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Citrus Heights Messenger

“Written by the people, for the people”

Volume 4 Issue 12

Serving the City of Citrus Heights and Sacramento County

Second Edition for June 2014

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City Earns Growing Greenprint Award



Vice Mayor Sue Frost and Councilmember Jeannie Bruins accept the Sacramento Tree Foundation 2014 Growing Greenprint Award. Photo courtesy Cindy Blain, Sac Tree Foundation

CITRUS HEIGHTS, CA (MPG) - On June 4, Citrus Heights City Council members accepted the prestigious Sacramento Tree Foundation Growing Greenprint Award on behalf of their community. The City was selected for their exemplary work towards promoting a healthy urban forest to improve the health and livability of our communities.

Since its incorporation in 1997, the City of Citrus Heights has continually invested in the community's tree canopy, which is one of the largest in the region at 27 percent. In 2013, the City conducted an Urban Forest Tree Inventory as part of a larger project to develop a comprehensive Citrus Heights Urban Greening Strategy.

In addition to the agency's ongoing efforts to encourage residents to plant and care for trees, this past year the City of Citrus Heights installed an Oak Woodland Demonstration Area at the Stock Ranch Nature Preserve, and planted trees at various locations throughout the city. In fact, the

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Whooping Cough Epidemic

More Than 800 New Cases Have Been Reported in The Last Two Weeks

SACRAMENTO REGION, CA (MPG) - The number of pertussis (whooping cough) cases in the state has reached epidemic proportions it was reported this week by Dr. Ron Chapman, director of the California Department of Public Health (CDPH) and state health officer.

As of June 10, there have been 3,458 cases of pertussis reported to CDPH in 2014, more than were reported in all of 2013. Over 800 new cases have been reported in the past two weeks.

Pertussis is cyclical and peaks every 3-5 years. The last peak in California occurred in 2010, so it is likely another peak is underway.

“Preventing severe disease and death in infants is our highest priority,” says Dr. Chapman. “We urge all pregnant women to get vaccinated. We also urge parents to vaccinate infants as soon as possible.”

Infants too young to be fully immunized remain most vulnerable to severe and fatal cases of pertussis. Two-thirds of pertussis hospitalizations have been in children four months or younger. Two infant deaths have been reported.

The Tdap vaccination for pregnant women is the best way to protect infants who are too young to be vaccinated. All pregnant women should be vaccinated with Tdap in the third trimester of each pregnancy, regardless of previous Tdap vaccination. In addition, infants should be vaccinated as soon as possible. The

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Children's Center Bus Unveiling

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - If the saying, “all good things come to those who wait” is true, the Citrus Heights Children and Youth Center (formerly Sayonara Community Center) can expect many good things in it's future. Besides recently celebrating the 10th anniversary of providing a secure and fun after-school sanctuary for neighborhood children, another project three years in the making has just come to fruition. On June 4 the Citrus Heights community gathered for the unveiling of the Center's newest addition, a newly refurbished Regional Transit bus to be used to transport students to their many summer camps and field trips.

This labor of love began in the fall

of 2011 when center director, Gladys Standard informed then mayor, Jeannie Bruins of the need for a bus. Her kids were being forced to miss many functions during the summer due to a lack of transportation.

Bruins contacted Mike Wiley of Sacramento Regional Transit (RT). After researching the Center's needs Wiley decided it would be an easier transaction if they just sold a bus to the city. The city of Citrus Heights bought a bus for \$1.00 and transferred title to Campus Life Connection. In 2004 Campus Life had partnered with the city to open the original community center.

Chris Myers with the City of Citrus Heights was the project manager for the

Continued on page 5



Past Rotary president Rich Hale and Citrus Heights City Manager Henry Tingle inspect the newly delivered 22 seat bus which will transport students to their summer activities. Photo courtesy Cindy Blain, Sac Tree Foundation

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All -Day Jazz Event Premiers in Citrus Heights

CITRUS HEIGHTS, CA (MPG) - Summer Jazz Family Day takes place on Sunday, June 22, 2014 from 12-6 pm. This one-day Jazz festival will take place at Christ the King Retreat Center, 6520 Van Muren Lane, Citrus Heights and will feature local, nationally and internationally-known Jazz musicians on two stages. \$25 adults, \$10 kids 12-17, under 12 free. Food and beverages will be available for purchase. Tickets by calling (916) 804-8370 or online at www.SummerJazzDay.org.

