



Lil' School Daycare Builds Unique New Jungle Gym

Page 4

PLUS: State Senate Honors Women's Club for Tree Project

Page 2



Citrus Heights Messenger

"Written by the people, for the people"

Volume 5 Issue 06

Serving the City of Citrus Heights and Sacramento County

March 13, 2015

A Message from Citrus Heights Mayor Sue Frost



Page 5

Reset Your Life



Page 10

For the Love of Books



Page 10

Rotary Crab Feed Raises Over \$60K for Non-Profits



Catherine Van Maren (second from the right), daughter of Citrus Heights' founding father and active Rotarian James Guy Van Maren who passed away in 2012, enjoys the evening with three generation of Van Maren's and extended family. Photo by Elise Spleiss

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Close to 800 guests gathered for the 27th annual Crab Feed Fundraiser at the Citrus Heights Community Center on February 14th.

Rotary President Jessica Mang set the tone for the Valentine's evening program as she said, "You don't find someone you can live with; you find someone you can't live without." For Rotarians worldwide, this perspective extends to their volunteer lives—they believe so strongly in the organization that they cannot imagine their lives without it.

Special guest of the evening, Kenneth Behring, former owner of the Seattle Seahawks, was already a successful

businessman in the automobile and real estate industry when he found his true purpose in life while on a plane to Mexico. His experience made his life meaningful in a new way, which exemplifies a Rotary goal to find a need and fill it, anywhere in the world.

In June 2000, Behring founded The Wheelchair Foundation, whose members give the gift of mobility as they work to deliver free bright red wheelchairs to every child, teen, and adult in the world that needs one and to, "promote awareness of the needs and abilities of people with physical disabilities." Since 2000, they have supplied over 982,000 wheelchairs to disabled recipients in 150 countries.

Guests arrived early in the evening to examine and bid on over 125 silent auction items and 55 raffle gifts. Among the silent auction favorites were two painted princess and pirate children's Teepees by Jessica Mang and a diamond bracelet donated by Madison Avenue Diamonds.

New this year, the wine toss brought competitors to the stage to win one of 80 bottles of wine, the proceeds of which will help fund yet another Rotary program.

Casa Robles High School Junior ROTC provided the honor guard. A special treat was having 95-year-old WWII veteran and honorary lifetime Rotarian Tony

Continued on page 3

Water Districts May Step Up Drought Conservation Efforts

By Chris Gilbert

CITRUS HEIGHTS, CA (MPG) - Water customers in Citrus Heights and Rancho Cordova should expect to continue conservation efforts this summer, with a fourth straight year of below-normal precipitation.

Suppliers will continue implementing emergency regulations issued by the State Water Resources Control Board last year. Those regulations currently prohibit using water to wash down hard surfaces like driveways, watering of outdoor landscapes that cause excessive runoff, and using hoses that don't have shutoff nozzles. Also, only recirculated water can be used for fountains or other decorative features.

And this year the Board is also proposing that all urban water suppliers that do not already have a limit on outdoor watering restrict it to no more than two days per week—including no watering during, and 48 hours following, measurable precipitation.

Rex Meurer is a conservation specialist for the Citrus Heights Water District, which serves about two-thirds of residents. He said education is still preferable to penalizing. But he said around 220 warnings were issued last year, mostly for broken sprinkler heads and automatic sprinkling systems running too long. However, only 12 residents received actual citations in the mail that feature \$25 fines, and Meurer said the fines have not actually been imposed.

The district currently does not restrict residential watering to certain days. "We've found over time that if you go to even-odd days, based upon your house number, people tend to use more water,"

Continued on page 2



Scan our QR Code for a direct link to our online edition!

GOT MORE LOCAL NEWS?
CALL 773-1111

LEGAL ADS FOR SACRAMENTO COUNTY?
We Can Do That!

MPG
To place your legal advertising, go to

CarmichaelTimes.com

Two Dozen Fake Contractors Nailed in Sting Op

SACRAMENTO REGION, CA (MPG) - Two separate undercover sting operations conducted in Roseville and Sacramento during the past week by investigators from the Contractors State License Board's (CSLB) Statewide Investigative Fraud Team (SWIFT) netted 23 individuals for illegal contracting.

"It's always important to call or check CSLB's website to make sure the contractor you're considering has a valid state contractor license," said CSLB Registrar Cindi Christenson. "But during good weather there's also an increase in home improvement projects and the number of illegal contractors who put you at risk."

CSLB investigators issued nine misdemeanor citations during a

one-day sting on February 24th at a home in North Sacramento. The Sacramento County District Attorney's office and California Highway Patrol assisted in the operation. A different SWIFT team cited 14 people for illegal contracting on February 18th and 19th at a home near the Placer County Fairgrounds with the assistance of the Placer County District Attorney's Office.

Investigators encountered situations that ran the gamut from the good, to the bad, and, unfortunately, the ugly. The good: a man caught in a previous sting earned his license and became a legitimate contractor. The bad: A revoked licensee in Sacramento tried to pass off his old license number and

did not have the required workers' compensation insurance. The ugly: A bogus contractor cited in CSLB's Roseville sting also showed up a few days later at the Sacramento operation. He was given an administrative citation to go with the criminal citation he received last week.

Investigators also confirmed that two individuals cited on the first day of the Roseville sting were registered sex offenders.

In both Sacramento and Roseville, SWIFT investigators used www.craigslist.org, business cards, print advertisements, and referrals to contact suspected illegal contractors. At the Sacramento home, bids were solicited for exterior painting, garage drywall work,

front and back yard sod, fencing, a concrete driveway, and a concrete pad for travel trailers.

All nine who turned in bids at the Sacramento sting were cited for a misdemeanor charge of contracting without a license (Business and Professions Code section 7028). Any home improvement job that costs \$500 or more in combined labor and material requires that a person have a state-issued contractor license. They also will face an additional misdemeanor charge of illegal advertising (Business and Professions Code section 7027.1). State law requires unlicensed contractors to state in all advertising they are not licensed.

In Roseville, suspected illegal contractors were invited to bid on

flooring, painting, and landscaping projects at the sting house. Six individuals were cited on the first day of the sting and eight on the next. All 14 turned in bids that, in most cases, far exceeded the \$500 limit and were cited for working without a CSLB license and for illegal advertising.

The nine Sacramento suspects have a June 29th court date in Sacramento County Superior Court, 720 Ninth St., Sacramento, CA 95814. The 14 individuals cited in Roseville will answer to misdemeanor charges on March 17th at 8:30 a.m. in Placer County Superior Court, 10820 Justice Center Drive, Roseville, CA 95678.

Source: Contractors State License Board ★

The Perfect Combination!

Citrus Heights Messenger

"Written by the people, for the people"

Serving the City of Citrus Heights and Sacramento County

Centennial Celebration

START YOURS TODAY!

BOTH NEWSPAPERS FOR ONLY \$15⁰⁰ FOR 6 MONTHS!

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

✓ Get The Sunday Sacramento Bee!

See inside for details

State Senate Honors Women’s Club for Tree Project

Story and photo
by Elise Spleiss

SACRAMENTO REGION, CA (MPG)
- A delegation of five leaders from the California Federation of Women’s Clubs (CFWC) was recognized on February 26th on the floor of the California Senate for a conservation project that will soon benefit visitors to the Capitol Park from all over the country and the world.

CFWC President Chris Herzog of San Diego County received a Certificate of Recognition from Senator Joel Anderson for the work of the organization’s members in donating nearly \$17,000 to purchase tree markers to identify every species of tree in the Capitol Park which covers 40 acres and spans 12 city blocks.

CFWC was organized in January of 1900 and became the 37th state to join the General Federation of Women’s Clubs (GFWC) in May of the same



GFWC California Federation of Women’s Clubs President Chris Herzog, (third from the right) poses with fellow CHWC officers and State Senators following recognition by the Senate for a conservation project to identify all species of trees at the Sacramento Capitol Park. From left to right: Sen. Ted Gaines, Toby Kahan, Pat Harvey, Dori Kelsey, Sen. Joel Anderson, Sonya Matthies, Chris Herzog, Sen. Jeff Stone and Sen. Mike Morrell.

year. When the CFWC was founded, one of the two standing committees was the Forestry Committee. Its first project was

conservation of the redwood trees on our California coastline, helping to found the “Save the Redwoods League” in the early

part of the 20th century.

GFWC was also involved in the creation of the National Parks Service since its establishment.

Mary Bell King Sherman, the GFWC Conservation Chairman later to be GFWC president is credited with helping to found six National Parks & the National Parks Service during the Progressive era. She became known as the “National Parks Lady”.

In 2011 CFWC made a commitment to the Capitol Park that they, as an organization, would purchase tree markers to identify every species of tree in the park. Their members have been working towards that goal since 2011 and will soon begin to see the result of their work as the trees in the park are identified.

Some of the trees were gifts to the people of California from other countries and governments, some are native to California, and some were planted in 1897 from Civil War battlefields while many others are still unidentified.

The cost of the tree markers will be entirely paid for with

donations from the members and the clubs of the CFWC at a cost of \$15 per tree marker for 1,140 of trees at an approximate sum of \$17,100.

The state legislature has voted and passed that the Capitol Park may accept this donation of money for this express purpose of identifying all the trees in the Park for all visitors.

In a separate recognition by the County of Sacramento, it was declared by proclamation, “Be it resolved that the County of Sacramento declare the week of February 22 through the February 28, 2015 Capitol Park Tree Week to honor this donation.”

It was further resolved, “That the County of Sacramento commend the CFWC for its tireless work on Conservation projects and this project to name all the trees in this Capitol Park that belongs to every citizen in the great state of California.” ★

Water Districts May Step Up Drought Conservation Efforts

Continued from page 1

said District General Manager Bob Churchill.

On its website, the District tells customers that violating state regulations makes you a “careless water hog” and “irresponsible and selfish.” But Meurer said residents have done a good job with keeping the city’s conservation rate close to the state goal of 20%, although it dropped about three points in January to around 16%. “Our customers have been really good and responsive to our requests,” he said. “We are very pleased with that trend and it’s continuing.”

In Rancho Cordova, where there has also been no watering restrictions, the conservation rate dropped from about 11% in December to -0.7% in January.

The Golden State Water Company also handles about two-thirds of total customers.

Manager Paul Schubert said their supply is more secure than some areas. “It’s not contract water, it’s actually a property right,” he said. “But because we are a part of the region, we’re asking our customers to conserve just like everybody else.”

Both districts have fielded a steady stream of water-wasting complaints and take calls 24 hours a day. And volume is expected to pick up a lot more as the weather warms up. But Schubert says Golden State Water has not issued any citations.

Meanwhile, recreation will not be impacted. But the administrator for the Cordova Recreation and Park District, James Rodems, said users may find the landscape to be less green. “We’re not at that point yet where we’re saying we need to actually start taking turf out,” he said. “But, depending on how

this season goes, it could be something that we take a look at next year.”

Rodems also said the district’s five spray parks will remain open since they use recycled water.

In Citrus Heights, Sunrise Parks and Recreation District Administrator Dave Mitchell said they also plan to continue to reduce watering in non-essential areas. “People can live with lawns that aren’t perfectly green all year long,” he said, “as opposed to closing a swimming pool.”

Data does indicate that only mandatory conservation can inspire water users to save on a more consistent basis. A recent Field Poll shows that mandatory rationing is now supported by more than one-third of voters. But a majority of voters still want a voluntary approach. ★

Illegal Weapons Nabbed at DUI Checkpoint

By John-Michael Kibrick

CITRUS HEIGHTS, CA (MPG) - Officers at a DUI checkpoint arrested 22-year-old Gage Young on February 20th after uncovering an illegal assault rifle and a loaded handgun in his possession.

