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Playoff
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All American Speedway**

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Citrus Heights Messenger

“Written by the people, for the people”

Volume 4 Issue 16 Serving the City of Citrus Heights and Sacramento County Second Edition for August 2014

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on Gov's Open Letter
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direct link to our online edition!

You Won't Believe Your Skies! THE CALIFORNIA CAPITAL AIRSHOW



(Above) No runway? No problem! Arguably, one of the greatest breakthroughs in aircraft technology, the unique Harrier jump jet is capable of vertical takeoffs and landings, providing the U.S. Marine Corps with mobility, flexibility, and firepower. Don't miss the rare chance to see this remarkable aircraft show off!

(At right) Flying a beautiful Lockheed T-33 Shooting Star named "Ace Maker," Gregory "Wired" Colyer has been performing for Airshow fans since 2008. With big, sweeping turns and graceful aerobatics, fans are shown first hand the abilities of this aircraft and its place in history as the U.S. Air Force's first operational jet. Come experience the wonders of the "Ace Maker!" All photos courtesy California Capital Airshow.com



Filled with aircraft, space artifacts, robots, flight simulators, and more, guests at the California Capital Airshow (CCA) can watch demonstrations, participate in games, and experience first-hand the clear relationship between aviation and aerospace, and Science, Technology, Engineering, and Math (STEM) studies in school. Kids will also have the opportunity to rub shoulders with men and women who have used their education to change the world. Airshow attendees won't want to miss spine-tingling F-22 Raptors, Harriers, and the Patriots Jet Demonstration Team while experiencing thrilling aerobatics, barnstorming, pyrotechnics, vintage aircraft, music, choreography, and so much more!

SACRAMENTO, CA (MPG) - The ninth annual California Capital Airshow (CCA), presented by Sacramento County, announced that discounted general admission tickets are now available for purchase at all SAFE Credit Union branch locations throughout the region in addition to the event's website. The Airshow will be held at Mather Airport on September 6-7, 2014

featuring all things shiny, fast, and loud. Airshow attendees won't want to miss spine-tingling F-22 Raptors, Harriers, and the Patriots Jet Demonstration Team while experiencing thrilling aerobatics, barnstorming, pyrotechnics, vintage aircraft, music, choreography, and so much more!

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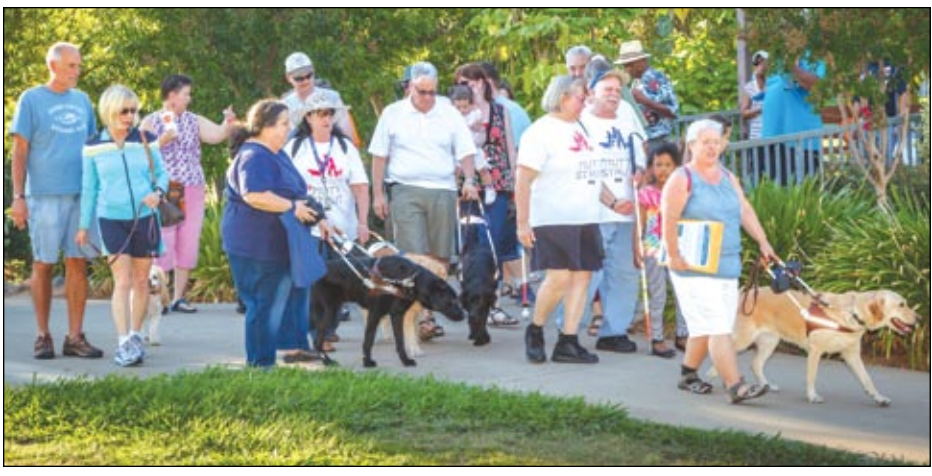
Calling all Dogs, Runners, Walkers and Their Humans

**By Michael S. Dunne
with Elise Speiss**

CITRUS HEIGHTS, CA (MPG) - The Fourth Annual Mutt Strut, a 2K walk or 5K timed run for dogs of all shapes, sizes, and breeds and their human companions, will be held at Rusch Park in Citrus Heights on Saturday, September 13, 2014 from 9:00 a.m. to 12 noon. Check-in begins at 8:00 a.m. This event is a fundraiser for the California Council of the Blind (CCB). Individuals, couples, and families are invited to walk or run, with or without a dog. Organizers are hoping to attract more families and their pets to this year's event. "Last year, 2013, was the first year we held Mutt Strut in Rusch Park," said Elena Thomason, a Mutt Strut volunteer. "It was

a record setter! We are very pleased to be back in Citrus Heights." The event was held at Capitol Park in Sacramento its first two years. Eighteen teams competed for "top dog" fundraising honors last year. Team Tahoe with Elena Thomason and Tahoe, her golden retriever guide dog, brought home that honor for the third year, raising \$1,725. Thomason, along with other teams and their donors, raised a total of over \$5,000. They hope to exceed this amount in 2014. Over 200 participants were involved last year. "The Mutt Strut is vitally important in supporting the work of the California Council of the Blind," commented Jeff Thom, CCB Statewide President. For 80 years, it has been the largest organization

Continued on page 8



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Free Safety Fair Coming to Citrus Town Center

By Connie Hall

CITRUS HEIGHTS, CALIFORNIA (MPG) - Citrus Town Center, located at the corner of Sunrise Blvd. and Greenback Lane in the heart of Citrus Heights, is presenting their annual Free Safety Fair. This much-anticipated community event is scheduled for Saturday, August 30th, from 10:00 a.m. until 12:00 p.m.

Working in conjunction with Officer David Jones of the Citrus Heights Police Department, the Safety Fair this year promises to hold interest for every member of the family. One of the returning top attractions of the Safety Fair is the Free Drive-Thru Child Car Seat Installation and Safety Check. Administered by officers from the Citrus Heights Police Department, child seats will be checked for proper placement, securing, appropriate sizing for the child, and more.

To keep the younger set busy

during the Safety Seat Check or when strolling through the Safety Fair, be sure to bring the kids by the very popular Magic Wand Entertainment booth. They'll be offering hands-on arts and crafts, games, special activities, and much more for the kids. For the parents, this booth will be offering enter-to-win drawings for multiple giveaways of an invaluable safety tool. Stop by the booth to take a look and enter for the drawings.

