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M Citrus Heights Messenger

“Written by the people, for the people”

Volume 4 Issue 18

Serving the City of Citrus Heights and Sacramento County

Second Edition for September 2014

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A Need Fulfilled



Members of GFWC Citrus Heights Women's Club accept a check at recent veteran's picnic from Rita Seale, American Woodmen representative (third from right). Funds were matched up to \$2,500 by fundraisers in the community. Shown left to right: GFWC Citrus Heights Women's Club members Judy Steele, Kristy Hernandez, Valerie Lujan-Sundukos, Darla Buechner (president), Rita Seale, Corine Klasinski, and Claudia Ferguson. Photo courtesy of the CHWC Women's Club

By Rita Seale

CITRUS HEIGHTS, CA (MPG) - Modern Woodmen of America members in Citrus Heights recently helped raise money for the Citrus Heights Women's Club by purchasing raffle tickets and dining at Buffalo Wild Wings at a special fundraiser.

The event, held on July 31, 2014, raised \$4,578.78. This includes \$2,289 matched by Modern Woodmen's home office through the organization's Matching Fund Program. The money will be used to secure Rusch Park and help fund future Citrus Heights Veteran's Appreciation picnics, which are

free to veterans and their families.

The Matching Fund Program offers Modern Woodman members nationwide the chance to show their support for a community cause, organization, or individual in need by holding fundraisers. Modern Woodmen matches money raised up to \$2,500. These fundraising projects contribute \$29 million and one million volunteer hours to community needs nationwide each year.

"The community truly came together to support a local need," says Jean Wirts, local Modern Woodmen chapter activities coordinator. "That support is what it's all about."

Coordinated by Modern Woodmen members, chapters provide opportunities to take part in social activities and community service projects to meet local needs.

For more information or to get involved, contact Seale at (916) 765-6691 or Rita.M.Seale@mwareep.org.

As a tax-exempt fraternal society, Modern Woodman sells life insurance, annuity, and investment projects, not to benefit stockholders, but to improve quality of life for our members, their families and their communities. This is accomplished through social, charitable and volunteer activities. ★

Metro Fire Selects Mark Wells New Chief

SACRAMENTO COUNTY, CA (MPG)

- The Sacramento Metropolitan Fire District (Metro Fire) Board of Directors announced on September 6th their selection of Deputy Chief Mark Wells to be the next Fire Chief. The announcement was made during a special meeting of the Board.

"The Board of Directors is very excited to work with Chief Wells to lead Metro Fire into the future," stated Board President Randy Orzalli. "We are confident that Chief Wells' vision, experience and expertise will ensure Metro Fire remains amongst the most progressive and innovative in the state. Continued strong leadership from the Fire Chief is critical, as we seek to deliver the best possible public safety service within our limited resources."

Last month, Fire Chief Kurt Henke announced his plans to retire in October after 33 years in the fire service. Subsequent to Henke's announcement, the Metro Fire Board of Directors approved a recommendation from its Executive Committee to conduct an internal search process among the ranks of Deputy Chief to select the next Fire Chief.

Chief Wells' fire service career started with the Citrus Heights Fire District in 1987. His career has progressed through the ranks of Firefighter, Captain, Battalion Chief, Assistant Chief, and he served as the Deputy Chief of Administration since 2011. During the course of his career, Chief Wells served in the Emergency Planning, Special Operations Division as the

coordinator for the Hazardous Materials Response Team and Technical Rescue Team. Chief Wells served with the Federal Emergency Management Agency (FEMA), California Task Force 7, Urban Search and Rescue (USAR) Team with deployments as a Taskforce Leader, Safety Officer and Rescue Specialist. Additionally, Chief Wells served as the Metro Fire Terrorism Liaison Officer/Coordinator. Chief Wells has a Master's Degree in Security Affairs, Homeland Defense and Security from the Naval Postgraduate School, in addition to a Bachelor of Science Degree in Health and Safety Studies from California State University, Sacramento and an Associate's Degree in Fire Technology from American River College. As the



Deputy Chief Mark Wells has been selected to be the next Metro Fire Chief.

Deputy Chief of Administration, Chief Wells had oversight of the Human Resources Division, Finance Division and the Information Technology Division. ★

Source: Sacramento Metropolitan Fire District

Young Entrepreneurs Have a Sizzling New Business

By Charles Stone

CITRUS HEIGHTS, CA (MPG) - Two 12-year-old Citrus Heights entrepreneurs are joining the ranks of serious BBQ competition at the Citrus Heights Sunday FunDay, September 28th at Rusch Park. This year, among the Citrus Heights Community Marching Band, vendor booths and community service organizations, there will be two young entrepreneurs with their very first business.

Ethan Stone and Mason Lewis are close friends who share a passion for everything barbeque. The two met in kindergarten at Woodside K-8 School and have been friends since second grade, playing on the same soccer team nearly every year since 2009. Eventually, they took their sports rivalry off the field and onto the barbeque grill, each claiming their barbeque formula was the best.

Mason's dad, Bill Lewis, an avid barbeque fan, taught his son how to prepare and cook steak, tri-tip, carnitas, pork, and every other type of meat since Mason was five years old. With this passion for cooking, Mason has developed his own dry rub to "bring out the best flavor and add a little spice." Ethan also learned how to cook from his father, Charles, but likes to marinate his meat in an old family recipe that gives his meat a "sweet with heat" taste which Ethan says "is the perfect combination for anyone's taste buds."

Their barbeque rivalry led them to common ground when they created "S.L.A.B.B." or "Stone & Lewis's Awesome Barbeque." Ethan and Mason are fans of hit T.V. show BBQ Pitmasters. Each wanted to know which is better at this culinary art form; they regularly challenged each other to impromptu BBQ cook-offs using their family and friends as judges.

About a year ago, the boy's rivalry hit its peak when they cooked for a group of family friends. Each judge was given a piece of paper to choose who had the best barbeque style. No winner was declared, but from this experience, the two realized they would do better by combining their talents to give their customers both options: one designed to be "spicy" and the other "sweet with just a little heat." From this, the boys gave themselves the slogan "two different BBQ styles, one great taste."

