



Pumpkin Farm Offers Tons of Pumpkins, History and Fun for the Whole Family

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Parkinson's Caregivers  
Upcoming Event

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# Citrus Heights Messenger

“Written by the people, for the people”

Volume 4 Issue 19

Serving the City of Citrus Heights and Sacramento County

First Edition for October 2014

Mutt Strut Raises  
Over \$10,000



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Fair Dealing at  
Local Fundraiser



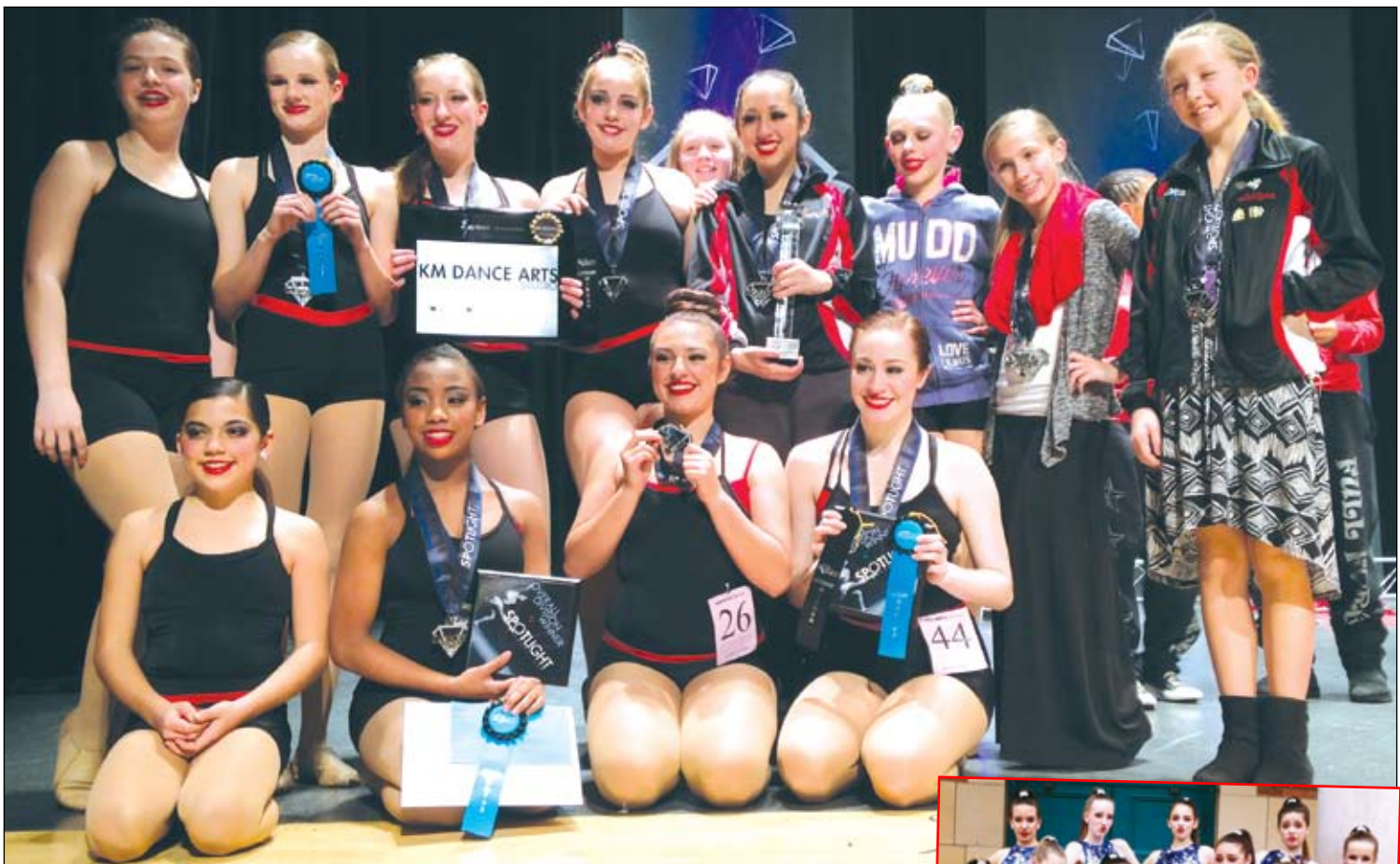
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Fall Concert at  
Pioneer Park



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## Local Dance Company Takes Home National Dance Awards



Despite being one of the smallest studios competing at the July event, KM took awards in almost every category entered. This included winners from almost three dozen dance routines entered at the national level. More than 10 routines received top five awards and four KM dancers placed in the most competitive title competition.

By Elise Spleiss

**CITRUS HEIGHTS, CA (MPG)** - Long hours and hard work paid off this summer for eight dancers with the KM Dance Arts Studio in Citrus Heights. Upstage, a competition dance group of girls, ages 11 to 18, competed and won in numerous categories at the Sheer Talent nationals competition held at Harrah's in Las Vegas, Nevada.

Fifty-two dance studios from the United States and seven other countries competed during the demanding weeklong competition. Tap, jazz, ballet, hip-hop, musical theater, and contemporary were just some of the genres of dance represented in dozens of categories from solos, duets, trios, and group productions.

Despite being one of the smallest studios competing at the July event, KM took awards in almost every category entered. This included winners from almost three dozen dance routines entered at the national level. More than 10 routines received top five awards, and four KM dancers placed in the most competitive title competition.

Under the direction of owner and teacher Amberlee Prosser, Upstage students prepared for competition by practicing five to six days a week, two to five hours a day.

Upstage's journey to the top began in April 2014 at the Sheer Talent regional competition between Northern California dance studios, which took place at the Crest Theater in Sacramento. Thirty-one dance routines were



brought to this competition; in the end, 12 dancers received workshop scholarships and 14 dancers earned scholarships to the Sheer Talent Ballet Intensive.

All KM dancers took home Titanium or

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## Honor a Hero, Hire a Vet Job and Resource Fair

**SACRAMENTO REGION, CA** - The State of California Employment Development Department, in partnership with the Sacramento Municipal Utility District (SMUD), Sacramento Employment and Training Agency, Sacramento Area Human Resources Association, DeVry University, and Starbucks are proud to be hosting the Honor a Hero, Hire a Vet Job and Resource Fair on October 16th at the McClellan Lions Gate Convention Center, 3410 Westover St, Sacramento, from 10:00 a.m. – 3:00 p.m..

The job fair is free to all jobseekers, veterans and non-veterans. Job seekers will be able to meet with more than 100 employers and 25 supportive services providers.

Workshops will offer skills development in behavior-based interviewing, resume preparation and applying for state jobs. Attendees will have opportunities for one-on-one resume review and career coaching.

Source: Sacramento Municipal Utility District

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LOCAL  
NEWS?  
CALL 773-1111**

## The Capitol Pops Third Annual “Brews & Boos”

**CITRUS HEIGHTS, CA (MPG)** - The public is invited to join the Capitol Pops Concert Band to celebrate October with the third annual “Brews & Boos” event from 6:30 to 8:30 p.m., Friday, Oct. 17, 2014 at the Citrus Heights Community Center, 6300 Fountain Square Drive.

