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Military Family Life is a Rollercoaster, but Well Worth It

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M Citrus Heights Messenger

“Written by the people, for the people”

Volume 4 Issue 21

Serving the City of Citrus Heights and Sacramento County

First Edition for November 2014

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Supporters Line the Streets to Show Respect for Fallen Sheriff's Deputy



Donna Martinez of Placer County came to honor fallen Sacramento Sheriff's Deputy Danny Oliver at his funeral procession Monday afternoon. "My husband is a Sacramento County Sheriff officer, so I'm here to support them and all fallen officers," she said.

Story and photos by Anne Stokes

SACRAMENTO COUNTY, CA (MPG) - Supporters greeted the funeral procession of fallen Sacramento Sheriff's Deputy

Danny Oliver Monday afternoon as it traveled from Interstate 80 eastbound, down Greenback Lane. Law enforcement and first-responder agencies from all over California participated in the solemn show

of solidarity, coming from as far away as San Luis Obispo, Riverside County, Inyo County, and even Sparks, Nevada. Hundreds of sheriff's department, police, fire, and California Highway Patrol units

accompanied the procession as it departed from the public funeral services held at Adventure Christian Church in Roseville and traveled to the East Lawn Cemetery in

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Veterans Day Service at Sylvan Cemetery

CITRUS HEIGHTS, CA (MPG) - You are invited to attend a Veterans Day service on Tuesday, November 11th at the Veterans Memorial and gazebo located at the Sylvan Cemetery at 7401 Auburn Boulevard in Citrus Heights. This service will honor all those who served in defense of this great nation.

The event is hosted by the American Legion #637 and the Veterans of Foreign Wars. Invited speakers are Supervisor 4th District Roberta MacGlashan, Citrus Heights Mayor Mel Turner, Citrus Heights Police Chief Christopher Boyd, and members of the Citrus Heights city council.

Boy Scout Troop #228, the Folmon Harmony Express Singers, the Citrus Heights Police Department Honor Guard, and bugler Ray Latimer will also be in attendance at the service.

Veterans will assemble at the south end of the cemetery at 10:30 a.m. The procession along the Avenue of Flags will conclude at the Veterans Memorial. The memorial service in the cemetery's gazebo will take place at 11 a.m.

Source: The American Legion ★



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Nearly \$13K Raised for Families of Fallen Officers, One Cup of Coffee at a Time



Members of the community joined fire fighters from Sacramento Metro Fire Station 21 as they waited in line for a coffee at Dutch Brothers in Citrus Heights. Their purchases helped raised nearly \$13K in less than 24 hours to support the families of fallen officers.

Story and photo by Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - For 23 hours, vehicles lined up virtually nonstop as patrons of Citrus Heights Dutch Brothers Coffee ordered their beverages knowing they were helping to raise nearly \$13K in support of the families of two sheriffs who lost their lives in the line of duty on October 24th.

This scene was repeated at eight additional Dutch Brothers in the greater Sacramento area during a Benefits Day on October 29th. Over \$96K was

raised in total. Proceeds from all sales will go to support the wife and two children of Sacramento County Sheriff’s Deputy Danny Oliver and the wife and four children of Placer County Sheriff’s Detective Michael D. Davis Jr.

As Captain Tom Neville of the Sacramento Metro Fire District Station 21 in Citrus Heights joined his team to support the families of the fallen officers, members of the community joined them in line at the kiosk. Neville stated, “We want to support the widows and orphans; we’re all on the same team.”

According to Store Manager

Cara Lugo, the line of customers waiting in their vehicles circled the coffee kiosk almost into the street for a good part of the day. She said the wait was “not bad, an average of 20 minutes” due to the use of runners who took orders at car windows using an electronic iPad order system.

College student McKenna Goold, waiting patiently with three friends, all with parents in law enforcement, commented, “This is the best thing ever, and it brings the community together in supporting our law enforcement.”



Home for the Holidays Craft Fair

CITRUS HEIGHTS, CA (MPG) - The Lakeview Village Ladies Club invites you to attend the Home for Holidays Craft Fair on Saturday, November 8th from 9 a.m. to 2 p.m. at the Lakeview Village Clubhouse, 6211 Summerset Lane in Citrus Heights near Auburn Boulevard & Van Maren Lane. The Lakeview Village Clubhouse is gated, so please enter through the open gate off Van Maren Lane.