Look for Ethan and Mason at their official debut of Stone & Lewis's Awesome Barbeque, or S.L.A.B.B., this Sunday FunDay, September 28th, at Rusch Park. ★

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Veterans Picnic Honors Decades of Service

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - By the time 600 family and friends of our area’s veterans were ready to head home after a day of food and entertainment, resources, sharing and camaraderie, they had gained a new understanding and appreciation of the impact and depth of service and sacrifice each generation of veterans has made and continues to make every day.

For those who had come to Rusch Park in Citrus Heights on August 23, to be honored and share their own unique experience in service, the day’s events brought a renewed awareness of our continued need for the service of those who choose to answer the call to serve their country.

Active and retired veterans from all wars and conflicts including World War II, most in their 80s and 90s, were a vivid reminder that we are rapidly losing these heroes and how important it is to hear their stories and pass them on.

One of the most poignant and powerful reminders of this was the presence of two of the Documented Original Tuskegee Airmen, Judge Albert and Boyd Taylor. Just seeing them in person made their sacrifice more real.

Lenelle Roberts Brent, daughter of deceased Colonel George S. “Spanky” Roberts who was a member of the first graduating class of African American fighter pilots in 1943. Their legacy was brought to life in 2011 in the George Lucas



Active and retired veterans from all wars and conflicts including World War II, most in their 80s and 90s, were a vivid reminder that we are rapidly losing these heroes and how important it is to hear their stories and pass them on. A new sponsor this year promises to ensure the continuation of the veteran’s picnic for years to come. Modern Woodmen Fraternal Financial heard about the event and wanted to be involved. Through a generous matching funds program to match picnic fundraisers up to \$2,500, a check for \$4,663.80 was presented to Darla Buechner, GFWC Citrus Heights Women’s Club president.

film ‘Red Tails’. Brent told attendees of their historical legacy. Roberts’s wife, Edith, 95, was also present, along with Airman Boyd Taylor and his wife Gloria, and Brent’s nephew, Nathaniel Roberts.

A modern day hero was also honored as the picnic’s special guest of honor. Paul Reyes, American Legion Post 637 commander presented 27-year-old Marine Corporal Joshua Hotaling a plaque to honor him for his service and sacrifice during his time in Afghanistan. In 2011,

after serving for five years, Hotaling was sweeping for improvised explosive devices when he stepped on one. He lost both of his legs and part of his right hand. He first words upon waking up at the hospital were to inquire about his team’s welfare. They had survived the blast.

The Military Order of the Purple Heart is a new partner at the event. Chris Lambert, the order’s chaplain, spoke about what it takes to perform one’s duties through the pain of losing friends in combat, and

from being away from home, often living in near impossible conditions. Senior Vice Commander Art Horne performed the Missing Man Ceremony to acknowledge what the POW/MIA experience is like for families of these men and women,

Paul Reyes, one of the Legion’s own was honored by Army Major General Richard Lundin (Retired) for his part in the creation of the Final Farwell. Final Farwell is a full honors ceremony performed quarterly by American Legion Post 637 members at the Sacramento Valley National Cemetery in Dixon. This moving ceremony is for veterans who die homeless or without family to bury them. It is open to the public.

A new sponsor this year promises to ensure the continuation of the veterans picnic for years to come. Modern Woodmen Fraternal Financial heard about the event and wanted to be involved. Through a generous matching funds program to match picnic fundraisers up to \$2,500, a check for \$4,663.80 was presented to Darla



Buechner, GFWC Citrus Heights Women’s Club president.

Other new sponsors and resources this year include Fisher House, Soroptimist, Meals on Wheels, California Council of the Blind, Almond Orchard Dental Care, and America’s Homeless Veterans/Hugs Revolution.

Attendees enjoyed a barbeque lunch cooked by Wild Wade’s BBQ while Buffalos Wild Wings provided their specialty for picnic goers. Citrus Heights Wal-Mart donated 100 per cent of the picnic meat for this event.

This year’s service project benefited Operation Courage. Items were collected for free care packages for female soldiers.

A special thank you goes to Citrus Heights Women’s Club President Darla Buechner, Vice President Kristy Hernandez, American Legion Commander Paul Reyes, and member Bill Muth. The work of the picnic committee members also made the event successful.

The GFWC Citrus Heights Women’s Club and Citrus Heights American Legion Post 637 put on this event. ★



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Historic Rusch Home and Gardens Work Day Yesteryear Volunteers Needed



Inside the mahogany lined foyer looking into the family room of the Historic Rusch Home and Gardens, which was built in 1914 after the original farmhouse burned down. Photo courtesy of Sunrise Recreation and Park District

By Karey Hansen,
Recreation Coordinator II,
SRPD

CITRUS HEIGHTS, CA (MPG) - On October 11, 2014, from 8 a.m.-12 p.m., The Sunrise Recreation and Park District will be hosting a Volunteer Work Day at the Historic Rusch Home and Gardens in Citrus Heights located at 7301 Antelope Road in the West End of Rusch Park.

The Historic Rusch Home is a 1,712 square foot craftsman style home built in 1914 and is located within a 2.14-acre private garden setting.

Due to the uniqueness and historical significance of the property, upkeep of the home and grounds requires an extra level of detailed maintenance with opportunities available in

the gardens, as well as on the inside and outside of the Home.

Some projects available during the Volunteer Work Day include rosebush trimming, mulching, painting, small landscaping and irrigation projects, weeding, raking and some work on the interior of the home. If you have a particular skill set please inform Sunrise Park District and a specialized project can be set up to fit your talents. This is a wonderful opportunity for the entire family to get involved in this truly special community asset. All ages and skills are welcome to participate and to make a difference at this Historical Landmark.

Volunteers are encouraged to wear clothing you wouldn't mind getting dirty, closed toed shoes and to bring gloves and basic

gardening tools such as rakes, shovels, hula hose, loppers and hand pruners.