The free Drive-Thru Child Seat Installation and Safety Check is accessible via the second entrance into the Center off of Sunrise Blvd. and will run alongside Sprouts Farmers Market. Look for the Safety Fair entrance sign for the Child Seat Check only. The full Safety Fair is accessible through all entrances and runs along the front of the Center.

After the Car Seat Safety Check, bring the kids by the Sacramento Metropolitan Fire Department truck to get your own picture of

the kids with a fireman and the fire engine. The Sacramento Metro Fire Department booth will provide information and tips dedicated to home safety and include enter-to-win drawings for combination sets of smoke alarms and carbon monoxide detectors, as well fire extinguishers for home use.

Take a leisurely stroll along the front of the shopping center, and you'll find the individual booths starting in front of Sprouts, which is starting things off with free food samplings and refreshments.

For drivers on two wheels, the Safety Fair is hosting free Bicycle Safety Checks. Bring your bike by for a free check-up by the Bicycle Unit of the Citrus Heights Police Department. The CHPD Bicycle Unit is also offering bicycle safety tips and an enter-to-win drawing for bicycle helmets.

Free Caricature Drawings by local artist John Denton will be a popular attraction at the Fair. Caricatures are available for a fun

way to remember your family outing to the 2014 Citrus Town Center Safety Fair.

Sunrise MarketPlace, the destination shopping and service district comprised of nearly 500 individual businesses including Citrus Town Center, Greenback Square and Greenfaire Village, will also be on hand at the Fair. Stop by their booth for an SMP Map Guide, and take a free spin on their prize wheel.

Members from Mothers Against Drunk Driving (MADD) will be hosting a booth and providing helpful educational information to deter impaired driving. Parents can also gather information and tips on how to talk to their teens about not

driving while impaired.

Sacramento County Chaplains, an outreach segment of our local police and fire departments, will be in attendance at the Safety Fair talking with attendees about their purpose within our community which includes crisis intervention at emergency scenes, search and rescue assistance in the field, follow-up services with families, evacuation scene support, and much more. This is one booth worth a stop-by just to say "Thanks!" for all they do for our community.

All automobile drivers ages 16 and over attending the Safety Fair will receive a free car wash voucher courtesy of the good folks

at Quick Quack Car Wash in Citrus Heights (good while supplies last). Enjoy your time at the Fair and then a quick car wash before heading home. Pick up your free car wash voucher at the Chaplain's booth.

All of this and much more will be happening at the Safety Fair on Saturday, August 30th from 10:00 a.m. until 12:00 p.m. at Citrus Town Center. You'll always find the latest up-to-date information on all events and activities happening at Citrus Town Center on their Facebook page. Be sure to "LIKE" the page in order to receive periodic updates on upcoming events and promotions (facebook.com/citrustowncenter).

★

Legislature Passes First Water Storage Bond in 50 Years

By Wayne Lusvardi

SACRAMENTO REGION, CA (MPG) - With the drought still drying up the state, the California Legislature and Gov. Jerry Brown Wednesday poured out a \$7.5 billion water bond that includes \$2.7 billion for water storage. If voters give their approval this November, this will be the first bond in 50 years to include water storage.

The storage is significant because, from 1971 to 2014, California voters passed 21 water bonds totaling \$35.9 billion without any water storage. Paraphrasing poet Samuel T. Coleridge, California had "bonds, bonds, water bonds, but not a drop of water to drink."

The new bond passed in the Assembly by a vote of 77 to 2 and

in the state Senate by 37 to 0.

Legislators in the Assembly broke into applause after the vote.

Said Republican Leader Bob Huff of Brea, "It was real critical to get a bond that actually helped fund two reservoirs. We've had a lot of bonds in the last 15 years that haven't had any storage, so we finally have a water bond that has water in it."

Opposition includes Restore the Delta, which objected to the bond because it was not "tunnel neutral." The group opposes Brown's plan to build two tunnels under the Delta to keep separate ocean water from inland (fresh) water.

Restore the Delta also didn't like that the bond would provide \$200 million for the Wildlife Conservation Board to buy water

from willing sellers for the benefit of migratory birds and wildlife refuges. But Restore the Delta believes the same water to be bought for wildlife eventually could be pumped through the proposed Twin Tunnels.

Said Restore the Delta Executive Director Barbara Barrigan-Parrilla, "It contains false protections for the Delta, and we call upon legislators, especially those representing the Delta, to vote against it. We are not fooled, and this bond will become a referendum for the tunnels. That is not going to advance the water solutions we need."

All that remains to be seen is if the voters can gulp down a \$7.5 billion water bond with water storage in it for the first time in almost 50 years.

★

Source: Calwatchdog.com



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Kids K9 Fun Run

Kids - come and run for our K9 Officers. The Kids K9 Fun Run for kids 15 and under is \$18. The fee includes a run tee shirt, kids lunch and medal for each participant. (Fee increases to \$25 after 9/1/14.)

K9 Officers from the Sacramento PD K9 Unit and other law enforcement agencies will be on site passing out trading cards, giving demonstrations and you can also have your photo taken with a K9 Officer.

All proceeds from this event will benefit three area Police K9 Associations which provide retirement benefits for K9 Officers. More info on our website.

Start The run begins at 10:00 a.m. at the Garden of Honor at Sierra Hills Pet Cemetery where 48 retired K9 Officers are memorialized.

Date: Saturday, September 13, 2014 (in honor of Pet Memorial Day)
Where: Sierra Hills Memorial Park & Sierra Hills Pet Cemetery, 5757 Greenback Way, Sacramento, CA (off I-80 @ Greenback)
Time: Gates open at 9:00 a.m. (arrive early for best parking)
How: Register on-line at www.KidsK9FunRun.org
What: 10:00 a.m. Kids K9 Fun Run Starts
11:00 a.m. to 1:00 p.m. Vendor, Food and Community booths
11:30 a.m. Participants lunch served
1:00 p.m. Police K9 demonstration

Kids Bounce House

Special Note: If you would like to have a booth at this event or have any questions, please call Lisa West @ (916) 732-2020 or email lisaw@eastlawn.com



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Citrus Heights Messenger

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We are proud members of these newspaper associations.



