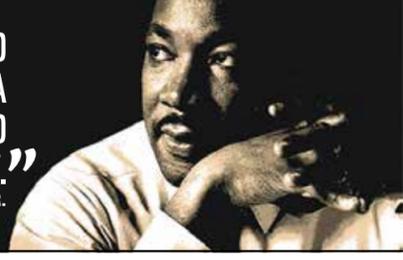




Employment Trends Show Growing Optimism

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“NOTHING IN THE WORLD IS MORE DANGEROUS THAN A SINCERE IGNORANCE AND CONSCIENTIOUS STUPIDITY.”
— MARTIN LUTHER KING, JR.



M Citrus Heights Messenger

“Written by the people, for the people”

Volume 5 Issue 01

Serving the City of Citrus Heights and Sacramento County

January 16, 2015

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Film *Incongruity* Premieres at Gatsby-Themed Event



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Walk a Mile in Her Shoes

One Thousand Men Sought for 2015 Record-Breaking March



Children are also an at-risk group; the average age of forced prostitution through trafficking is 13. Statistics show that some 300,000 young boys and girls are forced into the sex industry, and the number is increasing. According to FBI published information, criminals who normally would deal in illegal drugs or weapons have now turned to human trafficking. A measure of dope or an illegal gun can only be sold once, whereas a young boy or girl can be sold 10-15 times a day. Photo courtesy Riverview Media Photography/Tia Gemmill

WEAVE's 2015 fundraising event, scheduled for Sunday, May 3, 2015, is slated to top last year's efforts; their goal is to have 1,000 men participate. This will not only bring additional money to the group, but it will break a world record. The organization is accepting registration forms now. Photo courtesy Riverview Media Photography/Tia Gemmill

By Linda Harper

SACRAMENTO REGION, CA (MPG) - Walking in someone's shoes is not always an easy thing to do, especially if you're a man marching in women's high heels. That's exactly what 620 men did last spring to raise awareness of domestic violence and sexual assault at WEAVE's 2014 Walk a Mile in Her Shoes event. Through sponsorships, they raised over \$237,000 to fund many programs the organization provides to victims of abuse.

WEAVE's 2015 fundraising event, scheduled for Sunday, May 3rd, 2015, is slated to top last year's efforts; their goal is to have 1,000 men participate. This will not only bring additional money to the group, but it will break a world record. The organization is accepting registration

Continued on page 9

Walmart Brings New Jobs to Citrus Heights

CITRUS HEIGHTS, CA (MPG) - A new Walmart Neighborhood Market opened Wednesday, January 7th, following a brief ribbon-cutting ceremony. The new store is conveniently located at 6197 Sunrise Blvd. and is open 24 hours a day, seven days a week. The store will provide Citrus Heights residents with low prices on a broad assortment of merchandise including fresh produce and meats, frozen foods, groceries, and pharmacy.

Customers can shop additional items including toys, gifts, electronics, and home decor on www.Walmart.com through Walmart pickup, which offers free shipping to the Citrus

“This new Walmart Neighborhood Market provides a new shopping option in Citrus Heights,” said store manager Brenda Jackson. **The new store offers fresh produce and a full line of groceries from leading brand names, including organic selections. By working with growers, Walmart is able to provide farm-grown quality produce at added convenience and low prices.”**

Heights Walmart Neighborhood Market. They can also use Walmart's new Savings Catcher receipt comparison tool to feel more confident that they are getting some of the best deals available in Citrus Heights. Savings Catcher looks at other top retailers' local ads and gives customers an eGift card for the difference if a competitor's offering is lower than the price they paid at Walmart. Savings Catcher is available through the free Walmart mobile app.

“This new Walmart Neighborhood Market provides a new shopping option in Citrus Heights,” said store manager Brenda Jackson.

The new store offers fresh produce and a full line of groceries from leading brand names, including organic selections. By working with growers, Walmart is able to provide farm-grown quality produce at added convenience and low prices.

The new store is approximately 38,500 square feet and offers a wide assortment of goods to meet the needs of Citrus Heights residents. In addition to groceries, the store

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Top New Laws for California Businesses

California Chamber Releases Its 2015 List

SACRAMENTO REGION (MPG) - The California Chamber of Commerce has released a list of new laws that will affect California businesses in 2015. Some of these, such as mandatory paid sick leave, make significant changes to the state's legal landscape. Others will have more limited impact. Here are some highlights.

Mandatory paid sick leave: AB 1522, the Healthy Workplaces, Healthy Families Act of 2014, requires employers to provide paid sick leave to any employee who worked in California for 30 days. Employers can limit paid sick leave to 24 hours or three days in each year of employment and can put a maximum cap on total accrual of 48 hours or six days. The effective date for the paid sick leave benefit is July 1st, 2015.

Unpaid interns and volunteers: AB 1443 adds unpaid interns and volunteers to the list of individuals protected from harassment and discrimination under the Fair Employment and Housing Act (FEHA), and it extends religious belief protections and accommodation requirements to anyone in an apprenticeship training program, unpaid internship, or any other such program.

Continued on page 4



Several new laws will increase employers' wage-and-hour obligations in 2015. AB 1897 holds employers liable for wage-and-hour violations when they use staffing agencies or other labor contractors. If a contractor fails to pay its workers properly or provide workers' compensation coverage, the "client employer" can now be held legally responsible.



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CITRUS HEIGHTS COMMUNITY UPDATE

A Message From Citrus Heights Mayor Sue Frost



By Citrus Heights Mayor Sue Frost

It is an honor and a privilege to serve the City of Citrus Heights as your Mayor. I always think of Citrus Heights as the center of the region, connecting the foothills, farm lands, and urban communities. Citrus Heights is a City with roots connecting back to the gold rush era. People from all over the region rode in wagons to learn at our schools. Our City Seal features the Old Sylvan School House, which today is the home of some of our Veterans and is known as the Veteran Community Center where any Veteran can just stop in for refreshments and a visit. We have a strong retail and business center known as Sunrise Marketplace. It's great to live in close proximity to shopping and a broad variety of restaurants. We have over 19 parks, some of which feature the most progressive design and play equipment in the nation. The Citrus Heights Police Department is an award-winning organization, known for their skilled community policing and crime prevention expertise. Our own Chief, Chris Boyd, was the 2014 President of the California Police Chiefs Association.

The residents of Citrus Heights can be assured that the City Council, staff, and I are

proactively working to promote a thriving economy and deliver high quality services while also protecting our way of life. Thanks to the fiscal policies of our City Manager and Council, we can continue to boast no debt, a balanced budget, and reserves in the bank.

During my year as Mayor, my primary goal will be to reach out to the citizens and find ways to inform them on the state of the City and my activities as their elected representative. This will be accomplished through publications, newsletters, town hall meetings, and monthly visits with neighborhood associations. I invite you to email me at sue@suefrost.net if you wish to receive my periodic newsletter or if I can provide a City update in your community.

I will be spending extra time working directly with the community leaders and members who have invested time and resources and who we rely on for cultural enrichment and community engagement. Representatives from the Residents Empowerment Association of Citrus Heights, Save Sylvan School effort, Citrus Heights Green Team, American Legion Post 637, Cemetery Board, Planning Commission, Citrus Heights Soccer Club, and more have teamed up to deliver a Community Leadership Summit in May 2015. The Community Leadership Summit will be packed full of leadership resources and innovative new ideas. Neighborhoods across the nation are raising money and delivering programs that enhance the life experience in their communities. I believe we can do even more great things in Citrus Heights, and I invite you to join me in this effort.

No city is an island. I quickly learned this during my first year on the City Council. In 2015, I hope to expand my relations with other experienced regional leaders to learn about their goals and how they are addressing challenges within their communities. Citrus Heights will be hosting a Sacramento Regional Council of Mayor's and County Supervisors in May 2015. This will be an opportunity to bring cross-sector leadership together around issues of regional significance.

A great community does not happen by accident. The combined efforts of dedicated City Staff, the Police Department, the City Council, citizen advisory boards and commissions, community organizations, business organizations, and the residents provide direction and momentum to accomplish a variety of events, programs, and needed oversight. To all who participate in this process, I thank you. If you have not yet become involved, call me! My cell phone number is (916) 207-7960. We need your input and your energy.

Many California cities are facing serious challenges during the economic downturn. Tough issues not easily solved like poverty, homelessness, domestic abuse, juvenile delinquency, eroding infrastructure, drought, and growing pension liabilities. State-level issues are trickling down to municipalities as ever-increasing challenges emerge. Citrus Heights has faced our challenges head on by practicing fiscal prudence over time. These practices have positioned us for a bright outlook. You can be assured that we continue to work hard to make Citrus Heights a special place that families will want to come home to.