The event will have 40

booths featuring a wide variety of unique handcrafted gifts, holiday items, and a cafe and bake sale. There is no charge to attend this event.

The Lakeview Village Ladies Club has been holding fundraisers for 15 years and donating the profits to charity. For the last several years, the amount donated has been at least \$5,000 each year. The Lakeview Village Ladies Club will hold a potluck luncheon in December to disperse the

money raised at Saturday’s craft fair. Many guests will attend the luncheon in December including the Citrus Heights Mayor, many deputy sheriffs and fire fighters, and representatives of several local charities who will come to pick up their checks.

For more information, please call (916) 725-0223.

Source: Dorothy Ritter, Chairman, Lakeview Village Ladies Club





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Local Auto Service Center Helps a Family in Need

By Kathy Goodchap

CITRUS HEIGHTS, CA (MPG) - Kniesel's Auto Service Centers' owner Brent Kniesel has a passion for helping people. His latest gift to the community was a donation of up to \$2,500 in car repairs for a family in need.

The month-long campaign began in August with notifications to customers via flyers and Facebook that Kniesel's would donate auto repair services to a needy family. Immediately, nominations poured in for struggling families.

After the September 30th deadline, a panel of four read more than 50 heartrending stories from people in our community. After much deliberation and contemplation, the Bullock family was selected. Justin and Angela Bullock were elated to hear of their nomination and that they were the family selected to receive repairs to their unreliable vehicle.

Brent Kniesel's humanitarian efforts have reached as far as Africa and Mexico. He has a special place in his heart for the people of Rwanda and continues to support them and their rebuilding efforts.

Kniesel's recognizes the serious medical and financial challenges of the people in our



Brent Kniesel, owner of Kniesel's Auto Service Centers, holding a giant thank you card from the Bullock family.

community and looks forward to future opportunities to help a family in need.
For more information

about Kniesel's Auto Service Centers, call (916) 722-1751 or visit www.knieselsauto.com. ★

New Arcade Creek Park Preserve Opens for Fun and Play in Citrus Heights

Story by Elise Spleiss
Photo by Jack Mintz

CITRUS HEIGHTS, CA (MPG) - The day was all about the children. The grand opening of the Arcade Creek Park Preserve in Citrus Heights began with the usual grand opening ceremonies and speeches but quickly became a most unique grand opening with the ribbon cutting of the only free public zip line in Sunrise Recreation and Park District (SRPD) history. This day marked the beginning of a new era of recreational park experiences.

The days of the picnic in the park and playing on the swing set are being transformed by this new form of recreation, with families spending more time together as they play, exercise, explore, and become educated about their surroundings all in one area. With the realization that the city is developing these surroundings from natural features that have existed in this place for over 100 years, parents and grandparents may be taken back to a time when they were free to roam the creeks and explore the woods and trails.

This vision of the Citrus Heights Community began as Proposition 84 on a ballot eight years ago and became reality on November 1st with the ribbon cutting of the 100-foot-long, 12-foot-high zip line. Sayonara Street has been a troubled neighborhood of high visibility for decades. As a community with many families with nowhere to go to be together and play, it was chosen as the recipient of a \$3.6 million development grant.

The park has entrances at Sunrise and Sayonara, can be accessed by foot or vehicle, and is handicapped accessible. Construction on the park began on April 15th, 2014, and kept within budget and time deadlines.

Representatives from all levels of government (federal, state, county, and city) worked together with the community in



Representatives from all levels of government (federal, state, county, and city) worked together with the community in all phases of planning and construction of the Arcade Creek Park Preserve project.

all phases of planning and construction of the project. SRPD District Administrator, Dave Mitchell led the afternoon ceremony. Congressman Ami Bera's office helped with acquiring federal permits, and Assemblyman Ken Cooley's office helped in overcoming state hurdles. The State Department of Parks and Recreation provided the grant of \$3.6 million for the project and provided oversight. It was a true collaboration, from the County of Sacramento helping with the purchasing and inspection of the property, to the ongoing support of the City of Citrus Heights and the city council, to the community who helped design the park.

Congressman Bera and Assemblyman Cooley addressed attendees, including Mayor Mel Turner and Vice-Mayor Sue Frost. Council members Jeannie Bruins, Steve Miller, and Jeff Slowey were also in attendance. Additional speakers were Roberta MacGlashan with the County Board of Supervisors; SRPD Advisory Board Chair Rita Lingwood; and Dr. Jayna Karpinski-Costa, president of SOAR, Neighborhood Association 10.

