

Citrus Heights Messenger

“Written by the people, for the people”

NorCal Struts
Its Stuff



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Rusch House Gets
“Spring Cleaning”



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Obama’s
Dumb War



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

Chili Cook-off Benefits Youth Impacted by Domestic Violence



Assemblyman Ken Cooley and Citrus Heights Vice-Mayor Sue Frost (top row) join members of the GFWC Citrus Heights Women’s Club and A Community for Peace in celebrating the chili cook-off’s 1st place winner Kristy Hernandez (front row center) and 2nd place winner Glorian Martinell (back row third from left). Funds were raised to purchase Christmas gifts through a program for at-risk youth impacted by domestic violence. Hernandez won \$150 for her winning chili. Photo by Donna Van Dolah

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - The competition was fierce between the 13 chili chefs at the GFWC Citrus Heights Women’s Club Fifth Annual Chili Cook-off and Venders and Craft event on October 11th. The parking lot at 6060 Sunrise Vista was buzzing

with activity; there were over 500 shoppers and chili tasters. Vintage cars and children’s activities rounded out the day’s attractions. For a fee of \$10, all were encouraged to taste and then judge the chili entries.

The polls closed at 2 p.m., and the votes were taken to be counted; contestants and friends waited eagerly for the results. In the

final tally, entry No. 1 overtook and passed entry No. 7, but Kristy Hernandez with GFWC Citrus Heights Women’s Club conceded that while her chili won, it may have been because second place entry No. 7 ran out before the polls closed. Hernandez was awarded \$150 for her efforts. When asked her

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Popular 311 Number for County Nears One Year Anniversary

SACRAMENTO REGION, CA (MPG) - With nearly 100,000 calls taken since last October’s launch, the County’s 311 Connect system is ideal for the public to get answers and submit service requests.

“Residents and businesses are finding it very easy to use and are contacting us about issues in their communities,” said Bradley J. Hudson, County Executive.

Calls are answered 24/7 and cover a wide range of County services. When the system went live, a few hundred calls and requests a day came in. Since then, the numbers have increased to more than 4,000 calls in service requests a week!

The 311 Connect system allows residents and businesses to report an issue three ways: by phone, online on the web, or with the free 311 Connect phone app. Calls are the most frequent, but online and the app are used as well. The app is great when you’re out on park trails; you can snap a photo of an issue such as illegal dumping, and report it on the spot. Find 311 information on the County’s home page, at www.saccounty.net.

311 Connect helps you get answers and submit service requests for non-emergency issues, including:

- Abandoned vehicles
- Animal issues - stray, deceased
- Emergency housing conditions
- No water, utilities, unstable building, surfacing sewage
- Occupied out building
- Abandoned shopping carts
- Curb, gutter or sidewalk repair
- Culvert/pipe repair or cleaning
- Drainage problem
- Missed garbage collection

Continued on page 2

HD Supply Home Improvement Solutions is Now in Citrus Heights

CITRUS HEIGHTS, CA (MPG) - HD Supply Home Improvement Solutions, the home improvement division of HD Supply, with more than 32 years of experience providing home improvement products and building materials to “Do-It-Yourself” customers, remodeling contractors, and tradesmen, opened its 12th store, located at 7999 Greenback Lane in Citrus Heights.

The new 46,000 square-foot location will allow customers to help themselves to more than 400,000 home improvement products with competitive prices, fast transaction time, and convenient hours. The new store format features the use of smart phone technology to provide complete product information on features and benefits using Quick Response (QR) codes on every item.

“We are excited to expand into Citrus Heights. We look forward to providing the market with a much needed, low cost, home improvement products store that offers a whole new shopping experience,” said Cate Solomon, marketing director of HD Supply Home Improvement Solutions. “Our customers are fiercely loyal because we always have what they need, when they need it, at the best prices.”

The store opened on Wednesday, October 15th, and the opening celebration with community leaders, HD Supply leadership, and suppliers was held at the new location on Friday, October 17th. For more information on the new facility, please visit the store at 7999 Greenback Lane or go to www.hdsupply.com. ★

Source: HD Supply Home Improvement Solutions



HD Supply Home Improvement Solutions opened its 12th store on Wednesday, October 15th, and the opening celebration with community leaders, HD Supply leadership, and suppliers was held at the new location on Friday, October 17th. The new 46,000 square-foot Citrus Heights location will allow customers to help themselves to more than 400,000 home improvement products with competitive prices, fast transaction time, and convenient hours. Photo by Shauna Boyd

MillerSchoolBoard

“I’ll work with the community to find a solution for Sylvan Middle School that does not disrupt the lives of families and students at Carriage and Citrus Heights Elementary.”

Michael Miller | San Juan Unified
MILLER SCHOOL BOARD
Parent | Local Business Owner | Former Teacher

Historic Rusch House and Gardens Gets Late Spring Cleaning



A team of family and co-workers from Watt Communities descended upon the Rusch Home and Gardens on October 11 to spruce it up for visitors and for fall and winter facility rentals. From left to right: Jack von Quilich, Kevin Webb, Division President Watt Communities; Karla Webb; Mike von Quilich, Watt Communities construction manager; Diana Murphy; Jared Murphy; Anne Stamas, Natalie von Quilich. Photo Courtesy of Sunrise Recreation & Park District

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Two dozen men, women and youth gathered on October 11, 2014 to perform a labor of love to help beautify and preserve one of Citrus Heights’ oldest and most elegant residences, the Rusch Home and Gardens.

Located in Rusch Park on over two acres of land off of Antelope Road near Rosswood Drive, the home is surrounded by a lush landscape of heritage oaks, shrubs and heritage rose bushes (Bourbons, Joseph’s Coat Climbers, exquisite miniatures), many which have been thriving there for over 100 years.

A chance reading of a news story in the Citrus Heights Messenger TELLING OF on this volunteer workday brought Mike von Quilich of Watt Communities, a construction

company, and his team of volunteers to the park. They descended on the landscape and home and made short shrift of the overgrown grounds and dusty interior of the home.

Kim Sparks, a long time supporter of SRPD was also on site working her green thumb for the cause. Sparks is founder of Paws for Cause Volunteer Group and a sponsor of the ‘Second Chance Sunday Animal Rescue and Park Enhancement’ events. Sparks combines her love of animals and parks by raising funds at her pet adoption events and using those funds to support parks.

The Rusch Home is a State Site of Historical Interest. Its location is rich with California history. This rich history makes it even more important to maintain and preserve what is now the heritage of our city. Volunteers worked for over three hours

in the 2-acre rose garden and grounds surrounding the home. All areas were in need of clean up and maintenance. Volunteers did major trimming, pruning, weeding, and removal of leaves and yard waste. The dozens of rose bushes got the care they needed. Other volunteers re-anchored and secured garden archways on the property.

The interior of the home was cleaned and all the wood, trim doors and cabinets throughout the 1,700 square feet were polished.

The home and gardens are available for small group events, and future plans are for it to be available for larger groups, the creation of a history museum, and educational opportunities for schools.

The site of the present home and grounds sits on part of the original 480 acres purchased

in 1858 by a German immigrant couple, Frederick and Julie Heimroth Volle. The Volles traveled across country in a covered wagon with 11 children and settled in Citrus Heights, then known as ‘Sylvan’. Fred and Julia Rusch were grandchildren of Frederick and Julie Volle. They were raised by their grandparents and stayed with them after their mother Louisa died and father, Herman moved to Oregon with their two sisters. Fred Rusch was only 18. He continued to run the farm while his sister Julia and grandmother maintained the household.

In 1914 the Volle’s home burned to the ground. The present home is a Craftsman, ordered from the Sears catalog. The home was delivered in a large kit with instruction on how to assemble at the site where it now sits. One historic feature is the built-in Murphy bed, which opens out of a wall in the parlor.

In 1916, shortly after the home was completed Fred and Julia’s grandmother died and left them the home and property. In 1951 the Ruschs donated 15 acres of land to the county. This eventually became Rusch Park along with the formation of the Sunrise Recreation and Park District (SRPD). In 1964 more acres were added and in 1977 the home, gardens and heritage oaks were added to the park. Rusch Park now covers 53 acres.

This gift to the people of Citrus Heights will continue to serve generations to come with ongoing care and attention to its preservation by those who benefit from what it has to offer.

To rent the home and gardens or for a tour contact the administrative office at (916) 725-1585.

To volunteer to help maintain the rose gardens contact park supervisor Wayne Edmondson at wedmondson@sunrise

Source: Sunrise Recreation and Park District

RT Thanks Riders and Celebrates Ride Transit October Wiley Greet Customers During Ride with the GM

SACRAMENTO REGION, CA (MPG) - During the month of October 2014, the Sacramento Regional Transit District (RT) will conduct outreach activities and promotions to show appreciation for current riders and to encourage new riders to discover the benefits of taking transit.

The Ride Transit October campaign will feature Fun Fridays at the RT Customer Service and Sales Center (located at 1225 R Street) where customers can take a spin on the prize wheel with purchase (October 3rd, 10th, 17th, 24th, and 31st), a “Why Do You Ride Transit?” social media contest where riders will have the opportunity to post to win an RT Basic monthly pass, a social media #TransitTrivia contest on Tuesdays (October 7th, 14th, 21st, and 28th) with chances

to win prizes, and Customer Appreciation Days when RT staff will greet customers on random routes throughout the system.

Mike Wiley, RT General Manager/CEO, will also be out on the system riding buses and light rail trains as part of the annual “Ride with the GM” promotion. Wiley, who regularly rides the system, will interact personally with passengers to answer questions and listen to feedback about RT’s service. Riders are encouraged to check his travel itinerary each week at sacrt.com.

Check RT’s website at sacrt.com throughout October for a complete calendar of events or follow RT on Facebook or Twitter for updates.

Source: Sacramento Regional Transit

Popular 311 Number for County Nears One Year Anniversary

Continued from page 1

- service
- Graffiti
- Illegal dumping - garbage, trash
- Potholes
- Tobacco - selling to minors
- Ditch cleaning
- Street light issues

Street sign down

Tree trimming in public right-of-way

The next time you see a broken street light in the County or any of the other services listed, don’t hesitate to use 311 Connect.

Source: Sacramento County



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Buying a new appliance? Check with us first. Right now, you can get \$75 back on a new energy efficient washing machine with a SMUD rebate. Plus, when you replace an old appliance with a more efficient model, you’ll be using less electricity every month. And that means even more savings for you and our community.

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Publisher,
Paul V. Scholl

Citrus Heights Messenger

“Written by the people, for the people”

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Boos and Brews Go Pop



In spooktacular attire, the Capitol Pops Concert band chilled at a recent Citrus Heights performance. Kurt Pearsall (reclining in front) directed the ensemble. Right: pageant winners Tamara Barbu-Brown (Snow White), Shadi Rezaie, Tonya Perry, and music fan Kaylynn Adams-Geri (8) enjoyed the Halloween theme.

Story and photos by Susan Maxwell Skinner

SACRAMENTO, CA (MPG) - Continuing a three year tradition at the Citrus Heights Community Center, the Capitol Pops Concert Band recently delivered a program part Oktoberfest and part Halloween; the event was aptly heralded as “Boos and Brews.”

Musicians and audience members came in Halloween costumes or German attire. Patrons supped heartily on sausages and sauerkraut, wine and

beer. Hosting the event, the 60-piece Pops ensemble performed macabre hits ranging from chilling James Bond scores to the Spiderman theme. German polkas and drinking music augmented seasonal motifs.

A highlight was a performance to Michael Jackson’s “Thriller,” starring scores of young zombies from the Creative Connection Academy (North Highlands) dance team. The program marked the bandstand debut of Pops’ director Kurt Pearsall, a music educator who lately took

the baton from retiring conductor Jerry Lopes.

Sharing the spotlight was the Sacramento Capitolaire Men’s Chorus. Volunteers included local beauty contest winners under the aegis of pageant director Tamara Barbu-Brown.

