



Remembering Fallen Warriors

Page 2

PLUS:
Protect Your Family With
Comprehensive Estate Planning

Page 4

Citrus Heights Messenger

“Written by the people, for the people”

Volume 4 Issue 11

Serving the City of Citrus Heights and Sacramento County

First Edition for June 2014

Congratulations to the Winner of 2014 Ford Fiesta



Page 9

Rock Doc: A Tale of Two Stoves



Page 9

Medical Office Building & Possible City Hall Relocation



Page 3



Scan our QR Code for a
direct link to our online edition!

PRESORTED STD.
US POSTAGE
PAID
PERMIT 350
Carmichael, CA
Change Service Requested

HP Volunteers Come Together to Support Veteran's Center



Bill Howell, expert in building horseshoe courts, works with Hewlett Packard volunteers to complete a regulation horseshoe court and observation deck at the Veteran's Community Center in Citrus Heights. Photo by Collette Adams.

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Blessings keep befalling Jim and Jean Rounsavell and the Veteran's Community Center in Citrus Heights. Thanks to the caring and ingenuity of one man and the hard work of more than 45 volunteers, two new recreational additions to the Center have been completed:

a Douglas fir observation deck from which veterans can relax and enjoy refreshments and a board game, and two full professional regulation horseshoe courts. As with previous undertakings at the Center, 'things just came together' to make these projects happen. In November of 2013, Bill Howell, a local retired aircraft mechanic and neighbor of the

Center, approached Rounsavell in the Center's parking lot with the offer, "You know, I'm not a veteran, but I'd like to build a horseshoe court for you". A bit taken aback by the unexpected proposal, but realizing this new friend had a vision for the Center, Rounsavell agreed. Following several weeks of surveying and staking out the property, Howell came up with a

plan. The 22' X 60' piece of land chosen by Howell for the court was the one section of ground Rounsavell did not yet have a vision for. His only wish was for a deck to be built along a 9' X 60' swath of shaded land running along a fence off of Sylvan Road, and next to the proposed court.

Continued on Page 5

The Sayonara After-School Community Center A Success Story a Decade in the Telling

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - On May 27, 2014 a check for \$4,500 was presented to Rev. Alan Flynn, pastor of Messiah Lutheran Church by Rev. Vernon Holmes, president of the Lutheran Development Society of Sacramento. Flynn, in turn will present this gift to Gladys Standard, director of the Sayonara After-School Community Center to be used to fund a paid Spanish speaking staff member at the Center. The Sayonara grant is one of 12 grants presented to



Rev. Vernon Holmes, president of the Lutheran Development Society of Sacramento presents Rev. Alan Flynn of Messiah Lutheran with a check for \$4,500 for the Sayonara After-School Community Center. Photo credit Gary Fox.

Lutheran churches in the greater Sacramento area by the Lutheran Society. Gary Fox, Resource Director of City Life recognized the opportunity to obtain funding to help Sayonara and wrote the grant. Funds awarded to the Lutheran congregations will be used to finance specific outreach ministries in the communities they serve, including providing groceries and meals and helping the homeless. This is an exciting time for Standard, her students, their parents, and the Citrus Heights community.

Continued on Page 11

California State Senate Passes Bill to Raise Minimum Wage to \$13 per Hour

*SB 935 (Leno) Would
Give California
Highest Minimum
Wage in the Nation*

LOS ANGELES, CA - On Thursday May 29th, California State Senate voted 21-12 to raise the state's minimum wage to at least \$13 per hour by 2017. The bill would also require the minimum wage to be automatically adjusted for inflation annually beginning in 2018. The adjustments would be calculated using the California Consumer Price Index and reductions in the minimum wage would be prohibited if inflation is negative in any given period.

California Partnership (CAP) Director Vanessa Aramayo said "an increase in California's minimum wage is long overdue as it is lower than it was in 1965 when adjusted for inflation. SB 935 will reduce the number of Californian's living in poverty, reduce the number of people going hungry, and increase economic activity in our communities that have been hardest hit by the economic recession and stagnation of wages."

A recent report by Human Impact Partners cites a study that predicts a minimum wage of \$13 would help reduce the record high income gap that exists in California today. The study predicts that the income of 7.6 million Californians in families in the lowest quarter of income distribution would rise while the net income of the top 75% of households would not change[1].

California Partnership is a proud co-sponsor of this bill with the Women's Foundation, the Western Center on Law and Poverty, United Food and Commercial Workers Union and the California State Council of Service Employees International Union.

CAP is a statewide coalition of community-based groups, organizing and advocating for the policies and programs that work to reduce and end poverty. ★

**GOT MORE
LOCAL
NEWS?
CALL 773-1111**

**The Perfect
Combination!**

STAR
San Juan Fundraiser
Page 10

**Citrus Heights
Messenger**
"Written by the people, for the people"
Serving the City of Citrus Heights and Sacramento County
First Edition for November 2013

9 June 22
Gets Back
to Roots

Centennial Celebration
Veterans' Day
Observance
to be Held at
Sylvan Cemetery
Gazette
9 June 22

START YOURS TODAY!

**BOTH NEWSPAPERS
FOR ONLY
\$15⁰⁰
FOR 6 MONTHS!**

✓ Citrus Heights Messenger delivers your
local community news 24 issues a year.

✓ Get The Sunday Sacramento Bee!

CLINCHED!
An captain A.J. West title
for second year season/year

Kaepernick struggles
Luck shines in Colts'
27-7 rout of Niners
ESPN.com/10

THE SACRAMENTO BEE
Monday September 22, 2014

See inside for details

Remembering Fallen Warriors



Emphasis this year from speakers focused on the continued sacrifice of family and friends of our active service military who in essence serve daily right along side of their loved ones. Photo courtesy of Cyndi Price, Sylvan Cemetery District.

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Since 1775, over 30 million Americans – many civilians - have put themselves in harms way for their county; those serving in the U.S. military throughout the world. During this time many

non-military women and men have served and continue to work to honor and protect their country in a variety of tasks overseas and at home. 1.3 million have died during combat with an additional .7 million succumbing to their injuries in the years following active service.

Sylvan Cemetery holds the remains of 1,350 of these warriors, the earliest buried in 1862. The 2014 Memorial Day tradition at the Sylvan Cemetery in Citrus Heights continued with its honoring the dead who are buried there. as well as recognizing special community members

who continue to support our veterans in life and even after death. The service started at 11:00, following the traditional procession beginning at the Spanish American burial site. The Folsom Harmony Express Singers, themselves veterans, entertained those waiting at the main gazebo for the procession to arrive. The Citrus Heights Police Motorcycle Detail and Color Guard led the long march, followed by the Boy Scouts Troop 228, members of the American Legion (AL) Post 637 and Veterans of Foreign Wars Post 4647. Those in authentic period dress participated in uniforms from the Spanish American War, American Revolution and Civil War. The procession began at the south end of the cemetery honoring those from the Spanish American War and making stops at stations near those buried from the American Revolution, Civil War, WWI, WWII, Korea and Vietnam. A short history of what each war meant to America was read, along with a prayer of remembrance for the fallen buried there. Following a prayer by the AL Chaplain and the Pledge of Allegiance, Commander Paul Reyes, of American Legion Post 637 greeted guests. Emphasis this year from speakers focused

on the continued sacrifice of family and friends of our active service military who in essence serve daily right along side of their loved ones. Kermit Schayltz of the Lucky Derby Casino was a ‘Point Walker’ during the Vietnam War. He now is a business owner and is well known in Citrus Heights for providing many jobs for veterans, including men and women from Southeast Asia. Mike Reichert of Reichert’s Funeral & Cremation Services honors the fallen warriors who become homeless. He ensures that the bodies of deceased veterans who are unclaimed will receive a casket and a flag and arranges for burial with full honors at the National Military Cemetery in Dixon. Gold Star Moms and Blue Star Wives continue to actively provide care boxes for its men and women overseas, holding ongoing packing parties . The Soroptimist Women’s Club put out and collected thank you cards to be delivered to active service military men and women overseas Mayor Mel Turner and Councilman Steve Miller honored Jim & Jean Rounsavell, owners of the Veteran’s Community Center located in the old Sylvan Schoolhouse they are working hard to preserve. They have created a place in Citrus Heights for

veterans to go for fellowship and relaxation. Jim was presented with the city pin which bears the image of the schoolhouse. A special thank you was given to Boys Scouts Troop 228 to the faithful scouts who showed up at 6 a.m. to help Groundskeeper, Ron Clark groundskeeper put out the 300 grave flags on each veteran’s grave. Jim Monteton, veteran and Sylvan Cemetery historian, took us on a brief history lesson reminding us of the history of Memorial Day. Using poignant stories from his own ancestry, he illustrated how so many families represented at Sylvan are connected on multiple levels as they served in multiple wars and conflicts in their careers. Finally, Paul Reyes read the poem, Remembrance at Normandy, written by a 17-year-old girl while at a class trip to the Normandy American Cemetery & Memorial in Normandy, France. Her poem portrays vividly how only through being there in person could she take in the enormity of the sacrifice and loss of the 9,000 who died on Omaha Beach on D-Day June 6, 1944 and lie buried at Normandy.

