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# Citrus Heights Messenger

*“Written by the people, for the people”*

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Serving the City of Citrus Heights and Sacramento County

First Edition for December 2014

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## Remembering Pearl Harbor 73 Years Later



Above: The decommissioned Iowa-class battleship, Missouri, is docked at Pearl Harbor as a memorial. At right: Army Private George Marks (left) and Airman Jerld Hackney share their memories of Pearl Harbor Day. Photo by Roxana Rhodes, daughter of George Marks

By Elise Spleiss

**CITRUS HEIGHTS, CA (MPG)** - While local veterans George Marks (93) and Jerld Hackney (92) were a bit too young to be serving during the attack on Pearl Harbor, December 7th, 1941, they both had experiences made them want to serve their country.

Both remember where they were and what they were doing on December 7th, 1941 when Japan bombed Pearl Harbor, Hawaii. There was no telephone or Internet to spread the news. Depending on where you were, it may have been days or longer before you heard of the attack.

George Marks was 20 years old in 1941. He only knew about the war

from movie theatre newsreels and the radio. It was 1 p.m. on a Sunday when he found out. Marks lived in Newcastle, PA. His family had just returned from church and had the radio on when the attack was announced. His immediate thought was, “Well here it goes.”

Following the war, Marks learned from a friend, who had been stationed at Hickam Field located above Pearl Harbor, that all the ammunition had been locked up and they could not gain access to it. The Japanese hit the airport there, destroying some of the planes and hangers and killing many people on the field, the U.S.S. Arizona, and other American ships.

Radar was new at the time; the blips

picked up on radar were mistaken for American B-17s being ferried to Hickam Field.

Other people took even longer to learn what had happened. Marks’s wife, Sharon, lived in Oakland and was in fourth grade at the time. She learned about it the next day at a school assembly. People feared the California coast would be bombed, and Sharon’s mother sent her to live at her grandmother’s dairy farm in Escalon.

Marks went on to use his self-taught knowledge of Morse code to get accepted as a radio operator intercepting German transmissions in the G2 Intelligence Signal Core. He served in the Army for 32 months in

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## Jan Scully’s Retirement Celebration and Regional Family Justice Center Serves as Fundraiser

**SACRAMENTO COUNTY, CA (MPG)** - Jan Scully began her career as a deputy district attorney in the Sacramento County District Attorney’s Office in 1979, and she was first elected district attorney in 1994. Her fifth and final term as Sacramento County’s district attorney will come to an end on December 31st, 2014.

To mark this momentous occasion, a retirement celebration will be held to honor Scully’s 20-year tenure as the elected DA, and near 36-year career dedicated to serving justice and public safety.

The event will also serve as the first inaugural fundraiser for the Sacramento Regional Family Justice Center (SRFJC), a collaborative agency partnership benefiting local victims of domestic, family, and interpersonal violence. This inaugural event will set the foundation for what will become an annual fundraiser to continue garnering

support for the SRFJC, raising awareness, and sharing the vision of “A Family Free of Violence is a Community Free of Violence.” For more information about the SRFJC and to view the “I’m In” video, visit [www.HopeThrivesHere.org](http://www.HopeThrivesHere.org).

Attendees will enjoy wine tasting and hors d’oeuvres, dinner, live music, special program presentations, video tributes from Scully’s friends and colleagues, a “Made at Sac State” alumni

profile video, and a display of memorabilia collected throughout her administration.

The celebration and fundraiser will be held on Friday, December 12th, 2014, at Sacramento State University Ballroom, 6000 J Street, Sacramento, CA 95819. The event will begin at 5:30 p.m. with wine tasting and hors d’oeuvres, followed by dinner at 7 p.m. Individual tickets are \$150.

Sponsorship opportunities are available. To sponsor and/or purchase tickets or tables, please contact Toni Roberts at (916) 995-1530 or [toni@moneystrategists.com](mailto:toni@moneystrategists.com) by Friday, December 5th, 2014.

All proceeds from the event will be donated to the SRFJC Foundation, a 501(c)(3) nonprofit organization, of which Jan Scully serves as chair.

Source: Sacramento County District Attorney’s Office ★



Jan Scully



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# Church Fair Offers a Crafty Christmas



Pat Holbus (center) has organized the Holiday Show of hands fair at St John the Evangelist School for 36 years. Her volunteers include (kneeling left and seated far right) daughters Christine Bagley and Amy Swanson, school principal Tosha Tillotson (left) and Carole Czimskey.

**Story and photos  
by Susan Maxwell Skinner**

**CARMICHAEL, CA (MPG)** - St John the Evangelist School’s annual blowout, A Holiday Show of Hands, will ensure a crafty Christmas to more than 10,000 shoppers.

Holiday and entrepreneurial spirits annually soar as crafters install wares for the first December weekend at the Carmichael campus. In its 36th year, the three-day fundraiser jams Locust Avenue and surrounding streets with shoppers’ cars.

Wares are too diverse to list. Suffice to say that whether hand-knitted, jeweled, hammered, or turned from a potter’s wheel, if it is tooled with artistry and love, St John’s is the place to find it. The fundraiser began when organizer Pat Holbus had seven children at St Johns and supported the school’s struggle to keep costs down for working families. That tuition fees are still among the lowest of Sacramento Catholic schools speaks to the event’s continuing success. The 1976 debut event hosted 20 vendors. Booths now sell out at 150 spaces and

prospective crafters are juried so merchandise is not duplicated.

“Every year, we want a good variety of goods and new vendors to keep the show fresh,” explains Holbus. Folsom’s Noelle Lask, for example, tools steam-punk trinkets. Placerville’s Dianne Newman will offer unique scarves and hats. From Roseville, Catherine Davin markets repurposed glass and ceramic items. Sallie Gereg (The Mad Tatter) brings handwork from Fair Oaks. Dawn Trew produces hand-painted glass in her Orangevale studio. Mary Donniss is a Christmas crafter from Granite Bay, and Diana Boud annually sells out her much sought Maus Haus line of hand-stitched critters. Contributing vendors also journey from Loomis, Lincoln, Eldorado Hills, Elk Grove, and Citrus Heights to make the fair a holiday treasure trove.