Dr. Jayna presented Mitchell with a check for \$8,556.37, earned from two years of working the fireworks in July. The funds will be used to maintain SOAR's

bird-themed play pocket. Mitchell then presented Dr. Jayna with a Victorian birdhouse that was placed at her play pocket immediately following the ceremony.

Not to be overlooked were the hard work and dedication of the entire park staff. Volunteers were essential throughout this yearlong process. More than 65 Mesa Verde High School volunteers, a dozen Boy Scouts with Troop 635, and many REACH neighborhood association members spent many hours at the park.

The San Juan cheerleaders entertained, and visitors enjoyed many educational displays. Features of the new park/preserve include walking loops, fitness equipment (many of which are available to handicapped persons), themed play pockets, educational interpretive boards, and a boardwalk over the flood plain. Also, the zip line is not only for children; Mitchell tried it out and it worked great. Guests are expected to descend upon this new gem from all over the larger Sacramento area.

As a result of all the hard work and commitment by the Citrus Heights community, many will be able to look back at this year and say, as Dr. Jayna predicted, "I helped build this park. Our labor of love today will be the legacy we leave for our children tomorrow." ★



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Restaurant Professionals Mentor San Juan Students on FIT Day

CITRUS HEIGHTS, CA (MPG) - “Tell me about yourself and about the job you’re applying for,” said Ken Le, the owner of Oshima Sushi and Fugu Lounge. San Juan High School senior Davion Johnson stood in front of Le and answered, “I’m interested in a cashier position.” Johnson described his previous customer service experience at a car audio business.

The mock interview was part of Force in Training (FIT) Day, a statewide event organized by the California Restaurant Association Education Foundation. Restaurant professionals visited more than two dozen California schools and spoke about the job application process, from resumes and applications to interview skills. Other presenters at San Juan High School included staff from Rubio’s as well as Roland Guillen, an account executive at Warren G. Bender Co. who told the students how to make their resumes stand out among hundreds of others. “I think it’s really important for students to hear from industry professionals on what it takes to land a job,” said San Juan culinary instructor Sandi Coulter.

Following his mock interview, Johnson, a senior who plans to attend San Jose State, said he feels more prepared. “It’s interesting to see how employers see the process and how much detail they pick up on,” he said.

Force in Training (FIT™) was developed by leading California-based restaurant brands in direct



Mock interviews were part of Force in Training (FIT) Day, a statewide event organized by the California Restaurant Association Education Foundation. Restaurant professionals visited more than two dozen California schools and spoke about the job application process, from resumes and applications to interview skills. Other presenters at San Juan High School included staff from Rubio’s as well as Roland Guillen, an account executive at Warren G. Bender Co. who told the students how to make their resumes stand out among hundreds of others. “I think it’s really important for students to hear from industry professionals on what it takes to land a job,” said San Juan culinary instructor Sandi Coulter.



response to addressing a critical need amongst the industry’s emerging workforce.

As the state’s second-largest private-sector employer, the restaurant industry offers incomparable opportunities, particularly for high school and college students and recent graduates—the very group that faces significant hurdles today in securing jobs, job training and a career path. Teen labor participation has been on a steady decline for the past

15 years. The CRA Educational Foundation believes in investing in the next generation of industry managers, owners and chefs through practical career-building industry-driven education.

Aligned with industry partners, FIT™ is an initiative to bring job readiness training to the ProStart classroom to motivate, train and prepare the students for after high school. Taught in more than 100 schools in California, ProStart is already educating teens on culinary and management/operations basics and core competencies. FIT will focus on the soft skills required for success.