For more photos of this and previous Memorial Day services visit www.sylvancemetery.com ★

Join Citrus Heights for the 15th Annual...
Red, White, and Blue
Parade!
Saturday, June 28th
9:00 a.m.
Sunrise Blvd.
Celebrate your Patriotic Spirit in Citrus Heights!
(Parade route: North of Madison at Uplands Way to northwest corner of Sunrise Mall parking lot at Greenback)
Parade Attractions:
Floats, Vintage Cars, Live Animals, Marching Bands
Wells Fargo Stage Coach, Giveaways, and more!
Pancake Brunch (\$5 - Rotary Club of Citrus Heights)
Sunrise Mall Parking Lot, 8:00 a.m. to Noon
Carnival Hosted by Sunrise Mall
For more information, call (916) 727-5400
www.citrusheights.net
Logos: 101.9 The Wolf, SUNRISE MALL, Radio Disney AM 1470, Northridge Music Center, LA TRICOLOR 99.9, HOT 103.5, Jose 104.5

DISCOVER the difference

Happy Father’s Day
from Crosswood Oaks!
Years of caring for Seniors brings...Stability, Satisfaction & Smiles.
Come see why Crosswood Oaks is still the Best Choice and Best Value...
New Friends are Waiting!
Call 916-969-6161 for a Personalized tour of our beautiful Senior Living Community.
Capital SENIOR LIVING
CROSSWOOD OAKS
An Independent Living Community
6650 Crosswoods Circle
Citrus Heights, CA 95621
tel 916-969-6161 | fax 916-726-4223
Visit us online at crosswoodoaks.com

Publisher, Paul V. Scholl

Citrus Heights Messenger

“Written by the people, for the people”

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

Citrus Heights Messenger is not responsible for unsolicited manuscripts or materials. The entire contents of the Citrus Heights Messenger are copyrighted. Ownership of all advertising created and/or composed by the Citrus Heights Messenger is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

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.

Advertising Sales
Graphics & Layout
Contributing Writers
Distribution Assistant
Accounting
Web Master
News Services
Photography

Banerjee Designs • Stump Removal Graphics • Full Moon Graffiti
Susan Skinner • Mary Jane Popp • Marlys Johnsen Norris • Tim Reilly
David Dickstein • Dave Ramsey • Dr. E. Kirsten Peters • Kay Burton
Dr. Bob Graykowski • Julie Parker • Elise Spleiss • Eric Marks
Leslie Carrara • Pastor Rich Reimer • Pastor Cary Duckett • Ronnie McBrayer
David Graulich • Perry Hartline • Gerry Scholl • Trish Tatterson
Gabriel Scholl
Nicholson & Olsen CPA
RJ at thesitebarn.com • JWS Promotions • Mikahn Design
Whiskey & Gunpowder • StatePoint Media • NewsUSA • PRWEB NewsWire
North American Precis Syndicate • Blue Ridge Press • ARA Content
Family Features • WorldNetDaily
Amanda Morello • Susan Skinner

Member of Carmichael, Citrus Heights, Fair Oaks, and Orangevale Chambers of Commerce

We are proud members of these newspaper associations.

Citrus Town Center has also planned a great way for the kids to treat dad for Father's Day, with something really special. Imagine the delight when the kids can announce to dad that they're taking him to an

The Outdoor Movie showing is located between Dressbarn and Marshalls, with a restroom on site. The June showing is the second movie in a full monthly series of outdoor showings happening on the second Saturday of every month, running from June

There's plenty to see and do during June at Citrus Town Center! ★

August 15, 2013 - the City hosted a community meeting to introduce the proposed project

present and receive feedback on preliminary exterior designs for a new City Hall.

Source: City of Citrus Heights



Make it your center.

Nothing says convenience like having a special shopping center close to you with easy parking and all the things you need. Enjoy shopping Sprouts Farmers Market and grabbing a bite to eat or picking up a new outfit. Citrus Town Center is the perfect neighborhood center to truly call... **Your Center.**



citrustown
C E N T E R
YOUR CENTER

Sunrise Blvd & Greenback Lane
Inter-Cal.com

Complete listing of retailers and restaurants at Citrus Town Center

Apparel & Accessories

- Carter's
- Dress Barn
- Marshalls
- Once Upon A Child
- Red Wing Shoes
- Skechers - **Now Open!**

Specialty Services

- Bella Nails
- IB Tan
- SmileCare
- Sunrise Chiropractic

Restaurant & Food Beverage Service

- BevMo
- Black Angus
- La Fiesta Taqueria
- Panera Bread
- Pizza Hut
- Round Table Pizza
- Sprouts Farmers Market
- Wendy's
- Wingstop

Specialty Retail

- GameStop
- Petsmart
- Rite Aid
- Staples
- Wig Galleria

Coming summer 2014:
Party City



Movie Night - June 14, 8:30-10pm

In honor of Father's Day, we're showing Daddy Day Care. Bring Dad out for a free movie under the stars, with free popcorn, raffle prizes and tons of fun! Opens at dusk with movie showing at dark (approximately 8:30pm). Don't forget to bring your own chair!

Summer Safari on Wednesdays

June 11, 10am-11am

FREE flower and plant crafts

June 25, 10am-11am

Animal Safari with puppet show, animal crafts and more...all FREE!

FREE Train Rides for the kids

Friday, June 20, 10am-12noon

Hop on board and take the Citrus Town Center Free Train Ride!

EDDIE MURPHY



DADDY DAY CARE

FREE Train Rides for the kids

Friday, June 20, 10am-12noon

Hop on board and take the Citrus Town Center Free Train Ride!

Like us on Facebook

Auburn Boulevard Complete Streets Project Night Work Scheduled

CITRUS HEIGHTS, CA (MPG) - As part of the Auburn Boulevard Complete Streets Revitalization Project, night paving work has been scheduled for Auburn Boulevard from Sylvan Corners to Sycamore Drive. Traffic will be limited to one lane in each direction.
Dates:
Night of Tuesday, June 10th to Morning of Friday, June 13th

Work Hours:
7:30 p.m. to 7:00 a.m.
If you have any questions or concerns, contact the City's General Services Department at (916) 727-4770 24-hours/day.
We appreciate your patience.
Contact: General Services Department
(916) 727-4770

Protect Your Family With Comprehensive Estate Planning

By Linda Harper

SACRAMENTO REGION, CA (MPG) - Do you have an estate? Of course you do. Your estate is everything you own, all that you've earned and saved, your homes, investments and retirement funds. Many people wait until they have medical problems to start thinking about planning their estate. It's important however, to begin planning much earlier. We all presume we will experience a natural progression of life and then, after a long and fulfilling life, we know we will eventually leave this world. But, as we all know, life doesn't always follow the progression we expect. Life just happens. In the midst of enjoying a bountiful career and raising a family, things can take a turn, and the unexpected could happen before that progression has reached its expected end. Planning for

the protection of your family in your absence should be taken as early as possible in your life journey. A qualified Estate Planning Attorney can help you ensure your family and loved ones are protected in your absence, regardless of your age, health, or wealth. Richard W. McGinnis is a California attorney with more than 30 years experience in estate planning and elder law. His professional goal is to provide his clients with comprehensive legal advice and prepare estate planning documents which preserve assets, minimize taxes, and provide a legacy for future generations. He focuses exclusively on estate and elder law issues. Mr. McGinnis is a Senior Professor of Business Law at Sierra College, and is the coauthor of Practical Business Law. He is an award-winning speaker who has conducted

hundreds of estate planning seminars and courses for businesses and educational institutions. Richard McGinnis is a warm and personable individual. He has lived in the area for many years, raising his family, and becoming involved in the community through volunteer work. He considers giving back to his community an integral part of his life. He is a 1983 graduate of the University of San Francisco School of Law, and a member of the California State Bar Wills and Trusts Section, the National Academy of Elder Law Attorneys, and California Advocates for Nursing Home Reform. To schedule a FREE consultation to find out how estate planning can protect your family, call Richard W. McGinnis (916) 784-6377 or log on to www.rwmlaw.com. ★



It's Tour Time!

Antelope Garden

Take a self-guided tour of the 2 acre Antelope Garden for ideas on creating your own water efficient landscape.

Open May 1 to October 31, 2014
Monday through Friday
Second and Fourth Saturdays
9:00 a.m. to 3:00 p.m.

FREE Admission



7800 Antelope North Road
Antelope



SALON OOH LALA

Full Service Salon

SERVICES:
Relaxing, private appointments
- only one client at a time
Hair Cut and Style
Perms
Color - Certified Redken Colorist
Highlights
Lip and Eyebrow Waxing
Men's Haircut

(916) 721-0245

Owner:
Paulette Susnjara
27 YEARS EXPERIENCE

Springtime Special


FOR FIRST TIME CUSTOMERS
Receive \$10 off your first service and a FREE Lip and Eyebrow Wax




YOU'RE NEVER TOO YOUNG OR TOO OLD TO PLAN AHEAD



PROTECT YOUR FAMILY THROUGH ESTATE PLANNING

- ✔ Creation and Administration of Revocable and Irrevocable Trusts
- ✔ Will Drafting, Including Guardianship Provisions
- ✔ Probate Administration
- ✔ Durable Powers of Attorney
- ✔ Advance Health Care Directives
- ✔ Authorizations for Use and Disclosure of Protected Health Information
- ✔ Medi-Cal Planning and Qualifications





RICHARD W. MCGINNIS
Attorney at Law, Estate Planning & Elder Law
735 Sunrise Blvd., Suite 208 • Roseville
(916) 784-6377 • TOLL FREE (855) 478-1606
www.rwmlaw.com



OVER 30 YEARS LOCAL EXPERIENCE • COMPREHENSIVE, PROFESSIONAL SERVICE



THANK A VETERAN TODAY





Conveniently Located on Auburn Blvd. Between Manzanita & Garfield

NEED STORAGE?