Line-up includes former Count Basie vocalist, Jamie Davis, the Ron Cunha Big Band, Snoopy Jazz from “Peanuts”, Doris Day 90th Birthday Jazz Tribute, Josh Workman (Bay Area guitarist), Tim Metz’s “Entropy”, Jim Martinez’s “Jazz Praise” and vocalists Beth Duncan, Vivian Lee, Rebekah Ruiz and Keith Williams.

Festival Producer & Jazz musician, Jim Martinez, is a Steinway Artist and has performed or recorded with notables Lionel Hampton, the Stan Kenton Band, the Nelson Riddle



Festival director/performer Jim Martinez. Photo courtesy; Image Outfitters Photography

Orchestra, Cheryl Bentyne of the Manhattan Transfer and many others. Martinez has worked as pianist and musical director for Joan Rivers and Bob Newhart. In 2002, Clint Eastwood had this to say in an interview with the L.A. Daily News: “Last night, we went to a church in Carmel

where a guy named Jim Martinez was playing...they were great.”

More info and tickets can be found at www.SummerJazzDay.org or by calling (916) 725-4720. ★

Source: Citrus Heights Jazz Festival

San Juan Celebrates 100 Years of Graduates



Citrus Heights, CA (MPG) - It was an unforgettable evening celebrated with alumni, Citrus Heights community members, and their families. San Juan High Class of 2014 was fortunate to receive a donation from the Van Maren family allowing the school's graduation ceremony to occur on campus. In addition, the school received support of Sunrise Mall donations to assist in printing the school program and tickets to the event. San Juan High School students and staff express our extreme appreciation for the Citrus Heights community that came together to celebrate the 100th class of San Juan High. Photo provided by Vanessa Adolphson, Vice Principal, San Juan High School.

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Citrus Heights Messenger

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Get the Most Bang for Your Buck

Don't Let Your Fireworks Budget Go Up in Smoke

By David Dickstein

SACRAMENTO REGION, CA (MPG)

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

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

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

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

Let the sparks fly!

New for 2014



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



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



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



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



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



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



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

Best of the Rest (4-5 Stars)

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

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

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

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



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



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



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

• **Alpha Wolf (Phantom), \$26.99** – Green and purple droplets, gold shower and crackling stars finale are awesome. No howling whistles despite its name. *83 seconds.*

• **American Spirit (TNT), \$22.99 plus bonus** – This fountain of red, white and bluish stars, gold showers and decent whistles and crackles makes the cut because it comes with the pleasing, 90-second Sizzler Fountain. *80 seconds.*

• **O-Blivion (TNT), \$19.99** – This lord of the ring-shaped fountains emits multi-colored chrysanthemums with pine and impressive titanium crackles. *125 seconds.*

• **Pyropalooza (TNT), \$19.99** – Excellent height, crackle and vivid hues – a vivacious visual. *115 seconds.*

• **Funky Monkey (Phantom), \$24.99** – This pyrotechnic primate features red pearls and a solid overall performance. *90 seconds.*

• **Phantom Phlash Phinish (Phantom), \$18.99** – Phantastic Phountain. Second-runner-up for “Best New Fountain” last year has strong duration, altitude, spread, titanium crackle and whistle. *108 seconds.*

• **King of Bling (Phantom), \$18.99 for two** – The crackles heard during the final third sound just like popping popcorn. Majestic chrysanthemums and whistle. Great value as a two-for-one. *90 seconds.*

• **Mad Dog (TNT), \$17.99 for two** – Emits amazing crackles, whistles and multi-color sparks, but it's the combo deal that keeps this old dog on the list. *80 seconds.*

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

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

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

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

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

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

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

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

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

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

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

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



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

Sacramento Tree Foundation Recognizes Citrus Heights With 2014 Growing Greenprint Award

Continued from Page 1

City planted approximately 150 new trees just in 2013. As part of the upcoming Green Parking Lot Demonstration and Monitoring Project (currently underway), the city will plant 65 native trees.

Citrus Heights Vice Mayor and Green Team president Sue Frost gratefully acknowledged this award, “We are honored to

receive the Growing Greenprint Award and we appreciate the Sacramento Tree Foundation who has played an important role in helping our city achieve our greenhouse gas reduction goals!”