Young’s vehicle was one of 932 screened by CHPD officers near Antelope Road and Lauppe Lane from 8 p.m.-2 a.m. According to police, 4 individuals were tested for sobriety, but no alcohol related arrests were made at the checkpoint.

The illegal weapons arrest was the second in as many

days. On February 18th three arrests were made when Citrus Heights SWAT teams confiscated drugs and weapons in several raids. The weapons included dozens of automatic rifles and handguns.

CHPD said there was no connection between the SWAT raid and the checkpoint arrest.

“Checkpoints are placed in locations that have the greatest opportunity for achieving drunk and drugged driving deterrence and provide the greatest safety for officers and the public,” said a police statement.

In addition, six drivers were cited for operating a vehicle

while unlicensed or while having a suspended or revoked driver’s license. Five vehicles were also impounded as a result of the checkpoint and 17 citations were issued.

CHPD released a statement saying, “According to the National Highway Traffic Safety Administration (NHTSA), checkpoints have provided the most effective documented results of any of the DUI enforcement strategies, while also yielding considerable cost savings of \$6 for sever \$1 spent. Ninety percent of California drivers approve of checkpoints.” ★

Earn \$200 per month
for just a few hours of
delivery work per week!



CALL 773-1111

GROCERYOUTLET
bargain market

6059 Greenback Lane
Citrus Heights, CA 95621
(916) 729-3600
Mon. - Sat. 8am - 9pm; Sun. 8am - 8pm

Shop us first. Get more.

\$3 OFF

a \$30 minimum purchase

Valid at Citrus Heights Grocery Outlet only. One coupon per person. Minimum purchase excludes dairy and alcohol. No cash value. Not valid with any other offer. Duplicated coupons will not be accepted. Coupon must be surrendered at time of purchase. Expires March 30, 2015.





Space available for:

Music lessons/recitals
Small group meetings/classes
Weddings

Memorials
Milestone celebrations
And more!

FAIR OAKS

United Methodist Church

love
grow
serve

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

Living Trust Senior Special

with this ad

If you have a house, you need a Trust.
If you have a Trust, it needs to be up-to-date.
(Review of existing trust at no charge)

SENIOR SPECIAL

Asset Protection Program includes the following:

Revocable Living Trust • Powers of Attorney Financial • Powers of Attorney Healthcare
Wills • One Residential Trust Transfer Deed
No Charge for Notary Services • Prop 13 Protection
Long Term Care Government Benefits Planning




WILL ASSOCIATES

Richard H. Will
ELDER LAW ATTORNEY
Serving Seniors Since 1975


Avoid Probate —
Call Today!
(916) 482-8897

1337 Howe Avenue, Suite 103 • Sacramento • www.willassociates.com



Publisher,
Paul V. Scholl

Citrus Heights Messenger is a member of
Messenger Publishing Group



Citrus Heights
Messenger

“Written by the people, for the people”

Publisher’s Statement: It is the intent of the *Citrus Heights Messenger* to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

Citrus Heights Messenger is not responsible for unsolicited manuscripts or materials. The entire contents of the *Citrus Heights Messenger* are copyrighted. Ownership of all advertising created and/or composed by the *Citrus Heights Messenger* is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

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

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

Advertising Sales

Graphics & Layout

Contributing Writers

Distribution Assistant

Accounting

Web Master

News Services

Photography

Banerjee Designs • Stump Removal Graphics • Full Moon Graffiti

Susan Skinner • Mary Jane Popp • Marlys Johnsen Norris • Tim Reilly
David Dickstein • Dave Ramsey • Dr. E. Kirsten Peters • Kay Burton
Dr. Bob Graykowski • Julie Parker • Elise Spleiss • Eric Marks
Leslie Carrara • Pastor Rich Reimer • Pastor Cary Duckett • Ronnie McBrayer
David Graulich • Perry Hartline • Gerry Scholl • Trish Tatterson

RJ at thesitebarn.com • JWS Promotions • Mikahn Design

Whiskey & Gunpowder • StatePoint Media • NewsUSA • PRWEB NewsWire
North American Precise Syndicate • Blue Ridge Press • ARA Content
Family Features • WorldNetDaily

Amanda Morello • Susan Skinner

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

We are proud members of these newspaper associations.



Paul V. Scholl

Rotary Crab Feed Raises Over \$60K for Non-Profits



Hungry diners at the Rotary Club of Citrus Heights 27th Annual Crab Feed Fundraiser mingle as they wait for the festivities to begin. Photo by Jessica Mang

Continued from page 1

Bellacera lead the Pledge of Allegiance.

Following the minestrone soup, salad, pasta, and bread the endless plates of fresh Dungeness crabs began streaming in and were devoured by crab connoisseurs. For those in need of something sweet, elegant homemade desserts were up for bid as were beverages for the evening.

Auctioneer and long-time Rotarian Walter Dahl, an attorney from Sacramento once again kept the ball rolling during the fast paced live auction. Dahl volunteers his auctioneering skills for five to ten non-profit fundraisers per year. He noted that the Citrus Heights Rotary is one of the largest events he has worked and he was impressed by the many one-of-a-kind live auction items.

Popular with bidders was dinner with Mayor and Rotarian Sue Frost and Police Chief Christopher Boyd at Frost’s home. The winners of two separate evenings will be treated to

dinner, a magic show and blackjack on an official table provided by Stone’s Casino.

Always a favorite prize is the Sims Metal Tour for a hands-on experience behind the scene at the world’s largest ‘mega machine’ car shredder. Lunch and tickets to a S.F. Giants game just behind the dugout along 3rd base closed out the perfect day.

Besides providing dinner and acting as dance music disc jockey at the end of the evening, Rotarian Carlos Verrett joined forces with Dahl to make parting with attendee’s dollars entertaining and fun for both those contributing and onlookers alike.

An event of this magnitude cannot be carried out without many helping hands. Mesa Verde High School’s Business Academy provided workers who were flawless in getting the many courses of the meal out to the hundreds of diners. Also volunteering their time and energy were members of Interact program from San Juan High School, and Rotoact Club members from Sacramento State.

By the end of the evening participants had enjoyed another memorable Rotary fundraising gala, with totals raised expected to bypass the \$60K plus raised in 2014.

Eighty percent of funds will be used for the many programs throughout the community through the Rotary Foundation, including their annual scholarship programs and Polio Plus in Pakistan and Libya. The Wheelchair Foundation will reap the benefits of some of the evening’s special mini-fundraisers.

Thanks went to Crab Feed Chair Justin Whitsell of Whitsell Wealth Management. Tina Shaw of Signs in 1 Day was the silent auction chair, and Ray Riehle of A-Applied Mailing and Diane Riehle acted as live auction co-chairs. Rich Hale of Walt’s Auto took on the job of obtaining the countless sponsors contributing to the evening.

Major sponsors of this year’s crab feed were Dignity Health Mercy, San Juan Medical Center, Republic Services, and Sunrise Mall. ★

Local Website Brings the Stars to Citrus Heights

By John-Michael Kibrick

CITRUS HEIGHTS, CA (MPG) - America’s entertainment industry is perhaps unfairly centered in the infamous cities of Los Angeles and New York with signs of growth in Atlanta and San Francisco. One local man with a passion is changing the status quo and putting Citrus Heights on the entertainment map.

Sandwich John Films is an online treasure trove of the latest from the film industry and it’s run by John Meneghetti, a Citrus Heights native.

“I started the site to get into Comic-con for free,” Meneghetti told the Citrus Heights Messenger with a chuckle. “It was kind of a scammish thing I did, but it was also a passion.”

For Meneghetti, that passion began much earlier than the 2009 launch of Sandwich John Films. In fact, his love for movies dates back to the first time he saw Star Wars as a kid and spending time with his father.

“My first time would have to be seeing it on beta that and Flash Gordon,” said Meneghetti. “Bonding with my dad was what it really was. Every time we really spent time together was watching films and stuff like that.”

Meneghetti was exposed to the arts early on in life through his father, who also spent some years acting in Japan where he was stationed with the U.S. military. A young Meneghetti even tried his own hand at acting before coming back to Citrus Heights for his high school years.

While running Sandwich John Films remains a hobby in the meantime, the website has brought Meneghetti some perks well beyond getting into Comic-con for free.



Meneghetti with actor Bill Paxton at an NBC party in San Diego. Photo courtesy of John Meneghetti

Meneghetti related the highlight of his exclusive interviews for the site saying that, “The biggest one was with George Lucas. That was like a dream come true. He did talk about the Star Wars show that was coming out, so we got an exclusive on that.”

With increasing success and readership, Meneghetti and his team of four volunteer writers have been invited to cover red-carpet events and granted access to exclusive screenings. Interviewing Clint Eastwood was also a highlight for Meneghetti, who even had the opportunity to have a personal bonding experience with Bill Paxton (known for his roles in Twister and Apollo 13), who was trying to escape a phalanx of fans. ★

“It was like we were old buddies, talking for hours and hours about anything and everything,” said Meneghetti. “We got along so well that his wife asked me to escort Bill back to his room and made sure I came back to hang out with her and all of our new friends that we made.”

While Meneghetti enjoys the perks that Sandwich John Films has brought, he is a family man and finds time somewhere in between managing the website and working as a sales manager for Cobalt to bond with his kids the way he did with his father.

Visitors at Sandwich John Films can benefit from quality reviews, a lively entertainment podcast, and exclusive giveaways to local advanced screenings. ★

CITRUS HEIGHTS RESIDENTS!



TRIM YOUR WASTE
and get rewarded!

In the month of March, Republic Services will randomly select a household in each Neighborhood Association Area to check the contents of their recycling cart. The first recycling cart with no contaminates (i.e. non-recyclables) will win a \$100 gift card and will be eligible for a grand prize \$200 gift card!

HOW DO YOU WIN? Recycle only the correct materials!

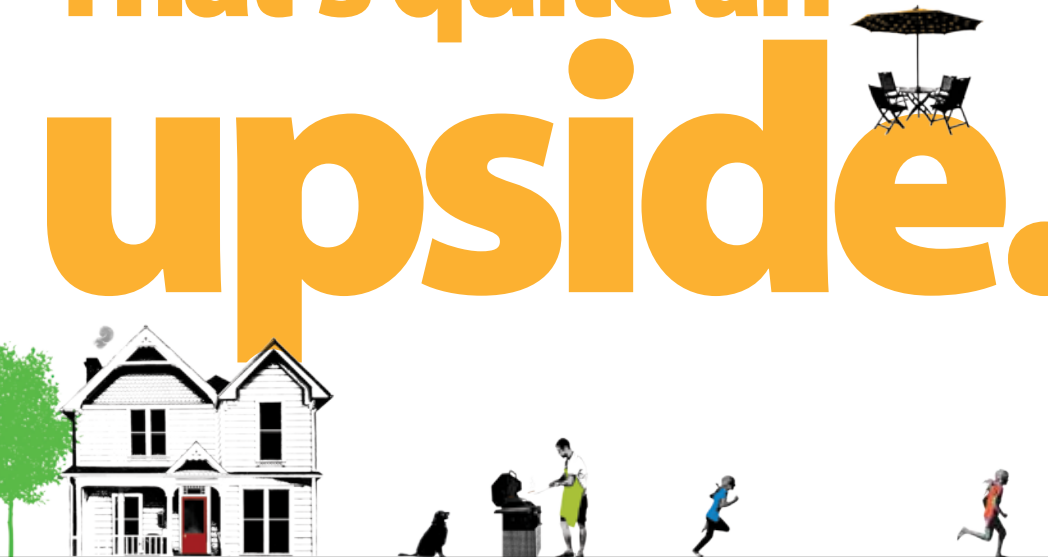


For more information on what can be recycled, contact Republic Services at 916.725.9060 or 916.638.9000, or refer to the month of June in the Customer Service Calendar.