Doors to the family-friendly, free, two-hour event open at 6:30 p.m. Guests are invited to purchase on-site tickets good for specialty German foods as well as snacks, desserts, sodas, and water to support the Capitol Pops. Proceeds will go to support the CPCB's student scholarship fund and general expenses of the band.

Beer and wine will be for sale by the Citrus Heights Kiwanis in support of their charities. Numerous raffle prizes will be up for grabs.


Guests are invited to dress in their finest Bavarian/German attire or their scariest Halloween costume as the event marks the best of October, Oktoberfest, and Halloween.

This will be a milestone performance for the band as

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You are invited to join the Capitol Pops Concert Band at the third annual “Brews & Boos” event from 6:30 to 8:30 p.m., Friday, Oct. 17, 2014 at the Citrus Heights Community Center, 6300 Fountain Square Drive. Guests are invited to dress in their finest Bavarian/German attire or their scariest Halloween costume as the event marks the best of October, Oktoberfest, and Halloween. Photo courtesy of Capitol Pops Concert Band



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



# Fall Concert at Pioneer Park

# Rocky's Salon: One of the Best Kept Secrets in Citrus Heights



The free annual “Pops at Pioneer” event features the John Skinner Band at 2 p.m. Skinner’s ensemble will present a program of pop, swing and rock classics.

**CARMICHAEL, CA (MPG)** - County Supervisor Susan Peters will host an afternoon for families and music lovers in Pioneer Park on October 11th.

The free annual “Pops at Pioneer” event features the John Skinner Band at 2 p.m. Skinner’s ensemble will present a program of pop, swing and rock classics. Dancing on the grass is encouraged. Continuing a seven year

tradition, an informal pooch parade will enliven the band break. Supervisor Peter’s own dog Ernie is host. Participating canines must be friendly and on leash. Supervised children’s activities and face painting are available for young visitors.

Attendees should bring blankets or lawn-chairs; picnickers are welcome. Program presenters include Sacramento County and the Sunrise Park

District. Pioneer Park is minutes from central Carmichael; the reserve is located at 5100 Verner Avenue (Foothill Farms).

For information, call (916) 48- 0334 or E mail sknrband@aol.com

*The John Skinner Band will entertain at Pioneer Park on Saturday, October 11th. Susan Skinner is the featured vocalist. Courtesy photo.*

**CITRUS HEIGHTS, CA (MPG)** - Tucked away at 7800 Sunrise Blvd. (the strip mall across from Leatherby’s) is Rocky’s Salon, one of the best kept secrets in Citrus Heights. The ambiance is friendly, and fun 1950s, with a black and white checked floor, classic car photos and a larger than life record adorning the walls. A juke box sits in the corner, stocked with an impressive choice of music. Customers are encouraged to choose tunes they’ll enjoy listening to while on their way to looking and feeling fantastic at Rocky’s Salon. Although the surroundings have a retro feel, the styles and methods used to create that just right look are progressive and contemporary. The only thing old school about Rocky’s is the time-honored tradition of offering great service at an affordable price.

Rocky, owner of the salon, along with his two stylists, Mike, a skilled barber with over 20 years of experience, and Arellana, a hair

extension specialist with a talent for color, have over 75 years combined experience in the hair styling industry. Their fine-tuned skills and level of perfection is something customers have grown to appreciate. Senator Ted Gaines, one of Rocky’s long time customers said “Rocky’s is the only place I trust with my hair. He has done my hair for over ten years now, and I’ve always walked out looking great.” Rocky and his young family settled in the Citrus Heights/ Roseville area after returning from Hollywood where he trained and worked alongside some of the best known names in celebrity hairstyling. Rocky’s salon moved from Old Town Roseville last year to be more centrally located as a convenience for his customers. Whether you’re shopping at Sunrise Mall, having a meal at one of the area’s popular restaurants, or you’re simply returning from work on Hwy 80, it’s easy to find.

Rocky’s Salon takes pride in offering quality hair styling and skin care at an affordable price. Adult haircuts are \$20, and if



you’re active duty military or a veteran, the charge is only \$9. Seniors and kids are both \$20. Rocky is focused on health of mind, body, and spirit. The first step to achieving life balance is to look and feel good about yourself. Rocky specializes in color and cut, while the salon also offers quality highlights, blow-outs (straightening), children’s cuts, waxing, and skin care.

Call Rocky’s Salon at (916) 721-6161 or make an appointment online to experience quality hair design. You can make an appointment online. Rocky will even text to remind you of your appointment.

For more information, visit [www.rockyssalon.com](http://www.rockyssalon.com).

## New City Hall Location Proposal Fountain Square and Stock Ranch Road

**CITRUS HEIGHTS, CA (MPG)** - Over the past year, several community workshops and meetings have been held that reviewed the potential for a medical office building to be constructed on the site of the current City Hall and relocate City Hall to a vacant property on Antelope Road. On August 14, 2014, the project was presented to the City Council. At that hearing, the City Council voted to take no action on project and directed staff to conduct additional environmental review.

Shortly after this hearing, the City was approached by Capital Partners, who submitted an

unsolicited preliminary proposal to for an alternate site for the City Hall building. The new site, located on Fountain Square Drive and Stock Ranch Road, would accommodate a single-story, 35,000 square foot building with adjacent storage yard at a cost that is comparable to constructing City Hall on the Antelope Road site.

On September 25, 2014, the City Council designated the newly proposed Stock Property as the preferred site for possible relocation of City Hall, and directed City staff to conduct a full Environmental Impact Report (EIR) utilizing the Stock Property

for City Hall and the current City Hall property for the medical office building.

In compliance with CEQA, a public meeting to review the Notice of Preparation (NOP) and receive comments regarding the scope of the EIR will be held on October 14, 2014 at 4:00 p.m. in the Council Chambers located at 7117 Greenback Lane, Citrus Heights.

City Council is expected to review the project in March 2015.

*Source: City of Citrus Heights via Elise Spleiss*

## Community Feedback Mixed for New City Hall Site Proposal

**By Julia Baum**

**CITRUS HEIGHTS, CA (MPG)** - Redirecting their attention on a recent land offer from developers, the Citrus Heights city council voted unanimously at a September 25th meeting to conduct a full environmental impact report on a possible new site for a future city hall, and promised to explore all development possibilities with community input.

Community members attending that meeting voiced mixed reactions. The conflicting opinions are about the September 17th meeting where Capital Partners Development, Co. presented an unsolicited proposal at a public information meeting for 10.69 acres of property located north of the Post Office and extending east along Fountain Square Drive towards Stock Ranch Road that would serve as the site for a new city hall. Developers suggest constructing a single-story building then selling it and the

land to the city, costing approximately \$18 million—the same price point projected for building a two-story city building on the proposed Antelope Road site between Auburn and Sunrise boulevards. The new location would allow the city hall to remain close to other civic buildings while also letting Dignity Health build a three-story medical office building on the current city hall site at Greenback Lane and Fountain Square Drive.

