle disputes with respect to convening; 9) receive ambassadors and other public ministers; 10) make certain that "laws be faithfully executed;" and, 11) "commission all the officers of the United States."

Simply stated the president has two supervisory powers over existing organizations and two shared powers with the Senate, otherwise he pardons, recommends, appoints and entertains. That is it! Notice the absence of power to make any rules and regulations on us. This is the job of Congress alone.

All measures listed in the 2015 State of the Union Address are but suggestions to Congress, which alone, as per Article I, Section I, has all law-making functions—the president has none. That said, he is within his constitutional bounds with his threat of the veto, which is likely to be used liberally.

Dr. Harold Pease is a syndicated columnist and an expert on the United States Constitution. He has dedicated his career to studying the writings of the Founding Fathers and applying that knowledge to current events. He has taught history and political science from this perspective for over 25 years at Taft College. To read more of his weekly articles, please visit www.LibertyUnderFire.org. ★

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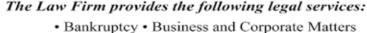
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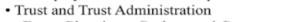
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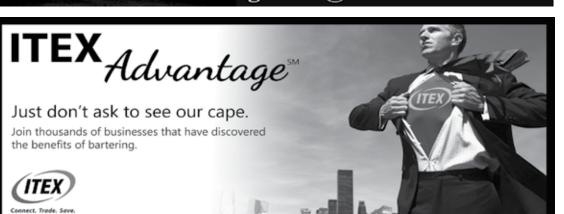




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- ACROSS
- 1. Cookie amount
- 9. Bartenders typically split these
- 15. Gent or guy
- 17. African grazer
- 18. *Truman's "State of the was first one on TV
- 21. *Uniform
- 24. Cowbov's prod
- 25. Egg cells
- 30. Old fashioned expression of disapproval
- Dark Night" 37. Chinese dynasty from 960
- to 1279 39. High-strung
- Angel"
- 43. Stake driver
- Nov. '63 with Jackie
- 50. "Scene one, __ 52. Feather glue?
- 53. Cleanse
- 60. *He hailed from Hope
- 67. Dry white Italian wine
- 68. Tim or Woody 69. *George H. W. Bush led it in the
- 71. Join together by heating
- 72. Barbie's beau 73. Nostradamus and Tiresias, e.g.
- 1. "Cello Suite No. 1" composer
- 2. Site of Taj Mahal
- 4. Belief
- 7. Even, to a poet
- 12. ___ Gabriel
- 20. White
- 25. *"Change We Can Believe In" President

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- 6. "You betcha!"
- area 14. Snake-like reef dweller
- 16. Salad dressing vessel
- President
- Act
- 28. Wisecrack

- 40. Jessica_ of "Dark
- 44. *The nation did this in
- 47. Stack
- 55. Bird-to-be
- was his slogan
- 65. Building addition
- from Verona
- '70s 70. "The Lego Movie" hero
- DOWN
- 5. Detesting 6. Safecracker
- 10. Hipbones 11. Clever tactic
- 15. Non-competitive race
- 24. Having physical sensation

CLUES

- 13. Ancient Greeks' assembly
- 19. *"Return to Normalcy"
- 23. A Beatle bride
- 35. Bruce Wayne in "The
- 41. Kind of test
- 46. Saintly glow
- 48. Bracelet for the arm
- 57. *"He Kept Us Out of War'
- 64. BBQ spot

- __ of duty
- 8. Like Raphael's cherubs 9. Be inclined
- 22. Not safe in baseball

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26. Courage in the face of danger 27. Vinyl collectible 29 *"No Child Left Behind' President

31. Impermanent employee

- 49. Chinese "way" 51. Knights' breastplates 54. T-shirt style
- 59. Behaved like Pinocchio 60. Family or kin

tell one?

- 63. They now play in Brooklyn 64. "Hand" with claws 66. *George Washington couldn't
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32. Characteristic 33. Throat dangler 34. *"Tippecanoe and 36. Anglo-Saxon nobility title 38. Apple variety 9 42. Bumpkin 45. *President Ford's VP

56. Fairytale garden dweller 57. Whip lash mark 58. It shall, for short 61. Like a broken horse 62. Last word in radio transmission

> row, column and 3-by-3 box includes all digits 1 through For Solutions See Page 7

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(MPG 10-31-14)

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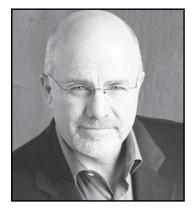
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Crossword Puzzle on Page 6

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Keep Flood Insurance?

