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M Citrus Heights Messenger

“Written by the people, for the people”

Volume 4 Issue 9

Serving the City of Citrus Heights and Sacramento County

First Edition for May 2014

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Kindest Cut Launches Health Program



San Juan School District children will be among beneficiaries of the program. Thomas Edison Elementary pupils joined physician and Congressman Ami Bera (back, center) to inspect the mobile clinic.

**Story and Photos by
Susan Maxwell Skinner**

SACRAMENTO REGION, CA (MPG)

- Joining VIPS at the ribbon-cutting, grade school kids' excitement might have heralded an ice cream parlor opening. If not dessert, Thomas Edison Elementary pupils were getting something they deserved, access to wellness.

They beheld a first of its kind vehicle for Sacramento. The new mobile health clinic will deliver a program dubbed Health on Wheels. In the style of traveling libraries and blood drives, the 44 foot van will roll into San Juan District schools this summer. With a \$400,000-plus price

tag, it contains two state of the art examination rooms. Children and parents from low-income and immigrant neighborhoods will be among the first customers.

Elica Health Centers are federally qualified health centers and have added the vehicle to their Sacramento services. A grant partnership between Elica and San Juan School District enabled Affordable Health Care Act funding for the purchase. At-risk children, including those from Encina High and Howe, Dyer-Kelly, Thomas Edison and Greer elementary schools, may seek treatment from onboard medical professionals.

The truck's other function is to initiate children and families

into health care systems. It will also provide referrals to hospitals and benefit programs. The clinic may also visit at-risk folk through churches, food banks and homeless shelters.

"We are breaking out of traditional boxes by reaching people who have not been reached before," said Elica CEO Elizabeth Cassin at the truck's recent welcome event. "We can take pride (in improving) the health of our under-served and immigrant families."

Kaiser Permanente Chief Physician Robert Azevedo (whose organization joined Dignity Health as co-sponsor) deemed the 44 ft van "a wonderful gift." He predicted it would

help "some of the most vulnerable people in the community."

Fellow ribbon cutter Congressman Dr. Ami Bera added: "Speaking as a doctor, I know it's not enough to give someone an insurance card. If you don't have access to a doctor or nurse, you don't have access to care."

Those selected San Juan schools serve diverse and needy populations; most students receive free or subsidized lunches. San Juan District Superintendent Kent Kern predicted the mobile clinic would make students "healthier, happier and more ready to learn."

For more information on the Health on Wheels program, visit www.elicahealth.org. ★

Kaiser Medical Center Receives Top Safety Score

SACRAMENTO REGION, CA (MPG) - Kaiser Permanente Sacramento Medical Center has received the top score of "A" by The Leapfrog Group in its annual safety report, which examined and graded more than 2,500 hospitals throughout the United States.

The Leapfrog Group, an independent national nonprofit run by employers and other large purchasers of health benefits, released its Hospital Safety Scores on Tuesday after examining publicly available data on patient injuries, medical and medication errors, and infections at U.S. hospitals, which were then assigned A, B, C, D, or F grades for their safety records.

"We're extremely pleased to be recognized by an "A" ranking because it affirms that patient safety is a top priority for Kaiser Permanente," said Ron Groepper, area manager and senior vice president for Kaiser Permanente, Sacramento. "This couldn't have happened without the dedication of our physicians, nurses and staff who work hard every day to provide world-class care to our patients."

A total of 19 Kaiser Permanente hospitals in Northern California received "A" scores, including the Roseville and South Sacramento medical centers.

"Our highest priority is to provide safe, effective, and efficient care," said Rob Azevedo, MD, the physician in chief of Sacramento Medical Center. "The 'A' grade reflects the commitment our hospital has made to provide an integrated, technologically enabled approach to patient care."

The Leapfrog Group is a coalition of public and private purchasers of employee health coverage founded in 2000 to work for improvements in health care safety, quality and affordability.

Continued on page 9

SOAR to Healthy Heights at Annual Senior Health Fair

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - If you are 50 years plus or plan to be, this is a must-attend event. The Sylvan Old Auburn Road Neighborhood Association (SOAR, Area 10) is proud to present the 7th Annual Senior Health Fair at Citrus Heights Community Center on Thursday May 15th from 9 a.m. to 1 p.m. This is the first year the Health Fair will be held indoors with all the benefits of air conditioning, so don't stay home if it's a hot day!

