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Citrus Heights Messenger

“Written by the people, for the people”

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Serving the City of Citrus Heights and Sacramento County

Second Edition for May 2014

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World’s Best Motocross Racers Coming to Sacramento



Photos in clockwise order from top: 450 class motocross start; Ken Roczen (moto 2 450 class practice) and the 450 moto podium. Photos courtesy Hangtown Motocross Classic

SACRAMENTO REGION, CA (MPG) - No race is like it in California. The 46th Annual GoPro Hangtown Motocross Classic is back at Prairie City State Recreation Park Thursday, May 29th-Saturday, May 31st, with the pros racing on Saturday.

It’s not just any motocross race, but the oldest and one of the most coveted trophies on

the 12-race Lucas Oil AMA Pro Motocross Championship Series. As host to professional motocross racing since 1968, the Dirt Diggers North Motorcycle Club (DDNMC) has developed the Hangtown Classic as the crown jewel of the series, hosting the largest crowds of the season year in and year out.

Practice and time qualifications



will be in the morning, opening ceremony at 12:25 p.m. and two motos each for the 250 and 450 classes. It will be a full action packed day from sun-up to sun-down.

To celebrate the 46th Annual Hangtown Classic, the pro pits will be open in the morning to everyone—FREE. Adding to the excitement this year is a

re-designed track layout which will add a fresh challenge to the riders.

With a new expanded seating and hospitality section for spectators, the modified course will not only provide new vantage points to watch all of the action, but will bring the race closer to the huge spectator base that

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Marching to Honor America’s Fallen Soldiers

Memorial Day at Sylvan Cemetery

By Jim Monteton

CITRUS HEIGHTS, CA (MPG) - Although Memorial Day was to be celebrated on May 30th, the official holiday occurs every year on the final Monday of May. Memorial Day, not to be confused with Veterans Day, is a day of remembering the men and women who died while serving in the United States Armed Forces. Veterans Day on the other hand celebrates the service of all U. S. Military veterans.

Memorial Day, formerly known as Decoration Day, originated in 1868 to commemorate the Union and Confederate soldiers who died in the American Civil War. The end of May seemed to be appropriate since many spring flowers are available. By the 20th century Memorial Day had been extended to honor all Americans who have died in all wars in the past 146 years.

Every year Sylvan Cemetery in Citrus Heights honors those who gave their lives in the defense of their country. This year a Memorial Day service will be held on Monday, May 26th at Sylvan Cemetery, 7401 Auburn Blvd., Citrus Heights. All are invited to attend. The ceremony begins at 10:30 a.m. with a march through the historical section of the cemetery, stopping briefly at each flag station to read a prayer and salute the flag.

The men marching include the American Legion and American Legion Auxiliary, VFW, Sons of Union Veterans of the Civil War, Sons of the American Revolution, Boy Scout troop 228, Police Officers of the Citrus Heights Police Department, and all others who wish to march. This march will last about 30 minutes. It will conclude at the gazebo where there will be a one hour ceremony. Many of the men marching will be in uniform, past and present, from American Revolution to modern day.

Source: Wikipedia

Life Saving Click It or Ticket Mobilization Begins

CITRUS HEIGHTS, CA. (MPG) - Citrus Heights Police Department wants to remind motorists to Click It or Ticket. In order to enforce this reminder, officers are joining in the 2014 national seat belt enforcement mobilization and cracking down on motorists who are not belted.

Even with a seatbelt usage rate of 97.4 percent, California still has 800,000 or more who aren’t buckling up. In a crash,

they stand a 50 percent greater chance of being killed than those who have taken the two seconds to buckle in. In an on-going effort to reach those remaining safety hold-outs, police, sheriff and California Highway Patrol (CHP) departments across the state are taking part in Click It or Ticket from May 19th through June 1st, 2014.

According to new data released from the Department of Transportation’s National

Highway Traffic Safety Administration (NHTSA), fatalities are up nationwide for the first time in five years. In 2012, 10,335 people who were killed in motor vehicle crashes were not wearing their seat belts. NHTSA data also details how more traffic vehicle deaths occur at night. In 2012, 61 percent of passenger vehicle occupants killed during the nighttime hours of 6:00 p.m.–5:59 a.m. were not wearing seat belts.

“Wearing a seat belt is one of the easiest and best things you can do to protect yourself in the event of a car crash,” said Rhonda Craft, Director of the California Office of Traffic Safety. “Taking a few moments to properly secure yourself and all your passengers before going on your way could mean the difference between life and death.”

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The Perfect Combination!

STAR San Juan Fundraiser Page 10

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9 May 22

Gets Back to Work

Centennial Celebration

Veterans' Day Observance to be Held at Sylvan Cemetery Gazebo

9 May 22

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CLINCHED! An captain A.J. West title for second year season (page 10)

Kaepernick struggles: Luck shines in Colts' 27-7 rout of Niners (page 10)

THE SACRAMENTO BEE

Monday, September 22, 2014

Historic Rusch Home Opens to Public after 25 Years

By Elise Spleiss and Teena Stern

CITRUS HEIGHTS, CA (MPG) - As you drive along Antelope Road near I-80 you may be unaware that you are passing Rusch Home, a historical landmark that was formerly the Volle Ranch. The iconic Rusch Home and Gardens was declared a California Point of Historical Interest in 1991. In 2007 the City of Citrus Heights bestowed a similar designation. Located in Rusch Park at 7801 Antelope Road, the Rusch Home has been closed for about 25 years. Today it is ready to share its beauty and history with the public.

The Rusch Home was originally part of a 480 acre ranch owned by German born Frederick Volle and his wife Julia. The Volle family crossed the plains by covered wagon in 1853. Before settling in Citrus Heights they owned a small place on L Street in Sacramento that later became part of the State Capitol grounds. In 1859 they established the Volle Ranch off of Antelope Blvd. and Auburn Road. The couple raised 11 children and 2 grandchildren at the ranch.

Their daughter, Louisa Volle, married Herman Rusch. They had two children, Julia and Fred Rusch. Sadly, Louisa died after Fred was born in1881. By the time Fred was 15 he was managing the farm. In 1914 the original Volle home was destroyed in a fire. It was replaced by the present Craftsman style home, a style that was popular in the early 1900s. On this land, the brother and sister had a small dairy farm and grew wheat and almonds. Neither Fred nor Julia Rusch ever married. They lived in the 1915 home until their deaths, in 1977 and 1973 respectively.

In 1951, Fred and Julia donated some of their land to the County of Sacramento. This was the beginning of what is known today as the Sunrise Recreation and



The historic Rusch Home and Gardens. The gardens are open to the public until dusk. Photo courtesy Jack Mintz

Parks District. Over the course of the next two decades, Fred and Julia continued to donate land, and ultimately the Rusch Home itself, to the park district with the provision that they continued to live in their home.

Beginning in 1977, the park added a botanical garden to the grounds, which included a large variety of rose bushes. While the gardens remained open, the home itself was closed. It was later restored and dedicated in June 1991. The home was then leased to small businesses and then to the San Juan Unified School District, which used it for their Healthy Start Program for a number of years.

