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Citrus Heights Messenger

"Written by the people, for the people"

Volume 4 Issue 24

Serving the City of Citrus Heights and Sacramento County

Second Edition for December 2014

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Stay #1 Toys for
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Storm Repairs an Ugly Mess

CSLB Tips Help Prevent Storm Repairs From Becoming Costly Headaches



The cheapest price may not be the best solution when it comes to repairing flood damage, removing a fallen tree, fixing a downed fence, or patching a leaky roof. Consumers can use CSLB's online resources, available at www.cslb.ca.gov or CheckTheLicenseFirst.com, to review the license status of contractors they plan to hire and to get tips about the best approach for making home repairs.

SACRAMENTO REGION, CA (MPG) - The storms that pummeled the region earlier this month are behind us, but homeowners could continue to suffer if they use unlicensed contractors for storm damage repairs. The Contractors State License Board (CSLB) reminds state residents that the cheapest price may not be the best solution when it comes to repairing flood damage, removing

a fallen tree, fixing a downed fence, or patching a leaky roof.

"Anyone who needs to make repairs from storm damage should be looking for a legitimate, qualified tradesperson, especially in an urgent situation," said CSLB Registrar Steve Sands. "Licensed contractors are skilled in their specific trade, insured and bonded, and not likely to leave you in the lurch when it

comes to properly completing the job at a fair price."

Consumers can use CSLB's online resources, available at www.cslb.ca.gov or CheckTheLicenseFirst.com, to review the license status of contractors they plan to hire and to get tips about the best approach for making home repairs. Any construction job

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Sue Frost is the New Mayor of Citrus Heights

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - At the December 11th Citrus Heights City Council meeting, Sue Frost accepted the gavel from Mel Turner and assumed her duties as mayor of Citrus Heights.

In leaving his term as mayor, Turner shared his thoughts on his experiences the past year. Turner said, "The most challenging decisions/discussions were the Creek Trail Study Project. Over 200 residents were very concerned about the creek trails coming through their collective properties. The study became a very emotional and divisive issue. The decision reached by the council was not only a victory for transparent government but also a case study in listening! I was proud to be involved in this item."

Turner, along with City Clerk Amy Van and her staff, created a brochure, available at city council meetings, to educate meeting attendees about how the council meetings operate and how to participate in them.

Another program in which Turner was instrumental was the Shadow Program. Developed by Turner and Monica Alejandre, assistant to the city manager, the Shadow Program invites student government leaders at San Juan High School and Mesa Verde High School to meet with and actively learn about city government from city council members, the city manager, and other city department heads.

The Medical Office Building (Dignity) issue and relocation of City Hall generated numerous public discussions and debate. "As the mayor, I facilitated discussions, attended numerous meetings, and chaired the council meetings with more than normal public comments. The council will vote on this issue in March. For my part, I am satisfied we did a professional job of maintaining open dialogue and transparency throughout the process," said Turner.

Turner felt that being re-elected to a second term to city council was a vote of confidence showing that he served the City of Citrus Heights to the satisfaction

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Sue Frost and Mel Turner at the 2014 Christmas Tree Lighting. Photo by Elise Spleiss.

DMV Extends Office Hours and Adds Appointments for First-Time Driver License Applicants

SACRAMENTO REGION, CA (MPG) - The California Department of Motor Vehicles (DMV) announced that it is extending office hours and adding appointment opportunities to support the issuance of all original driver licenses, including licenses that will be issued under Assembly Bill (AB) 60 starting on January 2nd, 2015.

"DMV is committed to providing excellent customer service to all Californians," said DMV Director Jean Shiimoto. "Customers with appointments have much shorter wait times, and now all customers seeking new driver licenses will have extra appointment opportunities."

DMV anticipates processing approximately 1.4 million additional driver license applications during the first three years after implementation of AB 60. The DMV will be offering the following additional services:

Extended Saturday office hours by appointment for all new driver license applicants at up to 60 DMV field offices across California starting Saturday, January 3rd, 2015.

Increased number of available appointments in many field offices that will hire additional staff.

New driver license applicants will be able to schedule appointments with the DMV up to 90 days in advance, double the current 45-day window.

Starting December 1st, 2014, all first-time driver license applicants must make an appointment to visit their local DMV office. However, four new driver license processing centers will continue to offer both walk-in and appointment services: Lompoc, Stanton, Granada Hills (all opened November 17th, 2014) and San Jose (opening December 1st, 2014). Appointments are recommended.

These additional services will be available to all customers seeking an original driver license, the applicant's first license received in California, whether under AB 60 or otherwise. Customers applying for an original driver license will need to do the following:

Make an appointment to visit a DMV field office up to 90 days in advance (or walk-in or appointment at the temporary driver license processing centers in Lompoc, Stanton, Granada Hills, or San Jose).

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See inside for details

Sue Frost is the New Mayor of Citrus Heights

Continued from page 1

of voters during the past four years. Turner added, “I ask those of you reading this article to vote, get involved with your city in any way you can, and attend or watch city council meetings to really understand what is going on in our community.”

“To our new mayor, I pledge to support you and to help you with all my power. I also offer you this advice: Listen, listen, and then listen some more. Thank you all for your support this past year. It truly has been my pleasure to serve you as your Mayor,” said Turner.

New Mayor Sue Frost reflected on her term serving on the Citrus Heights City Council and spoke of her plans for the upcoming year.

Regarding her prior two years on the city council, Frost said, “I have sincerely tried to respond to my constituents and I have tried to listen carefully and with an open mind and spirit to understand their concerns. I have not forgotten whom I work for.

“I’ve learned that I don’t have a fix for everything and that I’m not always able to please all people at all times even though I wish I could.

“I better understand the importance of the experience I gained being on the city council. I am fortunate to be surrounded by professionals like Jeannie Bruins, Jeff Slowey, Mel Turner, Steve Miller, Henry Tingle, Chris Boyd, Roberta MacGlashan, Jim Nielsen, other leaders, and the list goes on and on. All of them have experience from which I have gleaned insight and knowledge, and I am grateful for their help.

“The City Council position is immensely interesting and I am challenged daily at multiple levels, never forgetting our mandate to deliver services and promote a safe and thriving local economy.”

Regarding her goals for the coming year, Frost said she plans “to expand my community and online activities, inform citizens,

encourage their involvement in community and policy issues, and support their effort to improve their neighborhoods.

“To expand relations with Regional Leaders so we can collaboratively share and learn from each other.

“Continue to support Citrus Heights Police Department, promote economic development in Citrus Heights, and continue the ongoing fiscally responsible leadership.”

Frost likes to spend her spare time in the quiet. “I enjoy gardening, reading, cooking, good movies, and time with special friends.” She said, “My husband (Jack Frost) and I celebrated our 30th wedding anniversary this past July. We have been through a lot together. Both of us have been self-employed most of our lives. Jack is my dearest friend and greatest supporter. He is very understanding and unselfish when it comes to my time and the varied commitments I have.” ★

Don’t Let Storm Repairs Turn Into An Uglier Mess

Continued from page 1

valued at \$500 or more in combined labor and material costs must be performed by a state-licensed contractor. California Business and Professions (B&P) Code requires licensees to carry workers’ compensation insurance coverage for their employees and to be bonded.