Source: San Juan Unified School District and California Restaurant Association ★

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The Sacred Space of Grief

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Julie Interrante, MA,

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CLUES

ACROSS

- British elevators
- Mischief-maker
- "One ____ Over the Cuckoo's Nest"
- Licorice-like flavor
- Crew tool
- Canines, e.g.
- *Sinatra was Danny ____ in 1960's "Ocean's 11"
- Also
- Musical show
- *Home to 32 newly-independent countries in Sixties
- *Where the music invasion came from
- Sense of humor, in text
- Look for
- Cartographer's creation
- Royal Indian
- Like Black Mamba's bite
- Deserter
- Cry weakly
- *Twiggy didn't tip it
- Gardening tool
- Like a snicker
- Prayer leader in a mosque
- Groups of workers
- At any time
- Capitol feature
- *Like the 1960s to "The Four Seasons"
- Black tropical American cuckoo
- Grandmother in Britain
- Not as much
- Pigeon sound
- *Woodstock to NYC
- *It intersects Ashbury
- *Flower ____
- Exist
- *Steve McQueen in "The ____ Escape"
- A bootlicker
- Summer chore
- Approaches
- Crumbs or scraps
- Hankering
- To impede or bar

DOWN

- Indochinese language
- Ancient Peruvian
- Medieval domain
- Ivan and Nicholas, e.g.
- Junior's predecessor
- I, to a Greek
- *First name of mastermind behind the Great Leap Forward
- Exploratory spacecraft
- *Many ran bare in the mud at Woodstock
- Bulgarian money
- Small ornamental case
- At what time?
- Kids ride, pl.
- Leg protectors
- *1966 hit, "____ Rubber Ball"
- Drool, pl.
- *King's ____ on Washington
- Cognizant
- Hokey-____
- *Johnny's "Jackson" partner
- *Like some rock by Grateful Dead or Jimi Hendrix
- Bourne's portrayer
- Andean animal
- Arab country
- Obscene
- Genesis garden
- "Fear of Flying" author ____ Jong
- Wages that aren't hourly
- Up to the present time
- Well-groomed
- Morally degraded
- Shrek and Fiona, e.g.
- As far as
- Standard's partner
- Special law enforcement unit
- Koppel and Turner, e.g.
- Shaped with an ax
- Furnace output
- Hawaiian tuber
- Wade's opponent
- Recipe amount

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

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!

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By Ronnie McBrayer

My adolescent son told me the other day that “teenagers ought to rule the world.” After I stopped guffawing at him, I gave his manifesto some consideration, albeit though brief. Certainly, the mental faculty and emotional stability of your average teen is of some renown, as scientists have proven that the adolescent brain is incapable of logical decision making. That’s a fact, not a criticism. Simply, not enough physiological development has taken place. Thus, it is impossible for a teenager to always behave or react rationally (To this I can attest - three teenage boys populate my home). But I don’t think today’s teens could do much worse with the world than today’s adults. We seem as immature as our children and grandchildren. Maybe science has figured out why. Researchers say that no living person, in reality, is very old; because the cellular matter in our bodies is constantly regenerating. For example, the cells that make up the lining of our stomachs are only five days old; our skin cells are less than ten days old; and our livers regenerate completely in about a year (Depending upon one’s martini consumption, I suppose).

The Young and Dumb

Even our “old bones” aren’t that old. In the course of a decade they will be made new, along with most of our muscles and tendons. In fact, only the cells of the heart muscle, cerebral cortex, lens of the eye, and eggs of a woman’s ovaries do not regenerate completely over one’s lifetime. The human body is constructed of some ten trillion cells, and most of those cells are young. Our bodies, no matter one’s birth date, average about 15 years of age...so...we are all teenagers. Yet, the relative youth of our bodies is no excuse for maintaining emotional and psychological immaturity. We may not be born with the capacity to make healthy, rational decisions, but that is a virtue which can be acquired. Science, once again, has confirmed this fact as well. In 2009, professors Dilip Jeste and Thomas Meeks published a major paper on their research into human wisdom. Among their discoveries were two obvious but enlightening conclusions. First, they discovered that true wisdom - that is the ability to skillfully apply knowledge and understanding to living life - is extremely rare in the human species. There just aren’t many sages or gurus among us. And second, those who are genuinely wise have the benefit of age and experience on their side - and more often than not, bad experiences. See, you have to live a while, get kicked in the head a few times, fall on your face more than once, get caught in a self-manufactured disaster or two, and then wisdom - mercifully - begins to take root. Thus, the older you are,

