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M Citrus Heights Messenger

“Written by the people, for the people”

Volume 4 Issue 13

Serving the City of Citrus Heights and Sacramento County

First Edition for July 2014

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CiminoCare



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Celebrating Our Flag

**Commentary by
Elise Spleiss**

There was a time not so long ago when our flag, I believe, did not have as much meaning as it does today. It was just a part of our lives, and we took it for granted. I know I did.

Growing up in the 50s and 60s, I assumed it would always be around, always representing my country, and always respected by our citizens. But unfortunately this did not happen, and the flag began to be treated badly. Allowed to fly unmanaged, never folded or brought in at night, many became dirty and tattered. Disgruntled groups burned flags in protest. Yes, this is legal, but still sad. And our flag began appearing on inappropriate items.

I never realized it, but we are not supposed to wear a flag in any form, yet so many different items with this precious image are created to be wrapped around us and worn on our body and feet. We have rugs we walk on, napkins to wipe our faces, and even cloth on which we sit bears this precious image.

This misuse remains, but on Sept. 11, 2001, we found ourselves with a renewed respect and appreciation for our flag.

Following a catastrophic attack on our American values and freedom, our pride suddenly—once again—exploded.

We saw our American flag on homes, on posters in businesses of every kind, and on numerous pieces of clothing—which was still inappropriate. I think we just did not know, but maybe for a moment it was all right.

Of course, many of us remember those mammoth flags fluttering from the windows of cars and trucks. Today I'm beginning to once more see the



The Painted Ladies participated in the 15th Annual Red, White & Blue Parade. See related story on Page 2 of this issue. Photo courtesy of The City of Citrus Heights

fluttering flags attached to the windows of vehicles.

It felt good then, but it's too bad it had to take a national disaster to bring us a renewed appreciation of our flag.

Remember the photo taken of three firefighters raising the flag above the rubble of the World Trade Center—raising the Flag at Ground Zero? It was reminiscent of the famous 1945 WWII photo of six Marines raising Old Glory over Iwo Jima. Thomas E. Franklin, the photographer of the

new photo, said of it, “This was an important shot. It told of more than just death and destruction. It said something to me about the strength of the American people and of these firemen having to battle the unimaginable.”

One of the three firemen in the photo, Dan McWilliams remembered that as the flag was being raised, other fire personnel yelled, “Good job” and “Way to go!” He said, “Every pair of eyes that saw that flag got a little brighter.” I think this pretty much confirms

what our flag means to us.

It has been over 10 years since 9-11, so why is this topic becoming important again? I believe it's because everywhere we look today in this country, we see on TV, hear on the radio, and read in print how our borders, our language, our American culture, and our way of life are being compromised in the name of political correctness. We are being led to believe that when we're too proud of our own way of life, of our freedom and uniqueness, we are

insulting another's way of life. This is when it gets dangerous.

We still welcome all who desire to come to this country with integrity as they embrace our culture alongside their own. We welcome them as they learn our language, and come to appreciate and love the American way of life that already exists here as much as we do. We learn from each other.

This is what our flag means to me. What does it mean to you? ★



There were about 40 children at the first Summer Safari day, with some parents deciding to stay for the hour, and others who took advantage of the time to shop. Photo courtesy of Hall Market Media

By Connie Hall

CITRUS HEIGHTS, CA (MPG) - July is hot on the heels of June's summer events at Citrus Town

Center and is packed full of events for the kids and the entire family. Located at the corner of Greenback Lane and Sunrise Blvd., Citrus Town Center has

become THE place this summer to take the kids and family for some free local family events in a safe, beautiful, outdoor atmosphere.

July Family Fun at Citrus Town Center!

There were about 40 children at the first Summer Safari day, with some parents deciding to stay for the hour, and others who took advantage of the time to shop! The Summer Safari days for July will be on Wednesday, July 9th and July 23rd, both from 10 a.m. to 11 a.m. Bring the kids by Citrus Town Center near the fountain area, and look for the red tent. On July 9th it's “Under the Sea” day, with sand-art crafts, painting seashells, learning about sea creatures, playing the “Fishing Game” and plenty of singing and dancing.

On Summer Safari Day on July 23rd, it will be “Music of

the World,” with the kids making their own instruments, learning about different music and dance forms from around the world, and much more! All Summer Safari Days are free!

Citrus Town Center has featured two free outdoor movies to date as part of the Citrus Town Center Outdoor Movie Series for the summer. The next one up is scheduled for Saturday evening, July 12th with The Lego Movie! This is sure to be a big hit with the kids and parents alike. Imagine a beautiful evening under the stars with the entire family enjoying

Continued on page 5

Celebrate a Safe 4th of July!

15th Annual Citrus Heights Red, White and Blue Parade 2014

By Elise Spleiss

CITRUS HEIGHTS (MPG) - The weather could not have been more perfect on Saturday, June 28, for the hundreds of parade participants, and thousands of Citrus Heights Red, White and Blue parade onlookers.

The parade was dedicated this year to the memory of long time Citrus Heights resident and community supporter, Mary Purvis who passed away in April. Her legacy of work in her city goes back decades and includes her training and mentoring of her queens, princesses and ambassadors. She encouraged every young woman she worked with to use her beauty, talents and education not for personal gain, but to benefit their community. Her college scholarship and food collection programs were an example of her core belief in putting community before self.

Following the usual Citrus Heights police escort marking the parade’s start, the Citrus Heights Community Marching Band, City Mayor Mel Turner



Parade photos of the Wayne Harmer family "Eagle Mountain" float for the Citrus heights Parade 2014 It took 6 months to build, There were five remote control moving parts; a flapping flying eagle, four air/confetti cannons, a smoke volcano, and a 200 gallon water fall. The float won the Mayors trophy.

and City Council members, and Citrus Heights queens, princesses and ambassadors led the way for the 100 parade

entries from Citrus Heights and surrounding communities to strut their stuff.

The 2014 Mayor’s Award

went to the Harmer Family’s, Eagle Mountain animatronics creation, on which three generations of Harmers worked

together, to build, decorate and perform. It features a waterfall, smoking volcano and a mother eagle ‘flying’ up the mountain to feed her live young. The Harmers are Rancho Cordova and have won 11 awards in this parade in years past. Their float can be seen again in the upcoming Rancho Cordova parade this week.