To thank those who join us to help beautify the home and ground, a tour of the home and a thank you BBQ will be held immediately following the Volunteer Work Day.

Parking for the Historic Rusch Home and Gardens volunteer day is located directly behind the home off of Rosswood Drive on Rusch Drive. Rosswood Drive is located directly off of Antelope Road.

Those interested in volunteering are asked to please sign up at www.sunriseparks.com/about/volunteer. For questions please contact Sunrise Recreation and Park District by sending an email to sunrise@sunriseparks.com ★

Proposition 47 Fails to Advance California

Commentary By
Christopher W. Boyd,
President, California
Police Chiefs Association

Under Proposition 47, a predator in possession of date rape drugs will be charged with a misdemeanor regardless of whether it is their fifth or fiftieth offense. Proponents of Proposition 47, misleadingly entitled "The Safe Neighborhoods and Schools Act," claim that the act simply alters sentencing of low-level nonviolent crimes (such as simple drug possession and petty theft) from felonies to misdemeanors and that the subsequent financial savings will be allocated to other state services including the K-12 schools, mental health treatment, and victim services.

These claims are false.

This poorly drafted initiative provides for the early release of up to 10,000 felons from state prison, all of whom have committed serious and/ or violent crimes. Proposition 47 is not a responsible long-term solution to California's overcrowded criminal justice system and there is nothing progressive about dis-incentivizing rehabilitation, reducing the penalties for the possession of predatory drugs, and downgrading the theft of a firearm to a misdemeanor.

The belief that our state's prison system is flooded with individuals convicted of simple drug possession is as misleading as Proposition 47's title. There are no "petty" criminals in our prison system anymore, nor is anyone in California incarcerated for simple drug possession.



Christopher W. Boyd, President, California Police Chiefs Association

Furthermore, possession of marijuana is an infraction punishable by a fine of no more than one hundred dollars, ensuring that no one in possession of marijuana for personal use alone sees the inside of a prison or jail. When it comes to simple drug possession, California is committed to rehabilitation and treatment, not incarceration. Under Proposition 36 (2000), persons convicted of non-violent drug possession receive a probationary sentence and are not initially incarcerated. As a condition of this probation, defendants are required to participate in and complete a licensed community drug treatment program. Proposition 47, by reducing drug possession penalties, disincentives the population affected by Proposition 36 from seeking any type of treatment or rehabilitation. Instead, this action will create a revolving door of misdemeanor drug users filtering in and out of our county jail system.

Proposition 47 not only reduces the penalty for personal drug possession, it also decreases the penalty for the

possession of predatory "date rape" drugs such as rohypnol, ketamine, and GHB. This comes at a time when reports of forcible sex offenses on college campuses nationwide are on the rise. Our state has continuously been a leader in proactively addressing sexual assault. Proposition 47 would unravel these efforts by providing sexual predators in possession of date-rape drugs with a "get out of prison free" card, regardless of how many times a predator is caught with date rape drugs.

Sexual predators in possession of date-rape drugs are not the only class of predators exonerated by Proposition 47; it would also redefine grand theft in such a way that theft of a firearm would only be considered a felony if the value of the gun is greater than \$950. People steal handguns for violent, predatory purposes, not to merely augment their private gun collections. Law enforcement does not have the ability to determine if a person is in possession of a firearm if that firearm has been obtained by illegal means. This shortcoming would effectively deteriorate years of California policymaking aimed at reducing gun violence.

Prop 47 does not advance California and its passage will not keep low-level offenders out of our state prison system. Reducing the penalties for crimes such as possession of predatory drugs and the theft of a firearm is not a responsible, sustainable, or realistic approach to addressing prison overcrowding.

This measure will by no means advance or benefit our society. ★

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City Hall Relocation Site Reconsidered: Informational Meeting September 17th

CITRUS HEIGHTS, CA (MPG) - The people of Citrus Heights have spoken up at City Council meetings, sent emails, and called city officials to register their refusal to accept the relocation of City Hall to Antelope Road. Opposition to the proposed relocation has resulted in delays to the plan and a newly scheduled meeting about the alternate site on Fountain Square Drive.

All interested parties are welcome to attend the City Hall public information meeting about the Fountain Square Drive location on Wednesday, September 17th, 6-7:30 p.m. at the Citrus Heights Community Center, 6300 Fountain Square Drive.

Unfortunately, the Citrus Heights Messenger goes to press before this meeting. For information about the results of the meeting, visit the city website www.citrusheights.net, email publicinfo@citrusheights.net, or call Colleen McDuffee (916) 727-4740 or Monica Alejandrez: (916) 725-2448. ★

Source: City of Citrus Heights

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John is a proud father of two, successful business owner, and a youth soccer coach.

He started GRANITE BAY AUTO GLASS almost 15 years ago, working on luxury sports cars and boats at Folsom Lake. Over the years, his business grew as did his son and daughter, and for the last five seasons, he has coached his daughter's U-16 soccer team. He also became an active player himself, in the ASL (Adult Soccer League USA).

His work takes him everywhere in the seven-county Sacramento area. It also gives him the flexibility to have never missed a school field trip, and to travel with his daughter's soccer team when they compete.

