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Citrus Heights Messenger

“Written by the people, for the people”

Volume 5 Issue 03

Serving the City of Citrus Heights and Sacramento County

January 30, 2015

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Firefighters Ask Community to Help “Fill The Boots”



Collectors hold up their firefighter boots in which they collect donations. Photo courtesy of the Firefighters Burn Institute

CITRUS HEIGHTS, CA (MPG) - It's that time of year again to be prepared to give coins and cash to firefighters collecting donations to help burn victims.

Firefighters from many of the fire departments serving Sacramento and surrounding communities will support the Firefighters Burn Institute (FFBI) in their annual “Fill the Boot for Burns,” Boot Drive in February. This year's Boot Drive will once again be held President's Day weekend from

February 12th through February 15th at the corner of Sunrise Blvd. at Greenback Ln. at the Sunrise Mall and Sunrise MarketPlace.

“The Firefighters Boot Drive is open to the public and will include a free Safety Fair on Saturday, February 14th from 11 a.m. to 2 p.m.”

Donations from drivers, pedestrians, and others during this 4-day event are used to improve burn treatment and to fund life-altering burn recovery programs including Firefighters Kids Camp for young burn survivors ages 6-17 and the new Little Heroes Preschool Burn Camp for children ages 3-6 along with their families.

The Firefighters Boot Drive is open to the public and will include a free Safety

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Amended Sacramento County Panhandling Ordinance Released

By John-Michael Kibrick

SACRAMENTO REGION, CA (MPG) - As tensions continue to mount over the status of Sacramento County's homeless population, officials called for some 400 volunteers to take part in a detailed census on January 28th of those in the region without homes.

While it wasn't clear at the time of publication how many actually participated in the, “Sacramento Homeless Street Count,” County officials hope that the information gained will help produce concrete ideas on how to move forward in reducing local homelessness.

Participating volunteers were required to fulfill a training session and covered over 70 mapped areas throughout the county, counting and speaking to homeless individuals.

The census comes amid a 30-day community outreach initiative by the Sacramento County Sheriff's Department intended to educate the population on the county's panhandling ordinances which received their latest update on January 12th.

The additions to the, “Aggressive and Intrusive Solicitation Ordinance,” mean that the restrictive laws now apply to charitable solicitors as well as panhandlers, according to the Sheriff's Department.

A Sheriff's Department press release labeled the following list as prohibited behavior under the laws.

- Aggressive solicitation such as

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Economy Boosted by County Crops and Livestock

SACRAMENTO COUNTY, CA (MPG) - Wine grapes, milk, and pears help keep Sacramento County agriculture at the top of its game, according to the newly released Crop and Livestock Report. The year 2013 brought in a crop production value of \$457.3 million, the second highest in County history.

“Everyone knows Sacramento is fertile ground, but many may not know how significant this is to our living,” stated County Agricultural Commissioner Juli Jensen. “A productive agricultural year for Sacramento means a better economy, fresher food, and healthier living overall.”

Wine grapes led the Top Five Commodities list yet again by raking in \$141.2 million, making it a third of the County's production value. Milk from livestock came in second with

a total of \$64.6 million due to a 10% price increase. Pears rose to the number three slot by grossing \$42.6 million. Most pear farms have been growing in our region for generations, with some 100-year-old pear trees still bearing fruit. Sacramento's poultry population, which consists mostly of turkeys, generated \$33.4 million, earning it the fourth top commodity spot. Field corn made fifth place with \$26,131,000 earned.

“It's clear to see why Sacramento is the Farm-to-Fork Capital of America,” said Bradley Hudson, Sacramento County executive. “The quantity and quality of the County's agricultural products continue to be source of pride.”

Sacramento County remains a rich region of productive soil, with an abundance of fruits, vegetables, grains, meats, nuts, and milk. Most of the



Wine grapes continue to lead in Sacramento County's production by raking in \$141.2 million last year, making it a third of the County's production value. Photo courtesy of Sacramento County

County farms that provide products for the Farm-to-Fork movement are located in the unincorporated areas. Local residents and visitors can enjoy these fresh

foods by shopping at one of the Certified Farmers Markets in the County.

Source: Sacramento County

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See inside for details

Community Hosts Cohousing Expert



The heart of the cohousing neighborhood is a central clubhouse, which typically includes a dining room, kitchen, and other amenities. Photo courtesy of McCamant and Durrett Architects

By Marty Maskall

SACRAMENTO REGION, CA (MPG) - Fair Oaks, CA (MPG) - Charles Durrett, architect and international expert on cohousing, will give a public presentation at 7 p.m. on Saturday, February 7th at the Fair Oaks Library, 11601 Fair Oaks Blvd.

Durrett, an award-winning architect, is currently designing the latest addition to the local cohousing communities: Fair Oaks EcoHousing on Fair Oaks Boulevard near New York Avenue.

The presentation will provide an overview of the national cohousing movement, with examples of communities that have been built around the country over the last

two decades, including Southside Park Cohousing in Sacramento, Nevada City Cohousing, and Wolf Creek Lodge in Grass Valley.

Cohousing neighborhoods are composed of privately owned homes clustered around shared open space and common facilities. A central clubhouse—the heart of the neighborhood—typically includes a dining room, kitchen, lounge, workshop space, kid’s playroom, and guest rooms.

Cars are kept to the edge of the site, thus making the neighborhood pedestrian-friendly and safe for children. Future residents are involved in the design and development of their new community so it reflects their needs and priorities, creating a truly custom

neighborhood.

Architects and authors Charles Durrett and Kathryn McCamant introduced cohousing to North America in the 1980s with their seminal book, *Cohousing: A Contemporary Approach to Housing Ourselves*, after studying the movement in Denmark. There are now more than 130 housing communities in the U.S. and Canada. Together, McCamant and Durrett, a husband-and-wife team, have worked on over 50 cohousing projects. They now live in Nevada City Cohousing.

Admission to the public presentation is free. For more information on cohousing, visit www.FairOaksEcoHousing.org. ★

Toys For Tots Event Brings out the Best in Community



A broad spectrum of veterans and friends of the Citrus Heights Veteran’s Community Center brave the cold as they enjoy the Marine Toys for Tots collection event on December 20th. Shown: Mayor Sue Frost (second from left) between Ben LaPolla, American Legion (AL) Commander, and his wife Sheila, AL Auxiliary Unit 637. Congressman Ami Bera (center) and Matt Ceccato, veteran’s caseworker for Bera (Santa). They are surrounded by AL Riders Chapter 383, Fair Oaks, and Chapter 521, Rio Linda. Photo by Jack Mintz

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - The atmosphere was electrifying at the Citrus Heights Veteran’s Community Center on December 20th, the site of the second Marine Toys for Tots collection event to take place at this local historical landmark.

From the flag-lined street, Marines in full dress uniform, girl scouts and boy scouts inviting passing motorists and pedestrians to join in the festivities, the presence of Santa Claus, and of course the roar of dozens of bikes driven by American Legion Riders, all passers-by knew there was something special going on.