The Citrus Heights Rotary Club won the 1st place Red, White and Blue Award with a mural painted by and assembled by members. It features, the Statue of Liberty, Liberty Bell, an American eagle, U.S. Capitol Building, Mount Rushmore, and the Marines flag raising on Iwo Jima.

The Del Campo High School Cougars float earned 2nd place Red, White & Blue Award. Neighborhood Association (N.A.) #4 - Arcade Creek won 3rd place. The familiar pirate ship sponsored by Creative Solutions Handyman Services again won in the Business Division. The N.A. Award went to Neighborhood 5 - Park Oaks. Music Awards went to

the Capitol Pops and Eastern Ways Martial Arts with its Chinese dragon.

New entries included the Scottish American Military Society, Painted Ladies Rodeo Performers, POOCH – Pet Owner’s of Citrus Heights, and Men In Power, a resource for single fathers.

Parade volunteers from Kaplan College and students from Kiwanis Key Club worked hard during the long day wherever needed.

First time parade attendee and Citrus Resident Joyce Blonskij attended with her husband, a new Rotary member. She said of her experience: “This was my first parade. From local marching bands, floats, dance troops, to the Well’s Fargo stagecoach, and Keystone cops. They had it all, even the Oscar Myer Wiener Mobile showed up. I can hardly wait for next year.”

Participants looking forward to 2015 are encouraged to begin their planning for the new theme: “Coming to America”. ★



MASTER PLAN UPDATE



MASTER PLAN COMMUNITY MEETING

Please join us at one of our two Community Meetings in your neighborhood. Meetings will be an Open House format so feel free to drop by any time between 4:30 and 7:00 pm.

Wednesday, July 9th, 4:30 – 7:00pm
Rusch Park Community Center, Sunrise Patio Room
7801 Auburn Blvd., Citrus Heights

Tuesday, July 15th, 4:30 – 7:00pm
City of Citrus Heights Community Center
6300 Fountain Square Dr., Citrus Heights

Visit our website for summer activities for the whole family.
www.sunriseparks.com

Please visit our web page below for additional Community Meeting locations.

Sunrise Recreation And Park District
<http://sunrisemasterplan.wordpress.com/> • (916) 725-1585
Contact: Dave Mitchell, District Administrator

Sunrise Recreation and Park District (SRPD) is presently developing an update to the **Parks and Recreation Master Plan**. The goal of the update will be to address park facilities and programs to meet the current and future needs of the residents of Antelope, Foothill Farms, and Citrus Heights.

This first workshop will give you an opportunity to share your ideas and help our planners gain a better understanding of your needs and interests.

A variety of fun activities will engage you and help us all work together to develop a vision for SRPD facilities and programs.

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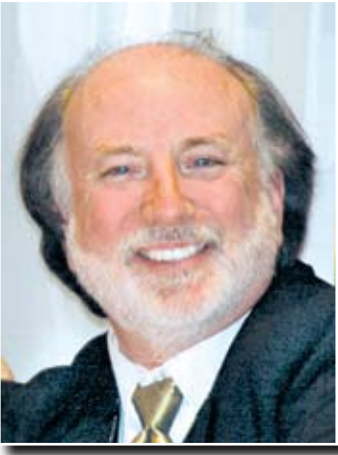
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HAPPY 4TH OF JULY!



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Citrus Heights Messenger

“Written by the people, for the people”

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Subscriptions should be mailed to *Citrus Heights Messenger*, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$25 per year; \$30 per year in Sacramento and Sacramento county; \$40 per year outside Sacramento county. *Citrus Heights Messenger* is published twice monthly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@CitrusHeightsMessenger.com. Be sure to place in the subject field “Attention to Publisher”. If you do not have email access, please call us at 916-773-1111.

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Matt Cardoza takes a break on beautiful Lake Tahoe during his ride June 1, 2014, in American's Most Beautiful Bike Ride. He rode to raise funds for the Veterans Community Center in Citrus Heights. Photos Credit: Kendra Cardoza

By Elise Spleiss

CITRUS HEIGHTS (MPG) - Citrus Heights resident, Matthew Cardoza, is turning multiple life hurdles into success for himself and local veterans. On June 1, 2014, Cardoza and his wife, Kendra celebrated the culmination of over a decade of hard work and rehabilitation following a serious bicycle accident, two brain tumor surgeries, and a stroke. Cardoza successfully completed his second 100-mile Century bike ride around Lake Tahoe as part of the 23rd annual "America's Most Beautiful Bike Ride."

Upon graduating from high school in 1999, Cardoza was pursuing a very specific plan for his life. From Sierra Community College he continued on to California State University Sacramento, planning to earn a degree in computer science.

In May of 2003, at age 24, with only six courses to complete for his degree, Cardoza was riding his bike in Sacramento when a car, driven by a 90-year-old man with a perfect driving record, struck him. The impact flipped his body completely around, landing him on his feet.

Dazed but glad to be alive, Cardoza went to the hospital to be examined. Tests revealed a surprising diagnosis, a benign epidermoid brain tumor the size of a large lime. Only about 1.5% of all brain tumors are epidermoid; this rare type is formed before birth. Within months, doctors performed surgery to debulk the tumor; removing enough to slow the growth and improve symptoms.

Following surgery, Cardoza had some cognitive learning, stamina and balance issues for which he required extensive therapy. Working to

Cyclist and Brain Tumor Survivor Rides 100 Miles for Veterans

recover from his brain injury, he continued, with the help of a tutor, to work on his final six college classes.

In 2001 Cardoza met Kendra Larson and they were married. Subsequent check-ups to test for the tumor were negative until 2008. It had returned. A second debulking surgery was performed.

This time a new setback arose. During surgery, the doctor accidentally severed a blood vessel, causing a stroke effecting Cardoza's entire left side. This began an even more grueling long-term recovery period, working to come back from not only the second brain surgery, but also from a stroke.

Wheel chair bound for four months Cardoza again fought his way back to where he was prior to the stroke. With physical, occupational and speech therapy, he re-learned how to walk, talk, swallow, and read. He again returned to school to work on his degree.