District Administrator Dave Mitchell was appointed to Sunrise Parks and Recreation in 2012. His vision to open the home to the public resulted in the creation of a Rusch Home and Gardens steering committee, which includes representatives from the city, the park, the History and Arts Commission, Hearts for Parks, and a direct descendant of the family, Marcia Fritz.

In conjunction with the History and Arts Commission, the steering committee held a November 2012 open house at the home. Attendees were asked for input about the possible use of the home and grounds. With this input and

a series of meeting, a business plan was created. The ultimate goal is for the Rusch Home and Gardens to serve as a historic house museum and special event center with an emphasis on youth education.

The Volle, Rusch and Lauppe families are connected by marriages and are familiar names in Citrus Heights history. In 2013 they held a reunion at the Rusch Home and Gardens. Over 100 family members were in attendance and some were interviewed about their recollections. To view a 10-minute video of that reunion or to become a friend of the Rusch Home and Gardens, go to sunrise www.parks.com/rusch-home. For more information contact Marty Buell at (916) 725-1585.

Currently, the park is looking for individuals or groups to assist with the rose garden and landscape. If you would like to help, please contact Wayne Edmundson at wedmundson@sunrise.com.

The house can be accessed off of Rosswood Drive on Rusch Drive. The gardens are open to the public until dusk.

Sources: Sunrise Recreation and Park District, City of Citrus Heights, Wilma Camilleri Cross and Teena Stern

Citrus Heights “Energy Bag” Plastics-to-Energy Pilot Program

CITRUS HEIGHTS, CA (MPG) - The City of Citrus Heights officially kicked off their three-month Energy Bag pilot program to convert non-recycled plastics to energy with a public event Saturday, May 17th on the City Hall grounds. Community leaders and industry representatives spoke about the program, and displays, interactive games and information were available.

Co-sponsored by The City of Citrus Heights, Republic Services and The Dow Chemical Company, The Energy Bag Program hopes to prove that resource recovery of non-recycled plastics is a viable municipal process that can achieve many positive long-term environmental and economic results, including fewer tons of landfill trash, more local energy resources and less energy dependence.

“Recycling is a priority in the City of Citrus Heights. We are proud to be the first city in America leading the Energy Bag initiative, said Citrus Heights Mayor Mel Turner. “At the end of the day, it’s about doing the right thing.”

The summer-long program will ask approximately 27,000 Citrus Heights households to separately collect plastic items not currently eligible for recycling in the city. These items include juice pouches, candy wrappers, dog food and cat food bags, frozen food wrappers, outer wraps for water bottle or soda packages and even plastic



The City of Citrus Heights officially kicked off their three-month Energy Bag pilot program to convert non-recycled plastics to energy with a public event Saturday, May 17th on the City Hall grounds.

dinnerware, plates and cups. Bright purple “EnergyBags” will be distributed to the pilot households to be used exclusively for collecting these plastics. After each bi-weekly recycling collection during the summer, these bags will be separated and sent to a sorting depot and then to the energy conversion facility.

“Republic Services is excited to be a sponsor in the Energy Bag Program,” said Josie Kalbakian, Community Relations Manager, Republic Services of Sacramento. “Every single purple bag of plastics recovered will be turned into energy - that’s an exciting story for our team and The City of Citrus Heights.”

The Energy Bag Program represents a first step toward an important change in the way we think of waste. Recent EPA statistics state that the U.S. creates over 250 million tons of trash each year,

with more than half ending up in landfills. Recognizing California’s strident landfill diversion mandate, The Energy Bag Program hopes to offer one very attractive diversionary option – turning the non-recycled plastics into a valuable energy resource.

Jeff Wooster, Global Sustainability Leader at The Dow Chemical Company, and a long-time advocate of resource recovery technologies, praised these efforts: “We are proud to be part of this exciting and unique pilot program. It is only through collaboration that we can build a sustainable future. Plastics are a valuable resource and through Energy Recovery we can recover the embedded energy content. There is no reason to continue to send plastics items that cannot be mechanically recycled to the landfill, when we can recover them for energy.”

Source: Republic Services, Inc. C.R.M.

May is Veteran’s Poppy Month

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Poppy Days have become a familiar tradition in almost every American community. This distribution of the bright red memorial flower to the public is one of the oldest and most widely recognized programs of the American Legion Auxiliary.

Connecting the visual image of the poppy with the sacrifice of service made by our veterans has been an important goal of the American Legion Auxiliary Poppy Program since its inception in 1921.

During the month of May prior to Memorial Day, millions of red crepe paper poppies—all handmade by veterans as part of their therapeutic rehabilitation—are

distributed across the country. Donations for the flowers go directly to assist disabled and hospitalized veterans in our communities. Nearly 3.5 million poppies were distributed by units last year, raising \$2.1 million.

This month, look for the American Legion Auxiliary Post 637 Poppy tables at the Citrus Heights Post Office and Auburn Rd. Wal-Mart.

The Poppy program was inspired by the story of the poppies of Flanders Field, France. For the full story, visit www.greatwar.co.uk/article/remembrance-poppies

We Shall Not Sleep

In Flanders fields the poppies blow
Between the crosses, row on row,

That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

Poem was written on the battlefiled by Lt. Col. John McCrae, Canadian Army WWI on May 3, 1915

Source: American Legion Auxiliary



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The Amgen Tour of California Returns to Sacramento

Story and photos by Eric Hokom

SACRAMENTO REGION, CA (MPG) - After a 2 year absence from Sacramento, the Amgen Tour of California returned to the area with not only the usual cast of high caliber pro men's teams competing, but it also marked the first time in race history that professional women would compete in their own circuit race and time trial.

Coming to the start line for Stage one were 16 teams which included nine UCI Pro Teams, three UCI Pro Continental Teams and four UCI Continental Teams. The UCI Pro Teams included USA based squads BMC Racing, Team Garmin-Sharp and Trek Factory Racing. International teams were led by Team Sky from Great Britain, Omega Pharma-Quick Step from Belgium and Cannondale Pro Cycling from Italy.

Among the riders competing for the coveted yellow jersey to be presented at the end of more than 720 miles and over 40,000 feet of climbing in Thousand Oaks on May 18th were Olympic Gold medalist/Tour de France champion Sir Bradley Wiggins -Team Sky, three-time ATOC stage winner Mark Cavendish and Tom Boonen - Omega Pharma/Quick Step, Taylor Phinney and Thor Hushovd - BMC Racing, 10 time ATOC stage winner Peter Sagan from Cannondale Pro Cycling and crowd favorite Jens Voigt of Trek Factory Racing making probably his last appearance at the ATOC.

The women's completion was comprised of a circuit race through downtown Sacramento on Sunday and then an Individual Time Trial on Monday in Folsom.

115 women from 20 high caliber teams participated in the 2014 ATOC. The start list included Evelyn Stevens and Carmen Small -Team Specialized-lululemon, Alison Powers and Coryn Rivera - UnitedHealthcare Pro Cycling, and Annie Ewart and Brianna Walle-Optum Pro Cycling p/b Kelly Benefits Strategies.