Holbus now has 12 grandchildren, most of whom have attended St John’s. Three daughters and friend Carole Czimskey help with year-round fair preparations. Old fashioned goods aside, keeping the Show of Hands in tune with the times is the organizers’ mission. ATMs

are available on fair days, and when temperatures dip, sophisticated hot toddies revive the weary. Because hungry customers are not happy customers, volunteer cooks offer homemade lasagnas and tamales as winter warm-ups.

The fair’s own hubble-bubble of industry is heartwarming, too. Knitters’ needles click in tempo with Andy Williams—it’s the most wonderful time of the year for hat and mitten purchases. “Even if it’s cold or raining, customers are determined to enjoy themselves,” says Holbus. “They come from all over Northern California; some even drive from out of state. For many, our Holiday Show of Hands is part of a tradition for friends to shop together. It’s a weekend that says: hey, it really is Christmastime.”

The fair is held at St John the Evangelist School, 5701 Locust Avenue, Carmichael. Hours are 9 a.m. to 7 p.m. on Saturday, December 6th; 9 a.m. to 3 p.m. on Sunday. Admission is free. Doors open on the evening of Friday December 5th, allowing preview shopping for a \$3 donation. For further information, call (916) 481-8845 x 216. ★

# Citrus Heights’ 18th Annual Christmas Tree Lighting

**CITRUS HEIGHTS, CA (MPG)** - Tonight, December 4th, the annual Tree Lighting will take place at 6:30 p.m. in the Citrus Heights City Hall parking lot (6237 Fountain Square Drive). This free event will feature music performed by the Citrus Heights Community Marching Band, Christmas Carols led by Jingle Julie, special holiday messages from the Mayor, and a dance performance by O’Sullivan

Academy of Irish Dance sponsored by the Citrus Heights History and Arts Commission.

Share in the festivities after the ceremony in the Citrus Heights Community Center across the street from City Hall. The Citrus Heights Community Marching Band will provide holiday music and additional dance performances by O’Sullivan Academy of Irish Dance. There will be free hot cocoa, free cookies and

cookie decorating, and balloon twisting. Most importantly, bring your camera! Santa will be on hand to take pictures and listen to all of those Christmas wish lists. Donation bins will be on hand for new unwrapped toys. The event is sponsored by Sunrise Mall, Sunrise Marketplace, and Republic Services.

Source: [www.citrusheights.net](http://www.citrusheights.net) ★

# Donate Toys for the Troops’ Kids

**CITRUS HEIGHTS, CA (MPG)** - Toys for the Troops’ Kids is seeking toys, gifts, and monetary donations for holiday gifts to be distributed to children of military personnel deployed overseas during this holiday season. The collection drive will run from Saturday, December 6th through Sunday, December 21st from 11 a.m. to 7 p.m. daily in the parking lot at Citrus Town Center at the corner of Sunrise Boulevard and Greenback Lane in Citrus Heights. The location site will be located between Sprouts Farmers Market and

Panera Bread.

In November of 2003, a group of veterans in Sacramento acknowledged the dedication and service of our troops serving in uniform overseas and those killed since 9/11. Many of these military personnel sacrifice everything while being separated from their families during the holidays.

In succeeding years, the toy drive has expanded to cover Southern California and Nevada. As many as 25,000 toys have been distributed in a single year, and over 150,000

toys have been distributed since the beginning of this very worthwhile effort.

Citrus Town Center is proud to partner each year with Toys for the Troops’ Kids and encourages all those who can, to stop by with a new, unopened toy, gift, or monetary donation.

For more information about Toys for the Troops’ Kids, contact President Bret Daniels at (916) 870-7199 or [bret\\_d99@yahoo.com](mailto:bret_d99@yahoo.com). You can also contact Jay Evans at (916) 944-3925 or [jaytaxman@aol.com](mailto:jaytaxman@aol.com). Source: [Hall Market Media](http://HallMarketMedia.com) ★

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# Holiday Open House at Citrus Town Center



The Holiday Open House at Citrus Town Center is fun and free event. Come see the Sunrise MarketPlace Christmas Characters who love to meet, shake hands, and take pictures with the whole family. Photo courtesy of Hall Market Media

By Connie Hall

**CITRUS HEIGHTS, CA (MPG)** - Shopping during the holidays can be stressful and crazy—or it can be fun and joyous with all the special sights and sounds of the season. Make your holiday shopping fun by taking advantage of one-stop shopping for everyone on your shopping list this year while enjoying the special holiday festivities happening at Citrus Town Center in Citrus Heights.

Citrus Town Center, conveniently located at the corner of Sunrise Blvd. and Greenback Lane with plenty of free parking, will be hosting a Holiday Open House on Saturday, December 13th from 1-3 p.m. Come on out to enjoy this very special free event for the entire family,

especially the kids. A strolling Santa will be on hand to hear about those special Christmas wishes, along with Ellie the Elf who will be handing out special treats. Take a photo with Santa and Ellie and then enjoy a free ride on the Christmas Train!

Other photograph opportunities will be available with the Sunrise MarketPlace Christmas Characters who love to meet, shake hands, and take pictures with the whole family. Former Disney artist John Denton will also be providing free holiday caricatures to memorialize the event, and Magic Wand Entertainment will be all set up with free holiday arts and crafts for the kids to make, along with face painting, games, and more. Another special treat will be the Encore Carolers strolling

around the Center during the festive two-hour event, entertaining shoppers with a variety of holiday carols.