You Won't Believe Your Skies!

THE CALIFORNIA CAPITAL AIRSHOW



Continued From Page 1

“Did you know that a weekend at the Airshow provides families with a greater return on investment value than most theme parks and sporting events in our region? With an Airshow ticket, fans are provided seven and a half hours of family entertainment for \$20.00 or less per person,” said Darcy Brewer, executive director of the CCA. “If you plan ahead, a family of four can purchase our Family Four Pack for just \$50.00! Where else can you purchase family entertainment for that many hours? And once inside the

(At left) The Lucas Oil Parachute Demonstration Team debuted their performance in 2013 on the air show circuit and have taken the industry by storm ever since! You won't want to miss the skydiving performances of this skilled three-man team as they open the Show with the American Flag parachute jump followed by a series of breathtaking jumps later in the Show. It will be the first time the team has performed in Sacramento and we can't wait to see how they light up the Sacramento skies!

In an amazing display of formation and aerobatic flying, the Air Force Heritage Flight Foundation will bring its homage and artistry to the skies over Sacramento. Paying tribute to both past and present, with two of the most iconic fighters in our nation's history, the P-51 Mustang and F-86 Sabre Jet, flying along side the F-22 Raptor, the Heritage Flight honors the US Air Force as we remember those who fought and died on the wings of these amazing machines, now and forever.



gates you'll be amazed at the plethora of entertainment on the ground and in the sky!”

The Show will also showcase “Stars & Stripes Forever,” a salute to veterans and the greatest generation. Attendees will step back in time with an authentic theatrical production featuring professional military re-enactors, a parade of vintage warbirds, tanks, live USO-style music, costumes, and pyrotechnics. 2014 is the 70th anniversary of D-Day, and this colorful and emotional tribute will be a fitting way to honor one of the most important events of the 20th century while showing gratitude to the men and women who serve and sacrifice in order to provide the freedoms we all enjoy today.

There is so much to see and do inside the gates at Mather Airport! If you haven't been to the Show in a couple of years, you are in for a real treat. Aerojet Rocketdyne's LaunchPad, the Kid's Zone and SAFE Credit Union's DREAM BIG Pavilion all seek to combine the love of games and technology with real world application. Filled with aircraft, space artifacts, robots, flight simulators and more, guests can watch demonstrations, participate in games and experience first-hand the clear relationship between

aviation, aerospace and Science, Technology, Engineering and Math (STEM) studies in school. Kids will also have the opportunity to rub shoulders with men and women who have used their education to change the world.

The Airshow website will be updated regularly with news, attraction information and more. Fans can follow the Airshow on Facebook and Twitter (@calcapairshow), and now on Instagram (@capitalairshow).

Established in 2004, the California Capital Airshow has become one of the largest and most highly-respected shows in the nation. CCA is an exciting and family-friendly non-profit regional event designed to honor the Sacramento region's rich aviation heritage and veterans while inspiring young people to pursue education and careers in the areas of science, technology, engineering, math, aviation, aeronautics or aerospace. The non-profit organization gives back to the community through scholarships, charitable group donations, and a wide variety of community events and exciting educational programs throughout the year. For more information about the California Capital Airshow, please visit www.californiacapitalairshow.com. ★



The aerobatic performance by Mike Wiskus, sponsored by Lucas Oil, is a tightly choreographed energetic, awe-inspiring routine in a Pitts S-1-11b. This high-flying action along with the Lucas Oil Parachute Demonstration Team is a sight to behold! Mike's enthusiasm and willingness to share his aviation experience with people around the country is nothing short of contagious!



Safety Fair - August 30th, 10am - 12pm

- Drive-Thru Child Seat Safety Check by officers with the Citrus Heights Police Department
- Bicycle Safety Check & Tips – Bring your bike for a checkup with the Bicycle Unit of the CHPD
- Fire Safety Tips and Prizes from the Sacramento Metro Fire Department
- Free Arts, Crafts and Entertainment for the Kids!
- Sunrise MarketPlace Information Booth and Spinning-Wheel Prizes
- Free Caricatures!
- Sprouts Farmers Market with Free Refreshments
- Free Car Washes from Quick Quack Car Wash of Citrus Heights!
- MAAD Information for Parents and Teen Drivers

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Senator Nielsen Issues Statement on Governor's Open Letter on Water Bond

SACRAMENTO REGION, CA (MPG)
- Governor Brown distributed a letter Tuesday stating his inflexible position on the water bond. Ignoring the needs of farm workers, ranchers, businesses and average Californians, the Governor drew a line in the sand to propose a \$6 billion bond that will essentially reduce water storage to a fraction of what's needed.

State Senator Jim Nielsen (R-Gerber) issued the following statement in response to Governor Brown's rigid proposal:

"Under Brown's plan, funding for surface water storage – essential to California's long-term water needs – and other key water projects will be slashed.



Sen. Jim Nielsen

"The Governor's uncompromising position is puzzling. "He continues to focus on the high-speed rail that no one needs and few people want. At an estimated cost of nearly \$100

billion, the train has not broken ground and the state has already spent \$500 million.

"Investing in critical water storage for generations of Californians is of far greater significance than a train across California."

Senator Jim Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Del Norte, Glenn, Nevada, Placer, Sacramento, Shasta, Siskiyou, Sutter, Tehama, Trinity and Yuba. To contact Senator Nielsen, please call him at (916) 651-4004, or email him at senator.nielsen@senate.ca.gov. ★

Source: The Office of Senator Jim Nielsen

Sacramento County Expresses Opposition to State Delta Plan

SACRAMENTO COUNTY, CA (MPG)
-This week, the Sacramento County Board of Supervisors formally submitted comments challenging the findings of the Bay Delta Conservation Plan (BDCP) state environmental impact report (EIR) and federal environmental impact statement (EIS). Of significance, the comments expressed the frustrations of many residents with a plan to build twin tunnels and take additional water from the Sacramento Delta.

A recognized expert on water issues and elected representative of Sacramento's Delta communities, Supervisor Don Nottoli expressed, "The BDCP proposes to irreversibly change, and in many instances, permanently destroy the generations-old socioeconomic fabric and physical landscape of the Delta."