Resident Barb Miller was concerned that Dignity moving to the new site could increase traffic at Greenback Lane and Fountain Square Drive, and threatens the efficiency of emergency services.

“There’s nothing wrong with the site we have,” Miller said. “We don’t want to jeopardize what we have in response time.”

Retiree Mildred Loutensock said that traffic concerns were overblown and that visits to civic buildings by most residents would be infrequent.

“How often do we go to the Post Office?” retiree Mildred Loutensock said. “Everybody doesn’t come at once.”

Chamber of Commerce board member Ilene Martzen supported conducting a full EIR and encouraged council members to “move the ball forward” while resident Janet Botill urged the council to exercise “due diligence” and “look long and hard” at relocating city hall.

Vice Mayor Sue Frost gave her full support for a move to Stock Ranch Road and urged building soon while she said construction costs are lower. Frost and other council members, minus an absent council member Jeff Slowey, also promised to organize a public forum in the future outlining details of the financial arrangement after several more residents expressed concerns about managing the city’s finances. The council is expected to review the project in March 2015.

## Free Family Fun at the 6th Annual Antelope Crossing Spooktacular!

**ANTELOPE, CA (MPG)** - On Saturday, October 18, 10 a.m. to 4 p.m., the Antelope Crossing Business Association (ACBA) and the City of Citrus Heights will host the Sixth Annual Antelope Crossing Spooktacular at the Antelope Crossing commercial and retail plazas located at Antelope Road and Interstate 80.

Among other fun activities, the 2014 Spooktacular will feature a Free Family Fun Zone including bounce houses, an obstacle course, an Adventure Dome, Midway carnival games, and a Raley’s Pumpkin Patch. The annual Children’s Costume Contest will begin at 3:00 p.m. on the main stage, and there will be fabulous prizes for multiple age groups. A few of this year’s prizes include a 10-speed bicycle, free pizza, and gift certificates.

Sponsored by El Dorado Saving’s Bank, the Entertainment



Among other fun activities, the 2014 Spooktacular will feature a Free Family Fun Zone including bounce houses, an obstacle course, an Adventure Dome, Midway carnival games, and a Raley’s Pumpkin Patch.

Stage will feature live entertainment throughout the event. A few of the acts include Jonathan's Amazing Magic Show; Music Partner’s Academy; and the Extreme Martial Arts Lion Dance. Vendor, craft, and informational booths will also be open

throughout the day for attendees to peruse.

For more information about the 2014 Antelope Crossing Spooktacular, contact Dale Covey at (916) 729-1100.

*Source: Stones Gambling Hall*

## Homicide on Sayonara Drive

**CITRUS HEIGHTS, CA (MPG)** - On September 19th, 2014 at approximately 11:22 p.m., Citrus Heights Police officers were dispatched to the 7800 block of Sayonara Drive regarding a report of shots heard in the area. As officers were responding, multiple additional callers also reported shots were fired and there was a vehicle collision in the area of Sayonara Drive and Lialana Way.

Upon their arrival, officers located a vehicle, which had collided into a light pole. The vehicle had been struck by gunfire, and the male driver of that vehicle was unconscious. Officers performed life saving measures on the victim until medics arrived. He was transported by Sacramento Metro Fire paramedics to a local

hospital where he was pronounced as deceased.

There were no other victims from the incident.

Witnesses told police the shots were fired from a vehicle last seen heading westbound on Sayonara Drive. The details involving the suspect and suspect vehicle are still under investigation. However, upon preliminary investigation, it does not appear to be a random act.

“The Citrus Heights Police Department and our community will not tolerate such violent crime in our neighborhoods,” said Police Lieutenant Ryan Kinnan. “The actions of these suspects left one person dead and could have led to further serious injuries. We believe someone has information

concerning this crime and are asking those individuals to come forward. Residents in the area who may have personal security cameras are asked to review their video footage to identify if they may have captured further suspect information to share with our detectives.”

The incident is being investigated by Citrus Heights Police Department Detectives, and the investigation is on-going. Anyone who may have witnessed the incident, or has information related to the incident, is encouraged to contact the Citrus Heights Police Department Investigative Service Division at 916-727-5500.

*Source: Citrus Heights Police Department*

**Publisher,**  
**Paul V. Scholl**

## Citrus Heights Messenger

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

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

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# Fair Dealing at Storage Fundraiser



Dressed for a hayride, Be Money Smart owners Don and Marie Hall (standing left and right) joined Armor Mini Storage owner and fundraiser host Carole Elbert (center). Event volunteers pictured included entertainer Jimmy Rivers, Janessa Lucero and Michael Murr-Conley. Photo by Susan Maxwell Skinner



Patrons enjoying the fundraiser. Photo by Jennifer Travato

By Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - Be Money Smart USA's new venture, a program that helps veterans start their own businesses, got a recent funding boost with a county fair themed gala. The event was hosted by the Armor Mini Storage facility on Auburn Boulevard.

Visitors enjoyed a barn dance, carnival contests, and a tri-tip barbecue. Some guests endured brief incarcerations in the "county jail"—a storage unit repurposed as a prison cell. Bail was negotiable.

A success story for founding eight farmers markets in Carmichael and other suburbs, the Be Money Smart USA non-profit was launched in 2008 to help high-schoolers develop business skills through running these weekly markets. Owners Don and Marie

Hall were named business people of the year 2014 by the Carmichael Chamber of Commerce. Their new Veterans Build Your Own Micro Business Academy aims to help service people transition from military to civilian life. Enrollees will learn to own and manage their own businesses by partnering with farmers market merchants.

Fundraiser sponsors included Wagner Plumbing, Assemblyman Ken Cooley, Carmichael Rotary, Armor Mini Storage, Carroll Webb (Edward Jones financial advisor), and Bauer's Car Wash of Citrus Heights. The Carmichael Chamber of Commerce promoted the event.

Sponsorships for the Be Money Smart USA veterans' program are available, and donations are welcomed. To learn more, visit [www.bemoneysmartusa.org](http://www.bemoneysmartusa.org). ★



BeMoneysmartUSA (Front row from left) Lauren Wanell, Eva Gallagher, Janessa Lucero, Marie Hall, Reilly Nycum, Chris Navarro. (Back) Zack Bertsch, Christine McKenzie, Austin Hall, Sam Lichman, Destin Moyer, Alexandra Nassr, Don Hall, Emily Lipson, Autumn Hall, Michael Murr-Conley. Photo by Jennifer Travato

## Armor Mini Storage and BeMoneySmartUSA Event Sponsors:

**Event Sponsors** - Optimist Club, Ken Cooley, Knowmor Inc., Armor Mini Storage

**Carnival Booth Sponsors** - Ken Cooley, Wagner Plumbing, Rotary Club Of Carmichael, Bauer's Car Wash, Edward Jones-Carroll Webb, Armor Mini Storage

**Food Sponsor** - Papa Murphy's Pizza, Papa's Popcorn

**Entertainment** - Jimmy Rivers Show, Fiddlin' Around

**Raffle Sponsors** - Roma's Pizza, Century Theatres, El Papagayo's, Carmichael Chamber Of Commerce,

Farmer's Market Carmichael, Take Shape For Life, Referral Network, Inc., Armor Mini Storage. And Thank You To The Many Businesses That Supported Us With Anonymous Raffle Donations.