A home loan with a low down payment.

That’s quite an upside.




Is a down payment standing between you and the home of your dreams? Then you need some assistance from SAFE Credit Union. With a SAFE97 Home Loan, you can finance your home purchase with a down payment as low as 3%.¹ Whether you’re in the market to purchase, or refinance a current loan, you’ll enjoy the security of a low, fixed rate and the convenience of flexible qualifying. Learn more about the financial tools that make financing your home a breeze – stop by a SAFE branch today or visit us online at safecu.org.



(800) SEE-SAFE safecu.org

Change the way you bank.



NMLS# 466072

¹ Terms and conditions subject to change. Income restrictions and additional conditions apply. See SAFE for details.

Planning Commission to Report on City Hall Move

By Julia Baum

CITRUS HEIGHTS, CA (MPG) - The direction of projects for both a proposed new city hall and medical office building on Greenback Lane will be announced at a Citrus Heights Planning Commission meeting on March 11th.

The recommendations will help city council members decide how to proceed with plans for building a new medical office building on the current city hall location, as well as breaking ground for a new city hall site just several hundred feet away at Stock Ranch Road.

Leah Cox, recently reappointed to the commission, said in a phone interview that members will hear the environmental impact report and

recommend whether to move forward or make any changes to the city hall or medical office building relocation. In general, Cox said that the area has seen a lot of activity and public focus on it in the past year. She also encourages residents to attend more public meetings.

“Obviously the potential medical building and potential city hall is the most controversial issue,” Cox said. “Participate, find out what’s going on at City Council and have your voice be heard so even when things are controversial, we’d rather hear from citizens and what’s working for them.”

City council members are expected to deliver their final decision on the medical office building and new city hall location on March 26th. ★

Lil’ School Daycare Builds Unique New Jungle Gym

CITRUS HEIGHTS, CA (MPG) - With almost 10,000 square feet of outdoor area, the Lil’ School daycare has always had a very large, grassy play area and enrolled children have had a lot of space to run. Now the daycare has remedied a lack of outdoor equipment with a project that promotes clean living and safe play.

Thanks to the ingenuity of a geodesics major, local tire shops, and volunteer workers, kids at Lil’ School now have a fun and challenging structure to climb on.

Rather than getting generic equipment, parents, teachers, and owners wanted a fun community project with an educational meaning. Their research led them to the work of Curt Flowers who built a geodesic structure with used tires in the early 70’s using his knowledge in the fields of geodesics, computer science, and environmental design.

With the plans he provided and 23 used tires donated by local tire shops, a team of



Kids play on the new tire turtle at Lil’ School daycare. Photo courtesy of the Lil’ School

parents, teachers, and the owners of Lil’ School go to work building a turtle with the geodesic dome of tires as a shell. After a

few awkward moments and a lot of laughter, the dome took shape.

The tires are bolted together at the points of contacts and

the geodesic structure gives it an impressive sturdiness while keeping flexibility enough to be fun. The bottom-most tires are partially buried to provide anchorage.

The very next day, the structure was fully tested and approved by the children. Even though they still have access to all other playground equipment, the turtle of tires has become their favorite. Building something new and fun with discarded things is rewarding in itself, but it also demonstrates to young creative minds that the ready-built solutions are not the only options they have.

The Lil’ School is an infant, preschool and kindergarten center located at 8089 Madison Ave #11, Citrus Heights. They serve Citrus Heights, Fair Oaks and Orangevale. They can be reached at (916) 962-2137 or by email at contact@thelilschool.com.

Source: The Lil’ School ★

Every Drop Counts. So Does Every Customer.

Karen Wilhelm helps California American Water customers save water. As part of our Sacramento team, Karen is dedicated to providing reliable, high-quality water service. She helps customers reduce their bills by increasing outdoor irrigation efficiency and providing rebate information for water-efficient devices and appliances.

At California American Water, we live in the communities we serve. Our local team knows that every drop of water is precious and increasingly expensive. We’re dedicated to helping you cut your water bill, one drop at a time.

We’re Here to Help You

Call (916) 568-4201 to schedule a FREE Water Wise House Call. A conservation specialist will visit your home and develop a personalized plan to help you save water and money.



CALIFORNIA
AMERICAN WATER

(888) 237-1333 • www.californiaamwater.com



KAREN WILHELM
Conservation Specialist
Sacramento District



Thank you for your positive feedback regarding our customer service. We strive to provide you with reliable water service and are continually seeking ways to improve.

CITRUS HEIGHTS COMMUNITY UPDATE



By Citrus Heights Mayor Sue Frost

In the aftermath of the worst recession in history, Citrus Heights remains strong with new homes, new jobs, new restaurants, and World Tennis at the Sunrise Marketplace!

In the past month the AutumnWood Homes by Watt Communities sold out their phase one and have a waiting list for phase two. These SMUD Smart Homes with no mello roos or home owner association fees may be popping up in other areas within Citrus Heights so be on the lookout if you are thinking of moving!

We're ramping up for another great summer in the City! Kathilynn Carpenter, Executive Director of the Sunrise Marketplace expressed enthusiasm this week, stating; "We look forward to having world class tennis here this July.

A Message From Citrus Heights Mayor Sue Frost

Look for the stadium to begin to rise at Sunrise Mall in June. We hope residents will support and get behind the new team, California Dream."

Don't miss the PAL Banquet! The Citrus Heights Police are friends to our local youth. To quote Police Chief Christopher Boyd; "The youth in our community remain a top priority for the Citrus Heights Police Department (CHPD) and our popular Police Activities League (PAL) has grown to over 500 children. PAL was created to foster positive relationships between law enforcement and the youth in our city. On May 16th we will host our 2nd Annual PAL banquet at which up to three Harley Davidson motorcycles from CHPD's original fleet will be raffled off. The event itself is a memorable evening and all proceeds go to the PAL program. Raffle tickets are available now and an Early Bird drawing will take place on March 26th." Raffle tickets may be purchased at the front desk in both CHPD and City Hall, or by calling (916) 727-4820.

March is a busy month for our City Council who is reviewing the Environmental Impact Reports and legal documents relating to the overall Dignity Health and New City Hall project. On March 26th we will be voting whether

to accept the Dignity Health Medical Office Building which could potentially bring 175 jobs to Citrus Heights and while providing much needed services, would also support our local retail and restaurants with added business.

Draught conditions continue to be a primary concern in California. I want to congratulate the residents of Citrus Heights! You're doing a great job with water conservation. Keep up the good work! Conserve water if you can. Try to limit outdoor watering, check for leaky faucets and toilets, take short showers, turn off your water faucet when brushing teeth, and try to reduce the water flow when rinsing dishes. Go to www.bewatersmart.info for more water saving tips.

As your Mayor I want to invite you to connect with your neighbors through the Residents Empowerment Association of Citrus Heights (REACH) This organization was established by our City Founders and is intended to give residents a voice, connect them with their local government and involve them in the public process. I live in Area 11. You can find more information at www.citrusheights.net, then go to "Our Community."

Sincerely, Mayor Sue Frost

Sue Frost 916-207-7960 or sfrost@citrusheights.net ★

Senior Softball Players Swing into New Season



Front row left to right: Jill Van Bogart, Andrea Bucheli, Celeste Bradford, Toni Post, Linda McCollum/Greene. Back Row: Pat Burns, Marlo Maher, and Sherill Morton. Photo Courtesy Linda McCollum

By Jan Dalske

SACRAMENTO REGION, CA (MPG) - Many of our readers enjoy playing in what has been called the senior softball capital of the world. Sacramento is the only city where 12 teams of senior men age 75 and older can play in leagues two days every week. They also encourage women softball players of any adult age from the area to join them in the Thursday morning league at Carmichael Park.

Women are invited because of their history of helping the senior men get started in the 1970s. In the 1960s and 1970s, women softball players had leagues that were comprised of female employees of the local radio and TV stations. There were the KRAK-KWET Radio teams (KRAK Kewties), the KSFM Radio Manhandlers teams, and players from K-108 FM Radio, KVIE Channel 6, and TV Channel 40. All of the women played in the newly formed Women's Media Softball League, which played at the Kenneth Avenue School diamond in the north area of town.

When the first Golden Senior Softball Men's Team began to play in 1976, they were looking for other teams to play at their level of skill. The only team that would play against them at that time was the new Women's

Media Softball League of young women players. The women soon earned the men's respect and deep appreciation.

Many women play softball in high school, college, and in co-ed leagues in their younger years. However, there are fewer leagues for them to play in compared to men. This is especially difficult as they grow older and the only time they are available to play is on weekday mornings when most young people are working. Women who had positive softball playing experience in their youth enjoy having a place to keep in shape and have fun at the same time.

Encouraging the women softball players to play in a league with the oldest senior men allows them to play the game at a level that they can really appreciate. The men like having a couple of the women on their team who often make better plays and get better hits than many of the senior men can. In the senior games, they focus more on having fun playing the game than on intense competition to beat the opponents. They are all good friends regardless of what team they are playing each season. Every season, new teams are drafted and their opponents from last year will become their teammates.

There is a social element of

playing a team sport and being cheered on that increases the enjoyment of working together. Some former players come to the games for the social contacts and to enjoy the company of former teammates.

Today, the women still play with the senior men teams. The games are played at Carmichael Park and are always entertaining to watch. The women all feel that it is a great honor and privilege to play in the league of some of the greatest legends of Sacramento softball. Some of them are wives, daughters, or granddaughters of the senior men, but most are just women who enjoy the game.

In appreciation of those women softball teams from our local radio and TV stations who helped their first senior team get started, the men now eagerly invite all women softball players who are available on Thursday morning for a couple hours to join their oldest senior league. All female softball players of any age are invited to join the men on Thursday mornings. The men are pleased that the women join them to fill out the teams so that the men can enjoy their retirement in good health.

To sign up for the 2015 season and learn more about the team, call Larry Campbell at (916) 485-4843. ★

Earn \$200 per month for just a few hours delivery work per week!
CALL 773-1111

Online at SSPCA.ORG

Go Green.
Bring your own bag.
Reduce, Reuse, Recycle.

ANNUAL SPRING
USED BOOK
SALE

Thousands of gently used books in over 40 categories! Find a good read and help animals in need!

March 21-29, 2015

Monday - Saturday
10:00 am to 6:00 pm
Sunday
11:00 am to 5:00 pm

6041 Sunrise Mall, Citrus Heights, CA 95610
Inside Sunrise Mall next to Macy's Men's Store
Sacramento Area's Longest Running Charity Used Book Sale

LETTER TO THE EDITOR

Thanks for the Bipartisanship

From Elizabeth Vallafan, California Resident

Dear Editor,

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

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

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

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

Best,
Liz Villafan ★

5 Year FIXED RATE
Home Equity Line of Credit Loan

4.25%
Initial APR

CHECK THE EL DORADO ADVANTAGE:
✓ FIXED RATE for 5 Years
✓ Local Processing & Servicing
✓ No Closing Costs on Qualifying Transactions
✓ Flexibility and Convenience
✓ Have Funds Available for Current and Future Needs
✓ Home Improvement, Debt Consolidation, College Tuition
✓ Interest May be Tax Deductible (Please consult your tax advisor)

#101
One Hundred Thousand Dollars
YOUR HOME

Serving our local communities since 1958
www.eldoradosavingsbank.com
CITRUS HEIGHTS • 7895 Lichen Drive • 729-1100
Se Habla Espanol • 800-874-9779

Member
FDIC

EQUAL HOUSING
LENDER

The initial Annual Percentage Rate (APR) is currently 4.25% for a new Home Equity Line of Credit (HELOC), and is fixed for the first 5 years of the loan which is called the draw period. After the initial 5 year period, the APR can change once based on the value of an Index and Margin. The Index is the weekly average yield on U.S. Treasury Securities adjusted to a constant maturity of 10 years and the margin is 3.50%. The current APR for the repayment period is 5.30%. The maximum APR that can apply any time during your HELOC is 10%. A qualifying transaction consists of the following conditions: (1) the initial APR assumes a maximum HELOC of \$100,000, and a total maximum Loan-to-Value (LTV) of 70% including the new HELOC and any existing 1st Deed of Trust loan on your residence; (2) your residence securing the HELOC must be a single-family home that you occupy as your primary residence; (3) if the 1st Deed of Trust loan is with a lender other than El Dorado Savings Bank, that loan may not exceed \$200,000 and may not be a revolving line of credit. Additional property restrictions and requirements apply. All loans are subject to a current appraisal. Property insurance is required and flood insurance may be required. Rates, APR, terms and conditions are subject to change without notice. Other conditions apply. A \$375 early closure fee will be assessed if the line of credit is closed within three years from the date of opening. An annual fee of \$50 will be assessed on the first anniversary of the HELOC and annually thereafter during the draw period. Ask for a copy of our "Fixed Rate Home Equity Line of Credit Disclosure Notice" for additional important information. Other HELOC loans are available under different terms.