"Constructing massive twin tunnels won't produce any more water, but make no mistake, it will leave a legacy of negative impacts

on the Delta, its economy, and its people. The BDCP doesn't solve California's water problems and sacrifices the Delta to benefit others. Simply, this is not acceptable, and never will be."

Among the many flaws in the environmental reports, the County noted that there are major negative impacts to the lives of county residents, the local economy, and natural resources in and around the Sacramento River, the Delta itself, and south Sacramento County communities where twin tunnels are slated for a 10-12 year construction project.

The Supervisors cited the following significant impacts that the planning document either inadequately addresses or ignores altogether: Direct/indirect impacts to existing legacy communities and agriculture from long-term construction activities and project operations; Uncertainties surrounding future water project operations and how these operations will

impact water supplies; Impacts to the roadway/transportation network from construction activities; Impacts from the conversion of agricultural land to habitat; Economic and social impacts to the local Delta communities from the long term displacement of businesses and residents; Impacts to Airport operations; and, Impacts from changes to drainage pattern changes resulting from project construction.

Next, federal and state agencies tasked with reviewing comments will evaluate and consider the comments submitted by stakeholders, including, non-governmental organizations, individuals, and governmental entities. It is important to note that given the huge volume of comments submitted, the evaluation process will take several months at best. It is anticipated that a Final Draft document will be prepared following the evaluation process. ★

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CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Police Department conducted a DUI/Driver's License checkpoint on August 1, 2014, at Greenback Lane and Birdcage Street between the hours of 8:00 p.m. and 2:00 a.m. Checkpoints are placed in locations that have the greatest opportunity for achieving drunk and drugged driving deterrence and provide the greatest safety for officers and the public.

Fire Chief Henke to Retire

"I would like to thank Fire Chief Henke for his strong leadership during a period of significant

The results of the listed check-point were:

- 8 20 Vehicles Screened
- 2 DUI-Alcohol suspects arrested
- 0 DUI-Drug impaired suspects arrested
- 0 Suspects arrested for illegal drugs
(possession/transportation/sales)
- 6 Drivers cited/arrested for operating a vehicle
unlicensed or while suspended/revoked
- 3 Vehicles were impounded
- 0 Arrested on other Criminal Charges

Source: Citrus Heights Police Department

Source: Sacramento Metropolitan Fire District

SACRAMENTO REGION, CA (MPG)
- Food & Water Watch is disappointed with the \$7.5 billion water bond passed by the State Legislature and Governor Brown, now slated for the November ballot. While this bond will not solve California's water problems, it will stick taxpayers with serious debt. The bond prioritizes \$2.7 billion of taxpayer dollars on wasteful dam projects: spending money to pour more concrete won't create a drop

"In addition, the bond would funnel taxpayer money to purchase more water for big agriculture interests on the west side of the San Joaquin Valley where corporations are exporting water-intensive crops grown on toxic soil. Meanwhile, the Brown administration has yet to take serious action to promote

Source: Food & Water Watch

"These unfortunate deaths remind us that we must protect ourselves from mosquito bites to prevent West Nile virus and other mosquito born infections," said Chapman. "West Nile virus activity is greatest during the summertime."

West Nile virus is transmitted to humans and animals by the bite of an infected mosquito. The risk of serious illness to most people is low. However, some individuals—fewer than one percent—can develop a serious neurologic illness such as encephalitis or meningitis. Repellents keep you safe from bites from biting you. DEET can be used safely on infants and children 2 months of age and older.

DAWN AND DUSK — Mosquitoes bite in the early morning and evening so it is important to wear proper clothing and repellent if outside during these

DEET – Apply insect repellent containing DEET, picaradin, oil of lemon eucalyptus or IR3535 according to label instructions. Repellents keep the mosquitoes from biting you. DEET can be used safely on infants and children 2 months of age and older.

DAWN AND DUSK – Mosquitoes bite in the early morning and evening so it is important to wear proper clothing and repellent if outside during these

DRAIN – Mosquitoes lay their eggs on standing water. Eliminate all sources of standing water on your property including flower pots, old car tires, rain gutters, and pet bowls. If you know of a swimming pool that is not being properly maintained, please contact your local mosquito and vector control agency.

California's West Nile virus website includes the latest information on West Nile virus activity in the state. Californians are encouraged to report all dead birds and dead tree squirrels on the website or by calling this toll-free number: 1-877-WNV-BIRD (968-2473) ★

Source: California Department of Public Health, www.cdph.ca.gov

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¹Sherwin-Williams received the highest numerical scores among paint retailers in the proprietary J.D. Power 2013-2014 Paint Satisfaction StudiesSM 2014 study based on responses from 6,765 consumers measuring 6 brands and opinions of consumers who purchased paint within the previous 12 months. ²Sherwin-Williams received the highest numerical scores among exterior paints in the proprietary J.D. Power and Associates 2014 Paint Satisfaction StudySM. Study based on responses from 9,578 consumers measuring 5 brands and opinions of consumers who purchased and applied exterior paint within the previous 12 months. Proprietary study results are based on experiences and perceptions of consumers surveyed January - March 2014. Your experiences may vary. Visit jdpower.com



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1. TV's Donald Draper, e.g.

6. ____ of Good Feelings

9. Type of ski lift

13. *Yellow cheese eaten in Amsterdam?

14. No amount

15. *Rome's Colosseum

16. *You use it to find your way to world capitals

17. Maltese or Havanese, e.g.

18. European finch

19. Blood infection

21. *Plato's home

23. "The Joy Luck Club" author

24. Sound of bells

25. Maple syrup precursor

28. Computer application command

30. Old material, presented anew

35. Blue pencil mark

37. "____ of Eden"

39. WWII conference site

40. ____-a-daisy

41. Maneuvers

43. Bank claim

44. ____ Heap of "David Copperfield"

46. Church sanctuary

47. *Nobel Peace Prize capital

48. Talk rapidly and angrily

50. Mr. Potato Head?

52. Mai ____

53. Duds

55. Bad-mouth

57. *UZ's Bono owns a hotel here

60. *Home to many great composers

63. Conical tent

64. Gone by

66. Chinese weight units

68. Keyboard key

69. Make a seam

70. Clear the blackboard

71. Above

72. "For ____ a jolly..."