Sincerely, Mayor Sue Frost ★

Oil Changes for Charities

Story and photo by Molly Townsend

SACRAMENTO REGION, CA (MPG) - As Winston Churchill once said, "We make a living by what we get, but we make a life by what we give."

Oil Changes for Charities is a testament to the power of fundraising and its ability to incite change in a community. Founded in 2004 by Dave Jordan of Sacramento, the organization maintains unique partnerships with several automotive providers with a passion for helping charitable causes throughout the Sacramento area and beyond.

A \$40 prepaid package in the form of a voucher brochure gets the customer three to four oil changes (depending on automotive provider), three multi-point inspections, tire rotation and brake inspection, and discount coupons for major and minor services. Vouchers are to be used within a year of purchase date.

So far, there are six automotive providers that participate in Oil Changes for Charities and have generously donated 1,000 voucher packages each: The Car Docs, located at 9401 Greenback Lane in Orangevale; MK Auto, located at 2301 Arden Way in Sacramento; Meineke Car Care Center, located at 9025 Folsom Boulevard in Sacramento; Street Tech Auto Care, located at 8864 Greenback Lane in Orangevale; MIDAS of Auburn, located at 11840 Atwood Road; and MIDAS of Lodi, located at 335 East Kettleman Lane.

Customers select which charity their voucher will benefit based on which non-profit they buy it from, and 50% of that \$40 goes to the charity of choice.

According to Jordan's LinkedIn online profile, within five years of starting Oil Changes for Charities, he and his team were able to expand the program into 17 different states and two countries, while raising hundreds of thousands of dollars for hundreds of non-profit organizations. Some of these nonprofits include Red Cross, Boy Scouts of America, The Bread Closet, The Joy House, Sayonara Community Center, American Legion,



Dave Jordan (CEO and founder of Oil Changes for Charities) films YouTube videos at a friend's home in Sacramento to help promote the program.

Wounded Warrior Project, Pop Warner Organizations, Little Leagues, boys and girls clubs, high schools, charter schools, and churches.

What inspired Jordan to start the program originally was his desire to give back to children who were affected by school budget cuts leading to various extracurricular programs being cut. "There's all kinds of organizations that don't do fundraising traditionally, but they rely on donations...[Oil Changes for Charities] is a good way to give back to the community. It makes me feel good," said Jordan.

Although Jordan had to take a hiatus from fundraising after being diagnosed with liver cancer in 2006, he has since finished all chemotherapy and treatment with a clean bill of health and has become even more passionate about helping others in need.

"I'm very blessed. I shouldn't be here," Jordan said of his cancer scare. Currently, Jordan is in the process of launching his own website, "Cancer Survivor Assistance Foundation," which

will act as a resource directory and support system for all survivors.

Although Jordan has worked hard to get Oil Changes for Charities running successfully, he feels the owners of the participating automotive providers really deserve a lot of credit for donating so much.

Corey Shores, owner of Street Tech Auto Care in Orangevale, got involved with Oil Changes for Charities several months ago, donating 1,000 \$40 packages, worth nearly \$120,000 in oil changes alone.

"By participating, it was a great chance for us as a local company to be a part of it. We always try and help the local kids," said Shores.

Although Shores said he was a little timid to participate at first because it was a new program for Street Tech Auto Care, he feels great about all the positive feedback they are receiving.

"On a local level, everyone should be helping out anyone who wants it," said Shores. "All of us were struggling students or kids at some point." ★

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Subscriptions should be mailed to Citrus Heights Messenger, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$25 per year; \$30 per year in Sacramento and Sacramento county; \$40 per year outside Sacramento county. Citrus Heights Messenger is published twice monthly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@CitrusHeightsMessenger.com. Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 916-773-1111.

Citrus Heights Messenger is a member of Messenger Publishing Group

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Advertising Sales: Paul V. Scholl
Graphics & Layout: Banerjee Designs • Stump Removal Graphics • Full Moon Graffiti
Contributing Writers: Susan Skinner • Mary Jane Popp • Marlys Johnsen Norris • Tim Reilly • David Dickstein • Dave Ramsey • Dr. E. Kirsten Peters • Kay Burton • Dr. Bob Graykowski • Julie Parker • Elise Spleiss • Eric Marks • Leslie Carrara • Pastor Rich Reimer • Pastor Cary Duckett • Ronnie McBrayer • David Graulich • Perry Hartline • Gerry Scholl • Trish Tatterson
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Employment Trends Show Growing Optimism



Despite the optimistic outlook, regional acquisition and mergers combined with seasonal layoffs is reducing workforces at 6% of Sacramento regional employers polled in the first three months of 2015.

SACRAMENTO REGION, CA (MPG) - Optimism is strong for ongoing growth of the Sacramento regional economy in the New Year.

In direct contacts with top Sacramento regional employers, Pacific Staffing has discovered that 84% of company contacts expressed optimism for 2015 about ongoing economic and job growth in our region. Just 8% of those contacted in 2014 between November 12th and December 16th indicated

a pessimistic outlook. Another 8% didn't or couldn't answer when asked, "Are you optimistic or pessimistic about the economy in 2015?" In what is traditionally the slowest period for hiring, the Sacramento Employment Trends Survey has learned the majority of top regional employers will continue at a robust pace in hiring for the first quarter of 2015.

While weather and seasonal change often reduces the hiring market for Sacramento in the first quarter of

the New Year, 65% of companies report they are hiring in January, February, and March. In another measure of ongoing recovery and growth of the economy and hiring market in Sacramento, 49% of hiring was attributed by company contacts to expansion or growth of their workforce in the first quarter. Thirteen percent (13%) of hiring was attributed to seasonal needs. Thirty-five percent (35%) of companies surveyed by phone say they will not hire in the first

quarter.

Despite the optimistic outlook, regional acquisition and mergers combined with seasonal layoffs is reducing workforces at 6% of Sacramento regional employers polled in the first three months of 2015.

There are many skills in demand: Sacramento employers demonstrated a strong demand for accounting/finance, general office/clerical, warehouse, and shipping and manufacturing skills. Customer service, sales, engineering, and information technology skills continue to be sought by the area's top regional companies. Some firms report hiring out of the market for specialized IT and industry proprietary technical skills like automated construction estimating.

How does this quarter compare to last quarter or last year? Find out for yourself: For more information, employment blogs, and market surveys, go to www.pacificstaffing.com.

There will be challenges in 2015: The New Year brings new laws including sick leave changes and ACA requirements employers are concerned about. Another worry in the Sacramento market is finding qualified applicants, especially in IT and construction trades, with employers also citing retention of current skilled workers as a growing issue.

Of Sacramento regional top companies, polled by industry, 37% are service, 30% are manufacturers, 21% are construction, and 12% are retail.

Source: Rick Reed Public Relations ★

CHP Highlights New Laws Affecting Motorists

SACRAMENTO REGION, CA (MPG) - The mission of the California Highway Patrol (CHP) is to save lives. One way to assist in accomplishing this mission is to ensure all California drivers are familiar with a couple of new laws designed to keep the motoring public safe.

Modified Limousine Safety Requirements: Regulations/Inspections (SB 611, Hill)

This law creates a modified limousine inspection program that must be implemented no later than July 1st, 2016. Through this program, modified limousine terminals will be inspected once every 13 months by the CHP. The new law also defines a modified limousine as a vehicle that seats not more than 10 passengers, including the driver, and has been modified, altered, or extended in a manner that increases the wheelbase of the vehicle, sufficient to accommodate additional passengers. SB 611 also requires modified limousines to be equipped with two readily accessible and fully charged fire extinguishers. The driver or operator of the modified limousine must notify the passengers of the safety features of the vehicle, including instructions for lowering the partition between the driver and passengers and the location of the fire extinguishers.

Driver License Eligibility: Undocumented Residents (AB 60, Alejo)

Beginning January 2nd, 2015, the California Department of Motor Vehicles (DMV) will issue an original driver license to an applicant who is unable to submit satisfactory proof of legal presence in the United States. The applicants are required to provide satisfactory proof of identity and California residency and must meet all other qualifications for licensure, which includes demonstration of the basic knowledge, skills, and ability to have the privilege of driving. This law was adopted during the 2013 legislative year. It does not change the day-to-day operations of the CHP.

For complete information on chaptered bills enacted in 2014, please refer to the Legislative Counsel website at www.LegInfo.ca.gov.

Source: California Highway Patrol ★

Food for Families Raises Almost Three Million Pounds of Food in Holiday Donation Campaign

SACRAMENTO REGION, CA (MPG) - Thanks to the generosity of Raley's customers, employees, and community partners, Raley's Food for Families annual Holiday Bag Campaign surpassed its goal by nearly 50%, raising 2.9 million pounds of food in Northern California and Northern Nevada in 2014. The total, raised from November 7th through December 31st, is among the highest in recent years and set a new bar for 2015.