Dear Dave,

I'm debt-free except for my home, and I'll have that paid off in about 12 months. I currently make \$60,000 a year and live in an area of Florida that is designated a flood plain, because a river that empties into Tampa Bay runs behind my home. Currently, I'm paying \$1,070 a month for flood insurance. My house is worth \$325,000, and water has only come up into the yard twice in over 20 years. Since I'm doing pretty well financially, do you think I need to keep my flood insurance policy? - Trudy

Dear Trudy,

From what you've told me about the history of your property, it sounds like your biggest concern might be if a hurricane caused a backwash in your area. Insurance is already pretty tough

Dave Says

in Florida when it comes to those kinds of things, but you don't want to run the risk of your house getting mowed down and losing everything.

If I were in your shoes, I think I'd like the protection of flood insurance. What you're paying for the policy is such a small percentage of your world, compared to the value of your home and your income. Keep the coverage, Trudy!

Do the Right Thing, but Don't Let Them Bully You

Dear Dave,

I have a student loan in default that is now being handled by a collections agency. They want me to pay the entire \$20,000 now, or consolidate it with \$16,000 in collection fees added. Are these my only options?

- Rebecca

Dear Rebecca,

There's no way I'd consolidate and pay \$16,000 in collection fees. Right now, they're trying to bully you. They may eventually garnish your paychecks, but I think you can still work out something with these guys.

You'll have to repay the loan, and probably the interest and some of the late charges, but \$16,000 is a bunch of crap. Don't run out and get another loan to pay it, but don't let yourself be blackmailed, either. You've made a mess by ignoring this for so long, so now you'll have to save every penny you can and start sending them substantial amounts of money each month.

Trust me, they'll take your payments and cash the checks. Hopefully, you can settle on a reasonable repayment structure and have this thing killed off in a couple of years.

- Dave

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



By Pastor Ray Dare

When you really get to know God and understand what He's promised to do it brings peace into your life. Almost every emotional problem known to man comes from a misunderstanding of who God is, what God knows and what He's promised to do in your life. Stress is created when you forget what God knows about you and how He's promised to help you.

Some of the most common things we get uptight about are our finances, our needs, our financial fears. Matthew 6:31-32 "So do not worry saying, `What shall we eat?' or `What shall we wear?' For the pagans run after all these things, and your Heavenly Father KNOWS that you need them." God knows what you need. He knows about everything you need. He knows about your financial

Do you ever act as if God is unaware of your bills? "Don't you see, God? I'm going under

God is Aware of Your Needs

here! I'm not going to make it! Don't you care?" Worry is the result of forgetting the omniscience of God. When I think that God doesn't know what's going on in my life, that He's unaware of it, then I think I must take matters into my own hands. I'll try to be God. I start worrying. Worry is playing God. Worrying is taking responsibility for things God never intended you to have.

Matthew 6:8 "Your Father knows what you need before you ask Him." The fact He's aware of every single need you have... financial needs, spiritual needs, sexual needs, social needs, emotional needs — every kind of need you have. God is aware of every need in your life. The Bible says that when we come and pray, God knows what you need even before you ask. Prayer is not about giving God information. You don't pray to tell God your needs. You pray to get the answer to your needs. He says you have not because you ask not (James 4:3). Since God knows my needs and He's promised to help me when I ask Him and trust Him, my response is I don't worry! I trust God.

What or who have you been trusting to meet your financial needs? Some people trust the economy or their careers, their education, good looks, health, own abilities, their bosses, the companies they work for; some people trust other people. God says, "I know all about you, I know your needs, I know how to meet those needs. I want you to ask Me and trust Me."

All those things that the world is trusting in, there's only one problem with them. Every one of those things can be taken away from you. You can lose your job, your health, a loved one. All those things can be taken away. Then what? To have true peace and stability you must place your trust in something that you can never lose, your relationship with God through Jesus Christ. You put your trust in the Lord.

Notice what happens when you do this: "Blessed in the man who trusts in the Lord and has made the Lord his hope and confidence. He is like a tree planted along a river bank with roots reaching deep into the water, not bothered by the heat, nor worried by long months of drought it stays green and goes on producing fruit." Jeremiah 17:7-8. You have peace when you're trusting God to provide.