the smarter you should be, and the younger you are, the dumber you are! That too, it appears, is a scientific fact (It was Jack Weinberg in the 1960s who said, “Don’t trust anyone over 30” - a marvelous anti-establishment statement. But Jack is now closer to 80 than 30, and I bet he would no longer stand by that statement). Yes, youth gives us much of what we need: Audacity, vision, zeal, holy rebellion, and a good, healthy dose of revolutionary chaos from time to time. But like a fine wine, only time gives us wisdom. So I guess it should be no surprise that our world is in its current condition. It is a world that values youth, childish rhetoric, toned bodies, and this month’s fresh face from L.A. or Nashville more than it values reason, understanding, and the invaluable wisdom that comes from age. It is a culture that sacrifices on the altar of youthful stupidity the wizened experience of its elders; and it does so at its own tragic expense. For a society that will not listen to its grandparents or the voice of history, is a society that is doomed. There is a proverb that goes, “Old age and cunning will always beat youth and exuberance.” Well, for the sake of the world, I hope that’s true. *Ronnie McBrayer is a syndicated columnist, pastor, and author. His newest book is “The Gospel According to Waffle House.” You can read more at www.ronniemcbrayer.me.* ★

Citrus Heights Proposed Water Rate Increase Protest

By Susan Pointer

CITRUS HEIGHTS, CA (MPG) - Property owners in Citrus Heights and surrounding areas whose water is provided by the Citrus Heights Water District recently received a Notice of a Public Hearing on November 19th at 6:30 p.m. at the Rusch Park Community Center, 7801 Auburn Blvd., Citrus Heights. This public hearing is to provide the public with information about the Citrus Heights Water District’s proposed water rate increase and proposal to institute a water shortage rate increase. The Citrus Heights Water District is proposing an overall 3% water rate increase starting in January 2015. The proposed water shortage rate increase, if approved, would go into effect only when the city is identified as being in a drought and property owners have been directed to reduce their water usage by more than 10%.

The water shortage rates also

include an Excess Use Charge of an additional increase of 50% at Stage 4 and an additional increase of 150% at Stage 5 charged to property owners who do not meet the identified Use Reduction Goals. Any property owner who would like to stop the proposed water rate increase of 3% and/or the water shortage rate increase from being approved by the Citrus Heights Water District must submit a written protest to the Citrus Heights Water District prior to the close of the Public Hearing on November 19th. Only one written protest per identified parcel or property will be counted for purposes of determining whether there is a majority protest. If written protests are submitted by a majority of the property owners, the rate increases will not be approved. The protest must be signed by the property owner(s) and must include a description of the affected property, such as address and/or assessor’s

parcel number. If you were not identified as the owner of the property as of the last tax roll of Sacramento or Placer County, include written evidence that you presently own the property. Written protests can be mailed to the following address: District Secretary, Citrus Heights Water District, P.O. Box 286, Citrus Heights, CA 95611-0286. Protest letters may also be hand delivered to the Citrus Heights Water District Administration Office, 6230 Sylvan Road, prior to the Public Hearing. Electronic delivery of protests, such as via fax or email, is not accepted. If you would like more information about how to protest the rate increases or would like a form letter to use for your protest letter, please contact Sylvan Old Auburn Road Neighborhood Association (SOAR), Inc. member Susan Pointer at (916) 721-1744 or by email at suensteve@surewest.net. ★



ENERGIES OF LOVE PART II

If you remember last time on POPPOFF, I shared the four “Energetic Stress Styles” that I got from **Donna Eden and Dr. David Feinstein** they covered in their book “*The Energies of Love*.” Donna is a pioneer in energy medicine and David is a clinical Psychologist. They claim they have garnered experience from their couple’s workshops that are keys to a fulfilling partnership. I promised you some practical tips to fire up that relationship, so no more talk, here they are. **1) HUG OFTEN.** Hugs get your positive energies to intermingle and meld. Relaxing even into a six-second full-body embrace increases serotonin levels, leaving you feel closer and, if you were having a disagreement, less irritable. **2) GIVE YOUR PARTNER A SPINAL FLUSH.** Reflex points that impact every one of your body’s major energy pathways are situated along the spine. They go into a detailed description of what to do next, but not enough time here. But it’s in the book.