For tree trimming and removal jobs where the tree is 15 feet or higher and the job is more than \$500, the contractor must be state-licensed. B&P Code allows a gardener who does not have a state license to work on incidental tree pruning if the tree is less than 15 feet tall and the job costs less than \$500.

State law requires all C-39

Roofing contractors to carry workers’ compensation insurance, even if they do not have employees, to ensure that consumers are protected in the event of an accident or injury on the homeowner’s property.

Consumers should follow these tips when soliciting bids from home improvement contractors: Only hire licensed contractors, and ask to see their license and photo identification; Don’t rush into repairs, no matter how badly they’re needed; Be careful when using online bulletin boards such as craigslist.org, because unlicensed operators may try to mislead you into thinking they are licensed;

Only make a down payment of 10 percent or \$1,000, whichever is less; Don’t pay in cash, and don’t let payments get ahead of the work; Get at least three bids, check references, and get a written contract; and Contact CSLB if you have a complaint against a contractor.

CSLB encourages consumers to always “Check the License First” by visiting www.cslb.ca.gov or calling its toll-free automated line at 1-800-321-CSLB (2757). Also, visit CSLB’s website for tips about how to hire a contractor and to sign up for CSLB email alerts.

Source: Contractors State License Board ★

Help Keep Citrus Heights the #1 Toys for Tots Regional Donor

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - The word is out! For the second year in a row, Santa and the Sacramento Marine Corps Reserve Detachment are asking for the help of the Citrus Heights Veteran’s Community Center and the surrounding community to provide donations of toys for their Toys for Tots program. Sacramento Toys for Tots collects and distributes toys at Christmas for needy children in the greater Sacramento area.

The community is invited to bring new, unwrapped toys to the Veteran’s Center at 6921 Sylvan Road from 9:00 a.m. to 1:00 p.m., Monday through Saturday.

On Saturday, December 20th, the Toys for Tots toy collection event will take place at the Center located at the historic former Sylvan School. The Marines will be present to collect toys and visit with guests. And of course kids of all ages can tell Santa what they want for Christmas and have their picture taken with him.

In 2013, Marines loaded eight overflowing bins into their truck at the end of the final day of the Vet’s Center toy drive and had to return with a large U-Haul for the rest of the toys the following day. This was the largest single donation of toys received from all the 2013 toy drives in the Sacramento region.

A local World War II memorabilia collector is scheduled to bring an authentic World War II jeep with trailer and World War II Japanese cannon to display at the event. The American Legion Riders Chapter 383 from Fair Oaks and the American Legion Chapter 521 Riders from Rio Linda are scheduled to descend



Santa’s helper, from Coldwell Banker Real Estate, asks Jim Rounsavell, owner of the Citrus Heights Veterans’ Community Center, to once again help with the Marine’s Toys for Tots program for needy kids. Rounsavell promised he and the community will answer the call for the kids in true military fashion. Photo courtesy of Coldwell Banker Real Estate.

upon the event at about 11 a.m.

Jim Rounsavell, president of the Veteran’s Center, is looking forward to an even larger toy donation this year, noting, “The thought of making some boy or girl happy makes us all feel good.”

Since 1948, U.S. Marines have been collecting and distributing toys to children. The first toy was a handmade doll. In 2013, the Marine Corps made Christmas brighter for 6.8 million needy children in 762 communities nationwide.

Congressman Ami Bera and his staff will be present in the afternoon to celebrate this event

with the community. Matthew Ceccato, field representative and veteran’s caseworker with Bera’s office, will be visiting with kids of all ages as Santa Claus. Ceccato grew up in Sacramento and has experienced first hand the generosity of a community coming together to help families in need. He emphasizes how important this event is in carrying on that tradition in our community. “These could be the only toys these children receive this Christmas.”

For information on the event or the Veteran’s Community Center call 726-7876.

Source: toysfortots.org ★

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 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 veronicahunter@outlook.com. Tickets can be ordered through a local Kiwanian or online at <https://kiwanisch.eventbrite.com>.

Source: Joyce Blonskij ★

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Heartwarming Christmas Tree Lighting Ceremony and Festivities



Santa Claus takes a break from listening to children’s Christmas wishes to pose with the Sacramento-area queens and princesses, led by Director Tamara Barbu-Brown (right of Santa).

Story and photos by Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - No one was braving the cold in Citrus Heights on December 4th. In sharp contrast to tree lightings in recent memory—it was 42 degrees at the ceremony in 2013—a warm 59 degrees and near full moon greeted festival goers for the Citrus Heights 18th annual Christmas Tree Lighting and festivities at Fountain Square. Sunrise Mall was the proud sponsor of the ceremony and festivities.

Keeping with tradition, the Citrus Heights Community Marching Band (CHCMB) provided music as attendees arrived. Master of Ceremonies Jingle Julie introduced Mayor Mel Turner and members of the city council who greeted the audience. More than a dozen local pageant winners, led by new Pageant Director Tamara

Barbu-Brown introduced themselves to the audience.

Prior to the tree lighting, high-kicking Irish dancers from the O’Sullivan Dance Academy delighted the crowd with their jigs and other dances. The mission of the school, which is sponsored by the Citrus Heights History and Arts Commission, is to promote, preserve, and share the tradition and culture of Irish dance.

Finally, after much anticipation, Santa Claus and his helper arrived at the festivities in a horse-drawn carriage. Santa then had the honor of flipping the switch to light the tree to the oohs, ahhs, and applause of hundreds of onlookers.

The party then moved inside the community center for photos with Santa; donuts, mochas, and hot cocoa provided by 7-Eleven; and cookies and cookie decorating compliments of TLC Exceptional Catering.

Children and adults alike were kept busy throughout the evening by various activities.

Face painting by The Other Cheek Face Painting added a bright face to the party. Balloon twisting by Grama V the Balloon Lady and the Aloha Balloon Company produced animals and other artistic shapes sculpted for kids of all ages. Republic Services, provider of residential trash and recycling services, sponsored the services of The Other Cheek Face Painting.

The O’Sullivan Irish dancers performed again and the CHCMB finished out their concert with a medley of holiday favorites.

Throughout the evening, families lined up outside the center for an exhilarating train ride, or two or three, provided by Anytime Express. A good time was had by all. ★

San Juan Open Enrollment Ends January 16th

SACRAMENTO REGION, CA (MPG) - The open enrollment period for San Juan Unified School District families wishing to enroll students in a school other than their neighborhood school will end at 5 p.m. on Friday, January 16th.

The district’s open enrollment lottery program allows these placements provided that space is available in the appropriate program and that families are willing to provide transportation. Students are accepted for their choice school based on a computerized random selection – not on a first-come, first-served basis – and could be placed on a waiting list.

Families will be notified of their open enrollment results in February. If enrollment at a student’s choice school is granted, that school becomes the child’s “residence school” and action is



The district’s open enrollment lottery program allows placements provided that space is available in the appropriate program and that families are willing to provide transportation.

not needed in future years.

Families must submit an open enrollment application for each child. Applications may be submitted online, by mail or in person at San Juan Central, 3700 Garfield Ave., Carmichael. For more information about the open enrollment process, call 916-SAN-JUAN.