"This year was one of our best Holiday Bag Campaigns ever," said Jennifer Teel-Wolter, executive director of Food for Families. "Not only did we raise nearly three million pounds of food for those in need, we also did it by providing fresh and healthy options

to our food banks. We're thrilled to see how the community supported this effort and we're so grateful to everyone who participated."

Once again, Raley's made holiday giving easy with its 29th annual Food for Families Holiday Bag Campaign through Facebook and mobile text donation capabilities in addition to in-store donations. For just \$10, customers could donate a bag of wholesome food to Food for Families. Raley's more than doubled all donations, turning each \$10 donation into more than \$27 worth of food. All donations stayed in the communities in which they were raised and were distributed by local Food for Families food bank partners. Each

holiday bag provided 21 meals and included more fresh produce than ever before, and, for the first time, milk in addition to pantry staples like whole wheat pasta and tuna. Seventy-three regional food banks distributed holiday bags purchased to benefit local families.

In addition to the 2.9 million pounds of food, Raley's once again donated over 100,000 pounds of fresh turkeys, chickens, and hams, which provide over 80,000 meals.

For more information, contact Kat Maudru at (916) 373-6115 or at Kat.maudru@raleys.com.

Source: Raley's ★

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CHERP Launches Home Energy Workshops in Citrus Heights

CITRUS HEIGHTS, CA (MPG) - The Community Home Energy Retrofit Project (CHERP) is a nonprofit focused on public outreach and consumer education.

On January 21st, CHERP will be launching its first Home Energy Workshop in Citrus Heights at the Trellis Hall located on the Citrus Heights City Hall Campus at 6237 Fountain Square Drive. Registration opens at 6:40 p.m., and the workshop starts promptly at 7 p.m. and ends at 8:30 p.m. Those who attend will receive a gift certificate for a Home Energy Assessment worth several hundred dollars.

CHERP doesn't sell products or services but provides valuable consumer information allowing homeowners to properly evaluate a range of data regarding potential energy-efficient upgrades, including solar. Homeowners will learn how to maximize utility rebates and federal tax credits to reduce the costs of improvements and will



The first CHERP Home Energy Retrofit Project in the Sacramento Region was completed in Citrus Heights by Jack Frost (left), the Sacramento Regional Director for CHERP. The home was owned by his mother-in-law, Gloria McCormack (right). Photo courtesy of Jack Frost.

also learn about a growing range of energy financing programs that

require little to no equity, minimal income, and do not require perfect credit.

Homeowners in Citrus Heights are very lucky to qualify for home energy rebates up to \$6,500 from PG&E and up to \$5,000 from SMUD. In addition, those who purchase solar are also eligible for a 30% Federal Tax Credit.

Homeowners who attend the free CHERP workshop will also learn about potential federal legislation that if passed by congress will add additional market value to homes with energy-efficient upgrades and solar. Homeowners will learn the right and wrong way to purchase solar and why solar leasing could cause major challenges and roadblocks to a future sale of their home.

The first CHERP Home Energy Retrofit Project in the Sacramento Region was completed in Citrus Heights by Jack Frost, the Sacramento Regional Director for CHERP. The home was owned

by his mother-in-law, Gloria McCormack. When the project was completed, the combined SMUD and PG&E utility bill was reduced by more than 87%, and the project qualified for over \$8,600 in rebates from SMUD and PG&E and an additional \$6,000 in Federal Tax Credit. All this was achieved without a reassessment and with no increase in property tax.

CHERP just recently started offering workshops in Rocklin and Lincoln and will eventually be expanding to all six counties and 23 cities in the Greater Sacramento Region.

Anyone interested in attending a CHERP Workshop should call (530) 346-3405. After providing contact information, you will receive an invitation to an upcoming workshop. Questions about CHERP should be directed to the Sacramento Regional Director Jack Frost at (916) 616-7962 or at jackfrost@cherp.net.

Source: Jack Frost ★

Top New Laws for California Businesses

California Chamber Releases Its 2015 List

Continued from Page 1

Driver's licenses: AB 1660 makes it a violation for an employer to discriminate against anyone who presents a driver's license issued to undocumented persons. Such actions constitutes a violation of FEHA. The law also makes it a violation of FEHA for an employer to require a person to present a driver's license unless possessing a driver's license is required by law or the employer's requirement is otherwise permitted by law. Any driver's license information obtained by an employer must be treated as private and confidential.

Public assistance recipients: AB 1792 prohibits discrimination and retaliation against employees receiving public assistance. It also requires state agencies to prepare an annual list of the top 500 employers with the most number of employees enrolled in a public assistance program. The reports will be made public and will be prepared starting in January 2016.

Harassment prevention: AB 2053 requires employers that are required to provide mandatory sexual harassment prevention training to supervisors to include a component on the prevention of "abusive conduct." The law does not allow employees to sue for abusive conduct in the workplace unless the conduct becomes discrimination or harassment against a protected class; it merely requires training on prevention of abusive conduct.

Farm labor contractors: SB 1087 imposes specific sexual harassment prevention training requirements on farm labor contractors. It places restrictions on

licenses for farm labor contractors who have engaged in sexual harassment, changes the exam requirements, and increases licensing fees, bonding requirements, and penalties.

Several new laws will increase employers' wage-and-hour obligations in 2015. AB 1897 holds employers liable for wage-and-hour violations when they use staffing agencies or other labor contractors. If a contractor fails to pay its workers properly or provide workers' compensation coverage, the "client employer" can now be held legally responsible. AB 2288, the Child Labor Protection Act of 2014, provides additional penalties for violations of California laws regarding employment of minors, including a penalty of \$25,000 to \$50,000 for "Class A" violations involving minors 12 years of age or younger. The statute of limitations for claims that arise from violations of employment laws is now delayed or suspended until the minor is 18 years of age.

Other laws include AB 1650, which requires contractors who bid on state contracts involving on-site construction-related services to certify that they will not ask applicants to disclose information concerning criminal history at the time of an initial employment application; and AB 1852, which requires businesses that provide specified services to minors to provide a written notice to the parent or guardian of the minor receiving those services, including the business's policies relating to employee criminal background checks.

Source: California Chamber of Commerce ★

Lions Club and Sayonara Help Local Families

By Claudia Ferguson

CITRUS HEIGHTS, CA (MPG) - Each year in December the Citrus Heights Lions Club has a food and gift giveaway for Citrus Heights families in need. In 2014, they partnered with the Sayonara After School Program for this event.

Members collected, sorted, and packed enough food and gifts (and stuffed lions of course) to present beautifully wrapped packages to 10 families. Each family received food items such as milk, eggs, and a turkey along with presents for the children.

The giveaway is sometimes very emotional but is always very rewarding. To see the smiles from the children is gift enough for the Lions Club members.

The Citrus Heights Lions Club meets every Wednesday at 7 p.m. at the Sylvan Community Center at 7521 Community Drive, Citrus Heights. ★



Sayonara Center coordinator Gladys Standard (standing, 4th from the right), Lions Club President Unice Young (seated), and other members of the Lions Club pose with the Christmas gifts that were presented to 10 Sayonara After School Program families. Photo by Elise Spleiss

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Kiwanis 29th Annual Crab Feed All-You-Can-Eat Crab and Pasta

CITRUS HEIGHTS, CA (MPG) - The Kiwanis Club of Citrus Heights, partnering with the Soroptimist International of Citrus Heights, will be holding their 29th Annual Crab Feed on Saturday, January 24th at the Citrus Heights Community Center, 6300 Fountain Square Drive, Citrus Heights.

The event will feature door prizes, silent and live auctions, music, and dancing. Proceeds will benefit The Kiwanis Family House, A Community for Peace, Ride to Walk, Ski for Light, Citrus Heights Police Activities League,



Bring Up Grades Program, two local high schools' key clubs, K-Kids Club, and a high school scholarship fund.

Tickets are \$45 per person in advance, \$50 per person at the door. Doors open at 6 p.m. Dinner will be served at 7 p.m.

For more information contact Veronica Hunter at (916) 398-0128 or veronichunter@outlook.com. Tickets can be ordered through a local Kiwanian or online at <https://kiwanisch.eventbrite.com>.

Source: Joyce Blonskij ★

Sunrise MarketPlace Adds New Manager

CITRUS HEIGHTS, CA (MPG) - The Sunrise MarketPlace Business Improvement District (SMPBID) is pleased to announce that Colleen Beatty has been hired as marketing manager. "Colleen was chosen based on the depth of her marketing background, which includes public, private, and non-profit sector marketing experience," said Kathlynn Carpenter, executive director for Sunrise MarketPlace. Beatty will be responsible for the collaborative and strategic development of new outreach campaigns, including advertising, social media, special events, media relations, market research, and community engagement.