Once again the community went above and beyond expectations as neighbors and many others answered an appeal to make a difference in the lives of children who might not otherwise have any presents under their tree on Christmas morning. At the end of the day there were 18 boxes filled with toys, games, and stuffed animals and the Marines had collected cash donations of \$738. With these funds Jean Rounsavell, owner of

the Veteran’s Center, was able to purchase bicycles, skateboards, and other items to donate.

While the main focus of the day was on the children, the event took on more meaning than providing toys and games for them. Despite the chilly, overcast weather hearts were opened in other ways on this day.

The iconic Citrus Heights landmark, now a place of camaraderie for our Veterans, provided the perfect setting to allow those driving by to show their appreciation for what on this day represented our military, an integral part of our community. Many drivers stopped, left to shop and returned to donate and thank the Marines, veterans at the Community Center, and the American Legion Riders for their service.

Don Miller, a local WWII memorabilia collector transported an authentic WWII jeep with trailer and other WWII artifacts from his collection for the public to inspect. Congressman Ami Bera, who has supported the Veteran’s Community Center since it was incepted in 2012, was again present to support the

cause and greet visitors.

Matthew Ceccato, a veteran’s caseworker with Bera’s office and a wounded warrior himself, was Santa Claus, listening to the Christmas wishes of young and old alike. Ceccato explained that the young Marines working on this day were fresh out of basic training and had been looking forward to this event, anxious to work with Jim Rounsavell, owner of the Center, while helping with the Toys For Tots program and doing something for the youth of Sacramento County.

Ceccato added that interacting with the public and relating to young and old alike in many different situations will be only one of their duties during their time in the service. This day provided good experience for them.

An event involving the military is never complete without the American Legion Riders. Chapter 383 from Fair Oaks and Chapter 521 from Rio Linda once again participated, donating generously to the cause. They are all veterans, always ready to be of support to fellow servicemen and servicewomen. ★

Police Apprehend Suspects in Multi-State Crime Spree

CITRUS HEIGHTS, CA (MPG) - Two suspects wanted for a multi-state armed robbery crime spree were apprehended by the Citrus Heights Police Department on January 16th with the assistance of the Sacramento County Sheriff’s Department. The armed robbery spree which included the robbery of a Domino’s Pizza in Citrus Heights spanned across numerous jurisdictions in California and Colorado.

Suspect Michael Ortiz (33), who was armed with a stolen firearm at the time of apprehension, and Chanzie Cox (27) were both arrested and booked into the Sacramento County Main Jail on charges of robbery, possession of a stolen firearm, possession of narcotics, and conspiracy.

Citrus Heights Police detectives have confirmed 11 armed robberies they believe were perpetrated by Ortiz and Cox during the course

of their multi-state crime spree, but believe there are additional unidentified victims throughout California, Colorado, Nevada, Arizona, Utah, and Oregon. If you feel a person or business in your area may have been a victim of these suspects, please contact the Citrus Heights Police Department at 916-727-5500.

Source: Citrus Heights Police Department ★

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Every year the International Institute of Criminal Justice Leadership advisory board selects a recipient for the Leadership award. The award recipient is a law enforcement leader who has distinguished themselves within the law enforcement profession and supported the University of San Francisco's law enforcement program.

Anthony Ribera, director of outstanding work in advancing California law enforcement, and his active engagement in community policing.

The International Institute of Criminal Justice Leadership provides today's law enforcement leaders with the training and information necessary to effectively lead within the criminal justice system. The symposium is well attended by leaders in crime over the past eight years, as well as receiving the distinguished James Q. Wilson award on two separate occasions for their work in community policing on Sayonara Drive and domestic violence. In February 2014, Chief Boyd was elected President of the California Police Chiefs' Association (CPCA).

Source: Citrus Heights Police Department ★

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The Sacramento Life Center's Baby Basket Drive raised funding for 96 baskets in December, which will be given to new moms throughout 2015. Photo Courtesy of Kristin Thébaud Communications

“Our patients may come in for a pregnancy test, but they leave with strong support systems and resources,” said Marie Leatherby, executive director. “We want to encourage women and teen girls and their partners

The Sacramento Life Center's mission is to offer compassion, support, resources and

Source: Kristin Thébaud
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Retiring DA Will Miss Top Dog



Room at the top: Court House employee Reggie nuzzles the boss at retiring District Attorney Jan Scully's desk.

Story and photos
by Susan Maxwell Skinner

SACRAMENTO COUNTY, CA (MPG) - Who weighs 73 pounds and sprawls with impunity on Sacramento court room floors? Reggie the comfort dog is also the only county employee who can nuzzle former District Attorney Jan Scully's knees.

Now in his sixth year of employment, the towering standard poodle was part of the farewell delegation—wagging his pom-pom tail—when his boss retired last year. "I'll definitely miss Reggie," admitted Scully. "I'm proud of what we've achieved with him for crime victims. His temperament, his calmness—everything about him makes him easy to love. I want to take him home every time I see him."

Reggie was donated to the DA's Victim Witness Unit by the St. Francis Pet Education and Training Center in Fair

Oaks. He earned his stripes while still a lolloping pup. "On his first day at work, he came upon a family outside a courtroom," said Scully. "They were part of a homicide case, and they were all in tears. Without being told, Reggie walked over to the mom and put his snout on her lap. She instinctively started to pet him. He was comforting her."

When not in court or comforting the vulnerable, the poodle mooches freely in the DA's downtown building. Undaunted by elevators and busy corridors, he visits people throughout the office, favoring those who supply treats. "He'd come in and lie on my floor while I was working," said his former boss. "Seeing Reggie was like taking a really big breath and ending up smiling. For staff, and for victims of crime, he's a real morale booster." The canine also wins hearts at civic banquets. Jacketed in black and gold, he upstages most VIPs. "He wanders around the

tables, being petted and having his photo taken," said Scully.

Her office was a California pioneer in providing critter support for crime victims—often in cases of sexual or violent assault—and for intimidated witnesses. Reggie's service was at first controversial. Some defense attorneys argued jurors might be influenced by chocolate eyes and mute compassion. Scully recalled, "We suffered what we called 'Reggie motions.' One judge banned him. It was a struggle to get him accepted. We had a breakthrough when a judge asked our prosecuting attorney if she feared (the dog's presence) might lead to trial results being overturned on appeal. Our attorney answered, 'I'm not. Are you?'" On appeal, the jury's conviction indeed held firm. Reggie's worth was cast in granite.

DA victim advocate Marcia Christian shared her home with the canine staffer after hours. "He's comforting and calm,"

she said. "If Reggie senses someone's upset, he pushes himself against them or puts his head in their lap. He'll shake hands and play with children. One little girl had been molested and was too petrified to come in our office door. She saw Reggie and that was it. She hugged him and they lay on the floor, playing." Part of the pacifying poodle's duty is accompanying victims or frightened witnesses when they testify. He then settles near them to wait out the slow process of questioning. Bathroom needs are signaled with a few nose-pokes at handlers.