With fabulous stores like Marshalls, Dress Barn, Carter's Children Store, Staples, PetSmart, Sprouts Farmers Market, BevMo, GameStop, Skechers, and more, there is something for everyone on your holiday list. Take a shopping break to enjoy a bite to eat at La Fiesta Taqueria, Panera Bread, Round Table Pizza, Wing Stop, Wendy's, and many more great eateries.

Mark your calendar now for Saturday, December 13th from 1-3 p.m. to enjoy the holidays at the Citrus Town Center Holiday Open House. For more information, please visit Citrus Town Center on Facebook. ★

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# NorCal Stuff Celebrates Christmas with Bargain Prices!



Entering NorCal Stuff's new store in Citrus Heights is an exhilarating experience for the holiday bargain hunter. They've stocked up on a wide assortment of toys priced affordably for the holidays. Inventory changes often so there's something different to view with every visit. Photo courtesy of NorCal Stuff.

By Linda Harper

**CITRUS HEIGHTS, CA (MPG)** - NorCal Stuff, a little store with loads of inventory, is celebrating the Christmas season by offering a wide variety of holiday home décor; gifts for everyone on your list; and, of course, toys, toys, and more toys! Their holiday motto is “We offer everything from candy canes to canoes,” and to say they have a lot of stuff is an understatement.

NorCal Stuff opened as a retail outlet several months ago, as an addition to their successful Amazon, Ebay, and Craigslist stores, which have been in operation since 2007. Their storefront is centrally located in Citrus Heights at 5489 “C” Sunrise Blvd. (next to Benihana and Tuesday Morning).

Dan Singleton, owner of NorCal stuff, and his right hand helpers, Dawn Martin and Candice Lynn, work tirelessly to negotiate overstocks and discontinued merchandise with companies who need to sell their items for one reason or another.

Entering NorCal Stuff's new store in Citrus Heights is an exhilarating experience for the holiday bargain hunter. In one corner, there's quality camping equipment marked at least 50% off what it would normally sell for in other discount stores. A large brand name BBQ sits in the opposite corner, also priced to sell. A few feet from that, designer shoes and purses are perched on a shelf with office supplies, baby food, and other infant items. Pet food, clothing, hair and beauty products,

bedding, and a new lawnmower are just a sampling of the merchandise NorCal Stuff offers. They've stocked up on a wide assortment of toys priced affordably for the holidays. Inventory changes often so there's something different to view with every visit.

When you shop at NorCal Stuff, mention that you read this story and receive an additional 15% off already discounted prices. Add to your shopping experience by browsing through NorCal Stuff's online stores. Simply go to Ebay, Amazon, and Craigslist and type NorCal Stuff in the search bar.

For more information about NorCal Stuff and for directions to the Citrus Heights store, visit [www.norcalstuff.com](http://www.norcalstuff.com) or call (916) 536-9672. ★



By Mark J. Cimino, CEO CiminoCare

The stroke abruptly turned Anna's world upside down. Here in the twilight of her life, you'd think she should be set comfortable. In an instant, however she was faced with the stark reality of having to move from her home of so many years, so many memories, so many happy times. Why? Well, despite recovering well through receiving Occupational and Physical Therapy, she now needed a walker for balance, stability and distance.

Suddenly, what she had taken for granted all these years became obstacles: the five steps to her front porch; the narrow door to her bathroom which her walker could not fit through; the sliding doors into her tub shower with no grab bars for support; her raised bed that she now could not climb into.

Depressed, Anna was faced with moving. However, some-

## Basic Home Modifications Allow “Ageing In Place”

one had referred her to my good friend James, a Certified Aging-in-Place Consultant and Occupational Therapist. James was able to visit Anna at her home and doing what he loves to do, he gave Anna some real hope of staying at home by conducting a Home Safety Assessment. Looking at all the obstacles mentioned above, he came up with several inexpensive recommendations and ideas that made it practical to live at home longer, comfortably and safely.

Her family had a ramp built so she could get into her house safely. She could not afford to remodel her entire bathroom, but was able to remove the shower doors in order to access the tub easier and put up a shower curtain. Anna had grab bars installed and James helped her get a customized tub transfer bench so she could slide into the tub. Anna also widened the bathroom door so she could fit her walker through. James recommended an inexpensive way to lower her bed and added a small handle so she could get into her bed safely. Anna can now stay in her home and live a full life without moving.

We love the work James does so much we wanted to give him an opportunity to help some of you family caregivers

out there this holiday season. The first three readers who can use a free Home Safety Assessment (generally a few hundred dollars) for their home or the home of a friend or loved one in the greater Sacramento area, email me, first come first served, at [mark@cininocare.com](mailto:mark@cininocare.com) and I will arrange to have James come visit you. There is no cost or obligation, just friendly help for the needs of family caregivers.

*As I mentioned, my good friend James Stacey has been in the Occupational Therapy line of work for over 20 years, including serving in the role of a Certified Aging-in-Place Specialist (CAPS). If anyone can figure out how someone can make simple modifications to their homes so they age in place better, it would be James.*

*Mark J. Cimino, is the Chief Executive Caregiver of CiminoCare, a Sacramento-based assisted living provider. Mark started in his caregiving profession at agesixwhenheand his siblings would tag along as their mother visited her in home care clients. In addition to his job, Mark is actively involved in Rotary International. His interests include hiking and doing fun things with his three boys. Mark can be reached at [mark@cininocare.com](mailto:mark@cininocare.com)*



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Do your holiday shopping and enjoy the festivities of the season at the



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[CitrusTownCenter.com](http://CitrusTownCenter.com)

Get your FREE Holiday Caricature drawn while the kids enjoy Face Painting, Holiday Arts, Crafts, Games and more!