The men's teams began the 720+ mile week long journey through California with a 123 mile road race starting and finishing in front of the State Capitol. The course took riders north along the Sacramento River, heading to Lincoln for the first of two sprint points of the day. The next sprint point came in Auburn



Coming to the start line for Stage one were 16 teams which included nine UCI Pro Teams, three UCI Pro Continental Teams and four UCI Continental Teams. Here we see the finishing laps of Stage 1 in front of the State Capitol.

before they headed down a fast decent to the American River. The next challenge came with their first King of the Mountain points which came at the top of Highway 49. The peloton then headed through El Dorado Hills and down

finish line by just the width of a tire rim ahead of John Degenkolb of Team Giant-Shimano. Moreno Hofland of Belkin-Pro Cycling came through the finish line just fractions of a second behind Degenkolb to finish in third place.

"I've won a sprint by 10 cm before, and I've lost a sprint by 3 [cm], and both of them I knew the outcome. That was the first time in my career I really had no idea who'd won ... I'm super happy," said Cavendish of his seventh win of 2014.

An hour after the men rolled out of town, the women toed the start finish line to begin the one hour race around the 1.25 mile circuit surrounding the State Capitol. The race featured some aggressive riding and attacks from the get go. The four corner course made for some fast lap times with the women averaging 27.5 mph.

Out of the tightly packed bunch, current National Time Trial Champion Carmen Small of Team Specialized-lululemon was able to shoot out in front of the lead group in the final meters of an all-out sprint to take her to her first win of the season. As the riders came to the finish line, Allison Powers of UnitedHealthcare Pro Cycling was pushing the front of the pack and looked to have victory within her grasp but in the last few meters was

overtaken by teammate Coryn Rivera who take 2nd place with Briana Walle of Optum Pro Cycling p/b Kelly Benefits Strategies slipping into third.

Monday saw the men and women move to Folsom for Stage two, the Individual Time Trial, where riders race against the clock one by one. The TT course started

set the time to beat of 24'02"03. But Sir Bradley Wiggins of Team Sky was on a mission to grab his first stage win of the 2014 ATOC. He took to the course with about a third of the peloton still to go and when he returned to Old Folsom he had bested Dennis' time by 44". That time was good enough to take the top spot on the podium and hold off the rest of the field. Taylor Phinney (USA) finished on the podium in third place 52" behind Wiggins.

"You have a plan in your head as to how you imagine you're going to come out at the end of today, and so far it's probably a bit better than I imagined," said Wiggins in the NBC Sports Network telecast.

Prior to the men's TT, 20 of the best women time trial specialists in the world competed on the same course. This was an invitation-only group that included three riders representing the teams with podium finishes from the circuit race the day before.

Alison Powers-UnitedHealthcare Pro Cycling made up for missing the podium on Sunday by taking the top spot on Monday. Powers, who is the National Championship time trial leader and holds the criterium titles, set a blistering pace during her entire ride and finished with a time of 27:20.65. Brianna Walle-Optum Pro Cycling p/b Kelly Benefits Strategies followed up her 3rd place finish in the circuit race the day before to take 2nd place 21" behind Powers. Tayler Wiles of Team Specialized-lululemon finished 25" behind just ahead of teammate Evelyn Stevens.

"Long fast downhill and short uphills. I like that," said Powers. "I'm a little bigger and can carry some speed."

With two days of racing in the Sacramento area, the economic impact to the area is about \$8.4 million dollars according to Mike Testa, senior vice president of sales and business for the Sacramento Convention and Visitors Bureau. Another economic shot in the arm will come beginning June 26th with the USA Outdoor Track & Field Championships at Hornet Stadium. ★



The Sir and The Manx Missile. Sir Bradley Wiggins of Team Sky discusses Time Trial strategy with the Mark Cavendish, also known as the "Fastest man on Earth."

Jackson Highway toward downtown for three circuit laps.

With a finish designed to favor sprinters, 128 riders made three tours around the two mile circuit through downtown Sacramento. Past ATOC finishes in Sacramento have provided some memorable finishes, and this year's race did not disappoint.

Mark Cavendish of Omega Pharma-Quick Step, the 2012 World Champion who holds the third most Tour de France stage wins, was able to lunge over the



Eventual Amgen Tour of California winner, Sir Bradley Wiggins heads out at the start of his Time Trial in Old Folsom.

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Neighborhood Short Tracks Remain the Foundation of NASCAR



Before they were Superstars in the NASCAR Sprint Cup Series, Denny Hamlin, Kevin Harvick, Carl Edwards, Martin Truex, Jr., Dale Earnhardt Jr., and many more were like so many hundreds of thousands of drivers that make up the foundation of NASCAR. Photo courtesy Doug Day

By Linda Harper

ROSEVILLE, CA (MPG) - Have you ever wondered who you're really watching on the track every Saturday night? Sure, you may know names, stay aware of point standings and note the paint job on your favorite driver's car. But the teams who make up the weekend race roster at community short tracks like All American Speedway are the soul of NASCAR. They are the ones who fuel your passion as a race fan, the ones who are local legends and the ones who bring you and your family together to enjoy an evening of quality entertainment.

Before they were Superstars in the NASCAR Sprint Cup Series, Denny Hamlin, Kevin Harvick, Carl Edwards, Martin Truex, Jr., Dale Earnhardt Jr., and many more were like so many hundreds of thousands of drivers that make up the foundation of NASCAR. Before climbing the Series ranks to the Sprint Cup, they could be found tuning their hot rods all week, so they could spend their weekends racing at their local home track. Week after week they captivated devoted fans in their community. Home tracks are, and always have been, the "nuts and bolts" of one of the most popular sports in North America today.

Neighborhood tracks like AAS are "everything NASCAR." Loyal fans, dedicated drivers and their crews, sponsors, and a group of hard working track promoters make for the best, most affordable family entertainment in the marketplace today. It ranks right up there with pro football, basketball and hockey for longevity and generational loyalty. It's not uncommon to see great grandparents, grandparents, parents and children all sitting in the bleachers at All American Speedway just as they have for almost 60 years. The drivers names may have changed, the types of sponsors are more sophisticated

and the track is now an official NASCAR Neighborhood Track, but the "heart" of racing is the same as it was in 1955 when the first Hardtops lined up on the dirt track to "rumble" for that Saturday night's purse, and the admiration of a community.

Unlike the NASCAR Sprint Cup races, neighborhood home tracks don't receive huge sponsorship commitments, TV and radio deals or large team fees. They operate on revenue gained from ticket sales, local sponsorships, modest team fees and an occasional grant from the city or county. In short, they "do a lot with a little." If you'd like to help keep the thrill of premier short track racing at All American Speedway, consider being a sponsor or participating in one of the fundraising events scheduled throughout the year. The next one is a Poker Tournament slated for June. Fans are the fuel that drives the Speedway. Without your loyalty, the track would be a quiet place on Saturday night. Thank you for your support!

For more information about All American Speedway, ticket sales and the latest fundraising opportunity, go to www.allamericanspeedway.com or call the Speedway office at (916) 786-2023.

Don't miss the race this Saturday night, May 24th. Featured are Modified, Street Stock, F4's, and the exciting Hardtops.