She added, “The city staff, Citrus Heights Green Team and local citizens have dedicated countless hours to planning,

counting, promoting and planting of trees throughout the year. We all know “Trees are a blessing!” and we look forward to continuing our efforts to replenish our wonderful tree canopy.” ★

For information: *Sacramento Tree Foundation: Sactree.com*
Citrus Heights Green Team: www.SacGreenTeam.com

Comfort for Cancer Patients Comes in Colorful Bags



Club members (above) look on as Rachel McConachie, Oncology Nurse Navigator, presents Darla Buechner, president of GFWC Citrus Heights Women's Club with a check for \$1,500 to be used to create Oncology bags used by cancer patients. This cheerful Oncology or 'Necessities' bag (below) is full of items of comfort so appreciated by cancer patients. The GFWC Citrus Heights Women's Club received a grant from the Dignity Health Cancer Institute to make these bags throughout the year. Photos courtesy Tony David

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - On the days and weeks when cancer patients are suffering from the effects of the harsh treatments they are subjected to while fighting their illness, it's the little things that help ease the pain and give them hope. Even the most unbearable days are made easier by the contents of a colorful Oncology or "Necessities" bag, filled with items carefully chosen to help alleviate their pain and discomfort.

Since 2012, members of the GFWC Citrus Heights Women's Club (CHWC) have put together and delivered more than 300 of these bags to men, women and children at the Mercy San Juan Oncology Department in Carmichael.

To help continue this effort, on June 4, 2014, Rachel McConachie,



Oncology Nurse Navigator with Dignity Health Cancer Institute, presented Darla Buechner, president of CHWC with a check for \$1,500. This collaboration will ensure this project will continue for many years.

The project came about when staff from Mercy San Juan Oncology Department, approached the club to see if members would help their patients by creating these much-needed bags. Club members

and businesses collected items, which were assembled for the bags. The project began small and has now taken on life of its own. Over 230 of the bags were donated in 2013.

Items are collected throughout the year and are presented to patients in a durable, reusable bag. Items included are a blanket, comfort pillow (to compress against the body to ease pain), a crocheted cap (to cover a head made raw from hair loss), a stress ball, hard candy, and note cards. Children receive a book and stuffed animal. Toiletries such as lip balm, which helps fight constant lip dryness, are also included.

"The patients love getting these bags" says Nurse Navigator Michael Mair. "It really means a lot to them. Thank you to all the volunteers who are serving our community in this way." ★

MASTER PLAN UPDATE

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

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

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

MASTER PLAN COMMUNITY MEETING

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

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

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

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

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

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

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Budget Sets Record Spending

SACRAMENTO, CA (MPG) - The Legislature barely passed the state's spending plan before the Constitutional deadline Sunday night. Expressing his frustration with the broken budget process and backroom deals, Vice Chairman of the Senate Budget Committee, Jim Nielsen, voted against the budget.

“While this bill may be better than years past, it includes deals that were made without much public input particularly one that penalizes local school districts for being financially prudent,” said Senator Jim Nielsen (R-Gerber). “This is no way to do the people's business.”

“The budget sets a new record on spending and depends on rosy revenue projections that may or may not become reality. If the revenues don't come in as expected, the state could face deficits and tax increases,” Senator Nielsen added.

The budget bill - Senate Bill 852 - increases state spending for a variety of state programs from education to public safety. Below are the major reasons why Republicans opposed the final budget bill:

- **Record High Spending** - Over \$250 billion total funds represents a \$20 billion increase over last year. \$108 billion General Fund spending level is about \$12 billion higher than last year.
- **More Spending and Less Debt Repayment** than Governor's Original Plan - Appears to reduce the amount of debt repayment by about \$800 million relative to Governor's budget plan while increasing new permanent spending by at least \$700 million annually.
- **Restrict Responsible Budgeting for Local Schools** - In a last minute amendment, Democrat lawmakers sided with special interests to limit local school districts' ability to save for a rainy day fund. This is a huge step backward for transparency and a disincentive for fiscal responsibility among local schools.
- **Lacks Quality Control to Maintain Program Integrity** in the following programs:
 - **High Speed Rail** - \$66.6 million in state operations funding to continue the development of the high-speed rail. Includes \$32 million in federal funds for the Southern California improvements, which may require repayment to the federal government if the system is never built. This is in addition to the \$8 billion appropriated in SB 1029 (Committee on Budget, 2012) for high-speed rail and connectivity costs.
 - **Cap and Trade** - Includes \$850 million in Cap and Trade revenues to fund high speed rail, urban housing, wetland restoration, and low income weatherization. These programs have no clear nexus to the Cap and Trade fee nor do any metrics exist to measure the amount of greenhouse gas emissions reductions that would result from these programs.
 - **Air Resources Board** - Provides funding for the California Air Resources Board to continue to impose more regulations and fees on Californians through their

greenhouse gas emissions, Cap and Trade, diesel retrofits, and zero emission vehicle programs.