Source: San Juan Unified School District ★

San Juan District Seeks “You Light the Way” Nominations

SACRAMENTO REGION (MPG) - The Community Advisory Committee (CAC) of the San Juan Unified School District, a Board-appointed committee of parents and community members who advise the District on special education issues, is seeking nominations for “You Light the Way” recognition awards.

The “You Light the Way” Award recognizes parents, teachers, administrators, students, classified workers, volunteers and community members who have made or are currently making an outstanding contribution to the special education program in the District.

Nomination forms are available online at www.sanjuan.edu. Completed nomination forms are due by Wednesday, January 21, 2015. They can be mailed to Kathy Olcese, Special Education, 4825 Kenneth Ave., Carmichael, CA 95608, or faxed to 916-979-8921.

The CAC will evaluate the nominations and inform the person(s) nominating the individual of those



The “You Light the Way” Award recognizes parents, teachers, administrators, students, classified workers, volunteers and community members who have made or are currently making an outstanding contribution to the special education program in the District.

chosen to be The “You Light the Way” Award recognizes parents, teachers, administrators, students, classified workers, volunteers and community members who have made or are currently making an outstanding contribution to the special

education program in the District. honored. A special recognition dessert is planned for Thursday, March 19, 2015, at 7 p.m., at the San Juan High School Auditorium.

Source: San Juan Unified School District ★



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Women’s Empowerment Receives \$25,000 From Save Mart C.A.R.E.S.

SACRAMENTO, CA (MPG) - Save Mart C.A.R.E.S. has donated \$25,000 to help homeless women in Sacramento find homes and jobs to support their families through Women’s Empowerment’s comprehensive job-readiness program. The mission of Women’s Empowerment aligns closely with the mission of Save Mart C.A.R.E.S., which supports programs that have a record of results and contribute to the advancement of community, arts, recreation, education, and/or sports.

“Women who experience homelessness have greater barriers in their job search, so our program addresses all of their basic needs including nutrition, so they can get healthy and focus on job readiness skills,” said Lisa Culp, executive director, Women’s Empowerment. “We are grateful to Save Mart C.A.R.E.S. for its steadfast support that ensures more women leave our program healthy, employed, and living in their own homes.”

Women’s Empowerment’s initial eight-week program for women who are homeless addresses their basic needs such as health, mental health, and housing while preparing them to become work-ready. The job-readiness component is mostly taught by volunteers from the community and includes computer literacy training, resume writing, communication skills, mock interviews, dressing for success, and more.

The women also meet with an onsite employment specialist to search for jobs. Once women graduate from Women’s Empowerment, they can join the advanced job-readiness program, which includes paid job training programs, certifications, financial literacy, and other resources.

Women’s Empowerment offers the most comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless, as well as their children. The 2014 Organization of the Year has graduated 1,177 homeless women and their 2,552 children. Last year, 81 percent of graduates found homes and 90 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes, and support services to help homeless women across diverse ages, races, and cultures. Women’s Empowerment is funded solely through private donations from



Nicole Pesco of Save Mart gives Lisa Culp of Women’s Empowerment a check for \$25,000 to empower women who are homeless to find homes and jobs.

the community. To donate online, visit www.womens-empowerment.org.

Save Mart C.A.R.E.S. is a 501(c)(3) charitable organization focused on supporting community, arts, recreation, education, and sports. It was founded by Save Mart Supermarkets and operates with a separate board of directors maintaining a separate focus on supporting the company’s principle of giving back to the communities it serves. Visit www.savemart.com/save-mart-cares-129 to learn more.

Source: Kristin Thebaud Communications ★

DMV Extends Office Hours and Adds Appointments for First-Time Driver License Applicants

Continued from page 1

Study for the driver license exam

Complete a driver license application form (DL 44) available at the DMV office Provide DMV with either (1) social security number and proof of identity and legal presence, or (2) proof of identity and California residency under AB 60. (Last week, DMV posted the list of documents that applicants will need to bring to DMV to obtain a new driver license under AB 60. Details regarding these documents are available on the AB 60 webpage at www.apps.dmv.ca.gov/ab60/index.html.)

Pass a vision test, TouchScreen knowledge (written) test, and if applicable, a road sign test

Give a thumb print
Have a picture taken

Schedule a future

appointment for the behind-the-wheel driving test

Applicants under 18 applying for an original driver license will also need to submit proof of driver education completion. For further information about obtaining a new driver license, refer to the California Driver Handbook or visit www.dmv.ca.gov/portal/dmv/dmv/dl/driverhandbooks.

It is easy to make an appointment to go into a DMV field office; you can make an appointment online, use the DMV now app, or call 1-800-777-0133. Appointments are available up to 90 days in advance for new driver licenses and 45 days in advance for other services.

Source: California Department of Motor Vehicles ★

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How Can We Make California CA-Boom! Again?



By Senator Ted Gaines

Ebola, landslide elections, immigration and Ferguson have dominated the holiday season news, and those massive stories have obscured a host of other events that augur poorly for the future of California unless we act to change the way we govern this state. It's the problems related in these stories that inspired me to write CA-Boom! California's Amazing Past, Troubled Present and Unlimited Future.

These stories lost among the mega-events are not new – they are continuations of troubling California trends – and I tackle them all in my book and address how they can make or break our state moving forward. Here's a sampling:

Social Security Disability Insurance (SSDI) will become insolvent in 2016 unless the federal government slashes benefits, raises taxes, changes eligibility, or takes all three of those steps. In my book I discuss the staggering growth of disability payments and how expanding entitlements affect the workforce. But most importantly to our long-term future, I

ask the question: If jobs are getting physically less demanding, and medical care is getting better, then why are fewer and fewer people able to work? What does that mean for California in the decades to come? If you've ever had a sense of unease about SSDI, check out CA-Boom! to see some numbers that will validate every fear you've ever had. Here's a hint – it's worse than you think.

The free-market Cato Institute recently issued a "fiscal report card" of all 50 governors. Governor Brown was dead last and it wasn't close. Despite his claims of austerity and a beneficial action here and there, Brown's spending increases over the past three years are more than double the national average. That's unsustainable. And because spending equals future taxes, Brown's expansion will put pressure on government to wring more out of every taxpayer. CA-Boom! looks at our tax burden and shows why increasing taxes, at least in this state, could be a disaster.

Proposition 47, recently passed by the California voters, will dump thousands of criminals onto the streets, supposedly non-violent and low-risk offenders who shouldn't be in prison at all. In CA-Boom! I take a look at some data and conclude one thing: It's hard to end up in prison. In 2011 there were nearly 400,000 felony arrests in California. How many of those people saw the inside of a prison cell? CA-Boom! tells you, and I bet the number is much,

much smaller than you think.

I also examine innovation and its role in the California economy; our crumbling infrastructure; and why our schools cost so much and return so little. There are charts in the book about education spending and educational achievement that will make you rethink every call for more money in our schools. I look at how our energy policy could supercharge our economy but instead drags it down and other issues critical to the health of the Golden State.