POPPOFF!

with Mary Jane Popp

3) SUPPORT THE PRODUCTION OF OXYTOCIN. Energy techniques can influence your hormone levels. We know sex produces oxytocin, but so can this one-minute technique. It begins by breathing slowly and deeply as you draw your hands up from your pubic bone until you get to the center of your chest. Before you exhale, move your hands up and out toward your sides as if you were tracing a heart above and around your breasts. Slowly exhale as you being your hands back toward your pubic bone, completing the tracing of a large heart over your torso. Repeat a few times and finish by drawing your hands up the center of your chest and holding them over your heart for two breaths. **4) STRETCH.** When you feel stale or tense, stand and imagine an invisible rope hanging down over your head. Reach up and pull it down with one hand and then the other, alternating hands for at least a minute. **5) HOOK UP.** If you are feeling disconnected from yourself or your partner, place the middle finger of one hand on your “third eye” and the middle finger of your other on your navel. Gently press both fingers inward, pull them upward, and hold at least three deep full breaths. **6) SCAN FOR WHAT YOU APPRECIATE ABOUT YOUR PARTNER AND STATE IT.** Often! **7) USE A GENTLE OPENING FOR TOUGH TOPICS.** The

way you bring up a delicate topic will have an immediate impact on your partner’s biochemistry and thus the energy that is activated in each of you and between you. **8) KEEP YOUR ENERGIES MOVING IN A CRISS-CROSS PATTERN.** Under stress, your energies lose the natural cross-over configuration that supports best thinking. Place either hand on its opposite shoulder and press hard behind the shoulder with your fingers. Drag your hand over your shoulder, maintaining pressure. Continue with less pressure now, to your opposite hip. Repeat two or three times. Shift to other side. **9) BALANCE YOUR ENER-GIES RATHER THAN BATTLING YOUR PARTNER.** If tension begins to rise between you and either calls for a cease fire, you should both...by ironclad pre-agreement...stop the argument, mid-sentence if necessary. Then, immediately set about shifting your energies. **10) GET CURIOUS ABOUT YOUR PARTNER’S STRESS RESPONSE STYLE.** Rather than judging your partner or going into a defense mode, give your partner the benefit of the doubt.

Lots to think about and all the details are in “The Energies of Love.” Check out www.oflove.com too. It’s a map of the invisible energies that impact a relationship! May the LOVE be with you! ★



By Pastor Ray Dare

The Power of Memorization

benefits later. If you understood the benefits of Scripture memorization, you would have no problem memorizing a verse a week. If you’re not memorizing Scripture, it just means that you don’t yet understand the tremendous benefits. Some of you are saying, “I just can’t memorize anything.” Baloney! We remember what is important to us. I know guys who can give you batting averages of every S.F. Giants player! I know teenagers who can quote the top ten for the last five years. I know ladies that can give you recipes or the phone numbers of their friends. You remember what’s important to you. If you’re interested in spiritual strength and power then you’re going to be able to do it. How important was it to David? Psalm 119:72 “The law you gave me means more to me than all the money in the world.” That’s how important God’s Word ought to be to us. So how do you do it? You can memorize during your quiet time. Another good time is when you’re exercising. I like to do it while I’m waiting in a line at the store or in spare moments. Many times I’ll take a scripture verse written on a little card or tag and I’ll work on it, memorize it, speak it out loud or whisper it. At bedtime is a good

time so you go to sleep thinking spiritual thoughts. There are three major keys to memorizing scripture: The first key is to review. Go over and over it. The second key to memorizing scripture is to review. The third key is to review. Say the verse reference before and after. The hardest part to remember is the reference, the address. So say it at the start and at the end. Read the verse aloud many times. You memorize by saying it aloud. You don’t memorize things by reading it. You memorize things because your ear is a large factor with what you memorize. Memory is a skill you can learn. It’s a muscle you can strengthen. In fact, memorizing Scripture will cause your brain to have a stronger memory in other areas. Study after study has shown this. Most important, Jesus Christ will help you. “I can do all things through Christ who strengthens me.” Philippians 4:13. By the way, that verse would be a great verse to memorize. *Pastor Ray New Beginnings Church YOU’RE INVITED, Sunday service at 10 am “We Do Church Differently” www.NBC4U.org* ★



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Supporters Line the Streets to Show Respect for Fallen Sheriff's Deputy



Engineer-Paramedic Brendon Brown and his fellow Sacramento Metro Fire department comrades wait with solemn respect for the funeral procession of Sacramento Sheriff's Deputy Danny Oliver to exit Interstate 80 to Greenback Lane. Hundreds of first responders were on hand to show their respect.

Continued from Page 1

Sacramento for the family's private burial service.