- **Drivers Licenses for Undocumented Immigrants** - Includes more than \$67 million from the Motor Vehicle Account for DMV to issue driver's licenses to undocumented immigrants.
- **Early Release of Criminals** - Includes \$3.1 million to expand sentence credits for second strikers.
- **In Home Support Services** - \$600 million increase to provide overtime compensation to caregivers. About 70 percent of recipients receive care from a family member and California is one of only eight states that pay spouses and parents to provide personal care services to their own family members.
- **Welfare Increase** - \$170.8 million to increase CalWORKs grants by five percent in 2014-15. California currently has the 5th highest welfare grant in the nation, and is 2nd highest amongst the ten largest states.

“This year's budget spending is supported by a massive tax increase that sunsets in 2016. What do we do then? Extend this ‘temporary tax’?” concluded Senator Nielsen.

The budget bill and the accompanying trailer bills will head to the Governor's desk for his veto or approval. At his discretion, the Governor can also use his “blue pencil” to eliminate a budget line item he deems objectionable. ★

Source: Office of Jim Nielsen

Bus Unveiling

Continued from Page 1

construction of the new community center and was integral in the transfer of the bus from Regional Transit through the different points to Campus Life for use at the Center.

While these transactions were taking place, Bruins approached the Citrus Heights Rotary Club and asked for their help with the bus once it arrived. However, due to paperwork and the time needed for RT to purchase a replacement bus, the process overlapped the terms of three Rotary presidents. Ray Riehle began planning the project during his term in 2011. Rich Hale took on the project in a big way in 2012. Additional seats were needed to add to the eight seats on bus being purchased. The search was on! Gary Fox with Campus Life checked eBay and found 14 available seats in Chicago. With the freight company donating shipping costs, the seats arrived in Citrus Heights. Hale, owner of Walt's Auto Service, and Rotarian Mark Duncan of J&W Auto Wreckers, got busy and in two days had installed the new seats and completed other work on the bus.

The attention-getting finishing touches ensure this bus will not be missed. The Rotary, having



Citrus Heights City Council member, Jeannie Bruins introduces Citrus Heights Children & Youth Center director “Miss Gladys” Standard. Photo courtesy Cindy Blain, Sac Tree Foundation

sponsored the cost of the seats also sponsored the bus makeover, including the bright, full-vehicle graphic wrap created by Signs in 1 Day in Citrus Heights.

The project was completed during the term of Rotary presidency Justin Whitsell. Now, under the direction of Jessica

Mang, Rotary has committed to making sure the bus keeps up with regular maintenance services to provide many years of outings for the children of Sayonara and beyond. ★

Source: Jeannie Bruins, C.H. City Council member

Whooping Cough Epidemic

Continued from Page 1

first dose of pertussis vaccine can be given as early as 6 weeks of age.

Older children, pre-adolescents, and adults should also be vaccinated against pertussis according to current recommendations. It is particularly important that persons who will be around newborns also be vaccinated.

“Unlike some other vaccine-preventable diseases, like measles, neither vaccination nor illness from pertussis offers

lifetime immunity,” says Dr. Ron Chapman. “However, vaccination is still the best defense against this potentially fatal disease.”

The symptoms of pertussis vary by age. For children, a typical case of pertussis starts with a cough and runny nose for one to two weeks. The cough then worsens and children may have rapid coughing spells that end with a “whooping” sound. Young infants may not have typical pertussis symptoms and may have no apparent cough. Parents may

describe episodes in which the infant's face turns red or purple. For adults, pertussis may simply be a cough that persists for several weeks.

CDPH is working closely with local health departments, schools, media outlets and other partners to inform the general public about the importance of vaccination against pertussis.

Pertussis data, including the number of cases in each county, can be found on the CDPH website, and is updated regularly. ★

Source: www.cdph.ca.gov



Family Funday

Cost:
1 can of food or non-perishable item

Sunday, July 20, 2014, from 11:00am to 4:00pm.
Citrus Heights SDA Church
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14. Reporter's question
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17. Long fish
18. Past or present
19. *Sherman's dad (2014)
21. Swelling, pl.
23. "___ bad!"
24. At the summit of
25. Overall part
28. Pressure unit named after Torricelli
30. **The _____, squirrel's adventure (2014)
35. *Sandler of "Big Daddy" (1999)
37. Nabisco cracker
39. One of excessive propriety
40. ___ Verde National Park
41. **"Flushed Away" underworld (2006)
43. Icelandic epic
44. Pesto ingredient
46. Piercing spot
47. They're often hidden
48. Chemical cousin
50. Frill around collar
52. Public hanging?
53. Data holder
55. Aggravate
57. **How to Train Your _____ (2010)
60. Lured with a decoy
64. Canine foe
65. Freudian topic
67. Former Belgian Congo
68. Ahead in years
69. Go wrong
70. Spritlike
71. Not guilty, e.g.
72. Hard to escape routine
73. Nathaniels, familiarly