It's obvious that California has enough problems for ten states, but what defines us is hope, hope that we can recapture our glorious economic past. Everything in the book is discussed in the context of our state's rich Gold Rush history. In it I ask: "What would happen if John Marshall dipped his hand into the American River today and pulled out that same brilliant sparkle? Nothing. No Gold Rush. No mass migration. No inventions. No progress. Nothing. California's current government would kill off a new Gold Rush before it started."

We've fallen a long way from the freewheeling, risk-taking spirit that fueled the most amazing economic spectacle the world has ever seen. But that is the government's fault, not the people's. However, with the right policies, we can unlock the potential in today's California and turn the state back into the Gold Rush dream that pulled people from around the world to our shores.

Available on Amazon.com ★

Assemblyman Ken Cooley Sworn In

Introduces First Bill Increasing Accountability of Government Agencies' Regulations



Assemblyman Ken Cooley

SACRAMENTO COUNTY, CA (MPG) - On December 1st, Assemblyman Ken Cooley was sworn in after being re-elected to the 8th Assembly District, which includes the communities of Arden-Arcade, Carmichael, Citrus Heights, Rancho Cordova, Rancho Murieta, Rosemont, Wilton, and other portions of unincorporated Sacramento

County.

As a longtime community leader in Rancho Cordova and as the incumbent Assemblyman, Mr. Cooley has fought to create jobs, increase government accountability, and reduce the regulatory impact of governmental agencies. "As an Assemblymember, I will continue my work representing the people of the 8th District. My door is open, and I look forward to partnering actively with the community and representing them in both my Capitol and district offices," said Assemblyman Cooley.

Immediately after the swearing-in proceedings concluded, Assemblyman Cooley introduced AB 12, which proposes a top-to-bottom review of existing regulations to eliminate any inconsistent, duplicative, or outdated provisions. The aim is to reduce unnecessary regulatory burdens. The bill will also require each agency to compile

an overview of all legislative authority which the agency is charged with administering and a review of the key features of each program. Additionally, this bill would require more frequent reports to the Legislature on how regulatory agencies are complying with new rules to ease unduly burdensome regulations.

"I understand the trust placed in elected officials to be good stewards of the people's money. To that end, I aim to use the power of this office and the power of the Assembly to shed light on government programs to ensure that regulations are not unduly burdensome [and] to create cost-savings and higher accountability. An efficient government means a better performing government," said Assemblyman Cooley.

For more information, please visit www.asmdc.org/members/a08/.

Source: The Office of Assemblyman Ken Cooley ★

Jim Nielsen Takes Oath, Sworn-In as State Senator

Nielsen Promises Effective Representation for Residents

SACRAMENTO, CA (MPG) - Senator Jim Nielsen (R-Gerber) was officially sworn in on December 1st as the State Senator for District Four. Joined by his wife Marilyn and sons, Senator Nielsen along with nineteen other new Senators were administered the oath of office during a ceremony on the floor of the State Senate

"It is an honor and privilege to represent the residents of District Four," said Senator Nielsen. "I will continue to serve, to listen and to make common-sense decisions."

Nielsen added, "My goal is to do my part in making California a friendlier environment for businesses so they can hire more Californians, bring back safer neighborhoods and set a path for responsible state budgets."

Nielsen represents the residents of the Fourth Senate District, which includes all or portions of Butte, Colusa, Glenn,



State Senator Jim Nielsen (R-Gerber)

Placer, Sacramento, Sutter, Tehama and Yuba Counties.

Senator Nielsen in his Capitol Office at (916) 651-4004. ★

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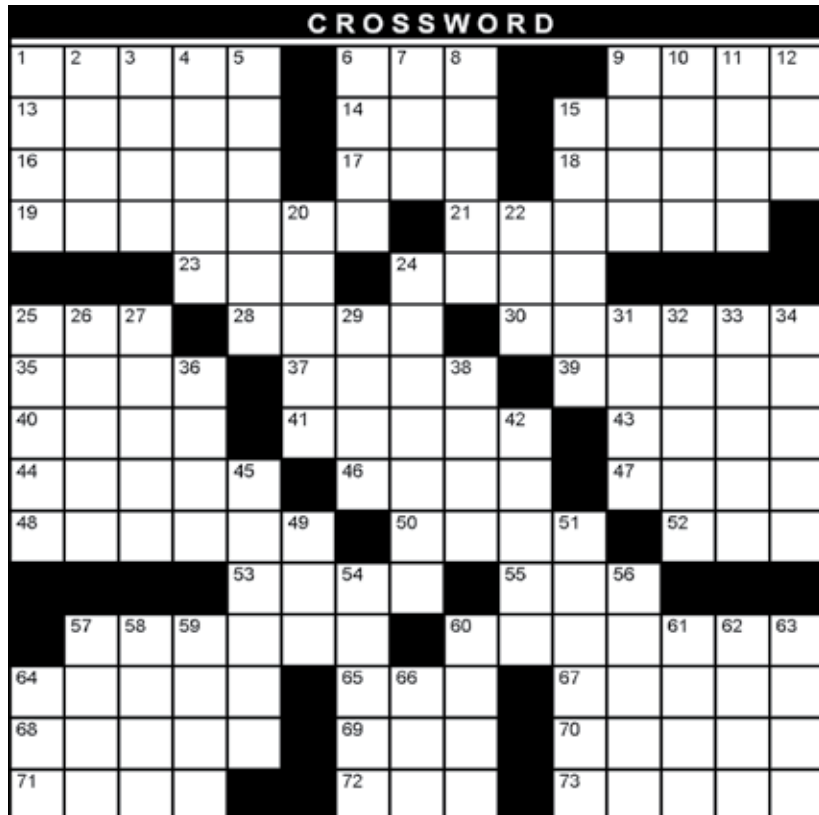
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CLUES

ACROSS

- Good for biceps
- "... alive!"
- *Many Kurds did this from Syria in 2014
- Unctuous Heep, of "David Copperfield"
- Not pre-owned
- It made Harry Potter's invisible
- Common Thanksgiving Day action
- ATM extra
- Reduce, _____, recycle
- *Captured drug lord
- Zoo section
- Go wrong
- Hat part
- Old age, archaic
- Musical compositions for one
- African equines
- *Suspect in PA police ambush was denied this
- Kosher establishment
- Davy Crockett's last stand
- Popular Creole vegetable
- _____ Miss hot chocolate
- Auditory
- MC Hammer's "2 _____ 2 Quit"
- Last two words of certain shoe company's famous slogan
- "Rambling Wreck From Georgia _____"
- *Beyonce and Jay Z performed in them together in '14
- Antonym of #14 Across
- "Big Island" flower necklace
- Leave them behind for riches?
- Grazing area
- *Animated Oscar-winner
- "Billboard Music Awards hologram guest
- Indian restaurant condiment
- Schiller's "_____ to Joy"
- Got up
- Remove, as in a Pinterest post
- A cool _____, as in money
- Takes it easy
- They're famous for being busy
- Snake-like reef dweller
- Arrogant one
- DOWN
- 27 is the _____ of 3
- Russia's _____ Mountains
- Reduced Instruction Set Computer
- Wood-shaping device
- Barn scissors
- Facts and figures
- Tiger's peg
- Take an oath
- Bloodsucking hopper
- Displeasure on one's face
- "Piece of cake!"
- Obtain or create, barely
- *Russia/Ukraine "apple of discord"
- Cattle control, pl.
- "That is to say"
- Suffering from gastric distress
- "It caused a scare globally in 2014
- Kobe, e.g.
- Sad song
- Off-color
- The Phantom _____, Mickey Mouse's nemesis
- a.k.a. honey badger
- White liturgical neckwear
- *2014 Olympic site
- Been in bed
- *Infamous terrorist group
- Type of monument
- Jane's mate
- Sigma Alpha Epsilon
- Type of sticker, pl.
- *Washington Nationals gave away a Jayson Werth garden _____
- Ohio rubber hub
- Olden-day temple
- _____ for the picking
- Elevator inventor
- Come together
- *Hope _____ set U.S. soccer record for career shutouts
- Norse capital
- Egg holder
- Cause friction
- Bond movie "Live and Let _____"