Cardoza had an additional incentive that kept him motivated to work toward recovery. He had completed his first Century ride around Lake Tahoe in 2003, just prior to his accident. When his plans to do the ride each year ended with that accident, he thought he would never ride again. In 2012, after much hard work and training, Cardoza returned to Tahoe and was able to do 38 of 100 miles, and in 2013, he worked up to 58 of 100 miles. While training for the 2014 ride, Cardoza passed his final school test to complete his computer science degree and graduate.

Cardoza felt he was ready to ride although even attempting this challenge at this point in his recovery was daunting. This ride is only for experienced

bicyclists. It includes a challenging 800-foot climb to a rest stop overlooking Emerald Bay, and a 1,000-foot climb to Spooner Junction. There are also many short ascents and descents totaling over 4,924 vertical feet of elevation gain. The altitude ranges between 6,300 feet and 7,100 feet above sea level. Amazingly, Cardoza completed the 100 mile ride in seven hours.

His wife Kendra said of her husband's feat, "I cried happy tears of joy. After Matt suffered a stroke during brain surgery I never imagined I would be standing there, watching him cross the finish line 100 miles around Tahoe on a bike, when just five years ago he was

wheelchair-bound, unable to walk. Matt's determined spirit is what I love most about him."

There was another reason for this ride. While not a veteran, Cardoza has been a volunteer computer technician at the Citrus Heights Veteran's Community Center on Sylvan Road since shortly after its opening in June of 2013. Jim and Jean Rounsavell had just purchased the property as a place for veterans to meet and as the headquarters for his non-profit, the Veterans Golf Park for Disabled Vets.

Cardoza wanted to use his computer knowledge to help Vets with Traumatic Brain Injury (TBI) and Post Traumatic Stress Disorder (PTSD). He

paid his own entry fee and lodging for the trip and was able to raise over \$2K to Center. This was all made possible with help from friends, family, local businesses, bike shops and clients from his business.

Cardoza now has a successful computer business, and his long-term goal is to get a job with the state. His body continues to recover and he is training to participate in the 2015 bike ride. He invites riders to join him next year.

For more information about the ride, go to www.allveteransgolf.org/blog.html, www.bikethewest.com, or email matt@mdccomputersolutions.com. ★

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Get the Most Bang for Your Buck

Don't Let Your Fireworks Budget Go Up in Smoke

By David Dickstein

SACRAMENTO REGION, CA (MPG)

Fireworks come in various shapes, sizes and colors, just like we Americans who will celebrate our country's 238th birthday with them. This rings true whether you're reveling among the masses at a public fireworks display – Rancho Cordova's Hagan Park, Carmichael's La Sierra Community Center and the All American Speedway in Roseville will host three of the region's largest – or if you take to the streets of Woodland and other areas of Yolo County where consumer fireworks are allowed this time of year.

What's new? What's loud? What's colorful? Is that \$50 fountain really worth the money and how long is it? The patriotic, pyrotechnic perplexity starts June 28.

With such a wide variety of product out there, how can you ensure that your display will be a Yankee doodle dandy that doesn't have your money literally going up in smoke? Once again the Messenger Publishing Group put each of the new state-approved items to the test, along with other items likely to catch your eye from behind the chicken wire at stands that bear the names TNT and Phantom.

Fireworks are listed by price and rated on a 5-star scale for performance, duration, distinctiveness and overall comparative value. Judges included firefighters of Sacramento Metropolitan Fire District, Station 65 in Rancho Cordova, where the test was conducted.

Let the sparks fly!

New for 2014



• **Apache Firedance Premier (Phantom), \$49.99** – Phantom gets “Best New Firework” honors for supersizing one of its classic fountains. Scores for seven effects, including some of the best crackles and strobes on the safe and sane market, and height and width that push the 10-foot legal limit. *140 seconds. 5 Stars*



• **Moondance Premier (Phantom), \$29.99** – It's Phantom's value-priced Moondance Fountain on steroids. Terrific height, lots of purple, a real crowd-pleaser. *100 seconds. 4 Stars.*



• **Sparkling Nights (TNT), \$24.99** – TNT's best new fountain is a solid, multi-effect performer with decent burn time for the price. A good mid-show pick. *91 seconds. 3 Stars.*



State-approved fireworks in all shapes, sizes and price points are a big fund-raiser for area non-profits from June 28 through the Fourth of July. Photo: David Dickstein.



• **Fiery Frogs (Phantom), \$24.99** – These fused green-foiled, grapefruit-sized amphibians took five years to migrate to California – they've been sold by Phantom in other states since 2009. Price – you're paying for the novelty – but glimmering eyes and mouth make it a fun item. *50 seconds. 3 Stars.*



• **Exploding Pinatas (TNT), \$17.99** – Has the ingredients for a winner, with whistle, fish and crackles, but for the same price a wiser buy is TNT's combo deal on the far-superior Mad Dog Fountain. *60 seconds. 2 1/2 Stars.*



• **Confetti Lights (Phantom), \$4.99 for two** – Mundane stuff, but good value as a buy-one-get-one. Think of it as a Fourth of July stocking stuffer. *34 seconds. 3 Stars.*

Best of the Rest (4-5 Stars)

• **Opening Show (TNT), \$59.99** – Budget permitting, last year's “Best New Finale” is a 500-gram must-have. The climax at the 2-minute mark is intense. Like, crazy intense. Be no closer than 20 feet away for this one. *130 seconds.*

• **Delirium (TNT), \$49.99** – Fan-shaped 500-gram fountain is pricy, but its intensity and beauty are bona fide stunning. Best fan on the California market. *133 seconds.*

• **Game Time (TNT), \$39.99** – Scores with intense crackle and wide-spreading sparks in the late innings, but not powerful enough to hit it out of the park. Still a gamer. *93 seconds.*

• **Peacock Tail Fan (Phantom), \$34.99** – 2013's “Best New Firework” builds excitement with each dazzling stage. Works out to 65 cents per second, but still a must-have. *54 seconds.*



• **Luminescence (Phantom), \$14.99** – Starts out as just your run-of-the-mill multi-effect fountain, but then surprises with an eruption of wide-spreading sparks. *73 seconds. 4 Stars.*



• **Loco Lobo (TNT), \$12.99** – Crackles and chrysanthemums are fine, but at this price point, and even lower, TNT has returning items that blow this not-so-crazy wolf away. *46 seconds. 2 Stars.*