After hours, he's an ordinary dog. "He's high energy and he eats anything," said handler Christian. "He likes playing, preferably with other dogs. His favorite thing is to chase and be chased at the dog park."

While not exactly on the DA's payroll, Reggie's "salary" is part of operational expenses. Funding for food, grooming, vet bills—even his Frisbee—comes from confiscated proceeds of crime. Reggie's champions consider him worth more than his weight in gold, but his actual cost to the DA's Office is about \$1,500 per year.

"You can't put a dollar value on the comfort, support, and affection he shows on everyone who touches him," said the retired DA. "Reggie is priceless." ★



Suited up for courthouse duty, Reggie gets a morning greeting from fellow county employee Deputy Ron Aurich.

Water District to Name New Member to Board of Directors

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Water District (CHWD) recently announced a new vacancy on the Board of Directors for Division 2 of the District. According to the CHWD, the term of the appointment will expire in December 2016.

The Board will accept applications and letters of qualifications and interest for appointment until 5:00 p.m. on Tuesday February 17th. Applicants must be registered voters and live within the boundaries of Division 2 of the District. The application can be found on the District's Web Site at www.chwd.org/about-us/board-of-directors or call the District office at (916) 725-6873.

The CHWD requested that interested parties submit applications to the President, Board of Directors, Citrus Heights Water District, P.O. Box 286, Citrus Heights, CA 95611-0286. For more information contact General Manager Robert A. Churchill at (916) 725-6873 or email at rchurch@chwd.org.

The area of Division 2 is described as those portions in the east territory of the District being bounded on the west by a line beginning at the intersection of Sunrise Boulevard and Madison Avenue, then north on Sunrise Boulevard to Oak Avenue, then east on Oak Avenue to Fair Oaks Boulevard, then north on Fair Oaks Boulevard to Villa Oak Way, then east on Villa Oak Way to Olivine Avenue, then north and east on Olivine Avenue to Wachtel Way, then north on Wachtel Way to Old Auburn Road, then east and north on Old Auburn Road to the Placer County Line. Division 2 contains portions of the City of Citrus Heights and portions of the communities of Fair Oaks and Orangevale.

Source: Citrus Heights Water District ★

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.

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Officers Shoot, Wound Suicide Suspect

By John-Michael Kibrick

CITRUS HEIGHTS, CA (MPG) - Local police officers landed in a difficult situation at approximately 7:20 a.m. on January 22nd when they discharged their weapons on a reportedly suicidal individual.

According to the Citrus Heights Police Department (CHPD), a call was received from a relative reporting a suicidal man and officers arrived on location at the 8200 block of Oak Avenue to find the suspect walking through a local municipal park. It was unclear if police new upon arrival that the individual

was carrying a handgun on his person.

Officers attempted to communicate with the suspect who apparently refused to comply with commands from the police. According to a CHPD press release, events then led to officers firing multiple times at the man, who was hit by the incoming rounds.

CHPD reported that first aid was immediately administered to the suspect by officers and the handgun, apparently intended for use in the suicide, was recovered by police. The suspect was then transported via ambulance to a

local hospital for treatment. The suspect was released from the hospital a short time later and no officers were injured during the incident.

The identities of the suspect and involved officers were not initially released, though CHPD described the individual as a white male in his 50's. Detectives arrived on scene shortly thereafter to begin investigations.

CHPD spoke to the Citrus Heights Messenger and stressed that no further information was available pending a detailed investigation into the incident. ★

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Wrong Way Driver Kills Three on I-80

CITRUS HEIGHTS, CA (MPG) - On January 10th at 2:10 a.m., Aaron Jordon Caudillo, a 24-year-old driver from Roseville, was driving a 2006 Chrysler 300 westbound on I-80 west of Madison Ave., going the wrong way in the eastbound lane at an unknown speed. Matthew Azar, a 19-year-old male driver from Roseville was driving a 1994 Buick Regal eastbound on I-80 west of Madison Ave., in the lane approaching Caudillo's location. Azar was transporting Kendra Langham, an 18-year-old female from Granite Bay and Mathew Beardwitt, an 18-year-old male from Roseville. Both vehicles collided head-on. All three people in the Buick were killed upon impact. Caudillo survived the collision and was transported to Mercy San Juan for his injuries.

Aaron Caudillo was treated and has now been released from the hospital and booked into custody at the Sacramento County



Aaron Caudillo has been released from the hospital and booked into custody at the Sacramento County Jail.

Jail. Caudillo faces charges for felony DUI, being over the legal blood alcohol limit of .08%, and three counts of felony gross vehicular manslaughter while driving intoxicated.

Source: California Highway Patrol ★

Networking Dinner with the American Business Women's Association

CITRUS HEIGHTS, CA (MPG) - You're invited to join the American Business Women's Association (ABWA) at their Empowering Network Dinner! The dinner takes place on Thursday, February 12th in the Marie Callender's Restaurant Meeting Room on 5525 Sunrise Blvd., Citrus Heights, CA 95610. Arrive at 6 p.m. for networking, with dinner being served at 6:30 p.m.

ABWA's mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others to grow personally and professionally through leadership, education, networking support, and national recognition. Visit ABWA's website at www.CapitalCityABWA.com.

Source: Joanne Lang ★

Good Friends and Pinochle - Secrets To A Long Life?

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - On January 20th, 2015, the weekly pinochle game at Rusch Park's Sunrise Room added an element of historical significance. Theresa Silver, a Citrus Heights resident of 15 years, celebrated 100 years of life with her fellow card players and family members.

Silver's daughter, Kay, helped her mother commemorate this milestone with a special luncheon, birthday cake, and cards, as well as a heartfelt round of happy birthday wishes from her friends.

Silver was born on January 10th, 1915 in Buxton, North Dakota where she lived and worked with her eight brothers and one sister on the family farm. In 1934, at age 19, she married her husband Harry and they moved to Minnesota, later moving even further afield to California in 1941. They had two daughters, Pat and Kay. Silver now lives with her daughter, Kay.

Silver retired after working 30 years, having spent part of that time as a buyer of women's fashions for Jays Department Store in Marysville. Her work took her to San Francisco and Los Angeles four times a year. After retiring from Jays in 1979, she discovered she was not ready to leave the work force and so went to work part-time at Bradley's Department Store where she retired a second time in 1991 at the age of 75. Her husband died in 1985.

Silver has not let her years slow her down. Three days a week she plays cards with different groups in the community. She has been playing pinochle on Tuesdays at Rusch Park for over



Dorothy Peek, pinochle player and good friend of Dorothy Silver, displays the birthday cake honoring Silver who reached the milestone of 100 years on Jan. 10th. Photo by Elise Spleiss

15 years where she is considered one of the best and sharpest players of the group. She also plays hand and foot canasta in a private home on Wednesdays. Not getting enough of pinochle one day a week she also plays on Thursdays at the Citrus Heights

Community Center.

Silver is also an active member of Ascension Lutheran Church in Citrus Heights.