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Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. frediebbalbert1@yahoo.com. 530-263-6926 (MPG 07-31-14)

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EARN \$200⁰⁰ per month for just a few hours' delivery work per week CALL 916-773-1111 MPG

Sudoku Puzzle on Page 6

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

Pets/Animals

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

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

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

Want to Buy

Retired Carmichael native looking for a 1950s or 60s Porsche for restoration project. Not running OK. I'm not a dealer or reseller. I sold my '63 years ago and always regretted it. Honest and friendly. 916-803-0480 Jack. (MPG 06-30-14)

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Work Wanted

I do pruning, weeding and planting, interior painting, garage and house cleaning. And de-cluttering and organizing. I transport to medical, other appointments, shopping etc. and errands. No job to small. Health and Security background. References. College grad. Tim 503-460-7149. (MPG 08-31-14)

Yoga

Restorative Yoga. 1st Class Free. The Cabin. Citrus Heights. Call for Louise. (916) 729-0103 (MPG 05-08-14)

HELP WANTED

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

Looking to fill a Position for a Notary/ Customer Service Rep. and Part Time Graphic Designer/Service Rep. Please inquire for positions at the store location with resume. 7405 Greenback Lane Citrus Heights CA 95610

SWORDS FOR SALE

6 Spanish Swords labeled "Toledo" purchased in Spain
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Call 785-375-3467

HELP NEEDED AT HOME

REQUIRED Handyman - Jack of All Trades, Live-in Caretaker. Small furnished Studio in Colfax area. Call 530-637-4022 (MPG 10-31-14)

REWARD

2 Cats Missing
May have been stolen from Aramon Drive, Rancho Cordova. Male Grey & White damaged right eye. Limps, answers to Teddy Bear. Female Long haired White, answers to Princess. Call 916-718-0598

FOUND BIRD

in Rancho Cordova Area. Call & Describe. 916-947-7904

LOST AND FOUND

Old Family photo album found at a Regional Transit Bus Stop in the vicinity of Orangevale. Please call 916-483-2299, ask for Lynne, to identify it.

Classified Advertising

773-1111

HOME FOR SALE

12342 Little Dome Way, Rancho Cordova, CA 95742
12342 Little Dome Way, Rancho Cordova, CA 95742. 3bed/2bath, 1983sf, built 2011. \$330K. Sam Munoz, DRE# 01741693. Delano Real Estate (661)-709-0921. (MPG 10-31-14)

MISSING DOG "KASH"

Lost 10/23/14
Near Kenneth Ave & Central Ave., Orangevale
Breed: Golden Retriever
Color: Golden, Yellow/Blonde
Age: 1-1/2 years
Sex: M, Weight: 70lbs
IF FOUND PLEASE CONTACT: (916) 778-6060 or (916) 390-4450 (MPG 11-14-14)

Non-Profit Service Organizations

Wanted: Shoppers for Holiday Unique Boutique at Citrus Heights Community Center October 19 from 1 to 4 p.m. Citrus Height Soroptimists
Call Jeannie (916) 698-7948

NOTICE TO READERS
California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

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ARENAS USED LEI
RAGS LEA
FROZEN JACKSON
RAITA ODE AROSE
UNPIN MIL LOLLS
BEES EEL SNOOT

Crossword Puzzle on Page 6

Upward Basketball Grows by Leaps and Bounds

FAIR OAKS, CA (MPG) - Upward Basketball, sponsored by Fair Oaks Presbyterian Church, is celebrating its 17th season and is setting new records. This season 361 boys and girls have registered to play basketball, making a total of 44 teams this season.

The first season in 2007 had 39 players; last year there were 283 players. Ken Friedman of Orangevale, Upward Sports coordinator, hoped to reach 300 players, so it's an understatement that he's pleased with the number of youngsters registering to play this year.

Also, the program has grown so much that practices and games will be played at two churches: Fair Oaks Presbyterian Church on Fair Oaks Boulevard near Madison Avenue and Faith Lutheran Church located at Fair Oaks Boulevard and San Juan Avenue.

Local practices began the first week of December. Practices for kindergarten through fourth

grade are held at Fair Oaks Presbyterian Church, and fifth and sixth grade practices are held at Faith Lutheran Church.

Games will be played on Saturdays from January 10th through March 7th at Fair Oaks Presbyterian and Faith Lutheran churches. The fifth and sixth grade players will participate in tournaments at the end of the season.

Upward Basketball is part of Upward Sports, a program offered by an international organization. It's geared for elementary school-age youngsters (kindergarten through sixth grade) and provides families with an alternative to other types of sports leagues. The program includes basketball, flag football, soccer, and cheerleading. It provides a fun sports experience based on healthy competition for kids, teaching skills for the sports arena and values for life, according to the Upward Sports Fact Sheet.

Upward Sports is the world's largest Christian-based kids' sports league, founded in 1995 by Caz McCaslin of Spartanburg, SC. Nearly 550,000 children in 48 states and Canada participate in Upward Sports leagues and camps hosted by 2,400 churches. Around one million people play, coach, referee, or volunteer in Upward Sports worldwide.

The organization equips local churches that provide available fields or gyms for kids' sports. In addition to learning the sport and playing games, the program helps young players grow athletically and spiritually through a player-only, interactive website that includes games, skill-and-drill videos, and discussion about the week's Bible verse.

For more information about Upward Basketball and Upward Sports, contact Friedman at (916) 838-6577 or email kenvfl@gmail.com.

Source: Tinka Davi ★



By Pastor Ray Dare

When Jesus Christ was born, He didn't come to a select few. He didn't come to the privileged class. He didn't even come for religious people. He came for people who couldn't care less about religion. He came to lowly shepherds. He came for all of us.

The Bible says that when Jesus was born, He wasn't born in a palace although He was the God of the universe. He wasn't born in a hospital. He wasn't even born in a nice hotel or home. He was born in a barn.

Today we over sentimentalize the nativity scene. We talk and sing about how Jesus was born in a manger. But do you know what a manger is? A manger is a food box for cattle. People put cow food in them and cows put their noses in them! Have you ever seen the end of a cow's nose up close? Do I have to tell you what's on the end of that nose? Guess what the inside of a manger is lined with? Not exactly a nice place to lay a new born baby. Yet that's where God was born. When God came to earth, He came to the lowliest of people in the lowliest of places. You can't get any lower

Why be Born in A Manger?

than being born in a barn.