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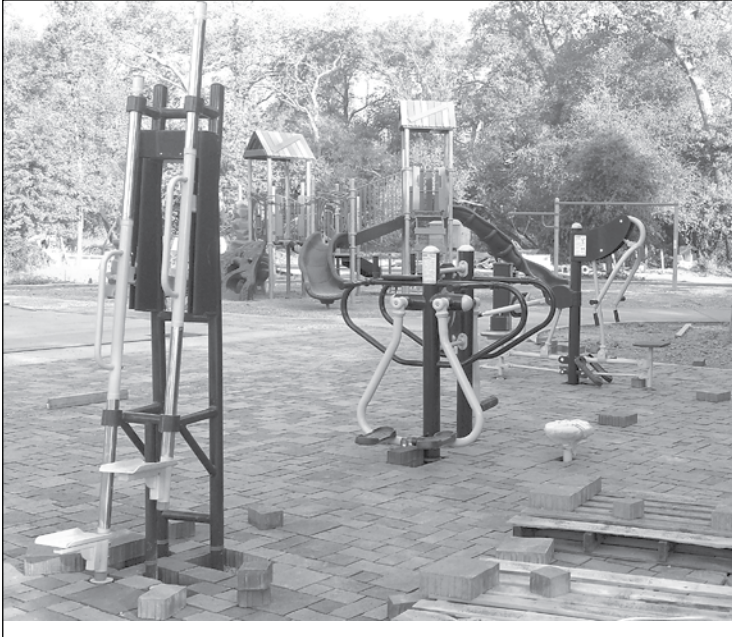
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Arcade Creek Preserve to be Urban Retreat in the Wild



State-of-the-art outdoor exercise equipment and playground and play pockets are an important feature of the new Arcade Creek Preserve scheduled to open in Citrus Heights in November.

Story and photos by Elise Spleiss

CITRUS HEIGHTS (MPG) - Walkers, joggers, nature lovers, and families are only months away from being able to step off of Sunrise Boulevard at the edge of the Marketplace shopping district into the quiet of the new Arcade Creek Preserve in Citrus Heights.

The Sunrise Recreation and Park District (SRPD) is close to opening the newest of its 23 parks in Citrus Heights. This preserve is unique to the city, having been created on 10 acres of undeveloped natural wetlands adjacent to Arcade Creek.

A covered picnic area and playground with limited parking sit at the entrance to the preserve. Here, the first three of seven state-of-the-art outdoor exercise equipment will be available for parents and others to use while watching their children play.

Multiple walking trails, a zip line, five nature inspired

children's play pockets, and exercise equipment at each pocket surround a one-mile paved walking loop. Three of the play pockets will have exercise equipment that provide access to those in wheelchairs. Visitors will enjoy a boardwalk with benches and an overlook onto the wetlands. Two bridges cross Arcade Creek at the Sayonara entrance providing a bike and pedestrian connection through the preserve from Sunrise to Sayonara.

Education is also important. Interpretive signs at each play pocket will explain each area. A kiosk at the entrance with three signs will give an overview of the preserve and other information.

This project is fulfilling two goals. It will bring back and maintain the natural state of the creek and surrounding preserve through restoration that will repair the degraded creek and eroding banks. This in turn will "welcome the public back into the creek system" according

to SRPD administrator Dave Mitchell. "As a kid I used to ride my bike to local creeks to catch pollywogs" he added.

This park will bring visitors back to nature in a more natural setting than traditional parks. Care has been taken by designers and builders to maintain the feeling of being in the wild. The colors and materials used for all park amenities including play equipment, benches, and even trash receptacles are made from environmentally friendly materials. They are long lasting with low maintenance and have the look of being made from natural materials taken right from the park.

As re-vegetation of the creeks takes hold following an intense reseeding process, they will soon return to their wild state. Homeowners living above the park will regain their privacy as nature reclaims the land beneath their homes.

Work being done to bring the creek back to life is not going unnoticed. One such resident, spotting Mitchell and this reporter from his yard overlooking the preserve remarked, "It's a good job you're doing here, we're looking forward to seeing it when it's done."

Not only will nature retake its space here after the building has been completed, the wildlife will also return. Besides smaller animals such as skunks and raccoons, the deer, fox, and coyote will reappear as they again make their way up and down the creek corridor.

Mark your calendar for November 1st when SOAR, Neighborhood Association 10, hosts a special Restorative Planting Day to reintroduce native grasses and plant oak trees throughout the Park Preserve. ★

Source: Sunrise Recreation and Park District

Air Show Honors Triple Ace



Triple Ace pilot Clarence "Bud" Anderson (center) was saluted at the California Capital Airshow by an honor guard in vintage uniforms. WW II aircraft performed a fly- past after Congressman Ami Bera (second left) presented commendations to the 92-year-old.

Story and photo by Susan Maxwell Skinner

MATHER, CA (MPG) - Arriving at Mather Field by airplane and vintage jeep, ace pilot Clarence "Bud" Anderson was guest of honor at the California Capital Airshow last weekend.

The event saluted more than 100 WWII veteran attendees, whom Congressman Ami Bera called "the greatest nation's greatest generation." Among the hundreds of contemporary aircraft at Mather Field, prop-powered fighters from the European and Pacific theaters were soaring war birds. Over two

days, their fly-pasts and barrel rolls delighted 100,000 observers at Mather Airport.

Just three months after the 70th anniversary of D-Day, Colonel Bud Anderson (92) was a timely guest. During missions against the Luftwaffe, the Oakland-born pilot scored 30 aircraft "kills" and was hailed a "Triple Ace." He remains one of the most highly-decorated officers in US Air Force history. Brigadier General Chuck Yeager once called Anderson "the best fighter pilot I ever saw." By contrast with WWII aircraft displayed at the show, this year's headliner was a 2005 US Air

Force F-22 Raptor. The aircraft's capabilities include supersonic flight, the ability to take off vertically, and to stop mid-air.

Presented by Sacramento County, the show is among the largest of its kind in the United States. The ninth annual expo saluted 100 years of aviation history. The non-profit event donates proceeds to scholarships and educational programs for young people who aspire to careers in aviation, science, math and aerospace. Learn more about the California Capital Airshow at www.californiacapitalairshow.com. ★

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CLUES

ACROSS

1. Newton or Stern
6. ***Here's looking at
9. Face-to-face exam
13. Bake, as in eggs
14. Even, to a poet
15. "Madama Butterfly,"
e.g.
16. ***Show me the
17. Sculptor Hans/Jean
18. "Nobody ____!"
19. Penalize
21. For peeping
23. It can be red or black
24. Lab culture
25. In the past
28. Emeralds and rubies
30. **"Elementary, my dear
35. Ringo Starr's
instrument
37. ____ Verde National
Park
39. "Dancing with the
Stars" number
40. Supposed giant
Himalayan
41. Subculture language
43. ***You sit on a throne
of ____
44. Peer-conscious group
46. Apartheid opponent
Desmond ____
47. Formerly
48. **"Yo, ____!"
50. To represent in draw-
ing or painting
52. **Are you the
____master? ...I am the
gatekeeper"
53. "About ____ Night"
55. **"Sheep be true!
____-ram-ewe!"
57. ** ____ handle the
truth!"
61. Toy weapon
64. Unwelcome computer message
65. Reef dweller
67. Match play?
69. Spent
70. E in BCE
71. Plural of lepton
72. Cobbler's concern
73. Wine quality
74. Piglike