The free festival raised funds through food and beverage sales. Proceeds will assist the Citrus Heights Kiwanis and Capitol Pops Band programs.

Learn about future Capitol Pops performances at www.capitolpops.org. ★

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Family Fall Fair - Sat, Oct. 12pm - 2pm

- Special Sprouts booth with gift bags, special prizes and hand-outs
 - Free Pumpkin from the Pumpkin Patch for kids 12 and under courtesy of Sprouts Farmers Market
 - KZZO-FM (Now 100.5) mobile station and crew playing music and prize giveaways
 - Citrus Town Center booth with Cowardly Lion and prize spinning wheel
 - You could win a personal size pizza and soda courtesy of Round Table Pizza
 - Gift Card from Carter’s kids clothing
 - PetSmart Gift Card
 - Citrus Town Center specialty gifts and much more!
 - More Special Entertainment for the Kids!
 - Free Train Rides
 - Face Painting
 - Arts, Crafts, Games and More
 - Free Caricatures by John Denton (former Disney Artist)
 - Fright Planet booth with costume characters and prize spinning wheel
 - You could win special Fright Planet prizes or coveted passes to the Fright Planet Haunted Theme Park
- At the Family Fall Fair - Everything is FREE!



Make it your center.

Nothing says convenience like having a special shopping center close to you with easy parking and all the things you need. Enjoy shopping Sprouts Farmers Market and grabbing a bite to eat or picking up a new outfit. Citrus Town Center is the perfect neighborhood center to truly call... **Your Center.**



Sunrise Blvd & Greenback Lane
CitrusTownCenter.com

Complete listing of retailers and restaurants at Citrus Town Center

Apparel & Accessories
Carter’s
Dress Barn
Marshalls
Once Upon A Child
Red Wing Shoes
Skechers - **Now Open!**

Specialty Services
Bella Nails
I B Tan
SmileCare
Sunrise Chiropractic

Restaurant & Food Beverage Service
BevMo
Black Angus
La Fiesta Taqueria
Panera Bread
Pizza Hut
Round Table Pizza
Sprouts Farmers Market
Wendy’s
Wingstop

Specialty Retail
GameStop
Party City - **Now Open!**
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Rite Aid
Staples
Wig Galleria



Arcade Creek Park Preserve Holds Grand Opening Family Nature Activities and Ribbon Cutting Celebration



Citrus Heights, CA (MPG) - The Sunrise Recreation and Park District (SRPD) is excited to invite the community to the Grand Opening and Ribbon Cutting Celebration for the Arcade Creek Park Preserve, the newest park in the Citrus Heights area. The Grand Opening Ceremony will take place at 1 p.m. on Saturday, November 1st. Ribbon cutting and presentations begin at 1:30 p.m. The Arcade Creek Park Preserve features an extensive trail system with exercise equipment and play features throughout. Highlights include the areas first free public zip line, boardwalk, and nature area. The entrance of the Arcade Creek Park Preserve is located at 6377 Bonham Circle in Citrus Heights. The nearest cross streets are Sun Hill Drive and Sunrise Blvd. Source: Sunrise Recreation and Park District



RE-ELECT MAYOR MEL TURNER FOR CITRUS HEIGHTS CITY COUNCIL

The Right Choice for Citrus Heights Voters!

★★★★

A Four Year Record of Achievement

A Message from Mayor Mel Turner

Four years ago, you entrusted me with your vote to help turn Citrus Heights around. As your current Mayor and Councilman, I have worked hard to create new jobs, maintain financial stability at city hall, keep our neighborhoods safe, and ensure an honest and credible government that is solely accountable to you, the voter and taxpayer. Our efforts have been successful on all major fronts, and I humbly seek your vote once again to continue the progress that we are making to bring our city to the next level of greatness.

We owe our very best efforts to this important task so that our children will be left with a legacy of pride and accomplishment for the tough decisions that we have made during the economic downturn that kept us moving forward.

I love Citrus Heights ... its people, its neighborhoods, its children, and its future. I would be honored to win your vote once again, and I promise to never let you down.

Respectfully and gratefully,

MEL TURNER
Mayor, City of Citrus Heights

Paid for by Committee to Re-elect Mel Turner for Citrus Heights City Council 2014
7729 Chipmunk Way, Citrus Heights, CA 95610
ID#1327798



★★★★

PROUDLY ENDORSED BY:
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Councilman Steve Miller
Councilman Jeff Slowey
Doug Ose, former U.S. Congressman
Scott Jones, Sheriff Sacramento County
Bill Van Duker, Citrus Heights Incorporation Chairman
Citrus Heights Chamber of Commerce Political Action Committee




Mel and Connie Turner have been married for 37 years and have two children and five grandchildren. They have been proud to call Citrus Heights home for over 34 years.

Father ★ Educator ★ New Voice

VOTE Help me apply the experiences of my lifetime to help our children.

DR. MIKE MCKIBBIN
For San Juan School Board



THE CHANGE OUR STUDENTS NEED
THE VOICE THEY DESERVE

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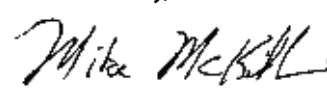
- ★ **CLASSROOM EXPERIENCE**
 - Parent Volunteer - 11 years
 - Elementary, High School, and College Teacher - 15 years
- ★ **COMMUNITY SERVICE**
 - Rotary International
 - Big Brother Program
 - Sacramento Book Drive
 - Relay for Life
 - Peace Corps Volunteer - India
- ★ **SCHOOL & DISTRICT GOVERNANCE**
 - School Site Councils (2 schools)
 - Curriculum and Instruction Committee - 8 years
 - Strategic Planning Team
- ★ **EXPERIENCE WITH BUDGETS**
 - Managed 1/4 Billion Dollar Budget over 15 years
- ★ **EXPERIENCE WITH EDUCATION POLICY & INNOVATION**
 - Created pathways into teaching for former military and second career professionals
 - Worked with teachers in 26 states develop engaging curriculum

If elected, I pledge to work to:

- ★ Create conditions where we produce students that are career and college ready, are well experienced in solving problems and have opportunities to demonstrate what they have learned.
- ★ Effective use of taxpayer funds to maximize resources, and allocate resources as close to the classroom as possible.
- ★ I believe that at the heart of improving schools and helping every student reach their potential is a lively, engaging curricula, and teachers who are engaged in the never ending process of encouraging their students.
- ★ Ensure that all students have access to high quality, technologically advanced materials to prepare them for the 21st century workforce.
- ★ I believe that we can provide better services to our special needs students including more focused services to our students on the autism spectrum, better transitions for students moving into regular classrooms, and better integration of career, social and life skills for all students.
- ★ To have safe and secure schools where every parent and community member feels welcomed, and are willing to contribute their time and their talents to create a community of learners.
- ★ In addition to assuring that all students have the foundational skills that they need, I want assure that our students have opportunities to solve problems and explore their creative talents.

Dear Friends,

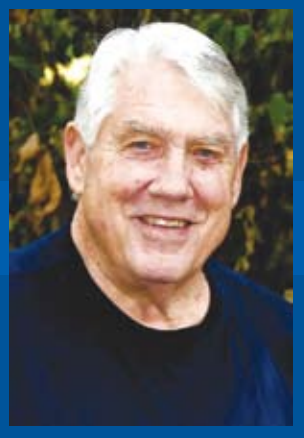
My experience as a teacher, parent of a current San Juan student, and my work in teacher development and school improvement provides me with a unique set of skills that I would like to apply in this district as we face a pivotal time for this district and all our children. My experience in classrooms as a teacher and a parent volunteer has taught me what it takes to engage students in their learning. My work on San Juan Advisory Boards and School Site Councils has taught me how this district functions. My years of management and oversight of large budgets at the state level has taught what it takes to be a careful steward of public funds. My work and research on school improvement and teacher development has helped me understand what needs to be in place for high quality schools and teachers to flourish and create conditions where students expand their intellect, find their purpose and their passion, and explore their God-given talents. I understand the challenges confronting this district; I want to be part of the solutions. I ask for your vote.

Yours Sincerely,

Mike McKibbin

San Juan Water Board

SAVE OUR WATER!
Every Drop Counts!

Re-Elect Bob Walters
A Proven Leader
Experienced Problem Solver



Vote November 4th, 2014

Family Fall Fair Co-Sponsored by Sprouts Farmers Market at Citrus Town Center

CITRUS HEIGHTS, CA (MPG) - Citrus Town Center at the corner of Greenback Lane and Sunrise Blvd. in the heart of Sunrise MarketPlace in Citrus Heights, will be the place to be on Saturday, October 25th from Noon until 2 p.m. With a change to crisp fall weather, Citrus Town Center has planned an incredible fall celebration event for the local community and regular shoppers.

Co-sponsor Sprouts Farmers Market will be hosting a booth with fabulous goodie giveaways, special handouts, and is sponsoring the Pumpkin Patch, which offers one free pumpkin to all kids ages 12 and under (while supplies last) in the hay grove sponsored by Western Feed and Pet Supply. For the 13 and over crowd, enjoy the music provided

by Radio station Now 100.5 KZZO-FM. The Now 100.5 crew will be on hand to give away special prizes and keep the crowd moving to the beat!

Costumed characters will be located at the Fright Planet booth where you can spin the wheel to win prizes including pairs of highly-coveted tickets to the Fright Planet Haunted Theme Park. Check out the Cowardly Lion at the Citrus Town Center booth, where another spinning wheel will give you a chance to win great prizes like a personal size pizza and soda courtesy of Round Table Pizza, gift cards from Carter’s Kids Clothing, PetSmart gift cards, and so much more!

Looking for entertainment for the kids? How about a free train ride, face painting, fall-themed

arts, crafts, and games, plus free caricatures provided by John Denton, retired Disney artist.

There’s nothing like fall to get you in the mood for pumpkins, costumed characters, and so much more—and it’s all happening during the two-hour Family Fall Fair co-sponsored by Sprouts Famers Market at Citrus Town Center. Citrus Town Center is conveniently located at the corner of Sunrise and Greenback, with plenty of free parking and hours of fun and entertainment all for you on Saturday, October 25th from noon until 2 p.m. For more information and additional details, please check out Citrus Town Center on Facebook. See you there! ★

Source: Hall Market Media

SCOE Launching School of Education Programs will Provide Pathways to Teaching and Leadership

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Office of Education (SCOE) is proud to announce the establishment of the SCOE School of Education. The school will offer new teachers and top quality candidates an alternative pathway to the classroom and provide aspiring administrators with essential support needed to become successful school leaders.

The SCOE School of Education is comprised of two divisions: Teaching and Leading. The Teaching division houses the Intern Program and BTSA (Beginning Teacher Support and Assessment). The Leading division is housed in the Leadership Institute, which is a collaboration with local school districts that prepares and supports aspiring education leaders as well as current administrators.

“We are looking for high-quality candidates to staff our classrooms,” said David W. Gordon, Sacramento County Superintendent of Schools. “The SCOE School of Education will prepare new teachers and administrators to meet the needs of both the current and next generation

of students and families in the Sacramento Region.”

The SCOE School of Education will offer a two-year Intern Program as an alternative pathway to either a Single Subject Math/Science or a Multiple Subject credential by offering an accelerated entry to teaching. Colleges and universities, or an approved LEA may sponsor these programs. SCOE is a CTC (Commission on Teacher Credentialing) accredited provider.

A college degree is required for those applying for the Intern Program, which is well suited to: second-career professionals; para-professionals with some teaching experience; recent college graduates in content areas experiencing a shortage of teachers such as Math and Science; and candidates unable to pursue traditional teacher preparation programs.

“The SCOE Intern Program combines practical, relevant coursework with on-site support and mentoring,” said SCOE School of Education Executive Director, Dr. L. Steven Winlock. “We recognize that our candidates bring a wealth of prior experience to the program and our courses

are designed to link educational theory with best instructional practices.”