The first people who got to visit Jesus were not religious leaders. They were not royalty. They weren't political figures. The very first people who were invited to see Jesus were the shepherds. Today we make shepherds to be the heroes, but in those days shepherds were zeros. They were nobodies. They were considered outcasts of society because they did a job nobody else wanted to do. It was a very stinky job. As far as social status was concerned, shepherds were the low step on the social ladder. They were outcasts, rejected, the people in those days called low-lives. That's who Jesus invited first to come to see Him. The point is, God made Himself accessible to everyone.

You may think, "All the things I've done in my life, I could never have a relationship with God."

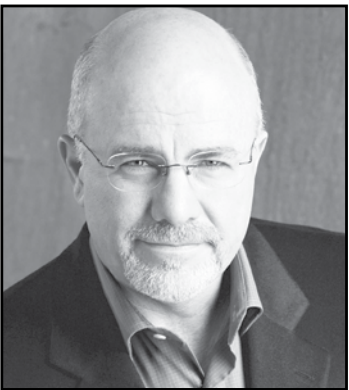
You're wrong. You may think, "God doesn't care about me, I'm a little nobody. Nobody cares about me and God certainly doesn't have time for me." You're wrong, dead wrong. God says, "I love you, I know you, and I want you to know Me." He came down to our level. That's the significance of the manger. He was born right out in the open where anybody could come and have a relationship to Him. That's the point. God wants to have a relationship to you. We could never know God on our own, so He came down to our level. He would stoop so low that He

would be born as a baby in a manger so He would be accessible to everybody.

Have you ever wondered in the quiet moments of life or before you go to sleep, "Why am I here? Where am I going? Is there any meaning? Is there purpose to it all? What is the significance of life?" All of those questions can be answered in one simple sentence: The Bible says God is full of love and He made you just to love you. If you don't understand that you've missed the whole purpose of life. You were made to know God. He gave you that capacity. You have the capacity to know God.

I'm not talking about religion. You may be Catholic. You may be Protestant, Jewish, Buddhist or Baptist. It doesn't matter what you are. I'm not talking about religion. I'm talking about a relationship with Jesus Christ. He wants you to know Him personally. God says, "You matter to Me. I came to earth 2014 years ago, grew up, died on the cross and paid for your sins. All you have to do is accept it, trust Me and follow Me. And we'll develop a relationship and I'll be with you the rest of your life." Accept the original Christmas gift today, a relationship with God.

Pastor Ray
New Beginnings Church
YOU'RE INVITED,
Sunday service at 10 am
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Helping Him Stay on Track

Dear Dave,

My brother and I recently received an inheritance after our mom died. He's never been very good with money, so I was proud of him when he used his portion to pay off his debts. But then he went out and financed a van that I know he still can't afford. I'm afraid he's falling right back into the same old money problems, but I don't know how to talk to him about it.

- Diana

Dear Diana,

I've learned, after years of writing books, doing a radio show and trying to educate folks about their finances, you can't make people listen to you. Even with what I do for a living I don't throw my opinion around unless someone asks.

I think you're smart for realizing there are some boundaries here. But there's no reason you can't create a situation where he can ask your opinion. You might begin with talking about some

Dave Says

of the mistakes you've made in the past. This could help him connect with you, and feel more comfortable opening up about his own situation. Once he realizes you haven't repeated the same mistakes, and have a better life for it, he might just ask how you did it. Then, the door is open!

But you can't become preachy every time someone does something dumb. That will only hurt their feelings and cause them to tune you out completely.

- Dave

Reward Her Good Choices

Dear Dave,

Our daughter wasn't very responsible with money until she read your books. Now, she has really started turning her life around. Recently, she learned she needs to have some expensive dental work done. Since she just started trying to manage her money well, she doesn't have enough saved up for the procedure or dental insurance right now. Do you think we should help by loaning her the money?

- Dianne

Dear Dianne,

I like what you've told me about your daughter. She doesn't need to worry about dental

insurance though. You almost never get back what you put into those policies. It's the kind of stuff a good emergency fund will cover. If she has invested her time and money into what I teach, I'd say she's pretty serious about getting her finances in order.

If it were me, I'd make the money for dental work a gift, not a loan, for turning her financial life around. In your description you never mentioned anything about your daughter being lazy or unwilling to work. You talked about a young lady who's just starting to build her life, and you're rewarding smart choices. I think that's a great idea and will have a major positive impact!

- 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. ★



CHRISTMAS TO ME

Whether you celebrate Christmas, Hanukka, or Kwanza, it still means the same in so many ways. We celebrate Christmas at our house, but I know there are different celebrations all over the world in so many religions and cultures. But the bottom line is that we need to come to a realization that the word PEACE and SHARING is at the bottom of every one of these celebrations. Unfortunately, we get so caught up in the party part of it, we sometimes forget to involve ourselves in what it all means. I'm not pointing any fingers, because I'm right there with you. I'm on the shopping trail for bargains for everyone. We have taken nearly two weeks to decorate the house inside and out and we're

POPPOFF!

with Mary Jane Popp

still not sure what else to add to the mix. We are planning get-togethers with family and friends and that includes lots of eats and treats that we will regret when the New Year arrives. But still, year after year, we do it again and again.

But I have to tell you that I have added a new endeavor to my mix this year, and darned, if it doesn't feel absolutely GREAT! I started a project at Am-950 KAH1 on my POPPOFF Radio Show called "Sox for our Seniors."

I partnered with a group called "Seniors First" in Auburn, California to help distribute these socks. All I am asking is for folks to stop by the station and drop a new pair or two of socks for men and women and in the giant stocking I have hanging just inside the door. Simple, huh? But think about it. There are so many seniors in all our communities that get very cold in the winter days. Let's face it, our youthful circulation does not circulate as good as we age and our extremities get colder faster and longer. My goal is not vast. I will be happy if I can get 200 pair by December 18 when I have to turn them in, so they

can be put in packets and distributed to our seniors in need. Believe me, I am not asking that you do the same project. I am not asking that you do it before Christmas or New Years. I've learned an important lesson too. We should do little things like this all year long for others that are not as fortunate. I have also learned that those who do not have the most, give the most of themselves. It is very humbling. I have seen folks who cannot afford much during this time still drop by with socks, because they know there is a need.

All it takes is for each of us to do a little. It goes a long way. All I ask is that you give it a thought from time to time and do what you can.

Perhaps if we cared a little more about each other, we would have less strife and anger and come together as a loving people. I know, I know! It's a BIG wish, but we have to start somewhere. To you and yours, I wish a very Happy Holiday and a Merry Christmas, no matter how you celebrate. May it be safe and loving and so very happy! Talk with you next year! LOVE TO YOU ALL! ★

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Get a jump on the competition with four weeks of hitting, pitching, and defense lessons as low as \$99. Hosted at Rio Linda HS coming to your area January 17 -February 7.