DOWN

1. Any doctrine
2. ____till you drop"
3. Hokkaido native
4. Gladiators' battlefield
5. ***There's no ____ in baseball"
6. Uh-huh
7. ____ the land of the free ..."
8. Remove pegs
9. Moonfish
10. First female Attorney General
11. Seed coat
12. Add booze
15. #15 Across, pl.
20. Flower holders
22. Swerve
24. Battery's partner?
25. Temples' innermost sanctuaries
26. ** ____, for lack of a better
word, is good"
27. Kind of space
29. Patty ____
31. Tall one is a lie
32. To be wiped off a face?
33. Corpulent
34. Foul
36. Small British car
38. Opposed to
42. Louisiana dish
45. As opposed to hourly pay
49. Grandmother in Great Britain
51. **"I love the smell of ____ in
the morning"
54. Knight's mount
56. Acquiesce
57. Evergreens
58. Three-ply snack
59. Eurasian mountain range
60. Apple leftover
61. ** ____ it, Sam"
62. Mail agency
63. Haves and have-____
66. Make #64 Across
68. Aye's opposite

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For Solutions See Page 7

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Drivers: Local Woodland Flat-bed 17.00 per hour! CDL-A, 1yr. Experience required. Estenson Logistics. Apply: www.goelc.com 1-866-336-9642 (MPG 07-31-14)

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If you or a loved one suffered a stroke, heart attack or died after using testosterone supplements you may be entitled to monetary damages. Call 877-884-5213 (Cal-SCAN)

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

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STEADY MOVES You rent the truck...we will make sure it's loaded/unloaded PROFESSIONALLY! (Lic#232945) 916-206-3183. Email msmith2661@comcast.net (MPG 06-30-14)

Miscellaneous

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

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

SUPPORT our service members, veterans and their families in their time of need. For more information visit the Fisher House website at www.fisherhouse.org (NANI)

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

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Pets/Animals

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Helpless Animals Need Your Donations

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Position Wanted

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Real Estate

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

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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

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

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WANTED JAPANESE MOTOR-CYCLE KAWASAKI 1967-1980 Z1-900, KZ900, KZ1000, ZIR, KZ1000MKII, W1-650, H1-500, H2-750, S1-250, S2-350, S3-400 Suzuki GS400, GT380, CB750 (69.70) CASH PAID. 1-800-772-1142, 1-310-721-0726 usa@classicrunners.com (NANI)

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NOTICE TO READERS California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

DISCLAIMER Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

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4 large 2 small Engraved \$150

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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.

LOST DOG

Black & white adult male Boston Terrier, lost on evening of 6-16-14, near Routier & Mills Stration Road, Ranchol Cordova.

Please call (916) 802-0807

associatednews.us



BEING AN AGNOSTIC, DYSLEXIC, INSOMNIAC. . . ELWOOD WOULD LIE AWAKE AT NIGHT WONDERING IF THERE WAS A 'DOG'

THIS WEEKEND! CROSSROADS of the WEST

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Sept 20-21

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Sudoku Puzzle on Page 6

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| 5 | 6 | 7 | 2 | 4 | 1 | 3 | 8 | 9 |
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| 7 | 1 | 8 | 3 | 6 | 9 | 2 | 4 | 5 |
| 6 | 2 | 5 | 4 | 7 | 8 | 1 | 9 | 3 |
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Crossword Puzzle on Page 6

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By Ronnie McBrayer

This is the first year of the official September 11th Museum and Memorial. Located underground, on the foundation stones of the World Trade Center Towers, it contains more than 10,000 artifacts of the day, 23,000 pictures, and an archive of more than 500 hours of video.

Within the collection of artifacts and archives there is also an assembly of audio recordings; Final conversations of those in the towers as they called home, spouses, parents, partners, friends, and left voice mails. Rabbi Irwin Kula is responsible for collecting a good many of these conversations.

In the days after 9/11 he began seeking out the last words and sentences of anyone he could find who was killed that day. He took those words and adapted them into a chant for his synagogue. The tune and meter of the chant he chose was traditionally about the destruction of the Jewish temple. He thought it appropriate for the aftermath of the September 11th attacks.

What he discovered was not only that the words fit the traditional chant perfectly, but also

Love is the Final Word

this: All the final conversations he had in his collection were about love. Not a single person used his or her last breathe to say, “Kill those bastards for what they have done...Be sure to get revenge... I hate them for what they did to me...Avenge my memory.” Every last word was an “I love you” of some variety.

Here is what Rabbi Kula learned, “Then I recognized what the real Torah, the real wisdom... the real experience behind religion is...it is about love...and it’s no more complicated than that. As a rabbi, my community of rabbis, and I think priests, ministers, and monks – we’ve made it a lot more complicated than it is. When you make it more complicated than it is, you lose the experience.” Beautifully said.

As I understand the Bible, particularly as I read it through the lens of Jesus of Nazareth, God isn’t much into religion. He’s not interested in carving up the world along tribal or cultic lines. He’s not officiating a spiritual contest, declaring winners and losers in who can most strongly declare how right they are. That’s all much too complicated. Rather, he works to put the world on the right path, on the road to redemption, on the way of love.

Jesus came to reveal God’s love to us, to draw it out of us, to show us that love is the beginning, the means, the path, and the end; it’s the only road to travel. This is what Jesus meant, I believe, when he said, “I am the way, the truth, and the life.” The only way to know God is through the doorway

of redeeming love. To choose a different path is to more than “lose the experience,” it is to absolutely corrupt it.