# The Future of Citrus Heights Schools

**CITRUS HEIGHTS, CA (MPG)** - The Board of Education voted to move Sylvan Middle School to neighboring Citrus Heights Elementary in the fall of 2016, following a consolidation of that school and nearby Carriage Drive Elementary at the Carriage campus.

The move will ensure the Citrus Heights community has a quality middle school at a safe and modern facility designed for 21st century standards.

Board members formally adopted the plan following months of research, analysis, and community outreach by staff members. Visit [www.sanjuan.edu/helpsylvan](http://www.sanjuan.edu/helpsylvan) to learn more about this process.

Citrus Heights Elementary students will move to a K-5 Carriage Drive Elementary beginning in the 2015-16 school year, and Carriage will adopt Citrus Heights' boundaries. The

Citrus Heights campus then will be remodeled in anticipation of Sylvan's move and will reopen as a middle school starting in the 2016-17 school year. New buildings constructed on the campus will house sciences labs, arts facilities, and locker rooms.

Families at Citrus Heights, Carriage, and Sylvan will receive more detailed information in emails and in the mail regarding the impacts to their school communities. District and school leaders are committed to making this transition as smooth as possible while providing a stable learning environment our students in quality facilities. They ask for your cooperation and support as they join and strengthen the school communities.

As these changes occur, there will be several opportunities for families to get to know their options:

Carriage Drive Elementary will host visitation days December 4th, December 18th, and January 8th at 8:30 a.m. for Citrus Heights Elementary families who are debating open enrollment instead of enrolling at Carriage Drive. Parents are asked to RSVP by calling (916) 971-5241 if they plan to attend. All new Citrus Heights families will be invited to visit the campus this spring.

Sylvan Middle School will hold a parent information night for current and prospective families on December 4th. A book fair and free family holiday photos will take place from 4:30 p.m. to 6:30 p.m., and families seeking to learn more about Sylvan's programs are invited to attend an information session from 6 p.m. to 7 p.m. Call (916) 971-7873 for more information.

Source: *San Juan Unified School District* ★

# November 2014 Student of the Month



**Pictured from left: Kristan Schnepf, Principal, Sylvan Middle School; Jeannie Bruins, Citrus Heights City Council; Katalynna Vang, Student of the Month; Ted Wolten, representing Sacramento County Supervisor Roberta MacGlashan; Brian Ricks, representing Assemblyman Ken Cooley; and Rosa Umbach, Education Committee.** Photo courtesy of the Citrus Heights Chamber's Education Committee

**CITRUS HEIGHTS, CA (MPG)** - Katalynna Vang, an 8th grader at Sylvan Middle School, is an outstanding student who excels academically. Katalynna is in all honors classes, and is highly respected by all of her teachers.

Katalynna is in Sylvan's media-news class where she creates feature videos for the school's news program and anchors their news. Ms. Cox, their media

teacher stated, "Katalynna is amazing. She is an incredibly hard working, creative, and bright student. She is a natural leader who raises the level of students around her."

Katalynna's math teacher stated that Katalynna is one of the top math students at Sylvan. She completes 100% of her work, aces each test, and has a meticulous work ethic and a tremendous

drive to succeed. Her English teacher appreciates the fact that she is a self-starter who takes initiative. When performing a task, Katalynna consistently does an outstanding job. He also stated she is a "joy" to have in class. Katalynna's science teacher feels that her insightful responses help create deeper discussions.

After school, Katalynna volunteers in Sylvan's library tutoring students who need support. She also has five siblings. In addition to helping Sylvan students, she helps her siblings with their school work and is a great role model for them. She enjoys drawing, reading, and being creative. While many people would look at Katalynna and assume that she is a quiet, studious student, those who know her best know she is very creative, fun, a little bit crazy, and a great friend.

In the future, Katalynna wants to be a doctor. She is doing all of the right things in school to prepare her for a bright future. Sylvan is very proud of Katalynna.

Source: *Kristan Schnepf, Principal, Sylvan Middle School* ★

# Open Positions on Regional Commissions and Boards

**CITRUS HEIGHTS, CA (MPG)** - Positions are available on three of the City's regional boards and commissions. The City is accepting applications for five positions on the Planning Commission, five positions on the History and Arts Commission, and three positions on the Construction Board of Appeals. Applications

are available at City Hall, 6237 Fountain Square Drive, or they can be electronically filled out and downloaded from [www.citrusheights.net](http://www.citrusheights.net).

The deadline for submitting an application is 5 p.m. on Thursday, December 18th at the City Clerk's Office in City Hall. Members of the Citrus Heights

City Council will make appointments at their January 8th meeting.

For additional information about the positions, please contact the City Clerk's Office at (916) 727-2448 or at [cityclerk@citrusheights.net](mailto:cityclerk@citrusheights.net).

Source: *www.citrusheights.net* ★

# Remembering Pearl Harbor 73 Years Later

*Continued from Page 1*

five campaigns, followed by 25 years in civil service at McClellan Air Force Base. He taught himself French, Italian, and German during the war, and following the war became fluent in Spanish and American Sign Language. He served 19 years as an ASL interpreter working with sheet metal workers at McLellan.

Jerld Hackney, born in Illinois, learned about hard work by working for the Peter White Coal Mines in West Virginia. He was 19 when Pearl Harbor was attacked. Descending from atop an eight-foot hill following his swing shift job at the mine, he

noticed the lights were on and there was unusual activity in the camp below: Pearl Harbor had been bombed by the Japanese and war was imminent. The general consensus at the camp was, "It'll be over in six months."

Prior to his military service, Hackney worked several jobs related to the war effort, including as a Teamster, transporting vehicles to Henry J. Kaiser Shipyard in Portland, OR and delivering building materials to Swan Island Yard in Portland.

Hackney was drafted in January of 1943. He served in the Army Air Corps, the precursor to the U.S. Air Force. He became a

Chief Master Sergeant. His time in service spanned three wars: WWII, Korea, and Vietnam. Hackney moved around, serving in Japan, France, Newfoundland, Vietnam, and Thailand. His service as a radar operator also took him to New Guinea and the Philippines.