★ Save up to \$120 This Week ★

★ Sessions for Grades 1-12 ★ Register Now, Pay Later ★ Space is limited

www.USBaseballAcademy.com

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

Call Lenka
(916) 338-7156

Grace Baptist Church

Come and Experience God's Amazing Grace

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

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

Service Schedules

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

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

Call for more information

BRIGHTEN UP YOUR HOLIDAY ENTERTAINING

FAMILY FEATURES

The holiday season is upon us, so celebrate by serving unique dishes and drinks bursting with flavor.

The holiday hostess has a lot on her plate. But preparing for the big event doesn't have to be a challenge — this holiday, focus on special dishes and refreshing cocktails guests will remember for years to come. Use these tips to make your holiday events shine:

- 1. Shake It Up.** From cool drinks, like the Pineapple Upside Down Mocktail, to delicious tropical twists on classic martinis, punches and warm ciders, canned Dole Pineapple Juice has recipes to shake things up this season. Made from 100 percent juice, free of GMO's (genetically modified or engineered ingredients) and containing no added sugar, it's also a good source of vitamins A, C and E.
- 2. Captivating Courses.** To celebrate the season, serve up recipes for delicious entrees, small plates and desserts that bring a taste of the tropics to any occasion. Start guests off with a Holiday Kale Salad and then serve them juicy Jamaican Chicken & Couscous, followed by divine Pineapple Pumpkin Pie.
- 3. Party Planner Extraordinaire.** Looking for bright ideas on how to turn your next party into paradise? Visit dole.com/sunshine/holidayrecipes to find refreshing new ways to make your party the event of the season, from eye-catching invitations to delightful decor tips.

Jamaican Chicken & Couscous

Servings: 4

- 2 tablespoons dry Jamaican seasoning**
- 1 tablespoon curry powder**
- 4 boneless, skinless chicken breast halves**
- 3 tablespoons olive oil, divided**
- 1 cup canned Dole Pineapple Juice**
- 1/4 cup water**
- 1 package (5.6 ounces) toasted pine nut couscous mix**
- 1 1/2 cups Dole Frozen Mango Chunks, thawed**
- 1/3 cup green onion, sliced**
- 1 tablespoon lime juice**
- 2 teaspoons black sesame seeds**

Combine Jamaican seasoning and curry powder in small bowl. Place each chicken breast between 2 sheets of plastic wrap and pound (with meat mallet) to 1/4-inch thickness. Remove wrap. Brush both sides of chicken pieces with 1 tablespoon oil and sprinkle both sides with curry mixture. Cook chicken in oil over medium-high heat, 3 to 4 minutes per side or until brown and no longer pink in center. Meanwhile, stir together juice, water and pine nut seasoning mixture from package in medium saucepan; bring to boil. Stir in couscous; remove from heat. Let stand, covered, 5 minutes or until liquid is absorbed. Fluff with fork. Stir in mango chunks, green onions and lime juice. Cut chicken in 1/2-inch slices and serve over couscous mixture. Sprinkle with sesame seeds.



Pineapple Pumpkin Pie

Servings: 6

- 1 can (8 ounces) Dole Crushed Pineapple**
- 1 1/2 cups canned Dole Pineapple Juice**
- 1 envelope unflavored gelatin**
- 1 1/2 teaspoons granulated Sucralose sweetener or sugar**
- 1 cup canned pumpkin pie mix**
- 1 cup thawed whipped topping**
- 1 (9-inch) low-fat graham cracker pie crust**
- Ground cinnamon, optional**

Drain pineapple well; reserve juice. Combine reserved juice with pineapple juice in measuring cup. Add water to make 2 cups. Combine juice mixture and gelatin in saucepan. Let stand 1 minute. Stir over low heat until completely dissolved. Stir in sweetener. Pour into bowl. Chill just until starts to set, about 1 hour. Fold in pineapple, pumpkin and whipped topping. Pour into graham cracker crust. Chill 5 hours or overnight. Serve with whipped topping and ground cinnamon, if desired.

Pineapple Upside Down Mocktail

Servings: 2 (3/4-cup)

- 1 cup canned Dole Pineapple Juice, chilled**
- 1 tablespoon caramel sauce**
- Ginger ale, chilled**
- 2 teaspoons grenadine syrup**
- Brown or turbinado sugar and maraschino cherries, optional garnish**

Wet just the rim of a martini glass with a little water; dip rim in brown sugar or turbinado sugar for added garnish.

Combine pineapple juice and caramel sauce in shaker over ice. Shake vigorously; strain into martini glasses or other favorite glasses. Top off with ginger ale. Slowly pour in grenadine. Garnish with cherry, if desired.

Note: For alcoholic variation, combine 3 ounces cake-flavored vodka or vanilla vodka, 1 ounce Frangelico or amaretto liqueur, and 6 ounces canned Dole Pineapple Juice in shaker over ice. Shake vigorously; strain into martini glasses. Slowly pour in grenadine; garnish with cherry, if desired.



Holiday Kale Salad

Servings: 4

- 1 package (4.5 ounces) Dole Baby Kale and Greens**
- 2 ripe firm pears, halved, cored and sliced**
- 1/2 cup red onion, thinly sliced**
- 1/4 cup dried cranberries**
- 1/4 cup pistachios, chopped**
- 1/4 cup olive oil**
- 1/4 cup canned Dole Pineapple Juice**

- 1 teaspoon minced garlic**
- 1/2 teaspoon ground ginger**
- Salt and ground black pepper, to taste**

Combine salad blend, pears, red onion, cranberries and pistachios in large bowl. Whisk together olive oil, pineapple juice, garlic and ginger in small bowl. Add salt and pepper to taste. Pour over salad mixture; toss to evenly coat.

Annual Holiday Bus Painting Party

Regional Transit Charity Tradition Continues

By Michael Young,
RT Marketing
Representative

SACRAMENTO REGION, CA (MPG) - Each year as the holidays approach, the Regional Transit Bus Maintenance body shop bays are transformed from a gritty work space to a festive locale for the annual Holiday Bus Painting Party. Colored lights and holiday decorations adorn the workshop and surround a 40-foot bus wrapped in white vinyl and marked with outlines of lights, candy canes, and other fanciful creations of the season in preparation for the annual gathering.

On November 15th, RT employees and their families became Santa's helpers; more than 100 people used a paint-by-numbers technique to bring the decorative bus to life. "It's all about tradition, and this one has brought RT employees and their families together to kick off the Holiday Season for the past 21 years," said Rick Sloan, Retired RT Graphic Designer and artist who has designed every Holiday bus. "I love watching people of all ages as they paint the bus with such pride and enthusiasm." The Holiday Bus serves as a festive means to thank passengers who use the RT

system and to give back to the community as a whole. Free to passengers, the Holiday Bus operates on different routes in the Sacramento region from December 1, 2014 through January 4, 2015. The schedule can be found at sacrt.com/holidaybus14.stm. In lieu of fare, monetary donations and non-perishable food items will be collected on the bus to benefit River City Food Bank, a non-profit organization that provides emergency food and housing assistance in Sacramento County. For more information about the food bank, visit rivercity-foodbank.org. ★



Each year as the holidays approach, the Regional Transit Bus Maintenance body shop bays are transformed from a gritty work space to a festive locale for the annual Holiday Bus Painting Party. Clockwise from top: More than 100 people used a paint-by-numbers technique to bring the decorative bus to life; Rick Sloan with son, Zach, now a senior at Cordova High, painting the bus in 1999 and 2014; This year's Holiday Bus; Sam Sloan paints the bus that serves as a festive means to thank passengers who use the RT system. Photos by Rick Sloan and Michael Young



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WEDNESDAY

Sac Unity Farmers Market

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

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.