Pastor Ray New Beginnings Church YOU'RE INVITED, Sunday service at 10 am

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By Ronnie McBrayer

John Savely bought his daughter, Debbie, a Bible for her seventh birthday. Before she graduated from high school, her father had died. That Bible became a revered keepsake, but she lost it in 1974, while attending Tennessee's Volunteer State Community

Yet, last year, that Bible made its way back into Debbie's possession. A college officer from focused more on the link the book Volunteer State found the Bible is to One who truly loves us? What in a box of debris from a 2006 tor- if we stopped deifying the Bible nado that almost destroyed the college's campus. The winds that splintered buildings uncovered the lost Scriptures.

With Debbie Savely's name inscribed within, that college officer went to work trying to find her; and by way of relentless pursuit and the marvel of the internet, John Savely's gift was returned to his daughter forty years after it was lost. She and her nearly ninetyyear-old mother were jubilant beyond measure.

What makes this story so remarkable is not that a Bible was salvaged. If the book had been a copy of "Green Eggs and Ham," it would hardy have been any less miraculous. Besides, I doubt that Debbie needed a Bible. She, like all of us, had access to millions of Bibles to read, still the best-selling book in the world.

What made this particular copy of the Bible special was its source. It had been given to her by her father. Her attachment to it was as



Stay Connected to the Source

sentimental as it was spiritual. So it wasn't as if she had recovered the original stone tablets of Sinai or the Dead Sea Scrolls. She had something more important: She had a link to one who truly loved

What if we learned to approach our own Bibles with the same heartfelt sentiment? What if we concerned ourselves less with the "miraculous" nature of how the Bible arrived in our hands, and (worshipping "God the Father, the Son, and the Holy Bible" as it were), and embraced it as a pointer aiming us in a more Jesus-like direction?

How do we do this? By being Christians, not Biblicists. A Biblicist is one who reads the Bible, "flat;" that is, every word is given the same weight and significance, because "God said it, I believe it, and that settles it." So, "He that curseth his father or mother shall surely be put to death," is given the same credibility as, "Love thy neighbor as thyself" (A drastic but accurate

example). Yet, Christians might be better served to see the Scriptures with a bit more texture. Our faith and practice would be healthier if our interpretive lens was Jesus Christ. He, as the living Word and Source, is the peak of revelation. So, we look to him as we read, using his words to hold ourselves to his way, and, dare I say it, to hold the Bible

accountable as well. Refusing to do this, schizophrenically puts the Bible and Jesus at odds with each

Maybe this is what Kurt Eichenwald was trying to get at in his recent Newsweek diatribe, "The Bible: So Misunderstood It's a Sin." He railed against biblical abuses, ignorance that impedes science, the foolishness of uniting church with state, and the suffering inflicted on this world by those who misapply the Bible. My response was, "Amen! Preach it, brother!"

He couldn't hear my agreement, though, because his words were so thunderously angry; as were the vitriolic words of his critics. And while I believe Eichenwald was largely telling the truth, nothing will change about this state of affairs until Bible-reading, Bibleloving, Bible-believing people stop treating the Bible like it is God. It's not, no more than that stormtorn Tennessee testament was Deb Savely's father.

I love the Bible, but not because every passage can be reconciled with Christianity. I love it because it helps me stay connected to the Source, to Jesus. After all, he is the foundation of my faith, and even as the Good Book says, there is no other.

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**

One begins their journey of worship when they begin to attend church service. They know they will be taught about who God IS and what it means to be a believer and follower of Christ. In the process they will observe people putting monies into a collection plate. They may or may not choose to do it (they are new in their faith and understanding) and that is o.k. God knows their heart! If the heart is not ready to give, God understands. We need a heart of true worship! Giving with resentment will not please the Lord.

One can not purchase God's love or salvation! Salvation is a "free gift" to those who accept Jesus

Does One Really Understand True Worship?