Her good friend and fellow player, Dorothy Peek, commented, "She is active and alert and in better shape than

most (people) she plays with. By looking at her one would never guess she is 100."

When asked to what she attributes her longevity, Silver credits, "Good genes, strong faith and hard work. Good hard work never hurt anyone." ★

Kaiser RNs Approve New Pact in Overwhelming Vote

Major Patient Care, Health and Safety, and Economic Gains

Special release from the California Nurses Association

SACRAMENTO REGION, CA (MPG)

- Registered nurses (RNs) and nurse practitioners (NPs) who work at 21 Kaiser Permanente hospitals and 65 clinics across Northern and Central California, the largest nurses' collective bargaining contract in the U.S., have voted to approve a new three-year agreement that provides for substantial improvements in patient care, health and safety protections for nurses, and economic gains.

The pact was overwhelmingly approved in membership meetings from held last week from Santa Rosa to Fresno. The California Nurses Association (CNA)/National Nurses United (NNU) represent 18,000 Kaiser RNs and NPs, part of an overall membership of 185,000 RNs nationally in NNU, the largest U.S. organization of nurses.

"Kaiser RNs have long been in the forefront of standing up for their patients and themselves, setting a benchmark that others have followed," noted CNA/NNU Executive Director RoseAnn DeMoro. "The new pact could not have been realized without the unified determination of Kaiser nurses to assuring the highest level of quality care for patients as well as protections for the nurses who deliver that care."

"This contract will set the national standards for all other hospitals to achieve patient protections and solidify the future of the nursing profession," said Zenei Cortez, RN, chair of the Kaiser RN bargaining team, and a co-president of CNA.

"We look forward to a new chapter in our interactions with Kaiser," DeMoro added. "We especially appreciate the commitment of Kaiser's leadership to working to address our concerns, including working through the complicated problems associated with the changes in health care delivery, some of them related to the Affordable Care Act, and the attention it has paid in this contract to the health and safety of its registered nurses as well as patients."

"This is a great day for Kaiser patients and nurses," said Zenei Cortez, RN and chair of the Kaiser RN bargaining team and a co-president of CNA. "We have an agreement that will strengthen the ability of Kaiser RNs to provide the optimal level of care our patients deserve, while establishing additional security for nurses. I am so proud of the Kaiser RNs and NPs who worked so hard for so long for this day."

"This agreement is a great achievement," added Diane McClure, a Sacramento Kaiser RN and nurse negotiator. "We are especially excited about the expanded opportunity for new RN grads and trainees in Kaiser and the protections this agreement offers for RNs and our families."

The agreement includes the following major components, among others:

- Kaiser will hire hundreds of RNs, which the nurses say should substantially improve the quality of care for hospitalized patients as well as signaling a renewed

commitment to RN training and employment opportunities for new RN graduates at a time many hospitals have frozen RN hires.

- Groundbreaking workplace protections for nurses from workplace violence to infectious diseases like Ebola to needle stick injuries.
- Substantial economic gains for RNs and NPs, many of them the sole source of income for their families or extended families. Over the three years of the agreement, all the nurses will receive 14% pay increases through across-the-board hikes and lump-sum payments.
- Additional long-term retirement security for Kaiser RNs and NPs through maintenance of a secure pension plan plus a substantial increase in employer contributions to the nurses' 401k pension plans for the 87% of Kaiser RNs with those plans.
- Annual paid release time, the first in the nation, for 25 RNs every year to participate in NNU's disaster relief program, the Registered Nurse Response Network, which has dispatched hundreds of RNs to provide basic medical services following U.S. and global disasters from Hurricane Katrina to the Haiti earthquake to Typhoon Haiyan in the Philippines.

CNA is also committed to helping National Union of Healthcare Workers at Kaiser, including mental health clinicians, to achieve a contract agreement as well. ★

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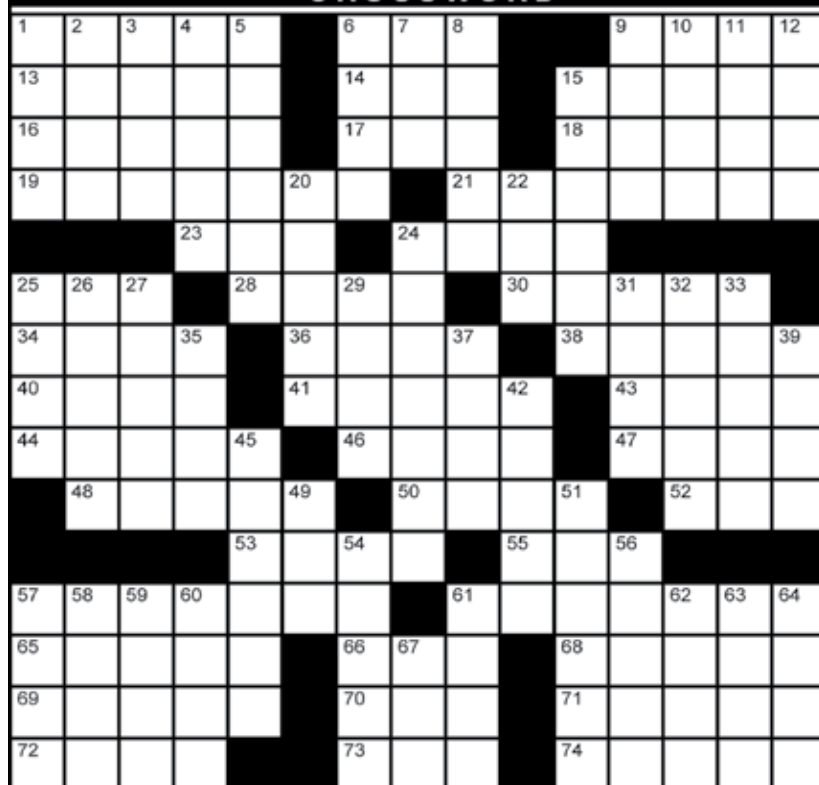
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- Supporting workers
- Military activities
- Self-satisfaction
- *Mike Ditka has his own brand of this smoke
- One who is not Jewish, Yiddish
- Done for dramatic affect?
- Often done for one's sins
- Unagi
- Garment enlarger
- *The _____
- *Winners of first two Super Bowls
- Après-_____
- Keep it up?
- State V.I.P.
- Starch used in Asian food
- Extremely tiny
- Top of Kilimanjaro, e.g.
- Texting button
- Result of too much pressure
- Pharrell Williams' 2014 album
- Last European colony in China
- Muslim honorific
- Tax evader's fear
- *Something to play for
- Track _____
- Confusion
- Feudal laborer
- Like humor or martini
- Charades action
55. 401(K) alternative
- *Super Bowl host state
- Fracas
- Precedes birth
- Former measure of U.S. economy
- Made cow noise
- Mixtures
- Earned at Wharton or Kellogg
71. "_____ it!" said the accused
- *Hendricks and Ginn Jr.
- Make a scene
- Type of car