"All of us in the first responder industry, from the police to fire, we all consider each other brothers and sisters," said Sacramento Metro Fire Department Captain Brad Reynolds. "It's vitally important that we all share in this and show our support for their family members. As sad as an event as this is to bring us all together, it's very heartfelt to see this all happen."

Patrick Fintel of Sacramento County was present for the entire half-hour long procession to honor the sacrifice made by Deputy Oliver and his family. "I came to show respect to the fallen officers and their family and to let them know that we're all thinking about them," said Fintel. "It is very important

to come out and support our community and law enforcement."

Donna Martinez of Placer County had a more personal inspiration. Her husband is a Sacramento County Sheriff officer. "The community support, I think it's fabulous," she said. "Oftentimes you don't realize how big your community is or how much they care about your officers until something like this happens, which is unfortunate. But it is a truly good thing to see these people out here today."

Deputy Danny Oliver, a 15-year veteran of the of the Sacramento County Sheriff's Department, was killed in the line of duty on October 24th while investigating a suspicious vehicle on the 2000 block of Arden Way. He is survived by his wife and two daughters. ★



Sacramento Sheriff's Deputies lead the funeral procession of fallen Deputy Danny Oliver eastbound on Greenback Lane to the Sierra Hills Memorial Park and East Lawn Cemetery on Monday afternoon. Oliver, a 15-year veteran of the Sacramento County Sheriff's Department, was killed in the line of duty on October 24th, 2014.



Nichole Johnston of Citrus Heights brought her daughter Lilly, 6, and son Vinny, 3, to watch the funeral procession of fallen Sacramento Sheriff's Deputy Danny Oliver as it traveled from Roseville to the East Lawn Cemetery in Sacramento on Monday afternoon. "I wanted them to see how you support your community," she said.

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Event Raises Funds for Free Medical Services for Pregnant Women and Teens

Dinner and Auction Tickets on Sale

SACRAMENTO, CA (MPG) - More than 600 local residents will celebrate the Sacramento Life Center's free medical care, counseling, and education for pregnant women and teens at the organization's annual fundraising dinner on November 8th. The Salute to Life Dinner and Auction will begin at 5 p.m. at the Hyatt Regency Ballroom in Sacramento and will include a gourmet dinner, auction, raffle and stories of people who have received help from the Sacramento Life Center. Last year's event raised \$350,000.

To purchase tickets, visit www.saclife.org. For sponsorship information, contact Marie Leatherby, executive director, at (916) 451-4357 or mariel@saclife.org.

"We rely on this event for the funding to continue the work we are doing, and last year we saw nearly double the number of women and teens that we expected," Leatherby said. "With help from the community, we can continue to reach even more women and teens who feel scared and alone and instead provide them with a support system."

The Sacramento Life Center's mission is to offer compassion, support, resources and free medical care to women and couples facing an unplanned or



Tickets are on sale for Sacramento Life Center's Annual Salute to Life dinner and auction. More than 600 local residents will celebrate the Sacramento Life Center's free medical care, counseling, and education for pregnant women and teens at the organization's annual fundraising dinner on November 8th.

unsupported pregnancy. The center's licensed Sac Valley Pregnancy Clinic includes a primary clinic and two mobile clinics, all providing free services including well woman exams, pregnancy tests, STD tests, ultrasounds, counseling for men and women, education and resource referrals. The Sacramento Life Center also offers a school-based teen education program, a

24-hour hotline, and a program for women seeking support after having an abortion.

For more information about the Sacramento Life Center's Sac Valley Pregnancy Clinic, visit www.svpclinic.com. For more information about the Sacramento Life Center, visit www.saclife.org.

Source: Kristin Thébaud Communications ★

History of Veterans Day in the United States

By Jim Monetenon

At the eleventh hour of the eleventh day of the eleventh month in 1918, an armistice (or temporary cessation of hostilities) was declared between the Allied nations and Germany in the First World War.

Since no one knew there would be a sequel in 20 years, it was known as "The Great War" or the war to end all wars, but it didn't have a number.

Commemorated as Armistice Day beginning the following year, November 11th became a legal federal holiday in the United States in 1938.

In the aftermath of World War II and the Korean

War, Armistice Day became Veterans Day, a holiday dedicated to American veterans. Unlike Memorial Day, it was not intended to just remember those who fell in battle. Instead, it was a day to recognize all those men and women who served over the course of the 238 years of this nation's existence.