Support for SCOE intern teachers will be provided through a collaborative partnership between the school district and the SCOE School of Education. A mentor teacher (from the district) will provide on-site peer coaching. Field supervisors and faculty from the SCOE School of Education will provide ongoing coaching through planned observations and consultations during regularly scheduled site visits.

The Leadership Institute offers CTC approved programs for preliminary administrative credentials and clear credentials. The Institute received a prestigious Golden Bell Award from the California School Boards Association in December 2013.

For information on how to apply to the SCOE Intern Program, upcoming Informational Sessions, and additional information, visit the SCOE School of Education website.

Source: Sacramento County Office of Education ★

Improving the Hybrid Cooling System

SMUD and Synectics Merging Evaporative Cooling and Conventional AC to Improve Climate Control

SACRAMENTO REGION, CA (MPG) - The Sacramento Municipal Utility District (SMUD) and Synectics, an environmental services and information technology company, are collaborating on a new approach to more efficiently manage climate control in the office.

Synectics is repurposing a warehouse for use as office space. The challenges are obvious: warehouses are made for storing things and not for housing people working all day, especially during the summer. Cooling the space for comfort can be very expensive, which impacts the bottom line. Add to Synectics’ challenge a server room that generates a lot of heat. Conventional air-conditioning systems must work harder because their efficiencies decline as temperatures rise just when cooling is most needed.

SMUD research and development, and business customer experts from SMUD’s Savings by Design program came up with a set of solutions that is helping Synectics realize 80 percent

savings on their energy bill. The most exciting aspect is the new type of cooling system SMUD suggested, a technology being tested at other businesses.

The new technology is called Climate Wizard, which uses indirect evaporative cooling. Climate Wizard borrows from tried and true “swamp cooler” technology but with very high efficiency and no added humidity— particularly important since Synectics is located near the confluence of Sacramento’s two rivers. Five Climate Wizard units were installed, two of which are coupled with the existing conventional air-conditioning system. This approach makes it easier and less expensive to meet cooling requirements, and it reduces wear and tear on the conventional air conditioning.

The next step was to beef up the building’s envelope, particularly the insulation under its roof and in its walls. The installation of a clerestory window improves passive lighting in the company’s coffee shop, which helps to further reduce energy costs.

In cooler months, the heat being produced in the server area will be circulated through the building to warm it, lowering the winter energy bill too.

Climate Wizard has been shown to be ideal for industrial applications. The technology has been delivering significant energy savings at Tri Tool, Inc. in Rancho Cordova, which is the first project test of a 60-ton, 24,000 cubic feet per minute indirect evaporative system in the United States. The Climate Wizard system has been designed to provide supplemental cooling in the plant production area. It supplements the 90-ton HVAC unit that was ill-equipped to handle the entire cooling function for the facility. Since installation last spring, the facility is enjoying many benefits including fresh cool air, improved air quality and overall energy reduction and cooling without any additional moisture in the building. Post-monitoring data for the project is validating the benefits through the past hot summer.

Source: SMUD ★



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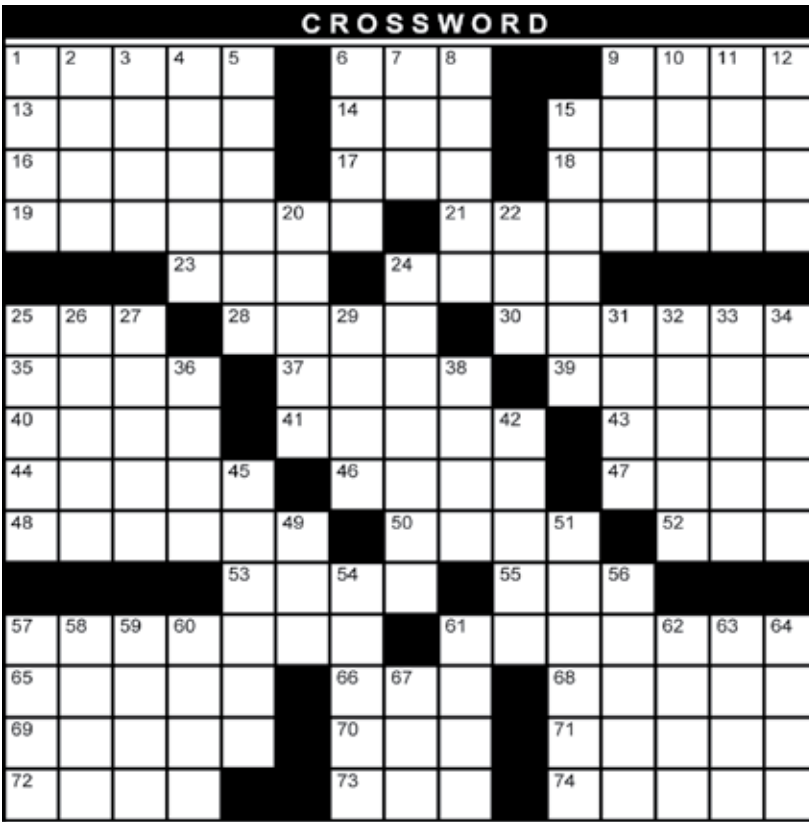
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ACROSS

- Range
 - Group of exercise reps
 - A large number or bunch
 - "I am _____, hear me roar"
 - In the past
 - Bilbo Baggins' land
 - Eye opener
 - Negative conjunction
 - Dip a _____ the water
 - *Team with most World Series titles
 - On the shore
 - If you do this you shall receive?
 - Type of Asian food
 - On most pants and skirts
 - High fidelity
 - Elevated box
 - October birthstone
 - Winningest Super Bowl coach
 - Run off, as in couple
 - Have the blues
 - Russian prison
 - *Go to extra innings when the score is this
 - "Bravo! Bravo!" e.g.
 - Strong review
 - Spanish Surrealist
 - Kind of monkey
 - *1972 World Series MVP, _____ Tenace
 - Newsman Rather
 - Easy to pull and hard to push
 - Rub the wrong way
 - *First non-U.S. team to win World Series
 - *First World Series losers
 - Dodge
 - *1925 World Series hero and HOFer, _____ Traynor
 - Put up with
 - *A hard hit ball
 - Funerary vase
 - Fiji's neighbor
 - *2013 World Series ended with one for Cardinals
 - Teacher's _____
 - Atones, archaic
- #### DOWN
- Like a tree in the wind
 - RC, e.g.
 - Yemen's neighbor
 - Winter wear
 - Catch in a net
 - "Without" in French
 - Freudian topic
 - Pentateuch
 - Pest command
 - In _____ of
 - Sportscaster _____ Andrews
 - Second one's way
 - *Reason for 1994 World Series cancellation
 - Increasing or adding to, often used with "out"
 - C02, e.g.
 - Farmland under cultivation
 - *Reggie Jackson's forte
 - Geologic period
 - Syrup flavor
 - *Minimum games played in modern World Series
 - Big Bang's original matter
 - Sheep or buffalo, e.g.
 - Met's offering
 - Xe
 - Grassy land tracts
 - Cleanse or wash
 - Genius, pl.
 - *_____ Field, where Braves hosted 1999 World Series
 - Chronic drinker
 - Misprints
 - *When it landed in 1996, Yanks were champs
 - Shish _____
 - Be a snitch
 - Hodgepodge
 - *You need more than opponent to win a game
 - Lyric poems
 - Closely confined
 - Like Tim of "A Christmas Carol"
 - U2 guitarist
 - Red one and Yellow one, e.g.
 - Anger or wrath



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

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

That faint noise you hear is the sound of pint-sized spooks, ban-shees, and vampires gathering on your lawn. They will soon be knocking at the door plastic pump-kins outstretched. Spare yourself the tricks and go ahead and give up the treats—the unhealthy, sweet, nougat-filled goodies in your cupboard.

Keep your stinking apples, raisins, toothbrushes, and granola bars. Cavity creating sugar; hyper-activism inducing chocolate; gut busting high fructose corn syrup: This is what the ghosts and ghouls want. In a few short years the tykes will have to turn in their costumes, so don’t deprive them of this rite of childhood passage.

This doesn’t mean adults don’t get in on the fun. Americans spend nearly \$3 billion each Halloween, not on adorning their children for the festivities, but on themselves. Adults love to play dress-up, it would appear, and not just in October.

We all hide behind masks, masks we have worn for so long, we forget the real person who lurks beneath. We so over-iden-tify with our dress-up characters, that is the roles we play in life,

The Trick to the Treats

that when the roles change—and they will change—we experience miserable frustration.

How many middle-aged men and women do you know who are in wretched condition because they are no longer the young, ath-letic, studs and cheerleaders on campus? That used to be their identity, but now it is gone, and they don’t know how to live with-out it. If you are an athlete, you are not going to be unable to com-pete forever; what then? If you are an accountant, one day you will lose your mental fortitude; who are you then? If you are a teacher, budget cuts could put you out of job; what is beneath your mask?

On and on it goes. Mother, husband, Methodist, physician, American, artist: We can play any of these roles, healthily and with fulfillment, so long as we remem-ber that they are temporary. These are all just masks we wear. If we are shackled to these masks, mis-taking them for the real person beneath, we will be shattered to pieces when the time comes to put them away; or when life inevita-bly takes them from us.

One year my son dressed as the cartoon spaceman Buzz Lightyear for Halloween. It was fun—“To infinity and beyond!”—and that’s about how long I thought the boy would wear the costume. In his mind, this wasn’t a temporary role he was playing. Buzz Lightyear was who he really was, his iden-tity. That was okay for a while, but it reached unhealthy limits.

“No, you can’t take a bath as Buzz Lightyear. Take the costume off,” I would say. “I’m sorry, you

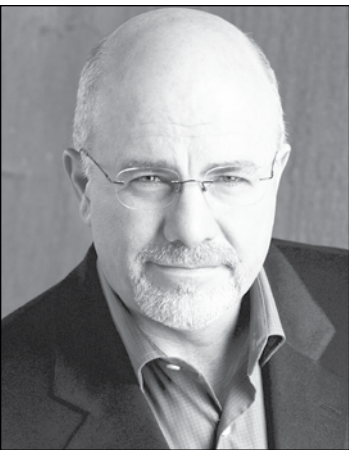
can’t be Buzz Lightyear at school. It will distract the other students,” and he would protest. “No, you can’t wear the Buzz Lightyear costume to Aunt Inez’s funeral!” You get the idea.

Every time he had to lay aside his costume and mask, it was the proverbial end of the world with weeping and gnashing of teeth. It was as if he was losing himself, as if he didn’t know how to live apart from that imaginary facade. Of course the real him was beneath that rayon spacesuit—everybody knew it—except him.

This is a common affliction. We build these dramatic images of ourselves, who we think we are, who we should be, what we should accomplish, and once constructed, they have to be main-tained and protected. We have to live up to our own billing, never letting a tear or a crack show in our veneer, and the mask to which we cling slowly becomes a prison. We go through life kicking and screaming every time a perceived threat begins to pull at the hem of our make-believe cape.

Here’s a better way: Fulfill the roles that God, fate, or life has assigned to you. Fulfill them with gusto. But never accept the masks you must wear as a substitute for the person you really are; that’s the trick to a sweet life. ★

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.



School’s on the Horizon

Dear Dave,

My husband will be leaving his full-time job in a year so that he can go back to school full-time and finish his degree. We’ve both agreed this is what we want to do, but it means that we’ll go from a yearly income of \$90,000 to \$45,000. We’ll have tuition assistance from my job and his veteran’s stipend to help pay for things, plus we’re debt-free except for our house. But in this scenario, once we complete Baby Step 3 should we move directly to Baby Step 4 or continue saving?

- Erin

Dear Erin,

I think this is a good plan, as long as the two of you are on the same page and you’re willing to save like crazy for the next year and beyond. Even with help from your employer and his stipend you’ll still have some expenses, so you’ll have to be ready.