Hackney left active duty in 1964 after 21 years of service.

These are just two of the many veterans and their families who remember the fight this country faced after Pearl Harbor and who used their talents and experience to do what they could to keep their country free for future generation. ★



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14-1

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14. Possess
15. Corner joint
16. Moth-\_\_\_\_\_
17. Mauna \_\_\_\_\_, Hawaii
18. Be theatrical
19. \*He arrived with a puff of smoke?
21. “\_\_\_\_\_ and \_\_\_\_\_,” 1992 Tom Cruise movie
23. \*Former Haiti President, “Baby \_\_\_\_\_” Duvalier
24. To clean corn
25. Goon
28. Redecorate, e.g.
30. Vandalizing a car
35. Donkey sound
37. Push for something
39. “\_\_\_\_\_ de Lammermoor”
40. Fit of shivering
41. \*He annexed most of Crimea
43. C in COGS
44. Food-grinding tooth
46. Spanish surrealist Joan
47. MCL spot
48. Sung before games
50. Suggestive of supernatural
52. \*Kim Yo Jong to Kim Jong Un
53. Praise or glorify
55. Mercator projection, e.g.
57. \*“Wizard of Omaha”
61. \*Head of Her Majesty's Government
65. Tear jerker
66. ET's craft
68. Shade of violet
69. Rosie's connector
70. It's collapsable in NBA
71. Audience's approval
72. Donald and Ivana, e.g.
73. Clinton \_\_\_\_\_ Rodham
74. \_\_\_\_\_ of film, pl.
- DOWN
1. Bone to pick
2. Jewish month
3. \_\_\_\_\_-carotene
4. Change, as in U.S. Constitution
5. Resentment
6. Stir fry pans
7. Leave speechless
8. Big mess
9. Extra long stable cotton
10. Stash in the hold
11. \_\_\_\_\_ good example
12. Deuce topper
15. \*German Chancellor
20. Freeze over
22. Query
24. With bound limbs
25. \*Leader of the Free World?
26. Ar on Periodic Table
27. “The \_\_\_\_\_ in Our Stars”
29. \_\_\_\_\_ set, in a band
31. Exclamation for disgust
32. Religious paintings
33. Japanese-American
34. \*One of biggest philanthropists in the world
36. Uh-huh
38. De Valera's land
42. Marilyn Monroe's original given name
45. Give in to pressure
49. Dojo turf
51. Cry like an animal
54. 180 on a road
56. \*Begin and Sadat signed a \_\_\_\_\_ treaty in '78
57. Drill
58. Type of operating system
59. \*James Monroe: U.S. President number \_\_\_\_\_
60. \*Kennedy and Khrushchev, e.g.
61. Dog command
62. \*What monarchs do
63. \* \_\_\_\_\_ office
64. New Jersey hoopsters
67. Show disapproval

CROSSWORD														
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4								

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For Solutions See Page 7

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• 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 16-02-14)

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

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

**LIVE-IN HOUSEKEEPER in Sacramento**  
Good English, driving ability and Asian/Indian cooking essential. We have an attached 1 bedroom apartment with separate entrance. For 4-8 wks. Probation at \$15 per hr., afterwards up to \$2500 per month + apt. + food, etc. Call **916-484-1333** (MPG 11-31-14)

**CUSTOMER SERVICE**  
Medical Billing Co. needs 6 CSR's w/ exp. Resume to HR@WeBill EMS.com We support workplace diversity. M/F/D/V. (MPG 09-25-14)

**Caring Compassionate Seniors WANTED!** SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required. Call us today for more information. (916) 372 9640 (MPG)

**HELP WANTED** Earn Extra Income Assembling CD Cases From Home. Call our Live Operators Now! No experience necessary. 1-800-267-3944 Ext 2870 **www.easywork-greatpay.com** (NANI)

**AVON** - Earn extra income with a new career! Sell from home, work online. \$15 startup. For information, call: 877-830-2916. (Cal-SCAN)

**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)

**\$75/\$3/WEEKLY\*\* HOME MAILERS NEEDED!!** - \$570/WEEKLY\*\* ASSEMBLING CHRISTMAS DECORATIONS -- ONLINE DATA ENTRY for Cash, PT/FT. No Experience Required. Start Immediately. Genuine! **www.LocalWorkersNeeded.com** (NANI)

Help Wanted Drivers

**Drivers: Teams and Solos!** Teams - \$1000/week min. per driver + \$.01-.12 cpm. Solos - \$.40 + .05 cpm weekly. \$2500 sign-on bonus! 2yrs OTR w/Hazmat. EOE/M/F/V/D **Call 877-699-2352** (MPG 10-31-14)

**Frac Sand Owner Operators** Needed Immediately in Texas! Requires tractor, blower, pneumatic trailer. Sting Services Pays 80%... Unlimited Work 214-250-1985 (NANI)

**ATTN: Drivers - \$2K Sign-On Bonus** - Love your \$55K Job! \$2K Sign-On Bonus + Benefits. Avg \$1100 Weekly. CDL-A Req - (877) 258-8782 **www.ad-drivers.com** (Cal-SCAN)

**TRUCK DRIVERS!** 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 for Rent

**Vintage Home \$1350.00** 3bd/2ba. 6 car garage. No Pets/No Smoking. **209-712-4135**. (MPG 11-30-14)

Home Maintenance

**Adela's Small in-home childcare** M-F 7AM-6PM. Infant through 6. Licensed & Insured. West Sacramento-Southport area. Call **(916) 374-0465**. (MPG 12-31-14)

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

Landscaping

**Bula Landscaping**  
Weekly & bi-weekly yard maintenance, yard clean-up & haul, fences and complete landscaping services. Call **916-380-0426** or **916-745-8795** (MPG 06-30-14)