14-1

BAUER

car wash

Monday - Saturday 8:30-5 • Sun 9-4

We Accept All Competitors' Coupons
Locally Owned & Operated
Professional Auto Detailing
No Extra Charge For Trucks, Vans or SUVs That Accomodate Our Automatic Car Wash

5927 San Juan Ave
Between Madison & Greenback
Citrus Heights • 916-967-3083

\$3.00
OFF

Any
Car
Wash

BAUER San Juan Car Wash
Citrus Heights • 916-967-3083
Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 02/28/15

\$5.00
OFF

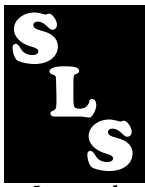
Any Car
Wash
Package

BAUER San Juan Car Wash
Citrus Heights • 916-967-3083
Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 02/28/15

CALL A PROFESSIONAL!

Business & Service Directory

LANDSCAPE SERVICES



Superior Landscape Services Landscaping and Maintenance

Insured
Lic#794551

- Sprinkler Repair/Install • Pruning
- Mowing/Trimming • Fertilizing

(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net

PARALEGAL SERVICES

Living Trust • Living Will

Includes: Trust, Will, Powers of Attorney,
Family Residence Deed
Single \$450 • Couple \$495

Call Lynda K. Knight (916) 214-1215
1337 Howe Ave. Suite 103, Sacramento

CONSTRUCTION SERVICES

Brasiel's Construction Company



Specializing in Residential Remodel and Repair

In addition to other services, we do
bathroom remodels, kitchen remodels,
pest report repairs and entire home makeovers.

Call for a free estimate:

Office Phone (916) 725-4061 • Cell (916) 745-2447
E-mail garybrasiel@surewest.net
Website: www.brasielconstructioncompany.com

PLUMBING SERVICES

BROWNS & WILLIAMS

Contractor • State License # 889339



**YOUR Plumbing Problem
is OUR Business!**

**\$ Low Budget Prices \$
Honest & Reliable
30 Years' Experience**

**15%
Labor Discount**
Expires
09-01-15

(916) 871-7624

GENERAL CONTRACTOR

A Retired General Contractor and Son All Home Repairs

- Carpentry • Plumbing • Texture
- Kitchen and Bath Repair
- Tile Work • Painting
- Flooring • Linoleum and Wood

License # 684476 25 Years in
Citrus Heights

Call Tim at 916-495-6183

ROTOTILLING SERVICES

COZMO'S ROTOTILLING SERVICE

Serving All of Sacramento & Yolo County
Bus. Lic. # 15-00016493

- ✓ Tilling & amending organic soil
in raised vegetable gardens
- ✓ No job too small
- ✓ Can rototill up to 15,000 sq. ft.
- ✓ Weed control

916-370-9441

TREE SERVICE

Leonard's Tree Service

- Topping • Trimming
- Removing
- Stump Grinding

Small and Large Jobs

FREE FIREWOOD!

CL#926622

Call 447-1686

HANDYMAN

CARPENTER DAVIDMACK

Handyman • 25 Years Experience

Licence Pending • No Jobs Over \$500

Honest Man • Quality Work

- Doors Specialist • Dry Rot • Roof Repairs
- Painting • Sheet Rock • Texture
- All Floors, Windows, Decks, Tiles, Patios A to Z
- Exterior Siding • Plumbing • Electrical
- Dump Hauling • Facial Boards • Gutters
- Auto Body and Spot Painting

916-548-8249

FUNERAL SERVICES

RUSS MONROE'S

FUNERALS & CREMATIONS

FD 1404

7960 WINDING WAY
FAIR OAKS, CA 95628

Tel (916) 9611265
Fax (916) 9612430

DENTAL CARE

Dr. John C. Riach
Dr. Michael B. Holm
Dr. Guy E. Acheson

AMERICAN RIVER DENTAL

Appointments 7 a.m. to 7 p.m. • New patients welcome
IV Sedation-Nitrous Oxide • Orthodontics

10350 Coloma Rd. 362-9247

LEGAL SERVICES

BONES LAW FIRM

4811 Chippendale Dr., Suite 307, Sacramento, CA 95841

Gordon G. Bones
Attorney at Law

The Law Firm provides the following legal services:

- Bankruptcy • Business and Corporate Matters
- Trust and Trust Administration
- Estate Planning • Probate and Conservatorship
- Family Law

P: 916.965.6647

F: 916.965.4218

gbones@boneslawfirm.com

PAINTING SERVICE

QUALITY A PAINT SERVICE

22 Years Experience

State Lic. 646386



Prefer Small Jobs - My Specialty!

► 2-3 Rooms ► 2-3-4-5 Doors

► Single Family Homes

1200-1500 Sq Ft.



916-967-0763

HORSE RANCH SERVICES



Hughes Horse Ranch

Providing Quality, Caring and
Professional Horse Boarding
in Carmichael since 1983

- Large Covered Pipe Corral Stalls
- Individual, Secure Tack Lockers
- Horses Fed Alfalfa Twice Daily
- Automatic Water Systems

DRY STABLES AND RUN

\$200/MONTH

916.944.3119

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

CEMETERY SERVICES

Respectful, Affordable Burial

Endowment Care Facility
Beautiful Park like setting
Monuments allowed • Cremation Niches
Commingling Scattering Garden
Quality & Affordable Service

Fair Oaks Cemetery District

7780 Olive St., Fair Oaks, 95628

916-966-1613

PET SITTING SERVICE

Professional, Loving PET CARE

Established Reputation
Kennel Free Environment
Lots of TLC

Call Madeline

(916) 723-1608

DRUG AND ALCOHOL REHABILITATION

CLEAN & SOBER LIVING CSTL, Inc.

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

DETOX (916) 965-3386

SOBER LIVING (916) 961-2691

PLUMBING SERVICE

24/7 Emergency Plumbing



Call French Connection Plumbing today and Frenchy
will be happy to take your plumbing worries away.
Contractor State License #936953

916-833-7618
www.frenchysplumbing.com

10% OFF*

*Labor costs when
you're a new
customer of French
Connection
Plumbing.

Offer valid through 06/01/15.
Valid only in areas serviced.
Not good with any other offer.

HOME OWNERSHIP

1st Time Home Buyer??



LYON
REAL ESTATE
www.Golgoth.com

✓ Me out

Charles
Vines

Broker Associate
(916) 216-9349
DRE# 01789423



Scan QR Code to see YouTube Video

COMPUTER SERVICES

YourAppleTutor.net

HANDS-ON APPLE TUTORING

At your home
or office, with
you and your Mac,
MacBook, iPhone,
iPad, or Apple TV.
\$100 for 2 hours



Expert Experienced Help
Beginners to Advanced Users
Reasonable Rates

(916) 996 - 0609

Zinsky's

PC Configurations

"Don't replace it - REPAIR IT!"

Custom Desktop Computer Configurations
• PC Repair • Home Wireless Networking
• Installations • Viri & Spyware Eradication

Alan Zinsky
Phone: 916-622-2269
Zconfig@sbcglobal.net
Bus. Lic. # 305312 • B. E. A. Reg. #84416

www.zinskyspcrepair.com

DENTAL CARE



DENTISTRY

Located at 11230 Gold Express Dr. #306
Gold River, CA • **916-852-7660**

- Restorative and Cosmetic Dentistry • Oral Sedation
- Invisalign • Extractions (including wisdom teeth)
- 1 hour Teeth Whitening (as seen in extreme makeover)

• White Fillings • Digital X-Rays (uses less radiation) • Financing Available

STATEPOINT CROSSWORD • SWEET TOOTH

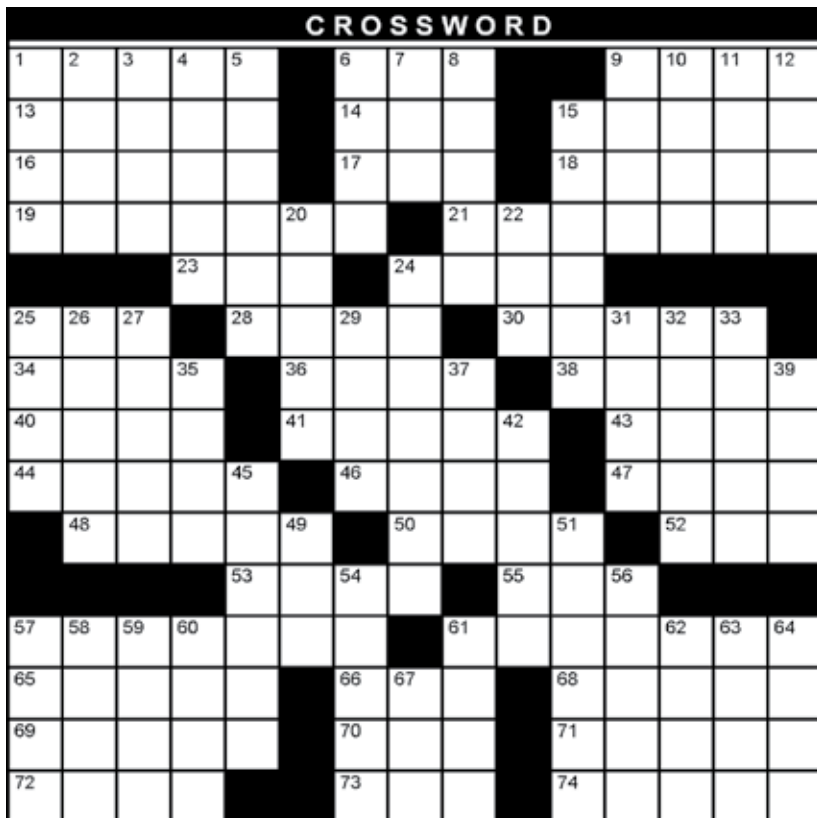
CLUES

ACROSS

- Face fringe
- Like a wallflower
- Something that happened too fast?
- One hipbone
- Romanian money
- Sheep's clothing, e.g.
- Bassos, alternative spelling
- Middle-earth creature
- Balance sheet item
- *Peanut
- *Popular pastry center
- Exclamation of surprise
- Duds
- Tapped at parties
- Two-masted vessel
- Orient's bigwig
- Misfortunes
- Not that
- Australian cockatoo
- Done after shuffling
- Popular garden perennial
- Triathlon ride
- Part of surgeon's prep
- Rudolph, e.g.
- Affirm
- Austrian province
- Ogler
- Former name of Tokyo
- Give notice
- Clinton ___ Rodham
- *Dessert in honor of a dancer
- Text treatment
- French farewell
- Labour group
- Kind of salami
- House coat
- Little squirt
- In the company of
- Bone-dry
- ___ Khan
- "Dressed to the ___"

DOWN

- Kind of lettuce
- Having wings
- Not final or absolute
- Vigorous enjoyment
- Blacksmith shop
- *___ gin
- Part of H.M.S.
- New Mexico's state flower
- Portrait sculpture
- Mona ___
- One who uses something
- Short for "retired"
- Pompous windbag
- Strongly opposed
- Funerary vase
- Shiny from moisture
- *Sour Patch ___
- Choose by vote
- Dazzling
- "___ Afraid of Virginia Wolf?"
- *Rum ___
- Martini garnish
- *Alaska's state
- Hurtful remark
- Dog command
- Parade honoree
- ___ provocateur
- Back down
- Head or john
- 40th President
- *Indian yogurt staple that can be sweet or salty
- Fragrant resin
- Hemingway nickname
- Jewish month
- Henry ___
- "___ your hand"
- Tiny bit
- Involved in a secret
- *Sugar, waffle or cake ___
- Droops
- *Yule ___



**Make the Switch
to Dish Today
and Save Up To 50%**

Call Now and Ask How!