73. Move a plant

DOWN

1. ____ Khan

2. Chewy treats

3. Drug smuggler

4. Make fit for

5. *Capital of Bahamas

6. "____ of the earth"

7. Spanish river

8. Pond buildup

9. Genealogist's creation

10. *De facto capital of Switzerland

11. Anisette, for short

12. Campaigned

15. Olsen or Judd, e.g.

20. ____ circle

22. Feather glue

24. Has

25. **Gangnam Style" capital

26. Love intensely

27. Ubiquitous ground songbird

29. Slap on

31. Sainly glow

32. Crème de la crème

33. Inscribed pillar

34. *Capital of Vietnam

36. Russian autocrat

38. Not permanent

42. *Riyadh is the capital of ____

45. *His bunker was in Berlin

49. Hawaiian dish

51. Dr. Atkins' follower, e.g.

54. Grind teeth

56. Animal catcher

57. Fender blemish

58. As far as

59. Car onomatopoeia

60. Wedding day promises

61. ____ tide

62. Additionally

63. *They drink a lot of it in London

65. Wow!

67. Exercise group

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6

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

For Solutions See Page 7

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Sudoku Puzzle on Page 6

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

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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Real Estate

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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)

Music Lessons

Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. frediebba1bert1@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)

Sudoku Puzzle on Page 6

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

Want to Buy

Want to purchase minerals and other oil/gas interests. Send details to: PO Box 13557, Denver, CO 80201. (NANI)

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

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By Ronnie McBrayer

I grew up with a lot of religious rules. To violate these rules was to subject oneself to the judgment of God. If you had a fundamentalist upbringing, you may be familiar with some of these restrictions. No drinking, no smoking, no dancing, no playing cards or going to the movies, no mixed-bathing (a prospect that intrigued my teenage mind), no Sabbath-breaking (though we did not actually gather on the Sabbath), and absolutely no questioning of religious authority.

Religious authority was bound up in “The Preacher.” The big Baptist downtown had a pastor. The Methodists had a seminary trained Reverend. The Presbyterians had a collection of elders. The one fledgling Catholic parish on the edge of town had a priest. I didn’t meet a Jew until high school, so I didn’t even know what a rabbi was, but it would not have mattered anyway.

In my narrow ecclesiastical world, we had The Preacher, the Alpha and Omega of religious instruction; the united concoction of fiery prophet, hardened inquisitor, moral policeman, and God’s anointed spokesman. I was certain that he cut his grass in a pinstripe suit and wingtips,

The Preacher

didn’t know a single curse word, and all his children were probably adopted because to have sex with his wife was certainly too worldly, too carnal to consider.

See, the world in which the preacher lived was black and white with no shades of gray, no mystery, no ambiguities. There were only hard and fast certainties. You were in or you were out. If you wanted to know which you were, just ask him. He would tell you, and he used the pulpit to do exactly that.

On Sundays he became an inferno of Puritan proportions. Animated, wringing with sweat, discarding his suit coat and loosening his tie, he implored and coerced us sinners down the isle to the mourner’s bench. It usually worked. Someone “repented” most every service, even if it took thirty verses of “Just as I Am” to force the issue. Those altar calls were nerve rattling wars of attrition, and sometimes I felt compelled to go forward so the whole thing would mercifully end.

It was The Preacher who arrived at the hospital on a spring afternoon to visit my family. My younger brother was enduring a lengthy hospitalization with a faulty heart valve and a growing laundry list of complications. Not yet a year old, he had already faced more health challenges than most of us will ever see. His life hung by the proverbial thread.

My parents certainly needed emotional and spiritual support, a pastoral presence, but The Preacher was anything but comforting. I heard him say the most

horrible thing to my parents. In paraphrase he said, “Surely you have committed some terrible sin for God to visit this kind of judgment on you and your family.” Even as a child I was flabbergasted, and to this day those words still burn my ears.

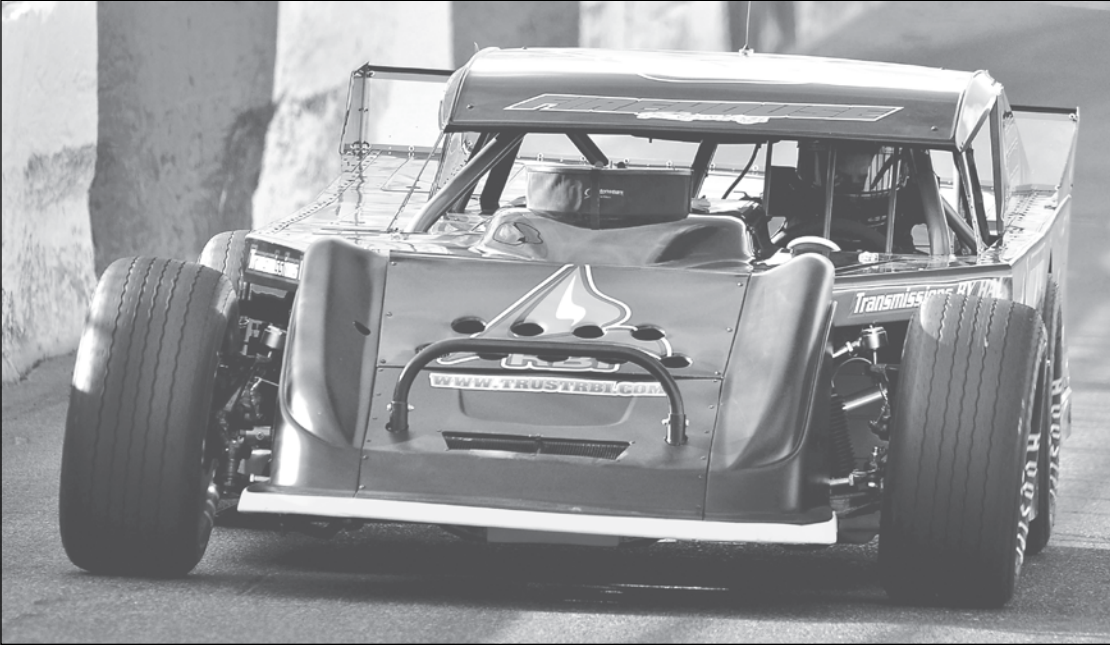
Is this the God of Christianity? Is this the kind of God behind our faith? Is this vindictive deity even worthy of our worship? I think not. While this might be the god of The Preacher, it is not the God revealed to us in the person of Jesus the Christ. For in Christ we find truth and grace, not this kind of crass judgmentalism. Jesus doesn’t walk into hospital rooms, his gluttonous belly pushing against the buttons of his tailored suit vest, handing out indictments of guilt to the innocent.