Online CHPD Sting Snares Local Child Predators

CITRUS HEIGHTS, CA (MPG) - On April 25, 2014, a Citrus Heights Police Department detective posted in a popular on-line forum posing as a girl who was bored and looking for someone to talk to. The "girl" made it clear she was a minor. Almost immediately, several male subjects responded to the forum post and engaged in conversation that ultimately turned sexual in nature.

Each of the adult male subjects clearly expressed their desire to engage in sexual activity with the underage "girl" and each arranged to meet her in person. Additionally, one of the male subjects sent naked photos of himself to the "girl."

On May 1, 2014, at 1:50 a.m., detectives arrested 27-year old Cameron Lovell of Sacramento after he traveled to Citrus Heights to meet the "girl" in person. Lovell is charged with one count of attempted enticement of a minor and one count of attempted transfer of obscene matter to a minor.

On May 2, 2014, 10:41 p.m., detectives arrested 42-year old Gerald Lowrance of Woodland, CA. He was arrested at his home in Woodland after making plans to travel to Citrus Heights to meet the "girl" in person. Lowrance is charged with one count of attempted enticement of a minor.

On May 7, 2014, at 7:30 p.m., detectives arrested 35-year old Kevin Wood of Rancho Cordova after he traveled to Citrus Heights to meet the "girl" in person. He is charged with one count of attempted enticement of a minor.

On May 9, 2014, at 5:00 p.m., detectives arrested 67-year old Roger Wallace, of Roseville after he traveled to Citrus Heights to meet the "girl" in person. He is charged with one count of attempted enticement of a minor.

All suspects that have thus far been arrested are charged with Federal felonies that, if convicted, carry a statutory penalty of 10 years to life in prison.

According to key online victimization research posted by the National Center for Missing and Exploited Children, it is estimated that 4% of 10 to 17 year olds online received an aggressive sexual solicitation—a solicitor who asked to meet them somewhere, called them on the telephone or sent them offline mail, money, or gifts. In addition, 34% had experienced unwanted exposure to sexual content.

The CHPD urges parents to talk to their children about how to stay safe online, set rules about what they can do and agree on how they should behave. Parents can also use parental controls on social networks, online games and browsers or software that can filter or monitor what your children can see.

Preventing your children from using the internet or mobile phones will not keep them safe online, so it's important to have conversations that help your child understand how to stay safe and what to do if they ever feel scared or uncomfortable.

The Citrus Heights Police Department worked collaboratively with the United States Attorney's Office, Sacramento Internet Crimes Against Children and the Federal Bureau of Investigations with the common goal of bringing these dangerous predators to justice. The CHPD is committed to keeping our citizen's safe and will continue to focus its efforts on crime reduction through innovative and proactive crime fighting strategies.

Source: Citrus Heights Police Department P.I.O.

Union Gospel Mission Sacramento



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

We accept donations, clothing and goods, 7 days a week...and prayer always!

Matthew 25:40
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Orangevale Has a New Queen in Town!

ORANGEVALE, CA (MPG) - The pageant was Friday night April 25th at the Orangevale Community Center with the backdrop theme of “Light, Camera, Orangevale!”

The out-going queens of 2013 Corrina Wagner, Miss Orangevale; Gabby Coulter, Jr. Miss Orangevale; and Little Miss Orangevale Jolene Nunn crowned their 2014 successors Laura Baryak, Miss Orangevale (sponsored by OV Meats & Sausage and BBQ Rubs & More); Audrey Nunez, Jr. Miss Orangevale (sponsored by Dr. Poidmore Orthodontist); Chloe Sands, Little Miss Orangevale (sponsored by The Orangevale Food Bank); and the first ever Wee Miss Orangevale, Gracie Thorns (sponsored by Thorns Photography).

The 2014 Court Princesses and their sponsors are: Ella Gustafson - Aspen Landscaping, Elizabeth Sands - Orangevale Food Bank,



Congratulations to Laura Baryak the new Miss Orangevale for 2014-15! Photo courtesy Rudy Villa

Ireland McKiernan - McKiernan Realty, April Gray - Shingle Spring Springs Band of Indians/SSBMI Verona Tract, Emmery Frank - LaPlacita Mexican Restaurant, Elizabeth Tonderski - Family and Friends/Mint Auto Sales, Haylie Lewis - The Band



The outgoing and new Miss Orangevale pageant winners. Photo courtesy Rudy Villa

Xstatic , Lexi Villasenor - Casl Media Group, Hailee Kassab - The Go To Guy/Jim Beilgard, Ellena Negrete - Lorenzo’s Auto Body, Megan Christman - Spanda Industrial, Annalise Mortensen - Bond Driving School, Thomine Mortensen - Bond Driving School, Josefine Mortensen - Bond Driving School.

Miss Orangevale is sponsored by the Orangevale Chamber of Commerce and is Directed by Tamara Barbu-Brown. ★

Source: Orangevale Chamber of Commerce

Click It or Ticket

Continued from page 1

The cost for a seat belt violation in California for unbuckled vehicle occupants over age 16 is a minimum of \$161 for a first offense. The penalty fees for failing to properly buckle up any child under the age of 16 is a minimum \$490 per child for a first offense, plus a violation point will be added to the driver’s record. If the parent is not in the car, the driver gets the ticket.

For more traffic safety information, visit the California Office of Traffic Safety at www.ots.ca.gov or the National Highway Traffic Safety Administration Click It or Ticket mobilization www.nhtsa.gov/ciot. ★

Source: Citrus Heights Police Department P.I.O.

School Bus Collision in Citrus Heights

CITRUS HEIGHTS, CA (MPG) - On May 15, 2014 at approximately 9:50 a.m., a 55 year old male bus driver was driving a San Juan Unified School District school bus transporting students to a field trip at San Juan High School. The school bus was traveling on south-bound Mariposa Avenue and was stopped at a red light at the intersection of Greenback Lane. The light turned green and the bus driver began to make a right turn onto westbound Greenback Lane. The bus driver observed a pedestrian crossing in the crosswalk on Greenback Lane so he applied the brakes of the bus and

stopped.

A gold 2013 Mercedes SUV, driven by a 57 year old female from Citrus Heights, was behind the school bus. Her vehicle was also stopped for the red light and began to proceed forward at the same time the bus did. She observed the bus stop and attempted to apply her brakes but mistakenly pressed the accelerator of her vehicle.

The front of her vehicle struck the rear of the bus. There were 62 kids on board, two teachers, two parents and the bus driver. Twenty six of the students stated they were injured or complained of pain. Fifteen were transported to local hospitals and eleven

were released and will seek aid on their own if needed. No major injuries were reported.

Alcohol and/or drugs do not appear to be a contributing factor in this collision. This collision is still under investigation.

Anyone with additional information about this news release should contact Officer Dutton who will be available at the CHP North Sacramento Area business phone number (916) 338-6710 Monday through Friday 8 a.m. to 5 p.m. After hours, or if urgent, please contact her by cell at (916) 955-3332. ★

Source: North Sacramento Citrus Heights Police P.I.O.