1-800-318-5121

Call 7 days a week 8am - 11pm EST Promo Code: MB0113

Promotional
Packages
starting at only ...
\$19.99
mo.
for 12 months

FREE

PREMIUM MOVIE CHANNELS*

For 3 months.

HBO SHOWTIME

cinemax starz

A dish

© StatePoint Media

SUDOKU

you could save 28%*

Call 1-800-970-4376 to see how much
you could save on car insurance.

esurance[®]
an Allstate company

*National average annual savings based on data
from customers who reported savings by switching to
Esurance between 10/1/14 and 10/31/14.
© 2014 Esurance Insurance Services, Inc. All rights reserved. CTR#1400000000

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

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

For Solutions See Page 7

Come back every week for Crossword and Sudoku!

Adoption

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

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

Announcements

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

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

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

DID YOU KNOW Newspaper-generated content is so valuable it's taken and repeated, condensed, broadcast, tweeted, discussed, posted, copied, edited, and emailed countless times throughout the day by others? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

DID YOU KNOW that not only does newspaper media reach a **HUGE Audience**, they also reach an **ENGAGED AUDIENCE**. Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

Antiques/Collectibles Wanted

Always Buying WWII Military Souvenirs, German, Japanese, U.S. Also Antiques Firearms, Obsolete Law Badges, Police, Sheriff, 916-300-8045 (MPG 12-31-14)

Old Railroad Items Wanted: lanterns, locks, china, paper, etc. Call (916) 663-2463 (MPG 12-31-15)

Old Porcelain Signs Wanted: oil & gas, highway, RR, etc. Call (916) 663-2463 (MPG 12-31-15)

Autos Wanted

WE BUY CARS! Running or Not. Any Make, Model or Year. Call today for an **INSTANT OFFER**. Free Towing/Pickup. Top Dollar. We're Local! 1-800-844-3595 (SWAN)

CARS/TRUCKS WANTED! Top \$\$\$\$\$ PAID! Running or Not. All Years, Makes, Models. Free Towing! We're Local! 7 Days/Week. Call Toll Free: 1-888-416-2330 (NANI)

GET CASH TODAY for any car/truck. I will buy your car today. Any Condition. Call 1-800-864-5796 or www.carbuycuy.com (NANI)

DONATE YOUR CAR, TRUCK OR BOAT to HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing. All Paperwork Taken Care Of. 800-731-5042. (Cal-SCAN)

WANTED! I buy old Porsche's 911, 356, 1948-1973 only. Any condition. Top \$\$\$ paid. Finders Fee. Call 707-965-9546 or email porsche-classics@yahoo.com (Cal-SCAN)

Cable/Satellite TV

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

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

DISH TV Packages for \$19.99/mo & \$14.95/mo for Internet + \$25 Visa Gift Card (with Activation). Call NOW and Save: 844-589-9575. Conditions apply (Cal-SCAN)

Career Training

AIRLINES ARE HIRING for those with FAA certification. Financial aid if qualified - Job placement assistance. Get the A&P training at Aviation Institute of Maintenance 888-686-1704 (NANI)

Electrical Services

RETIRED MASTER ELECTRICIAN, problem solver! 30 yrs experience, senior discounts. Save big - don't replace panel - rebuild it. Lic# 513168, 916-595-3052 (MPG 12-31-15)

Financial Services

SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-966-1904 to start your application today! (Cal-SCAN)

Are you in BIG trouble with the IRS? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Seen on CNN. A BBB. Call 1-800-761-5395 (Cal-SCAN)

Reduce Your Past Tax Bill by as much as 75 Percent. Stop Levies, Liens and Wage Garnishments. Call The Tax DR Now to see if you Qualify. 1-800-498-1067. (Cal-SCAN)

Financial Services

Do You Want to Know What Your Home is Worth?

Home Values Have Increased Over 30% in our Area in the Last Year!

Call Now for a **FREE Market Analysis of Your Home**

(916) 992-9922

Dare & Associates Real Estate License #01228753

(MPG 06-30-15)

For Rent

Does your group need a reasonably priced and conveniently located meeting place? Check out the little church on the hill - FOUMC, 9849 FO Blvd., 961-6631, office@FairOaksUMC.org. (MPG 02-28-15)

Small "cute" Carmichael office 150 sq. feet. Asking \$200 per month includes all utilities paid, desk, metal cabinet. 4826 El Camino Ave. Call 916-483-7325 or 916-972-0651. (MPG 1-15-15)

For Sale

Snowmobiles & Trailer for Sale 97- Ski Do MXZ 583 1562 miles excellent condition, 01 - Ski Do MXZX 800 728 miles like new condition. Karavan dual snowmobile trailer with rock guard and lift strut. Many extras. Stored inside since new. \$5300. 916-502-4403. (MPG 02-28-15)

Toyota Touring Prius 2009. 58K. Great condition. \$14,900. 408-771-3007. (MPG 12-31-14)

Chairs, Matching Barcoulounger Recliners; Jade, Excellent Condition, Asking \$150 each. Call (916)728-1362 (MPG)

For Sale Houses

\$2,000 down possible, free credit check, 4/2 Carm. 4/2 Elk Grove. 3/2 on 1+acre El Dorado County. 3/2 on 1+acre Placer Co. all under 300K.BKR#00605628NMLS #1232827 Call 916-847-7722 tommidvalley@yahoo.com (MPG 02-28-15)

For Sale Mobile Home

\$19,999 55 & over community. Well maintained 2 bedroom 2 bath. Castle City MHP Newcastle CA. For more info email cbwoods72@gmail.com (MPG 02-28-15)

Handyman

QUALITY LABOR & MAINTENANCE

Yard Work, Hauling, Gutter Clean, Odd Jobs

You Name It!

(916) 613-8359

Health & Medical

Can't Stop Eating Compulsive Eaters Anonymous – HOW (CEA-HOW) We're a nonprofit organization for anyone suffering from Compulsive Eating, Anorexia, and Bulimia. A fellowship of individuals who understand your problem and will offer you support. Come find examples of others who have found a working solution. *Membership is Anonymous* There are no dues or fees for membership The only requirement is a desire to stop eating compulsively **CALL: 916-434-5894** for meeting times and locations OR Visit ceahow.org (MPG 07-31-14)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-356-4170 for \$10.00 off your first prescription and free shipping (SWAN)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90 percent on all your medication needs. Call today 1-800-273-0209, for \$10.00 off your first prescription and free shipping. (Cal-SCAN)

Heating & Air

AC Repair Low Prices 487-4609 (MPG)

VICTORIA HEATING & AIR CONDITIONING

Lic#877379 *Over 10 Years of Experience* We Provide **SERVICE, REPAIR, CHANGE OUT AND NEW INSTALL.** • Easy • Fast Response • Reasonable Price • We offer a **Special \$50 Diagnostic Fee** • We will tell you what is wrong with your unit and how much it will cost to fix your unit before we begin work • Each project is confirmed in writing and one year warranty • OR, new unit installed with 5 to 10 years warranty *So Don't Wait! Call Us At (209) 338-4475 or (916) 474-0173* (MPG 04-30-15)

Help Animals

SPCA Thrift Shop Helpless animals need your donations. The Real Non-Profit. Will pick up. Call 916-442-8118. 1517E Street for donations-10-4pm (MPG)

Help Wanted

Allstate. where it's good inside.

!!!! UP TO \$17/HOUR PART TIME LICENSED P&C PERSON, SALARY + COMMISSION !!!

Allstate agency in Carmichael is looking for that person that is ready to service customers and sells new policies. **P&C license is a must.** Hourly rate will start at \$12 up to \$17 based on experience and involvement. Also generous commission pay out starting at 7% for new business and 3% renewals after the probation period.

Extra payout based on sales targets applies.

This is a part time position for up to 4 hours a day in the office, preferably late afternoon or evening hours. Ideal person should demonstrate good sales abilities, willingness to work hard and obtain new accounts.

Please mention " Allstate part time position " in your resume.

Reply to this posting or fax your resume at **916-944-5093** or email at alain@allstate.com

SEASONAL WORK

03/30/2015 through 11/20/2015 Montana Trees, Inc., located in Northwest Montana, Town of Trout Creek, is seeking five (5) seasonal workers. Wage: \$11.14 per hour; Job Duties: must lift 50lbs, plant seedlings, digging, bending over continuously, transplant seedlings, cutting trees, hand tie/dig mature trees, maneuver 150lb-300lb root ball, hand stack, harvest plants; Employer provides: housing, transportation/subsistence expenses upon completion of 50% of work contract; tools & supplies. Employer guarantees employment for a minimum of 3% of the workdays of the total specified job contract. To apply: Contact your local State Workforce Agency, or Montana Job Service at: jobs.mt.gov type in Nursery Worker or Job Order No. 10104421 and click on Montana Trees, Inc.; or contact employer directly Zachary P. Hannum @ Montana Trees Inc., (406) 827-3984. (MPG 04-24-15)

Service Plumber Needed in the Auburn/Grass Valley area. We supply truck and tool. Phone **530-414-3071.** (MPG 03-31-15)

CONSTRUCTION EQUIPMENT MAINTENANCE

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

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

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

Help Wanted Drivers

DRIVERS – NO EXPERIENCE? Some or LOTS of experience? Let's Talk! No matter what stage in your career, it's time, call Central Refrigerated Home. 888-891-2195 www.CentralTruckDrivingjobs.com (Cal-SCAN)

ATTN: Drivers - \$2K Sign-On Bonus! Make Over \$55k a Year. Great Benefits + 401K. Paid Training/Orientation. CDL-A Required. 888-293-9337 www.drive4mellon.mobi (Cal-SCAN)

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

Home Maintenance

A Quality Home Maintenance

Gutters Cleaned

By Gutter Dog

(916) 613-8359

Inhome Childcare

Nenes Smart Start Small in-home Childcare M-F 7AM-6PM. Infant thru 5 Preschool certified Licensed & Insured, (916) 723-3342 collher@surewest.net

Insurance/Health

Lowest Prices on Health & Dental Insurance. We have the best rates from top companies! Call Now! 888-989-4807. (Cal-SCAN)

Compare Medicare Supplement Plans and Save! Call NOW during Open Enrollment to receive Free Medicare Quotes from Trusted, Affordable Companies! Get covered and Save! Call 844-277-0253. (Cal-SCAN)

LANDA'S HOUSE CLEANING

Serves Sacramento Areas. Residential & Commercial Cleaning Services. For More Information: www.landashousecleaning.com (MPG 04-30-14)