ARMOR MINI STORAGE

Since 1980



Office Hours:
Mon-Sat 9-6 • Sun 9-4



Computer Gate Access
6am-9pm 365 Days A Year
Award Winning Customer Service
Digital Video Surveillance
Competitive Rates
Daily / Monthly / Annual Rentals
Easy Drive-Up Access
Professional Resident Managers

916.332.6455
5714 Auburn Blvd., Sac 95841

www.armorministorage.com

CALL A PROFESSIONAL!

Business & Service Directory

LANDSCAPE SERVICES

SLS

Insured
Lic#794551

Superior Landscape Services

Landscaping and Maintenance

• Sprinkler Repair/Install • Pruning
• Mowing/Trimming • Fertilizing

(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net

CHILD CARE



Just Babies

...a healthy, loving,
educational environment
for your infant

Lic # 343619790

916-261-9598

sophiabenedettojustbabies@gmail.com

HOME OWNERSHIP

1st Time Home Buyer??



Me out

Charles Vines

Broker Associate
(916) 216-9349
DRE# 01789423



Scan QR Code to see YouTube Video

PARALEGAL SERVICES

Living Trust • Living Will

Includes: Trust, Will, Powers of Attorney,
Family Residence Deed
Single \$450 • Couple \$495

Call Lynda K. Knight (916) 214-1215
1337 Howe Ave. Suite 103, Sacramento

CEMETERY SERVICES

Respectful,
Affordable Burial

Endowment Care Facility
Beautiful Park like setting
Monuments allowed • Cremation Niches
Commingle Scattering Garden
Quality & Affordable Service

Fair Oaks Cemetery District
7780 Olive St., Fair Oaks, 95628
916-966-1613

PET SITTING SERVICE

Professional, Loving
PET CARE

Established Reputation
Kennel Free Environment
Lots of TLC

Call Madeline
(916) 723-1608

COMPUTER SERVICES

YourAppleGuru.com

PERSONAL TRAINER

for your
iPhone, iPad,
iMac, MacBook,
Apple TV

Expert Experienced Help
Beginners to Advanced Users
Reasonable Rates
(916) 996 - 0609

Zinsky's

PC Configurations

"Don't replace it - REPAIR IT!"

Custom Desktop Computer Configuraions
• PC Repair • Home Wireless Networking
• Installations • Viri & Spyware Eradication

Alan Zinsky
Phone: 916-622-2269
Zconfig@sbcglobal.net
Bus. Lic. # 305312 • B. E. A. R. Reg. #84416
www.zinskyspcrepair.com

DENTAL CARE

HMF Family

DENTISTRY

Located at 11230 Gold Express Dr. #306
Gold River, CA • 916-852-7660

• Restorative and Cosmetic Dentistry • Oral Sedation
• Invisalign • Extractions (including wisdom teeth)
• 1 hour Teeth Whitening (as seen in extreme makeover)
• White Fillings • Digital X-Rays (uses less radiation) • Financing Available

FUNERAL SERVICES

RUSS MONROE'S

FUNERALS & CREMATIONS

FD 1404

7960 WINDING WAY
FAIR OAKS, CA 95628

Tel (916) 9611265
Fax (916) 9612430

PRINTER AND COPIER SERVICE

Specialties Plus

• Machine Repairs (all makes & models)
• Toner Cartridge Refills (Using Cartridge World?
Take 10% off their price & try mine)
• Free Cleaning (with our cartridge)
• We are Local
• Service Contracts
(monthly or yearly)
• Lease or Rent
• High Volume Copying
(save wear & tear on your machine)

Specializing in Digital
Printers, Copiers,
Fax & Multifunction
Machines

E-mail:
specplus@comcast.net
(916) 723-8430

DRUG AND ALCOHOL REHABILITATION

CLEAN & SOBER

LIVING
CSTL, Inc.

HELPING PEOPLE AND THE COMMUNITY WITH
THE ALCOHOL AND DRUG PROBLEM!
18 YEARS IN BUSINESS!

DETOX (916) 965-3386

SOBER LIVING (916) 961-2691

HANDYMAN

Let Dave Do It

QUALITY • AFFORDABILITY • INTEGRITY

Full Service Handyman
Honey Do Lists & Small Jobs
30 yrs Exp - Special Discounts
Call David (916) 337-3038
DLH Enterprises • CCL#987368
www.LetDaveDolt.net

TREE SERVICES

Leonard's Tree
Service

Topping • Trimming
• Removing
• Stump Grinding

Small and Large Jobs

CL#926622
Call 447-1686

DENTAL CARE

Dr. John C. Riach
Dr. Michael B. Holm
Dr. Guy E. Acheson

AMERICAN RIVER DENTAL

Appointments 7 a.m. to 7 p.m. • New patients welcome
IV Sedation-Nitrous Oxide • Orthodontics

10350 Coloma Rd. 362-9247

American Standards

HEATING AND AIR CONDITIONING



13 SEER Equipment
Change Out System

starting
as low as \$4,995
INSTALLED!

CALL FOR AN IN-HOME ESTIMATE

LIC#845319

916-224-3629



make a real
connection

Call Livelinks.
The hottest place to meet
the coolest people.

Try it Free!

800.920.5217

Ahora en Español 18+

Live links

STATEPOINT CROSSWORD • FAMOUS FATHERS

CLUES

ACROSS

1. " ____ your engines!"
6. Buffoon
9. Dermatologist's
concern
13. Like beaver?
14. Bearded antelope
15. Pertaining to the ear
16. Davy Crockett's last
stand
17. Campaigned
18. Modern day letter
19. *Suri's father
21. *Kiefer's father
23. ____ blue
24. Khaled Hosseini's
"The ____ Runner"
25. Brady Bunch
daughter
28. Actress Jessica
30. Metal helmet
35. Beehive state
37. "Frasier" actress
Gilpin
39. Lacy mat
40. Folk story
41. Throw something
heavy
43. Seed covering
44. Quechua speakers
46. "The ____ Not
Taken"
47. Greek goddess of
youth
48. Half-shell delicacy
50. Joint with a cap
52. *Brady Bunch kids
addressed dad this way
53. " ____ the slate
clean"
55. " ____ Doubtfire"
57. *Namesake
60. *Sasha and Malia's
father
63. Come by without
warning
64. Frigid
66. Cool & distant
68. Flip-flop
69. French for "word"
70. T in Ferrari TR
71. Actress Hathaway
72. *Widely considered father of
the detective story
73. *John Jacob ____, sire to clan
of multi-millionaires

DOWN

1. Moses parted the Red one
2. After-bath powder
3. Culture-growing turf
4. Romulus' brother
5. Russian triumvirate
6. Fairy tale villain
7. American Nurses Association
8. Plural of fundus
9. Wild feline
10. Face-to-face exam
11. Surprise attack
12. Building addition
15. Aeneas' story
20. Air fairy
22. Pro baseball's "Master Melvin"
24. Modern sing-along
25. *Enrique Iglesias' father
26. Lack of muscle tension
27. Drug agents
29. Porter or IPA, e.g.
31. *Last of the pre-flood
Patriarchs in the bible
32. Employees, often preceded
with "new"
33. Legal excuse
34. *U.S. President with the most
children
36. Furnace output
38. *This Russian father was
famously terrible
42. Swelling
45. Sweatshop activity
49. Orinoco or Grande
51. Misprints
54. Get ready for a date
56. Company department
57. *John-John's father
58. Fairytale's second word?
59. Common workday start
60. Information unit
61. C in COGS
62. Japanese zither
63. School organization
65. Bird word
67. Frequent partner of "away"

dish

Make the Switch
to Dish Today
and Save Up To 50%

Call Now and Ask How!
1-800-318-5121

Call 7 days a week 8am - 11pm EST Promo Code: MB0113

Promotional
Packages
starting at only ...
\$19.99
mo.
for 12 months

FREE
PREMIUM MOVIE CHANNELS*
For 3 months.
HBO
CINEMAX
SHOWTIME
starz

ACTIVE
dish

*Offer subject to change based on premium channel availability

SALE \$5

HUNDREDS OF COUPONS!

Tide® Dawn® Olay®
Revlon® JELL-O® Dole®
M&M'S® Puffs® Lysol®

Like us on
FACEBOOK for a
Chance to
Win an iPad!

www.BrainyShopper.com

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

© BrainyMedia

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

For Solutions See Page 7

Come back every week for Crossword and Sudoku!