World's Best Motocross Racers Coming to Sacramento

Continued from page 1

popularized Hangtown.

There are many different ticket options to choose from and some with limited seating, so make your selection online and beat the rush. The 46th Annual GoPro Hangtown Motocross Classic presented by Coors Light, Holt of California and Thompson Toyota is May 29 – May 31, 2014 at the Prairie City SVRA Park, 13300 White Rock Road in Rancho Cordova. Tickets and full information about the Hangtown Motocross Classic are available at www.hangtownmx.com or 1-800-426-4869. ★



James Stewart in the moto 2 450 class. Photo courtesy Hangtown Motocross Classic

Children 6-11 years	\$20	11:35 a.m.-11:50 p.m.	450 Consolation Race
12 years and older	\$40	11:50 p.m.-12:05 p.m.	250 Consolation Race
Schedule		12:25 p.m.-12:50 p.m.	OPENING CEREMONIES
Thursday and Friday Schedule		1:05 p.m.-1:40 p.m.	450 Class Moto #1 – Live on NBC Sports TV
7:00am - Hangtown Amateur Days		2:05 p.m.-2:40 p.m.	250 Class Moto #1 – Live on NBC Sports TV
Saturday - Pro Race Schedule		3:15 p.m.-3:50 p.m.	450 Class Moto #2 – Live on NBC Sports TV
7:00 a.m.		4:15 p.m.-4:50 p.m.	250 Class Moto #2 –
8:30 a.m.-9:05 a.m.		Gates Open	
9:10 a.m.-9:45 a.m.		450 Class Practice	
10:00 a.m.-10:35 a.m.		250 Class Practice	
		450 Class Timed Practice	
10:40 a.m.-11:15 a.m.		250 Class Timed Practice	
Ticket Information		<i>Source: Hangtown Motocross Classic</i>	
Thursday & Friday			
Children 5 years and under		Free	
Children 6-11 years		\$15	
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Saturday			
Children 5 years and under		Free	

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San Juan has many career paths to open opportunities for students either going on to college or to the work force.

The San Juan Alumni Association runs the Legacy Exhibit and looks forward to increased membership. The Association annually gives scholarships to students going on to further their education.

Cooley Legislation to Prevent Brain Injuries in Youth Football Players

SACRAMENTO, CA (MPG) - Assemblyman Ken Cooley’s AB 2127 was passed off the floor of the State Assembly this morning. AB 2127 seeks to reduce brain injuries and concussions among California’s middle and high school football players by limiting full-contact practice time and by ensuring student-athletes who have suffered a brain injury do not return to the playing field too soon.

“Over the past several years, there has been national visibility on the impact of hard hits in youth through professional football,” Cooley said. “We have a multitude of evidence that this does not just affect professional athletes, but that younger kids who are still developing are just as susceptible. Medical research has shown hits don’t have to produce a concussion to have long-lasting effects.”

AB 2127 prohibits full-contact football practices in the off-season. 19 other states have taken this step. The bill also limits the amount of “full-contact” practice teams may hold during the pre-season and regular season to two per week, and they shall not

exceed 90 minutes in any single day. Coaches can structure practice sessions of any length to address skills development, conditioning, and drills against static pads or equipment; the 90 minute limit only applies to full-speed, full-contact, game-like sessions. Drills that result in contact that are intended to teach proper tackling technique, but do not involve collisions or activity typical of an actual football game are not considered “full-contact.” Finally, AB 2127 institutes a supervised return-to-play protocol for athletes who have suffered a concussion or brain injury.

This bill, if signed into law, would make California one of several states to take preventative measures to limit concussions in middle school and high school football. Texas, long-known as a center of high school football, allows only 90 minutes of full-contact practice per week during the regular season.

The California Interscholastic Federation (CIF), which oversees high school athletics in California, supports AB 2127. CIF wrote in support that “there

is scientific consensus that... reducing ‘full-contact’ practice time in high school sports, especially football, is a very positive step in the right direction to decrease traumatic brain injuries. Other states have already implemented similar laws.”

“This is a reasonable bill, and is also supported by a wide array of expert medical organizations, including the American Academy of Pediatrics, the American Academy of Neurology, and the California Psychological Association,” said Assemblyman Cooley.

Assembly Bill 2127 will now head to the California State Senate. ★

Assemblyman Ken Cooley represents the 8th Assembly District which includes the City of Arden-Arcade, Carmichael, Citrus Heights, Rancho Cordova, Rancho Murieta, Rosemont, Wilton and other portions of unincorporated Sacramento County. For more information, please visit <http://asmdc.org/members/a08/>

Source: Office of Ken Cooley

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CLUES

ACROSS

1. Plant life
6. OB-GYN test
9. What the Big Bad Wolf did
13. Couch
14. Hit the slopes
15. #1 Across partner
16. North African inhabitants
17. *He patented the saxophone in 1846
18. Inflexible
19. *Queen Victoria's other half
21. Flying high
23. U.N. workers' grp.
24. "Rhinstone Cowboy" singer
25. Seasonal blues
28. As opposed to stereo
30. Like having pH less than 7
35. Climbed down
37. Beverage usually served hot
39. Swelling
40. Nessie's abode
41. *Nicholas I and Alexander III
43. Distinctive flair
44. Beforehand
46. *The Three Musketeers, e.g.
47. Singular of "algae"
48. *Famous HMS Beagle voyager
50. **William ____ Overture"
52. Costa del ____
53. Talk like a sailor?
55. Ice-T on "Law & Order: SVU"
57. *The Great ____ in Ireland
60. *Sitting Bull's tribe
63. Like Cheerios
64. **The Murders in the ____ Morgue"
66. Give a boot
68. Antler point
69. Geological Society of America
70. Hawaiian island
71. First-rate
72. *van Gogh severed his left one
73. Live snowmen?

DOWN

1. Governmental approver
2. *Italian money starting in 1861
3. Face shape
4. Teacher of Torah
5. Founder of Scholasticism
6. Quiet attention grabber
7. Rap sheet abbreviation
8. Resolution dot
9. Fisherman's fly, e.g.
10. *Sled sport, originated in 1800s
11. Author Bagnold
12. Roll of bills
15. *Louisiana Purchase seller
20. Fowl place
22. Grassland
24. Soap Box Derby vehicles
25. Tossed starter
26. Luau greeting
27. Kitchen device
29. *a.k.a. Father of the American Cartoon
31. Brainchild
32. Small valleys with trees and grass
33. Idealized image
34. *Erie or Suez
36. Spring event
38. One of Great Lakes
42. Solfège syllables: 5th and 4th
45. Cutting into cubes
49. Convent dweller
51. Probable
54. Type of twill fabric
56. Star bursts
57. Betting game
58. Perching place
59. ____ room
60. Shakespeare's king
61. Windshield option
62. Palm tree berry
63. Pick
65. *This country declared war on Britain in 1812
67. " ____ the season ..."

CROSSWORD

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Sudoku Puzzle on Page 6

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

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By Ronnie McBrayer

Palm Sunday, celebrated this weekend by the world’s Christians, is customarily a day of joy.