Medical Supplies /Equipment

Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation included. Call 800-799-4811 for \$750 Off. (Cal-SCAN)

Moving Services

STEADY MOVES You rent the truck...we will make sure it's loaded/unloaded **PROFESSIONALLY!** (Lic#322945) **916-206-3183.** Email msmith2661@comcast.net (MPG 06-30-14)

Miscellaneous

South Oregon Bed and Breakfast Rogue River, Oregon. 8 miles to Grants Pass. One mile off I-5 and from the scenic Rogue River Historic Town. Nightly/ Weekly Rates. Thrifty. Call Nancy 541-582-4163 (MPG 02-28-15)

MAKE A CONNECTION Real People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: 1-877-909-2569 (SWAN)

Do you owe over \$10,000 to the IRS or State in back taxes? You could get a settlement for as low as 25% of previous IRS settlements. Call now! 1- 800-741-9104 (NANI)

TOP CASH PAID FOR OLD GUITARS! 1920's thru 1980's. Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg, And Gibson Mandolins/ Banjos. 1-800-401-0440 (NANI)

Make a Connection. Real People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: Call 1-877-737-9447. 18+ (NANI)

SERIOUSLY INJURED? Auto Accidents? Medical Malpractice? Slip and Falls? Dangerous Products? Wrongful Death. Speak to a Highly Skilled Personal Injury Attorney Now. Millions Recovered for Clients. Call 24/7. 800-431-4568 (NANI)

HERO MILES - to find out more about how you can help our service members, veterans and their families in their time of need, visit the Fisher House website at www.fisherhouse.org (NANI)

DIVORCE, ETC. \$240-\$550! Covers Children, etc. "Excludes govt. fees! For a Local Office, Call 1-215-717-8499, Ext. 400 or 1-888-498-7075, Ext. 500 BAYCOR & ASSOCIATES Established 1973 (NANI)

CASH FOR CARS: All Cars/ Trucks Wanted. Running or Not! Top Dollar Paid. We Come To You! Any Make/Model. Call For Instant Offer. 1-800-864-5960 (NANI)

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

Struggling with DRUGS, ALCOHOL, PILLS? Talk to someone who cares. Call ADDICTION HOPE & HELP LINE for a free assessment. 800-768-9180 (NANI)

Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-relieving brace - little or NO cost to you. Medicare Patients Call Health Hotline Now! 1-800-491-6053 (NANI)

SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-290-8321 to start your application today! (NANI)

DIRECTV starting at \$24.95/ mo. Free 3-Months of HBO, starz, SHOWTIME & CINEMAX **FREE RECEIVER Upgrade!** 2014 NFL Sunday Ticket Included with Select Packages. Some exclusions apply - Call for details 1-800-647-1163 (SWAN)

Miscellaneous

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

Miscellaneous for Sale

SAWMILLS from only \$4397.00-MAKE & SAVE MONEY with your own bandmill - Cut lumber any dimension. In stock ready to ship. **FREE Info/DVD:** www.NorwoodSawmills.com 1-800-578-1363 Ext. 300N (Cal-SCAN)

Music Lessons

Guitar Lessons – Beginner to Advanced. \$10/half hour. \$15/hour. freddiebbalbert1@yahoo.com. **530-263-6926** (MPG 12-31-15)

EARN \$200⁰⁰ per month for just a few hours' delivery work per week

CALL 916-773-1111 **MPG**

Sudoku Puzzle on Page 6

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

Music Lessons

Piano lessons for children and adults by experienced, creative teacher. Citrus Heights. For more information, visit www.anitraalexander.com, or call (916) 725-1054 (MPG 05-31-15)

Painting Services

Anni The Painter

One Room at a Time Okay!

- Perfectionist
- Fun Ideas • Kid's Rooms
- Cabinets • Bathrooms
- Kitchens • Etc.

New Molding Installs • Small Jobs OK! Lic # 733938 • Free Bids

916-532-6194

Personals

Want to hear from a vibrant S.D.A. Church Man. I am a vibrant S.D.A. Church Woman, 81 yrs old, 5 ft 7 ins. Interested in going to church, traveling. Have a FREE pass to Yosemite. Enjoy Camp meetings. Please call me anytime at **916-496-5740** (MPG 10-31-14)

MEET SINGLES RIGHT NOW! No paid operators, just real people like you. Browse greetings, exchange messages and connect live. Try it free. Call now 1-800-945-3392. (Cal-SCAN)

Pets/Animals

DOG RESCUE

Gary (916) 334-2841

Please **Adopt or Foster** Because so many really great dogs are dying for a good home...

ShelterMOU @hotmail.com

Piano Lessons

Available Monday through Saturday. Learn piano, flute, and guitar. **GREAT RATES!** **916-974-7397** (MPG 03-31-14)

Real Estate

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

Timeshares

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

Volunteers Needed

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

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

Want to Buy

WANTED STEREO COMPONENTS Older models: Pioneer, Sansul, Marantz, etc. **916-488-6016** (MPG 03-31-15)

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 916-334-8903, 503-460-7149.** (MPG 08-31-14)

Yoga

Your Fitness Genie

Making Your Fitness Goals Come True!

14 Years of Experience

- Weight Loss • Injury Recovery
- Senior Fitness • Yoga • Pilates

Safe, Effective, Functional Resistance Training

Be Active, Call Today! Jenn@YourFitnessGenie.com **(916)768-8767**

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 your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

DISCLAIMER

Be wary of out of area companies. 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.

For Sale

Save Big on Kids Stuff

Used Clothes/Toys/Accessories for Infants / Toddlers / Kids Brand Names / Great Prices. Tadpoles 901 Sunrise/Roseville **916.787.0259** FB shoptadpoles.com (MPG 04-24-15)



By Pastor Ray Dare

God wants to say to some of you today, “*Relax, you’ll feel better*”. The Bible says, “*A relaxed attitude lengthens a man’s life.*” Proverbs 14:30.

Where do you get the confidence to relax? Psalm 23 tells us, “*Surely goodness and mercy will follow me all the days of my life, and I will dwell in the house of the Lord forever.*” No anxiety, no fear, no worry about tomorrow. We can relax. If the Lord is your Shepherd, here are three reasons why you can relax:

Because goodness will follow you. “*Surely goodness ... will follow me all the days of my life ...*” That doesn’t mean that everything that happens to you in life will be good, because it won’t! Life is hard. Bad things happen to good people. But because God is your Shepherd you can expect Him to bring good out of the bad that happens. Somehow, somehow, God has a way of turning the bad things that happen to you into good.

Relax, You’ll Feel Better

Because grace is working in you. “*Surely... mercy will follow me all the days of my life...*” When you really understand God’s grace and mercy, that God isn’t out there trying to get even with you, it will change your life. If Jesus is your Shepherd, then He has taken the penalty for everything you’ve ever done wrong or will do wrong on the cross. He paid for it, so you don’t have to. So when a bad thing happens you don’t have to think, “*Is that God getting back at me?*” God doesn’t “get even” for things that have already been paid for on the cross. When you understand God’s grace and mercy then you have no need to fear the future.

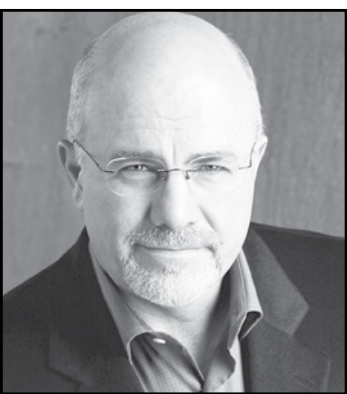
Because Heaven is waiting for you. “*And I will dwell in the house of the Lord forever.*” God says, “I’ve got this great life planned for you and surely goodness and mercy will follow you through it, BUT that’s not the end! It gets better! I’ve got something else at the end!” He builds it to a crescendo. David ends this Psalm by saying “We’re going to Heaven!” Jesus saves the best until last. With God it just keeps getting better and better.

How can you be sure about these promises? Because God doesn’t lie. He cannot tell an untruth or be inconsistent. He

never changes. He never breaks a promise. If He says, “*surely goodness and mercy will be with you all the days of your life.*” **They will!** We get so worked up and worried about the future because we start “what if”-ing. Relax and trust God. God will be with you no matter what happens. He will help you out. God’s goodness will supply. God’s mercy will sooth. God’s promise of the future will give you security.

If you know the Shepherd, you can relax. You don’t need to fear poverty because He will provide for you. You don’t need to fear loneliness because He will be with you. You don’t need to fear mistakes because He will guide you. You don’t need to fear failure because He will restore you. You don’t need to fear the future because His goodness and mercy will follow you. You don’t need to fear death because you will dwell in the house forever. So what do I need to worry about? Nothing! Absolutely nothing! That covers it all! You can just relax and trust Him and you’ll feel a whole lot better!

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



Serious about Getting Out of Debt?

Dear Dave,

Should you budget for mad money, or ju-arrying around cash, when you’re trying to get out of debt?

- Aurora

Dear Dean,

What really matters is the *amount* of mad money you allow yourself to have. Everyone needs a little pocket money. It’s probably not going to throw you off too much if you put \$10 or \$20 in there. But \$100 or \$200? That’s a bit much when you’re scrimping, saving and supposedly working hard to get out of debt.

Think of it as a safety valve, Aurora. Everyone needs a break and a little fun now and then. Whether it’s grabbing lunch out, or going to a movie once in a while, you need to relax and let off little steam.

Dave Says

Just make it part of your regular monthly budget, and stick to the amount. Little things like this will help keep your total money makeover moving in the right direction without wearing you out!

- Dave

It’s a Better Idea to Pre-plan

Dear Dave,

My wife passed away last year, and she was just 43-years old. I paid cash for the funeral and all the arrangements. Now, I’m getting solicitations from the funeral home, wanting me to prepay my own funeral. I’m 45-years-old. Is this a good idea?

- Dave

Dear Dave,

God bless you and your family. I’m so sorry you have to go through this, but I’m glad to hear you were in good enough shape financially to handle the burden. That means you were both very wise with your money.

My advice is to pre-plan, but don’t prepay. As you discovered, having to make important decisions in the midst of that kind of grief is a hard thing to do. Sometimes, people

are so emotional during times like these that they make bad decisions. So, pre-planning and making selections ahead of time is a great idea.

But it’s never a good idea to prepay for this kind of thing, and here’s why. If you live to an average age, for what you’d prepay today at age 45, you could invest the amount, be self-insured for that kind of thing, and in all likelihood have a ton of money sitting there when your time comes.

Events like this make you realize the need for proper planning, but don’t ever prepay them. Lots of people in the funeral industry don’t like me for this stance, but that’s just because they make lots of money on prepayment plans.

- Dave

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



By Ronnie McBrayer

Last summer an unfortunate woman was found dead in the basement of her Connecticut home, found eventually, that is. It took rescuers several days to retrieve her body as the first floor of her house had collapsed on her, apparently under the weight of all the stuff she had accumulated over the years.

Her possessions, stacked to the ceiling with only a narrow, labyrinth-like pathway through it all, quite literally smothered her. Her death certificate said so officially with the cause of death declared as “Accidental Traumatic Asphyxia.” This is a dramatic example, of course, but accumulating those things that fall outside the realm of the necessary, will take your life just as certainly.

Jesus said it like this: “Don’t store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. But store your treasures in heaven. Seek the Kingdom of God above all else.” These words are directed at every packrat, collector, hoarder, attic squirrel, and garage-gatherer among us. If you aren’t using it - you don’t need it. Hang on to it, and it will take your life from you.