Beatty started her marketing career at McCann-Erickson in

Los Angeles as a strategic planner and media buyer. She is the former vice president, director of marketing for the Los Angeles County Economic Development Corporation. She has held positions at major media companies and was most recently with the broadcasting company CBS in Los Angeles and Sacramento. "I am excited to be joining this successful private/public partnership in my new hometown of Citrus Heights. I'll be working to enhance both the customer's experience and build new awareness for all of the great offerings found here at the Sunrise MarketPlace," Beatty reported.

Sunrise MarketPlace is a collection of more than 400

businesses in one of the region's most heavily travelled commercial corridors in the heart of Citrus Heights, CA. The District unites businesses to form a single brand to highlight the breadth of goods and services offered in the area along Sunrise Blvd. between Arcadia Dr. (just north of Greenback Ln.) and Madison Ave. and along Greenback Ln. between Birdcage St. and Fair Oaks Blvd. The District was created in 1999 to advance the commercial vitality of the City of Citrus Heights and is funded by an assessment on property owners within the District. For more information, visit www.shopSMP.com.

Source: Sunrise MarketPlace ★

Book Signings for Citrus Heights Author Julie Grande Shares a Moving Story

CITRUS HEIGHTS, CA (MPG) - Author Julie L. Grande will be signing copies of her book, "Heaven Sent," a powerful story with a message of faith, on January 24th from 2 to 4 p.m. at Dimple Books in Citrus Heights, 7830 Macy Plaza Drive, and on February 7th at Face In A Book in El Dorado Hills, 4359 Town Center Boulevard, from 1 to 3 p.m.

When an image from heaven

shows up unexpectedly in a Polaroid picture, Julie and her family just have to learn more about it. Grande takes readers on a journey of realizing that through joy, adversity, heartache, and loss come many blessings and glimpses of heaven.

Published by Tate Publishing and Enterprises, the book is available through bookstores nationwide, from the publisher at www.tatepublishing.com/

bookstore, or by visiting barneandnoble.com or amazon.com.

Grande has a master's degree in special education. She has been a special education teacher for 19 years and has been serving her passion of educating students and helping them reach their full potential. Julie resides in Citrus Heights with her husband, two children, and their pet dog.

Source: Key Marketing Group ★

Help Protect Kids from Fraud and Identity Theft

Tips for Safeguarding Children's Sensitive Information

SACRAMENTO REGION (MPG) - Parents go to great lengths to shield their children from life's bumps and bruises, but even the best bicycle helmets and baby gates can't ward off a hazard that has surfaced in recent years. Identity theft is a threat many moms and dads don't know how to protect against.

"Identity theft is at an all-time high, and criminals are targeting children more aggressively than ever," said Mike Sullivan, director of education for Take Charge America, a national nonprofit credit counseling and debt management agency. "Their credit history is clean, and most parents don't even think to check their kids' credit reports, so it's easy for criminals to do serious damage over a long period of time."

Sullivan offers five tips for parents to safeguard their kids from identity theft:

Protect kids' Social Security numbers: Parents should store kids' cards in a safe and hidden place, and think twice before giving out their child's number.

Health care providers may need this information, but it is necessary for Little League or a library card, or are there other options for identification?

Pay attention to their online activity: Kids surfing the web or checking email or social accounts may unwittingly click on links or download content from unknown sources, putting sensitive information at risk. Parents can teach their kids appropriate online conduct and utilize an array of tools that help protect them online.

Protect financial accounts: Many parents open savings accounts for their children, but they must be careful to keep financial statements private, ensure accounts can't be accessed without their approval, and opt out of any marketing to avoid credit card offers in their children's names. To opt out of credit card offers for five years, call 1-888-5-OPT-OUT (567-8688) or visit optoutprescreen.com.

Understand warning signs: Parents who receive credit card

offers in their kid's name should be wary, as this may mean their identity has been compromised. Other signs include denial of a bank account or driver's license, or collection calls or bills addressed to a child.

Check your child's credit: Parents who believe their child is at risk for identity theft should request a credit report from Equifax, Experian and TransUnion. The process for requesting a report on behalf of a child is different for each credit bureau. The steps and required documentation can be found on their respective websites.

If a child's identity has been stolen, parents immediately should file a police report, contact the Federal Trade Commission at 877-ID-THEFT (438-4338) and place a fraud alert on the child's file with all three credit reporting companies.

For more financial tips, visit www.takechargeamerica.org or call (888) 822-9193.

Source: Aker Ink Public Relations ★

Spay It Forward 2015 Campaign

Animal Spay and Neuter Offers Free Cat Spays and Neuters

SACRAMENTO COUNTY, CA (MPG) - Animal Spay and Neuter, a non-profit clinic, is partnering with Sacramento animal care agencies and rescue groups to provide FREE cat spays and neuters through March 2015 or until funding runs out for this program.

This program is for all cats,

owned or homeless, tame or feral, that reside anywhere in the incorporated and unincorporated areas of Sacramento County.

Surgery is by appointment only. Call to make your appointment as the schedule will fill up quickly.

This free service is being offered at two locations. The

Sacramento location is at 3839 Bradshaw Road; call them at (916) 368-7314. The Auburn location is at 3524 KOA Way; call them at (530) 889-8800.

All Donations toward the Spay and Neuter are welcome to keep the fund alive.

Source: City of Rancho Cordova ★

State Water Project Contract Negotiations Set to Begin

The Public is Invited to Monitor Sessions Live or by Phone

SACRAMENTO REGION, CA (MPG) - On Monday, November 24th, the Department of Water Resources (DWR) announced it will begin negotiations with State Water Project (SWP) Contractors in December on proposed amendments that would modify SWP water supply contracts. DWR Director Mark Cowin said the public will be invited to observe the negotiations in person and to listen on the phone using a call-in number.

Cowin said the objective of the negotiations is to develop terms and conditions for proposed amendments to DWR's water supply contracts with the 29 public agencies that purchase SWP water for distribution to their customers. The proposed amendments would define the rights and obligations of DWR and the contractors who would benefit from the Bay Delta Conservation Plan (BDCP) should the BDCP be implemented.

Cowin stressed that the negotiations are not a forum for making decisions about approving the BDCP. "These negotiations are entirely separate from other BDCP planning activities and the ongoing BDCP evaluation process," he said.

DWR will open the negotiations to the public to observe and provide comments to DWR at the end of each negotiating session. Members of the public also may submit written comments within seven calendar days following the negotiating sessions.

The first session will be from 10 a.m. to 3 p.m. on December 10th in Room 1131 of the California Natural Resources Building, 1416 Ninth Street, Sacramento, CA. Seating is limited, but the public can listen to the negotiations by calling 1-719-359-9722, passcode 138000#. Public parking will be available in the parking garage at 10th and O streets.

Cowin said the first session

will focus primarily on ground rules and other negotiation-related processes and will not address substantive amendment issues. As such, it may adjourn early if the agenda items have been addressed or by mutual agreement of DWR and the SWP Contractors.

Due to the frequency of negotiation sessions and the requirement for quick turnaround of meeting materials and announcements, DWR requests that interested individuals sign up for placement on the email distribution list. Individuals can email swpcontractamendmentforbdcp@water.ca.gov. They also may visit the SWP Contract Amendment for the Proposed BDCP website: www.water.ca.gov/swpao/swpcontractamendmentforbdcp. The website will provide information about the project and advance notice of each negotiation session.

Source: Department of Water Resources ★

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 13. Straight ____, e.g.
 14. ___ king
 15. *Exclamatory song from the Buddy Holly Musical
 16. Narcotics agent
 17. Under the weather
 18. Hal-9000's chess opponent
 19. *Fantine: "I ___ a dream in time gone by..."
 21. Type of canned tomato
 23. ___ talk of encouragement
 24. **"Who's Got The ___?" from "Damned Yankees"
 25. Pick up, as in a criminal
 28. Hit song by Katy Perry
 30. *Desiree: "Quick, send in the ___"
 35. Footnote word
 37. Horsetly
 39. Search helper
 40. Mongolian desert
 41. Greek ruler of the underworld
 43. Ripped
 44. Edward Teller's creation
 46. Iranian coin
 47. *Song title from "Beauty and the Beast" and "The Wiz"
 48. Conical dwellings
 50. Gunk
 52. Pavlova's step
 53. Dirty money
 55. Singer-songwriter Stewart
 57. *Peggy Sawyer: "...I am taking you to forty-___ street."
 60. Like a light and confident step
 64. Hammerin' Hank
 65. "___ la la!"
 67. Food safety threat
 68. Summer romance, e.g.
 69. Genetic info carrier
 70. Clean a spill
 71. Change for a twenty
 72. Make a seam
 73. Agenda entries
- DOWN**
1. Fix, especially by sewing
 2. Month of Purim
 3. Fictional giant
 4. Summary
 5. Chemical compound
 6. "Best ___ plans"
 7. **"___ That Jazz" from "Chicago"
 8. Model-building wood
 9. ***"There's no business like ___ business..."
 10. Symphony member
 11. Dehumidifier's foe
 12. Needle hole
 15. In an open way
 20. Historical period
 22. Clinical twitching
 24. What meteorologists do
 25. *Phantom: "Help me make the music of the ___"
 26. PDF reader
 27. Jazz style
 29. Winglike
 31. Often taken with help of a bible
 32. Celebrate or "___ it up!"
 33. Marilyn Monroe's original name
 34. Sound units
 36. Play charades
 38. Toothy wheel
 42. Impolite dinner sound
 45. Be in the right place
 49. Duke of Cambridge to Prince of Wales, e.g.
 51. *Solfège-sounding "Sound of Music" song
 54. Emitted from frankincense or myrrh, pl.
 56. Monocot's alternative
 57. *Cole Porter's "Love for ___"
 58. Julia Roberts' character Brockovich
 59. Flipside of pros
 60. Playwright George Bernard
 61. Uh-uh
 62. Dour
 63. Puppy sounds
 64. Away from the bow
 66. ** ___ singular sensation...