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5. Drill into brain
6. Little Miss Muffet's meal ingredient
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8. Baby owl
9. Indian Lilac tree
10. Europe's highest volcano
11. *Piggy's title
12. Single
15. Work promotion
20. "The _____" classic rock band
22. Knotts or McLean
24. MoMa's display
25. *Orphaned after forest fire (1942)
26. Content of cognition, pl.

27. _____ profundo
29. Cambodian currency
31. Not kosher
32. Succeeded kingdom of Judah
33. More eccentric
34. *Beauty's true love (1991)
36. Cripple
38. Domesticated ox having humped back
42. Fit out again
45. Accounting journal
49. *A story of Blu (2011)
51. *It featured the hit song "Let it Go" (2013)
54. Curl one's lip
56. Aussie bear
57. *Raggedy Ann is one
58. Boorish
59. Away from port
60. Database command
61. Pick-me-up
62. Buffalo's lake
63. Hibernation stations
64. Chop off
66. *He was despicable (2010)

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Sudoku Puzzle on Page 6

3	2	8	9	6	1	5	7	4
5	9	7	2	4	8	6	1	3
1	4	6	7	5	3	8	2	9
9	6	1	5	3	4	2	8	7
7	3	2	8	9	6	4	5	1
8	5	4	1	7	2	3	9	6
2	8	3	4	1	9	7	6	5
6	1	5	3	8	7	9	4	2
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Sutter Auburn Faith Hospice Thrift Store invites volunteers to work as cashiers, sales floor assistants, donation processors or pricers. 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)

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Want to Buy



By Ronnie McBrayer

Sharing faith, in Christian terms, is known as “evangelism.” This is the English rendering of a Greek word meaning “to proclaim the good news.” That’s a problem, because the news isn’t always good.

There was a subtext to the evangelization method I was taught that went something like this: “God is really ticked off with you. He’s mad as hell – literally. And if you don’t pray this prayer, believe the way I believe, and don’t hurry to the baptismal waters as quickly as possible, then he will likely strike you dead before I’m finished talking to you.” I would then scurry away before God’s vengeance fell like fire on the sinner and I was caught in the collateral damage.

Again, there wasn’t much good news in such confrontations, because there was no sharing of God’s love. Love? Forget it. God didn’t love, God hated. God didn’t invite, God demanded. God didn’t plead, God prosecuted. God wasn’t pursuing wayward children as a heartbroken parent; God was dogging hardened criminals like a trigger-happy bounty hunter, a ready execution order I no longer share with others my faith in an angry, perpetually irritated

The Good News Is Good News

God who only wishes to stamp out humanity because I no longer believe in such a Deity. In light of Jesus, and the love of God he came to reveal to the world, evangelism can radically change. We are now “compelled by love,” to employ a phrase from Paul.

We share our faith not to coerce, force, intimidate, or to instill terror. We share our faith because of and for love’s sake – the only worthy compulsion. We have learned that God loves us, remarkably so, and loves our neighbors with equal measure. This love changes us; cures our dysfunction; and gives us new life. It really is “good news.”

This reminds me of an ancient story about a man named Demosthenes, a skilled orator from Greece. But he was not always a skilled wordsmith. As a young man he had a terrible speech impediment. This became painfully evident when his inheritance was stolen and he had to argue His speech was so bad, they gave him an ambiguous nickname in the Greek, meaning either “stutterer” or “sphincter” (While neither is flattering, I prefer the former over the latter). He was laughed out of the courtroom. But Demosthenes was determined. He secluded himself in a cave and began studying the methods of the great orators of the past.

He stuffed rocks in his jowls, a crude form of speech therapy, forcing himself to slow down when he talked. Then he shaved off one side of his facial hair so

that he would be too embarrassed to go into public. That way, he had to remain in isolation practicing until his hair grew back, and would face no one until he was properly prepared for the task. This would be a Before we breathe a word about the gospel or “good news,” we should be properly prepared.