I suppose this makes me an “exclusivist;” one who denies that all religious paths are equal and simply have their own unique twists and turns along the way. No, I do not believe such a thing, for the morbid irony is that religion brought down those iconic towers more than a decade ago. Hard. Inflexible. Dogmatic. Immovable religion (And such religion can be perpetuated as easily by we who are “Christian” as any other group).

God surely can’t be associated with anything of the sort, no matter what name it is called or however right and correct it purports to be. God must be - absolutely must be - in what is loving, absolving, and just, not destructive. For love is what saves us. It is what gives us life. It is the only thing that overcomes hate and injustice. It is the only way.

Memorials built to honor those who have suffered and died as the result of hate are appropriate, and we should “never forget.” But let us never forget that neither hate nor religion will have the last word. That word has already been spoken; in the words of Dorothy Day, “Love is the final word.” ★

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.

Pets on Parade at PetSmart in Citrus Heights

By Connie Hall

CITRUS HEIGHTS, CA (MPG) - You’ve been extolling the brightness and beauty of your beloved best friend to family and friends forever, and now is the time to let the public in on all that you love about your best furry friend—that’s right, your dog!

On Saturday, September 27th from 12-2 p.m., PetSmart in Citrus Heights, in conjunction with Citrus Town Center and Radio station KZZO NOW 100.5 FM, will be hosting the annual PETS ON PARADE event.

This highly-active and well-attended event allows local residents a chance to show off Fido to the audience, other dog owners, and of course, the judges. There will be three (3) separate divisions in three (3) separate size categories of small, medium and large dogs. Each size category allows dogs to compete in the divisions of Cutest Dog, Ugliest Dog, Most Look-Alike Owner / Dog, plus Honorable Mentions. There will also be a single winner selected for the coveted 2014 Best of Show dog.

You are welcome to dress up your pet and show in costume if you wish, but it is not mandatory. If your dog has a special trick you would like them to perform during their appearance, this option will be announced the day of the event and predicated on the number of entries and available time. Special tricks are for crowd entertainment only and are not included in the judging criteria.

All dog owners who register will receive a free gift bag courtesy of PetSmart, and plenty of dog treats and water will be on hand while each dog awaits their time in front of the judges. 1st Place winners in each size category will receive a \$50



Everyone is invited to attend just to enjoy the event, and you may bring your dog with you whether you wish to enter them or not. PETS ON PARADE is for entertainment purposes and to acknowledge our beloved furry friends. Photo Courtesy of Hall Market Media, Inc.

PetSmart Gift Card. 2nd Place winners take home a \$25 PetSmart Gift Card, and 3rd Place winners will receive a \$15 PetSmart Gift Card. There will also be two (2) Honorable Mentions in each size category, and each of these winners will receive a special dog toy and a \$5 PetSmart Gift Card. The 2014 Best of Show winner will receive a special dog toy plus a \$50 PetSmart Gift Card.

Registration is easy. Just show up with your dog on a leash (mandatory) at noon at PetSmart on September 27th. You will be given a small registration card to complete and hold for the announcer. You will be directed to the appropriate waiting area along with other similar-sized dogs. Each dog will have an opportunity to parade before the judges, the first time alone, and then again as a final parade of all same size category dogs.

Everyone is invited to attend just to enjoy the event, and you may bring your dog with you whether you wish to enter them or not. PETS ON PARADE is for entertainment purposes and to acknowledge our beloved furry friends.

If you have any questions regarding the event, please contact Bill Martin at (916) 799-1168. Personnel within PetSmart will not be able to assist with event details. Event details are also available at the www.CitrusTownCenter.com web site as well as the Citrus Town Center Facebook page (facebook.com/citrustowncenter).

Be sure to mark your calendar to bring your best bud out for the annual PETS ON PARADE event on Saturday, September 27th from 12–2 p.m. at PetSmart, located at 6434 Sunrise Blvd. within Citrus Town Center in Citrus Heights. ★



On Saturday, September 27th from 12-2 p.m., PetSmart in Citrus Heights, in conjunction with Citrus Town Center and Radio station KZZO NOW 100.5 FM, will be hosting the annual PETS ON PARADE event. Photo Courtesy of Hall Market Media, Inc.



By Pastor Ray Dare

God doesn’t make anything without a purpose and God didn’t make YOU without a purpose. God wants you to become somebody, to grow and mature and to do something significant in this world. How does that happen? How do you become the person God made you to be? To do what God intended you to do? It happens by growing spiritually, by becoming more like Christ. That’s been God’s goal from the very beginning. God’s will for every person is that they grow spiritually.

God has a part and YOU have a part in your spiritual growth. Philippians 2:12, “... Continue to WORK OUT your salvation with fear and trembling, for it is God who WORKS IN you to will and to act according to his good purpose.” It says, “...work out your salvation...” That’s talking about an individual assignment. Accept personal responsibility for your growth. “...with fear and trembling...” Don’t be afraid of God. Christians have no need to fear God in terms of being afraid of Him. You are a part of His

How You Grow Spiritually

family. You’re afraid you might miss out on all that God has made for you. Take your salvation seriously; it has eternal implications.

Nothing is more important than your own spiritual growth. Take it seriously.

“...for it is God who works in you...” That’s God’s part. He will give you the will power and the ability. He’ll give you the desire and the capability to change. There are three tools God uses to work in to your life and three choices you need to make to work them out. First, God uses the Bible. Second, God uses the Holy Spirit. And third, God uses Circumstances.

Growth is not automatic. It doesn’t just come passively. Change is a matter of choice and your part is making the right choices. There is a parallel between God’s resources and your choice. God provides the resource of His Word; you’re supposed to read it. God gives the Holy Spirit; you choose to depend on Him. God uses circumstances; you choose your response to circumstances.