CROSSWORD

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For Solutions See Page 7

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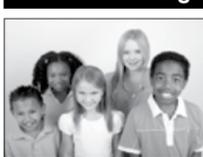
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Sudoku Puzzle on Page 6

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

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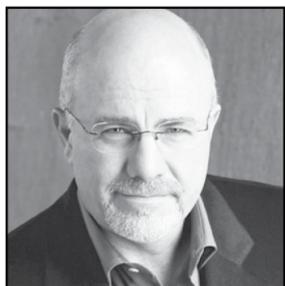
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Bristol Hospice is looking for volunteers to provide companionship with our hospice patients and families. We provide the training and match you with a family in your area. Please call volunteer services for more information at (916) 782-5511. (MPG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



Dave Says

the house. There's a reason insurance rates are so high for teens. It's called statistical analysis of their driving ability. They're not good drivers!

I haven't had a wreck in over 20 years, but I've had some kids who did. No, I wouldn't drop the coverage. Hopefully, your daughter will be okay. But I wouldn't take a chance on having to write a check for another car on top of medical expenses.

—Dave

Kids and Family

Dear Dave,

I receive child support payments for my two kids from my ex-husband. My new husband and I are using your plan to improve our finances, but we can't agree on how to handle these payments. I've been keeping it in a separate account. He thinks we should combine it with the rest of our house money and budget. What do you think is best?

—Leslie

Dear Leslie,

I don't blame you for being protective of the child support money. I'm sure the feelings you have stem from a desire to protect your kids. But if your new husband is a good guy, one who's kind, loving and willing to treat these kids like they're his very

own, then my opinion is the money should go into the pile where it helps take care of the kids and family.

Your job as a parent is to be a blessing to your kids. That means feeding them, clothing them, educating them and giving them a good home. As long as these things are happening, and we're talking about a functional, loving marriage, then all the money should be combined and be part of the family. Put it right at the top of your monthly budget, along with all your other household income.

Money is important, and I'd expect you to make sure your kids and your cash are treated properly. But I'm talking about two responsible people being involved in a happy marriage, too. A healthy, loving relationship is one of the best gifts any couple can give to their kids.

—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, Entrepreneurship 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

As you enter the New Year, you'll be facing a lot of new situations. Specifically, you'll face new problems, you'll face new opportunities to grow and you'll face new possibilities. Each of these will require a new response, new perspective, new habits and a new action. So as we start the New Year, let's ask ourselves, "What does the New Year require of me?"

New Problems Will Require New Perspective. I hate to tell you this but you're going to have some problems in 2015. You say, "Oh, no! Not the same old problems!" No, some new ones. These will be even better ones. Some of them will be even bigger. You say, "Oh, no! I don't want that!" But God says, "I'm not going to remove your problems. Instead I'm going to make you a stronger through them." You can't solve tomorrow's problems with today's solutions. New problems require

What Will the New Year Require?

new perspective.

Attitudes are kind of like diapers. They have to be changed or they start stinking. We need to develop new perspectives. Maybe you've got a problem and you haven't been able to solve it. Maybe what God's saying is you need to look at it in a new way. You need a new approach. You need to try it from a new point of view. Ask yourself, "In what way do I need a new perspective?"

New Progress Will Require New Habits. So often we get stuck in a rut. Most of everything you do is habitual. The way you get up in the morning, the way you shower, the way you eat. Even the types of food you eat are pretty much habitual. The way you dress. The way you go to work. If you're going to change, you're going to have to develop some new habits. What new habits do you need to develop this New Year? Maybe it's a new habit of getting involved in a Bible study or a new habit of having a regular prayer time every day. Or a new habit of reading the Bible. Or a new habit of tithing ten percent of your money. I don't know. But I can tell you this: If you're going to grow this next

year, you're going to have to change some habits. Ephesians 4:24 says, "Put on your new self, which is made in the image of Christ." Ask yourself, "What new habit do I need to develop?"

New Possibilities Will Require New Actions. There are two things you can be sure about in life. One, you can't live in the past. And two, you can't live off the past. The Christian life is one of constant renewal, growth, development, progress, faith and commitment. The level of faith that you had last year was great for last year, but it's not going to cut it in 2015. You need to grow. I can say without a shadow of a doubt that God has a lot of great things in store for you this New Year, but you have to act. New possibilities require new actions. Don't try to live off of last year's commitments. God's going to give you greater opportunities in this New Year. Ask yourself, "What new possibility requires my action today?"

Pastor Ray
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Don't Drop the Coverage

Dear Dave,

My husband and I are debt-free except for our home, and we have about \$100,000 in savings. Recently, one of our daughters was diagnosed with Crohn's disease. We're worried about this, and the fact that she and her sister are both teenage drivers. Do you think we should drop full coverage, and have just liability, since we'll probably have lots of medical bills over the next few years?

—Kim

Dear Kim,

I'm really sorry to hear about your daughter's medical situation. But speaking from a financial perspective, you guys are in pretty good shape to handle things. You have a pile of cash in savings, I assume you have some kind of medical insurance and you're debt-free.

Under the circumstances, I get where you're coming from and the idea of having even more money available to put toward medical issues. In your case, however, there's no way I'm going to have only liability coverage when there are two teenage drivers in



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

My question is: "How did you end up in hell?" And I was not too surprised at the answers I received as the heat seemed to get more intense.

One said, I ignored the very mention of God and ran from every suggestion that He existed. Least of all — that He is loving and forgiving and His Son actually died for me. I remember someone saying "what you sow, so shall you reap" and I laughed. Well here I am reaping everything I sowed in this hole of hell, just what I deserve too. *My hardened heart has led me here!*

Another said, I did not want to believe there was a hell.

Interviews From Hell

Someone told me that God never sent anyone to hell and everyone was going to heaven someday. Let me tell you that when you just believe someone and you don't know what the Bible tells you, it's like the devil's voice laughing in your face after you end up here. *Now I know the Bible is God's "love letter" of instruction to all of us!*

And another said that every time they visited a church it was like someone had told the pastor about their life and their guilt always drove them away from going there again. A subtle trick of Gods enemy is to make us his for hell. So now I am burning up in Hell — because instead of seeking God, I ran away from Him. *I should have run to Him!*

"I was a good person. I didn't kill anyone or even steal or tell a lie. I worked hard all my life and never hurt anyone. I obeyed my parents and respected those in authority. I didn't destroy anyone's property." Ending up here is a big surprise to me! *My goodness*

is as filthy rags compared to God's Son!

Talking more in length with these, each said that they had rejected the truth that Jesus Christ was God's Son, the Lamb of God that was sacrificed for all their rebellion and sins. Each understood in depth it was themselves and their denial that sent them to Hell.

They realized and said, "And now it is too late to repent and gain heaven, which was God's gift He offered by accepting Jesus as our Savior and Lord of one's life".

"If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness". (1 John 8-9)

Change your mind before it is too late for you . . . He is beaconing you today!

Marlys Johnsen Norris
GOD MOVES MOUNTAINS
Marlysjn@gmail.com ★

AMAZING PREDICTIONS PART I

They call him Amazing, and he is! Is he a psychic? No. Is he a Fortune Teller? No. But he has made amazing predictions for most of his life, and he shared some of what he feels will happen in 2015 when he visited my POPPOFF Radio Show just before New Year's Day. He is the one and only Amazing Kreskin." And he shares his life in "Conversations with Kreskin." Kreskin is tuned to the desires, wishes, and concerns in our society and he projects what he feels are strong trends and happenings to come like the following.