What is the proper preparation? Well, it’s not about having all the theological answers or a collection of “gotcha” responses to objections. It’s about having God’s love consume our hearts.

When we can share the love of God by speaking of the ever-loving Christ, while loving those to whom we speak, only then are we ready to open our mouths, and not a minute sooner.

If we must, we will shave our heads and hide our faces. Let us go live in a secluded cave, if need be. Maybe we should stuff our mouths full of stones (or at least cover them with duct tape). It would simply be a good idea not to speak a word about religion, church, God, or the gospel until love is the means, message, and motivation for everything we say.

If we can shut our mouths for just a little while, it just might open our hearts – to the love of God – which really is “good news” for all. ★

Ronnie McBrayer is a syndicated columnist, pastor, and author. His newest book is “The Gospel According to Waffle House.” You can read more at www.ronniemcbrayer.me.

The War on Common Sense

Dr. James L. Snyder

Listening to news programs, particularly the yakity-yak-my-view-is-the-only-right-view programs you might come away with the idea that there is a war on everything.

The list goes something like this, the war on: Women... Poverty... Drugs... Terrorist and on and on I could go. You name it, there is a war addressed. I believe we should be serious about dealing with certain negative aspects of society and do whatever it takes to make people’s lives better. I am all for those ideas, however, I sometimes think it goes just a little too far.

Most of the time, someone is for a certain “war” because of some political advantage it will give them in the public’s eye. I guess you cannot be a politician unless you are willing to poke somebody in the eye!

Is it just me or have you noticed people will create a war on something just to get in the limelight? They are not against something they just know someone is; that someone is someone that goes to the polls and votes, and they want their vote.

Do not let this thought get too far, but I think it would be a whole lot cheaper during election time for politicians just to write checks and send out to all the voters saying, “Here’s \$1,000, vote for me.” It would be a lot cheaper in the long run and who couldn’t use \$1,000 right about now.

This war I am speaking of is rather covert and does not get any time on the national or cable news. Everybody knows it is going on but nobody wants to point it out. That is, up until now.

The greatest war going on in our society today is the war on common sense. There, I said it. And I stand by what I said. There is a tremendous attack on common sense in our society today.

Perhaps somebody could argue that there has never been a time in our history where we had too much common sense. That may be true, but it seems that people today are going out of their way to make common sense nonsense.

I must confess that common sense is not as common as it once was and perhaps never was. I like to think that somewhere along the line a few good people have entertained common sense.

There are so many laws in our land these days that it is impossible keep up with them all. There must be a law somewhere particularly in Washington, DC that says any law that makes sense has to be immediately thrown out. We have politicians that would not recognize common sense if it bit them on the nose. Most politicians have their nose in other people’s business anyway.

It would be nice if just some time these politicians would simply come together and establish a law, merely one law that makes sense. In order to make one law that makes sense they have to have 999 other laws that confuse it to such a degree that it no longer makes sense.

Common sense would tell me, for example, if I do not have enough money I cannot purchase a certain thing. That does not work in Washington. Oh no. In Washington, affording something financially is never part of the equation. The only thing important in that equation is, does this make somebody who voted for me happy enough to vote for me again?

It takes a lot of good old-fashioned common sense to take care of money and run my household budget in such a way that the Gracious Mistress of the Parsonage is happy. Taking care of money and making sure that we do not spend money on things we do not need is part of the common sense that helps me

balance my checkbook month after month.

Common sense says I need to balance my checkbook.

Washington sense says, write checks until you have no more checks to write then order more checks. Forget all that stuff about balance. If we run out of money, we just print more money.

Does that really make sense?

It would be great if I could do that with my home budget. If I do not have enough money one month all I need to do is go down into the basement and print a bunch of money to make up the difference.

Not only is common sense eliminated from the financial aspects of our country, but health issues are also thrown to the curb.

Common sense would tell me I need to eat properly.

Washington sense says, eat what I tell you to eat. I have seen some of the stuff that they, the government, wants us to eat. The government wants to come into our school cafeterias and force-feed our children a proper diet.

In most of these schools, I cannot speak for all of them, the children have the common sense to throw it away. Common sense says if it does not look good or taste good it probably ain’t good for you. (Pardon my French.)

The Bible has a lot to say about this. My favorite verse of Scripture is, “Therefore to him that knoweth to do good, and doeth it not, to him it is sin” (James 4:17).