• **Wild Blue (TNT), \$7.99** – The most wild thing about Wild Blue is there's no blue. For the money, go with TNT's better, cheaper and longer-burning Rainbow Rays and Little Miss. *33 seconds. 2 Stars.*

• **Serenity (Phantom), \$15.99** – Noiseless fountain opens with lovely lava lamp-like lumps (thank you, nitrocellulose!) and peacefully pleases with seven colors and white chrysanthemums. *59 seconds.*

• **Phantom Night Owl (Phantom), \$14.99** – Phantom's best internally glowing fountain (eyes and mouth light up) has four loud screeches and an exciting overall performance. *65 seconds.*

• **Surfs Up (TNT), \$10.99** – Last season's “Best New Fountain” runner-up. Gorgeous globs lead to a wave of multiple effects. Punctuation issues in its name aside, this surfer dude has some of the best and widest-spreading titanium rain and crackles for the price. *58 seconds.*

• **Twilight Magic (Phantom), \$12.99 for two** – Last season's “Best New Fountain” is even better now as a two-for-one deal (was \$9.99 for one last year). Sophomore fountain has three exciting rotations of crackle-and-whistle and wide-spreading sparks. *57 seconds.*

• **Luck of the Irish (TNT), \$9.99** – This 13-year-old classic features gold and silver spray, red and green balls, crackles and four super-loud whistles. *75 seconds.*

• **Firecracker Fountain (Phantom), \$9.99** – Lives up to its name with a remarkable crackling barrage alongside multi-colored pearls. *76 seconds.*

• **Lil Red Devil (TNT), \$9.99 for two** – Packs plenty of heat for the size and price. Ends strong with wide-spreading titanium crackling sparks. This combo deal times five, lit side-by-side together, makes for a great finale. *35 seconds.*

• **Phantom Phlash Phinish (Phantom), \$9.99 for two** – Got some white, blue and lemon chrysanthemums, rowdy crackles and red stars going on. *66 seconds.*

• **Rainbow Rays (TNT), \$5.99** – Solid value-priced freshman delivers on height and crackle. Duration is one of the longest in the state at this price point. *56 seconds.*

• **Little Miss (TNT), \$4.99** – This value-priced opening act packs plenty of color plus silver rain and crackles. *40 seconds.*

• **Moondance (Phantom), \$2.99, and Purple Rain (TNT), \$5.99 for two** – These identical cousins are little dynamos that emit loud crackles, purple pearls and glittering gold and white sparks. *45 seconds.*

For stand locations and additional product information, visit the retailers' websites: TNT, www.tntfireworks.com; and Phantom, www.fireworks.com.



Firework stands run by non-profit groups will be open for business starting June 28 throughout Sacramento County and much of Placer County. Photo: David Dickstein.

Citrus Heights Chamber Introduces New CEO



Valerie is introduced to the member ship by Evan Jacobs, Chamber Board Chairman and California American Water and Jeannie Bruins, the outgoing CEO and City Councilperson. Photocourtesy Citrus Heights City Council

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Chamber of Commerce introduced their new CEO, Valerie Reynoso Piotrowski.

Valerie’s career began as a writer for California Governor, George Deukmejian, following education at the University of Southern California and Cosumnes River College. She served the Governor in both terms of office, and was named Deputy Director of Communications of the State Employment Development Department at age 26, the youngest deputy director in California Government history. Her leadership in innovative public relations tools for government was cited in the Los Angeles Times and

recognized with myriad awards statewide. Valerie was named an “Outstanding Young Woman of America” three consecutive years and was noted in McCall’s magazine as an outstanding female leader.

Following government service, Valerie was vice-president of a local public relations firm where she directed media for candidates for local office, professional athletes, nonprofits, and local ballot measures. She also served as corporate advertising manager and social editor for Comstock’s magazine for 10 years, during which time she received numerous sales honors.

An award-winning writer, publicist and fundraiser, Valerie has

been active in many charitable causes, including service as board president for the Sacramento SPCA, and board member of Catholic Charities, the Salvation Army Sac Metro Advisory Board, and the Sacramento Hispanic Chamber of Commerce.

Recent and current community activities include the Mercy Foundation Council, Mercy Women’s Heart Health Council, Lincoln Club of Sacramento, National Latina Business Women Association, Sacramento, Rotary Club of Sacramento, Folsom Chamber of Commerce and uLink Folsom Lake.

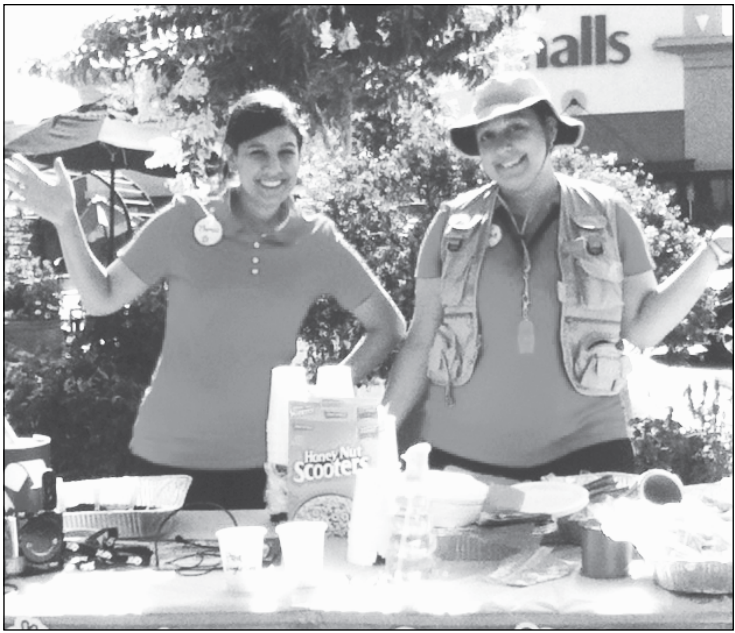
Source: Citrus Heights Chamber of Commerce

July Family Fun At Citrus Town Center!