1) The growing interest in the Western world of séances and attempts to communicate with the dead is back, and far exceeds the public interest of the 1920's. In the latter part of the 19th century, séances were popular with the upper middle class and the wealthy. Television has helped spread the interest with numerous series like going to "haunted houses" and the like. This interest

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Walk a Mile in Her Shoes

One Thousand Men Sought for 2015 Record-Breaking March

Continued from Page 1

forms now.

Walk a Mile in Her Shoes is an international event in which men embrace the opportunity to raise awareness about the serious causes and effects of sexualized violence, which has reached epidemic proportions in every city in our nation. Between 2001 and 2012, 6,488 troops were killed in Afghanistan and Iraq, and 11,766 women were murdered by current or former partners—that's nearly double the amount of casualties of war.

Domestic violence is not a singular incident. Statistics show us that it's a continuous problem, deeply rooted in our culture for decades. This black mark on our moral report card is as American as apple pie. Too many women and children have been held captive for too long by physical vio-

intervention. The hope is that early education of these young men about these issues will help them change their ways and prevent them from becoming adult abusers.

Although domestic violence and sexual assault can happen to any woman in any relationship and circumstance, there are specific groups that should be noted. In a survey conducted by the American Psychological Association, it was discovered that over 40% of women with disabilities were more likely to experience severe partner violence than those without disabilities. Many of these victims are in wheelchairs or suffer from conditions that prohibit them from running or defending themselves, making them the most vulnerable. Another group of women who suffer at the hands of their male domestic partners are female veterans. It has been found that women



Domestic violence is the third leading cause of homelessness among families in the United States. If you're a man who wants to take advantage of an impactful way to ensure women in your community are protected from a life of fear and violence at the hands of their partners, don a stylish pair of heels and "Walk a Mile in Her Shoes!" Photo courtesy Riverview Media Photography/Tia Gemmill

“Between 2001 and 2012, 6,488 troops were killed in Afghanistan and Iraq, and 11,766 women were murdered by current or former partners—nearly double the amount of casualties of war.”

lence, financial abuse, emotional abuse, or all three. Organizations such as WEAVE are working tirelessly with law enforcement, social services, health and welfare, and many other federal, state and private sector institutions to serve victims, identify abusers, and educate the public in an effort to combat future tragedies.

According to the California Partnership to End Domestic Violence, approximately 40% of women experience some form of partner violence in a lifetime. Young women 18-24 years of age were significantly more likely (11%) to be victims of physical intimate violence in the past year. A report made by the California Student Survey (CSS) showed a prevalence of teen dating violence. At least one incident was reported by 5.2% of 9th grade girls and 8.2% of 11th grade girls. Additionally, among students with steady boyfriends, the rates of dating violence increased to 8.8% in the 9th grade and 12.8% in the 11th grade. These figures are disturbing, and they warrant educational

who served in the military may experience higher rates of interpersonal violence, sexual trauma, and related health challenges than those who have not served. The leading cause of murder among pregnant women is intimate partner violence. Victims of sex trafficking are perhaps the largest growing segment of male and female casualties due to sex slavery. Children are also an at-risk group; the average age of forced prostitution through trafficking is 13. Statistics show that some 300,000 young boys and girls are being forced into the sex industry, and the number is increasing. According to FBI published information, criminals who normally would deal in illegal drugs or weapons have now turned to human trafficking. A measure of dope or an illegal gun can only be sold once, whereas a young boy or girl can be sold 10-15 times a day.

We don't have to be victims of domestic violence and intimidation, sexual assault, stalking, or human trafficking to feel the effects of it all. There's a

financial element to this growing crime segment. Nationally, women lose eight million days of paid work every year because of the abuse perpetrated against them by current or former male partners. This loss is equivalent to over 32,000 full time jobs. When a woman is treated for intimate partner violence, the cost of initial care is approximately \$948. Domestic violence is the third leading cause of homelessness among families in the United States. Between 1995 and 2005, the cost of domestic violence against women in the nation was \$5.8 billion. Today, that number has advanced with more than a 30% increase in domestic violence, and unfortunately the numbers are rising.

In 1978, WEAVE opened as a grassroots private organization to serve survivors and families of domestic violence in Sacramento County. Their services were used by countless victims who until then had nowhere to turn. Most thought abuse was just a way of life. The members of WEAVE realized that abuse has many facets. In 1988, they began serving victims of sexual assault, and today it's the sole rape crisis center in Sacramento County. Five years ago, WEAVE became part of Sacramento's Rescue and Restore Coalition to provide services to domestic and international victims of human trafficking. Through

dedication and hard work, the organization has grown into a nationally recognized agency. Their critical services include a 24-hour support and information line; a confidential, emergency safe house; walk-in triage services including a lethality assessment and therapeutic counseling services; legal advocacy; youth and community prevention education programs; and more.

WEAVE encountered an increased need to house families surviving violence while they worked to make new lives for themselves. In 2009, they built a 12,000-square-foot safe home featuring 18 family suites with onsite support services and a charter school complete with a Nature Explore classroom. To further serve survivors, WEAVE initiated construction of Next Step Housing Village, a long term housing option for families graduating from the safe house programs. In 2013, WEAVE received a \$1 million grant from the Emergency Housing Assistance Program to purchase and renovate eight apartments to use as emergency shelter options for victims with unique barriers such as service animals. 2013 also saw the launch of Low Bono, a low-cost legal assistance program.

For the past 15 years, WEAVE's Suited for Success program has provided professional clothing and career

development to hundreds of women in Sacramento County who have experienced violence. The program grew from the need to assist victims of violence in attaining economic independence. Lack of financial freedom is a common factor that binds abused women to their abusers. Many of WEAVE's clients leave all their belongings behind when they flee their threatening situation; they often arrive with only the clothes on their backs.

Suited for Success awards clients \$100 worth of professional work clothes from WEAVE Works Recycled Fashion, a professional attire thrift store operated by WEAVE volunteers. This addresses the catch-22 faced by many women who need to rebuild their lives: if a woman does not have a job, she cannot afford career clothing, yet without proper attire for an interview, she cannot get a job. Obtaining employment is a critical step for victims working to reclaim their lives and support their families.

This article was written to bring awareness to the national problem of domestic violence, not to paint a picture where every man is an abuser. The fact is, most men are kind, generous, and loving toward their female companions. Still, it is what it is, and the statistics are staggering. To combat this problem in our neighborhoods, everyone needs to be on board. If you're a man who wants to take advantage of an impactful way to ensure women in your community are protected from a life of fear and violence at the hands of their partners, don a stylish pair of heels and "Walk a Mile in Her Shoes!"

To learn more about WEAVE or to obtain fundraising event information, visit www.weaveinc.org or call (916) 448-2321. If you or someone you know is experiencing domestic violence, call WEAVE's 24-hour support and information line at (916) 920-2952.

Sources: www.weaveinc.org; www.fbi.ca.gov; World Health Organization; CA Women's Health Survey; CA Partnership to End Domestic Violence; American Psychological Association; Vanity Fair, "Sex Trafficking of Americans—the Girl Next Door" 5/11; Huffington Post, "30 Domestic Violence Facts..." 10/23/14. ★

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Film *Incongruity* Premieres at Gatsby-Themed Event



Angela Marie Rubio Zaniboni, writer and director of *Incongruity*. Her next project is directing the musical theatrical production of *Grease* in spring 2015. Photo by Jex Nguyen

Story by Margaret Snider

SACRAMENTO COUNTY, CA (MPG) - On Saturday, December 27th, Red Bench Entertainment held "An Evening with Gatsby," a roaring-twenties-themed premiere of their most recent production, a film titled *Incongruity*.

Angela Zaniboni, scriptwriter and director of the 35-minute film, said that the creativity was collaborative among all those involved.

"It's pretty creepy," Zaniboni said. "I think we owe that to the lead actor, Andrew (Ramsey). We have some really dedicated actors. But it's also a film that a lot of people, even if they don't like scary movies, would really appreciate and enjoy."

Ramsey, who lives in Carmichael, was the villain of the piece. Ramsey said that Zaniboni has a great passion for her work, and as he watched the editor's cut of the film, it

was wonderful to see her vision come to life.

"I think (the movie) was very intense and people enjoyed my character, Adam Matthews," Ramsey said. "A few people came up to me and told me that I actually scared them, so that makes me feel good."

Executive director and Red Bench CEO Cheryl Rubio Barrios, who is from Citrus Heights, as is Zaniboni, said that a lot of horror films are full of gore, and they wanted to do something different.

"It's one of those films that keeps you at the edge of your seat," Barrios said. "It's a mind game that makes you wonder what's going to happen next."

Held at Curtis Hall, Sierra 2 Center for the Arts, the five-hour-long event began with food, drinks, and social hour, and moved through a welcome by Barrios and a short address by Zaniboni. This was followed by live skits, monologues, and

musical numbers by Red Bench members. After awards and presentations, the screening of *Incongruity* provided the climax of the evening, with open dancing and a silent auction finishing off the night.