In regards to circumstances, you cannot choose what is going to happen to you next week, next month, next year. We don’t have that choice. But you can choose how you’re going to respond, how you’re going to react -- whether it’s going to make you or break you, whether you’re going to be bitter or better, whether it’s going to be a stepping stone to maturity or a stumbling block to failure. Your choose how you respond to the circumstances

that come into your life.

God produces the fruit of the Spirit in your life -- love, joy, peace, patience, goodness, kindness, faithfulness, self-control -- by putting you in the exact opposite situation. You want to learn love? God is going to put you around some unlovely people. It’s easy to love the lovely. You want to learn joy? He’ll put you in some tragedies and you’ll learn that joy is different than happiness. Peace? It’s easy to be peaceful setting on the beach in Tahiti. Peace is learned in chaos. Goodness? He’ll put you in situations where you’re tempted. Self-control? He’ll take you to a church pot luck or move you down the street from Baskin-Robbins. God allows you in the opposite situation in order to help you grow.

Spiritual growth takes an intentional commitment. You must want to grow, decide to grow, make an effort to grow, and persist in growing. It’s called Discipleship - the process of becoming like Christ -- and that always begins with a decision. “‘Come, be my disciple,’ Jesus said to him. So Matthew got up and followed him.” Matthew 9:9 Will you? Will you follow Jesus today and make an intentional decision to become His Disciple and grow spiritually? ★

Pastor Ray
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Sunday Worship II :00 am
Sunday Evening 6:00pm
Wednesday Evening 7:00pm

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(Located one block South of Madison; just East of Dewey)
Pastor Charles Carter (916) 967-3915

Call for more information



Foster Care

The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens.

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POPPOFF!

with Mary Jane Popp

2) **BUILD YOUR IMMUNE SYSTEM.** He prefers host defense made of 17 types of organic mushrooms, but other possibilities are colostrums or Beta 1.3d Glucan.

3) **EAT ORGANIC.** That includes a diet of fruit, vegetables, grains and nuts with no simple carbohydrates or protein (except AG/pro or other protein substitute) during treatment of cancer. Add minimal amounts of protein mainly from fish and poultry later in cancer treatment and after recovery.

4) **MAINTAIN ALKALINITY IN BODY.** He prefers using 2 organic lemons squeezed in water with some Stevia each morning, but other use X20 from Xooma in water to drink throughout the day, or add an alkalizing filter to your water tap.

5) **USE SOMETHING TO KILL CANCER CELLS WHEN PRESENT.** He prefers laetrile and apricot kernels that require additional supplements such as pancreatic enzymes and zinc to facilitate the process. Others prefer high dose vitamin C, poly MVA, insulin Potentiation therapy, and other natural, alternative interventions.

6) **USE SUPPLEMENTS DAILY.** For example, vitamin D has been shown to assist in killing cancer cells and preventing cancerous cells from converting to cancer cells.

7) **GET PHYSICAL.** Exercise daily to prevent and assist in recovery from cancer.

8) **USE SPIRITUAL INTERVENTIONS.** Try prayer, meditation, serving others, and strengthening spiritual attributes of patience, forgiveness, and gratitude. Faith, optimism, and spirituality have been shown through research to have a powerful effect on recovery and longevity.

9) **MENTAL INTERVENTIONS.** Affirmation and visualization have been shown to facilitate recovery from cancer when used in conjunction with other modalities.

10) **MAINTAIN A SUPPORT SYSTEM.** Friends, family, and a higher source known to him as God to facilitate recovery from stress is a part of the cancer process, other diseases, and daily living.

Dr. Helvie has done research for some 60 years. He also served as a nursing consultant in Russia and taught at the University of Applied Sciences in Frankfurt, Germany. He is also the recipient of the 1999 Distinguished Career in Public Health Award from the American Public Health Association. His best-selling book, *"You Can Beat Cancer"* is available at all the regular places and you can check out his website at www.beatcancer.net. Taking matters in your own hands gives you the power over your own life. Stay well my friends! ★

YOU CAN BEAT CANCER

Dr. Carl Helvie is the longest known survivor of lung cancer. He is an experienced Nurse Practitioner and Nationally acclaimed author of *"You Can Beat Cancer"* using Alternative/Integrative Interventions. He hosts *"The Holistic Health Show."* According to the good Doctor, a new study has presented data that "Taking small amounts of aspirin over long periods of time reduces the risk of colon cancer and certain other cancers in people 50-65. It has been found that taking aspirin for at least five years also limits mortality, along with reducing the risk of cancer. He shared his insightful journey through the terror of cancer diagnosis and how he persevered to conquer it on my **POPPOFF** Radio Show.

So I asked him if he could give me his top ten tips to prevent/treat cancer.

1) **USE THE HOLISTIC APPROACH.** This involves a combination of physical, spiritual, and social support activities.

Union Gospel Mission Sacramento



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

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IN MEMORIAM

Daisy Vivian Pealer

04/08/1925 – 08/09/2014

Daisy Vivian Pealer passed on at home surrounded by loving family on August 9. She was born in Cloquet, Minnesota on April 8, 1925.

Daisy was married to John "Jack" Pealer for the past 59 years. She was the devoted mother of Suzanne, John and Jodee and the loving grandmother of Cayla, Billy, Jacob and Emilee. She is preceded in death by her daughter Jeanna.

Her passions include her family, home and garden, friends, card parties, bingo and the San Francisco Giants. Daisy was always cheerful, kind and witty,

and charismatic and will be greatly missed by all who knew her.

Friends are invited to attend a Celebration of Her Life at 4:00pm on September 18, 2014 at the Lutheran Church of the Ascension 7607 Garden Gate Dr. Citrus Heights, CA.

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- 1 Thessalonians 4:16-17

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Aubrie Moore is the September Student of the Month



CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Chamber Education Committee’s September Student of the Month is Aubrie Moore. Aubrie is in 5th grade at Arlington Heights Elementary in Citrus Heights.