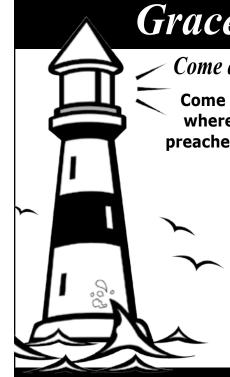
life, death on the cross and resurrection. God alone gives every life meaning and purpose! No amount of giving can buy salvation! Jesus paid the price and bought life eternal for those who accept His sacrifice on the cross. Jesus act of sacrifice purchased a gift of eternal life one day for those who accept Him as Savior and Lord. His resurrection proved his deity as our Messiah according to Scriptures. (This has never happened to any other!)

God will test your heart! God teaches guides and directs the process of learning and prayer about His instructions and worship. Every one who truly has the spirit of love also has an inward desire to give. The spirit of giving acts on that spirit, and it affects every area of their life. In time one does learn giving is a part of worship. Then, they begin to act out "giving" with a gratitude for God's love, mercy and forgiveness.

Giving becomes an "act of worship" as one returns love to God for what He has done in their life. Testimonies and praise increase because one cannot out-give God. Praise inhabits God's people. Our Heavenly Father automatically blesses when one is generous with their finances to support the church and/or other ministries and love to see souls won to the Kingdom of God. Obedience honors God as one demonstrates their love and belief - expressing and proving with gratitude what He has done for them.

Don't we pay our rent or mortgage payments so we can have a place to live? Why does anyone believe that a church or a pastor can live with something less? God had his followers build a Temple for learning, unity and fellowship and it needs everyone's effort and support a church to be effective. Our sacrifice demonstrates a spirit of love and praise, honoring and glorifying the God of the Bible we claim to follow and believe. Worship is far more than Sunday church attendance! Pray about this and listen!

Marlys Johnsen Norris Christian Author of 7 books God Moves Mountains, It was a Miracle! Marlysjn@gmail.com



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Citrus Heights to Hold 'More Hidden Treasures' Exhibit



Bob Gerould, Chair of the Citrus Heights History and Art Commission, greets visitors at the opening ceremony to the 2014 Hidden Treasures exhibit. Photo by Katherine Cooley

CITRUS HEIGHTS, CA (MPG) - In 2014, the City's History and Arts Commission curated its first Hidden Treasures exhibit at Sunrise Mall, which featured the Citrus Heights Permanent Art Collection, historic items from the Ladies in White and the Ladies Auxiliary as well as

artifacts gifted to the City.

We invite you to join us this year for another exhibit entitled "More Hidden Treasures". This exhibit will feature an expanded Permanent Art Collection, historic items from San Juan Unified School District's archives and the work of artist Ed Chaney and

sculptor Bill Mang.

The opening ceremony for the exhibit will be on February 21st at 12 p.m. Refreshments will be provided.

For more information email historyandart@citrusheights.net (916) 725-2448.

Source: City of Citrus Heights ★

SMAQMD Hearing Board Looks to Hire

SACRAMENTO REGION, CA (MPG)

- The Sacramento Metropolitan Air Quality Management District (SMAQMD) board of directors announced a vacancy on their hearing board at the beginning of February. The deadline for applications is February 16th.

The opening calls for an attorney to take up the legal position on the board to serve a threeyear term and receive \$75 per

The SMAQMD hearing board

meets on a monthly basis and focuses on developing, implementing, monitoring, and enforcing air pollution controls within the designated district, which covers the whole of Sacramento County.

The board consists of one attorney, one professional engineer, one medical professional, and two members of the general

Applications for the vacant seat can be obtained at the SMAOMD office located at 777 12th Street, Third Floor, Sacramento, California 95814 or by contacting the Clerk of the Hearing Board, Virginia Muller at (916) 874-4809. Completed applications must be handed into the SMAQMD office by February 16th, before 5 p.m.

Source: The Sacramento Metropolitan Air Quality Management District



How to Make Your Bathroom Safer

Dear Savvy Senior,

What tips do you recommend for making a bathroom safer and more functional for seniors. My 79-year-old mother slipped and fell getting out of the shower last month, and I'd like to modify her bathroom a bit with some safety features that can help protect her. - Searching Daughter

Dear Searching,

Because more accidents and injuries happen in the bathroom than any other room in the house, this is a very important room to modify for aging in place. Depending on your mom's needs, here are some tips for each part of the bathroom that can make it safer and easier to use.

Flooring: To avoid slipping, a simple fix is to get non-skid bath rugs for the floors. Or if you want to put in a new floor get slip-resistant tiles, rubber or vinyl flooring, or install wall-towall carpeting.