Once you complete Baby Step 3, which is having three to six months of expenses set aside as an

Dave Says

emergency fund, Baby Step 4 is usually starting to invest 15 percent of your income toward retirement. In this case, while he’s finishing his degree, you’re not investing for retirement directly but you are investing in your husband and your future together. That’s a great investment, by the way. As long as he’s studying something that has marketplace application, you’re setting the stage for him to make back the money put into his degree and much more.

If that’s the plan, and he’s not off pursuing a Ph.D. in something like German polka history, you two are making a great investment. So work hard now, cut all the cor-ners you can and pile up money so you two can get through his time in school!

- Dave

Selling a Car with a Lien

Dear Dave,

How do you sell a vehicle with a lien amount that’s higher than the actual value of the car?

- Miranda

Dear Miranda,

First, you have to find a way to cover the difference between the amount of the lien and what you can get for the car. Let’s look at an example.

If the car is worth \$15,000, and you owe \$18,000, that would leave you \$3,000 in the hole. How do you get out of that car? The

bank holds the title, and until you give them the payoff amount of \$18,000, you’re not getting the title. The easiest and simplest way would be if you had \$3,000 on hand to make up the difference. But if someone comes along and buys the car from you for \$15,000, you’ve got to be able to cover the remaining \$3,000, right?

Barring the best-case sce-nario where you actually have the money, you could go to a local bank or credit union and borrow the remaining \$3,000. I hate debt, but being \$3,000 in the hole is a lot better than \$18,000 in the hole. Then, you could turn around and pay back the \$3,000 quickly.

After that, you’d give the total amount owed to the bank. They would give you the title, and you sign it over to the new owner. That’s how it works!

- Dave

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



By Pastor Ray Dare

Have you been under stress lately? What’s been weighing you down? A problem, a pres-sure, a conflict and you feel like you’re about to lose it because of the pressure in your life. Life has a way of wearing us down. Unexpected, uncontrol-able things happen and we get stressed. How do we reduce the pressure in our life when we feel overwhelmed?

The secret to reducing the pressure in your life is found in a single statement by Jesus. He says, “*Come to Me all you who are weary and carrying heavy burdens and I will give you rest. Take My yoke upon you...you will find rest for your souls for my yoke is easy...*” *Matthew 11:28-30* The Bible says to de-stress, do these three things:

Turn to Christ. Not to a pill. Not to a drink. Not to a laxative. Not to food or TV or any other form of escape. Jesus says if you want to lower your stress you

How to De-Stress

must first, “Come to Me.” How do you do that? You get alone together with God. You find a quiet place without interruptions, read the Bible (I recommend Psalms), you pray about those things stressing you, listen to calming worship music, and all of a sudden your focus begins to shift from your problems to His power, from your circumstances to His control, from your situa-tion to His sovereignty.

Give up Control. Next, He says, “*Take My yoke upon you.*” A yoke is a wooden frame that joins two farm animals together. The purpose of the yoke is to make your load lighter, because the load is shared in a partner-ship. A partner comes by your side and helps you carry your load. Jesus says, ‘I want to be your partner through life, I want to help you carry your burdens.’ See, the reason we get stressed-out is we try to carry things ourselves. Yet God didn’t make us to live that way. He didn’t wire us to handle the stresses of life by ourselves. That’s why we get head-aches and neck-aches and insomnia when we try to carry things ourselves.

Jesus says, “*My yoke is easy*”. Question: Have things been easy in your life? If you are feeling overloaded right now it means one thing. You’re not properly connected to Christ. Oh sure, you

may be on your way to heaven but you’re going there stressed out! Any time you get under stress it means this – you have come to Christ, but you have not given Him control. You are not properly yoked. You’re carrying the load by yourself. You must give up control, then you...

Learn to trust. Jesus said, “*find rest*”. Rest happens when you trust. You stop trying and you start trusting. Trust that He knows what’s best for you. Trust that He’s with you and promised never to leave you or forsake you. Trust that He knows what’s happening in your life and He knows how to bring good things out of bad things. Trust that He sees your future and promises that He has a good plan.

Come to Christ, give up con-trol, learn to trust. Come to Christ, give up control, learn to trust. Come to Christ, give up control, learn to trust. If you have to say that fifty times a day for it to sink into your heart, do it! Because that is the secret to stress-free living. ★

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ENERGIES OF LOVE PART I

Can energy medicine help to keep your relationship thriving? **Donna Eden**, a pioneer in the field of energy medicine and Clinical Psychologist **Dr. David Feinstein**...also husband and wife...tell us how to in “**The Energies of Love**” using energy medicine. We all have differ-ent ways of making sense of the world around us so they gave me a breakdown of the different ways we make sense of that world when faced with conflict, especially with those we care about most. We tend to revert to one of four ‘Energetic Stress Styles.’

1) VISUALS. They are extremely passionate and inspire others to care about the things they care about, but in moments of conflict. Their take on the situ-ation can overshadow what is actually occurring, undermining their ability to empathize with their partner.

2) KINESTHETICS. They are generous, compassionate, and

POPPOFF!

with Mary Jane Popp

accepting of other people, but their caring nature pulls them in too many directions. They try to meet others’ needs at the expense of their own, which can cause mounting resentment.

3) DIGITALS. They are ratio-nal and principled and have a gift for quickly understanding complex situations, but they can become closed to others’ perspec-tives and feelings.

4) TONALS. They have a gift for understanding others and their dilemmas, but during moments of conflict, their ability to read between the lines can morph into hearing what was never said, felt, or thought.

A relationship begins with the meeting of two unique energies. This union of energies, though invisible, determines the way you communicate, fight, love and want to be loved. So Donna and David drew on their experience counsel-ing couples in their “**Energies of Love**” workshops, as well as their own relationships as a husband and wife team, to show how an understanding of your energy sys-tem and that of your partner can help you build a more harmoni-ous and loving bond. Their book provides a map of those invisible energies that impact your rela-tionship. Besides, they told me love gives you energy, as well as zest, confidence, happiness, health and vitality. Love puts

years on your life, and as myste-rious as love seems, it operates according to principles that can be understood. Did you know that there is an inescapable dynamic that “before your bodies touch, your energies meet?” Seems like ancient disciplines got it...like yoga, qi gong, and acupuncture as well as by contemporary phys-ics and consciousness studies. And here’s one better. According to this dynamic couple, the prac-tices they profess can be applied to professional, familial, and other types of relationships too. They told me that this is not just some abstract energy out in the uni-verse. The differences in your energetic make-up cause you to express caring in different ways from one another, to communi-cate differently, and to want to be appreciated differently.

So, if you can begin to under-stand these energetic differences between you and your boss, or you and your child, or you and your best friend, those relation-ships can enter new dimensions of pleasure, satisfaction, and mutual support.

This gives you a brief synop-sis of who you are, but next time, **Donna and David** will share ten practical tips with us that will get us going. Check out www.theen-ergiesoflove.com. Now go analyze yourself, and I’ll check in with you in Part II of “**The Energies of Love**.” ★



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Chili Cook-off Benefits Youth Impacted by Domestic Violence

Continued from page 1

secret, she replied, “patience,” and allowing her chili to simmer for an undisclosed period of time.

Entry No. 7 belonged to Gloria Martinell (A Community for Peace). She could not be reached for comment, but it is rumored a rematch is expected for next year.

Proceeds from this event will go to A Community for Peace’s 4 Kids Sake children’s Christmas gift program. Approximately 35 children, from birth to 17 years, participate in this playcare service for children who have been exposed to domestic violence. The Citrus Heights Women’s Club will use funds raised to purchase Christmas gifts for these children.

Funds raised by this event

are crucial to ACFP because of tight restrictions on how they are allowed to raise money for their programs. According to Donna Van Dolah, Family Violence Specialist with ACFP, they are not eligible to apply for funding from sources such as grants and gifts from corporations and others organizations since the children served by this program are protected by the state and rules of confidentiality. Applications for these funds often require personal and private information about their clients which they are not allowed to provide.

An important aspect of this event was the volunteers provided by Kohl’s stores. Kohl’s Cares – Associates in Action, is a fundraising program for 501(c)(3) nonprofits that work with children from birth to 18 years and

must-have programs to improve their health or education. 10 volunteers from the Citrus Heights and Folsom Kohl’s stores worked three hours each and kept things moving smoothly. Following the event, Kohl’s provided a grant of \$500 from each store in support of their volunteer’s work.

Not all requests to Kohl’s for volunteers can be filled, but their associates say the number one reason why they volunteer is “someone asked.”

For more information and to make a private donation to A Community for Peace, or for information on the GFWC Citrus Heights Women’s Club, call (916) 751-1918. For information on the Kohl’s Cares program, go to www.kohlscorporation.com.★

Sources: A Community for Peace and Kohl’s Corporation

Failures in Math and Science Education Beginning to Add Up

By Dick Resch

SACRAMENTO REGION, CA - Americans could use a crash course in math. According to a new study from the Brookings Institution, jobs in science, technology, engineering, and math are vacant for more than twice as long as non-STEM positions - largely because employers can't find people with the requisite math and science skills to fill them. In fact, high school graduates with STEM skills are in greater demand than college grads without them.

Our nation's schools simply aren't producing graduates with the level of numeracy needed to succeed in today's economy. To change this, we must change the way we teach math and science. By replacing passive, lecture-based styles of instruction with an alternative that more actively engages students in the learning process.

Conventional approaches to math and science education are failing. Twenty-nine nations or other jurisdictions outperform U.S. students in math, according to the latest rankings from the Organization for Economic Cooperation and Development, an international think tank.

Only one-quarter of American twelfth-graders is proficient or better in math. The average eighth-grader is below proficient in science.

Such consistently poor performance threatens our entire economy. American firms, including my own, can't find

the employees they need to grow and compete. By 2020, the shortage of skilled workers with postsecondary degrees will reach 5 million, according to the Georgetown University Center on Education and the Workforce.

Since President Obama proclaimed STEM education a "national priority" back in 2009, American students have actually fallen behind many of their foreign peers.

Reversing these discouraging trends will require a radically different approach to science and math instruction. Fortunately, there's evidence that just such an approach - called "engaged learning" - can deliver the improvement our nation needs.

Engaged learning empowers students to play a more active role in knowledge acquisition - in other words, "to learn by doing." The technique involves a combination of reading, writing, discussion, personal reflection, and interaction with technology.

School systems are increasingly partnering with the firm I lead, KI, to design and build learning environments that encourage collaboration and discussion. In these classrooms of the future, students work in small groups while instructors move around - interacting with groups of students, posing questions, provoking discussion, and offering individualized help and coaching.

The results of this approach have been impressive. For instance, 14 colleges, including

North Carolina State University and the University of Central Florida, implemented an engaged-learning program known as SCALE-UP for some larger undergraduate classes. Across all the schools that participated, SCALE-UP classes saw a significant reduction in failure rates, as well as marked improvements in conceptual understanding and student attitude.

SCALE-UP didn't just help students avoid failure. Those in the top third of the class experienced the biggest improvements.

The University of Minnesota experimented with engaged learning by teaching the same biology course in two different environments: a traditional lecture hall and an "Active Learning Classroom" outfitted with glass marker boards, group table seating and shared large-format computer monitors.

Students in the conventional setting performed exactly as their ACT scores predicted they would. But those in the Active Learning Classroom scored nearly 30 points higher than their standardized test scores forecast.

Without a dramatic overhaul of math and science instruction, American students will continue to lag behind those in the rest of the world. Engaged learning strategies have proven successful in boosting student achievement quickly and dramatically.

It's time to embrace this approach to education, and take our students - and our economy - to the head of the class. ★

F-Rated Fiscal Records For Eight U.S. Governors, Including Brown

Commentary from Taxpayer Education Foundation

The Cato Institute released its 12th biennial fiscal report card earlier this month regarding the budget records of America’s governors from January 2012–August 2014. The governors of Minnesota, Oregon, Delaware, Washington, Illinois, Massachusetts, Colorado, and California received F ratings as America’s most egregious taxing-and-spending chief executives, with the records of Quinn (IL-D), Patrick (MA-D), Hickenlooper (CO-D), and Brown (CA-D) rounding out the bottom of the list of the forty-eight administrations.