Academically, Aubrie is a bright student who has a strong work ethic. She shows perseverance and always challenges herself to go above and beyond. She is a deep thinker and will take her time to formulate a well

thought out answer. She is compassionate and kind to her peers and can work well with anyone. She shows respect to not only her teachers but her classmates. ★

Source: Rosa Umbach

Moms in Training for 5k,10k Run and Walk



The Greater Sacramento Area Chapter of Team in Training is launching a new program for busy moms and others who want to train to walk or run a 5K or 10k and, at the same time, raise funds to benefit the nonprofit Leukemia & Lymphoma Society. Participants will begin training on September 20th and complete their season on November 22nd by running or walking in the Davis Turkey Trot. Photo Courtesy of Moms in Training

SACRAMENTO REGION, CA (MPG) - The Greater Sacramento Area Chapter of Team in Training is launching a new program for busy moms and others who want to train to walk or run a 5K or 10k and, at the same time, raise funds to benefit the nonprofit Leukemia & Lymphoma Society.

Participants will begin training on September 20th and complete their season on November 22nd by running or walking in the Davis Turkey Trot.

While this new event is called Moms in Training, it is open to

Dads as well, and to all adults who want exercise and the opportunity to make new friends while helping a worthwhile cause. Training will be in the Folsom and Sacramento Areas at family-friendly and safe parks. People from throughout the Greater Sacramento Area are invited.

Participants in Moms in Training do two things: 1. Receive advice and coaching from expert runners and walkers and 2. Raise funds to benefit the Leukemia & Lymphoma Society and its research and therapy

programs to cure blood cancers. Please join us at Java Mama Coffee in Folsom on September 6, 2014 at 10 a.m. for an information meeting to answer questions about the program.

To learn more or sign up, contact Sheree Corbett at 9(16) 929-4720x1515 or email Sheree. Corbett@lls.org. More information also is available on the website, www.teamintraining.org/sac. ★

Source: Sheree Corbett, Campaign Manager, Team in Training

5TH ANNUAL

CHILI COOK-OFF

Hosted by the GFWC Citrus Heights Women’s Club

Saturday, October 11 | 11-2 pm

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Prisoners of War

VFW Post 6158
&
Womens Auxiliary
Post 6158

Missing in Action

American Legion
Post 383
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Legion Riders

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SEPTEMBER 27

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8:00 am - Breakfast Burrito (\$5 Donation)

9:00 am - Motorcycle Hi-Lo Ride
Single Rider \$20 - Double Rider \$30 (Donation)
(Includes BBQ Lunch, Drinks, and Sides)

12:00 pm - VFW Memorial Park Opens
Picnic & Pavilion Seating-BBQ Lunch
Hamburgers or Hotdogs with sides (\$5 Donation)

2:00 pm - POW/MIA Ceremony

4:00 pm - Dinner
BBQ Beef Sandwich with Sides (\$8 Donation)

5:30 pm - Live Music & Dancing

Contact VFW Post 6158 for more information at: VFW6158.org

VFW Center Township Post 6158
8990 Kruitof Way
Fair Oaks, California

Prisoners of War, Missing in Action Remembrance Day

SACRAMENTO REGION, CA, (MPG)
- The Veterans of Foreign Wars (VFW) Post 6158 and the American Legion Post 383, as well as the VFW Auxiliary Post 6158, will be hosting a joint ceremony on September 27, 2014, honoring our POW and MIA heroes. Admission and parking are free.

The POW/MIA Recognition Day will be held at the VFW hall, 8990 Kruitof Way, Fair Oaks. The celebration starts with a VFW breakfast at 8:00 a.m. (\$5 donation) BBQ lunch (\$5 donation) and dinner at 4:00 p.m. (\$8 donation). All proceeds are to help local veterans.

The formal POW/MIA ceremony starts at 2:00 pm. Former POWs and family members of MIAs will be present. They will be transported by limousines to the celebration, escorted by the American Legion Riders motorcycle group and greeted with a flag line and the community. After the presentation of colors, the Five Hat Ceremony representing the five branches of the United States military will be performed.

The celebration will be in conjunction with an American Legion



L-R World War II Veteran Bob and Terry Colet, Dave Brown (prior to his passing) and VFW Post Commander Mike Moore. (above) American Legion Riders show their colors. (below) Photos courtesy Sheila LaPolla



Riders Post 383 Hi/Lo Run. There will be prizes, live music, dancing and special displays! Come join us for a special tribute to our POW

and MIA heroes and a day of family fun. For more information, call (916) 715-3046 or VFWPost6158.org. ★

Runner Tells DMV to Stop Overcharging Tax

SACRAMENTO, CA (MPG) - George Runner has called upon California's Department of Motor Vehicles to stop overcharging California consumers when they pay tax on their vehicle purchases.

Runner said, "It's outrageous that the State of California expects private citizens to do things right that government is doing wrong."

In a letter to DMV Director Jean Shiimoto, Runner writes: "I find it difficult to understand why your agency would knowingly continue to mischarge taxpayers when the Board of Equalization has developed an extremely accurate tool for determining tax rates at specific locations."

The Board's online tax rate lookup tool, launched in late 2013, enables taxpayers to find

a sales tax rate for a specific address.

In his letter, Runner explains that DMV's problem appears to stem from continued reliance on postal zip codes to determine tax rates. Since a single zip code can include areas with differing tax rates, zip codes are not a reliable way to determine tax.

Runner estimates that in his district alone more than 2.5 million Californians live in zip codes that have more than one tax rate.

Unlike most transactions, the tax rate for a vehicle sale is based on the location provided to DMV by the registered owner, not where the sale took place.

In response to Runner's letter, DMV staff contacted Runner's office indicating a desire to address Runner's concerns but

warning a solution could be years away.

Runner said, "I am happy to assist taxpayers overcharged by DMV in obtaining refunds, but they should not be overcharged in the first place. I don't want to hear excuses. I want to see change."

Runner says he will be pursuing additional outreach to taxpayers in his district to alert them to the possibility that they are paying too much tax.

Elected in November 2010, George Runner represents more than nine million Californians as a member of the State Board of Equalization. For more information, visit www.boe.ca.gov/ Runner. ★

Source: The office of George Runner

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Thursday, November 13
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