Continued from page 1

free popcorn and a great movie. Viewers are welcome to bring comfy chairs and small coolers with drinks, although we ask that you leave glass and alcohol at home please. Suggested arrival time is approximately 8:00 p.m. to enjoy some music, giveaway of the free raffle prizes and other announcements. Enjoy some classic cartoons with the feature movie starting around dark, or approximately 8:30 p.m. There is plenty of space, and chairs are available if you don’t have one to bring. The Outdoor Movie showing is located in the roped-off parking lot between Dressbarn and Marshalls, with a restroom on site. The movie for August will be Water Horse: Legend of the Deep and for the final movie in September, it’s the newly released animated feature of The Nut Job. Movies are the 2nd Saturday evening of each month through September.

On Friday, June 18th, it’s free Train Rides for the kids from



On Friday, June 18th, it’s free Train Rides for the kids from 10am till noon. Hop on board and ride the Citrus Town Center Train for a fun look around the Center.

10am till noon. Hop on board and ride the Citrus Town Center Train for a fun look around the Center.

For more information on Citrus Town Center, please look for Citrus Town Center on Facebook. While you’re at Citrus Town

Center, be sure to check out the newly-opened Skechers store along with all the other fine retailers and restaurants.

There’s plenty to do and see at Citrus Town Center all summer long!

Residents Voice Concerns About City Hall Relocation

Report By Julia Baum

CITRUS HEIGHTS, CA (MPG) - Citrus Heights City Council members felt backlash during a June 26 meeting from local residents upset about a proposal to lease the lot where City Hall currently stands and relocate across town.

The proposed agreement to lease the current City Hall location at Greenback Lane to Dignity Health for 15 years has been a source of contention between local government and citizens since last summer when city officials and Dignity representatives first publicly announced the plan. If Council members approve the deal, Dignity would demolish all city buildings currently on the property except the Police Department to make way for a new three-story medical office building, and City Hall would move to a new location at 7625 Antelope Road, between Auburn and Sunrise boulevards.

Emotions were high as leaders from local activist group Save City Hall expressed frustration,

stating that the council gave their community information that was inaccurate and confusing.

“The amounts gleaned have varied extremely,” said Save City Hall member Susan Howell, referring to estimates reported by City Manager Henry Tingle that the city could build an \$18.9 million new city hall with \$5.9 million in net cash flow derived from payments made by Dignity. Howell said that it would cost more than \$500 per square foot to build a new city hall and without the benefit of being centrally located with other public facilities such as the Police Department and city offices.

Others from the group warned that approving such a deal could cost several council members possibly up for re-election later this year, including Mayor Mel Turner.

“Eighteen million is way out of line,” said Save City Hall member Tim Schaefer. “We are overwhelmed in dealing with the support we’re getting. If you vote this way then consequences can come this November.”

Turner said that he understood and respected Schaefer’s passion but would base his decision on what was best for the community and not re-election prospects.

“I’m not influenced by those kinds of comments,” Turner said.

Residents said that they are not opposed to new medical offices but prefer for City Hall to remain where it stands for a variety of reasons including concerns about increased traffic and that the Antelope Road location is on a floodplain.

A Planning Commission hearing on the project is scheduled on July 9 and the Council is expected to vote on it July 24. Meanwhile Schaefer and other Save City Hall activists encourage residents to sign petitions from their site www.savethecityhall.com and to attend the meetings to voice their opinion.

“I have to believe that the people we elected will still represent us,” Schaefer said.

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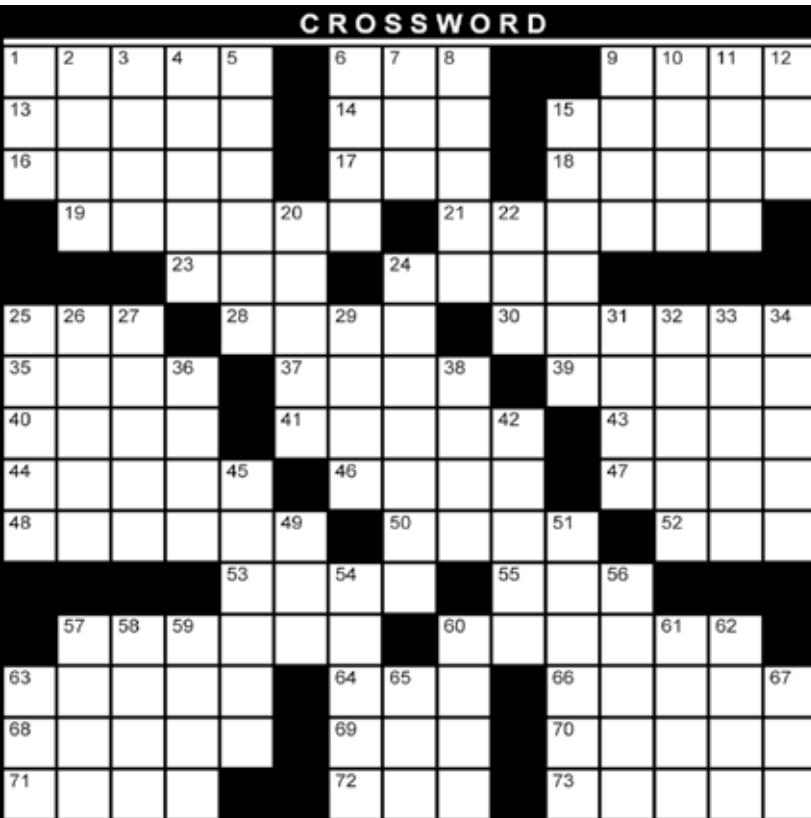
CLUES

ACROSS

- Mosque officials
- H in HMS
- *J. Edgar Hoover, e.g.
- Dugout vessel
- Australian flightless bird
- Fairytale baby carrier
- Irregular or jagged
- Any doctrine
- Baskerville's scare
- *He crossed the Rubicon
- *Darwin's watercraft
- Small dog's bark
- Two quarters
- ___-cha-cha
- Miami Heat star
- Go ashore
- Red ink amount
- Sophia Lauren's "bye"
- *She ran for VP
- Yorkshire river
- Brings home the bacon
- Pro ___
- Milk-Bone biscuit, e.g.
- Render speechless
- Largest organ of human body
- *Third Reich mastermind
- Biblical birthright seller
- Message in a bottle
- Small municipality
- Boiling blood
- *Author of "95 Theses"
- *The Black Death
- Hungarian wine
- U.N. working-conditions agency
- Crows' homes
- Addicts
- Feather's partner?
- *The New York Times' first one came out in 1851
- Midterm or final
- Farm female
- Courtyards