No, this Jesus sits down and weeps with the suffering. He opens his arms to the brutalized and confused. And while he doesn’t always provide us with the tidy solutions we long for, he always walks with us in the mystery of life and death.

I never accepted those words spoken in that hospital room. Maybe I’ve spent these decades of my life trying to disprove them. I hope you won’t accept them either. The love of Christ always trumps the hardness of men’s hearts – even those men who claim to have all the answers. ★

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.

Back to School Night at All American Speedway



Street Stocks, Bombers & Legends will take the track in what’s expected to showcase fierce competition in all race divisions at All American Speedway in Roseville, Saturday, August 23rd. This week, every child will receive backpacks filled with school supplies and a free raffle ticket. A drawing for a Girl’s and Boy’s bicycle is scheduled.

By Linda Harper

SACRAMENTO REGION, CA (MPG) - Back packs, school supplies, a bicycle raffle, and the roar of the Northern California Pro 4 Modifieds are slated to entertain racing fans at All American Speedway in Roseville, Saturday, August 23rd. The night will have something for everyone. In

addition to NCMA’s sponsorship of the speedway’s annual Back to School Night, Street Stocks, Bombers & Legends will take the track in what’s expected to showcase fierce competition in all race divisions.

The gates open at 4 p.m., and racing begins at 6 p.m. General admission is \$10, and kids 6 and under get in for free. This week,

every child will receive backpacks filled with school supplies and a free raffle ticket. A drawing for a Girl’s and Boy’s bicycle is scheduled.

Visit www.allamericanspeedway.com or call (916) 786-2023 for more information. Look for AAS on Facebook. See You at the Races! ★

Calling all Dogs, Runners ...

Continued from Page 1

of people who are blind and visually impaired in California. Mr. Thom added that the CCB offers college scholarships, low interest loans for businesses, technology support, advocacy, crisis intervention, peer support, as well as information and referral services to Californians who are blind or visually impaired. A simultaneous event is being held in Southern California on this day.

KCRA meteorologist Tamara Berg will be Master of

Ceremonies. The run portion of the event is being organized and officially timed by On Your Mark Events out of Calaveras County.

Registration for walkers, runners, and their dogs is \$30 for adults with reduced rates for young participants. Registration includes a pancake breakfast provided by the Embarcadero Lions Club, a Mutt Strut T-shirt, and a “Wag Bag” of goodies donated by local businesses including Tahoe Joe’s Steakhouse, Sports Authority, PetSmart, and

California Family Fitness. A new sponsor this year is the Jelly Belly Candy Company.

Resource tables include Guide Dogs for the Blind. Inc.; Puppies with Promise of Sacramento, a group of volunteer puppy raisers; and Valley of the Blind, an outreach group.

For more information, please email Elena Thomason at elenathomason@surewest.net or call her at (916) 735-7838. ★

Source: California Council of the Blind



By Pastor Ray Dare

You may know someone or maybe personally you are really struggling with depression. There are so many things happening in your life. Some days you don’t even feel like getting out of bed. Some days you feel like you can’t make any decisions; it’s just too difficult. You can’t decide on anything. Some days you just feel trapped in a hopeless situation. It’s like you’re in a room with no doors or windows and you’re locked inside. You’re constantly tired. You don’t have any energy. You’re fatigued. Some of you may even feel like running away. You want to drop it all, leave, split. Get out of the situation.

I’ve got good news for you: Jesus Christ wants to answer your depression. He will help you. He will change you. You’re not alone. You matter to God. There are people around you who care about you. God says, “I can help you change.”

You don’t have to go through life being manipulated by your emotions. Your emotions are controlled by your thoughts. You cannot control your emotions but you can control what you think about. Choose to change your thoughts and choose to let God change the misconceptions; misconceptions like, “If somebody

How to Defeat Depression

criticizes me, that must mean I’m worthless”. Misconceptions like, “I have to be loved and accepted by everybody to be happy.” Misconceptions like, “I cannot admit any area of weakness. I have to be perfect, otherwise I’m a failure”. Those are the kind of thoughts that cause depression.

Jesus said, “*I am the truth.*” (John 14:6) He said, “*You will know the truth and the truth will set you free.*” (John 8:32) The more you know Jesus, the freer you are. You can change.

You start by establishing a personal relationship to Christ. You become what the Bible calls ‘born again’. That doesn’t solve all your depression, but without Christ in your life, you won’t have the power to change. He wants to be a part of your life and if you give Him control, He will help you. Then once He’s in your life, you ask Him to give you a new purpose and a new meaning to your life. What we need is something greater than ourselves that draws us out of ourselves so we won’t be depressed. You need something greater to live for than just your own self. People who live for themselves are guaranteed to get depressed. You need something greater that draws you out of yourself. That is a relationship to Christ and His purpose that takes you out of depression.

Maybe you’re depressed because you feel guilty. God says, “I want to forgive you. I want to clear your conscience. I want to set you free from regrets.” Maybe you feel depressed because you think, “I don’t even like myself. I don’t

like myself at all!” Jesus said, “I didn’t create you for nothing. You are worthwhile, significant. You’re special. There’s value to your life.” When you start basing your value on the opinions of other people, then anytime anybody criticizes you, condemns you, puts you down, disapproves of you, or simply doesn’t express appreciation, you’re going to get depressed. Also, when you base your self-worth on your achievements you’re going to get depressed. You’re always going to find people who have done more than you. You’re always going to find people who are doing a better job than you are right now. You’re going to compare yourself and say, “Why shouldn’t I be like that?” And you’ll get down.