Lighting: Good lighting is also very important, so install the highest wattage bulbs allowed for your mom's bathroom fixtures, and get a plug-in nightlight that automatically turns on when the room gets dark.

Bathtub/shower: To make bathing safer, purchase a rubber suction-grip mat, or put down adhesive nonskid tape on the tub/ shower floor. And have a carpenter install grab bars in and around the tub/shower for support.

If your mom uses a shower curtain, install a screw or boltmounted curtain rod, versus a tension-mounted rod, so that if she loses her balance and grabs the shower curtain the rod won't spring loose.

If your mom has mobility issues or balance problems, get her a shower or bathtub seat so she can bathe from a seated position. In addition, you may also want to get a handheld, adjustable-height showerhead installed that will make washing while sitting down easier.

Another, pricier option is to install a walk-in-bathtub or a prefabricated curbless shower. Walk-in tubs have a door in front that provides a much lower threshold to step over than a standard tub. They also typically have a built-in seat, handrails and a slip resistant bottom, and some have therapeutic spa features with whirlpool water jets and/or bubble massage air jets.

Curbless showers have no threshold to step over, and typically come with a built-in seat, grab bars, slip resistant floors and an adjustable handheld showerhead. Prefabricated curbless showers and walk-in-tubs typically cost anywhere between \$2,500 and \$10,000 installed.

Toilet: Most toilets are about 14 to 16 inches high which can be an issue for many people with arthritis, back, hip or knee problems. To raise the toilet height, which can make sitting down and getting back up a little easier, you can purchase a raised toilet seat that clamps to the toilet bowl, and/or purchase toilet safety rails that sit on each side of the seat for support. Or, you can install an ADA compliant toilet that ranges between 17 and 19 inches high.

Faucets: If your mom has twist handles on the sink, bathtub or shower faucets, replace them with lever handle faucets. They're easier to operate, especially for seniors with arthritis or limited hand strength. Also note that it only takes 130-degree water to scald someone, so turn her hot water heater down to 120

Entrance: If your mom needs a wider bathroom entrance to accommodate a walker or wheelchair, install some "swing clear" offset hinges on the door which will widen the doorway an additional two inches.

Emergency assistance: As a safety precaution, purchase a waterproof phone for the bathroom or get a medical alert device (SOS emergency call button) that your mom could wear in case she falls and needs to call for help.

You can find all of the products suggested in this column at either medical supply stores, pharmacies, big-box stores, home improvement stores, hardware and plumbing supply stores as well as online.

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



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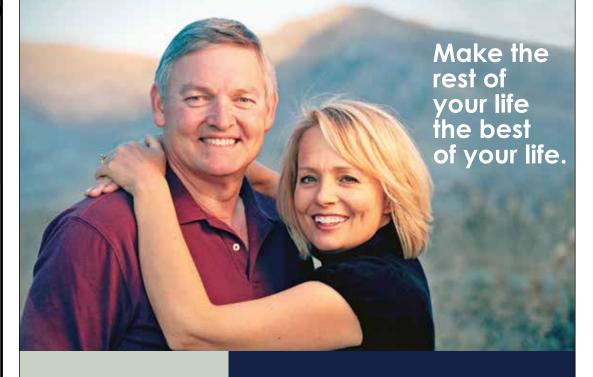
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WHO'S YOUR VALENTINE?

It's that time again, the time when Hallmark, Flower Marts, and See's Candies see the dollar signs go flying to the very top of their list. Why? Because it's Valentine's Day just around the corner. So, are you into all this fuss? Do you have enough money saved after a hard holiday stretch to come up with big bucks for all that Valentine's Day is supposed to stand for? If not, why not take a step back and think outside the box. Don't get me wrong, it's fun to receive some sweets etc, but don't you think we take it a little too far? Maybe, you can be a little creative this year and surprise her AND him with something more personal. Like WHAT you say? WellIlll, how

1) How about a handmade card.

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with Mary Jane Popp

No, I don't mean something so elaborate that Hallmark wants it for their next holiday. Make it from something soft and sweet and remember, the sentiments inside mean more than the fancy outside. Tell her how you really feel and it doesn't have to be mushy. It can be straight forward, and who says you can't borrow from the great poets in a situation like this. And ladies, this does not leave you out of the loop. How about a really thoughtful card for him too?