DOWN

- Berg matter
- Painter ___ Chagall
- Dwarf buffalo
- Promenade gait
- Playing for two
- *Edward VI to Henry VIII, e.g.
- Ambulance crew
- Dance of Castro's land
- Hot rum drink
- Sledgehammer
- *Mother of Queen Elizabeth I
- Flanders of "The Simpsons"
- Rubs
- Rapidly
- A late time of life
- Embolden
- Used for cleaning
- Alluring maiden
- Portfolio content
- *First European to round Cape
- of Good Hope
- In front of criminals
- Middle Eastern vodka, pl.
- 4:1, e.g.
- *Kublai and Genghis
- Navy commando
- Blame
- Creepy one
- Aquatic goddess
- *___ v Wade
- Muse of astronomy, descendant of Uranus
- What scribes do
- Opposite of digest
- *Germany did it in WWI and WWII
- Hawaiian strings, pl.
- Queen of Hearts' pastry
- Minute opening
- *Communist threat, 1922-1991
- Small ornamental case
- *New Kingdom's boy-pharaoh
- *Hammurabi's concern
- Last word of "America, the Beautiful"



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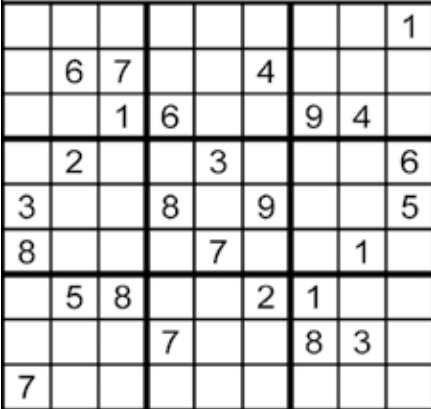
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Sudoku Puzzle on Page 6

2	8	4	5	9	3	6	7	1
9	6	7	1	8	4	2	5	3
5	3	1	6	2	7	9	4	8
1	2	9	4	3	5	7	8	6
3	7	6	8	1	9	4	2	5
8	4	5	2	7	6	3	1	9
4	5	8	3	6	2	1	9	7
6	9	2	7	5	1	8	3	4
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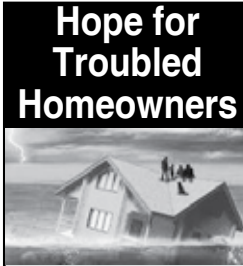
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Forgotten Warrior, a non-profit organization, is looking for veterans with experience in security or management for an upcoming guard service. Only veterans should apply. Call (916) 533-9811. (MPG 05-31-14)

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By Ronnie McBrayer

More than a decade ago, former Chief Justice Roy Moore of the Alabama Supreme Court installed a massive granite monument inscribed with the Ten Commandments in the rotunda of the Alabama State Judicial Building. Two years later it was removed by court order as a violation of the separation of church and state. Shortly thereafter, Justice Moore was also removed by court order from the Alabama State Judicial Building.

Not long after these events played themselves out across our cable television news shows, Roy Moore’s Ten Commandments monument went on tour. Loaded onto the flatbed of a heavy-duty truck, it went town to town so onlookers could see for themselves this controversial work of stonemasonry.

I watched the monument make its first stop in Dayton, Tennessee. This was a calculated move for the organizers of the tour. Dayton was home of the 1925 Scopes Monkey Trial, where many feel Christian America was first besieged.

An atheist was there in Dayton (or “Monkey Town” as it’s called) at that first stop, protesting the monument being placed on display. This man barely escaped with his life. Moore’s supporters, about a hundred I guess, were screaming out for the death of this single protestor.

“Shoot him...hang him...

A Garden in the Wilderness

put him before a firing squad!” These were all yelled from the crowd. One man speaking of the “godless” protestor said, “I’m glad I didn’t bring my gun. I’d be in jail right now.”

The shady and twisted irony was not lost on me. Here were ardent supporters of the Ten Commandments – they had come out on a rainy day to see a stone rendering of them – wishing to violate those commandments as they called for the killing their enemy.

In spite of the threats like those made in Dayton, Tennessee that day, there has actually been less, not more, religiously motivated violence in United States history than in some other places. This has been due precisely because of court rulings like the one that evicted Moore’s rock pillar from the Alabama State Judicial Building.

Because a commitment which requires government to remain as neutral as possible toward religion and not endorse any particular religious belief – even Christian belief – is the only environment where true faith can grow and flourish.

Roger Williams, theologian, founder of Rhode Island, America’s first Baptist, and champion of religious and civil liberty a hundred years before the United States Constitution was penned, said communities of faith were like vulnerable, flowering gardens. Governments, on the other hand, were what he called the wilderness.

Williams believed that those churches and faith groups that choose to mingle their religion with political power were permitting the wilderness to intrude upon their gardens. As such,

they would be manipulated by politicians, policies, and the government, thus compromising on issues of love, justice, and mercy.

Or those same churches would become the manipulators themselves, using political power to force their beliefs on others. Either way, when church and state drank from the same cup, it would be the church that would be poisoned.

Roger Williams’ counsel to the Christian church in his day is lasting: Learn to live in the world, but don’t be a part of it. Or he might say, “You can plant a garden in a wilderness without having the wilderness in the garden.”

As Christians, we have the right, privilege, and freedom to live out, practice, and share our faith in this country we love. But we do not have the right to force our faith on others or demand that society at large, endorse our particular religious view.

When we as Christians do make these kinds of demands, we violate the spirit of Christ. We lay down the instrument of love for the devices of manipulation, coercion, and force. We let the weeds and vines of the wilderness overtake the garden of faith.

I hope we can continue to tolerate a variety of fruits and nuts in our religious garden; even those we have little taste for. It’s the only way we can maintain a garden at all. ★

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.

Swallowing Pride Or Eating Crow Are Both Bitter Pills To Swallow

Dr. James L. Snyder

I have noticed lately that I have been getting in trouble with the Gracious Mistress of the Parsonage, at least more than normal. I am at the stage of life where this kind of thing needs to be brought to a bare minimum.

At the end of each month my wife will quiz me as to if I have paid all of the bills. In my rhetorical answer is always, “I sure did, my lady.” Then I will bow before her. For some reason she does not get the humor of that.