Adoption

PREGNANT? CONSIDERING ADOPTION? Talk with caring adoption expert. Choose from families Nationwide. **LIVING EXPENSES PAID.** Call 24/7 Abby's One True Gift Adoptions 866-413-6296 Void In Illinois/New Mexico/Indiana (NANI)

Announcements

DID YOU KNOW 144 million U.S. Adults read a Newspaper print copy each week? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

DID YOU KNOW 7 IN 10 Americans or 158 million U.S. Adults read content from newspaper media each week? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

DID YOU KNOW Newspaper-generated content is so valuable it's taken and repeated, condensed, broadcast, tweeted, discussed, posted, copied, edited, and emailed countless times throughout the day by others? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

DID YOU KNOW that not only does newspaper media reach a HUGE Audience, they also reach an ENGAGED AUDIENCE. Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

Antiques/Collectibles Wanted

Old Railroad Items Wanted: lanterns, locks, china, paper, etc. Call (916) 663-2463 (MPG 06-30-14)

Old Porcelain Signs Wanted: oil & gas, highway, RR, etc. Call (916) 663-2463 (MPG 06-30-14)

Apartments For Rent

RETIREMENT APARTMENTS, ALL INCLUSIVE. Meals, transportation, activities daily. Short Leases. Monthly specials! Call (866) 338-2607 (NANI)

Autos Donations

DONATE THAT CAR or REAL ESTATE to Saving Our Soldiers. Fast FREE pickup. Running or not. Full fair market value tax deduction. **SOSCars.ORG** Call 1-888-907-9757 (NANI)

Autos Wanted

WE BUY CARS! Running or Not. Any Make, Model or Year. Call today for an INSTANT OFFER. Free Towing/Pickup. Top Dollar. We're Local! 1-800-844-3595 (SWAN)

CARS/TRUCKS WANTED! Top \$\$\$\$\$ PAID! Running or Not, All Years, Makes, Models. Free Towing! We're Local! 7 Days/Week. Call Toll Free: 1-888-416-2330 (NANI)

GET CASH TODAY for any car/truck. I will buy your car today. Any Condition. Call 1-800-864-5796 or www.carbuycuy.com (NANI)

DONATE YOUR CAR, TRUCK or BOAT to HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 800-731-5042. (Cal-SCAN)

Business Opportunity

OWN YOUR own Medical Alert Company! Be the 1st and Only Distributor in your area! Unlimited \$ return. Small investment required. Call toll free 1-844-225-1200. (Cal-SCAN)

Cable/Satellite TV

DISH TV Retailer - Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available.) **SAVE!** Ask About SAME DAY Installation! CALL Now! 1-800-357-0810 (Cal-SCAN)

DirectTV 2 Year Savings Event! Over 140 channels only \$29.99 a month. Only DirectTV gives you 2 YEARS of savings and a FREE Genie upgrade! Call 1-800-291-0350 (Cal-SCAN)

REDUCE YOUR CABLE BILL! Get a whole-home Satellite system installed at NO COST and programming starting at \$19.99/mo. FREE HD/DVR Upgrade to new callers. SO CALL NOW 1-866-982-9562 (Cal-SCAN)

DISH TV Retailer. Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available.) **SAVE!** Ask About SAME DAY Installation! CALL Now! 1-800-375-0156 (MB 06-30-14)

Career Training/ Education

MEDICAL BILLING TRAINEES NEEDED! Become a Medical Office Assistant! No Experience Needed! Online training gets you Job ready! HHS Diploma/GED & PC needed! 1-888-407-7063 (Cal-SCAN)

Learn to Sew Register Now! Saturday Classes Available. 916-476-6092. (MPG 03-31-14)

Credit/Debt Services

GET FREE OF CREDIT CARD DEBT NOW! Cut payments by up to half. Stop creditors from calling. 855-341-6281 (MB 12-31-13)

Divorce

Before you list your home, order Free Special Report that reveals what happens to your matrimonial home before, during, and after a divorce. Free recorded message 1-800-213-4205 ID# 1009 DRE # 00809220 R Dumont (MPG 08-30-12)



Electrical Services

RETIRED MASTER ELECTRICIAN, problem solver! 30 yrs experience, senior discounts. Save big – don't replace panel – rebuild it. Lic.# 513168, 916-595-3052 (MPG 12-31-14)

Financial Aid

Cut your STUDENT LOAN payments in HALF or more even if Late or in Default. Get Relief FAST Much LOWER payments. Call Student Hotline 855-341-7551 (MB 06-30-14)

Financial Services

Do You Want to Know What Your Home is Worth?



Are you in BIG trouble with the IRS? Stop wage & bank levies, liens & audits, unified tax returns, payroll issues, & resolve tax debt FAST. Seen on CNN. A BBB. Call 1-800-761-5395 (Cal-SCAN)

Do you owe over \$10,000 to the IRS or State in back taxes? Get tax relief now! Call BlueTax, the nation's full service tax solution firm. 800-393-6403. (Cal-SCAN)

Is Your Identity Protected? It is our promise to provide the most comprehensive identity theft prevention and response products available! Call Today for 30-DAY FREE TRIAL 1-800-908-5194. (Cal-SCAN)

Reduce Your Past Tax Bill by as much as 75 Percent. Stop Levies, Liens and Wage Garnishments. Call The Tax DR Now to see if you Qualify. 1-800-498-1067. (Cal-SCAN)

Food For Heroes

Forgotten Warrior will be giving food to veterans & families. Every Monday 10-12p At The ElCamino Baptist Church 2805 ElCamino Ave. Sacramento, CA 95821. Call 916-533-9811 for more info. (MPG 02-28-14)

For Sale Affordable Condo

Trinity River Condo Gated Community with Pool! 2 bed/2bath. \$114,000. Call Liz 916-397-0815. BRE#01149312. C21 M&M & Assoc. (MPG 06-30-14)

2013 Wildwood Extra lite 22 ft, self-contained with awning and air conditioning. Like new. Includes Hitch. \$16,500 OBO. 916-726-1275. (MPG 02-28-14)

Foster Parenting



Aspiranet is seeking loving homes for foster children in need. Contact 1-877-380-HERO for info and register for training. aspiranetheroes.org (MPG 04-30-13)

Handyman

One call, does it all! Fast and Reliable Handyman Services. Call ServiceLive and get referred to a pro today. Call 800-958-8267. (Cal-SCAN)



QUALITY LABOR & MAINTENANCE
Yard Work, Hauling, Gutter Clean, Odd Jobs
You Name It!
(916) 613-8359

Health & Medical

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-356-4170 for \$10.00 off your first prescription and free shipping. (SWAN)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90 percent on all your medication needs. Call today 1-800-273-0209, for \$10.00 off your first prescription and free shipping. (Cal-SCAN)

Heating & Air
AC Repair Low Prices 487-4609 (MPG)

Help Animals

SPCA Thrift Shop Helpless animals need your donations. The Real Non-Profit. Will pick up. Call 916-442-8118. 1517E Street for donations-10-4pm (MPG)



Help Wanted

User Interface Designer wanted for graphic design of user interface, website, AD, etc. Job #KS28. Mail Resume to Korean Plaza Sacramento, 10971 Olson Dr, Rancho Cordova, CA 95670. (MPG 06-30-14)

CUSTOMER SERVICE REPRESENTATIVE

Sierra Vista Bank Fair Oaks, California
Responsibilities: opening new accounts, teller operations, answering telephone. Must be fully knowledgeable and skilled in new accounts, teller operations, telephone etiquette and have excellent customer service skills. Apply on-line at www.Sierravistabank.com or fax your resume to 916.850.1516. Attn: HR. Equal Opportunity Employer. (MPG 06-30-14)

OPERATIONS MANAGER

Sierra Vista Bank Fair Oaks, California
Responsibilities: manage branch operations, new accounts and teller operations. Must be fully knowledgeable and skilled in all branch operations, cross-selling bank products, and possess excellent customer service skills. Apply on-line at www.Sierravistabank.com or fax your resume to 916.850.1516. Attn: HR. Equal Opportunity Employer. (MPG 06-30-14)

PSYCHIATRIST

The Psychiatrist will be responsible for serving patients with mental health problems. He or she will be responsible for managing patient care independently along with other health care professionals and subordinates. Requirements: M.D. or D.O. in Psychiatry; must be eligible for Controlled Substance Registration Certificate and California State Medical License. Please mail CV to: Heather Prowd, Mark David Levine, MD Psychiatrists PC, 3841 N. Freeway Boulevard, Suite 120, Sacramento, CA 95834. (MPG 03-31-14)

Caring Compassionate Seniors WANTED! SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required.Call us today for more information. (916) 372 9640 (MPG)

AIRLINE CAREERS begin here – Get FAA approved Aviation Technician training. Housing and Financial aid for qualified students. Job placement assistance. Apply now with AIM Dallas 877-205-0503 or Houston 888-216-1687 (SWAN)

GREAT MONEY FROM HOME! WITH OUR FREE MAILER PROGRAM LIVE OPERATORS ON DUTY NOW 1-800-707-1810 EX 701 OR VISIT WWW.PACIFICBROCHURES.COM (NANI)

HELP WANTED Earn Extra income Assembling CD cases From Home. Call our Live Operators Now! No experience Necessary 1-800-405-7619 Ext 205 www.easywork-greatpay.com (NANI)

\$1000 WEEKLY PAID IN ADVANCE!!! MAILING BROCHURES or TYPING ADS for our company. FREE Supplies! PT/FT. No Experience Needed! www.HelpMailingBrochures.com (NANI)

Help Wanted Drivers

EXPERIENCED DRIVER OR RECENT GRAD? With Swift, you can grow to be an award-winning Class A CDL driver. We help you achieve Diamond Driver status with the best support there is. As a Diamond Driver, you earn additional pay on top of all the competitive incentives we offer. The very best, choose Swift. • Great Miles = Great Pay • Late-Model Equipment Available • Regional Opportunities • Great Career Path • Paid Vacation • Excellent Benefits Please Call: (866) 837-3507 (Cal-SCAN)

DRIVERS PRIME, INC. Company Drivers & Independent Contractors for Refrigerated, Tanker & Flatbed NEEDED! Plenty of Freight & Great Pay! Start with Prime Today! Call 877-736-3019 or apply online at driveforprime.com (Cal-SCAN)

DRIVERS - START WITH OUR TRAINING OR CONTINUE YOUR SOLID CAREER. You Have Options! Company Drivers, Lease Purchase or Owner Operators Needed! (877) 369-7126 www.CentralTruckDrivingJobs.com (Cal-SCAN)

Inhome Childcare

Nenes Smart Start Small in-home Childcare M-F 7AM-6PM. Infant thru 5 Preschool certified Licensed & Insured, (916) 723-3342 collier@surewest.net