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.

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.

Historic Folsom Farmers Market

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

UC Davis Health System Farmers Market

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

Fair Oaks Farmers Market

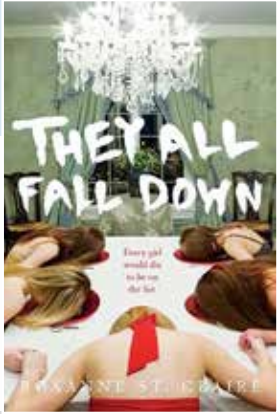
8101 Sunset Ave. (New Life Church). Seasonal - Opens 4/16. 3 pm - 7:00 pm

VA Mather Farmers Market


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

For more information: www.bemoneysmartusa.org

For the Love of Books



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



THEY ALL FALL DOWN

by Roxanne St. Claire

◆ Publisher: Delacorte Press
◆ Release date: October 14, 2014 ◆ Hardcover, 339 pages
◆ Intended audience: Young adult ◆ Rating: ♥♥♥♥♥

On the Book Jacket: Every year, the lives of ten girls at Vienna High are transformed. All because of the list. Kenzie Summerall can't imagine how she's been voted onto a list of the hottest girls in school, but when she lands at number five, her average life becomes dazzling. Doors open to the best parties, new friends surround her, the cutest jock in school is after her. This is the power of the list. If you're on it, your life changes. If you're on it this year? Your life ends. The girls on the list have started to die, one by one. Is it a coincidence? A curse? Or is the list in the hands of a killer? Time is running out for Kenzie, but she's determined to uncover the deadly secret of the list... before her number's up.

Amy's Review: Life hasn't been the same for Kenzie Summerall, since the death of her brother, two years ago. With her parents separated, her brother's room left untouched and an overprotective mother constantly in fear of dangerous scenarios, Kenzie's only solace is that of her best friend Molly and the Latin club. Kenzie tries to do everything she can just to get by and forget the day she got her brother killed.

However, things drastically change when Kenzie discovers that she made the Vienna High Hottie top ten list, not as number ten but as number five. A ridiculous list, according to Kenzie, which instantly propels ten girls into the Vienna High social scene, complete with parties, instant friends and a sisterhood of girls on the list.

As a Latin geek, not concerned with the popularity, Kenzie wants anything but to be on the list, as she is instantly thrust into the dangerous life of popularity by her own peers. Throwing her into new situations, Kenzie must decide between the affections the popular good looking jock, Josh or new student Levi, a rumored bad boy.

With the power to change lives, the list comes with new responsibilities and nothing is as she expected it, freak accidents seem to follow Kenzie, while the other girls on the list start dying one but one. Kenzie must quickly decide who her true friends are, which boy she can really trust and if this list is truly a curse of murderous proportions.

Roxanne St. Claire, thrills her reading audience with a quick, fast paced page turner filled with a cleaver use of Latin, fine arts and secret societies. Carefully highlighting the pitfalls of popularity and the cost some girls will pay to make it on the list, not only adds to the story but serves as a gentle reminder.

With a *Goonies* style adventure, that meets *Pretty Little Liars*, *They All Fall Down*, takes readers on a high speed, cat and mouse chase, riveting you through murderous plots and popularity, with many twists and turns. The overall story of this book, however adventurous, is a little farfetched in its believability, especially in its ending however, it is a quick entertaining read that is bound to capture readers.

Jim Miller
Answers
Your
Senior
Questions



Check Out This
Week's Topic!



Personal Tech Products Designed Specifically for Seniors

Dear Savvy Senior,
Can you recommend any tablets, smartphones or computers that are specifically designed for seniors? I would like to buy a device for my technology-challenged grandmother so she can get online and keep up with her grandkids better, but it needs to be super simplified so she can use it.
- Holiday Shopper

Dear Shopper,
There are actually several new tech products on the market today that are designed specifically for older boomers and seniors that are unfamiliar or uncomfortable with technology.

These devices come equipped with simplified software, big, vivid features, less clutter and better customer support packages, which makes them more appealing and much easier to use than mainstream devices. Here are several top senior-friendly options to look into.

Smartphone
If you're thinking about a smartphone for your grandmother, check out the new GreatCall Touch3. Made by Samsung, this Android smartphone has a 4-inch touchscreen with an organized large icon menu list on the home screen that provides users simple access to often-used features like the phone, text messages, camera, pictures, email and Internet, along with your contacts and apps.

It also has a 5-megapixel camera, a full-size onscreen

keyboard, and offers a variety of health and safety features like the 5Star app that lets you immediately speak to a certified agent 24/7 who can identify your location and get you the help you need. Urgent Care, which provides access to registered nurses and doctors for advice and diagnoses. And MedCoach, which sends medication reminders.

Available at greatcall.com or 800-918-8543, the Touch3 sells for \$170 with a \$20 introductory discount, plus a one-time activation fee of \$35, and no-contract is required. Monthly service plans that include unlimited 5Star and Urgent Care service start at \$25. And their data plans start at \$2.50 per month for 20MB.

Tablet Computer
If you're considering a tablet, a top senior-friendly option is AARP's new RealPad, which costs \$189 at aarprealpad.org, walmart.com/realpad or Walmart stores.

Produced in partnership with Intel, the RealPad is an Android tablet with a 7.85-inch touchscreen. It provides a clutter-free simplified home page with large text icons to frequently used functions like email, social networks, weather, news, games, camera and pictures, Google, the Web, apps and more.

It also has a 2-megapixel front camera and 5-megapixel rear camera, and comes with 24/7 phone support, a bunch of tutorial videos, and a "Real QuickFix" tool that connects users to

technology support agents over the Internet who can access the tablet and fix problems.

Desktop Computer
If you think your grandmother would like a desktop computer, the Telikin (telikin.com, 800-717-7640), which has been around for three years now, is an excellent choice.

Ready to go right out of the box, this all-in-one touch-screen computer displays a big button menu on the screen at all times, providing simple access to most functions like the Internet, email, games, video chat, photo sharing, news and weather, and more.

Available in two sizes – the 18.6-inch "Telikin Touch" that costs \$699, and the 22-inch "Telikin Elite II" for \$1,079 – these computers come with built-in speakers, a Web camera, microphone, wired keyboard and mouse. They also offer a "tech buddy" feature so you can access your grandma's Telikin computer remotely from your computer to help her when she needs it.

Running on Linux software instead of the standard Windows or Mac OS, the Telikin is also virus-resistant, comes with a 60-day trial period, a one-year warranty and free tech support.

It's also worth noting that Telikin has a partnership with firstSTREET – a senior product direct marketing company – that is also selling the 22-inch Telikin for \$1,079, but have rebranded it as the "WOW! Computer for Seniors."

★

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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