2) The flower part of the day can be planted flowers. The cut flowers only last a few days, but the planted ones can last for months, even years. For him, it can be something he would like to plant outside later on.

Or, she might be the gardener. Either way, every time you see the plant, you remember the special day.

3) Why not make a promise? For him, perhaps clean and cook for a certain period of time to give her a break. For her, why not get the car gassed up or take it in for an oil change, and if you are really energetic, how about mowing the lawn? Not bad for the waistline either.

4) Guys, give her a break with her own day to soak in the tube and adorn it with candles and flowers and some goodies like bubble bath and fragrance soaps. And be sure to put a 'do not disturb sign' on the door so the kids get the message too. Gals, give him his man cave for a day with all his favorite goodies and all the games he can stomach with no recriminations for the calories or the silence.

5) Then there's the big dinner in a crowded restaurant that can be so loud you can't even have a loving conversation. How about a picnic instead? Either one or both of you can plan a fun picnic just for the two of you where you can melt into each other's eyes, and sip a bit of bubbly to celebrate your love instead of the day.

These are just a few ideas, but really where will you put another stuffed animal holding a big heart? Instead, share your heart with each other, so that the feelings will last forever. Love comes from the inside out, not the outside in. HAPPY LOVE DAY !!!

For the Love of Books



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

A WICKED THING

by Rhiannon Thomas

- ♦ Publisher: Harper Teen
- ♦ Release date: February 24, 2015 ♦ hardcover, 352 pages

♦ Intended audience: Young adult ♦ Rating: ♥ ♥ ♥

On the Book Jacket: Rhiannon Thomas's dazzling debut novel is a spellbinding reimagining of Sleeping Beauty and what happens after happily ever after.

One hundred years after falling asleep, Princess Aurora wakes up to the kiss of a handsome prince and a broken kingdom that has been dreaming of her return. All the books say that she should be living happily ever after. But as Aurora understands all too well, the truth is nothing like the fairy tale. Her family is long dead. Her "true love" is a kind stranger. And her whole life has been planned out by political foes while she slept.

As Aurora struggles to make sense of her new world, she begins to fear that the curse has left its mark on her, a fiery and dangerous thing that might be as wicked as the witch who once ensnared her. With her wedding day drawing near, Aurora must make the ultimate decision on how to save her kingdom: marry the prince or run.

Amy's Review: Aurora remembered nothing past that of her 18th birthday. Her last memories being that of her dress, her hair, the party and the alluring light that lead her to the spinning wheel. That was over 100 years ago and she has just been awoken from what was supposed to be, a true love's kiss, however "happily ever after" might not be that simple. Now, forced to adapt to the new world around her, Aurora must also accept the new royal family that rules within the castle. Aurora, once again finds herself in the same predicament- locked away for her safety, not in a tower, but in a room within the castle, while the Prince's family eagerly prepares for their wedding ceremony.

However, this time, Aurora refuses to be held hostage, taking matters into her own hands. Aurora discovers a way to flee from the castle gates and explores the new kingdom for herself, making new friends along the way. Even with her determined nature to flee, Aurora might be casually throwing herself straight into danger's arms, opening the door for rebels and possibly death.

Now, Aurora must battle between, the kind

CHORAL SOCIETY

DONALD KENDRICK | MUSIC DIRECTOR

prince who woke her and the vying affection of a foreign prince. All of them believing the same thing, that Aurora is the one who will break the curse set upon the land, restoring the magic.

With very few allies, everyone wants to have their part in Aurora's awakening. Although Aurora carries the biggest secret of all, with her dark forbidden magic and Celestine, the evil witch who cursed her, no one is safe, especially her. Leaving Aurora to make a decision, of which path will she

Let yourself fall for the enchanting tale of Sleeping Beauty, after she is awoken from the wicked curse. Swift, face paced and enchanting, A Wicked Thing, throws vou into a tale of adventure, secrets and danger lurking within every shadow. Rhiannon Thomas, beautifully captures the kingdom as true love's kiss, breaks the enchanted spell, on Sleeping Beauty. Awakening a new a tales that captures readers with danger and heartache, leaving us dangling on the edge for the next book in the series, which will carry us to Aurora's next choice.