Landscaping

Bula Landscaping Weekly & bi-weekly yard maintenance, yard clean-up & haul, fences and complete landscaping services. Call 916-380-0426 or 916-745-8795 (MPG 06-30-14)

Legal Services

Auto Accident Attorney: INJURED IN AN AUTO ACCIDENT? Call InjuryFone for a free case evaluation. Never a cost to you. Don't wait, call now, 1-800-958-5341. (Cal-SCAN)

Medical Supplies /Equipment

Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 800-799-4811 for \$750 Off. (Cal-SCAN)

Medical Supplies /Equipment

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

Moving Services

STEADY MOVES You rent the truck...we will make sure it's loaded/unloaded PROFESSIONALLY! (Lic#322945) 916-206-3183. Email msmith2661@comcast.net (MPG 06-30-14)

Miscellaneous

Toastmaster's Open House Meets first and third Fridays. Join us to gain confidence and find your voice. Denny's, 3520 Auburn Blvd., March 21st at 6:30 pm. Bring this ad for free Cheese Quesada Good to Great Club 916 215-1035 www.toastmasters.org (MPG 03-31-14)

MAKE A CONNECTION Real People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: 1-877-909-2569 (SWAN)

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

AIRLINES ARE HIRING – Train for hands on Aviation Career. FAA approved program. Financial aid for qualified students. Housing & Job placement assistance. CALL Aviation Institute of Maintenance 888-686-1704 (NANI)

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

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

CASH PAID - UP TO \$25/BOX for unexpired, sealed DIABETIC TEST STRIPS! 1 DAY PAYMENT & PREPAID SHIPPING. BEST PRICES! Call 1-888-776-7771. www.Cash4DiabeticSupplies.com (NANI)

TOP CASH PAID FOR OLD GUITARS! 1920's thru 1980's. Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg, and Gibson Mandolins/ Banjos. 1-800-401-0440 (NANI)

DIRECTV, Internet, & Phone From \$69.99/mo + Free 3 Months: HBO® Starz® SHOWTIME® CINEMAX® + FREE GENIE 4 Room Upgrade + NFL SUNDAY TICKET! Limited offer. Call Now 888-248-5961 (NANI)

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

DirectTV Over 140 channels only \$29.99 a month. Triple savings! \$636.00 in Savings. Free upgrade to Genie & 2013 NFL Sunday ticket free for New Customers. Start saving today! 1-800-416-7254 (SWAN)

Miscellaneous for Sale

SAWMILLS for only \$4397.00-MAKE & SAVE MONEY with your own bandmill - Cut lumber any dimension. In stock ready to ship. FREE Info/ DVD: www.NorwoodSawmills.com 1-800-578-1363 Ext.300N (Cal-SCAN)

KILL BED BUGS! Buy Harris Bed Bug Killer Complete Treatment Program or Kit. Available: Hardware Stores. Buy Online: homedepot.com (NANI)

Music Lessons

Piano Lessons. GREAT RATES! Available Monday through Saturday. Any age can learn piano, flute and singing. planocap.com or call (916) 974-7397 (MPG 06-30-14)

Guitar Lessons – Beginner to Advanced. \$10/half hour. \$20/hour. freddiebbalbert1@yahoo.com. 916-335-9741 (MPG 12-31-13)

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

Painting Services



Anni The Painter
One Room at a Time Okay!
• Perfectionist
• Fun Ideas • Kid's Rooms
• Cabinets • Bathrooms
• Kitchens • Etc.
New Molding Installs • Small Jobs OK!
Lic # 733938 • Free Bids
916-532-6194

Messenger Publishing Group Call to Advertise 773-1111

Sudoku Puzzle on Page 6

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

Personals

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

MEET SINGLES RIGHT NOW! No paid operators, just real people like you. Browse greetings, exchange messages and connect live. Try it free. Call now 1-800-945-3392. (Cal-SCAN)

Pet Care



Give your pets great care while you're gone. Kennel free environment. Lots of TLC. Call Madeline 916-723-1608. (MPG 12-31-13)

Keep your pet Happy, Healthy, and Protected. Call 800-675-7476 Now and get a free Pet Insurance Quote for your Dog or Cat. Choose Up to 90% Reimbursement. Get Special Multiple Pet Discounts. (Cal-SCAN)

Pets/Animals



SPCA THRIFT SHOP
The Real Non-Profit
Helpless Animals Need Your Donations
Will Pick Up
Call 916-442-8118
1517 E Street
for donations
10-4pm

Position Wanted

Classy Senior Lady with 16 yrs experience seeks caregiver/companion position including house-keeping, cooking, transportation, etc. Call 896-5882 (MPG 03-31-14)

Real Estate

Hope for Troubled Homeowners

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

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

Real Estate Sales

316+/- Acre White River Ranch Auction, Calico Rock, AR. Minimum Bid \$800,000. Sealed Bids Due by May 27. Atlas RE Firm, #2276. 5%BP. 501-840-7029. AtlasRealEstateFirm.com (Cal-SCAN)

Veterans Non Profit Starting Security Company

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)

Volunteers Needed

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

Bristol Hospice is looking for **volunteers** to provide companionship with our hospice patients and families. We provide the training and match you with a family in your area. Please call volunteer services for more information at (916) 782-5511. (MPG 12-31-13) ter. 916-533-9811. (MPG 03-31-14)

Sutter Auburn Faith Hospice Thrift Store invites volunteers to work as cashiers, sales floor assistants, donation processors or prices. Training is provided; a four hour weekly commitment is requested. Location: 13342 Lincoln Way, Auburn. Call store coordinator, Kim Chase, 530-887-0561. (MPG 12-31-13)

Volunteers Needed

Sutter Auburn Faith Hospital invites volunteers to work in various hospital department or the hospital Gift Shop. Great opportunity to learn about healthcare, raise funds to support our local hospital and to give back to our community. A four hour weekly commitment is requested. Please contact Mindy Danovaro 530-888-4559 for more information. (MPG 04-30-14)

VICTORIA HEATING & AIR CONDITIONING

Lic#877379
Over 10 Years of Experience
We Provide SERVICE, REPAIR, CHANGE OUT AND NEW INSTALL
• Easy • Fast Response
• Reasonable Price
• We offer a Special \$50 Diagnostic Fee
• We will tell you what is wrong with your unit and how much it will cost to fix your unit before we begin work
• Each project is confirmed in writing and one year warranty
• OR, new unit installed with 5 to 10 years warranty
So Don't Wait! Call Us At (209) 338-4475 or (916) 474-0173 (MPG 16-02-14)

Want to Buy



By Ronnie McBrayer

There are some two million adopted children living in United States’ households today. These children arrive in their homes in a myriad of ways. Some are abandoned or surrendered to children’s services. Some have biological parents who are children themselves, and are in no condition to parent. Some have been conceived under horrific conditions: Incest, rape, or some other impossible situation. Some are from the States; some from overseas; some come out of foster care; some come from an adoption agency; and some come from out of nowhere, it seems. But most all have this in common: They are loved. The adoptive parents who receive these children want them, and they want to provide a loving home for them. I have some experience with this. Two of those two million adopted children live under my own roof. They are teenagers now, and have always lived with the knowledge of their adoption. When they were younger, and I suppose they need to hear it even more as they move toward adulthood, I would tell them, “Everyone is born, you know. But not everyone is chosen. Not everyone has the honor of being selected; but you were.” Granted, this doesn’t settle all of their anxieties, and now

Not Slaves, But Sons and Daughters

in adolescence, they have all the existential anxieties of their peers, all the questions everyone struggles with – “Who am I? Where did I come from? Why am I in the world? How do I fit in? What is my identity?” – but those who are adopted often have these questions on steroids. Some questions, I tell my growing young men, will be answered now. Some answers will come in adulthood. But some questions, I caution them, may never be answered. Yet, they cannot let all the unanswerable questions of their existence rob them of these essential facts: They are loved. They are chosen. They are cherished – and they were cherished long before they were even conscious of such emotion. One of the New Testament’s more powerful images, as it describes God’s concern for humanity, is, fittingly, adoption. The Apostle Paul is the champion of such language. “By his great love,” Paul said, “we were chosen for adoption into God’s family.” In Paul’s day, the most common form of adoption originated in the workplace. Orphaned children, in ancient times, were often forced into slavery. For a predetermined number of years, the child would give himself or herself to a tradesman – brick masons, farmers, artisans, and other trades that involved hard manual labor. The child’s hope was to make it to adulthood, and having learned a trade, he or she would then have a livable skill set. But sadly, the tradesmen would often

wring the literal life from the child, and he or she would die from exhaustion or neglect, only to be replaced by another slave from the auction block. Thankfully, not all tradesmen were traffickers. Some became mothers or fathers. A person could adopt a child-laborer. This released the child from slavery and granted to the adoptee all the rights and privileges of family. This was a revolution of status, a radical change in one’s identity. He or she was no longer an orphan, but became a son or daughter. As Paul wrote to the Galatians, “God’s love should make it plain; you are not his slaves. You are his children.” To recognize that you are loved and chosen by God might not squelch all of your anxieties or address all of your identity issues, but it is a good place to start. For if you know that God loves you, then you can make allowance for the things that you don’t know; if you understand that you belong to him, then you can live with those things that can’t be understood; and when you are certain of your acceptance, then you can accept all other uncertainties. I pray that these facts will serve as a grounding force for my sons as they grow into the lives that will become theirs. And yes, I pray the same for all of us. ★

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.

Just Don’t Call Me on Monday!