Directed toward the event known as “The Triumphal Entry,” Palm Sunday marks the day that Jesus came riding into Jerusalem, just days before his death, welcomed by the jubilant masses.

People took off their coats and threw them on the ground, an act of homage to a conquering king.

They cut down palm branches, waved them wildly in ovation, and sang, “Blessed is he who comes in the name of the Lord!” Thus, we have the traditional name for this Sunday one week before Easter, and the custom of distributing palm branches to the weekend’s worshippers.

But not all Palm Sunday commemorations are this tame. In parts of Europe – particularly in the countries of Poland, Ukraine, and Lithuania – Christians bring their branches to church on Palm Sunday as well, though they do not carry palms. Securing a palm branch in the early spring of Eastern Europe is a bit of challenge, so the Christians there have improvised. They bring spruce branches instead, and rather than waving them in the air, they use them to flog each other.

The old tradition, apparently Lithuanian, goes like this: After church on Palm Sunday, the

Grow Old, Grow Strong

worshippers go home and lash those who didn’t attend church with the spruce branches. Or in some Polish variations, the children are awakened from their beds on Palm Sunday morning by their parents beating them (gently, I am told) with the spruce branches.

Like so many of Christian practices, this tradition has its roots in ancient paganism. Before Christianity came to Europe the local tribes observed a springtime ritual where they would thrash each other with evergreen trees. It was a way of casting off the winter, welcoming the spring, beating off cold, evil spirits, and I imagine it got one’s sluggish blood pumping.

Later, when Christianity displaced paganism, the evergreen practice was adapted. The branches were retained, blessed by the church to chase the devil away, and used on Palm Sunday to reflect the mingled and cluttered emotions of the day. For while Palm Sunday is a day of joyous celebration – Christ has come! – it is also a day of suffering, marking the beginning of Jesus’ Passion.

The gospel accounts of the first Palm Sunday capture the contradictions so well. Yes, there were those who cheered as Jesus descended into the city, but there were those who opposed the celebration; cold, wet, storm clouds who wanted to rain on the entire parade. Yes, the disciples were ecstatic as the day they longed for had come, but they were desperately clueless to everything that was happening.

Certainly Jesus felt the conflict. He rode into town enjoying the praises of the people, only to be kicked in the proverbial teeth

by the religious leaders. He was welcomed like a hero as the day began, only to end the victory parade in bitter sorrow, weeping for the city that would soon reject him. And he knew that the voices singing “Hosanna” would within the week be eclipsed by louder voices shouting, “Crucify him.”

This is the rule, not the exception. Happiness is accompanied by hardship. With triumph comes trouble. Accomplishment’s companion is usually agony, and rarely is there success, by any definition, without suffering. The examples to this effect are abundant: A woman birthing a child, an athlete training for competition, a student working toward graduation, a single mother raising a child, a Savior riding through Jerusalem to cheers and jeers – Pain is the prerequisite path to joy, and difficulty is victory’s perpetual partner.

For whatever reason God has chosen life to be the way it is, this is the way life is: Pain and joy are life’s constant collaborators, and there seems to be no other way. Embedded within the soaring praise of waving palms, there are the necessary stinging blows of the spruce branches.

Simply, the sufferings of our crucifixions are mingled with the glory of our resurrection, and Palm Sundays have a way of being followed by Easters. ★

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.

I am on a Roll so Don’t Rock My Boat

Dr. James L. Snyder

Have you ever had one of those weeks where everything went exactly as planned? Well, neither have I, except for last week. I do not know what was going on last week, all I know is everything went according to plan. My plan, that is. I was on a roll.

In a sense, that worries me. I am not accustomed to having my week work out according to my plans. Normally, if I can get 50% of my plans accomplished in a week, I am doing pretty good. Last week was one of those weeks, which may never repeat itself ever again, I am sorry to say. Or, am I sorry?

In contrast, the week before it was horrendous.

I was out of town on business for the week and had to return via the airplane. If you have ever been on an airplane, you know that the 10 dwarfs of Snow White fame descended the seats. I think the one in charge of the seat project was Grumpy.

I was flying from Chicago to Orlando, which is not that bad of a trip. I boarded the plane in Chicago and took my seat at B3. I got all snuggled and strapped in and was prepared for the trip. No sooner had I gotten into this state of affairs, and you know getting into those seats is one of the great challenges that a real man has, somebody came and stood at the aisle looking at me and said in a high pitch grumpy voice, “You are sitting in my seat.”

The emphasis on the word “my,” indicated to me I was up against someone that I did not want to be up against.

“I’m sorry, madam,” I stated as calmly as possible, “but this is my seat.” I tried to emphasize the word “my” to get the message across.

She stared at me with one of those stares that penetrates the

very soul of a person’s manhood. Then she waved her ticket at me and said, “You are sitting in MY seat.”

I took out my ticket to wave at her and prove she was wrong. Much to my chagrin, my seat was B13. Do you know what it takes to get unbuckled from a plane seat and extradite yourself out of it? Especially when Ms.Grumpy is staring at you with one of those stares.

I went back to B13 and went through the same procedure to get myself situated in the seat for someone half my size. Just before the plane took off, I heard in the seat behind me a little baby start to cry.

“Oh, no,” I said to myself, “not a crying baby!” Sure enough, in the seat behind me was a baby with lungs the size of an elephant. I tried pretending I did not hear, but the more I pretended the more I heard. That baby cried from the moment we took off until the moment we landed. When we landed, the baby fell asleep. I wanted to cry myself.

That was last week. This week was different in every respect. I enjoyed this week, particularly the fact that I got all my “to-do-list” accomplished and by early Friday afternoon, I had nothing to do.

Nothing to do!

Then a thought wrestled my brain to the mat. What if the Gracious Mistress of the Parsonage found out I had finished all my work and had nothing to do?

When I thought about this, one thought that was predominant was that it is a good thing when I do NOT finish everything in a week. Then, I have the excuse that I have too much to do to delve into the “honey-do-list” of which my wife is most famous.

I believe this “honey-do-list” is something mothers pass on to their daughters. It is part of the women’s secret society that does

not permit any intrusion from the non-female counterpart. It is the reason wives prefer their husbands call them the secret name, “Honey.” Whenever the husband uses this term of endearment the wife smiles one of those romantic smiles that her husband has no idea what is behind that smile.

It has taken me a long time to come to this point of understanding. While, it is very gratifying to get your work for the week done ahead of schedule, it creates an opportunity for the intrusion of that infamous “honey-do-list.” This list has no end to it.

When you accomplish one item on the “honey-do-list,” three other items appear automatically. It is virtually impossible to finish everything on that list. It is part of the wife’s secret society no man can penetrate.

Being on such a good roll in any given week is not the grand thing I thought it was. I am now content to have my desk piled high with unfinished work at the end of each week.

Since I had a little bit of time on my hands, I read what good old King Solomon, the wisest man that ever lived, thought along these lines. “Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest” (Ecclesiastes 9:10).