One of those attending the gala was Patricia Dronoff, whose daughter Eden played Beth earlier this year in the Red Bench theater production of *Little Women*. The family has since moved to Utah, but they were able to attend the film premiere and Gatsby event since they were here to visit family for the holidays. "My daughters and I agree that the original storyline, written by Angela, was gripping and terrifying," Dronoff said. "In the role of the evil spirit, Jenae Noble was so convincingly evil and creepy that she made our skin crawl; she gave me goose bumps."

In addition, Dronoff said that since moving away they have been unable to find another theater and entertainment group like Red Bench. "My daughter Eden is looking forward to coming back to Sacramento in the summer to participate in their production of *The Wizard of Oz*."

Red Bench will also be presenting a musical production of *Grease* in 2015, with auditions beginning in January.

Red Bench Entertainment is a nonprofit organization that aims to help some of the talented actors and artists in the community to follow their dreams in spite of any personal situations that might hamper them. "No experience needed to join," their website states, "just a willingness to learn."

To find out more about Red Bench Entertainment, please see www.redbenchentertainment.com. ★

Need Funds for Your Cause? Eat Wings!

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Raising funds for your school, church, community, or sports team has never been easier or more fun...and delicious.

The Buffalo Wild Wings Restaurant at 6301 Sunrise in Citrus Heights is busy working all year to provide opportunities for community sports teams and other organizations to reach their fundraising goals.

The mission of the Buffalo Wild Wings restaurants is to help their local community be a better place to live and raise families.

The Citrus Heights location offers the "Home Team Advantage" program for sports teams and offers "Eat Wings, Raise Funds" for other organizations. "Home Team Advantage" supports and encourages teamwork with a special fundraising program accessible to teams—any sport, any age—including cheerleading and other sports-related programs.

The motto for "Eat Wings, Raise Funds" is "When you dine, we donate." This program allows organizations of all kinds to receive 10% of the money



Buffalo Wild Wing's training general manager Matt Bestwina (3rd from left) presents GFWC Citrus Heights Women's Club Darla Buechner (2nd from left) and member Ruth Artates (far right), and Citrus Heights American Legion Post 637 members Jim Monteton, Bill Muth, and Wade Brooks with a check for \$468 from their "Eat Wings, Raise Funds" event for their 2014 Veteran's Picnic. Photo courtesy of GFWC Citrus Heights Women's Club

earned on a given date at the restaurant. Members promote the event to their family, friends, and community prior to the event. Recently, funds were raised to help a young patient with diabetes purchase a service dog.

The GFWC Citrus Heights Women's Club and Citrus Heights American Legion Post 637 took advantage of the "Eat Wings, Raise Funds" program in July for their 2014 Veteran's Picnic at Rusch Park. They raised \$468 with friends and family of the two organizations, along with other diners contributing to the cause, resulting in

the most funds raised to date from this program at this location. Darla Buechner of the GFWC Citrus Heights Women's Club would like to offer this challenge to other service and sports clubs: "Can you beat the women's club? Be the next group to get your group's name on the check on the wall!"

For more information and to apply for these programs, call (916) 729-9464 and ask for Matt or visit www.buffalowildwings.com and click on "Find a B-Dubs" and search "Citrus Heights." ★

Greater Sacramento Municipal Employees Earned Average of \$110,000 in 2013

SACRAMENTO REGION, CA (MPG) - Transparent California has released previously unseen 2013 public employee compensation data—complete with names, pay, and benefits—for 400 cities and 826 special districts statewide on www.TransparentCalifornia.com, the state's largest public sector compensation database.

The data show that average full-time compensation for employees of 26 Greater Sacramento cities was \$109,785 in 2013, with hundreds earning more than \$200,000 a year and over 70 making at least \$50,000 in overtime alone. Such compensation is significantly higher than that of peers in the private sector.

To view the comprehensive compensation database for municipal employees of Greater Sacramento and the rest of California, as well as for special districts like fire and water, visit www.TransparentCalifornia.com.

Notable 2013 findings showed that 319 Greater Sacramento municipal employees earned at least \$200,000: Roseville City Attorney Brita J. Bayless earned \$362,433, Roseville City Manager Raymond J. Kerridge earned \$356,208, and Citrus Heights City Manager Henry Tingle earned \$360,098.

In just overtime pay, 73 Sacramento municipal employees earned at least \$50,000: Sacramento Fire Engineer Jeffrey Alan Ivy earned \$127,280 in overtime and \$249,770 in total compensation, Sacramento Fire Captain Gregory L. Quick earned \$119,863 in overtime and \$270,253 in total compensation, and Sacramento Firefighter Chad Paul Chase earned \$118,064 in overtime and \$240,851 in total compensation.

"Sacramento civil servants averaging \$110,000 a year in compensation means that the term civil servant is no longer

appropriate," said Mark Bucher, president of the California Policy Center. "Meanwhile, comparable workers in the private sector have seen their compensation stagnate as an ever-greater amount of their take-home pay is diverted to fund these lavish government compensation packages."

Transparent California also released summary pages for individual cities and counties, which include median government employee and cost per resident. Those pages are available by going to a city or county page and clicking the "View Summary" link.

Transparent California is the largest database of California public employee and retiree compensation with listed names and now contains over 7.7 million records from over 2,000 California government agencies.

Source: *Transparent California* ★

SOAR and Meals on Wheels Deliver More Than Food

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Thanks to the Citrus Heights Neighborhood Association Area 10/Sylvan Old Auburn Road (SOAR), many Citrus Heights, Fair Oaks, and Orangevale Meals on Wheels clients had something extra delivered to them with their hot meals for the 2014 Christmas season.

SOAR members brought food and other donations to their November association meeting. With funds also donated by members, additional items were purchased to fill colorful gift bags with non-perishable food and sundries such as greeting cards, soap, lotions, lap robes, foot lotions and powders, socks, hats, and slippers.

SOAR president Dr. Jayna Karpinski-Costa then accompanied Meals on Wheels volunteer Fabio on his "hot meal" route in Citrus Heights and Fair Oaks, where she experienced firsthand the meal delivery process and the connection between the volunteer and client.

Karpinski-Costa said, "We had so many bags we donated some to the volunteer who does the Orangevale route. Next year we hope to include the seniors who get the frozen meals as well as the hot meal recipients."

Jennette Wells, Meals on Wheels volunteer services coordinator, noted their appreciation for extra acts of kindness provided by organizations like SOAR, saying, "We are delighted that SOAR was able to create such thoughtful and cheerful gift bags for homebound seniors this year."

Meals on Wheels by A Community of Caring (ACC)



SOAR Neighborhood Association Area 10 President Dr. Jayna Karpinski-Costa displays the colorful Christmas gift bags filled with holiday surprises created by SOAR members for Citrus Heights, Fair Oaks, and Orangevale Meals on Wheels clients. Photo courtesy of SOAR Neighborhood Association

serves seniors 60 years of age and older. Approximately 1,500 seniors in Sacramento County and western Placer County receive Meals on Wheels at home. Over 500 volunteers help service the 47 home-delivery routes and 23 All Seasons Cafés in these counties.

Meals on Wheels volunteers make such a difference in the lives of so many of its clients, just by being there. For many, it is their only contact with the outside world. A friendly face and warm "hello" lets the client know someone does care about them.

New referrals for home-delivered meals and participation at the weekday community meals at Rusch Park or one of the other All Seasons Cafés is always welcome.

Home-delivered meals are available to seniors who are homebound due to illness or recovery and for those who, for other reasons, cannot attend the

meals at the All Seasons Café at Rusch Park.

Based on individual situations, participants receive either daily hot midday meals delivered Monday through Friday or a weekly box of frozen meals for reheating. In addition to the meals, this service provides social contact for clients and a safety net they might not have otherwise.

The Citrus Heights All Seasons Café at Rusch Park is located at 7801 Auburn Boulevard, Citrus Heights. Meals are served Monday through Friday at 11:30 a.m. For more information and to RSVP, call (916) 801-7019. The suggested donation is \$2, but no fee is required.

If you or someone you know could use these services, or to volunteer as an individual or group, call (916) 444-9533 or visit www.mowsac.org.

Source: *Meals on Wheels by ACC* ★

Walmart Brings New Jobs to Citrus Heights

Continued from Page 1

features health and beauty aids, pet products, and cleaning supplies. Shopping is more convenient than ever, as Citrus Heights residents can shop an assortment of 7 million items on www.Walmart.com, many of which can be shipped for free to the new Walmart Neighborhood Market.

The pharmacy offers a full range of products and services, and pharmacy team members are ready to assist customers with product and prescription questions. Citrus Heights residents can easily transfer prescriptions

and order refills on the go with the Walmart mobile app for iPhone and Android.