I’ve often said that the most deeply spiritual thing that some of us could do is have a garage sale; or sell a property, or dump a portfolio, or write a big check to the homeless shelter down



Enough Really Is Enough

the street. Because our spiritual lethargy has nothing to do with a poor prayer life, the lack of reading the Scriptures, or any failure with other disciplines: We are carrying too much baggage, trying to manage too much stuff. We have too many possessions, too many obligations, and it’s a recipe for misery.

The path to contentment is by way of less, not more. When we simplify, we are doing much more than getting rid of the weight of physical possessions. We are making space to breathe, to thrive, to live. By giving up some of the things we carry or hoard, we aren’t losing, we are gaining; gaining freedom to pursue life.

This was Henry David Thoreau’s motivation when he left his teaching career and retreated to the woods of Walden Pond. He lived there for two years in simpleness, wrestling with the question, “How much is enough?” and more importantly, “How much does it actually cost a person to obtain his or her possessions?”

His theory of personal economics came down to this: The cost of a thing is not the financial price tag attached to it. It is the amount of one’s life it takes to get it. For example, if one wants a particular house, the sale price is not as important as the years it takes to pay for it. If one wants a car, a computer, a new iPhone, or designer label clothing; then the calculation involves more than the payments.

Calculate how much time and life it will cost to acquire these things. That’s the real price tag. Quoting Thoreau directly, he said, “If your trade is with the Celestial Empire” (which apparently is his description for what Jesus called the Kingdom of God), “then very little is actually needed to live well and to be free.

“A modest home should be enough...plain clothes will do... instead of a hundred dishes, why not five; and reduce other things in proportion...Keep your accounts on your thumb-nail...simplify, simplify... and once you have secured the necessities of life, then you can confront the true problems of life with freedom.”

And there Thoreau brings us to the universal human ambition: We all just want to be free and happy. It’s all a search for satisfaction. Is a “spirituality of satisfaction” too shallow, too frivolous? No, not if one is seeking genuine, soul-sustaining fulfillment with one’s self and life.

But getting more won’t get it done, because more and more of what is not good for you will only smother you. As Thoreau concluded, “There is no more fatal blunderer than he who consumes the greater part of his life getting his living.”

Ronnie McBrayer is a syndicated columnist, blogger, pastor, and author of multiple books. Visit his website at www.ronniemcbrayer.me. ★



By Marlys Johnsen Norris, Christian Author

Many good people have claimed to live their lives based on common sense, and I am no exception. However, common sense is mistaken enthusiasm and narrow-mindedness. It is in opposition to faith and demonstrates a mistaken reliance on reason as a basis for truth. Faith brings the two of these into proper relationship. Faith and common sense are as different from each other as natural life is from the spiritual life or impulsiveness is from inspiration.

Nothing Jesus ever said is common sense, but revelation sense is complete, whereas common sense always falls short.

Faith vs. Common Sense

Faith must be tested and tried before it becomes real in a person’s life. “We know that all things work together for good . . .” (Romans 8:28). God’s providence transforms perfect faith into reality. Faith always works in a personal way because the purpose of God is to see that perfect faith is made real to His children.

In life, for every detail of common sense, there is truth God reveals to prove our practical experience about who we believe God to be. Faith is an active principle that always puts Jesus Christ first. A life of faith says, “Lord, You have said it and now I am going to step out boldly trusting in Your Word.” Matthew 6:33 instructs one to “seek first the Kingdom of God and His righteousness with their whole heart and all things will be revealed to them.”

Turning intellectual faith into our personal possession is always a fight. God will bring us into particular circumstances to educate and purify our faith to make the object of faith very

real to us. Therefore, until we know Jesus, God is merely a “concept” and we can’t have faith in Him. But once we hear Jesus say, “He who has seen Me has seen the Father” (John 14:9). One remembers the chapter in Genesis where they were ONE. And immediately one has something that is “real” and faith is limitless. Faith becomes real as belief of the entire person changes into a right relationship with God through the power of the Spirit of Jesus Christ. One begins to understand why He had to die to save us from our sins that would put us into an eternal death in hell.

Prayers become an active part of this true faith. Growth, deliverance, and transformation occur and become a regular testimonial part of them as they proclaim the promises of God for guidance. God Almighty will never leave or forsake them and their journey is never ending!

Marlys Johnsen Norris
Christian Author of 7 books
Marlysjn@gmail.com ★



Grace Baptist Church

Come and Experience God's Amazing Grace

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

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

Service Schedules

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

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

Call for more information

YOU’RE INVITED!

Sundays 10:00a.m.

“We do Church Differently”

www.nbc4u.org | (916) 992-1997



New Beginnings CHURCH



5510 Diablo Drive
Sacramento, CA

Specialties Plus

- Machine Repairs (*all makes & models*)
- Toner Cartridge Refills (*Using Cartridge World? Take 10% off their price & try mine*)
- Free Cleaning (*with our cartridge*)
- We are Local
- Service Contracts (*monthly or yearly*)
- Lease or Rent
- High Volume Copying (*save wear & tear on your machine*)



Specializing in Digital Printers, Copiers, Fax & Multifunction Machines

E-mail:
specplus@comcast.net
(916) 723-8430

DISCOVER *the difference*



THE KEY TO YOUR ECONOMY?

AFFORDABILITY and that means...

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

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

Independent and Loving it at Crosswood Oaks.



CROSSWOOD OAKS
An Independent Living Community
6650 Crosswoods Circle
Citrus Heights, CA 95621
tel **916-969-6161** | fax **916-726-4223**
Visit us online at **crosswoodoaks.com**





Showcase Real Estate Group Presents
“The Real Estate Insider”
with Realtor, Developer and
Radio Host
Ellen Herrle
*Listen weekdays 12n-1pm on Money,
The Wall Street Business Network, 105.5 FM*

Most Important Issues for Buyer/Owner in 2015

The largest amount of money you will ever spend is likely a home or property. Complex rules, varied loans and stress about making a mistake can make your dream home purchase a living nightmare if something goes wrong in the process. Let us help you now!

Three Biggest Issues in Real Estate for 2015

Issue Number One
Rising Interest Rates! Buy low and sell high is good advice in any market, but especially when borrowing money. Interest is what you will pay for the loan until paid off, so rising interest rates are key and a sparkplug that should fire up interest in finding your American dream now. The rate is expected to rise to 5-5.5% this year. This will make homes a little less affordable for buyers and put the brakes on some sales. When rates go up the market gets smaller, especially with rates that may hit 6 or 7%. Some of us remember when mortgages were lending at 17-18%, so acting while rates are low is a real incentive to both buying and selling your property.

Please take advantage of our expertise in making the right decisions for your home purchase or sale. It's easy, just email your question to us and we share the answer so everyone can learn from it in this column. We, of course, change the names to protect the innocent!

Ask a question - Email: ellenherrle@hotmail.com.

For those who get in touch each month you'll also receive one of three pamphlets on buying and selling strategies, and be entered in a random drawing for a dinner for two at one of our great Sacramento or Placer restaurants!

Don't spend more than you have too, or sell for less than you deserve by asking the expert first! Visit <http://www.showcaserealestategroup.com> or call us to help when you decide to buy or sell at 916-761-2108. Listen the 'The Real Estate Insider' on Money 105.5 FM every day at noon.

Next time: The second and third most critical issues for buying or selling your property in 2015! ★

ITS ALL ABOUT YOU

When selecting a real estate agent, you need someone who puts your needs and wants above everything else. You need an agent who:

- Listens and understands your particular needs
- Communicates on a regular basis
- Knows local markets • Handles details
- Gives you the best value - whether you are buying or selling property!

For honest, ethical and reliable real estate assistance, call Ellen today.
www.showcaserealestategroup.com
916-761-2108

Whether a long term owner or first time buyer, Ellen can help. Buyers down payment assistance programs, sellers we show how to get the most for your home. Starter or luxury home, Showcase Real Estate Group puts you first.

CA DRE #00521277



The Perfect Combination!



Start Yours Today!

Get a 6 month subscription for only:

\$15⁰⁰

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

☒ Get The Sunday Sacramento Bee every week!

CLINCHED!
As captain A.J. West tries for second year season opener

THE SACRAMENTO BEE
Monday, February 23, 2015

Housing rises from meltdown
NAPLES, FL (AP) — A year after a devastating surge in home prices, the market is showing signs of recovery.

Group in mall attack resilient
A group of protesters who were arrested in a mall attack in London last week are expected to return to the city soon.

STAR'S Shine at San Juan Festival
Citrus Heights Messenger

Centennial
Citrus Heights Messenger

Modern
Citrus Heights Messenger

YES! START MY SUBSCRIPTION NOW!

NAME _____

ADDRESS _____

CITY _____ ZIP _____

PHONE (____) _____ EMAIL _____ (OPTIONAL)

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

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

CHM
**Some delivery restrictions may apply.*

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

IT'S THE PERFECT COMBINATION!

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



Sacramento
CHORAL SOCIETY
& Orchestra
DONALD KENDRICK | MUSIC DIRECTOR

SPRING 2015

SONGS OF ETERNITY

(West Coast Premiere)
Requiem For The Living | Dan Forrest
Songs of Eternity | James Hopkins
Sea Symphony | Howard Hanson

Music and texts rich with emotional directness in a large-scale choral/orchestral tribute to three major American composers

Special Guest | Composer James Hopkins present at the performance

Saturday, May 9 at 8:00 p.m.
7:00 p.m. – Pre-concert talk by Donald Kendrick

Community Center Theater
1301 L Street, Sacramento



Projected supertitles

WELLS FARGO
Season Sponsor

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

SACRAMENTOCHORAL.COM



POPPOFF!

with Mary Jane Popp

improve. Go for all eight, and your body will reset its glucose metabolism. So comes his book *“The Diabetes Reset.”* Let’s get to those simple strategies that can change your life.

1) CUT YOUR FAT IN HALF, DOUBLE YOUR FIBER. Switch to a high-fiber diet of 70% complex carbohydrates, 15% fat, and 15% protein. He disentangles the myths and confusion surrounding carbs, fats, proteins, and fiber, and shows why all carbs are not bad and sugar is not the root of all evil.

2) INCREASE YOUR MUSCLES’ GLUCOSE-ABSORBING ABILITY THROUGH AEROBIC EXERCISE AND STRENGTH TRAINING. 80% of the glucose circulating after a meal is handled by the skeletal muscles. Fat deposits in Muscles trigger harmful inflammation, which can be corrected with a balance of strength and aerobic training...and in turn increase glucose sensitivity.

3) ACTIVATE YOUR BROWN FAT (WHY NOT ALL FAT IS BAD FOR YOU). Brown fat is activated in the cold, and helps you burn up to 15% more calories. Brown fat activity is boosted fifteen-fold at 65 degrees F during exercise, when exposed skin meets the cold air.

4)BECOME AN INFLAMMATION FIGHTER. Chronic, low-grade inflammation is a major contributor to a host of issues including type 2 diabetes. Inflammation can be measured by C-reactive protein levels (CRP), easily checked in your annual blood test, and is crucial to interpreting your risk of Diabetes, and cardiac arrest.