I need to make common sense the standard of my day-to-day living based upon the common teaching of the Word of God.. ★

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

Life is full of valleys, tough times, highs and lows, good times and bad times. The fact is, valleys are going to happen so you might as well count on them. It’s not a matter of “if”, it’s a matter of “when”. You’ve either just come out of a valley, you’re in a valley right now or you’re headed towards a valley. What should you do when you’re in a valley?

One of the most famous Psalms in the Bible is Psalm 23. Many have memorized this Psalm and it is often recited as a prayer. David says, “*Even when I walk through the dark valley of death, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. You prepare a feast for me in the presence of my enemies...Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the Lord forever.*” Psalm 23:4-6 (NLT)

It’s a favorite Psalm because it gives us three things to do when we find ourselves in tough times.

Release control. Valleys cause us to fear because things get out of our control. You get sick,

When You’re In a Valley

you have a relational breakup, you face financial crises and you think, “What’s going to happen to me now?” “What will this lead to?” “Why did God allow this?” But David said, “I will not fear!” “I will not fret, I will not be afraid; I’m not going to let it get me down.” When you reach this point, the point of release, the point of surrender, this is a major step in your spiritual maturity.

Rest in God’s care. David said, “*Surely your goodness and unfailing love will pursue me all the days of my life...*” David rested in God’s unfailing love. When you really understand God’s unfailing love, His mercy, then when something bad happens to you...your car breaks down...you get sick...you have an accident, you won’t be tempted to think, “God must be mad at me. That must be God getting back at me, punishing me.” God doesn’t get back at you for things that Jesus already paid the penalty for! Not if you’re a follower of Jesus Christ. You will experience many different kinds of days in life. You will experience days of loneliness, days of sickness, days of sorrow, days of pain, of tragedy. But you will never experience one day without God’s mercy and unfailing love!

Refocus on eternal things. Finally David said, “*I will dwell in the house of the Lord forever.*” That’s one of the most

important little connections we see in the Bible. It connects yesterday and today with tomorrow. God says, “I’ve got this great life planned for you and surely goodness and mercy will follow you through it, BUT that’s not the end! I’ve got something else at the end!” He builds it to a crescendo. With God it just keeps getting better and better. The best is yet to come. What gave David peace and confidence through the valleys of life? He kept an eternal perspective. You see, if you’re just focused on the here and now, as if this is all there is to life, then when bad times hit, when you get sick, become disabled or when tough times come, then you will get discouraged and fearful. You must learn to live with an eternal perspective. This life is temporary and all of troubles are temporary. It gets better! Paul said, “*These hard times are small potatoes compared to the coming good times, the lavish celebration prepared for us.*” 2 Corinthians 4:17 (Msg)

When you find yourself in a valley, release control, rest in God’s love, refocus on eternity and God will give you His strength. ★

Pastor Ray
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Red, White and Blue Parade Entries

SACRAMENTO REGION, CA (MPG)
- The City of Citrus Heights is seeking entries for this year’s Red, White and Blue Parade to be held at 9 a.m. June 28th.

This is a day of community celebration. The parade will begin the day along with a pancake breakfast hosted by the Rotary Club of Citrus Heights,

followed by a Sunrise Mall sponsored carnival and the ever popular farmers’ market.

The parade is open to civic clubs, commercial entities, non-profit groups, marching bands, churches, schools, dance units, horse clubs, drill teams, sports teams, and car clubs.

If you are interested in being

part of this year’s parade, call Michele Saario at (916) 727-5400, e-mail msaario@citrusheights.net, or pick up an application at the Citrus Heights Community Center, 6300 Fountain Square Drive.

Source: Citrus Heights Community Center ★



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ROCK DOC

By Dr. E. Kirsten Peters

The Michael Crichton book “Jurassic Park” and the movie based on the best-seller presented what might happen if scientists were able to clone extinct dinosaurs, bringing them back to life. While nothing like that is possible at this time -- a good thing when you recall the mayhem the dinos caused in the world Crichton conjured up -- sometimes scientists surprise themselves in breathing new life into old organisms.

One example of some success in what’s sometimes called “resurrection ecology” comes from a small island that lies off Antarctica. The place is called Signy Island. It’s one of the South Orkney Islands. Signy experiences short summers (during our northern hemisphere winters), but long winters during much of the year characterize the place. The local environment

Resurrection Ecology
Revives Ancient Organism

is too harsh to support trees: instead, the land is carpeted by thick beds of moss.

Peter Convey, a scientist with the British Antarctic Survey, has worked on the island for some 25 years. He recently described the carpet of moss to The New York Times.

“It’s just like a big, green, spongy expanse,” he said.