The new store employs up to 95 full- and part-time workers. Store manager Brenda Jackson began her Walmart career in 2001 as Christmas seasonal help in Chico.

The grand-opening celebration included presentations of grants from Walmart to local community groups. In addition to the grants, the new store plans to further Walmart's pledge to fight hunger in America.

As part of Walmart and the Walmart Foundation's \$2 billion

commitment to fight hunger through 2015, Walmart stores in California donated approximately 23.1 million pounds of food in the 2014 fiscal year, or the equivalent of 19.3 million meals. Additionally, Walmart and the Walmart Foundation gave more than \$47.1 million in the 2014 fiscal year in California alone. For more information on Walmart's fight against hunger, visit www.foundation.walmart.com/our-focus/hunger.

Walmart is happy to be part of the Citrus Heights community.

Source: *Mitchell Communications Group* ★

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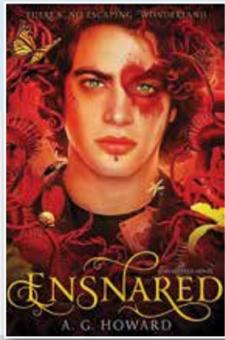
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For the Love of Books



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



ENSNARED

by A.G. Howard

- ◆ Publisher: Amulet
- ◆ Release date: January 06, 2015 ◆ hardcover, 405 pages
- ◆ Intended audience: Young adult ◆ Rating: ♥♥♥

On the Book Jacket: After surviving a disastrous battle at prom, Alyssa has embraced her madness and gained perspective. She's determined to rescue her two worlds and the people and netherlings she loves. Even if it means challenging Queen Red to a final battle of wits and wiles . . . and even if the only way to Wonderland, now that the rabbit hole is closed, is through the looking-glass world—a parallel dimension filled with mutated and violent netherling outcasts. In the final installment of the wildly popular Splintered trilogy, Alyssa and her dad journey into the heart of magic and mayhem in search of her mom and to set right all that's gone wrong. Together with Jeb and Morpheus, they must salvage Wonderland from the decay and destruction that has ensnared it. But if they succeed and come out alive, can everyone truly have their happily ever after?

Amy's Review: Dive, once again, into the madness that is Wonderland!

More than ever before, fate is riding on Alyssa's shoulders, to save everyone she loves; from Jeb, to her father, her mother and of course Morpheus. For the last time, readers follow Alyssa not down a rabbit hole, but through the looking glass, into the outcast world of AnyElseWhere, where Alyssa must once and for all, make her decision. Will she face the Red Queen and battle for her rightful calling as ruler of Wonderland, or turn her back to live in the human world and let it all fall?

However, once Alyssa arrives with her father into the backwards world of AnyElseWhere, she quickly realizes it's not only Red that she must battle, but newly created monsters and netherlings, as well as their creator. Needing to make a decision, between starting or stopping her eternal rule of Wonderland, Alyssa must learn to use the two forces set against her to solve the riddles of Wonderland, once and for all. Being torn between two loves, tears

Alyssa's heart in two, as her human side and her netherling side must battle each other. Making it harder than choosing which world to dedicate her life too, along with who she must marry. Not only for Wonderland and the Human world, but for her heart's desire as well.

Strong willed and even stubborn, this time, Alyssa finally discovers who she is, who she wants, and what she is meant to do. This time she won't let anyone prevent her from succeeding, finally learning to stand tall in spite of her magic and human self, using her own wings to fly.

A.G. Howard, takes you on the final, magical journey of fantastical dark creatures with wicked intent.

Writing not only a tale that is wickedly sweet, but one that takes you on a picturesque journey, where words drip off the pages like a canvas. Bringing to the surface the true essence of Splintered's magic, which is as poetic, as it is beautiful, painting scenes that are vivid, while artfully writing a tale.

Jim Miller
Answers
Your
Senior
Questions



Check Out This
Week's Topic!

Savvy SENIOR

How to Claim the Retirement Saver's Tax Credit

Dear Savvy Senior,
A coworker was recently telling me about a tax credit she got last year for simply contributing to our company's 401(k) plan. What can you tell me about this, and who's eligible?
- Over 55

Dear Over,

It's called the "retirement saver's tax credit," and it's a frequently overlooked credit that's available to low and moderate-income individuals and families who make saving for retirement a priority. Here's how it works.

If you contribute to a traditional or Roth IRA, or an employer sponsored plan like a 401(k), 457, 403(b), SEP plan, SIMPLE IRA or other retirement-savings plan, the retirement saver's tax credit will allow you to claim 10, 20 or 50 percent of your contribution, depending on your income, up to a maximum of \$1,000 per person or \$2,000 per couple.

To qualify, you must also be at least 18 years old and not a full-time student, and were not claimed as a dependent on someone else's tax return. And your adjusted gross income in 2015 must be \$61,000 or less as a married couple filing jointly, \$45,750 or less if filing as head of household, or \$30,500 or less if you're a

single filer. These income limits are adjusted annually to keep pace with inflation.

To get the 50 percent credit, you'll need to have an income below \$18,250 if you're single, \$27,375 if you're filing as head of household, and \$36,500 for couples in 2015.

The 20 percent credit rate applies to individuals earning between \$18,251 and \$19,750; for head of household filers it's \$27,376 to \$29,625; and for couples it's \$36,501 to \$39,500.

And the 10 percent rate is for individuals with an adjusted gross income between \$19,751 and \$30,500; for head of household filers 29,626 to \$45,750; and couples it's between \$39,501 and \$60,100.

Double Tax Break

You also need to know that the retirement saver's tax credit can be claimed in addition to the tax deduction you get for contributing to your employer's retirement plan or a traditional IRA. Here's an example of how this works.

Let's say you're married and have an income of \$37,000, and your spouse is not working. If you contribute \$1,000 to your company's 401(k) plan, your adjusted gross income would be reduced to \$36,000 on your tax return. You would also be able to claim a 50 percent

retirement saver's credit, which is worth \$500, for your \$1,000 401(k) contribution.

Keep in mind though that this is a tax credit, not a deduction, so it lowers your income tax dollar for dollar. It is, however, a nonrefundable tax credit, which means it cannot reduce the amount of tax owed to less than zero.

How to Claim

To claim the credit, you will need to fill out Form 8880 (see irs.gov/pub/irs-pdf/f8880.pdf) and attach it to your 1040, 1040A or 1040NR when you file your tax return. Don't use the 1040EZ Form.

If you think that you would have qualified for the credit in previous years but didn't claim it, you can file an amended return as far back as 2011 and still get the credits. A 2011 amended return is due by April 15, 2015. See IRS Form 1040X (irs.gov/pub/irs-pdf/i1040x.pdf) for instructions on how to file an amended return.

And for more information on the retirement saver's tax credit, see IRS Publication 590 "Individual Retirement Arrangements" (irs.gov/pub/irs-pdf/p590.pdf).

If you don't have Internet access to see or download these forms, call the IRS at 800-829-3676 and ask them to mail them to you. ★

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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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

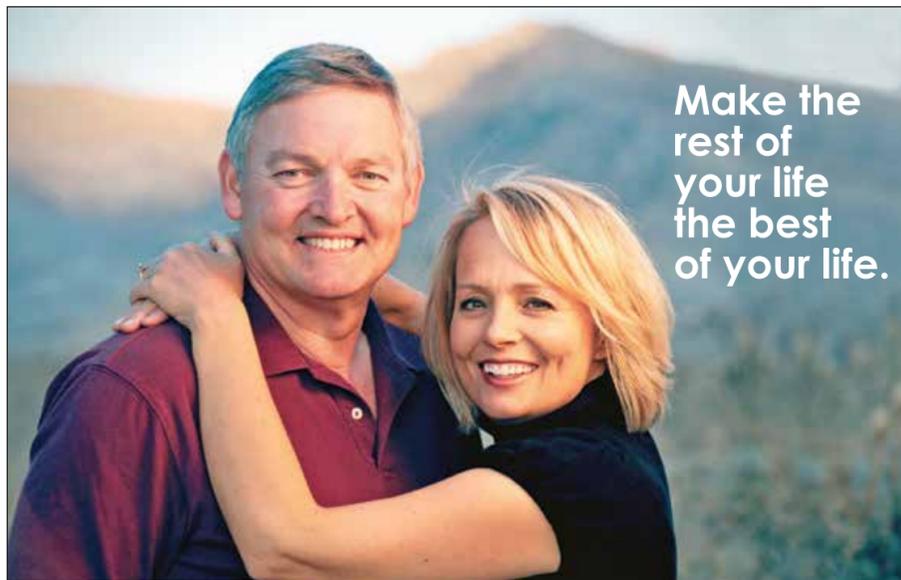
WEDNESDAY

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

For more information: www.bemoneysmartusa.org



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