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 \$75 Off. (Cal-SCAN)

**Medical Alert for Seniors** - 24/7 monitoring. FREE Equipment. FREE Shipping. Nationwide Service. \$29.95/ Month CALL Medical Guardian Today 855-334-1975 (MB 06-30-14)

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)

LANDA'S HOUSE CLEANING

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

Miscellaneous

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

**AIRLINE MANUFACTURING CAREERS** Start Here - Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance **888-686-1704** (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)

**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)

**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)

**Get Lightning Fast High Speed Internet.** AT&T U-Verse® Plans starting at \$14.95/mo! BUNDLE & save more with AT&T Internet+Phone+TV. CALL NOW. Offers End Soon! 855-980-5126 (NANI)

**Bundle & Save on your TV, Internet, Phone!!!** Call Bundle Deals NOW Compare all Companies, Packages and Prices! Call 1-855-978-2608 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)

Music Lessons

**Guitar Lessons** - Beginner to Advanced. \$10/half hour. \$15/hour. **freddiebalbert1@yahoo.com**. **530-263-6926** (MPG 07-31-14)

**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)

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)

Personals

Looking for a special man. I am healthy and active and have many interests. Quiet time with a special person. Long or short trips, little theatre, dancing, cruising, dining and conversation. The ideal man should share some of these and be in his seventies. **916-967-6289**. (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**

Position Wanted

**Classy Senior Lady** with 16 yrs experience seeks caregiver/companion position including house-keeping, cooking, transportation, etc. Call **896-5882** (MPG 03-31-14)

Real Estate

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

Hope for Troubled Homeowners

**WE PROVIDE SOLUTIONS**  
Call Our Short Sale Hotline for a FREE Consultation  
**(916) 331-3311**  
**Sac Short Sale Pros**  
License #01128753 (MPG 06-30-13)

Real Estate Sales

**Oregon Home For Sale**  
On river 5 miles to ocean, well maintained 2bdr 2ba 1/4 ac, fenced yard garden & sheds. \$119K. Low taxes. **(720)315-3252**. Please ask for Russ. (MPG 07-31-14)

**Roommate to Share**  
3 Bedroom House and w/Family. Private Room/Shared Bath. \$550/500. Ph: 510-372-3865. (MPG 12-31-14)

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

**Cash for unexpired DIABETIC TEST STRIPS!** Free Shipping. Best Prices & 24 hr payment! Call 1-855-440-4001 **www.TestStripSearch.com**. (NANI)

**WANTED JAPANESE MOTOR-CYCLE** KAWASAKI 1967-1980 Z1-900, KZ900, KZ1000, ZIR, KZ1000MKII, W1-650, H1-500, KZ1-750, S1-250, S2-350, S3-400 Suzuki GS400, GT380, CB750 (69.70) CASH PAID. 1-800-772-1142, 1-310-721-0726 **usa@classicrunners.com** (NANI)

**CASH PAID ON THE SPOT FOR YOUR EXTRA DIABETIC TEST STRIPS UP TO \$25 PER BOX!**  
We buy One Touch and most brands. For FAST LOCAL PICK-UP please call **(916) 505-4673** (MPG 06-30-14)

Classified Advertising

Call 773-1111

Work Wanted

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

Yoga

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

HELP WANTED

*Now accepting applications for*  
**Full time and Part Time Holiday help at the UPS Store**  
Looking to fill a Position for a Notary/ Customer Service Rep. and Part Time Graphic Designer/Service Rep.  
*Please inquire for positions at the store location with resume.*  
**7405 Greenback Lane Citrus Heights CA 95610**

SWORDS FOR SALE

**6 Spanish Swords** labeled **"Toledo"** purchased in Spain  
4 large 2 small  
*Engraved*  
**\$150**  
Call **785-375-3467**

HELP NEEDED AT HOME

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

REWARD

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

LOST AND FOUND

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

HOME FOR SALE

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

MISSING DOG "KASH"

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

Non-Profit Service Organizations

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

FOUND BIRD

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

GOT LOCAL NEWS? Call 773-1111

**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.

*IF YOU USED THE BLOOD THINNER*  
**XARELTO**  
and suffered internal bleeding, hemorrhaging, required hospitalization or a loved one died while taking **Xarelto** between 2011 and the present time, you may be entitled to compensation.  
**Call Attorney Charles H. Johnson 1-800-535-5727**

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Specialties Plus

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• 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**

Sudoku Puzzle on Page 6

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

Crossword Puzzle on Page 6

B	A	B	A	R	W	A	S		P	S	S	T			
E	D	E	M	A		O	W	N		M	I	T	E	R	
E	A	T	E	N		K	E	A		E	M	O	T	E	
F	R	A	N	C	I	S		F	A	R	A	W	A	Y	
				D	O	C		H	U	S	K				
O	A	F		R	E	D	O		K	E	Y	I	N	G	
B	R	A	Y		U	R	G	E		L	U	C	I	A	
A	G	U	E		P	U	T	I	N			C	O	S	T
M	O	L	A	R		M	I	R	O			K	N	E	E
A	N	T	H	E	M		E	E	R	Y		S	I	S	
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B	U	F	F	E	T		C	A	M	E	R	O	N		
O	N	I	O	N		U	F	O		M	A	U	V	E	
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E	X	E	S			N	E	E		R	E	E	L	S	



# Small Businesses Beware: Phone Directory Scam Returns

**SACRAMENTO, CA (MPG)** - An invoice scam that targets small business owners is cropping up once more in the Sacramento region. Solicited offers are being sent from Open Business Directory Ltd., believed to be located in Boston, MA. They have an “F” rating with the Better Business Bureau (BBB) and 1,636 complaints and 64 negative reviews.