DOWN

- Wound, eventually
- South American monkey
- All excited
- Vampire's feature, pl.
- One who _____ out at the site of a snake
- Curved molding
- "The Raven" writer
- Airy spirit
- Dropped or fell
- Source of artist's inspiration
11. _____ friendly
- Understands
- Alfredo meal
- Unhealthy vapors
- *Teams rely on this kicker sense
- To the point
- Lady of "Applause"
- Poppy product
- Opera composer Giuseppe _____
- *Cleats, helmet, pads
- Pack like sardines
- Was violently angry
- Shade of yellow
- *49
- Copenhagen native
- *Super Bowl halftime performer
- Finno-_____ language
- Malignant or benign ones
- Bowling target
- Drab and unattractive people
- Molten rock
- Before, in the olden days
- Sir Mix-_-_-
58. Rapid series of short loud sounds
- Footnote acronym
- Menageries
- A quarrel
- *Not a Super Bowl party without it?
- Bulgarian money
- Place of forbidden fruit
- *Where to watch

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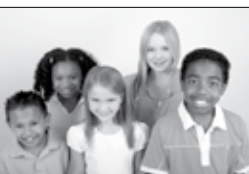
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Sudoku Puzzle on Page 6

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

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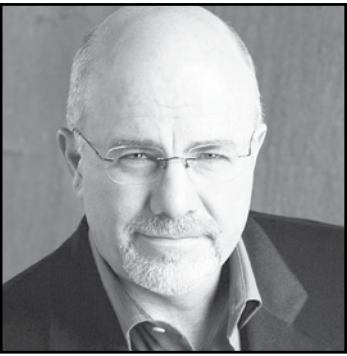
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Drop the Arrogance

Dear Dave,
My son is in his thirties and has been married for seven years to a girl from a wealthy family. Her parents provided them with a lot of financial support over the years, but now they’re getting divorced and he has come to us for the money to make this happen. On top of all this, when we ask him why he doesn’t have the money he tells us it’s none of our business. We don’t like his attitude, but we’re not sure what to do.
-Dee

Dear Dee,
This is a grown man we’re talking about, and if he’s going to take on the lifestyle and actions of a grown-up he needs to act like one and take care of his responsibilities. I understand he’s your son, and he’s hurting right now. Still, it takes a ton of arrogance to beg money from

someone and tell them the reason they don’t have it is not their business.
If he seriously wants to get into some financial counseling and start becoming accountable for his money — to himself and to you — then you might consider helping him out financially. But at this point, you’re giving a drunk a drink if you just hand him money because he wants it.
Anyone can make a mistake, Dee. But it’s not your job to fund his irresponsible behavior or his arrogance!
—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

Our biggest problems are people problems -- getting along with other people. “To dwell above with those you love, that will be a glory. But to dwell below, with those we know, that’s another story.” In the Bible, the book of James chapter 4 talks about how to treat people right by not showing favoritism and discriminating. James 4:3-4, NIV “*If you show special attention to the man wearing fine clothes and say, ‘Here’s a good seat for you,’ but say to the poor man, ‘You stand there’ or ‘Sit on the floor by my feet,’ have you not discriminated among yourselves and become judges with evil thoughts?*”
The Bible says don’t discriminate. The New English Bible calls it “snobbery”. Don’t be a snob. A snob is somebody whose nose turns up when their eyes look down; somebody who always thinks they’re better than everybody else. The Greek word literally means to receive somebody at face value, on the basis of how they look, superficial judgment. James says,

Treating Everybody the Same (Part One)

“Don’t do that. Don’t accept people just on superficial judgments.” The Good News says, “*Never treat anybody in a different way according to their outward appearance.*” It’s a common social disease. There are common areas of discrimination in our society.

Appearance – We discriminate often because of appearance: long hair, short hair, good clothes, shabby clothes, gender, skin color, age, just to name a few! The list goes on and on. How do you judge people? Do you judge them immediately by how they look? Do you judge them immediately?

Affluence – a very common distinction. We judge people by their wealth – whether they’re rich or poor – their economic status. What attitude do you have toward people who make less money than you do?

Achievement – whether good or bad. People are penalized for their past, even if their debt has been paid. Do you accept people with a checkered past? Our society gushes over winners and forgets the losers. James says, “Don’t do that. Don’t give preferential treatment.”

Academics – or the lack thereof. How do you treat people who are a little slower than you? What about the person with the learning disability or emotional or mental disorder? Are

you patient with them? Do you give them the same time and respect as you do other people?

Ancestry – We judge people according to their race, their nationality, their ethnic background. I heard about a black man who went to a church in the South and was trying to get in. It was full of bigots and they wouldn’t let him in. He went to the pastor and told him. The pastor said, “You just need to pray about it.” About three weeks later the pastor saw him and asked, “Did you talk to the Lord about it?” The man said, “Yes, and God said, ‘Don’t worry, I’ve been trying to get in that church 20 years and I still can’t get in!’”

Romans 2:11 “*God does not show favoritism*”. Jesus treated everybody with dignity. God loves everybody. If there is one place in the world where there shouldn’t be any kind of discrimination it ought to be the church. There is discrimination everywhere else in the world.

But there ought to be one place no matter who you are or what your background is that you’re always welcome.
Pastor Ray

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POPPOFF!

with Mary Jane Popp

reflects somewhat the unease and searching of many people who feel dissatisfied that leaders and society does not have the solution to the oncoming problems. Once again, this is a predecessor of great social challenges, fears, and unrest.

2) There will continue to be private home break-ins at least 1 in every 5 homes. The majority will take place during the day, and will involve not one but 2 or 3 individuals. Today’s crook cases and observes the home. Yes, there is electronic security, but the larger solution has been forgotten...“Neighborhood” when people knew each other and children could play outside. It was awareness of neighbor to neighbor.

3) What about strong leaders for our future, especially with all the turmoil in our government? Will they come from the U.S. Senate or Congress? Will there be anyone who will step up to the plate? Kreskin says...nobody! He feels that in years to come, the real salvation and re-strengthening of our government will come from outside the present political system, a young person with a philosophy of the early founders of our country. Not a lawyer either. Their salary will be returned and they will give back to our country in service.

4) What about a comparison

to historic leaders like Franklin Roosevelt or Ronald Reagan? Kreskin personally thinks the ideal individual today would be Harry S. Truman.

5) What about jobs? Kreskin feels a threatened profession in the months and years to come will be in the profession of teaching. Teachers become disillusioned with their work, especially those in grammar school and junior high school, and they will try to find a way to leave their job. He thinks that a very unhealthy element threatening the profession is parents converging into principals offices, often complaining because of the failing or non passing marks of their children. And yes, there has been abuse by teachers of children...horrendous activity. But the vast majority of teacher abuse cases are found innocent, but by the end of the investigation, their reputations are permanently damaged.

There was so much more detail in his predictions, but at least we get a small sample of what he is concerned about in 2015. I will have Part II coming in my next column. In the meantime, you can check out Kreskin’s website at www.kreskin.com. Kreskin is coming up on his 80th birthday, and his concern for our well-being continues! Happy birthday Kreskin and our hope is for many more to come!