Reviewing the records of short-term taxing and spending trends helps taxpayers gain insight into the anticipated direction of their state’s long-term fiscal solvency and how the state’s policies affect the economy.

Gov. Brown (CA-D) has the distinct dishonor of earning the lowest F rating among the eight failing governors. Gov. Brown has consistently pushed for numerous hefty tax increases during his tenure, including his 2012 plan to swindle California taxpayers out of an additional six billion dollars annually, which included a hike in the individual income tax rate to 13.3 percent.



Governor Edmund G. Brown Jr.

Gov. Brown’s spending record is equally poor, proposing increases that average 6.8 percent annually in the last three years, more than twice the national average during that period. Like his peers, Gov. Brown has supported many questionable spending projects, including a corporate welfare scheme disguised as a viable high-speed rail system. All of this does not even include the skyrocketing of California’s general fund spending from an austere eighty-six billion in 2012 to an unbelievable one-hundred and seven billion by next year.

Considering that these eight states still have massive debt problems and billions amassed in unpaid bills, it is not farfetched to presume that their legislatures

will continue their ill-advised plans to expropriate more wealth from the taxpayers if they do not face fervent resistance. Short-term proposals by government officials are simply delusional political ploys whereby bureaucrats essentially set taxpayer dollars on fire to perpetuate the state’s game of smoke and mirrors, all in a desperate attempt to reinvent basic economics by trying to tax and spend their way to prosperity.

Taxpayer Education Foundation is committed to pulling back the curtain on the Tax Villains hiding out in state houses across America, exposing these accounting illusionists for their fiscal recklessness. Readers are encouraged to learn more and look over the Cato Institute’s full Fiscal Policy Report Card on America’s Governors 2014, comparing the different approaches toward fiscal policy and identifying which are complete failures and those which can best lead to less government and more liberty for all individuals.

The Taxpayer Education Foundation (TEF) is a 501(c)(3) non-profit organization whose mission is to educate taxpayers on the methods and effects of government taxes and spending. ★

Sacramento County DA Reports

Recent cases of interest



CASE: Curtis Holford (08/15/14)

PROSECUTOR: Deputy District Attorney Nancy Cochrane, Special Assault & Child Abuse Unit

District Attorney Jan Scully announced today that Curtis Holford was convicted by jury of two counts of sexual assault against a child under the age of 10.

Holford was in Avenal State Prison serving a sentence for possession of child pornography. While in prison, he obtained a cell phone and began corresponding with the mother of the victim who was four years old. Holford convinced the mother to perform sexual acts with her son, which she did and then sent photographs to Holford.

The mother disclosed some information to the child’s counselor, which led to an immediate investigation by the Sacramento County Sheriff’s Department (SSD). While Holford was corresponding with the mother, authorities at the prison were contacted by SSD and a corrections sergeant found Holford in possession of the cell phone.

Holford faces a maximum potential sentence of 56 years to life in prison. Sentencing is set for September 26, 2014 at 10:00 a.m. in Department 19 before the Honorable Patrick Marlette.

The mother is currently serving time after pleading no contest to conspiracy to molest her child. She will be sentenced to 20 years in prison. Her name is not being released in order to protect the privacy of the child victim.

CASE: Vanna Sisounthone (08/13/14) (AKA “The Evil Clown-Masked Robber”)

PROSECUTOR: Deputy District Attorney Kelly Clark, Career Criminal Prosecution Unit

District Attorney Jan Scully announced today that Vanna Sisounthone was convicted by jury of three counts of robbery, two counts of attempted robbery, two counts of false imprisonment and one count of assault with a firearm. The jury also found true that Sisounthone discharged the firearm during one robbery and used a firearm during all other crimes.

The charges stemmed from three armed robberies that occurred in January 2012. Sisounthone, who wore an “evil clown mask” during all three crimes, robbed multiple convenience store employees and patrons. During the first robbery, he fired the gun, narrowly missing a patron.

On January 21, 2012, he entered the Better Trade Market armed with a handgun. He immediately demanded money from the cashier and then pointed the gun at 77-year-old Beldev Dhillon. Mr. Dhillon, a retired police officer from India, immediately grabbed for the gun. He missed the gun, but was able to grab the mask from Sisounthone’s head. After a brief struggle, Sisounthone fled the market, leaving the mask behind. The Sacramento County District Attorney’s Crime Lab was subsequently able to determine that the DNA found on the mask matched Sisounthone’s DNA.

Sisounthone faces a maximum potential sentence of 55 years, 4 months in state prison.

Sentencing is set for September 19, 2014 at 9:00 a.m. in Department 17 before the Honorable Ernest Sawtelle.

CASE: Elias Garcia & Roman Hooker (08/01/14)

PROSECUTOR: Deputy District Attorney Hilary Bagley, Homicide Unit

District Attorney Jan Scully announced today that after denying their motion for a new trial, the Honorable Helena Gweon sentenced Elias Garcia and Roman Hooker to life in prison without the possibility of parole. On February 24, 2014, a jury convicted both men for the first-degree murder of Donald Kirby and found true a special circumstance allegation that the murder took place during the commission of a robbery.

On November 12, 2009, Garcia and Hooker went to Mr. Kirby’s apartment to commit a home invasion robbery. Garcia knew Mr. Kirby and targeted him for what he thought would be an easy robbery. When Mr. Kirby opened his door and saw a semi-automatic firearm, he tried to quickly shut the door before he was shot once in the head. While fleeing the scene, Garcia was overheard saying that he had to shoot Kirby after the entry went bad.

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Art Starkovich for San Juan Water District Board of Directors

By Art Starkovich

Did you know that if you pay Fair Oaks, Citrus Heights, or Orange Vale Water, most of your water comes from the San Juan Water District?

Most customers do not.

The Fair Oaks Water District, Citrus Heights Water District, and Orange Vale Water Company are *wholesale customer agencies* of the San Juan Water District. Each has its own Board of Directors. Each purchases most of its water from San Juan. But none of them has a seat on the San Juan Water District (SJWD) Board of Directors.

I am running to represent the wholesale water communities of Fair Oaks, Citrus Heights, and Orangevale (80% of SJWD’s population) fairly with the homes and businesses of Granite Bay and North Folsom – the *individual retail customers* who comprise 20% of SJWD’s population.

Did you know that Board Members from the current San Juan and Sacramento Suburban Water Districts have been discussing a merger for nearly three years?

Most customers do not. But like those few who do know, I am concerned.

When you elect me as your Board Member, I will apply my business education (UC Davis MBA) and years of water experience to the discussion. I will assess the merits of any proposed merger, and assure that any consolidations of services benefit all customers.

Those of you who know me personally may know I am a:

- Fair Oaks Resident – 42 yrs
- SMUD Employee – 24 yrs
- Citrus Heights Chamber Government Issues Committee Member – 12 yrs
- Orangevale Scout Leader – 10 yrs
- Regional Water Authority Representative – 4 yrs
- Citrus Heights Chamber Board Member – 2 yrs

I am running to serve my community. I’ve studied and worked on water issues for many

years. The under-representation of our Fair Oaks/Citrus Heights/Orangevale community on the SJWD Board, and the encouragement of water professionals and community leaders drove me to run.

I am running to serve our region. Water may be the most important issue to our future. California’s water rights system goes back more than 100 years. Today’s decisions will affect our next 100 years. I participate with the Regional Water Authority and the Water Forum which give structure and strength to Northern California’s collaborative water future.

I am running for my family and our future. Fair Oaks has been my home for over four decades. Our daughter is at a Bay Area college, our son is at a San Juan Unified high school, and my mom lives in Fair Oaks. We need a water supply that is secure, reliable, and well-priced to assure the well-being of our communities.

I would be honored to serve you on the San Juan Water District Board. ★

Michael Alcalay for San Juan Unified School Board



By Michael Alcalay

I am a dad, small business owner, homeowner, community volunteer and passionate about improving education for all of our children. My wife and I are parents to three children, two have graduated and one is in the 10th grade – all in the SJUSD. My wife is a SJUSD substitute teacher. I am passionate about making our community a better

place to live. I have shown that commitment as a director of the Mission Oaks Park District, as chair of Principal for a Day, as chair of SchoolSite Council, as chair of the Sacramento Housing/Redevelopment Agency, member of the School Strategic Planning Committee and as a father involved in countless athletic activities. I have raised tens of thousands of dollars for school equipment, student academic competitions, performing arts, health/welfare causes.

Whether you have kids attending school or not, the school board matters. It matters because we have to do a better job educating and graduating the next generation of students. To many kids today cannot read at grade level, curriculum is changing and the Governor instituted a new form of funding education called LCAP. On top of everything

else, a \$350 million dollar bond was passed by the voters to fix our failing infrastructure.

We need to be concerned! More importantly we need school board members with experience building collaborations, holding the district accountable for educating our children and who can provide strong fiscal oversight.

I recently toured 65 SJUSD Schools in 2 days. I spoke to many of the principals and gained amazing knowledge.

I have the experience and I am ready to serve. I get an A+ for Alcalay as I have bipartisan support from Senate President Darrell Steinberg, County Supervisor Susan Peters, Citrus Heights Mayor Mel Turner and Former Sheriff John McGinness. I ask for your consideration when you vote on November 2. VoteALCALAY for School Board. ★

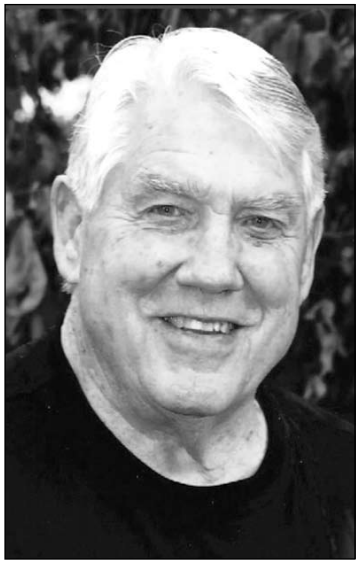
Bob Walters for San Juan Water District Board of Directors

By Bob Walters

Eight years ago, a good friend asked me if I would be interested in serving on a local water board; I told him I would give it some consideration. I was just settling into a well-deserved retirement having recently sold my interest in a successful professional advocacy firm, and that, combined with the proceeds accumulated over many years as a shareholder in a well-known Sacramento law firm, would allow me to “rest on my laurels” so to speak.

However, after all the years of decision-making, listening to various points of view, different philosophies and downright haggling, I knew I could and should be an active participant on the local level—the level where I feel we truly can make a difference in people’s lives. Over the years I have run for public office and served in various appointive public offices including a stint in top level staff positions for Governor Ronald Reagan as well as a member of his transition team. I have worked with and in public policy and politics most of my professional and public life, but, at this point in time, I believe local government is where my talents and work ethic can best be used. Thus, I told my friend that I was very interested in serving on the board of a local water district—that district is the San Juan Water District (SJWD), and I have served on its Board of Directors for eight years.

The SJWD is a rarity because it’s both a wholesale district



(it contracts with the Federal Bureau of Reclamation to purchase water from Folsom Lake, treat it to meet safe drinking water standards and transfer it to two local water districts and one local nonprofit water company), and it also sells treated water to a small local district which was created as a part of the SJWD. These local agencies, which make up the SJWD, then sell the water to their rate payers who live, work and conduct business within their jurisdictions. In addition, the SJWD also services part of the City of Folsom.

The bottom line is that the SJWD has one major, overriding objective—to provide reliable, safe water to over 300,000 residents of Sacramento County and a portion of Placer County. The San Juan Water Board (SJWB) must maintain the trust and confidence of its rate payers in order

to create a productive environment in which to do business. It must maintain a viable infrastructure, provide a state of the art water treatment process and ensure a diversified, creative workforce that approaches its responsibilities professionally while preserving its fiscal integrity.