Businesses receive a fax with an offer to list their company name in an online directory. All they have to do is fill out their contact information and return the form. A few days later, the business receives an invoice with an outstanding balance of \$1,238 for a two-year subscription to a website that closely resembles the Yellow Pages. When businesses do not respond to the invoice, they are

threatened with being sent to collections.

The law is clear: Title 39 of the United States Code, Section 3001 requires that solicitations such as these include a conspicuous disclaimer, in 30-point font, stating, in part, that it is a mere solicitation. BBB reviewed a copy of the solicitation sent to a business in Vacaville, and the legally required disclaimer was present, but not up to size.

How to Avoid the Scam:

Do not respond: If you receive a fax or phone call from a company asking for your business information for an online directory, hang up and do not respond.

The Yellow Pages name and logo: Scammers often use the name and “walking fingers” icon to lend credibility to

their scam. However, they are not affiliated with the popular phone directory in any way.

Don’t trust Caller ID: Scammers have the ability to spoof a phone number, which means it may look like you are receiving a call from a trusted organization or business.

Contact your BBB: If you have questions or think you have been the victim of a scam, contact your local BBB at [www.bbb.org](http://www.bbb.org).

For more information, please contact Danielle Spang at [dspang@necal.bbb.org](mailto:dspang@necal.bbb.org). For reports on businesses and for information about BBB services, please visit the website at [www.bbb.org](http://www.bbb.org) or call (916) 443-6843.

*Source: Better Business Bureau serving Northeast California* ★



By Pastor Ray Dare

How can you celebrate when things are tough? When the Pilgrims started this event, things had not gone as planned for them. They came to America so they could have freedom to worship Jesus Christ. But on the trip over and after they got here everything went wrong. About half the people died in the settlement. It was an incredibly harsh winter. The Indians were hostile. The crops they had planted wouldn’t grow. They suffered one disappointment after another. They had every reason in the world to be resentful towards God. Yet in the midst of all the things that were going wrong in their lives what did they do? They had a Thanksgiving Service.

A famous English Bible scholar named Matthew Henry was once attacked by thieves and robbed of his purse. He wrote these words in his diary: “Let me be thankful. First, I was never robbed before. Second, although they took my purse, they didn’t take my life.

## The Power of Gratitude

Third, although they took my all, it was not much. Fourth, let me be thankful because it was I who was robbed and not I who did the robbing.”

These stories teach us that our problem is not our problem. It’s our perspective. Your problem is the way you’re looking at things. The Bible says, “*Celebrate God all day, every day...I’d say you’ll do this best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse.*” *Philippians 4:4,8 (Msg)*. What you choose to focus on has a greater influence on your life than anything else. If you’re constantly focused on all the bad things that are happening around you, of course you’re going to be depressed!

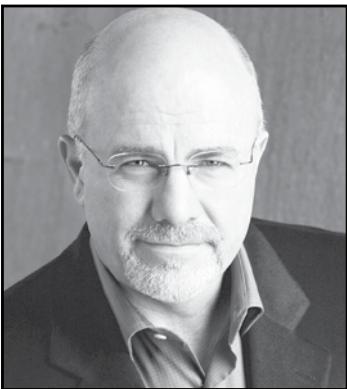
An attitude of gratitude is the key to overcoming discouragement because it gets your eyes off the problem and puts it on the positive things in your life. John Henry Jowett, a British preacher of an earlier generation, said this about gratitude: “Gratitude is a vaccine, an antitoxin, and an anti-septic.” What did he mean? He meant that gratitude, like a vaccine, can prevent and heal a discouraged spirit. Like an antitoxin, gratitude can prevent the affects of the poisons of cynicism, criticalness,

and grumbling. Like an antiseptic, a spirit of gratitude can heal a depressed spirit.

Have you expressed your gratefulness to God lately? One day Jesus healed ten people with leprosy. The Bible says after they were healed that only one person came back to Jesus to thank Him. Jesus asked, “*Didn’t I heal ten men? Where are the other nine?*” *Luke 17:17* Have you thanked God lately? How many of our needs God has met. How many of our prayers God has answered. Have you thanked God? Will you be overcome by your problems, or will you choose to thank God and go on?

Would you pray this prayer in your heart? “*Dear Lord, help me be a more grateful person, to develop the attitude of gratitude and to thank You in every situation; to realize that there’s always something to be grateful for. Help me to think about the right things, to spend some time with You in the Bible every day, reading Your Bible, Your word. Fill my mind with positive things. In Jesus’ name. Amen.*”

*Pastor Ray*  
*New Beginnings Church*  
**YOU’RE INVITED,**  
*Sunday service at 10 am*  
*“We Do Church Differently”*  
[www.NBC4U.org](http://www.NBC4U.org) ★



**The Wrong Half of the Month!**

Dear Dave,

My husband and I are following your plan, and we’re trying to reconcile our on-paper budget with what’s going on in our bank account. Most of our bills are due the first half of the month, but we receive most of our income during the second half of the month. Can you help us figure out what to do?

- Kathy

Dear Kathy,

If you’re actually making a budget and sticking to it, what you’re describing is a cash flow bind. You are in charge of your budget until it’s on paper. Once it’s on paper, it has to accurately represent reality. In your reality, that means a cash flow strain on the first checks and extra money on the second checks.

You won’t be able to fix this in just one month, but there is a long-term solution. Move some of the money from your second checks into the first half of the next month. By doing this, you’ll start running from the fifteenth to the fifteenth instead of from the first to

# Dave Says

the first. It will help you stay ahead and avoid getting pinched.

The second part of this equation is that you are in charge of your budget. The budget does not become the boss of you until you get it done. When everything is written and agreed on by you and your husband, that’s when the budget becomes the boss. You can’t come home with a new shirt or a new purse and hope it fits into the plan. The budget has to be the plumb line by which you build your finances straight and true!