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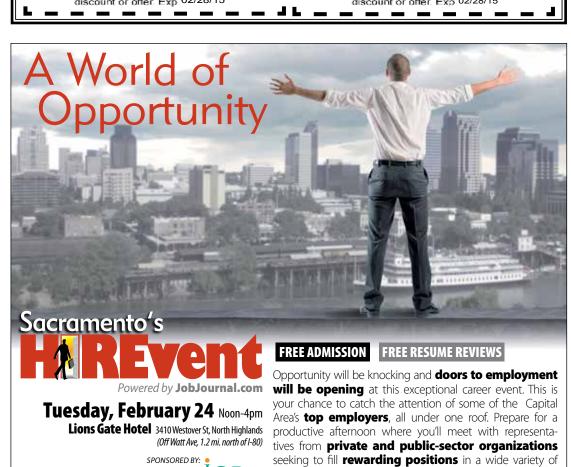
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by E. Haig – Sacramento Gazette, March 14, 2014

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Public Health Officials: 'Get Vaccinated Against Measles'

SACRAMENTO REGION, CA (MPG) - As a measles outbreak that is believed to have started in California's Disneyland spreads to 14 states, Placer County officials recently urged people to get

vaccinated. "We have been fortunate so far that none of the results have been positive," said Dr. Robert Oldham, Placer County's public health officer. "But it is quite possible that we will see a positive case in the not too distant future and we have to prepare for that possibility."

The officials' comments come in the wake of two suspected cases of the measles within Sacramento and Placer Counties, both of which were confirmed as negative by officials on January 30th.

The California Department of Public Health (CDPH) reported that 79 measles cases were confirmed in California from January 1st-28th. Of the confirmed cases, 52 have been linked to an initial exposure in December at Disneyland or Disney California Adventure Park in Anaheim.

"This is a highly contagious disease that knows no political boundaries," said Oldham.

"We live in an area where people live in Placer County but work in Sacramento County, or live in Sacramento but shop and dine or work in Placer County. So, this is a regional issue that we are working together closely on to educate the public about the risks and the best prevention, which is vaccination."

Dr. Olivia Kasirye, Sacramento County's public health officer, also urged the public to get vaccinated if they have not done so already.

"One dose of the Measles Mumps Rubella vaccine, or MMR for short, provides up to 95 percent protection," said Kasirye. "Most children routinely get a first dose of the vaccine at 12 months of age or later. The second dose is usually administered when children start kindergarten, but can be given as soon as a month after the first dose and that boosts resistance to nearly 100 percent."

Dr. Oldham emphasized that Placer County has one of the lowest vaccination rates in the country, noting that many residents are concerned about whether vaccines are

"Interestingly, the vaccination rates often track against income levels," Oldham said. "The lack of vaccinations is not typically due to a lack of access to medical care - in fact, the higher income families are the ones opting not to vaccinate." A significant percentage of parents still question if there is a link between vaccinations and autism even though that claim has been debunked and all scientific evidence shows there is no link, he said.

Measles is a highly infectious, airborne disease that typically begins with fever, cough, runny nose, and red eyes, and, within a few days a red rash appears, usually first on the face and then spreading downward to the rest of the body.

The disease can be fatal or lead to serious neurological disabilities in some cases.

Residents with symptoms who believe they may have been exposed to the measles should contact their health care providers. Except in emergencies, it is best to contact health care providers by phone initially so other patients are not potentially exposed to the measles.

Source: Placer County



JUPITER ASCENDING (Rated PG-13) A Film Review by Tim Riley

A friend of mine reported that of the eight or nine coming attractions showing recently at his local cinema all except one had something to do with fantasy adventure and science-fiction.

Admittedly, my friend tends to exaggerate but then both "Jupiter Ascending" and "Seventh Son," originating in the otherworldly context, are released on the same day, and so he may have a valid point.

Lana and Andy Wachowski, the filmmaker siblings behind the "Matrix" trilogy and "Cloud Atlas," have an affinity for inviting audiences into uncharted territory and fantastic new worlds, the basic stuff of science-fiction.

At times their magic touch for fantasy adventure works, particularly with the first "Matrix," and then there is the complete bore that was "Cloud Atlas." With their latest effort in "Jupiter Ascending," the Wachowskis may have hit upon the middle ground.

The trouble with "Jupiter Ascending" is not that the lovely Mila Kunis is the central figure in a space odyssey which requires her character to bridge the gap between the working class of the Midwest and the royalty of the intergalactic universe.