When you arrive, pick up your free recyclable bag, and by the end of the Health Fair your bag will be full of great give-aways. You will also come away with new knowledge about yourself as well as an abundance of information and resources to keep you healthy and safe. The oldest attendee (the senior senior) will receive a special prize.

Sunrise Recreation and Park District has partnered with SOAR since the fair's inception in 2007. The event is FREE thanks to their help and those

of their many sponsors and partners.

Sponsors are: A Community for Peace (ACEP), Arcade Creek Neighborhood (Area 4), the City of Citrus Heights, Dignity Health, Northwest Neighborhood (Area 1), Park Oaks Neighborhood (Area 5), Republic Services, SMUD and Wal-Mart.

Supervisor Roberta MacGlashan will once again be the honorary chair of the event. Over 50 exhibitors will provide information about issues relating to seniors.

Continued on page 9



Attendees at Senior Health Fair enjoy a day of education, resources and screenings. Photo by Jack Mintz.

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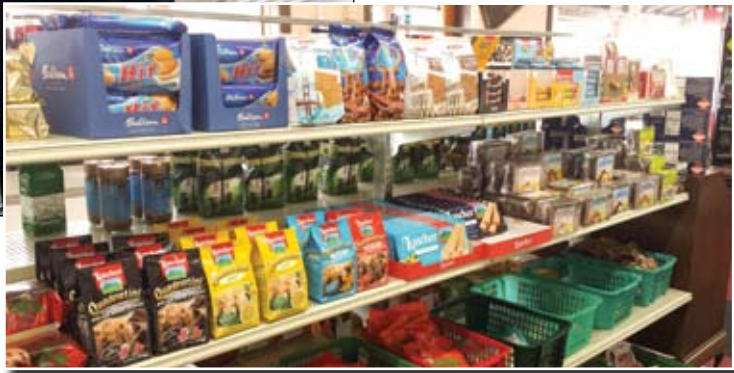


German Deli owner Allyson Smith in front of deli case filled with meats, cheeses, salads and desserts. Inset: A sample of the imported goods found on the shelves of the German Deli. Photos by Elise Spleiss.

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Since 1966, shoppers looking for an authentic German delicatessen specializing in fresh sandwiches, salads and desserts have been shopping at the German Deli at 5859 Auburn Blvd. Located on the border of Citrus Heights and Sacramento, it is metro Sacramento’s only German specialty food store / delicatessen. Loyal customers, often children or grandchildren of Germans who immigrated to this area in the 1950s and 1960s, remember the food they grew up with and are grateful to find that “taste of home” here. A cheerful “hello” from owner and operating manager, Allyson Smith and her staff, greets customers as

their bienenstich (honey cake). The German Deli has been a proud member of the Citrus Heights/Carmichael/Sacramento business community since it opened in 1966 under the ownership of Eddy and Elizabeth Gibson. In March 2007, Gibson sold the deli to the Michael Smith family who has been carrying on the tradition of working hard to keep customers supplied with their “must have” German food products and hard-to-find staples. Special orders can be taken for items not found in the store. In the market area, hundreds of imported grocery items such as Knorr’s soups, sauces and German cake mixes are featured.