I will get to the last four strategies in my next column, but keep in mind that, within each chapter of *“The Diabetes Reset,”* **Dr. King** provides evidence to support the strategy and advice on adopting it into a daily routine. It also busts the myths that keep Americans from changing their habits, and outlines a clear twelve-week implementation plan with a tool to track your progress. **Dr. King M.D.** is research Director and Chief Scientific Officer at the Joslin Diabetes Center. He is one of the most sought-after speakers on diabetes and diabetes-related issues. **Dr. King** explains why preventive care is important for everyone regardless of current health or family history—including the surprising role of dental care and hygiene in Diabetes prevention. We’ll get to the rest of the story in my next POPPOFF column. I don’t want you to become a statistic! ★

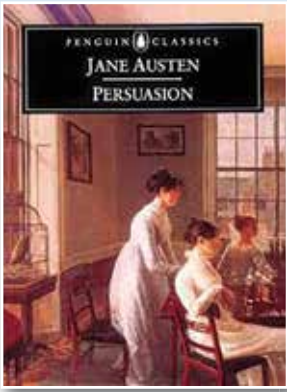
RESET YOUR LIFE

Are we facing an epidemic? And no, it’s not a virus. It’s diabetes. Would you believe nearly 26 million Americans have Diabetes? And, there’s a threat to an additional 80 million adults and children. The World Health Organization has tagged diabetes as the health hazard of the 21st Century. There are two types. Type 1 usually occurs during childhood. Type 2, the most common form of the disease, occurs in adults. Imagine controlling, avoiding, and reversing diabetes. Now you can. So what do we do? **Dr. George King** has come up with 8 strategies that are simple yet dramatically life changing. He has pulled together research conducted by the world’s most respected and largest group of diabetes researchers from Harvard’s Joslin Diabetes Center. He told me on my POPPOFF Radio Show that implement just one of the strategies and your Diabetes will

For the Love of Books



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



PERSUASION by Jane Austen

◆ Release date: 1818 ◆ Hardcover, 249 pages
◆ Intended audience: Adult ◆ Rating: ♥♥♥♥♥

On the Book Jacket: Twenty-seven-year old Anne Elliot is Austen’s most adult heroine. Eight years before the story proper begins, she is happily betrothed to a naval officer, Frederick Wentworth, but she precipitously breaks off the engagement when persuaded by her friend Lady Russell that such a match is unworthy. The breakup produces in Anne a deep and long-lasting regret. When later Wentworth returns from sea a rich and successful captain, he finds Anne’s family on the brink of financial ruin and his own sister a tenant in Kellynch Hall, the Elliot estate. All the tension of the novel revolves around one question: Will Anne and Wentworth be reunited in their love?

Amy’s Review: For Valentine’s Day, I thought I would delve into a literary classic, surrounding myself within the world and styling of the early 19th century. While it is not customary for me to review a classic, I couldn’t keep myself from taking a mere moment to share my thoughts upon one of the truly romantic classics by Jane Austen.

Persuasion, is a story of unrelenting love and sacrifice of a person’s heart, when they allow it to be easily persuaded. Persuasion, captures readers, by transporting them into a time of carriages and top hats, etiquette and propriety. Written in a language that is as captivating, as it is beautiful in its respectability that has become lost throughout the centuries.

Miss Anne Elliot, is the twenty-seven year old middle daughter of Sir Walter Elliot, a baronet, who is more concerned with title and appearances, than his daughters. Often overlooked and underappreciated, the unmarried Anne, is forced to live within her families estate. Keeping secret that she once was engaged at the age of nineteen to Frederick Wentworth; however, was easily persuaded by their family friend to reject the proposal, due to his lack of prospects, connections, or title. Anne’s decision, now forces her to live an unmarried life at home, since no other man can ever compare to the love she once felt for Frederick.

Now, eight and a half years later, Anne moves in with her frightfully anxious and dramatic sister Mary, due to her father losing his estate,

due to overindulgence. As grievances soon ensue, Anne finds herself in the most unlikely of predicaments, when Captain Frederick Wentworth returns to the scene, as a quite rich and titled sea captain, looking to settle in marriage. Now, all the eligible girls swoon and try to capture the eye of the Captain, while Anne is left to contemplate over her emotions of the secret broken engagement, while watching him share affections for others.

Following her family and friends to Bath, Anne is finally able to step away from the heartache, until she is once again crestfallen, learning that Captain Wentworth is engaged. Left to now figure out what she is to do, Anne is once again persuaded to encourage the affections of her cousin Mr. Elliot, in her families hopes for her to marry. Fate however, once again, bestows itself upon Anne, when she learns that Captain Wentworth has come to Bath, unengaged and with new intentions of his own. This time, allowing Anne to choose love for herself, learning that she must never be persuaded to choose otherwise.

A love story that spans years, decades and even centuries, Persuasion takes a story that never gets old, for in love sometimes the entanglement of duty and honor can get caught in between the heart’s true desire. Let Jane Austen’s last completed work persuade you to fall for the love story of Anne and Captain Wentworth.

“You pierce my soul. I am half agony, half hope.” Capt. Wentworth.

Limo + Air + Cruise SPECIALS
Easy to Manage - Door to Door - Great for Singles

10 Day Europe
\$5998pp w/Air

10 Day Tahiti
\$5148pp w/Air

"Limousine" Cruises
Oceania Premium
Smaller Ship Elegance
Panama Canal, Tahiti, Rome, Brazil
INCLUDES: Limousine from your Auburn Home to SFO
Free SFO R/T Airfare to the Cruise Port!
Arenz Travel Planners **Meadow Vista**
www.AATPA.com/oceania **530-878-2992**
CST 2061961-40

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

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

FREE PARKING!

March 28 & 29
Roseville (Placer County) Fairgrounds
Saturday 10 am - 5 pm • Sunday 10 am - 4 pm

The Big Show!!

Family Fun!

50 Vendors
Family Fun ♣ Exhibits

- Crystals • Beads • Jewelry • Gemstones
- Gold Panning • Meteorites • Fossils
- Minerals • Free Door Prizes • Fabulous Food!

General Admission \$6.00
Seniors 60+ \$5.00
Kids 12 and Under FREE
Rain or Shine • Inside & Outside
\$1 OFF ADMISSION WITH THIS AD
www.rockrollers.com

Kids & Scout's "Education Station"

Union Gospel Mission Sacramento

For more than 50 years, Union Gospel Mission has been serving Sacramento’s homeless with shelter, meals, clothing, a rehabilitation program and a life-changing Gospel message. Founded in 1962 by concerned Christians for men in need, the Mission now serves women and children, too, and is an amazing testament to the good that comes with committed volunteers, inspired leadership and the community’s support.

We accept donations, clothing and goods, 7 days a week...and prayer always!

Matthew 25:40
“Caring for the Least”

50+ Years of Service

(916) 447-3268
400 Bannon Street • Sacramento, CA 95811
Exec. Director, Pastor Tim Lane
P.O. Box 1108, Sacramento, CA 95812

Tune in our Radio Program:
KFIA 710 AM, Sun & Mon 3 PM
listen online & visit us at:
www.ugmsac.com
Facebook.com/UGMSAC

SUPPORTING LOCAL FARMERS, YOUTH AND COMMUNITIES
California Certified

EAT HEALTHY. BUY LOCAL

FARMERS MARKET

Come Shop Our Winter Locations!

Enjoy organic produce, specialty gourmet foods, live music, chef demos, and craft fairs.

SATURDAY

SATURDAY

SATURDAY

SUNDAY

SUNDAY

WEDNESDAY

Sunrise Mall Farmers Market
6196 Sunrise Blvd, Citrus Heights (behind Sears in the SE parking lot).
Every Saturday 8 am – 1 pm.

Sacramento Midtown Farmers Market
20th St between J and K, Sacramento.
Every Saturday 8 am – 1 pm.

Historic Folsom Farmers Market
915 Sutter St, Folsom (Historic Folsom Public Plaza).
Every Saturday 8 am – 1 pm.

Carmichael Park Farmers Market
5750 Grant Ave, Carmichael (corner of Grant and Fair Oaks Blvd).
Every Sunday 9 am – 2 pm.

Land Park Farmers Market
1944 Sutterville Rd, Sacramento.
Every Sunday 9 am – 1 pm.

VA Mather Farmers Market
10535 Hospital Wy, Mather.
Every Wednesday 9 am – 1 pm.

Get \$1 off any gift certificate purchase of \$10 or more
Farmers market gift certificates make the perfect gift for birthdays, Valentine’s Day, thank yous, or just because.
Offer valid at any of our Certified Farmers Market Locations.
Valid through February 2015.

All markets open year-round, rain or shine

For more information: www.ILoveMyFarmersMarket.com

34-Year-Old Arrested for Homicide on Greenback Lane

CITRUS HEIGHTS, CA (MPG) - Citrus Heights Police Department (CHPD) announced the arrest of 34-year-old Luther Frazier on March 7th in connection with a shooting that occurred the day before, resulting in the death of one subject.

Police said that the incident occurred at approximately 10:37 a.m. on March 6th and was a result of a fight between Frazier and his victim. Subsequent investigations showed that the

two men knew each other and police would not initially identify the victim who was in his twenties.

Officers rendered medical aid on scene at the 6500 block of Greenback Lane until emergency medical personnel arrived, but the victim was later pronounced deceased.

Frazier had fled the scene and was described by police as a, "Black male adult wearing a dark colored sweatshirt possibly

driving a silver colored sedan with damage to the passenger side."

Frazier was booked at the Sacramento County Jail under the charge of murder upon his capture the following day.

CHPD stressed that anyone with additional information or who may have been a witness to the shooting should contact the authorities at (916) 727-5500.

Source: Citrus Heights Police Department ★



LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!
Call to place your legal advertising



483-2299

All Legal Ads Published in the Carmichael Times

Are You Carrying Bricks In Your Backpack?

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

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

Well, just like taxes, death is something unavoidable, and when it's done - what a relief that is. You can then unload that brick from your backpack and have some peace of mind. If you still need motivation, consider these points:

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

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



Come to one of our Monthly Free Luncheon Seminars to find out more about how you can lighten your load and receive tremendous peace of mind.

Friday, March 27 11:30 am to 12:30 pm **Friday, May 28** 11:30 am to 12:30 pm **Thursday, June 25** (Dinner) 6:30 pm to 7:30 pm

Sierra Hills Memorial Park & East Lawn Mortuary
5757 Greenback Lane, Sacramento, CA 95841
Tel 916.732.2020 Lic. #FD-1242
RSVP: Shannon at shannonb@eastlawn.com

Reservations Required, Please RSVP to the location of your choice. Seating is limited to 30 attendees per seminar.

Check our website for other locations, dates and times.

www.EastLawn.com



Carmichael Dental Group



New Patients Welcome!

In House Implants Start to Finish

\$1,500 OFF

2 Implants with 2 Attachments to Upper or Lower Denture

*Limited time offer.
Terms and conditions may apply.*

\$500 OFF

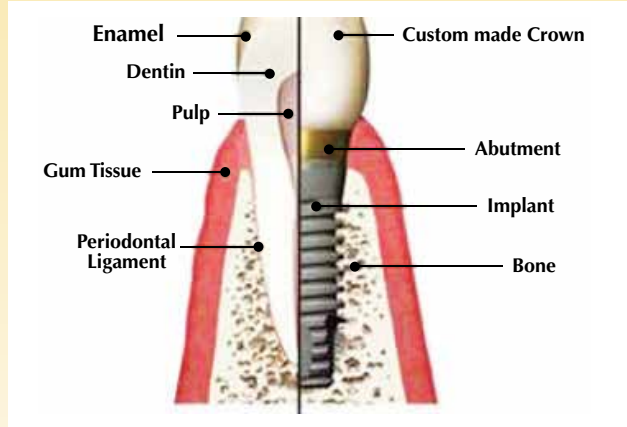
Single Implant with Crown

*Limited time offer.
Terms and conditions may apply.*

\$99

for New Patient Exam, X-Rays & Cleaning

*Limited time offer.
Terms and conditions may apply.*



Single Implant



Multiple Implants



Combination Implants and Dentures

8329 Fair Oaks Blvd., Ste A • Carmichael, CA 95608
[916] 944-1197

www.carmichaelCAdentist.com



Now serving award winning fresh food daily.

OPEN 24HRS/7 DAY A WEEK

THE ORIGINAL SAMMY'S, OPEN SINCE 1989

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

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