If I do not use my time to the best of my ability, the probabilities are pretty high somebody will intrude and use that time for some other use. ★

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 Marlys Johnsen Norris, Christian Author

Learn to identify the things that steal your joy from you. When you do this, you can and will learn how to control your life, your words and your emotions. The words from the Bible are clear “For as a man thinks in his heart, so is he. (Psalms 23:7) A person cannot fool God, He knows everything about everyone and everything!

Possibly some of the following things will help you. say “No” to all negative thoughts; to bad or sad memories; past

Another Answered Prayer!

mistakes or decisions; do less, don’t over party or overdecorate; if you travel, cut it short; bury your moods and emotions, they are infectious; most important - find a time to just be quiet. Stop causing more negative things to happen in your life. There is a saying “Thoughts have wings”! The negative thoughts and/or actions will eventually affect your health and only bring on more problems. Stay away from anything or anyone who brings on those negative responses in your life. Be “in control” and remove them from your vocabulary and speech.

Make a decision to let these things just go and focus on more positive things. God has given you life to be lived to its fullest blessing and fulfillment.. If you are going to reminisce, do it about positive

events your life embraces. Embellish the many good things that have happened and cherish those memories. Doing this, will cause the innerjoy you once had possibly when the event occurred, and it will be re birthed within you.

Stop wasting your life! Open new doors and experience God’s Best. You are worth it!

Joy is birthed when a person embraces those things God brings into their lives. His presence always brings peace and joy only when His presence and instructions are sought after and lived by a believer. ★

Marlys Johnsen Norris; Christian Author, Speaker, Teacher Pat Boone recommends her book “Recipes for a Happier Marriage” Contact me: Marlysjn@gmail.com



By Pastor Ray Dare

In the Bible, God reveals himself to us through various names. Each name is a description of His character. For instance, in one verse God says, “I am Jehovah Shammah.” Which means “I am the God who is always there.” That’s an amazing claim. “I am the God who is ALWAYS there”. Regardless of your circumstance or the situation around you, He is the God who is always there. Because He’s there, He cares.

Our problem is we tend to think that when things go good in our life that means God is with us. But when things go wrong, when things go bad, that means God has left us... He’s ignoring us. But that’s not true! He never leaves you. You are never alone. You never go through a problem, a trial or a storm by yourself. God is always with you.

Part of developing that trust is realizing the fact that God doesn’t always deliver you from the storms of life. Quite often, He delivers you in them. There’s

God is Always With You

a story in the Old Testament where three Hebrew boys were ordered by a king to worship a false God and because they didn’t, the king threw them into a burning furnace. Notice what happened, “*The king filled with anger commanded the furnace to be heated up seven times hotter than usual...they bound them with ropes and threw them into the furnace, fully clothed. But suddenly, as he was watching, King Nebuchadnezzar jumped up in amazement and exclaimed to his advisors, ‘Didn’t we throw three men into the furnace?’ They said, ‘Yes, we did indeed.’ ‘Well look!’ he shouted, ‘I see four men, unbound, and walking around in the fire, and they aren’t even hurt! And the fourth, he looks like a god!’” Daniel 3:19-25 (LB)* He was God! God doesn’t always deliver us from our troubles, but that doesn’t mean He’s not there and He doesn’t care.

You may be going through a very difficult time right now. If you are, I’m sorry. I in no way mean to minimize your situation. You may be facing a conflict in a relationship right now. You may be facing a very serious health issue and you’re not certain about your future or the future of a loved one. You may be hurting financially and you don’t have the slightest idea how you’re going to make it

next month. What do you do? Realize that God is with you and He’s going to care for you.

Psalms 112, “*Such a man (or woman) will not be overthrown by evil circumstances. God’s constant care of him will make a deep impression on all who see it. He does not fear bad news, nor live in dread of what may happen. For he is settled in his mind that God will take care of him.*” I love that! When trouble comes your way, you remember God’s constant care. You see, you can face anything when you know God is with you! I can go through anything when I know He’ll be by my side all the way.

Does God care about you? This is what He wants to say to you today, “*I will be your God through all your lifetime, yes, even when your hair is white with age. I made you and I will care for you. I will carry you along and be your Savior.*” Isaiah 46:4

I invite you to be my quest at New Beginnings Church this Sunday at 10 am. For more information visit www.NBC4U.org or call 916-992-1997. ★

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ROCK DOC

By Dr. E. Kirsten Peters

Years ago I was a light smoker. Back in the day I thought nicotine did good things for my ability to think and learn. I was a serious student at the time, studying intensively seven days a week, so a powerful complement to black coffee was welcome in my life.

I both sympathize and empathize with smokers around me today. But I'm awfully glad I quit long ago, and I know many other former smokers who feel the same way. Quitting is worth all the short-term distress it can entail.

Some recent scientific news got me thinking again about smoking and how it affects both smokers and those around them. In short, there's plenty of evidence that passive or second-hand smoke is detrimental to people living with smokers. That means that quitting helps not just

Passive Smoke Affects The Long-Term Health Of Kids

smokers, but those who share homes (and cars) with them.

Recently the European Heart Journal published a study about the effects of parental smoking on kids. The research focused on some 2400 children in a cohort in Finland and over 1300 in a group in Australia. Researchers noted the smoking behavior of parents -- whether the adults were non-smokers, or if one or both of them smoked. When the kids grew up, the researchers examined the kids' arteries via ultrasound exams.

The study found that artery walls were thicker in kids who had grown up in homes where both parents smoked. Thicker arteries are bad news, making for greater risk of strokes or heart attacks. On average, the kids who grew up in homes where both parents smoked had arteries that were 3.3 years "older" than those who grew up in smoke-free homes. These changes were permanent -- a sobering fact to contemplate for any parent (and I might add, any grandparent around the grandkids).

Dr. Seana Gall, lead author of the study, told ScienceDaily, "Parents...should quit smoking. This will not only restore their own health but also protect the health of their children into the future."

There was further bad news for kids who had two parents

who smoked.

"Those with both parents smoking were more likely, as adults, to be smokers or overweight than those whose parents didn't smoke," Gall said.

Once again, the news from the world of medical research suggests it's time for people to quit smoking. If you smoke and you have kids (or grandkids) to consider, please talk with your health care provider about an approach to help you kick the habit. Even if you've tried in the past to quit but have failed, this next effort could set you free. It took me more than one attempt to quit, but it was one of the best things I did back in the day.

I know first-hand it ain't easy to stop smoking. But the life you save might be your own -- and you could also be helping the next generation avoid permanent and harmful changes to their young bodies.

I'm pulling for both you and your family. ★

Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. Follow her on the web at rock-doc.wsu.edu and on Twitter @RockDocWSU. This column is a service of the College of Agricultural, Human, and Natural Resource Sciences at Washington State University.



THE ALTERNATIVE MEDICINE CABINET

We know that traditional medicine can do its job, but what if you could find alternatives to heavy duty drugs and procedures? Enter Dr. Kathy Gruver and "The Alternative Medicine Cabinet." She is host of the national TV show based on this book and has been featured on CNN, Prevention and Glamour Magazines and so many more.

Well, I tapped into her expertise on POPPOFF to share some of her insights into good health like the following.

1) MAGNESIUM...useful for sleep, mood, headaches, muscle aches, PMS, constipation, and heart health. It's her favorite mineral.