Whether the service was in wartime or peacetime, in foreign countries or at home, veterans would be recognized on this day. The veteran knows not what the situation will be when they sign the bottom line and raise their right hand and promise to support and defend the constitution. Peacetime can quickly become wartime. ★

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at the

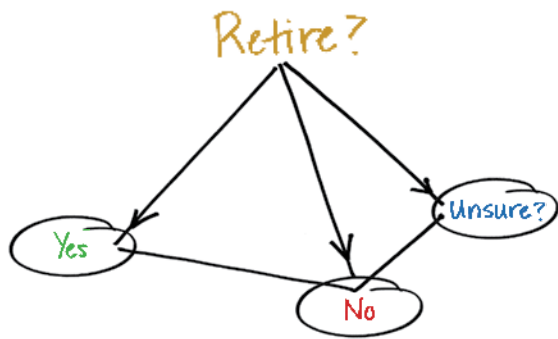
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Military Family Life is a Rollercoaster, but Well Worth It

By Kelly Baker

SACRAMENTO REGION, CA (MPG) - Even though military life is sometimes a hard life, it is not one we would change for anything. I am not in the military, but I am certainly along for the ride. Military family life is a rollercoaster ride of emotions not designed for everyone. We may move a lot, but we always find the silver lining. We have met people we would not have met otherwise and now have friends and family spread throughout the world. We have learned to take the good with the bad, making jokes and poking fun of the bad situations and enjoying the good times.

When people ask how long my husband Joshua and I have been married, my husband always responds jokingly, “On paper, 12 years; physically we’ve been together four years because the military gets in the way.” Crazy things also happen when my husband leaves. During one deployment, I managed to cut off the tip of my finger with hedge trimmers. This has become a family inside joke; my promise to my husband

now when he is leaving is that I will keep all my fingers intact and not use any sharp objects until he gets home to supervise me! This is not your typical way to say goodbye, but it’s our way to laugh about those things. Without fail, cars break down, things around the house fall apart, and other fun surprises happen when he’s gone. Honestly, those are some of the funniest things to look back on when we are reunited. We have learned to laugh at the adversity, roll with the changes, and cherish our time together.

We have an 11-year-old son, Collin. He is very proud to be an “Air Force Brat.” Our son has come to realize he lives a life different from his peers. He has already had some pretty cool life experiences. He has been on more than 20 military installations in the U.S., sat in many different military aircrafts, played with Military Working Dogs, and learned a lot of U.S. history by actually visiting places and not just reading about them.

Collin had an assignment at school about family traditions. It made us



Mission: Family photo at La Purisima Mission. This was one of the last family days before Josh’s last deployment, and we made every minute count.

realize the humorous side to being a military family. We take life one day at a time and are unable to plan too far into the future. We realized we have no traditional traditions. It is hard to establish family traditions when the situations and circumstances change each year. We celebrate holidays when we are together and not on the designated day, and we have watched birthday and Christmas gifts being opened via Skype or FaceTime (a videotelephony). Our son pointed out that this is our tradition, to not have any traditions.

I am extremely proud of my husband

and all that he does for our family, the state, and our country. This crazy life has made us into the people we are today. We are proud, patriotic Americans who celebrate, respect, and support our Veterans of all branches of service and all eras.

For information on Military Working Dogs, please visit www.supportmilitary-workingdogs.org.

Kelly Baker is a proud Air Force wife and mother of one. Husband Joshua has over 14 years of service, six of those on active duty with the Air Force. While active, Baker was stationed at

Malmstrom Air Force Base, Montana, and the United States Air Force Academy in Colorado. He is currently on full-time active duty in Sacramento at the California National Guard Headquarters. Baker has deployed overseas twice and activated to support state emergencies and contingencies several times over the last eight years.

Joshua is a member of American Legion Post 637 in Citrus Heights; Kelly is a member of the American Legion Auxiliary Unit 637. ★



Lunch Date: A surprise lunch date at Collin’s school the day before Josh left to report for his last deployment. Since Collin was not home to say goodbye, Josh made sure to have a special moment with Collin.

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Carmichael Park Farmers Market

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

SATURDAY

Sacramento Midtown Farmers Market

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

SATURDAY

Sunrise Mall Farmers Market

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

SATURDAY

Historic Folsom Farmers Market

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

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UC Davis Health System Farmers Market

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

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