By Marlys Johnsen Norris, Christian Author

Every one of us will face this reality some day. The grieving process begins as soon as we have knowledge of this coming event. Knowing about it in advance can prove to be a blessing to both of you. Opportunities to bring each other happiness to one another while we are still here, are available to those who will grasp at them.

I rarely share much about my own life stories because my hearts desire is to reach and teach others about God’s love for them. However if you have never thought about this event that is sure to come in

When A Loved One is Near Death!

all our lives I do want to share with you the blessing that happened with both my parents as they moved to their new homes in heaven.

Daddy was diagnosed with throat cancer and was told that he had three months to live but God knew how much our little family needed him and he lived for eight more years. During this time all of us were given opportunities to love one another deeply, as well as to individually grieve his eventual passing. The last weeks before he died at 74 years Dad called me to his bedside and asked for me to find the Sermon on the Mount in the Bible. In the hospital a week or so later, he called me to his bedside and asked me to pray out loud for all of us. I had never seen my Father read the Bible before, nor was ever asked to pray. Blessings given to me to thank God and to always remember.

Mother in her 80’s developed kidney failure and had to

have dialysis two times a week. It lasted for 2 years until one day when she had to have a new shunt put in and she refused and said it was time for her to go to her eternal home. She was staying with me and the last two weeks of her life we had a time every night to pray together. One of those **first nights I heard God speak to me and He told me to share with her times I was happy growing up and to thank her for the parenting she did.** I did this and sensed a peace and happiness in her spirit as she fell asleep. Two weeks later she passed after my sister called and wanted to let her know she was loved.

Listening to the still small voice of God is so important as a believer and follower of Christ. Please try it and be blessed by His love – just for you!
*Marlys Johnsen Norris
GOD MOVES MOUNTAINS
Marlysjn@gmail.com*



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City Council Eyes Possible Sales Tax to Boost Transit Funds

By Julia Baum

CITRUS HEIGHTS, CA (MPG) - Expecting a diminished role in funding from state and federal government and increased responsibility at the local level for future road maintenance and public transit projects, Sacramento Transportation Authority (STA) officials recently reached out to the Citrus Heights community to raise awareness for their new SacramentoGO campaign.

Residents and city council members got an overview of projects funded by Measure A during an STA presentation at a January 22nd city council meeting. STA Executive Director Brian Williams highlighted recent upgrades to Sunrise Blvd. and discussed a possible need for more locally raised project funds. Generating approximately \$100 million annually, Measure A pays for repairs and improvements to roadways and public transportation through a countywide half-cent sales tax. However, SacramentoGO spokesperson Gene Endicott said that what sounds like a lot of money is not nearly enough.

“When you compare it to all the transportation needs countywide it actually doesn’t go very far,” Endicott said in a phone interview. “What the STA is doing is working with the jurisdictions in the county and Sacramento Regional Transit to determine more specifically

what needs to be done... to make sure we have a smoothly running transportation system into the future.”

One potential solution that STA officials are eyeing is pursuing an additional half-cent sales tax initiative in 2016. While no decision has been made so far, Citrus Heights Mayor and STA board member Sue Frost said in a phone interview that SacramentoGO has helped taxpayers who are eager for road and transit upgrades see where their money is going.

“The educational outreach has been good for us,” Frost said. “At the end of the day there’s just never enough money to do every single thing that needs to be done with our infrastructure.”

According to Williams, Citrus Heights could expect to bear greater responsibility for funding partly due to decreased state and federal tax revenue.

“If we’re going to expand and improve on our existing transport system, more funds will have to come locally,” Williams said in a phone interview. “For the past 20 years local and regional decision makers have been given more responsibility...they’re now going to be required to have more responsibility for funding.”

One reason cited for fewer funds available now is cars being more fuel efficient and a federal fuel tax of 18.4 cents per gallon that has been unchanged since 1993. If money is coming

from fewer drivers, Williams said more will need to come from another local source to keep up with future needs of the community.

“We’re having this public conversation about transportation needs and increasing the local revenue source,” Williams said. “We need to take care of the problem more than in the past from a local perspective.”

Citrus Heights however, isn’t the only local authority being asked to supply a greater amount for transportation upkeep and improvement in the region.

According to a report in the Elk Grove Citizen, Williams also gave a presentation to Elk Grove City Council members on January 14th, saying city funding would be required in order to actualize a potential project that would connect Sacramento’s light-rail system to Elk Grove.

Williams’ presentation was met with general support in Elk Grove as Council Member Darren Suen told the Elk Grove Citizen, “Measure A is definitely a good cause. We need to fund our transportation improvements.”

Currently, the STA is partnered with the City of Citrus Heights on several projects including, “City Ride,” a shuttle service seating 12-14 passengers at a time and carries customers to key locations within the city for far less than the price of a taxi. ★

Girl Scouts About More Than Just Cookies

SACRAMENTO REGION, CA (MPG) - Girl Scout Cookie Season is underway and continues through March 22nd! But there’s more to Girl Scout Cookies than what’s in the box—Girl Scouts is about the essential skills a girl gains from interacting with customers and the experience of running her own cookie business and working with others. New this year, Girl Scouts will be able to sell their cookies online through Digital Cookie, adding new skills to the program like online marketing and e-commerce.

From its earliest beginnings in 1917 to its current popularity, the Girl Scout Cookie Program has helped girls have fun, develop valuable life skills, and make their communities a better place. Cookie earnings help pay for the leadership activities and field trips Girl Scouts do all year long. Plus, the cookie program benefits more than just the girls selling them. With their earnings, Girl Scouts fund important community projects at the local level. When you buy Girl Scout cookies in your neighborhood, you are keeping your dollars in the community.

The five skills girls learn are goal setting, decision making, money management, people skills, and business ethics. There are financial literacy badges girls can earn at each level, from kindergarten through grade 12. In terms of skill building, statistics show the Girl Scout Cookie Program works. According to a survey from the Girl Scout Research Institute, 85% of Girl Scout “cookie entrepreneurs” learn money management through developing budgets, taking cookie orders, and handling customers’ money.

Girl Scouts Heart of Central California purchases its cookies from ABC Bakers, one of two licensed Girl Scout cookie bakers. This year, girls will sell Thin Mints, Caramel deLites,



Girl Scouts Heart of Central California purchases its cookies from ABC Bakers, one of two licensed Girl Scout cookie bakers.

Peanut Butter Patties, Peanut Butter Sandwiches, Shortbread, Lemonades, Thanks-A-Lot, and Cranberry Citrus Crisps. Select troops will also be selling a limited supply of the new gluten-free Trios, made with real peanut butter, chocolate chips, and whole grain oats.

Becoming a national holiday for Girl Scout Cookie fans, National Girl Scout Cookie Weekend will take place February 27th through March 1st. In honor of this nearly 100-year-old American tradition, Girl Scout members, volunteers, alumnae, and supporters across the country will celebrate the world’s largest girl-led business.