San Juan Water Board

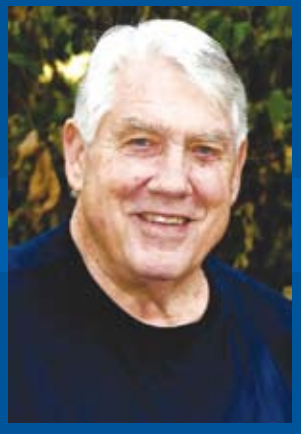
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# Pumpkin Farm Offers Tons of Pumpkins, History and Fun for the Whole Family



Tarik Habib (left), Carmella Lavie, Tela Wisdom, and Alessandro Obando enjoy the guided tour hayride in an 8-car train.

Story and photo by Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - One of Northern California’s oldest family-run pumpkin patches, The Pumpkin Farm at 7736 Old Auburn Road in Citrus Heights, has many attractions and activities to entertain and educate children and adults alike.

Through Halloween Day at 6 p.m., visitors will find a wide variety of farm rides and other fun attractions to keep them busy. Attractions include the newly revamped Haunted Barn, a jumping castle, and a 40-foot lookout tower and slide.

Guided tour hayrides, an 8-car train, and go-carts amble past a 200-year-old blue oak, and through the 16 acre farm, past sunflowers, a corn maze, century old fruit and olive orchards, and past baby pigs, sheep, goats, and chickens. A bit of farm history can be seen in the authentic antique farm equipment. Unique scarecrows are shown portraying many aspects of farm life, while scare-zombies stand by quietly observing all the activity.

Finally, 100 tons of pumpkins of all shapes and sizes are ripe for the choosing. One giant pumpkin weighing 1,535 pounds

took first prize at the Hall Moon Bay Giant Pumpkin Festival in 2012.

In 1972 Leonard Shymoniak and his family moved here from Canada and acquired the Farm as a poultry-egg ranch. In 1974, seeing the potential for a new agricultural niche, Shymoniak began to grow and harvest pumpkins. Today the family tradition continues. Son Thomas and daughters Yvonne and Yvette are involved in all aspects of running the farm, including working with the many schools and other organizations that visit during the month of October.

The land the Farm sits on has a long history of making the most of its bounty. The Nisenan Maidu and Plains Miwok Native American Indians originally inhabited the area in small hunter-gatherer societies. The nutritious seeds and acorns from the many oak trees on this land were a mainstay of the Native Indian’s diet for many centuries.

In the late 1850s the oak forested land was subdivided into 10 acres small farms for new immigrants moving in after Gold Rush. The Pumpkin Farm is on the 15 Mile section of the old Auburn Road, which ran from Auburn to Sacramento and on to

San Francisco during the Gold Rush.

The land was initially logged to produce lumber to supply the needs of Old Sacramento and the railroad, then eventually developed into a mixed nut and fruit orchard, a dairy and cattle ranch and turkey farm, and a bee-keeping operation. The Shymoniak family has been continuing this tradition for 39 years and plans to do so for many more.

For more information, call (916) 726-1137 or visit [Pumpkinfarm.net](http://Pumpkinfarm.net).

**Address:** 7736 Old Auburn Rd. in Citrus Heights, near Mariposa

**Days:** Friday Oct. 3 through Oct. 31; closed Mondays

**Hours:** 9 a.m. to 6 p.m. Tuesday through Sunday

**Event packages start at \$8 per person.**

**Parking is free except for \$5 on Oct 18 & 19 and Oct. 25 & 26.**

**No dogs allowed except trained service/guide dogs.**

For more information on the Maidu and Miwok Native Indians visit [www.roseville.ca.us/indianmuseum](http://www.roseville.ca.us/indianmuseum); [www.parks.ca.gov/miwok](http://www.parks.ca.gov/miwok). ★

Source: [Pumpkinfarm.net](http://Pumpkinfarm.net)

## Holiday Craft Fair

Hosted by the Citrus Heights Lions Club

Saturday, November 8th, 2014  
9am - 3pm  
at the  
Citrus Heights Community Center  
6300 Fountain Square Drive,  
Citrus Heights



- Over 85 Handcrafted Vendors
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- Homemade Bake Sale
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### 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  
(off I-80 & Greenback)

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.

Refreshments will be served.  
Hosted by East Lawn Sierra Hills  
Contact: Lisa West for more info  
(916)732-2020 or [lisaw@eastlawn.com](mailto:lisaw@eastlawn.com)

[www.EastLawn.com](http://www.EastLawn.com)

#### 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.

Julie Interrante, MA

Sacramento CHORAL SOCIETY & Orchestra

Donald Kendrick, Music Director

19th Concert Season 2014-2015

## STAINED GLASS CONCERT

Dettingen Te Deum | G. F. Handel

An evening of majesty and fanfare featuring one of Handel's most popular works that celebrates the British Victory in Bavaria in 1743.

Karlie Saenz, Mezzo Soprano  
John Martin, Baritone  
Dr. Ryan Enright, Organist

Saturday, October 25, 2014  
at 8:00 PM

Fremont Presbyterian Church  
5770 Carlson Drive, Sacramento



Reserved Seating: \$35 | General Seating: \$25 | Students \$12.50

Tickets: 916 536-9065 | [SacramentoChoral.com](http://SacramentoChoral.com)

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# Sacramento Region Continues Impressive Water Use Reductions in August

## 14 Agencies Cut Water Use by 20 Percent or More

**SACRAMENTO REGION, CA (MPG)** - Customers at 14 Sacramento-area agencies (listed below) reduced water use by 20 percent or more in August compared to the same period last year, according to an analysis by the Regional Water Authority (RWA), which represents water providers in Sacramento, Placer, El Dorado, and Yolo counties. The findings come from a review of August water use data submitted to RWA and the State Water Resources Control Board.

“Residents have been spectacular in their water use reductions,” said RWA Water Efficiency Program Manager Amy Talbot. “August is typically one of the hottest months of the year, which makes the temptation to ramp up sprinklers hard to resist. But the data shows that residents have made a serious commitment to preserving our limited resources during the severe dry conditions.”

Overall, the region averaged a 21 percent reduction in August, and is averaging a 19 percent reduction from January through August 2014, compared to the same timeframe last year, RWA’s analysis found.

“As we move into fall and winter, it will be important for residents to continue conserving water,” Talbot said. “Even normal or above-average precipitation

is unlikely to erase the effects of three dry years. We’re in this for the long haul.”

One action that residents can take immediately is to reduce sprinkler times by at least two minutes per zone. “Fall is prime time for overwatering landscapes,” Talbot said. “Shorter days and cooler temperatures reduce the water demands of lawn, trees, shrubs and plants, so it’s time to dial back sprinklers,” Talbot said.

**New Drought Resources Available**

The Regional Water Authority has launched a revamped Web site at [BeWaterSmart.info](http://BeWaterSmart.info) to provide additional drought information and tips for reducing water use.