My job is to pay the bills and her job is to make sure the end of the month I have paid the bills. This has been our relationship for longer than I can recall.

Every once in a while I get in a little tickle mode and dramatically declare that I forgot to pay the bills for the month. “Oh my, what will we do?”

The first time I did that, she threw a smile in my direction. I dramatically would catch it and put it in my pocket.

I notice she has not been throwing smiles at me lately. Honestly, who can blame her?

It was towards the middle of the month when the cable went dead. We had no telephone, TV or Internet service. The first thing my wife said was, “You did pay the Comcast bill, didn’t you?”

I put on my regular show and assured her that I did.

We had to call the Comcast Company, but as it stood, we had no telephone service. Fortunately, my wife had her cell phone and called the Comcast Company to see what the problem was, maybe the service had gone out in our neighborhood.

One thing about my wife getting on the telephone for such a thing as finding out why we had no service is that she does not have patience. She hates being put on hold. I hate her being put on hold because she usually

takes out her frustration on me.

Now, what do I have to do with that? After all, I did pay the bill. In fact, I went to the check-book and showed her the number of the check and the amount of the check. “There,” I said most adamantly, “I paid the bill.”

After about 45 minutes of waiting rather impatiently, my wife finally connected with the service representative who was able to help her. I did not hear the conversation, but I knew it must have been quite serious because I could see in her face that she was getting angrier by the minute.

“We paid our bill on time,” she protested in a very stern manner. “My husband has the check number to prove that he wrote the check out.”

I was sitting in my easy chair going through my briefcase enjoying the drama that was unfolding before me. I love it when somebody is in trouble and that somebody is not me. I must confess it does not happen that often, but when it does happen, I take full advantage of it. I was gloating just a little bit and feeling pretty good about myself.

I had my briefcase and was sorting out some papers and getting ready for the next day when I ran across a bunch of envelopes. I looked at them, then looked over at my wife, and then looked back at the pile of envelopes and all of the color drained from my face. I could not believe what I found in my briefcase.

There in a neat bundle where all of the bills I had written out for the previous month. The checks had been written, signed and placed in the proper envelope with a postage stamp on it. All of the bills for the month were there staring at me with such vicious eyes as I have never seen before.

What will I do now?

I knew I had to face the music

and it was not a song I enjoyed. I picked up the envelope with the Comcast bill address on the front, took it over to my wife as she was on the phone to the Comcast representatives, laid it on her lap and then walked away.

“I know my husband paid the bill because he pays this bill every month.”

Then she noticed the envelope I had placed in her lap, she turned around and stared at me a stare I have not had from her in a very long time.

“Just a minute,” I heard her say to the other person on the phone, and then she looked at me. Then it came. “Is this the bill you were supposed to send out last month?”

Lying at this moment would not have been productive in any fashion.

She opened the envelope and there was the check dutifully written out to the Comcast Company. She was able to pay the bill over the phone and then it would be my turn to pay.

David who got in a lot of trouble understood this when he wrote, “I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin. Selah” (Psalms 32:5).

Swallowing pride or eating crow is not my idea of a delightful repast but it can be the beginning of something good. ★

Rev. James L. Snyder is pastor of the Family of God Fellowship, P.O. Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 866-552-2543 or e-mail jamesnsnyder2@att.net. His website is www.jamesnsnyderministries.com.



By Pastor Ray Dare

What have you doubted lately? Maybe someone said something negative to you or the enemy’s put a thought in your mind and it’s held you back for years and years. Doubts are like seeds in our spirit. You have a choice. You can either listen to them, you can either dwell on them and by doing so, you’ll water them and they’ll grow and you’ll become what they say.

Or you can cast them down and to not listen to them and focus on the things of God.

When Jesus was tempted to doubt in the desert, and Satan came to Him, you remember what Satan said? He said, “**IF** you be the Son of God.” (see Matthew 4) Do you hear that seed of doubt? Jesus, are you even the Son of God? Do you remember how Jesus answered? It’s a powerful principle. He answered with the Word of God.

Here’s the application: **Put**

How to Defeat Your Doubt

God’s thoughts on the doubt rather than your thoughts.

To put God’s thoughts on the doubt; you have to get the promises in the Bible into your heart. The Bible won’t do you any good sitting on a coffee table. It’s not just a book of history or moral lessons. No, the Bible is alive and powerful, and it’s active in the heart. It will only do you good if you get it into your heart. There’s no better way to refute the voice of discouragement than with the Word of God.

You see, the scripture ought to come up out of your heart when somebody says something to you that goes against what you know, goes against your dream, and goes against God’s promise. If somebody says something to you like, “You’re never going to get out of debt.”

That scripture needs to rise up out of you: “*My God’s going to supply all my needs according to His riches in glory!*” (Philippians 4:19)

I’m not at all saying ignore the circumstances. I’m saying ignore the negative talk. People are always going to try to bring you down. Somebody’s going to tell you, “You’re never going to get out of that situation. It doesn’t look good.” You don’t have to

be rude to them, But that scripture can rise up in you. “*My God always causes me to triumph.*” (2 Corinthians 2:14)

All of us at one time or another are going to have doubts come to us. We have a choice. Let’s not be like the children of Israel when they lost their blessing, when they lost their victory because of doubts. They wandered around in the desert for 40 years, never even got to go to the Promise Land, yet they were camped right next door to it.

You must refute the voice of discouragement with the Word of God. Have it so strong in you, when somebody says something negative to you, it’ll go off of you like water off of a duck’s back. Today you may be right next to your greatest victory. But you’ve got a choice: Listen to the other voices that are going to try to tear you down or believe God’s word and see God bring it to pass. ★

Pastor Ray
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By Mark J. Cimino, CEO CiminoCare

One way to cope with the stress of being a family caregiver is to simply express your feelings by FIGHTING BACK!

Whether it be Alzheimer's, Parkinson's, Cancer, or some other affliction of the loved one you care for, there are causes—or WAR if you will—led by innumerable organizations.

One such larger organization is the American Cancer Society (ACS). As a sponsor, I have been in awe year after year of ACS's signature event, Relay for Life, where family caregivers come out in force and to raise funds for cancer research and awareness in the community.