In recent years, the SJWB has had to add an ever increasing number of State and Federal relationships. We must engage in an ever increasing need for external “lobbying” to preserve our ability to serve our rate payers and meet our number one priority—the reliable delivery of water. There will always be challenges in the world of water, especially those precipitated by droughts, some made by nature and others made by human mismanagement or inadequate planning and facilities. Is it challenging and exciting to serve on the SJWB? Yes! It has allowed me to adapt and put into practice knowledge gained in other areas of government, the law and volunteer service. It has challenged me to learn in depth and stay current on issues of Water Law, and to make the difficult decisions that affect all of us today.

I want to continue this journey and hope you will support me in the upcoming November 4th election. Many local water district and community leaders support me. Look for Robert (Bob) G. Walters, Incumbent, San Juan Water District Board of Directors. I won’t let you down! Thank you. ★

DA Jan Scully & Sheriff Scott Jones Oppose Proposition 47

SACRAMENTO COUNTY, CA (MPG)

- District Attorney Jan Scully and Sheriff Scott Jones will publicly request that the Board of Supervisors adopt their joint resolution opposing Proposition (Prop) 47.

Called the “Safe Communities and Schools Act,” Prop 47 has qualified for the November 2014 ballot. The initiative claims to make neighborhoods safer, reduce prison and jail populations, make schools safer, reduce government waste, help find jobs and housing for offenders and protect public safety.

Scully and Jones will provide statements on why Prop 47’s claims are unfounded and will NOT protect public safety, including:

- It would re-classify a number of straight felony and wobbler offenses to straight misdemeanors, making up to 10,000 felons eligible for resentencing and/or subsequent release from county jails and state prisons.
- Many inmates that would be



District Attorney Jan Scully

eligible under this proposition were denied resentencing under three strikes reform because they were found to be a current danger to society.

- Prop 47 only prevents resentencing if the inmate is considered to be a current danger to commit murder or sex offenses; not assault or robbery or other violent offenses.
- The projected reduction to California’s prison population

and projected savings to fund other programs will likely not be realized; as those actually serving prison sentences for these non-violent offenses in many circumstances have violent prior offenses and should not be resentenced.

“Under Public Safety Realignment, many convicted non-violent, non-serious, non-sex offenders are already under county supervision,” said Sheriff Jones. “Prop 47 will add to the over-crowding of our jails and provide no reimbursement for the additional costs of housing misdemeanor inmates.”

Scully states, “I stand in solidarity with Sheriff Jones and all of our local police chiefs in opposing Prop 47. If passed, this dangerous initiative will only increase the burden on our local criminal justice system, further reduce sentences and increase the risk to public safety.”

Source: Sacramento County District Attorney’s Office ★

Time to Review Your Medicare Coverage

By David Sayen

Medicare’s annual open enrollment season is underway, and I want to encourage everyone with Medicare to review their current health and prescription drug coverage.

Open enrollment began October 15th and runs through December 7th. If you want to change your Medicare Advantage or Medicare Part D (prescription drug) plan, this is the time of year to do it. Any new coverage you select will take effect Jan. 1, 2015.

If you have Original (traditional) Medicare and you’re satisfied with it, you don’t need to do anything during open enrollment.

My agency, the Centers for Medicare & Medicaid Services, or CMS, announced recently that the average Medicare Advantage premium for 2015 is projected to be \$33.90 monthly. CMS also estimated that the average basic Part D premium in 2015 would be \$32 per month. Since passage of the Affordable Care Act in 2010, enrollment in Medicare Advantage has increased 42 percent to an all-time high of more than 16 million people. Medicare Advantage premiums, meanwhile, have decreased 6 percent. The law is also closing the Part D “donut hole,” with more than 8.3 million people saving more than \$12 billion on prescription drugs through last July.

Meanwhile, the quality of Medicare Advantage and Part D plans continues to improve. This year, people with Medicare who enroll in such plans will have access to more high-rated, four- and five-star plans than

ever before. About 60 percent of Medicare Advantage enrollees are now in plans earning four or more stars in 2015, compared to an estimated 17 percent in 2009. Likewise, about 53 percent of Part D enrollees are currently in Part D plans with four or more stars for 2015, compared to 16 percent in 2009.

Medicare plans’ coverage options and costs can change each year, and Medicare beneficiaries should evaluate their current coverage and choices and select the plan that best meets their needs. If you think your current coverage will meet your needs for 2015, you don’t need to change anything.

A variety of resources are available to help you compare your current coverage with new plan offerings for 2015. You can:

- Visit www.medicare.gov to review plans available in your area, as well as their costs, and enroll in a new plan if you decide to. Open enrollment information is available in Spanish.
- Call 1-800-MEDICARE (1-800-633-4227) for around-the-clock assistance to find out more about your coverage options. TTY users should call 1-877-486-2048. Counseling is available in a wide variety of languages.
- Review the 2015 Medicare & You handbook. This handbook has been mailed to the homes of people with Medicare and it’s also online at: www.medicare.gov/pubs/pdf/10050.pdf.
- Get free, unbiased, one-on-one counseling from your local State Health Insurance Assistance Program (SHIP). Local SHIP contact information can be

found:

- At www.medicare.gov/contacts/organization-search-criteria.aspx or;
- On the back of the 2015 Medicare & You handbook or;
- By calling Medicare (at 1-800 number above).

People with Medicare who have limited income and resources may qualify for Extra Help to pay for their Part D drug plans. There’s no cost or obligation to apply for Extra Help. Medicare beneficiaries, family members, or caregivers can apply online at www.social-security.gov/prescriptionhelp or call Social Security at 1-800-772-1213 (TTY users should call 1-800-325-0778) to find out more.

Better quality in Medicare Advantage and Part D plans isn’t the only good news for people with Medicare.

For most seniors who have Original Medicare, the 2015 Part B premium will stay unchanged for a second consecutive year, at \$104.90. This means more of your retirement income and any increase in Social Security benefits will stay in your pocket. The Part B deductible will stay the same as well.

David Sayen is Medicare’s regional administrator for Arizona, California, Hawaii, Nevada, and the Pacific Territories. You can always get answers to your Medicare questions by calling 1-800-MEDICARE (1-800-633-4227).

Source: U.S. Centers for Medicare and Medicaid Services ★

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Why Mike McKibbin is Running for San Juan School Board

By Mike McKibbin

I have been blessed to hold a collection of great jobs over the years starting with serving as a Peace Corps Volunteer in India teaching villagers how to raise chickens. I worked with schools and teachers in 26 states helping them redesign their schools and implement innovative, engaging curricula. For 27 years I worked for California’s teacher licensing agency. For my last 15 years there, I created and administered a program that brought into teaching nearly 60,000 persons who don’t usually become teachers such as second career professionals, retiring military personnel and former teacher’s aides to work in some of California’s most challenging schools. I want to take the lessons of my lifetime to help the children of San Juan School District and improve the opportunities for learning in our community.

As a school board we must create conditions where the talents of the members of our learning community (students, parents, teachers and support staff) can flourish as we utilize all of our resources smartly and prudently. We do this by being careful stewards of our operating budget and of our bond funds. There are five issues that our district faces that, if we address them responsibly, can present opportunities to become a greater district that thrives and builds a dynamic community of learners.

Improving the Curriculum

The Common Core Curriculum changes the way that students in our district and across California learn. We can talk all day about emphasizing problem solving, critical thinking and applying what you learned, but Common Core actually puts these ideas

into practice. Common Core is about learning how to learn, not just simply what to learn. However, Common Core is a huge step into complex learning. I will advocate on the school board achieving its lofty goals while urging patience as we move toward mastery.

Better Utilizing Parents

Parents have so much to give to our district, but we seldom ask them to share their talents. Parents are frequently great assets assisting teachers, grading papers, tutoring students and helping teachers with day to day tasks. But why can’t we take the next step and use the talents of our parents and community members? Each parent has a unique background, and I think that our district would benefit greatly if we develop ways to utilize all of the assets in our learning community.

Dealing with Lower Enrollments

San Juan District now has slightly over 40,000 students. Though the number of students seems to have stabilized, this is about 20% fewer students than the district had in its peak. Many of our school buildings are aging. Having experienced the closing of my son’s elementary school facility and being moved to another site, I know the emotional toll of leaving a school that we have known as our kids’ second home: their school. I think that we can use this challenge as an opportunity to right size our schools, and focus the mission and educational delivery system to make each school powerful, exciting places to learn.

Helping Students Reach Their Potential

We must find ways to help all of our students reach their potential. In the jargon it’s called

closing the achievement gap. The gap is particularly wide for those emerging from poverty, those whose first language is not English, and those with a learning disability. It is my experience that every student has a “hook,” i.e., something that will cause them to engage in their own learning. For many it is as simple as getting students to start asking questions. For others what worked is modifying our teaching methods to meet student needs, more opportunities for project-based, career learning such as internships with small businesses and industries.

Supporting and Assessing Teacher Performance

There has been a good deal of information in newspapers and other sources about tenure and seniority and the pending lawsuit that would greatly alter these protections currently in place. If the rule changes related to tenure and school placement of teachers based solely on seniority are upheld by the courts, our district and the bargaining unit will have a great opportunity to reorganize our support and performance review system to help teachers more effectively help students reach their potential in all of the sections of our district. I was proud to be part of the team that developed support and performance assessment systems. I think that we have an opportunity to implement ways to support, assist and review novice teachers, mid-career and the most experienced teachers that will benefit both the teachers and their students in our district.

In summary, over the past years I have worked to understand the challenges that face students, teachers and school districts, I ask to your vote as I try to be part of the solutions. ★

November’s Elections Won’t Resolve Much of Anything



Commentary By Lee H. Hamilton

Members of Congress are home now, campaigning for the upcoming elections. Their messages are all over the map, and for a good reason: they have very little to brag about.

The Congress that just recessed until after the elections makes the 80th — the one that Harry Truman blasted as “do-nothing” — look like a paragon of productivity. This year’s members did manage to avoid a shutdown, but that’s about all. Congressional leaders spent the better part of the year avoiding tough votes.

They didn’t pass an annual budget. They made no pretense of weighing U.S. policy against ISIS or, really, any other foreign or defense policy issue. They didn’t tackle immigration reform, climate change, tax reform, the minimum wage, or domestic surveillance. They passed fewer bills than any other Congress in 60 years. In the 3½ months between the beginning of August and mid-November, they’ll have been in session all of 10 days.

Small wonder that voters are in a sour mood when it comes to Washington. They want to see our elected leaders tackling issues that confront the country. They want less partisanship. They don’t understand government’s frequent failures, and crave more

competence. On every front, the people they’ve elected have disappointed them.

This may be why there is no dominant theme in this year’s elections: voters seem more focused on a variety of issues than on one dominant issue. Apathy is high and we are headed for low voter turnout, even by the standards of mid-term elections. Voter outrage at Congress is not translating into a message of rejecting incumbents.

This has made the tone of the election rather interesting. Candidates appear to have picked up on voters’ dislike of mean-spirited campaigning, and for the most part are showing restraint. The deeply partisan politics we saw in 2010 and 2012 has abated. Where a couple of years ago there was heated talk of storming the gates in Washington and potentially shutting the government down, that kind of campaigning is just a memory this year. Candidates may not be embracing Washington, but they’re not attacking it as they once did. There’s even talk of bipartisanship and building bridges, sentiments that were nearly invisible in recent years.

Given President Obama’s lack of popularity, there’s a general sense among members of the political class that Republicans have an edge in the election and may well take over the Senate. A battle to control the Senate can have significant consequences, yet it’s unlikely that much will change on Capitol Hill in the near term. Mid-term elections are usually about the President, and Republicans are largely content in this election to attack him, while Democrats are content talking about anything but the President.

Even if the Senate majority

changes hands, it will do so only narrowly. Given that a party needs 60 votes there to accomplish much of anything, whoever controls the Senate will be able to maneuver only on the margins; resolving tough issues head-on will be difficult, maybe impossible. Unless the recent election talk of bipartisanship and finding common ground becomes a reality, in other words, the dysfunction and lack of productivity that have become defining characteristics of Congress in recent years are likely to continue.