- Dave

**School Cost Versus Salary**

Dear Dave,

My husband and I both work two jobs. Together we make about \$53,000 a year, and we’re trying to get out of debt. We have \$35,000 in debt, and most of that is on our truck. I’d like to go back to school and become an ultrasound technician, so we’ll have more money. Do you think this is a good idea?

- Sarah

Dear Sarah,

Getting more education is always a good idea. For starters, I’d begin doing some research to find out what ultrasound technicians in your area are earning. Then, look into the cost of training at a nearby school.

But I would only recommend

starting school *after* you guys have done some work and cleaned up your finances. You’ve got a bunch of debt hanging over your heads, and the truck you mentioned is a big part of the problem.

Sell the truck and move down to something very inexpensive to drive for a little while. Then tear into the remainder of the debt and get it paid off as fast as you can. After that, save up a bunch of money so you can go to school debt-free.

I know that may seem like a long time before you can start school, but chances are you can get this done in less than two years. And trust me, going to school debt-free will feel a whole lot better than having another bunch of payments buzzing around your heads for years to come!

- 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.* ★



## BEAUTIFUL HOLIDAYS

Okay, we’re into now ladies...the wonderful and yet tormenting holidays! So do you want to come out of them happy and healthy and looking good, or frustrated, overweight and afraid to look in the mirror? I will assume the former. So I checked in with **Dr. Susan Smith-Jones**, who is an internationally known expert in nutrition and author of some 25 books, to give us some basics on how to handle the holidays to look and feel younger. Her latest book is “*Walking on Air*.” She asked me what beautiful means to me? HUH? She told me beauty does not begin on the outside. “Beautiful is what you are made of. Beautiful people spend time discovering what they love—what sings to them—and they make time each day to fill themselves up with that beauty. Authentic beauty is an alchemy of radiant physical health and

# POPPOFF!

with Mary Jane Popp

glowing self-esteem. When one feels happy and fulfilled, their outlook and contentment is reflected in their face and overall appearance.” She added , “to combine emotional and physical nourishment is, in her estimation, the truest and most time-honored beauty SECRET.”

So let’s get to the *Tips for Looking Younger No Matter Your Age*:

1) **EXERCISE:** Regular, vigorous exercise supports healthy circulation and detoxification, with visible benefits for the skin. It also releases endorphins that makes you feel happier and less stressed. The skin takes on a rosy glow that no makeup artist could duplicate.

2) **SLEEP:** If you are not well rested, your skin will let the world know because your face will appear pale, drawn, and blemished. Sleep is when most of the body’s repair work and maintenance are completed. Thus, getting deep sleep nightly is essential for maintaining beautiful skin. While you sleep, blemishes are being healed and new skin cells regenerate.

3) **DIET AND WATER:** Emphasize lots of high water content foods in your daily diet, such as raw fresh fruits and vegetables. These foods are rich in antioxidants, which help give

you glowing, youthful skin. Make sure you drink between 6-8 glasses of purified water daily, too. If you are dehydrated, as most people are day in, day out, this creates wrinkles (like how a grape turns into a raisin) and accelerates aging.

4) **JOY-FILLED LIVING:** Reveling in life’s simple pleasures at least once a day will not only keep stress and wrinkles at bay, but will also enrich your life immeasurably. For example, spending time in nature or with your pets will boost your mood. Laughter quells stress and activates the immune system. Your skin glows with joy when you put on a happy face.

I guess I liked her conclusion that choosing a healthy lifestyle will make you glow and be beautiful throughout your life. So, the secrets are really just practical application of the basics. Of course, you need to make the best of all those incredible edibles that will be dangling in front of your face smothered in chocolate and all the delectable that come with the holidays. So, take it easy, don’t stress, and enjoy yourself... and don’t get all #!\$#!\$. Crazy and whiny doesn’t help! Take it one day at a time, and enjoy every minute of it with family and friends! HAPPY AND BLESSED HOLIDAYS!!! ★



## U.S. Baseball Academy

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



### Save up to \$120 This Week



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

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## Hometown Hero



**Air Force Airman 1st Class Madison P. Ferguson** graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Ferguson is the daughter of Miles and Wendy Ferguson and granddaughter of Wayne Ferguson of Sacramento, California.

She is a 2014 graduate of Visions In Education High School, Citrus Heights, Calif.

Source: Joint Hometown News Release

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<b>SUNDAY</b>	<b>Carmichael Park Farmers Market</b> 5750 Grant Avenue, Carmichael (Corner of Grant & Fair Oaks Boulevard under the trees in the Park). Every Sunday from 9 am to 2 pm - all year round.
<b>SATURDAY</b>	<b>Sacramento Midtown Farmers Market</b> 2020 J Street (Between the STANF Native American Health and Bioware buildings). Every Saturday from 8 am to 1 pm - all year round, rain or shine.
<b>SATURDAY</b>	<b>Sunrise Mall Farmers Market</b> 6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot). Open every Saturday from 8 am to 1 pm - all year round.
<b>SATURDAY</b>	<b>Historic Folsom Farmers Market</b> 915 Sutter Street, Historic Folsom Public Plaza, Folsom. Every Saturday from 8 am to 1 pm - all year round
<b>THURSDAY</b>	<b>UC Davis Health System Farmers Market</b> 45th and Y Street (UC Davis Campus). Seasonal - Opens 4/24. 3 pm - 7:30 pm
<b>WEDNESDAY</b>	<b>Fair Oaks Farmers Market NEW LOCATION, LOTS OF PARKING!</b> 8101 Sunset Ave. (New Life Church). Seasonal - Opens 4/16. 3 pm - 7:00 pm
<b>WEDNESDAY</b>	<b>VA Mather Farmers Market</b> 10535 Hospital Way (VA Hospital). Seasonal - Open Now. 9 am - 1 pm

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