Girl Scouts Heart of Central California will also continue its partnership with the American

Red Cross for Project Thank You. Through Project Thank You, customers can purchase Girl Scout Cookies, which are distributed by the American Red Cross to local service men and women, VA hospitals, and food banks. At booth sales, customers just need to tell the girls that they’d like to purchase cookies for Project Thank You and they will put the cookies aside.

Local Girl Scouts are currently taking cookie pre-orders. After pre-orders, Girl Scouts will sell cookies at booths outside of local storefronts from February 27th to March 22nd. Cookies are \$5 per package. More information can be found at www.girlscoutcookies.org.

Source: Girl Scouts Heart of Central California ★

Giants Trophy Tour Starts at Raley Field

By Jared Isham

SACRAMENTO REGION, CA (MPG) - The River Cats got a taste of the World Series championship on January 7th, 2015, when the Giants Trophy stopped by on their tour. The event took place during a one-hour timeframe where the most committed fans received a picture next to the trophy. With the weather sunny and temperatures in the 70s, you couldn’t ask for a better day to participate in such a memorable event.

The line to see the World Series Trophy wrapped around the entire stadium with an estimated 3,000 to 5,000 people seizing the opportunity to get a picture with it. Speaking with people in line, many of them grabbed their spot as early as 1:30 p.m. for the 3 p.m. event. Once inside, the fans were directed down the left field line and a professional photographer was there to capture their memory in center field where they could exit back down the right field line.

The hour-long event was accompanied by the On Deck Shop providing Giants apparel and showing off the new River Cats merchandise. Not only was this a great moment for baseball



The River Cats got a taste of the World Series championship on January 7th, 2015, when the Giants Trophy stopped by on their tour. Photo by Ben Barber in Sacramento, but donations were also accepted for the Junior Giants program providing at-risk youth an opportunity to learn confidence, integrity, leadership, and teamwork. ★

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Firefighters Ask Community to Help “Fill Their Boots”

Continued from Page 1

Fair on Saturday, February 14th from 11 a.m. to 2 p.m. Weather permitting, fire department displays and demonstrations will be held in the Sunrise Mall parking lot.

The Citrus Heights FFBI raised over \$107,000 during the 4-day event in 2014.

FFBI is one of over 70 fire agencies throughout Northern and Central California to support burn programs and a new regional burn center. Their goal for 2015 is to raise over one half million dollars collectively.

For more information, contact the Firefighters Burn Institute



Firefighters walk the streets asking for donations during the “Fill the Boot,” drive in 2013. Photo courtesy of the Firefighters Burn Institute

at (916) 739-8525 or visit their website at www.ffburn.org.

Source: Firefighters Burn Institute ★

Sacramento County Panhandling Ordinance

Continued from Page 1

abusive language, intentionally touching another person without their permission, using violent gestures toward a person, or closely following a person who does not want to be solicited, or intentionally blocking pedestrians or traffic;

- Solicitation within 35 feet of the entrance or exit to a bank during business hours or an ATM at any time;

- Solicitation from the driver or occupants of a motor vehicle that is within 200 feet of an intersection with a street light or stop sign;

- Solicitation from a median strip;

- Solicitation from the driver or occupants of a motor vehicle located within 35 feet of the driveway of a shopping center or other business establishment;

- Solicitation on public transportation vehicles or within 50 feet of a transit stop;

- Solicitation from the driver or occupants of a motor vehicle while the vehicle is stopped at a gas station or gas pump.

The penalties for violation of the ordinance include possible fines and those with multiple offenses within a six-month period could be charged with a misdemeanor and face time in the County Jail.

During the 30-day out-reach by police, violators of the law may receive an educational notice rather than immediate punishment.

“The purpose and intent of the Sacramento County Panhandling Ordinance is to protect the safety and welfare of the general public and improve the quality of life and economic vitality of the County

of Sacramento,” read a statement from the Sheriff’s Department.

The press release also stressed that solicitors who seek access to social services or assistance can contact any suitable agency, one such option being Sacramento Steps Forward, located at 1331 Garden Highway, Suite 100, Sacramento, CA 95833. They can be reached at (916) 993-7702, or visit their website at www.sacramentostepsforward.org.

Sacramento County’s initiatives to account for and educate the homeless on new laws also comes as California’s Court of Appeals began deliberations on a lawsuit brought against the City of Sacramento over similar laws that affect panhandlers as well as those who would camp outdoors within city limits.

Source: Sacramento County Sheriff’s Department ★

Metro Fire Accepting Applications

SACRAMENTO COUNTY, CA (MPG)

- On January 14th, Metro Fire opened the online hiring process for the position of firefighter/paramedic, accepting the first 1,000 qualified applications received. The application process will officially close on February 5th at 5:00 p.m. Potential applicants should visit www.metrofire.ca.gov for more information and to apply.

Only the first 1,000 qualified applicants will be invited to the written exam, currently

scheduled for February 17th. Qualified applicants must be at least 18 years of age and possess a high school diploma or equivalent GED certificate, along with a California State Paramedic License and the ability to obtain a Sacramento County EMT-P Accreditation by completion of the Academy. Qualified applicants must also have a valid CPAT (Candidate Physical Agility Test) certificate and a valid unrestricted California Driver’s License

Class C. Applicants must have the ability to obtain and maintain a Firefighter Endorsement within six months of appointment.

There is no requirement for previous completion of a Firefighter I academy. United States Military Veterans who show proof of an honorable discharge will be awarded a 5% credit, which will be added to their overall passing score upon completion of the testing process.

Source: Sacramento Metropolitan Fire District ★

Jim Miller
Answers
Your
Senior
Questions



Check Out This
Week’s Topic!

Savvy
SENIOR

Getting Around When You No Longer Drive

Dear Savvy Senior,

Where can I find out about alternative transportation options for my elderly mother? She needs to give up driving, but before she does, we need to figure out how she’ll get around. - Searching Daughter

Dear Searching,

Alternative transportation services vary widely by community, so what’s available to your mom will depend on where she lives. Here’s what you should know.

Transportation Options

For starters it’s important to know that while most urban areas offer seniors a variety of transportation services, the options may be few to none for those living in the suburbs, small towns and rural areas. Alternative transportation is an essential link in helping seniors who no longer drive get to their doctor’s appointments, stores, social activities and more.

Depending on where your mom lives, here’s a rundown of possible solutions that can help her get around, along with some resources to help you locate them.

Family and friends: This is by far the most often used and favorite option among seniors. So make a list of all possible candidates your mom can call on, along with their availability and contact information.

Local transportation programs: These are usually sponsored by nonprofit organizations that serve seniors. These services may charge a nominal fee or accept donations and often

operate with the help of volunteer drivers.

Also check out the Independent Transportation Network (itna-america.org), which is a national nonprofit that has 27 affiliate transportation programs in 23 states. With this program, seniors pay membership dues and fees based on mileage. And, most programs will let your mom donate her car in return for credits toward future rides.