The site includes a new sprinkler scheduling tool that allows visitors to enter information about their landscape (such as plant materials, soil type and sun exposure) and receive a custom watering schedule based upon the weather and local watering restrictions.

Other features include brief videos about low-tech solutions for determining when and how much to water your landscape, as well as how to fortify and maintain your landscape while reducing water use. Both the sprinkler scheduling tool and the videos were sponsored by the Water Forum, which

includes water providers, environmentalists and business leaders who work together to meet the co-equal goals of providing reliable water supplies and preserving the Lower American River.

**Drought Busters**

Percent reduction in August 2014 compared to August 2013: 25% California-American Water, 25% El Dorado Irrigation District, 25% Rio Linda/Elverta Community Services District, 24% Orange Vale Water Company, 24% Placer County Water Agency, 24% City of Sacramento, 24% City of West Sacramento, 23% Carmichael Water District, 23% Citrus Heights Water District, 23% Fair Oaks Water District, 23% San Juan Water District, 21% City of Roseville, 20% Elk Grove Water District, and 20% Sacramento Suburban Water District. ★

*About the Regional Water Authority: RWA is a joint powers authority representing two dozen water providers and affiliates in the greater Sacramento area. Its primary mission is to help its members protect and enhance the reliability, availability, affordability and quality of water resources.*

Source: Christine Kohn, in-communications.biz

# Understanding the Impact

## Save our Schools in Citrus Heights

**Special Commentary**  
by Julia Neuhauser

The San Juan Unified School District continues to debate options to fix Sylvan Middle School’s deteriorating learning environment. The District’s Superintendent, Kent Kern came to Citrus Heights Elementary on September 4th to announce closing Citrus Heights Elementary as one of the newest “options.” Apparently, this new option was being discussed over the summer without notifying parents, the community, or teachers, so there was no opportunity to be involved in those discussions. The board is slated to make the decision at the November 18<sup>th</sup> board meeting. Carriage Elementary and Sylvan Middle Schools have been fighting the good fight since last school year trying to get the board to make the right decision for their school communities. Citrus Heights Elementary families will have less than two months.

The community of Citrus Heights is tired of the talk of displacing three community schools within a one-mile radius. We are now taking action as a community. The newest “option” is to close Citrus Heights Elementary and move Sylvan over to that campus; all while spending millions to build a middle school façade. The elementary students from Citrus Heights will be merged with the Carriage campus, splitting the seams of that school with a population of 750 students, as well as making it a K-5 campus. In addition, it will displace a T-K classroom, two Special Day Autism preschool classes, two state preschool classes as well as the Bridges after school program at Citrus Heights. Carriage may not be “displaced”, but it would become the new *neighborhood* school rather than an *open enrollment* option. No one has answered whether it will maintain its “performing arts” status.

The City of Citrus Heights needs and deserves a state of the art middle school. Sylvan Middle School did not start deteriorating overnight. The

neglect of this historical site has come from decades of neglect in which District board after board has chosen to allow it to get to this condition. If we had a new middle school campus with the newest technologies and learning environments, along with an effective leadership and teaching staff, Sylvan Middle School would be on the competing edge with other highly sought out middle schools in the District.

Teachers and community members spoke at the SJUSD board meeting on September 9<sup>th</sup>... the message was is that we need the board to postpone their decision so the Citrus Heights community can come up with a better solution. At the board meeting, new football fields in the district were being celebrated; the district spent \$6.7 million of the \$350 million Measure N Bond money on the fields. We don’t discount the benefits of athletics, but in times when we are just overcoming deficits in school funding, we don’t know how football fields take priority over the students of Citrus Heights. If you look up the Measure N bond, the funds can only be used on “school and classroom improvements” and is also intended for “modernizing aging classrooms.” An amusing anecdote if we were being equitable with tracks and fields, have you seen the one on the Mesa campus? As a taxpayer in the SJUSD district, I don’t think of football fields fitting in to the category of Measure N. The board meeting minutes have not yet been posted, but during discussions, apparently the board commented that enough money has been spent on the schools in Citrus Heights. There is also talk that we will be re-instating class size reductions in the next few years. By filling a school to capacity, there is absolutely no room to accommodate class size reduction. It is the responsibility of the board and district leadership to have insight and vision in to our near future.

Strategy 3 of the district’s Strategic Plan is, “We will ensure effective two-way communication that is honest, transparent, and timely to build

trusting relationships and create a unified collaborative learning community.” I am not sure how transparent the district is being when new “options” are being developed without community participation. As Carriage parent, Jim Cowger stated at the board meeting, “The district is trying to put a band-aid on something that needs surgery. We will just be back here in 5-10 years when the band-aid falls off.”

45 million is an enormous figure to rebuild Sylvan Middle School, but it doesn’t have to happen overnight. Our students and families in the area deserve it. What parent doesn’t want a quality education for their child(ren)? There are many more options than closing schools and displacing children and programs. With the historical richness of Citrus Heights, the induction of Common Core Standards, and teaching in the 21<sup>st</sup> Century, we could be looking at a wonderful community partnership with local businesses to Save Our Schools. Opportunities to think outside of the walls of a thirty by thirty foot classroom with ideas like an on-site Citrus Heights Historical Museum run by students, and a fully-thriving school garden are some of the endless possibilities that could possibly help raise funds to re-build Sylvan, even if it is wing-by-wing! It is truly an amazing opportunity for our community!!

We just want to do what is right for the students in our community and we want a modern middle school. While we will remain diligent in voicing our concerns, we spend our days focused on the students and families we serve in our school communities. We need the community of Citrus Heights to turn out in mass at the Community Forum at Sylvan Middle School on September 24<sup>th</sup> from 6:30-8. We build community, we don’t tear it down. For ways you can help, please go to <http://understandtheimpact.weebly>. ★

Julia Neuhauser on behalf of  
Parents, Students, and  
Community Members of Citrus Heights



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6. Mosquito enemy

9. Wide river valley

13. Part of soft palate

14. Grassland

15. Hamelin's child abductor

16. Awful smell

17. Banned insecticide

18. City in Belgium

19. "One, two, \_\_\_\_\_ coming for you..."

21. "The People Under the \_\_\_\_\_" 1991

23. Seek damages

24. It's more commonly called a pika

25. Onomatopoeia for collision

28. Young salmon

30. Maneuver for attaining particular goal

35. Show horse type

37. Fireplace smudge

39. Famous march composer

40. Yugoslavian leader during World War II

41. Chef's headgear

43. It will

44. To impede

46. Lowest brass

47. Not made up

48. "\_\_\_\_\_ Margery Daw"

50. \*Like a lot of horror movie scenes

52. First responders

53. Metal enemy

55. Face twitch, e.g.

57. \*1976 prom night thriller

60. \*Movie about a cursed videotape

64. Antique shop item

65. Federal procurement org.

67. Was dishonest with

68. DVD player button

69. \*Don't take one if you star in a Krueger flick

70. Fourth letter in Greek alphabet

71. Fancy-schmancy

72. Be in the red

73. Winter driving hazard

DOWN

1. In the \_\_\_\_\_, like a skinny-dipper

2. "What \_\_\_\_\_ Happened to Baby Jane?"