In May 1985, Dr. Gordy Klatt walked and ran for 24 hours around a track in Tacoma, Washington, ultimately raising \$27,000 to help ACS fight cancer. A year later, 340 supporters joined the overnight event. The Relay For Life has kept growing into the worldwide phenomenon it is today, raising nearly \$5 billion to fight cancer in more than 5,200

Caregivers Cope by Fighting Back

communities and 20 countries. Each Relay For Life event is special to its local community, but the movement's true "war power" lies in the combined commitment of thousands of participants, volunteers, and supporters to help the organization save lives from cancer.

Each Relay is made up of teams of 10-15 participants who take turns running or walking around the track to raise funds. The teams not only are there to honor survivors and remember those who have been taken, but also to have a fun time camping out overnight. It's a great bonding experience for families and a great team building experience for organizations.

For dates and locations in your town, please check out the main website and enter your town: www.relayforlife.org. Fair Oaks and Orangevale have already had their Relays this year, but other communities are still to come.

Our CiminoCare Angels team will be participating in the Citrus Heights Relay July 19-20th at San Juan High School track. If you are interested in this event, feel free to contact me at mark.cimino@cininocare.com or Courtney. Tyler@cancer.org

One of my favorite times throughout the event is the Luminaria Ceremony. As the sun sets on the first day, luminaria lining the track light up the night. The mood of the event

becomes more reflective. Relay For Life participants, survivors, and caregivers then gather to remember loved ones lost to cancer and to honor those whose fight continues. Many thousands of "luminaria bags" are sponsored by individuals and their families for \$10, and the names of those who are honored for their continued fight or remembered are written on those bags. For many who cannot make the whole event, but can make it to this event, or even sponsor a luminaria bag for a loved one, we would love to have you join us.

We don't face cancer alone and neither should you. Family caregivers come together every year to get involved in their local Relay, get to know others who are facing the same challenges, and provide opportunities and an outlet for support, learning, sharing, and friendship.

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



AVOIDING A FATAL HOSPITAL TRIP PART 2

When last we got together on POPPOFF, I quoted some incredible statistics about people dying each year of unintended medical harm like infections, wrong medications, missed diagnoses, etc. Would you believe that as many as 440,000 people are in this category? . Unbelievable that it's the third leading cause of death in the United States. So what do we do? Pat Mastors, who has over 20 years as a News and Medical Reporter, advises patients, hospitals, and policy groups on improving the quality of medical care. She gave me some critical tips that spawned from her book "Design to Survive" 9 ways an IKEA Approach Can Fix Health Care and Save Lives. We covered about 6 of them in my last column, so I wanted to get the last three plus a bonus one to you this time.

POPPOFF!

with Mary Jane Popp

7) WRITE DOWN DEVELOPMENTS. That includes medications administered, names of procedures, instructions given, and dates and times of the above (your advocate can do this for you too). Ask and record the names of caregivers, and understand the hierarchy so you know who's in charge and whom to speak to if there's a problem. Attitude is important—you're just trying to be a cooperative and collaborative partner.

8) WRITE A LETTER TO THE CEO. In fact, an advocate colleague suggests you keep an open notebook on the bed table and invite any clinician who enters the room to write down their name and title so they can be Included in the letter. What do you think that does to their performance level?

9) BE POLITE BUT ASSERTIVE WHEN NECESSARY. Complaining too often or too aggressively about minor inconveniences can alienate the multi-tasking staff. But you should expect reasonable and timely responses to reasonable requests and questions. If you're being neglected, ask to speak to the hospital's patient advocate

10) BE NICE! Make friends with your nurses, phlebotomists, (people who draw blood) and other hospital personnel. Ask about their job, their day, and their kids. Relationships count!

Pat comes at this from personal experience. Her own father died in the hospital due to a preventable infection.

That's why she has developed this major passion to help save other lives. She has also created the Patient Pod, a unique bedside multi-tool for patients, along with authoring "Design to Survive." She looks at how simplicity, efficiency, and shared responsibility with customers can help us all stay safer and healthier. You can also check out her website at www.design-tosurvive.com. As Pat told me that on her hundredth birthday, she would simply like to collapse while picking tomatoes in her garden. Unfortunately, our parts wear out. About 25 percent of the money Medicare spends every year is for the last year of life, unchanged from twenty years ago. We seem to focus on illness rather than living. But that's a whole new article. That's why we need to know how to take care of ourselves every single day, and knowledge can change lives. It's my POPPOFF motto! ★



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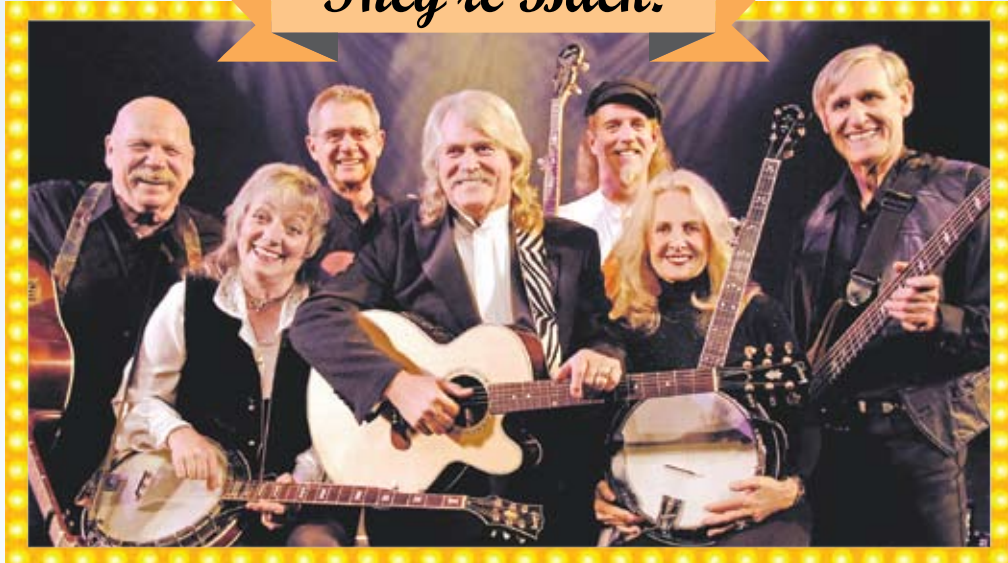
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6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot). Open every Saturday from 8 am to 1 pm - all year round.

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