Demand response services: Often referred to as “dial-a-ride” or “elderly and disabled transportation service,” these are typically government-funded programs that provide door-to-door transportation services by appointment and usually charge a small fee or donation on a per ride basis. Many use vans and offer accessible services for riders with special needs.

Taxi or car service: These private services offer flexible scheduling but can be expensive, however, they’re cheaper than owning a car. Some taxi/car services may be willing to set up accounts that allow other family members to pay for services and some may offer senior discounts. Be sure to ask.

Another option to look into is ride-sharing services, which connects people with cars, with people who need rides. Uber (uber.com), Lyft (lyft.com) and Sidecar (sidecar.com) are three of the largest companies offering services in dozens of cities across the U.S.

Private program services: Some hospitals, health clinics,

senior centers, adult day centers, malls or other businesses may offer transportation for program participants or customers. And some nonmedical home-care agencies that bill themselves as providing companionship and running errands or doing chores may also provide transportation.

Mass transit: Public transportation (buses, trains, subways, etc.) where available, can also be an affordable option and may offer senior reduced rates.

Hire someone: If your mom lives in an area where there are limited or no transportation services available, another option to consider is to pay someone in the community to drive her. Consider hiring a neighbor, retiree, high school or college student that has a flexible schedule and wouldn’t mind making a few extra bucks.

Where to Look

To find out what transportation services are available in your mom’s community, contact the Rides in Sight national toll-free call center at 855-607-4337 (or see ridesinsight.org), and the Eldercare Locator (800-677-1116), which will direct you to her area agency on aging for assistance.

Also contact local senior centers, places of worship and retirement communities for other possible options. And check with her state department of transportation at www.fhwa.dot.gov/webstate.htm, and the American Public Transportation Association at publictransportation.org. ★

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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Great Mass in C Minor, kv 427 | W. A. Mozart

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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

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

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SACRAMENTOCHORAL.COM

For the Love of Books



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



MAKE IT AHEAD: A BAREFOOT CONTESSA COOKBOOK by Ina Garten

◆ Publisher: Clarkson Potter
◆ Release date: October 28, 2014 ◆ hardcover, 272 pages

On the Book Jacket: For the first time, trusted and beloved cookbook author Ina Garten, the Barefoot Contessa, answers the number one question she receives from cooks: Can I make it ahead?

If you've ever found yourself stuck in front of the stove at your own party, scrambling to get everything to the table at just the right moment, Ina is here to let you in on her secrets! Thanks to twenty years of running a specialty food store and fifteen years writing cookbooks, she has learned exactly which dishes you can prep, assemble, or cook ahead of time. Whether you're hosting a party or simply making dinner on a hectic weeknight, Ina gives you lots of amazing recipes that taste just as good—or even better!—when they're made in advance.

In *Make It Ahead*, each recipe includes clear instructions for what you can do ahead of time, and how far in advance, so you can cook with confidence and eliminate last-minute surprises. Make a pitcher of Summer Rosé Sangria filled with red berries, let it chill overnight for the flavors to develop, and you have a delicious drink to offer your friends the minute they arrive. Simmer a pot of Wild Mushroom & Farro Soup, enjoy a bowl for lunch, and freeze the rest for a chilly evening. You can prep the kale, Brussels sprouts, and lemon vinaigrette for Winter Slaw ahead of time and simply toss them together before serving. Assemble French Chicken Pot Pies filled with artichokes and fresh tarragon a day in advance and then pop them in the oven half an hour before dinner. And for dessert, everyone needs the recipe for Ina's Decadent (gluten-free!) Chocolate Cake topped with Make-Ahead Whipped Cream. Ina also includes recipes for the biggest cooking day of the year—Thanksgiving! Her Ultimate Make-Ahead Roast Turkey and Gravy with Onions & Sage may just change your life.

With beautiful photographs and hundreds of invaluable make-ahead tips, this is your new go-to guide for preparing meals that are stress-free yet filled with those fabulously satisfying flavors that you have come to expect from the Barefoot Contessa.

Amy's Review: Once again, I am thrilled by a cookbook prepared by *The Barefoot Contessa* - Ina Garten, dedicated to meals that can be prepared ahead. Changing lives and kitchens everywhere, Ina Garten answers the call, giving readers a cookbook dedicated entirely to, make it ahead meal planning and recipes. Everything you need to be successful is included, from the number of servings yielded, ingredients, detailed instructions, personal sentiments, as well as helpful tips and techniques.

The Barefoot Contessa explores everything from baking ahead, cooking ahead, food storage, and even Thanksgiving preparation. No one is left out, with even a recipe included for the family dog. Best of all the beautiful mouthwatering photographs that accompany each recipe, bring life to the meal. Every meal is encompassed, with a wide range of recipes from breakfast to dessert. Recipes flank every page of the book, with instructions to make items such as:

asparagus and prosciutto bundles, goat cheese mashed potatoes and savory French chicken pot pie, to tri-berry crumbles and chocolate cake with mocha frosting. *Make It Ahead* explores not only the world of recipes, but tips for party planning, meal planning and even drink recipes for those drop in guests, making this book a valuable addition to any kitchen.

While, this book is described as make ahead meals, it is not a book that will stock up your freezer, it primarily focuses on preparing meals from one day to seven days in advance. The moment I received this book, I instantly flagged numerous recipes I wanted to try, which is always the number one sign of a spectacular cookbook. Once again, showing readers how easy it is to make sophisticated food simple. Truly a remarkable cookbook and a definite recommendation for fans of, *The Barefoot Contessa* cookbook line and would be a great gift for the foodie at heart.



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SATURDAY

Sac Unity Farmers Market

9249 Folsom Blvd, Sacramento (at Unity of Sacramento Church) on Saturdays
8 am - 1 pm, year round.

SUNDAY

Carmichael Park Farmers Market

5750 Grant Avenue, Carmichael (Corner of Grant & Fair Oaks Boulevard under the trees in the Park). Every Sunday from 9 am to 2 pm - all year round.

SATURDAY

Sacramento Midtown Farmers Market

2020 J Street (Between the STANF Native American Health and Bioware buildings). Every Saturday from 8 am to 1 pm - all year round, rain or shine.

SATURDAY

Sunrise Mall Farmers Market

6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot). Open every Saturday from 8 am to 1 pm - all year round.

SATURDAY

Historic Folsom Farmers Market

915 Sutter Street, Historic Folsom Public Plaza, Folsom. Every Saturday from 8 am to 1 pm - all year round

THURSDAY

UC Davis Health System Farmers Market

45th and Y Street (UC Davis Campus). Seasonal - Opens 4/24. 3 pm - 7:30 pm

WEDNESDAY

Fair Oaks Farmers Market NEW LOCATION, LOTS OF PARKING!

8101 Sunset Ave. (New Life Church). Seasonal - Opens 4/16. 3 pm - 7:00 pm

WEDNESDAY

VA Mather Farmers Market

10535 Hospital Way (VA Hospital). Seasonal - Open Now. 9 am - 1 pm

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