3. Stringed instrument with pear-shaped body

4. Oafs

5. Desperate or badly-off

6. Another name for an Oldsmobile

7. Nourished

8. String bean's opposite

9. IV+IV

10. Imitator

11. 1983 ZZ Top hit

12. "... \_\_\_\_\_ he drove out of sight"

15. Mexican beaches

20. Brewer's staple

22. Big bang maker

24. Lawn pastime

25. \*Norman \_\_\_\_\_

26. Get off the chair

27. Opposite of glossy

29. Place of origin

31. Coconut fiber

32. One who is tutored

33. Muhammad's religion

34. "When a Stranger \_\_\_\_\_"

36. Fans reactions

38. London subway

42. "Hellraiser III: Hell on \_\_\_\_\_"

45. "Scary Movie 2" bird

49. Writing under influence, in text

51. Bears or cedes

54. Dal \_\_\_\_\_, in music

56. Angler's basket

57. \*Rabid St. Bernard

58. Aphrodite's lover

59. "Lifestyles of the \_\_\_\_\_ and Famous"

60. Measuring roll

61. Doing nothing

62. Post-it \_\_\_\_\_

63. Buzzing pest

64. Large edible mushroom

66. \*Movie with same name as certain tool

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

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Classified Advertising 773-1111

Sudoku Puzzle on Page 6

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

Miscellaneous

DISH TV Retailer. Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available.) SAVE! Ask About SAME DAY Installation! CALL Now! 1-800-341-7308 (SWAN)

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Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. freddiebbalbert1@yahoo.com. 530-263-6926 (MPG 07-31-14)

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

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Personals

Lady wants a gentleman to correspond with & potentially meet. Christian or Jew, age around 80. Likes to travel, attend church, read. Loves animals. I have white hair, 5'7" tall, have 3 years of college. Like to sew & play board games. Phone (916) 496-5740 (MPG 08-31-14)

Looking for a special man. I am healthy and active and have many interests. Quiet time with a special person. Long or short trips, little theatre, dancing, cruising, dining and conversation. The ideal man should share some of these and be in his seventies. 916-967-6289. (MPG 10-31-13)

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Pets/Animals

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

HELP WANTED

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

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

GOT LOCAL NEWS? Call 773-1111

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

Real Estate Sales

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

Volunteers Needed

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

Volunteers Needed

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

Want to Buy

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

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Work Wanted

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

Yoga

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

HELP WANTED

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

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

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R E W A R D

2 Cats Missing

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

LOST AND FOUND

Old Family photo album found at a Regional Transit Bus Stop in the vicinity of Orangevale.

Please call 916-483-2299, ask for Lynne, to identify it.

CALL 773-1111 TO ADVERTISE IN YOUR LOCAL HOMETOWN NEWSPAPER

Non-Profit Service Organizations

Wanted: Shoppers for Holiday Unique Boutique at Citrus Heights Community Center October 19 from 1 to 4 p.m. Citrus Height Soroptimists

Call Jeannie (916) 698-7948

Diagnosed with Gout?? or presence of Gout symptoms?

CITrials is looking for volunteers to participate in a clinical research study for GOUT.

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You may receive compensation for your time and travel.

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Crossword Puzzle on Page 6

B	E	L	C	H		O	F	F		V	A	L	E
U	V	U	L	A		L	E	A		P	I	P	E
F	E	T	O	R		D	D	T		L	I	E	G
F	R	E	D	D		S	T	A		I	R	S	
		S	U	E		C	O	N					





By Ronnie McBrayer

John Steinbeck was one of America’s most prolific and insightful novelists. Renowned for his prize-winning works that most of us either enjoyed or endured at some point in our education (depending upon our perspective), one of Steinbeck’s lesser known novellas is my personal favorite. It is a penetrating little book called The Pearl.

Steinbeck’s story begins with a poor Mexican pearl diver named Kino. He happily ekes out a living for his wife and son with a little canoe and a thatch hut on the beach. When Kino’s child is bitten by a scorpion, the wealthy doctor will not see the child, for Kino has no money.

Nor will the priest come to pray for the child, because Kino and his wife aren’t properly married – again, because Kino can’t afford to pay the church for a proper wedding ceremony. But through grace or ill-fated fortune, Kino discovers a pearl as big as his fist: The “Pearl of the World,” the locals call it, the most incredible treasure the village has ever seen.

Now Kino will be rich. He and his wife will be properly married. His son will be healed. The

## The Pearl of Great Price

family will get new clothes and a larger house. His life will be transformed. But, things don’t work out as well as Kino had hoped.

Greed takes over in entire village. Thieves attempt to rob him. The pearl traders refuse to barter with him. His friends grow psychotically jealous. Kino begins to spend all his energies hiding and protecting his treasure. His wife, who sees how the new wealth is destroying their family, tries to get rid of the pearl, only to have Kino viciously attack her.

More robbers burn their house down. They are forced to run for their lives while would-be assassins mercilessly stalk the family like prey. Yet, Kino cannot let this pearl go. He cries out in desperation: “What can I do? This pearl has become my soul!”

In the end Kino loses everything: His home, his young child, his little canoe by which he made a living, his respectability in the village, and his ability to escape to a better life. He and his wife stand on the Pacific shoreline and heave the evil pearl back into the ocean.

The treasure he thought he wanted, in the end, breaks him. Thus, Steinbeck’s little story is about far more than a poor Mexican diver. It a tale of human nature; it is about getting what one wants, only to discover that the fulfillment of that desire is one’s undoing.

We all enter this world with empty hands, open hearts, and restless spirits searching for some kind of treasure - something to

fill the emptiness. The search is intrinsic, natural, and good. Jesus spoke of this search in a way that Steinbeck later duplicated: We are searching for the “Pearl of Great Price,” Jesus said, that invaluable treasure of the soul that is worth more than all the world. It is an acquisition of the soul - and only the soul - that satisfies our search.

The glitch in all of our pursuits is that many of the things we seek do not actually fulfill us. They are actually detrimental to us and to the world. My guess is that the majority of individual and cosmic suffering is the direct result of our improper and misguided searches.

The itchiness in our hands and in our hearts sends us looking for an emotional and spiritual scratching post, but we entrust ourselves to people and objects that simply cannot deliver the goods. To quote an old country song, we go “looking for love in all the wrong places.” And when we go looking in all the wrong places, we end up with all the wrong outcomes.

But it’s never too late to find the satisfaction we can’t seem to corner. We just have to turn our attention to the true treasure of the soul, the Pearl of Great Price. We just have to search in the right place, and almost magically, we end up with the right results. ★

*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](http://www.ronniemcbrayer.me).*

## 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 con-

fidence 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 4<sup>th</sup> 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. ★



By Pastor Ray Dare

## You Are a Person of Destiny

got to be obedient; you’ve got to be open to following the God-given dreams and desires He’s put on the inside of you.