What do we base our feelings about ourselves on, then? Something that can never be taken away. You matter to God and He has a plan for your life. That’s a fact that cannot be taken away from you. You may lose everything else, but nobody can take that away from you. You are child of God, you are significant. With God in your life, He can help you make the changes in your thoughts so that you don’t think like the world does, but you think on the Truth and the Truth will set you free. ★

Pastor Ray
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THE MILLIONAIRE MASTER PLAN

So you want to be a millionaire? How would you like your own personalized plan to financial success? Well, Social Entrepreneur and Asia’s best known wealth educator **Roger James Hamilton** went from serious debt to being that millionaire. Now he shares that road to success in “**The Millionaire Master Plan.**” When he set out to create his plan, he found that there is no one-size fits all formula to creating wealth. Instead, your own path is determined by what kind of inner genius you already have. There are four kinds. Which one are you?

1. DYNAMO GENIUSES. They love to Create (Richard Branson, Bill Gates, Steve Jobs, Michael Jackson, Thomas Edison).

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3. TEMPO GENIUSES. They love to Serve, take their time, and persevere with care (Warren Buffet, George Soros, Woodrow Wilson, Gandhi, and Michael Phelps).

POPPOFF! River Cats Playoff Tickets!

with Mary Jane Popp

4. STEEL GENIUSES. They love the Details (John Rockefeller, Henry Ford, Mark Zuckerberg).

You can even take an online companion assessment to discover which kind of genius you are and your current level of wealth in order to find your flow. When you follow your genius compass and grow your flow, you’ll move across a spectrum of nine levels of wealth from “victims” to legends”. You can chart your own path to developing positive cash flow, designing the life you deserve to live, and making impact on the world.

So why do so many people seeking wealth creation get it wrong, rushing into solutions without first mastering the skills needed? According to Hamilton, it’s because we have been taught things about wealth that are not or are no longer true. The first challenge for most is unlearning the five biggest myths of wealth.

1) Myth: You can get wealthy by going into debt to buy assets that will give you positive income so you can no longer have to work for a living.

TRUTH: You’ve just dug a hole, not a river. All income needs to be managed, which means you need to know how to manage a team and experts who can manage your portfolio of assets.

2) Myth: The more income streams you can start, the wealthier you become.

TRUTH: Success comes from growing teams, not streams: multiple teams of income.

3) Myth: Wealth comes when you sell out: Plan an exit strategy where you can work hard now and earn the money later.

TRUTH: Don’t strive to make a pie so you can sell it. Own the bakery so you can bake as many pies as you want, sell some, and keep the rest.

4) Myth: The path to wealth begins by being your own boss and choosing what you do and when you do it.

TRUTH: Wealth comes from not being your own boss, but from choosing who your boss will be.

5) Myth: The hero’s journey is the nature of entrepreneurship and comes from putting everything on the line for your big idea. Big risks achieve big rewards.

TRUTH: From climbing Mount Everest to going to the moon, the most heroic journeys are the ones that minimize risk: the ones in which you progress deliberately, testing and measuring each step before you take it to stay on the path to success.

That’s the start, and now you can go to www.millionairemasterplan.com for more information. The book “**The Millionaire Master Plan**” is not an infomercial, it’s **Roger James Hamilton’s** true story. Good Luck! ★

SACRAMENTO REGION, CA (MPG) - You can’t beat playoff baseball, so plan ahead and purchase your Playoff Strips or single-game tickets for the Cats’ September run towards a fifth Pacific Coast League Championship. A Playoff Strip will guarantee you the best seats to all potential playoff games. If any of the five potential home playoff games are not played, you will

receive a full refund for those games.

The playoff game is Friday, September 5th, with additional games on the 6th and 7th if necessary. The Pacific Coast League Championship Game One is Tuesday, September 9th and Game Two is Wednesday, September 10th.

All Playoff Strips and single-game tickets purchased on or before Thursday, August

28th will be mailed out, and those purchased after August 28th will be left in Will Call. Visit rivercats.com for a schedule of remaining games, or call (916) 371-HITS (4487) with any questions.

Be a part of the fun and excitement, and help continue the legacy! ★

Source: Sacramento River Cats



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Mercy San Juan Medical Center Guild

CARMICHAEL, CA (MPG) - Come join us! Add a new and interesting facet to your life. Mercy San Juan Medical Center Guild is a non Profit Group of men and women who spend time every month guiding, assisting, comforting, and encouraging patients and their families in the hospital.

We help by streamlining patient registration, escorting visitors, selling those much needed gifts, assisting the worried families of surgery patients, soothing infants, making Snoopys for Kids and Heart Bears for adults, as well as collecting and distributing clothing to patients as needed.

We work to raise money to fund scholarships for students and adults working toward their medical educations, buy specialized equipment, and assist in the Annual Breast Cancer Survivor Tea.

We also gather to enjoy four luncheons annually. Come be a part of Mercy San Juan Medical



Marty Delgado of Mercy San Juan Medical Center Guild, a non Profit Group of men and women who spend time every month guiding, assisting, comforting, and encouraging patients and their families in the hospital. Photo courtesy of Mercy San Juan Medical Center

Center’s Volunteer Guild. If you are interested, call Carol Lee at (916) 965-3479. ★

Source: Mercy San Juan Medical Center Guild

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Volume 4 Issue 7

Fighting MDA with Popcorn
Citrus Heights MDA Chapter is looking for volunteers to help with the upcoming MDA Popcorn Festival. The event is a fundraiser for MDA and will be held on September 13th at the Citrus Heights Community Center. Volunteers are needed for all ages and will be provided with training and materials. For more information, contact the Citrus Heights MDA Chapter at (916) 773-1111.

Hook A Trout; Win A Prize
Rancho Seco Recreational Area To Host Fishing Derby. The Rancho Seco Recreational Area will be hosting a fishing derby on September 13th. The derby is open to all ages and will be held at the Rancho Seco Recreational Area. Prizes will be awarded for the top three anglers. For more information, contact the Rancho Seco Recreational Area at (916) 773-1111.