A Russian immigrant toiling in menial jobs with her extended family, Jupiter Jones (Kunis) dreams of better things, but the cold reality is that she's cleaning other people's toilets and suffers an endless run of bad breaks.

Riley **Reviews**

CONVOLUTED SCI-FI FORMULA RISES WITHIN "JUPITER ASCENDING"

Along comes the hunky Caine Wise (Channing Tatum), who looks fully human except for his Spock-like pointy ears. He's a bounty hunter from outer space assigned to track down Jupiter because her genetic signature marks her as next in line for a royal title in the House of Abrasax.

Granted, it's a real leap of faith to think that the ordinary Jupiter Jones has royal blood, but that news is far more disturbing to the three primary heirs of the Abrasax dynasty following the death of the royal matriarch.

At this point, the problem for "Jupiter Ascending" is the somewhat convoluted story of the squabbling within the royal empire, where three siblings vie for total control of their dominion in a manner reminiscent of Shakespearean drama, which inevitably recalls visions of "King Lear."

On a distant planet, it is the death of the queen that triggers a battle for succession, which is complicated by the sudden presence of Jupiter, who has the same genetic makeup of the late monarch, a fact which would elevate the Chicago maid to queen of the universe.

Palace intrigue ensues. The oldest of the royal siblings is the treacherous Balem (Eddie Redmayne), a person so tightly wound that he speaks in an oddly controlled, ominous whisper until those moments when he bursts into uncontrolled rage.

Balem is a mercenary whose only interest, as the current head of Abrasax Industries, is to savor the expansion of wealth and power by looting the Earth of all its precious resources, including the harvesting of humans.

The sister Kalique (Tuppence Middleton), an ethereal beauty,

prefers to advise and befriend the newfound member of the royal family, but she is no less devious than the rest of the clan as she is reluctant to reveal her hand

Titus (Douglas Booth), the youngest brother, gives the impression of a charming and spoiled playboy with an admittedly cavalier relationship to the truth, but his devotion to his hedonistic pursuits belies a fierce ambition every bit as calculating as Balem's.

To be sure, Jupiter, though faithfully assisted by Caine, is a mere innocent in this pit of venomous snakes. The amusing scene is when Jupiter is put through the bureaucratic maze of validating her royal position by obtaining the necessary paperwork.

Never before has dealing with red tape looked as inept, complicated and inefficient as here. Jupiter's shuffling back and forth to obscure government agencies is akin to the nightmare of having to deal with the DMV, IRS, Social Security Administration and Department of Homeland Security all at the same time.

Just in case you were wondering, aerial battle scenes are plentiful and exciting, with a generous helping of explosions. With Jupiter in his arms, Caine zips through the Chicago skies on his jet-propelled boots, and while this happening the aliens destroy most of the skyscraper landscape.

The action moves at the quick pace that may prove satisfying for most fans of the genre. Even the reliable Sean Bean gets into the act as toughguy bounty hunter Stringer who's been exiled to a ramshackle Midwestern farm in the middle of nowhere.

With the Warchowski pedigree firmly in place and the attention generated by an original work steeped in the genre elements of science-fiction, "Jupiter Ascending" may very well rise to the top, and not without good reason considering there's just enough action excitement to keep the convoluted business interesting.

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Source: Harke Income Tax Service

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I am very excited to offer

this question and answer column in your community. First, a little about myself to introduce this new resource for homebuyers and sellers reading this paper. My second job ever was in real estate, and to this day, I truly enjoy working with buyers and sellers. With over 30+ years in this business I have worked in almost all facets of the industry. From working with first time homebuyers, to move ups whether residential, commercial or investment real estate, I've done that and developed home properties directly as well.

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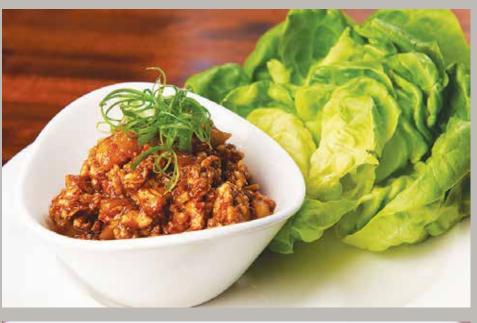
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