So many people are waiting for a big voice to boom out of Heaven to instruct them what to do. But most of the time, it’s not like that. It’s going to be a simple desire. The Bible talks about “A still, small voice”. You may be sitting around waiting for the right time to do what God’s been telling you to do. You think as soon as my kids get out of school, I’ll do it. I’ll be obedient to God. I’ll get involved. As soon as this big project at work gets over, then I’m going to get involved. Whenever the right time comes, then I’m going to do what God’s calling me to do. But friend, you all know as well as I do, there will never be a right time. The time to do what God’s telling you to do is right now. We’ve got to quit making excuses. Everyday you put it off, you’re missing out on God’s best for your life.

Jesus told a parable of the talents in Matthew chapter 25. I encourage you to read it today.

God has given every one of us talents. Let me ask you a very important question today, what are you doing with the talents God has given you? Are you making the most of what God has entrusted you with? Or are there weights that are holding you back? Are you too busy to come to church on a regular

basis? Are you letting the enemy deceive you into thinking you don’t have what it takes to do what God’s telling you to do?

Let me challenge you: Don’t hide your talents anymore. You’ve got to stir yourself up and step out in faith and do what God’s been telling you to do. You will never be truly fulfilled if you compromise what God has put on the inside of you. Get in the race. Get involved. Act on the dreams and desires He’s put in your heart. You have seeds of greatness on the inside of you. You have more to offer this world than you can imagine.

I believe we’re living in a very historic and critical time in God’s timetable. He’s counting on us to rise up and to make a difference in this generation. Soon, you and I will be giving an account to our Master as to what we’ve done. Let’s make the most of the time. Be serious about your relationship to God. Stay focused on the things of God. Stay in church. Be faithful in your tithe. Don’t hide your talents anymore. Be quick to obey God. If you will dare step out in faith and begin developing the potential He has placed within you, God will be pleased. ★

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



## BOO !!!

Halloween is just around the corner! Got scary superstitions? I asked some of my colleagues if they suffer from the same fate.

Had a chance to talk with **Rob Stewart** of KVIE’s “Rob on the Road” fame when he and I did the KVIE Auction a couple of weeks back. He is mortified of snakes. But, he said, “ I’m way too scared to tell you what I’m really scared of...but I’ll do it anyway. I’m horrified of ghosts. Sometimes you can tell when there is positive energy or a negative energy (some say that’s a ghost) in a place you walk into. The negative energies scare me to pieces. So scary ghosts and scary snakes send me—SCARED!” Remind me to ‘not go’ on the road with you Rob. Maybe you are a ghost magnet.

Then I checked in with our morning guy at KAHl AM-950 from 6-9 AM...**Casey Freelo**ve. I didn’t think anything would scare him. He’s too macho sports

## POPPOFF!

with Mary Jane Popp

guy and all that! You know what creeps him out about Halloween? Adults who don’t have children and they insist on dressing up for Halloween. He added, “Last time I dressed up (I was forced to) I felt odd until I got to the party I attended, and then felt very weird when I exited the party. Here’s why.

This party was at the Venetian Casino in Las Vegas in 2008, and I ended up spending the night at the hotel. Then I had to walk through the entire casino in my football player costume the next morning. Embarrassing? Yes! “ Hey Casey, next time, pack a bag! Oh, He’s superstitious too. “Black cats crossing my path and walking under ladders.

I also have a ‘lucky’ bottle opener. Why is it lucky? “It was my mom’s bottle opener when she attended college at Chico State back when they still had the Pioneer Days celebration, and I think that’s pretty darn cool, and lucky!”

That’s great, but how do you make it to the station every day with all those superstitions? Never mind. You have the lucky bottle opener, right?

I have known **Michael Marks**, “Your Produce Man” from the KQVR News and “Good Day Sacramento,” for a long time. He visits with me every week on

the KAHl Noon News. So what creeps him out farmers with pitch forks?

Nope! This is what he told me. “What creeps me out are over-cooked Brussel Sprouts and Asparagus. Slimy. Stinky. Sickening. No wonder so many kids have learned to hate Brussel Sprouts and Asparagus. Please don’t creep me out. Don’t over-cook your veggies! I know, Michael, raw is relevant!

Finally, I checked in with our newest addition to the AM-950 KAHl family **Bob Stephenson**. He is our Afternoon News Guy from 4-6 PM. This one got serious! He is claustrophobic. “When I was a child, I got caught underwater in the ocean for several seconds and became very disoriented and VERY scared. Since then, tight spaces or anything than makes it impossible for me to move or stretch out makes me feel very uncomfortable.” Bob, I guess that turtle neck sweater I was going to get you for Christmas is out of the question. Just kidding, of course.

Now for my bugga-boos. Oops. Ran out of space. Here’s a hint though. My ancestors come from *Transylvania!*

**HAPPY BLOOD CURDLING HALLOWEEN!!!** ★



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By Mark J. Cimino, CEO  
*CiminoCare*

*"Until there's a cure...hope and healing every day."*

For those of you who are family caregivers, I would like you to know that there are many wonderful resources out there. For caregivers with loved ones specifically coping with Parkinson's, a great organization is The Parkinson Association of Northern California (PANC), an all-volunteer organization dedicated to contributing to the lives of people with Parkinson's, their families, and caregivers.

As we have shared many times now, one important way of coping with various health challenges is to get active in fighting back through wonderful community organizations. By doing so, you will not be just be a caregiver, but you can fight for others in the future, to make a better life for them.

#### Annual Conference

To that end, PANC is hosting its Annual Educational Conference in Sacramento on October 25, 2014 at the Crowne Plaza Hotel, 5321 Date Ave., Sacramento, CA 95841. Join us for this important presentation featuring a number of medical

## Parkinson's Caregivers: I Have 3 Sets Of 2 Tickets To Give Away For An Event!

The tickets I have will be given away to the first 3 people that email me at [mark@ciminocare.com](mailto:mark@ciminocare.com).

and professional experts who will provide updates on many areas of interest for Parkinson's disease patients, their families, and caregivers. There will also be a host of local resource providers and vendors to speak with. And for the fee of \$15, not only is this worth the information, but LUNCH IS INCLUDED as well. Therefore, to celebrate this great organization and their great event, we are giving away two free tickets each to the first 3 people who contact me.

#### Ongoing Support & Services

In addition, PANC provides the following activities and services to our community through their many dedicated and hardworking volunteers and financial supporters:

- Supports the search for prevention and cure
- Actively promotes community awareness
- Hosts over 30 support groups for people with Parkinson's and their caregivers
- Presents a workshop for support group facilitators
- Presents an annual educational seminar—2013 had over 400 people attending!
- Publishes a quarterly newsletter, The Parkinson Path (formerly The Park Bench)
- Hosts Journal Club meetings
- Provides respite opportunities through Del Oro Caregiver Resource Center and Mountain Caregiver Resource Center
- Provide housing modification opportunities through Rebuilding Together Sacramento.

All of these activities are funded through the financial support of the community and through membership in PANC. Membership is available to anyone with an interest in Parkinson's Disease and related conditions. Individual memberships of \$50 and corporate/business memberships of \$150 are based on a calendar year (Jan.-Dec.) and entitles members to one free admission to the annual seminar.