This is ironic, because large amounts of money are being poured into the fall elections, especially in races for the Senate. You’d almost think transformational policies were at stake. In truth, though, these elections are more of a run-up to the presidential race in 2016. And even then, the attention on the Senate is probably misplaced. Polls are showing that a number of gubernatorial seats are likely to switch hands in both directions, and if anything this year’s 36 gubernatorial contests will have more of an impact on politics two years from now than what happens in the Senate.

In short, whatever happens on Election Day this year, it’s unlikely that much will change in its wake. This may hardly be the most important election of our lifetimes, but the business that Congress left unfinished is still waiting. The nation needs an elected leadership capable of rolling up its sleeves and meeting our challenges head-on right now, not a few years hence. ★

Lee Hamilton is Director of the Center on Congress at Indiana University. He was a member of the U.S. House of Representatives for 34 years.

Involved Parents Make Great Schools, and Great Schools Make Better Communities

By Michael Miller

One of the first things families look at when buying a new home is the quality of local schools. That’s why my parents moved to here back in 1976, and why my wife, Ashley, and I chose to live and send our children to local schools.

We are products of San Juan Unified Schools (I graduated from Del Campo, Ashley from Rio Americano). Now my own children attend San Juan Unified schools. My wife teaches as a substitute in the district, as do almost a dozen family members. We’ve dedicated countless hours supporting art and music programs, sports teams, and school fundraisers. We teach, coach and volunteer for our schools and community.

I am proud of this district, and believe passionately in the power of education. But I am concerned about falling enrollment and test

scores, rising dropout rates, and the growing number of students and families who do not feel connected to our schools.

To meet the challenges our schools face today, we need more accountability and creativity; we need to upgrade and modernize campuses - and the District needs to a better job listening to parents.

We know at the household level that engaged parents boost student achievement. I’ve seen it at the school-level while serving as Chair of parent-run Deterding Resources for Education Arts & Music (DREAM), where parents led efforts to restore art and music programs eliminated by budget cuts.

We need engaged parents at the District level as well.

Engaging parents means more than asking them to help with another fundraiser. It means listening to them, and empowering them to make decisions about the

direction of our schools.

Parents understand their schools, they know what works, and often they offer amazing solutions.

Parents in Citrus Heights from Carriage Drive and Citrus Heights Elementary schools are engaged, working to save their schools. The condition of the Sylvan campus are not the result of a sudden disaster - the problems have been known for years. The district should have engaged parents and the Citrus Heights community a long time ago, and worked with them to explore options the would cause the least displacement of students and families as possible.

I’m a small business owner. I know how to hold people accountable and balance a budget. But more than that, I’m a parent with kids in San Juan Schools. I understand WHY we have to do better. And I think it starts by really listening to parents. ★

California Would Create More Jobs Without Prop 30



By George Runner

In his recent piece for *The Sacramento Bee*, “State’s job growth defies predictions after tax increases,” David Cay Johnston argues that California’s recent job creation numbers prove recent tax increases embodied in Proposition 30 aren’t killing jobs or slowing economic growth.

Yet the evidence Johnston presents is less than convincing—surprising for an academic and former investigative journalist. He points to recent positive job growth numbers but neglects to mention that California’s “unemployment rate” remains tied for fifth worst in the nation. Thirteen counties in California still have double-digit

unemployment rates, the highest of which is 22%.

Due in part to California oppressive tax and regulatory climate, the recession was markedly worse in our state. As a consequence, we ended up with a bigger jobs hole, and we now need more jobs than other states to fill that hole.

Yet in the past year, states with lower unemployment rates like North Dakota, Utah, Texas, Delaware, Colorado, Florida, Oregon, Indiana and Washington have all out-performed California in per capita job creation.

At best, California’s job creation record is middle of the road. Given our climate, natural and human talent, and need for jobs, we should be leading the nation in employment gains.

Instead we lead in taxes. California has the highest top income tax rate, the highest statewide sales tax rate and the second highest gas tax. High taxes and fees, combined with an oppressive regulatory environment, contribute to the high cost of living that undermines our state’s competitiveness and impoverishes many of our citizens.

In his op-ed, Johnston fails to answer, let alone ask, key questions like: How many more jobs would California have created if Proposition 30 hadn’t passed? How many job creators have left our state? Were the high taxes embodied in Proposition 30 even

necessary?

Proponents of Proposition 30 warned of dire consequences including devastating cuts to schools should the measure fail. Yet since its passage the state has received a surge in new revenue unrelated to Proposition 30—leading Sacramento Bee columnist Dan Walters to question whether Proposition 30 was truly needed.

The Governor and legislators are using billions in new revenue to grow government programs. What if those dollars were instead given back to taxpayers to invest in their families and local communities?

Even the Legislature seems to recognize that California can’t compete under its current tax scheme and has recently voted for a number of boutique tax incentives to keep businesses from leaving our state. How then can anyone argue that California taxes and regulations aren’t driving jobs away?

As California’s economy continues to recover, we should not be satisfied with middle-of-the-road job creation numbers, high taxes and high poverty rates. We can and must do better.

George Runner represents more than nine million Californians as a taxpayer advocate and elected member of the State Board of Equalization. For more information, visit boe.ca.gov/Runner. ★

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Obama's Dumb War

The President Is Now Poised To Leave Behind A Middle East Quagmire Much Like The One He Was Elected To End



By Peter Certo

If Barack Obama owes his presidency to one thing, it was the good sense he had back in 2002 to call the Iraq War what it was: “dumb.”



Now, with scarcely a whisper of debate, Obama has become the fourth consecutive U.S. president to bomb Iraq—and in fact has outdone his predecessors by spreading the war to Islamic State targets in Syria as well. With the Pentagon predicting that this latest conflict could rage for three years or longer, Obama is now poised to leave behind a Middle East quagmire that closely resembles the one he was elected to end.

Obama says the plan is to hammer Islamic State targets from the air while bolstering partners on the ground. There are two big problems with this.

First, bombs kill and injure civilians, potentially radicalizing their friends and families.

Look no further than the drone war battlegrounds of Yemen and Pakistan, where terrorist recruiters have exploited the severe trauma inflicted on civilians there to sign up new members. A similar dynamic could play

lier this year.

Shiite militias may step in to fill the gap left by the Iraqi Army. But many of these groups were deeply involved in the sectarian bloodletting of Iraq's turbulent post-invasion years, and some have refused to collaborate with the United States.

While the Kurds may prove more reliable allies, their first priority is to consolidate their own territory in Iraq—as evidenced by their seizure of the disputed (and oil-rich) city of Kirkuk during the chaos of the Islamic State invasion in June.

In Syria, the options are even worse: It's either the dictator Bashar al-Assad—with whom Washington has refused to cooperate — or a gaggle of so-called “moderate” Syrian rebel groups that the White House plans to vet, train, and arm to the teeth.

The CIA, which has been working directly with Syrian rebels in Jordan, is reportedly deeply skeptical of this plan. These rebels are unlikely to defeat either

Assad or the Islamic State, much less both of them. A better bet is, like the even better-funded Iraqi Army, many of them will wind up turning their arms over to the Islamic State's fighters.

Remember this: If the Islamic State gets beaten back, the United States will be responsible for whatever takes its place. As Washington should have learned after funding Osama bin Laden's crusade against the Soviets in Afghanistan—supplying the very fighters who would later form groups like al-Qaeda and the Taliban the enemy of your enemy is not necessarily your friend.

The Islamic State is gaining ground because of political

breakdowns on both sides of the Iraqi-Syrian border. That vacuum is one salient legacy of the last war in Iraq. Pumping more money, bombs, and arms into the region will only deepen the crisis—while turning more Americans into targets.

If Washington wants to do something about the Islamic State, it should send humanitarian aid to displaced civilians, restart talks to end Syria's civil war, and condition all assistance to Baghdad on its willingness to improve conditions for Iraq's Sunni minority.

The last thing Obama should do is fight a war for allies who are losing a popularity contest to a group that beheads people.

Peter Certo is the deputy editor of OtherWords and the editor of Foreign Policy In Focus. OtherWords.org

★
Cartoon Credit: No Exit Strategy, an OtherWords cartoon by Khalil Bendib

Barbecue and Brews

Citrus Heights Rotary BBQ Competition

CITRUS HEIGHTS, CA (MPG) - We are hosting the first ever BBQ & Brews event at the Citrus Heights Community Center. Admission is \$40 which gets you entry into the event and includes four beer or wine tastings. Samples of professional BBQ will be available. You can also enter a team in the competition. All food will

be cooked off-site, brought in to present to the judges, and be judged by professional barbecue restaurateurs. Here is your chance to show off your cooking skills and win \$500 in cash and prizes for amateurs. We encourage teams to add a booth to show off your sauces or merchandise. (If you want a booth, insurance

must be provided).

Friday, November 14, 2014, 5 p.m.-9:30 p.m. at the Citrus Heights Community Center, 6300 Fountain Square Dr., Citrus Heights. For more information, visit www.chrotary.org.

Source: www.eventbrite.com

Grief Support Group

Monthly Meeting Schedule

from 7:00-8:30 pm

Thurs., Oct. 16 Thurs., Nov. 13 Thurs., Dec. 11

Located at: St. Francis Community Hall
6700 Verner Avenue, Sacramento, CA 95841
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Grief is not just limited to the loss of a loved one - it can be from the loss of a job or pet or anything of significance. Please come and learn more about how to cope with grief.

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The Sacred Space of Grief

Have you experienced the death of a loved one? Have you allowed the finality of death to touch your heart and soul? Have you wept until you were empty? Have you had moments of relief and freedom and felt guilty? Have you noticed a deep connection to yourself and all that is around you in the midst of your despair? All of these and many more feelings are the experiences of grief. In the midst of our pain, there is the opportunity for deep love and compassion for ourselves and those around us. As a gift of life, grief is a transformational fire. It deserves time, attention and community. The Sacred Space of Grief is an opportunity to explore life through the power of a broken-open heart in the company of others who have loved, lost and who choose to accept the transformation gift of grief.

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NorCal Stuff Opens in Citrus Heights

By Linda Harper

CITRUS HEIGHTS CA (MPG) - The definition of stuff according to the Merriam Webster Dictionary, is Materials, supplies or equipment; a group or pile of things that are not specifically described. For consumers entering NorCal Stuff, located at 5469 Sunrise Blvd., Citrus Heights (next to Benihanna's and JoAnn Fabrics), that definition transforms into a magical shopping experience; so much so, that everyone finds something they don't even know they need or want.

NorCal Stuff has been in business since 2007 as an Ebay and Craigslist online store and warehouse outlet in Rancho Cordova. In an effort to better serve their customers, NorCal Stuff moved to centrally located Citrus Heights while keeping their online exposure. The warehouse store in Rancho Cordova, located at 11351 Folsom Blvd., Rancho Cordova (behind Technique Gymnastics) will close at the end of October. All items in that store are 50% off the already discounted prices.

Dan Singleton, owner of NorCal stuff, and his right-hand helpers, Dawn Martin and Candice Lynn, work tirelessly negotiating overstocks and discontinued merchandise with companies who need to sell



Walking into NorCal Stuff's new store in Citrus Heights is an exhilarating experience for the bargain hunter. Dan Singleton, owner of NorCal stuff, and his right-hand helpers, Dawn Martin and Candice Lynn, work tirelessly negotiating overstocks and discontinued merchandise with companies who need to sell their items for one reason or another.

their items for one reason or another. NorCal Stuff advertises they offer "hairclips to canoes." It's true! Walking into NorCal Stuff's new store in Citrus Heights is an exhilarating experience for the bargain hunter. In one corner, there's quality camping equipment marked at least 50% off of 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, Halloween costumes, hair and beauty products, bedding, and a new lawnmower are just a sampling of the merchandise NorCal Stuff offers. There's also a wide assortment of toys priced affordably for the holidays. Inventory changes often so there's something different to view with every visit.