Dr. James L. Snyder

Those who know me would agree that I am cool, calm, and collected, although not in that order. It takes quite a bit to rattle me and get me out of sync with my inner harmony. I must confess that, while that is mostly true, I did have an incident this past week that threw all of that out of the window. That is what I get for leaving my window down! After a full weekend of preparation and ministry, I need one day to really chill out and get my wits about me re-collected. On Mondays, I do not wish to do anything or see anybody or go anywhere. My motto for Monday is simply, just don’t call me! On this particular Monday when I finally awakened, the first thing I noticed was that my wife had already left the house. Out in the kitchen the coffee had been brewed and waiting for my consumption. There was a nice bowl of oatmeal ready just for me. I fixed my coffee, got my oatmeal ready and proceeded into the living room where I could set in my easy chair and watch a little bit of television for as long as I could stay awake. Nothing is quite as nice as a Monday with

nothing to do and nobody to bother you while you are doing it. I got situated and took a nice sip of delicious coffee and then proceeded to turn on the television. That is when my Monday exploded. I could not turn the TV on; something was wrong with the service. I distinctly remember one occasion when my wife had to face such a situation and she would call the TV service. She would speak to some people there and in a few moments (after some rather angry screeching), the problem was solved. So I decided to do the same thing, minus the screeching. I called the number associated with our TV and Internet service and that is when the games began. After punching 2,743 numbers on my phone, I finally got somebody. Actually, it was not really somebody; it was a recording telling me that I was 47th in line waiting for the technician. According to my calculation, it would take me 29 Mondays to get to talk to a live, breathing technician. By the time I was connected to a live technician, I had completely lost my cool and was close to not being collected.

Each minute on the phone with this technician caused me to lose more of my cool until I was absolutely hot under the collar. He knew almost as much about my problem as some stray cat in the backyard. After I hung up and cooled down a little bit I thought of something. Why don’t I just unplug the whole mess and then restart everything. It worked and I did not have to say it with some strange accent. In my devotions that morning, I read from Psalms 33:4 where David says, “For the word of the LORD is right; and all his works are done in truth.” Sometimes the best course of action is to do it yourself. Not being a do-it-yourself guru, it does not come naturally to me. If you blame someone else for your problems, you are pointing the finger in the wrong direction. ★

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

There have been times in my life where I’ve been confused, worried, and anxious about the future. If you’ll be honest about it, there have been times in your life when you felt these same things. You’ve been anxious, you’ve been concerned, you’ve been worried. Maybe today you’re facing some of these same things. God says in Isaiah 26:3, “*Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.*” God renews you spiritually when you accept Christ in your life, when you’re born again, but your mind isn’t born again. Your mind isn’t renewed automatically. There’s something that you have to do. This is so important. Never underestimate the important role that your mind plays in your walk of faith. I found in my own life that every time I get worried, confused, concerned or overly concerned, anxious about the future, you know what’s happened? I’ve taken my mind off the things of God and I’ve

Peace Under Pressure

started looking at the circumstances all around me. I’m going against what God says and I start dwelling on, “How am I going to overcome these challenges?” “How am I going to overcome these obstacles? How am I going to overcome all these things that are coming against me?” Do you know what happens when you meditate on those things? They get bigger and bigger and bigger. Then all of a sudden you’re feeling doubt and fear and unbelief. You have to keep our mind stayed on Christ. You may think, “*But I’m too busy. I’ve got a career and I’m working and I’ve got all this stuff going on.*” But friend, you’re not going to experience God’s perfect peace automatically. You have to get into God’s Word and get His Word into you. That’s why it’s so important to meditate on and memorize Scripture. That’s why it’s so important to stay in church where you can hear the Word of God. Turn your worries into prayers. Philippians 4:6 said, “*Don’t worry about anything; pray about everything.*” Don’t worry about anything, but pray about everything. Listen, I’m going to challenge you. The next time you have the opportunity to worry, choose not to worry – choose to pray. Every time you have a negative thought, just turn that thought into a prayer and ask God to

help you. Think about and claim a promise of God. You know what you’re doing? You’re saying, “God, I know the situation looks bad, but I choose to believe You’re still in control. I choose to believe You will see me through this.” When you do that; you’re going to experience God’s perfect peace. What’s stolen your peace today? A relationship? A health issue? A problem at work? Your finances? Do what David did... “*I sought the Lord, and He answered me. He delivered me from all my fears.*” Psalm 34:4. Peace isn’t found in a pill, peace is found in a person – Jesus Christ. Fear comes from not understanding what God is like, how much He loves you and how much He cares about you. The more you seek the Lord and get to know Him and understand what He promises to do in your life, the less fear and worry you will have and the more peace you will have, regardless of the circumstances around you. I invite you to be my guest at New Beginnings Church this Sunday at 10 am. For more information visit www.NBC4U.org or call 916-992-1997. ★

Pastor Ray

New Beginnings Church
YOU’RE INVITED,
Sunday service at 10 am
“We Do Church Differently”
www.NBC4U.org



By Marlys Johnsen Norris, Christian Author

Intimacy with God provides faith that can move mountains and deliver one from discouragement and pain when the struggles of life seem too much! When God is invited into one’s life, one is never alone! God promised He would never leave or forsake one who accepts Jesus as their Savior and Lord. When a person makes a decision to follow His divine guidelines—one

A Divine Path

will be taking a journey into His perfect will for their life. The path ahead is guided by His light and an adventure into His blessings. And it is amazing that the Creator of all becomes closer than a brother. Before this happens one does not know about or ever experience the highest kind of love God gives to His own, which is called AGAPE. It is a love that even loves the unloving. This kind of love characterizes God’s consistent nature. (I John 4:8) It is His divine love expressed and demonstrated through His Son. (I John 4:10; John 3:16) It is also a love that is birthed within us as we return his love (I John 4:19) And it is a love we are to have for one another—because of His character and love birthed within us (I John 4:11) It is the love of I Corinthians 13 and Ephesians 4:15.

Agape love is expressed even to those with whom we may disagree or possibly do not even like! Read Romans 5:8. Those who have invited Jesus into their heart and life ARE Christian brothers and sisters. The Greek word for “brother” is “adelphos”. Two children out of the same life-form womb are automatically brothers and/or sisters. Our source of life is God IN CHRIST, therefore we are Christian brothers and sisters! We are to love our brothers and sisters in Christ and demonstrate the fruit of a loving spirit regardless of our differences. It matters little what church or denomination one chooses, a BIBLICAL FACT. ★

Marlys Johnsen Norris
Christian Author of 7 books
Read my story in “God Moves Mountains”
Marlysjn@gmail.com



Foster Care

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

We offer free training, fingerprinting, CPR/ 1st aid, 24 hr support, monthly reimb.





Grace Baptist Church

Come and Experience God's Amazing Grace

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung.

Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible

Service Schedules

Sunday Schools (All Ages) 9:45am
Sunday Worship II :00 am
Sunday Evening 6:00pm
Wednesday Evening 7:00pm

6724 Palm Avenue, Fair Oaks, CA 95628
(Located one block South of Madison; just East of Dewey)
Pastor Charles Carter (916) 967-3915

Call for more information



Jenner Inn & Event Center

707-865-2377

innkeeper@jennerinn.com

Storybook Weddings Corporate, Personal & Wellness Retreats

10400 Coast Rt. 1,
Jenner, CA 95450

www.jennerinn.com



ROCK DOC

By Dr. E. Kirsten Peters

My elderly aunt recently came into some money. She decided -- very generously -- to send part of it to each of her nieces and nephews. This gave me the task of choosing how I wanted to spend an unexpected \$1,000. I decided to buy a new range for my kitchen. I wouldn't otherwise buy a new appliance, and by spending the money on a range I will be able to remember my aunt and bless her name each night as I cook supper.

My old range was electric. The oven was slow and the burners were constantly problematic. I replaced all the burners but still had to suffer with unpredictable and inconsistent heating. I grew up with a natural gas cook stove, so decided to buy one for my house. I like gas because you can see when it's on, because it cuts off instantly, and because I think of natural gas as a pretty clean

A Tale of Two Stoves

fuel we can get from domestic sources.

No sooner had I made up my mind about what to do with the unexpected money than my brother Nils explained he plans to change from a gas range to an electric one. (Leave it to siblings to always disagree?)

Nils is truly concerned about our production of greenhouse gases. He wants to eliminate his household's carbon pollution and he's willing to do some real work to meet that goal.

One step for my brother is to switch his appliances from natural gas to electricity. His idea is that if he uses natural gas to cook supper, he's making carbon dioxide that adds to what's building up in the atmosphere. If he uses electricity to do those same tasks, he can -- at least in principle -- avoid the production of greenhouse gases.

I like to say to my brother that not all his power can come from carbon-neutral sources like wind-mills or solar panels. After all, he uses electricity when the wind isn't blowing and the sun isn't shining. In short, we all need what the utility people call "base load power." Across the country, that kind of power comes from several different things, but part of it is from natural gas power plants. From my perspective, we all of us are "sinners" when it comes to greenhouse gas production, including people who

only own electric appliances. Nils counters that our need for base load power is not a rationale to continue business as usual, it's just another challenge to be met by conservation or energy storage. In the meanwhile, he is working hard to construct a building that will be the size of a small house and used as a commercial kitchen. The building is super-insulated and has a solar air heater, a solar water preheater and LED lighting. The heat is electric, but because of the clever designs, very few kilowatt-hours are needed to keep the place warm.

While we disagree about some things, I really applaud my brother's building efforts. Not many of us put our money where we say our values are.

Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. This column is a service of the College of Agricultural, Human, and Natural Resource Sciences at Washington State University. ★

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.