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Volume 4 Issue 7

Crowning Volunteers to Serve
Community Benefactor Celebrated at Funeral. A community benefactor who has served the community for many years was celebrated at a funeral service. The service was held at the Citrus Heights Community Center and was attended by many community members. The benefactor was a dedicated volunteer and his passing is a great loss to the community. The funeral service was held on September 13th at the Citrus Heights Community Center. For more information, contact the Citrus Heights Community Center at (916) 773-1111.

NASCAR Whelen All-American Series Returns to All American Speedway in Roseville
The Whelen All-American Series is returning to the All American Speedway in Roseville. The series is a popular motorsport event and will be held on September 13th. The event is open to all ages and will be held at the All American Speedway. For more information, contact the All American Speedway at (916) 773-1111.

CLINCHED!
As capture A.L. West title for second year sports (Page 4)

Kaepernick struggles, Luck shines in Colts' 27-7 rout of Niners
Sports (Page 12)

Housing rises from meltdown
SUPER COMMUTERS' INVESTORS FLOCK TO BATTERED AREA

Group in mall attack resilient
KERN VALLEY A BURN ALARM

THE SACRAMENTO BEE
Monday, September 22, 2013

Housing rises from meltdown
SUPER COMMUTERS' INVESTORS FLOCK TO BATTERED AREA

Group in mall attack resilient
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**Coming August 8
through September 7, 2014**

The Drowsy Chaperone is a parody of American musical comedy of the 1920s. The story concerns a middle-aged, musical theatre fan; who as he plays the recording of his favorite stage show, the fictional 1928 musical, The Drowsy Chaperone, the show comes to life vibrantly onstage.

‘The Drowsy Chaperone’ will again feature an all-star cast including Analise Langford-Clark - as Janet Van de Graaff, the star of Feldzieg’s Follies. Debonair, dashing, and a matinee idol Robert Martin is played by Bernie.

The all-star cast includes Dan Slauson, as the Man in Chair - a mousy, agoraphobic Broadway fanatic, seeking to cure his “non-specific sadness”.

Deane Calvin as the Drowsy Chaperone, the melo-dramatic diva to be reckoned with whom gleefully chews the scenery and steals just about every scene in which she appears.


Directed by Bob Irvin, this musical is based on a book by Bob Martin and Don McKellar, music and lyrics by Lisa Lambert and Greg Morrison and score by Richard Adler and Jerry Ross. The show won the Tony Award in 2006 for Best Book of a Musical and Best Score. Fair Oaks Theatre Festival’s production is choreographed by Sunny Smith, with Vocal Direction by Tracy Martin Shearer and Music Direction by Kirt Shearer.

For Further Information:
Call (916) 966-3683
FairOaksTheatreFestival.com

Fair Oaks Theatre Festival
Veterans Memorial Amphitheatre,
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Sac Unity Farmers Market
9249 Folsom Blvd, Sacramento (at Unity of Sacramento Church) on Saturdays
8 am - 1 pm, year round.

SUNDAY

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

SATURDAY

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

SATURDAY

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

SATURDAY

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

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 NEW LOCATION, LOTS OF PARKING!
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



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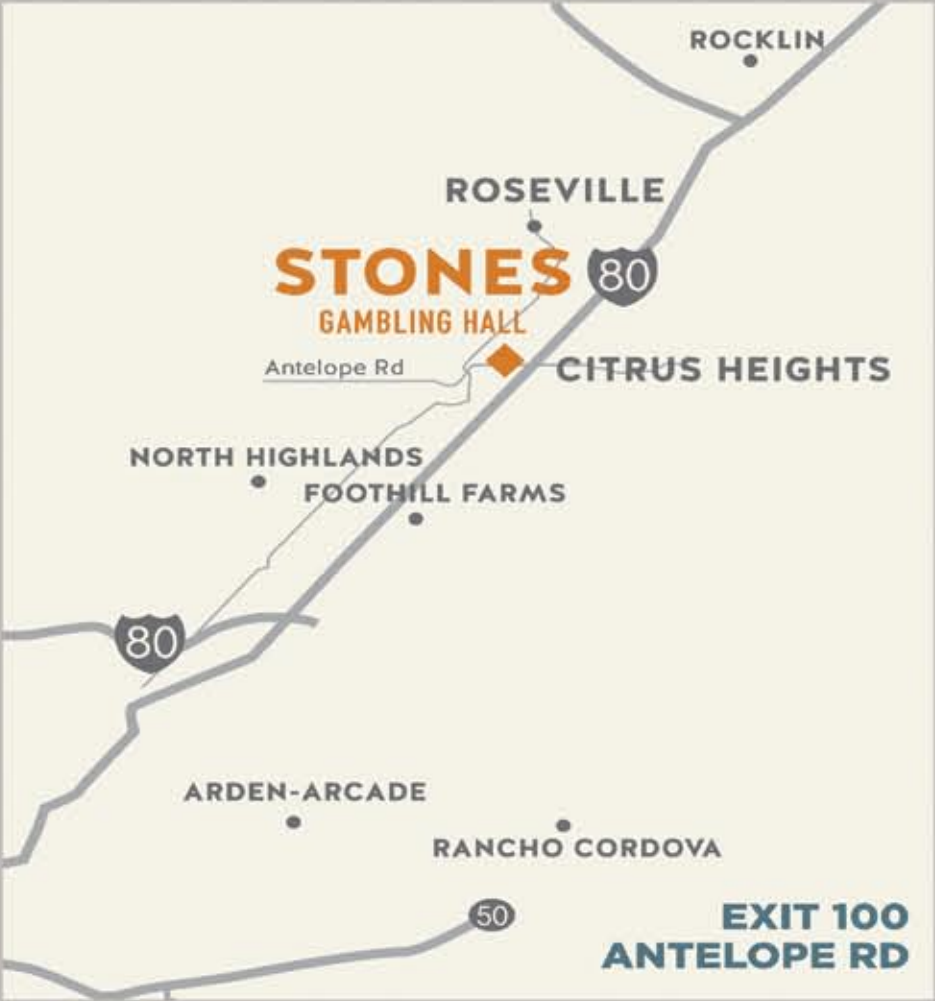
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