But only the top layer of the moss is a growing mass of vegetation. The deeper layers don’t get sunlight, so they turn brown. In time, they freeze and join the permafrost that is the core of the island. That frozen moss has been building up in place for thousands of years.

In their short summer field seasons, Convey and colleagues have drilled down through the carpet of moss and into the permafrost. In the cores they removed, they found shoots of moss within the permafrost and even down in gravel layers. Generally, plants break down when they become permafrost, but something different seemed to be happening with the moss shoots.

Convey and his co-workers wondered if the ancient moss might be able to grow again.

“It was just kite-flying,” he said of his idea to a reporter from The New York Times.

The researchers took a core of the permafrost and put it near a

lamp in a laboratory. They also misted it with water. In just a few weeks, they were rewarded with moss that was generating new, green growth, even from the zone three and a half feet below the surface.

As they have now reported in the journal Current Biology, they analyzed the moss for carbon-14, the radioactive or “hot” form of carbon that decays naturally over time at predictable rate. This gave the researchers a well-established method to test for how old the buried moss was. The moss they revived in the lab was more than 1,500 years old. In other words, it’s been dormant since around the year 500, but was able to spring back to active life when conditions were favorable. A pretty good trick!

But, obviously, it’s a far cry from reviving old moss to reviving animals like dinosaurs. Still, science yields some surprises now and then. Let’s not rule out anything when it comes to resurrection. ★

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.



AVOIDING A
FATAL HOSPITAL
TRIP PART I

Can a trip to the hospital kill you? Did you know that as many as 440,000 people die each year of UNINTENDED MEDICAL HARM like infections, wrong medications, missed diagnoses, etc? It’s the third leading cause of death in the United States. That from Pat Mastors, who has over 20 years as a News and Medical Reporter. She told me on POPPOFF that dangers lurk that threaten us more than the health conditions which admitted us to the hospital in the first place. In her book “Design to Survive” Pat shared nine ways an IKEA approach can fix health care and save lives. So here are the critical tips:

1) IF YOU CAN, CHOOSE YOUR HOSPITAL. HALF OF HOSPITALIZATIONS ARE PLANNED. Check out hospital “report cards” at the Leapfrog Group’s www.hospital-safety-score.org. Even better... ask your friends (especially if

POPPOFF!

with Mary Jane Popp

they are nurses, docs, and staff) what hospital they would go to. Facebook is great for this.

2) DON’T GO ALONE. WHILE HOSPITALIZED, APPOINT A COMPANION IF POSSIBLE. You need someone to speak up and ask questions... especially the first night after surgery when you’re too sick to do it yourself. If the companion can perform simple tasks like tidy the bed, the nurses will love you for it.

3) BE ALERT HOW INFECTIONS ARE TRANSMITTED. Germs, like MRSA, enter the skin through surgical wounds or intravenous (IV) lines inserted in your body to deliver drugs, fluids, or nutrition. Any break in the skin is a potential “port of entry” for infection. If the skin around a surgical wound, IV line, or catheter looks red, swollen, hot or painful, or if you develop chills or feel feverish, alert hospital staff

4) INSIST ON CLEANLINESS. It can feel awkward to ask your visitor, doctor, or nurse to wash their hands and/or use gloves before touching you, but good hand hygiene is the best way to avoid infections. If you have your own bottle of hand sanitizer, you can offer someone a squirt, which is less awkward than sending them back to the dispenser in the doorway.

5) PUT ON YOUR THINKING CAP WHEN YOU PACK. Bring your cell phone and/or tablet (put it out of sight when you leave the room...these things can go missing) charger and an extension cord. Hearing aids and dentures also get lost in the shuffle. Look at www.ThePatientPod.com to see what other stuff you need to keep your things safe and stay in control.

6) CRITICAL TO WASH YOUR HANDS IN THE HOSPITAL. Clostridium difficile or C. diff is a bacteria carried by some of us in our digestive systems. When they get C.diff infection, they get explosive diarrhea that ends up spraying everything in the room (sorry folks, but Pat’s father died of this). C.diff Spores can last for months on hard surfaces, where they can re-infect the next patient. Hospitals are way less clean than you think. Visit www.hospitalinfection.org. Pat’s advice is bring your own bleach wipes (one of the few things that kill C.diff spores) and wipe things down. Got some more tips for you to consider, and I’ll cover them in Part II of “Avoiding a Fatal Hospital Trip.” Keep them handy and hopefully, you can share with someone you care about, especially you. In the meantime, stay well! ★



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