MY DAD, MY HERO

I can't tell you how many times my mother said to me, "You are just like your father" with a strong hint of sarcasm in her voice. I took it as a badge of honor. Dad passed away many years ago, but the strength he left behind is instilled in me. His story is what the greatest generation movies are made of. Born in the U.S. his parents took him back to Romania at age two. At age fourteen, he had to declare his citizenship there or here. Dad was proud to be an American, and so this kid began a journey all on his own. His father was a brilliant and spoiled alcoholic interpreter in Detroit. Not at all a family man. So when Dad asked his father to help him get a job, his father told him, "I gave you wings, now fly." That's why I think dad was so devoted

POPPOFF!

with Mary Jane Popp

to his family. He never wanted my brother and I to face what he had. He loved to travel with my brother and I when we would perform and beamed with pride. After a terrible accident, and only one week out of the hospital, he insisted on driving me to the Indiana State competition so I could compete singing and playing violin. It was an historic snow storm, but that did not deter him. No one else was going to take his family on this trip.

Getting back to his early years, my dad did fly. He lied about his age and got a job. And his father's brilliance was passed on to dad. He went from manual laborer to designing fur coats for Metro Goldwyn Mayer Studios in Los Angeles. He never backed down from a challenge. He went from putting blasting caps on TNT in an ordinance plant for the war effort to furrier to management in an aircraft plant to full-fledged Ironworker. He even got a little acting in there too. And how can I forget race car driver, and dare I say early on, a little bootlegging too during the prohibition era? Dad's will to succeed for himself and

his family was in his DNA, and I would like to think he passed it on to me. We were so much alike. When we argued, it was a stalemate. It was like arguing with your mirror image. Was dad perfect? No. He had a terrible temper, and periodically, it got out of hand. I guess I got that DNA too, but it has softened some with age. He died rather young, but I can tell you, he lived life to the fullest!

I miss dad, but I still talk with him...especially when I am driving. He enjoyed being behind the wheel, and he loved to travel, family in tow, all over the country. Sometimes the driving went on for long periods, but that was dad too...goal oriented. But I am grateful for what dad passed on to me, both in philosophy and his drive to be the best you can be. I will always remember his story about making mistakes. "Remember," he would tell us, "You are not learning if you do not make mistakes." Of course, I'm sure he hoped we would not repeat them after the lesson was learned. Dad, you are loved now and always! HAPPY FATHER'S DAY! ★

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 "Caring for the Least"

50+ Years of Service

(916) 447-3268 400 Bannon Street • Sacramento, CA 95811 Exec. Director, Pastor Tim Lane P.O. Box 1108, Sacramento, CA 95812

Tune in our Radio Program: KFIA 710 AM, Sun & Mon 3 PM listen online & visit us at: www.ugmsac.com Facebook.com/UGMSAC

Winner of 2014 Ford Fiesta



CONGRATULATIONS - TANYA! Winner of the 2014 Ford Fiesta from Harrold Ford of Sacramento and A Community For Peace. Pictured (l to r) Steve Cox, Harrold Ford of Sacramento, Glorian Martinelli, CFO, Communities For Peace Foundation and Tanya Ferguson - lucky winner.. Photo courtesy of Donna Van Dolah.

CITRUS HEIGHTS, CA (MPG) - Steve Cox, of Harrold Ford of Sacramento drew the lucky ticket for Tanya Ferguson at the 2nd Annual ACFP Golf Classic on May 24th at Haggin Oaks Golf Complex. The energy was high as Steve pulled the name of the lucky winner from the ticket tumbler. Tanya Ferguson, Tanya Ferguson

— unfortunately Tanya was not present at the event but many of her golfing and ACFP friends were present to celebrate her win. ACFP and all our staff and advocates greatly appreciate the kindness of Harrold Ford and all of you who joined the Communities for Peace Foundation and participated in the membership drive and

successful Golf Charity to support the free and unlimited services to survivors of family abuse and trauma. As partners with ACFP, Harrold Ford of Sacramento demonstrated how two organizations can partner for Peace and change the lives of others. Visit ACommunityForPeace.org for more information about their services, to donate, volunteer or attend upcoming events. A Community For Peace mission is to end all forms of violence to women and girls, men and boys, and to promote Peace in our homes, schools and communities. We seek to reduce the impact of domestic/family violence on children. ACFP is located at 6060 Sunrise Vista Dr., Ste. 2340, Citrus Heights, CA 95610, 916-728-5613, is a 501(c)3 non-profit. For more information visit: http://www.acommunityforpeace.org For more information about Harrold Ford of Sacramento visit HarroldFord.net ★

You're Invited!



"We Do Church Differently"

Sunday Mornings at 10am



We Meet At: Foothills Community Center For More Information (916) 992-1997

We are creating...

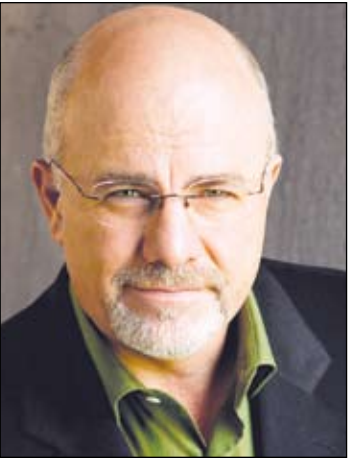
- Quality Children's Programs
- Meaningful Friendships in Small Groups
- Ministry for Healthy Families and Marriages
- Contemporary Worship in which God is experienced

"A Community Church Your Entire Family Will Enjoy"

www.NBC4u.org



CALL 773-1111 TO ADVERTISE



Dave Ramsey is America's trusted voice on money and business. He has authored four New York Times best-selling books: *Financial Peace*, *More Than Enough*, *The Total Money Makeover* and *EntreLeadership*. His newest book, written with his daughter Rachel Cruze, is titled *Smart Money Smart Kids*. It will be released April 22nd. The *Dave Ramsey Show* is heard by more than 6 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

Millionaire Widow Needs a Prenup

Dear Dave,

My husband died several years ago. He always worked very hard, and we did very well financially. I am now 48 and have \$3.8 million in assets. I've found a wonderful man who is very stable and loving with a good job, and we're considering getting married. Do you think I need a prenuptial agreement?

- Heather

Dave Says

Dear Heather,

For years I told people never to do prenuptial agreements. I always said if you love your money more than you love your spouse, then you're too immature and selfish to be married.

However, I've changed my tune on this subject a little bit recently. When one or two wealthy people get married, the problems that can arise usually have nothing to do with those two people. The problem is that it can invite a lot of crazy into your lives from the outside. Whether it's a parent, cousin or child, sometimes people start feeling a sense of entitlement when wealth is suddenly thrust into the picture.

You both sound like mature, functional people with good values. In most cases, that's a pretty good indication that crazy isn't in the immediate vicinity. Still, there's a lot on the line. So while I would advise a prenup, you might keep an open mind to revisions somewhere down the road. Make it pretty solid and protective for the first five or 10 years. But then, after you guys have built a life together, you'll hopefully reach a point where you'll feel safe looking at it as all ours.

So, the only reason I'd ever suggest a prenup is when two parties are bringing really unequal amounts to the table. Yours is an extreme situation, Heather, so I'd give it some serious thought. Let him know you want to do this to

protect the relationship, so that there's never any hint that the money is a problem or will create problems. If he's as kind and thoughtful as you say, I think he'll understand.

- Dave

AAA or self-insure?

Dear Dave,

What do you think about auto club memberships like AAA?

- Jeremy

Dear Jeremy,

I've got nothing against AAA. But honestly, I tend to self-insure through savings for these kinds of things. I've probably used, or had need of, a tow truck twice in the last 20 years. When it comes to this kind of product, I always look at it from the perspective of, "Where does it leave me if I don't sign up for their service?"

Again, I don't think AAA is a big rip-off or anything like that. It's just a type of insurance, if you will, for which I have no need. I guess it could be a handy thing to have if you were in a situation where you were using their services a lot. But if their average customer were like that, they'd probably end up losing money on you.

- Dave

*For more financial help, please visit daveramsey.com. ★

Sacramento Hospice.com

Hospice Resources Patient Needs Caregiver Needs

Duette® Architella® Trielle™ Honeycomb Shades Provide Energy Efficiency in Every Climate, Every Season.

80%
SUMMER BENEFIT
Duette® Architella® shades can reduce unwanted solar heat through windows by up to 80%.

45%
WINTER BENEFIT
Duette Architella shades can reduce heat loss through windows by up to 45%.

ULTRASONIC BLIND CLEANING
FABRIC SHADE CLEANING
Blind, Shade, Shutter Repair

FREE with this ad

Blind Magic
4562 Roseville Rd., Ste B, North Highlands, CA
M-F: 8:30 AM - 5:30 PM
10:00 AM - 2:00 PM
Closed Sunday
916-349-0555
www.draperyandshades.com

Don't forget to ask about our Blind Cleaning and Repair Services!

HunterDouglas
DUETTE®
Architella® Honeycomb Shades

© 2014 Hunter Douglas. All rights reserved. All trademarks used herein are the property of Hunter Douglas.

The Perfect Combination!

Citrus Heights Messenger
"Written by the people, for the people"

Citrus Heights Messenger
"Written by the people, for the people"

Hook A Trout; Win A Prize
Rancho Seco Recreational Area To Host Fishing Derby

START YOURS

Start Yours Today!

Get a 6 month subscription for only:
\$15.00

Here's what you'll get:

☒ The Citrus Heights Messenger, two issues each month.

☒ The Sunday Sacramento Bee every week!

As a valued Citrus Heights Messenger subscriber, you receive the Sunday Sacramento Bee as part of your subscription.