For more information about NorCal Stuff and directions to the stores, go to www.norcal-stuff.com. ★

Holiday Craft Faire



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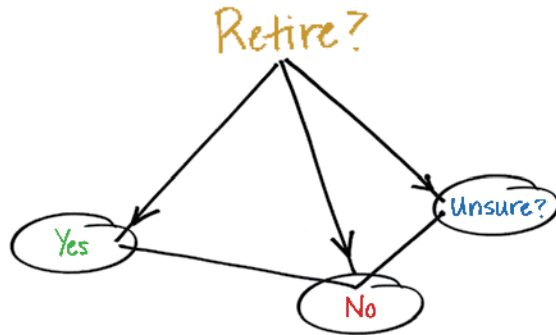
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SACRAMENTO REGION, CA (MPG) - Most all of us have been touched by cancer in one way or another, by our own personal battle, or that of friends and loved ones. Firefighters are not exempt; our hearts have been broken as we've watched our fellow firefighters lose their battles to cancer and we've rejoiced with those who have beaten it.

In support of all those affected by cancer, Metro Fire will be operating a Cancer Awareness engine from different fire station during the month of October. The fight against cancer is so much bigger than us, but if this pink

engine brings a smile to one person's face during their battle with cancer, then we have accomplished our goal. Supporting All Cancers, All People.

Join Metro Fire and some of our cancer survivors as the engine is placed into service at at Station 61 on Wednesday, October 1st at 10:30 a.m., 10595 Folsom Blvd. in Rancho Cordova.

The cost to wrap the engine was 100% covered by the following sponsors: Vehicle Wraps, Inc., Sacramento Area Firefighters Local 522 and Sac Metro Firefighters Association. ★



Members of Citrus Heights City Council, the Planning Commission, History and Arts Commission, and City staff take a break to pose at the Citrus Heights Community Center with Sac Metro Fire District's pink fire engine on their way to their Strategic Planning Retreat October 17th. The engine was stationed in Citrus Heights for a week as it made its rounds during the month of October which is Cancer Awareness Month. The truck is headed to Arden next, then to South Sacramento. Photo courtesy of City of the Citrus Heights

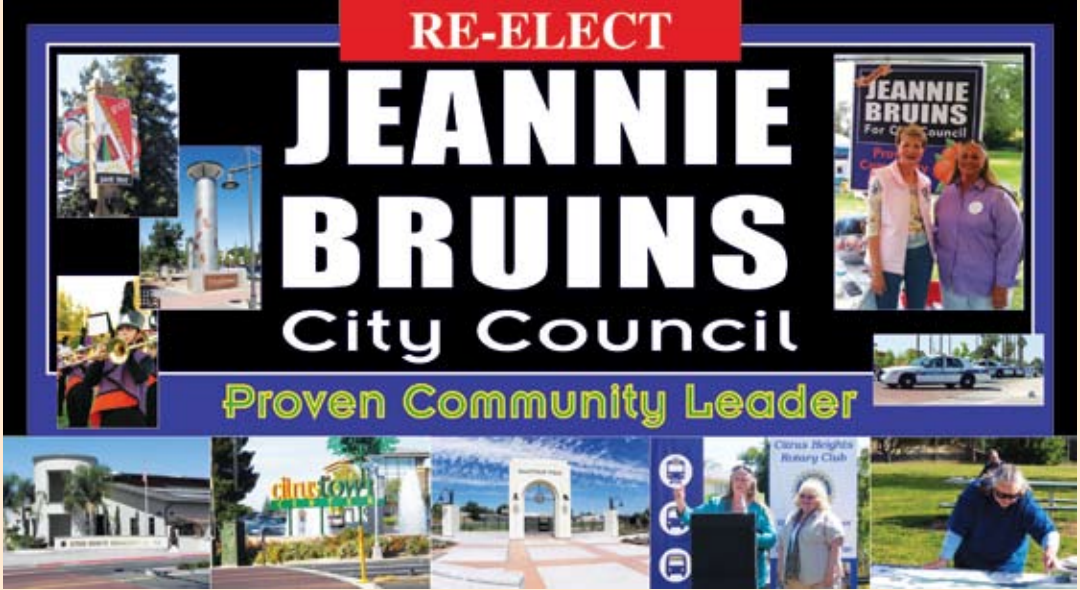


As your longest tenured councilmember, mayor and vice mayor, I work diligently to address the needs of our citizens and businesses. We continue to attract new business, put people to work, improve the quality of life for our citizens, upgrade roads, sidewalks, lights, beautify the city, offer first time homebuyer assistance, address the needs of seniors, youth and the needy – and remain financially strong. This is the result of smart leadership and diligent governance. Please vote to re-elect Jeannie Bruins.

Jeannie Bruins
Jeannie Bruins, Candidate for Citrus Heights City Council

Proven Community Leader Serving Citrus Heights Since Day One

- Successfully Co-Chaired Yes on Measure R to bring cityhood and its benefits to the citizens of Citrus Heights
- Secured a 20-passenger bus to transport children at the Citrus Heights Children & Youth Center, Sayonara Drive
- Voted to establish our police force - now a model for policing statewide
- Created Leadership Citrus Heights
- Charter board member of Police Activities League, a program pairing youth with law enforcement
- Established the Sylvan Ranch Community Garden
- Mayor in 2006 & 2011; Vice Mayor in 2005 & 2010
- Board member of the Sacramento Regional County Sanitation District and the Sacramento Area Sewer District
- Governs our city to keep it debt-free, maintain a healthy reserve and continue to invest in infrastructure improvements

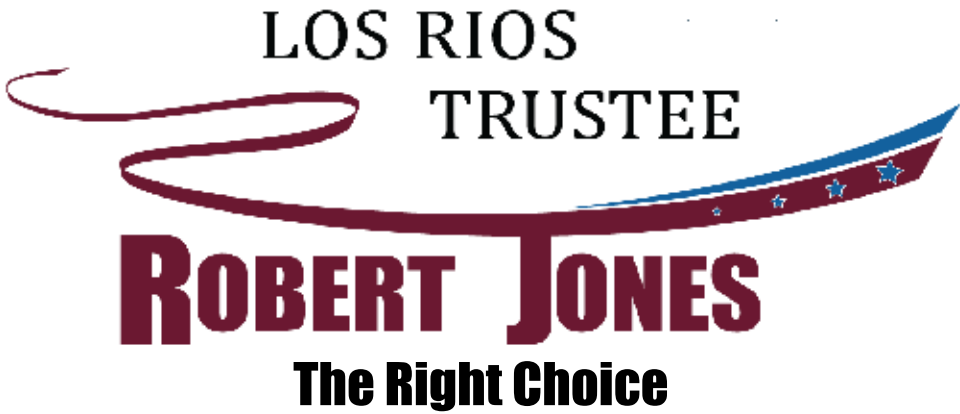


Endorsed by

- Hon. Doug Ose
- Sen. Jim Nielsen
- Supervisor Roberta MacGlashan
- District Attorney Jan Scully
- Sacramento County Sheriff Scott Jones
- Mayor Mel Turner
- Vice Mayor Sue Frost
- Councilmember Steve Miller
- Councilmember Jeff Slowey
- Citrus Heights Chamber CEO Evan Jacobs
- Citrus Heights Chamber of Commerce PAC
- Former Sheriff John McGinniss
- Sacramento Rental Housing Association
- Sacramento Business Exchange

**RE-ELECT JEANNIE BRUINS
CITRUS HEIGHTS CITY COUNCIL**

Experienced, Collaborative, Competent, Results Oriented



The Los Rios Colleges Trustees oversee the second largest community college district in California with 77,000 students. There are more than 2,800 faculty and staff. There are at least 2,400 faculty alone and at least 800 classified employees. This doesn't include deans and other administrators. There is an annual budget of \$280 million. The District will award \$100 million in Federal and State financial grant aid to our students in 2014-15. Since 2002, the district has invested more than \$561 million in campus and center projects utilizing voter approved funding.



For additional information regarding Robert see www.LosRiosTrustee.com and/or Smartvoter.org/ca/sac

- ✓ Will demand fiscal responsibility and **ACCOUNTABILITY** in the use of all public money and student fees.
- ✓ Will convene **TOWN HALL MEETINGS** to provide a direct opportunity for students and residents to become more closely involved in shaping the District's fundamental mission.
- ✓ Will foster **COLLABORATIVE** relationships with the communities and businesses within the Los Rios District. He knows the importance of listening.
- ✓ Will support the initiatives of faculty and staff to implement policies and procedures that result in high levels of **STUDENT SUCCESS** in transfer, degree and certificate completion.
- ✓ Will preserve California's legacy of **AFFORDABLE ACCESS** to our community colleges. Presently 90% of Los Rios students do NOT have any government loan debt.

Robert has 40 years of broad based experience and leadership accomplishments and a life-long commitment to helping students achieve their academic and career goals.

President

Board of Trustees Los Rios Community College District

Vice President Emeritus

California State University Sacramento

Member

The Futures Commission of the Community College League of California; California State Parks Blue Ribbon Commission for Resource Sustainability (past); Staff, California Assembly Committee on Education (past)

Board

Sacramento Valley Conservancy; Capital Public Radio (past); Sacramento Arts and Business Council (past); CCC Trustees

Teacher/Professor

Lassen, Shasta, San Mateo Community Colleges; CSU Sacramento, Chico, San Francisco and Dominguez Hills; UC Santa Barbara; Peace Corps

Administrator

Director of Public Service University of California; Assistant Dean of Students CSU, Chico; Director of Protocol LA Olympic Games; Treasurer International Association of University Presidents; Executive Dean CSU Dominguez Hills



ROBERT HAS BEEN ENDORSED BY:

All members of the LRCCD Board of Trustees
Dr. Marie Smith, Emeritus President American River College 1995–2004
Dr. David Viar, Emeritus President American River College 2005–2013
Dr. Pam Walker, Emeritus President American River College 2014
Jon Sharpe, Emeritus Vice Chancellor, Finance and Administration, Deputy Chancellor Los Rios Community College District 2002–2014



Vote Robert Jones
Los Rios Trustee

FPPC #1332129

Make YOUR voice heard... VOTE ART STARKOVICH for San Juan WATER District

DID YOU KNOW? If you pay your water bill to Citrus Heights, Fair Oaks or Orangevale Water, most of your water comes from the San Juan Water District.

- **Give a Voice, Now Missing, to Fair Oaks, Citrus Heights, and Orangevale residents**
 - 4 elected Directors live in Granite Bay / Folsom with 30,000 population
 - 1 elected Director lives in Fair Oaks / Citrus Heights / Orangevale with 120,000 population
- **Evaluate Proposed Merger with Sac Suburban Water District**
 - Thoroughly examine ALL costs and benefits of consolidation
- **Strengthen our Finances**
 - Be fiscally conservative, but invest in what's needed
- **Keep our Water**



ART STARKOVICH

- Fair Oaks Resident – 42 yrs
- SMUD Employee – 24 yrs
- Orangevale Scout Leader – 10 yrs
- Citrus Heights Government Issues Committee Member – 12 yrs
- Regional Water Authority (RWA) Representative – 4 yrs
- Citrus Heights Chamber Board Member – 2 yrs

ENDORSED BY:

- Citrus Heights Chamber PAC
- **Robert Jones**, President, Los Rios Community College District
- **Mel Turner**, Mayor of Citrus Heights
- **Steve Miller**, Citrus Heights City Council Member
- **Renee Taylor**, Director, Ward 1, Sacramento Municipal Utility District (SMUD)
- **Robert Dugan**, Director, District 4, Placer County Water Agency
- **Ralph Carhart**, Chair, Fair Oaks Recreation and Park District

Vote ART ONLY – Your Single Vote is Stronger than Casting 3!



Art Starkovich for San Juan Water District

Art4SanJuanWater.com • (916) 539-9047