2) STRESS. We have to remember that stress isn't the problem, our reaction to it is. That we can control. She recommends doing affirmations to help block out those negative thoughts. Make them short, in the present, and positive. "I am healthy and well."

3) MEDITATION. It's one of the best things for our bodies.

POPPOFF!

with Mary Jane Popp

No time? Try a mini meditation. Concentrate on your breath, and on the inhale think, "I am" and on the exhale think "at peace."

4) LOW ENERGY. No need to turn to caffeine. Take a few deep breaths and have a big glass of water. Still not quite awake? Try B vitamins, but don't take them too late in the day.

5) TIRED BECAUSE YOU'RE NO SLEEPING WELL. Try natural like melatonin or tryptophan before turning to OTC or prescription sleep aids.

6) STILL CAN'T SLEEP? Maybe it's your mind. So often our thoughts go round and round and prevent us from sleep. Use the affirmation, "I'll fall asleep quickly and easily and I wake up feeling refreshed." Repeat

7) LET'S TALK FOOD. Organic is definitely best, especially for meat, dairy, and processed and packaged foods. Non-organic food has higher amounts of pesticides, herbicides, genetically modified ingredients, hormones, and artificial sweeteners. They are more expensive, but do your best. Or eliminate processed foods altogether and skip the sodas. They are the cheapest, but they serve nothing toward better nutrition

8) WHY NOT SODA? There's no nutritional value. It's empty calories that empty your wallet. The sweeteners are bad for us, whether it's high fructose corn syrup or the artificial sweeteners in diet sodas.. And those sugary substitutes may be making us fatter by shutting down leptin in the brain.

9) HOW ABOUT A MULTIVITAMIN. Even though she already mentioned magnesium, she thinks we should all be taking a high quality multivitamin and mineral. Our soils are depleted, and we're just not getting enough nutrition.

10) LAST BUT NOT LEAST. One of the best things you can do for your health is be mindful and stay positive. It's easy to revert to old patterns of negative thinking and dwelling in the past. Try to do at least one task a day mindfully. Go into it with focus and curiosity. This pulls you into the present moment and let's stresses of the past melt away.

So why can't traditional and alternative medicine work together? Perhaps the change is beginning to happen. After all, isn't the ultimate goal for the patient to be well? Let's hope we continue to reach for that goal. If you want to check out Dr. Kathy Gruver and her book "The Alternative Medicine Cabinet" go to www.thealternativemedicinecabinet.com for more information. BE WELL! BE HAPPY! ★

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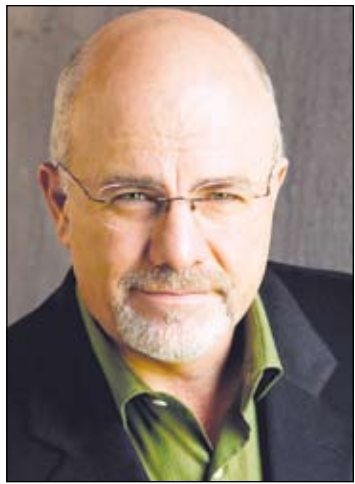
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Helping Her the Right Way

- Mike

Dave Says

This whole situation is a lot bigger than giving someone \$35 for diapers. The answer to that is easy. It's yes. But in this case I'd probably give it to her in the form of a grocery store gift card. Many of those don't allow alcohol and cigarette purchases. Or, I'd just go buy diapers and baby food and take them to her. Actually helping people is a lot more work than just throwing money at them. To really help

Financially speaking, her problem is just as much mismanagement of money as it is a lack of money. Anyone who chooses smokes and alcohol over diapers for their kids needs to be smacked. But since you can't really do that, you can put conditions on your help that are designed to help her improve her decision-making abilities and, by doing that, improving her life.

- *Dave*

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By Mark J. Cimino, CEO
CiminoCare

Medicare: A medical insurance for seniors over the age of 65, for short-term hospital stays, rehabilitation and therapy. There are, however, exceptions. For example, a person who is deemed permanently disabled and people with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a transplant, sometimes called ESRD) can apply for Medicare earlier than age 65. Medicare only covers short term medically necessary care



“Serving the needs of Seniors”

Senior Care Finance Primer: Part 1

Social Security Supplemental Insurance: This is a federal program that provides monthly cash payments to people in need. To qualify for supplemental income you must be over the age of 65 and have income and assets less than \$2,000 (single) and \$3,000 (married). In California, if one's social security is below \$1,133 and they are in non-medical out of home care, such as an assisted living facility, they can qualify for a supplemental income. Very few assisted living facilities take only SSI payments, however, you can combine SSI with private pay funds from family or in conjunction with the Limited Medi-Cal

Hopefully this brief synopsis helped clarify some of the commonly asked questions. My goal was to give many people a better understanding of the differences of each resource and what it takes to qualify. If you would like more specifics regarding the above, please feel free to email me at Mark@ciminocare.com and I will try my best to help you.

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

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“Serving the needs of Seniors”

[illegible]

DR. COY F. CROSS

Author Coy Cross II, Ph.D
“The Dhance” A Caregiver’s Search for Meaning

When is enough, enough?

STRENGTH IN UNITY



One of the most difficult decisions for a cancer patient and their family is “When is enough chemo, radiation, etc., enough? There is little hope of recovery, do I continue this painful treatment to extend my life for a few days, weeks or months?”

If you can muster up the courage to talk with your partner or your family about what’s most important to you before you’re confronted with this decision, it will make their life and yours so much easier.

Coming to accept the reality of “what is” can look like “giving up hope.” I believe that each of us has the right to make our own decisions about whether to continue suffering

the effects of painful treatment or spending our remaining days in relative comfort.

Carol and I talked about her options. I promised her I would fight with my whole being to make sure her wishes were followed. When her cancer came back, she chose to undergo another round of chemotherapy and when that became too painful, she chose to stop further treatment. I whole-heartedly supported her in both decisions. Having the “hard talk” helped us both accepted the probable consequences of her decisions.

Acceptance is an awesome force. Accepting reality is the first step.

Share with us each month here and visit Facebook to learn more at The Dhance. See author Cross as he discusses discoveries, lessons and shares insights on YouTube.

You also can learn to cope in delving into the mind, life and acceptance of life and death that is the heart of Coy Cross’s experience related for all to learn from in “The Dhance” (Available from KohoPono Press, ISBN 978-0-9845424-2-0, visit kohopono.com or call 503-723-7392).

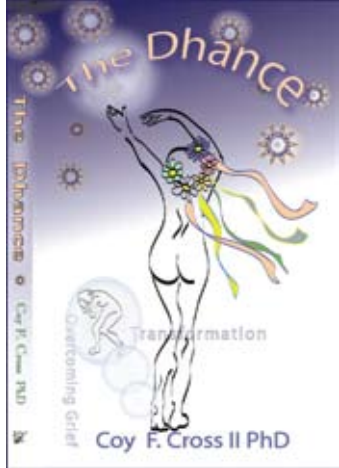
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Meet The Author: Coy Cross

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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.

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.

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

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

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