BOTH NEWSPAPERS FOR ONLY \$15 FOR 6 MONTHS!

IT'S THE PERFECT COMBINATION!

Offer available to new and current Citrus Heights Messenger subscribers. To take advantage of this unique opportunity please call (916) 773-1111.

YES! START MY SUBSCRIPTION NOW!

NAME

ADDRESS

CITY

ZIP

PHONE ()

EMAIL

MAIL YOUR PAYMENT TO:
MESSENGER PUBLISHING GROUP
7144 FAIR OAKS BOULEVARD, SUITE 5
CARMICHAEL, CA 95608

*Some delivery restrictions may apply.

The Sayonara After-School Community Center: A Success Story



A handful of Sayonara's After-School Center students, parents and volunteers gather with director Gladys Standard as summer vacation nears. Photo by Tiffany, a volunteer.

Continued from Page 1

Once known as the worst residential street in the city for gangs, drugs, assaults, and severe blight, 2014 marks one decade of transformation for this three-block neighborhood and the Center. In 2004, City Life, a program of Campus Life Connection, in partnership with the City of Citrus Heights opened the Sayonara Community Center. The original student center was literally packed into 2 apartment units, with often 60 or more students arriving for programs. “Miss Gladys” as the hundreds of her children who have passed through the Center’s doors lovingly know her, was hired as the Site Director. Working with over 50 caring volunteers but few resources, the Center has been providing safe after-school programs, tutoring, mentoring, healthy snacks, crafts and field trips for the often at-risk youth. In 2008, the City’s new police department created its Problem Oriented Policing (POP) Unit, which aggressively tackled the problems plaguing the street. Sixty-four apartment

units were eventually purchased and demolished by the City. Slowly these officers, working alongside the City, dozens of volunteers from the community and local churches, along with the students and their parents became a successful team, eventually taking back their street. A brand new Citrus Heights Children and Youth Center was built in 2010 from grants, and in collaboration with community businesses and the City Council of Citrus Heights. Looking back at what has taken place in her life and the life of the Center since 2004, Standard reflects, “When I think back to where we started from and look at where we are today, I have to pinch myself to believe it’s true!” As a testament to the extraordinary turn around of Sayonara Drive, calls to the police for violence and crime has gone down 78% since 2004. The Citrus Heights Police department earned the prestigious James Q. Wilson Award for the Sayonara Drive Revitalization Project from the Regional Policing Institute in 2012 and 2013. The Center presently serves 70

first graders through 8th grade students. Flynn holds weekly Bible study classes at the Center during the school year. Two additional Messiah volunteers tutor and teach art to the students. Even as with the school year ends, Standard will remain busy coordinating the various sports and ‘Summerfest’ camps many of her kids will be attending at churches throughout the area. Sacramento State will hold tennis camp and American River Community College’s water polo team will be hosting the swim camp. A newly refurbished paratransit ‘Kid’s Bus’ provided through collaboration between Regional Transit, the City of Citrus Heights, and the Citrus Heights Rotary will begin transporting students to these sessions this summer. Qualified volunteer bus drivers are needed. If you would like to be a volunteer at the Center call Gladys at 916- 801-0726 or email: gladys@citylifecenters.org ★

Source: City Life Sayonara Center .

Absolute Power Fastpitch Softball To Host Free E-Waste Collection

CITRUS HEIGHTS, CA (MPG) - Technology’s blistering pace is leaving a hazardous byproduct in its wake: E-waste. On Saturday, June 14th, ABSOLUTE POWER Fastpitch Softball will be teaming up with All Green Electronics Recycling to host an E-waste recycling collection from 9am – 2pm at the intersection of Greenback Ln & Auburn Blvd in Citrus Heights. The event is free and open to the public for anyone interested in disposing their E-waste in a safe, secure and responsible environment. For more information, please visit our website at: www.absolute-powerfastpitch.com What is E-waste? It’s that dated laptop in your hall closet, that VCR or DVD player you haven’t used since you got the new Blu-Ray, the dust-covered projection TV in your garage, or basically anything with a plug that is unused, obsolete or non-working. We can accept computers, monitors, printers, TVs, VCRs, stereos, and other electronic equipment -- anything with a plug and circuit board will be accepted. FURNITURE,

HOUSEHOLD HAZARDOUS WASTE OR KITCHEN APPLIANCES WILL NOT BE ACCEPTED. E-waste contains heavy metals such as lead, mercury, chromium, cadmium, mercury and zinc that contaminates our soil and water, and is responsible for 70 percent of all heavy metals found in landfills today. A recent report by the Environmental Protection Agency says E-waste in landfills will grow four-fold over the next five years. This free E-waste collection event is a community service offered by ABSOLUTE POWER Fastpitch Softball as a method to collect and properly dispose of these hazardous electronics in a responsible way. For more information please visit our websites at: www.absolutepowerfastpitch.com and www.allgreenrecycling.com Based in Citrus Heights, CA., Absolute Power Fastpitch Softball is a local non-profit youth sports organization. Our mission is to create a positive environment for the development, education and enrichment

of our young student athletes and to promote competitive girl’s amateur softball. Our organization will encourage local girls to become responsible, confident, dedicated and aspiring young women, poised to become future leaders of our community. To learn more, please visit our website at: www.absolutepower-fastpitch.com All Green Electronics Recycling strives to make responsible electronics recycling easy and efficient. We are a full-service electronics recycler and collector with hundreds of free drop-off locations and pickup services. All Green Electronics Recycling currently collects over one million pounds of electronics each month. All of the electronics we collect are processed in North America using our own processing center and other responsible recycler partner facilities. We recycle everything we accept and never send anything overseas for processing. For more info, visit: www.allgreenrecycling.com ★

Single Again

Make the rest of your life the best of your life

www.SingleAgain.com

CALL 773-1111 TO ADVERTISE

A STANDARD OF EXCELLENCE FOR 110 YEARS

Memorial Parks Mortuaries & Crematory

FREE LUNCHEON & 20 MINUTE PRESENTATION

“THE PRIVILEGE OF PLANNING”

This is not a sales seminar. It is a community educational presentation that focuses on the importance of advance funeral planning and all of the options available, including Veteran’s benefits, cremation and burial choices as well as key consumer advice. In addition to lunch, each attendee will receive a FREE Emergency Planning Guide.

Thursday, June 12
11:30 am to 12:30 pm

Thursday, July 17
Dinner 6:30 pm

EAST LAWN MEMORIAL PARK & CREMATORY
4300 Folsom Boulevard • Sacramento
RSVP Required: 916.732.2000

Wednesday, June 18 • Wednesday, August, 20
(Spanish & English)
11:30 am to 12:30 pm

ANDREWS & GREILICH FUNERAL HOME
3939 Fruitridge Road • Sacramento
RSVP Required: 916.732.2026

Thursday, June 19
Dinner 6:30 pm

Wednesday, July 23
11:30 am to 12:30 pm

SIERRA HILLS MEMORIAL PARK & EAST LAWN MORTUARY
5757 Greenback Lane • Sacramento
RSVP Required: 916.732.2020

Wednesday, July 16
11:30 am to 12:30 pm

Thursday, August 14
Dinner 6:30 pm

ELK GROVE MEMORIAL PARK & MORTUARY
9189 E. Stockton Boulevard • Elk Grove
RSVP Required: 916.732.2031

Reservations Required, please RSVP to the location of your choice, or to Lisa West at LisaW@EastLawn.com

Seating is limited to 30 attendees per seminar

www.EastLawn.com

SUPPORTING LOCAL FARMERS, YOUTH AND COMMUNITIES

California Certified

Health Fairs on May 17 at all of our Saturday locations.

EAT HEALTHY, BUY LOCAL

Enjoy organic produce, specialty gourmet foods, live music, chef demos and craft/health fairs.

SATURDAY

Sac Unity Farmers Market NEW MARKET OPENING MAY 31!
9249 Folsom Blvd, Sacramento (at Unity of Sacramento Church) on Saturdays 8 am - 1 pm, year round.

SUNDAY

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

SATURDAY

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

SATURDAY

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

SATURDAY

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

THURSDAY

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

WEDNESDAY

Fair Oaks Farmers Market NEW LOCATION, LOTS OF PARKING!
8101 Sunset Ave. (New Life Church). Seasonal - Opens 4/16. 3 pm - 7:00 pm

WEDNESDAY

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

For more information: www.bemoneysmartusa.org

CARDS ♣ FOOD ♦ DRINKS ♠ FUN



THE NEW DEAL IN TOWN.

I-80 @ ANTELOPE RD

THE

SALOON

STONES GAMBLING HALL

THE BEST
POKER ROOM
IN THE WORLD.

THE

TAVERN

STONES GAMBLING HALL

CALIFORNIA
BLACKJACK,
BABY.



WIN A HARLEY!
BECOME A STONES VIP & RECEIVE
A FREE ENTRY TO WIN!
Sign up online at STONESGAMBLINGHALL.COM



NOW
HIRING

STONES
GAMBLING HALL

6508/6510 ANTELOPE RD
CITRUS HEIGHTS, CA 95621

STONESGAMBLINGHALL.COM
LIKE US AT [FACEBOOK.COM/STONESGAMBLINGHALL](https://www.facebook.com/STONESGAMBLINGHALL)

THE ORIGINAL SAMMY'S,
OPEN SINCE 1989

SAMMY'S

RESTAURANT + BAR

There will be two Harley Davidson drawings and only two Harley Davidsons will be given away. No purchase necessary. Stones Gambling Hall offers two separate California licensed gaming establishments. Gambling problem? Call 1-800-GAMBLER