If you or someone you know is struggling with Parkinson's, please join us and the effort for a better future.

Please contact me at [mark@ciminocare.com](mailto:mark@ciminocare.com) for 2 free tickets!! You can also buy them from The Parkinson's Association website at [www.parkinsonsacramento.org](http://www.parkinsonsacramento.org), by calling them at (916) 534-7279, or emailing [panc@parkinsonsacramento.org](mailto:panc@parkinsonsacramento.org). PANC is a non-profit 501(c)3 organization and thus donations may be tax deductible.

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

## Citrus Heights Seventh Day-Adventist Church

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For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first.

- 1 Thessalonians 4:16-17

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SE Parking Lot). Open every Saturday from 8 am to 1 pm - all year round.

SATURDAY

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

THURSDAY

UC Davis Health System Farmers Market

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

WEDNESDAY

Fair Oaks Farmers Market

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

WEDNESDAY

VA Mather Farmers Market

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

For more information: [www.bemoneysmartusa.org](http://www.bemoneysmartusa.org)

# Council Considers Crude Oil Shipments Options

*By Julia Baum*

CITRUS HEIGHTS, CA (MPG) - Citrus Heights City Council members, along with other local government representatives, recently signed on to a letter addressed to the city of Benicia demanding they conduct a more thorough study of train derailment risks before approving daily crude oil train shipments through multiple local communities to a Bay Area refinery.

In a collective show of protest, representatives from the Sacramento Area Council of Governments, consisting of six counties and 22 cities, say they are acting in the best interests of the public against a proposal by Valero Refining Co. to transport approximately 2.7 million gallons of crude oil daily through Davis, West Sacramento, Sacramento, and Roseville on trains.

One factor of concern for the communities is crude oil shipments from the Bakken region in North Dakota, known for its volatility. Citing multiple crude oil accidents in the last 18 months, including a 63-car derailment that resulted in 47 fatalities last year in Canada, SACOG members are calling upon federal regulators from the U.S. Department of Transportation to make crude oil train shipments safer. Some safety actions that SACOG would like to implement include phasing out unsafe tank cars, providing training and notification to local emergency response services, and reducing train speeds from 45 down to 40 mph through certain cities such as Davis.

A study commissioned by the city of Benicia says that a derailment and spill between there and Roseville would be rare; leaders in Sacramento feel that the risk has been minimized or studied enough.

“We felt there were some additional things that the applicant could be doing,” Council member Jeff Slowey said at a September 11 city council meeting, noting that it was “unusual to weigh in on an issue in the Bay Area.”

Currently SACOG is preparing a final comment letter for the end of September weighing in on the DOT’s recent Rule Making for Crude Oil notice, which includes new operational requirements for transporting certain flammable liquids and tank card standards improvements. The letter will be delivered by Sept. 30 prior to SACOG’s Board meeting. ★

Sources: Sacramento Area Council of Governments, City of Benicia

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# Citrus Heights 4th Annual Mutt Strut Raises over \$10,000 for Needs of Visually Impaired in Sacramento Area

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - The last week of summer proved to be perfect timing for over 100 dog lovers to walk, run, and strut their canine companions as they helped raise funds and awareness for the blind and visually impaired in the Sacramento area.

The forth-annual California Council of the Blind (CCB) 2K/5K Mutt Strut run and walk took place on Saturday, September 13th at Rusch Park in Citrus Heights.

KCRA meteorologist Tamara Berg was again Master of Ceremonies. The event was organized and officially timed by On Your Mark Events out of Calaveras County.

Over 275 people participated in the event, including 106 race contenders from surrounding counties, more than 100 volunteers, and a dozen vendors. Family and friends cheered on their teams as they enjoyed the morning, which included a pancake breakfast put on by the Land Park Lion's Club. Dawn Sirstad, owner of Good Eats was volunteer coordinator for the breakfast.

Jeff Thom, president of the California Council for the Blind explained that CCB is a national program which offers college scholarships, low interest loans for businesses, technology support, advocacy, crisis intervention, peer support, and information and referral services, all free of charge to their clients.

Runners and walkers took home medals in many categories; those in training could use their race time to qualify for future events.

Two race competitors came to the Mutt Strut from as far as Denmark and Italy. Foreign exchange students Charlotte Soerensen from Denmark and Saverio Barbagallo of Italy, both 16, are here as part of the Youth for Understanding



Exchange Students: Caption: High school foreign exchange students Saverio Barbagallo from Italy and Charlotte Soerensen from Denmark sport their medals won during the 2K and 5K Run as part of the 4th Annual California Council of the Blind Mutt Strut. Photo Courtesy Debi Martin

student exchange program. Barbagallo attends John F. Kennedy High School in Sacramento, and Soerensen is at Mira Loma High in Sacramento for the school year.

Thirteen fundraising and walking teams competed for top dog fundraising honors. Team Tahoe with Elena Thomason and her golden retriever, brought home first place in the individual fundraising category for the fourth year, raising \$1,942. Team Guide Dog Users of California earned group first place by raising over \$2,000. Finally, Frank Welte's team with his dog, Jeep, raised \$2,250 for the event.

Volunteers are the lifeblood of any event. Over 100 volunteers of all ages from throughout the community again made this Strut memorable. Nursing students from Sacramento State, the Delta Gamma

Sorority at U.C. Davis, Mesa Verde High School students, and members of the Boy Scouts Troop 635 and Girl Scouts Troop 1982 pitched in to carry out tasks of all kinds during the day. Valley of the Blind and Citrus Heights United Methodist Church also had volunteers working throughout the day. The Citrus Heights Queens and Ambassadors, led by Tamara Barbu-Brown, had the honor of dropping the starting flags for the 2K and 5K races, did face painting, and helped wherever needed during the event.

For more information on the Mutt Strut and the services of the California Council for the Blind, visit ccenet.org or call (916) 441-2188. To make a donation, go to FirstGiving.com. ★

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Yours Sincerely,

Mike McKibbin

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- ★ 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.
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## The Capitol Pops Third Annual “Brews & Boos”

*Continued from page 1*

newly appointed Director Kurt Pearsall will be overseeing his first concert as CPCB’s conductor. Pearsall, who has an extensive background as a musician and music educator in the Sacramento region, is only the second full-time CPCB director since the band was founded in 1997.

The band’s musical performance, starting at about 7 p.m., will include some traditional German music, plus some spooky Halloween tunes. The Sacramento Capitolaire’s will perform throughout the evening. The men’s chorus has a tradition dating back to the immediate post-World War II era, featuring music that appeals to all ages.

Another highlight will be the Creative Connections Arts Academy of North Highlands, part of the Twin Rivers Unified School District, youth dance team performing the classic

Ghoul Dance in a band arrangement of Michael Jackson’s timeless “Thriller” hit. Partygoers are welcome to take to the dance floor during the musical numbers.

For more information on the Capitol Pops, visit [www.capitolpops.org](http://www.capitolpops.org), or on Facebook. More details on the Sacramento Capitolaire’s are at [www.capitolaires.org](http://www.capitolaires.org). ★

*Source: Linda Glover*

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