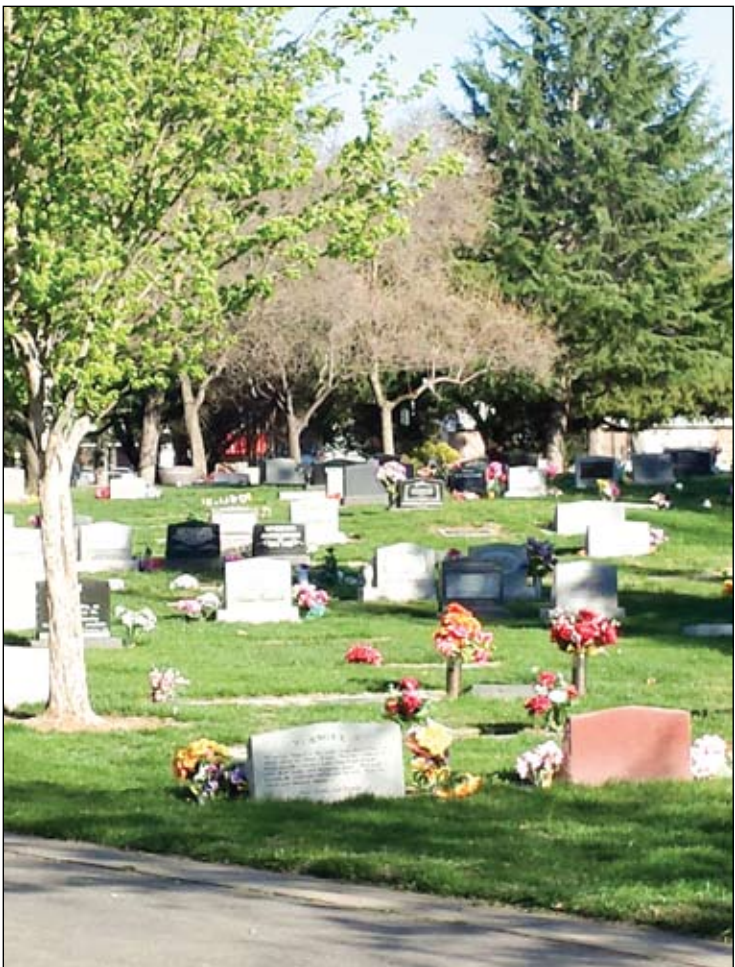
they enter the brightly decorated store. The deli case is fully stocked with a wide variety of wursts (sausages) made by Saags Sausage Co. of San Leandro, along with salamis, pates, and hams. To round out your take home or eat-in meal, there is the popular house-made sauerkraut and a variety of freshly made salads. And of course there is an extensive selection of Germany’s famous beers and wines available for all occasions. The Bavarian World Bakery of Reno, NV makes breads and desserts to the specification of the owners. Look for rye bread, rolls, brotchen (German rolls), and pumpernickel, plus an assortment of pretzels. For a special treat, ask for a piece of

Other favorites include cookies, chocolate, candies and frozen pretzels. In the non-food department, a selection of German T-shirts, aprons, crossword puzzle books, greeting cards and music can be found. Look for seasonal surprises during the year. Catering and a mail order service are available. Look for the German Deli in the Red, White and Blue parade on June 28. **Hours:** The German Deli is open Tuesday-Friday from 10:00 a.m. to 6:00 p.m. and Saturday from 10:00 to 4:00 p.m. It is closed on Sunday and Monday. *For special orders, catering and other information, call (916)349-9493 or email sacgermandeli@sbcglobal.net.* ★

Sylvan Cemetery “Residents” Stories Sought for Book

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - The History and Arts Commission of Citrus Heights is putting together a book on the history of the Sylvan Cemetery and its “residents.” There is a lot of history buried at the cemetery, and much more is retained in family stories and neighborhood anecdotes. In 1862 Daniel Lewis donated one-tenth of an acre for this now 18-acre cemetery located at 7401 Auburn Blvd. Grave markers date back to the Spanish American War, making it the oldest district cemetery in Sacramento County. The Sylvan Cemetery District was formed in 1926 and serves Citrus Heights and several surrounding cities. The public is invited to contribute stories and pictures of relatives, friends, and neighbors who are buried at Sylvan. Sadly these stories could be lost forever if they are not recorded. If you have something to share within the pages of this book, please write down the tales and anecdotes and collect the pictures. Share this search for information with others who may have memories to share and have moved from the Citrus Heights area. Credit will be given to contributors. We look forward to receiving many wonderful



Story and photo submissions are wanted for those buried at the 152 year old Sylvan Cemetery in Citrus Heights.. Photo by Elise Spleiss.

stories and photos. Deadline is June 30th. Send submissions or inquiries to Katherine Cooley, Developmental Specialist at kcooley@citrsuheights.net or call 916-727-4952. *Source: History and Arts Commission of Citrus Heights* ★

Win an Original CHPD Harley Road King Motorcycle!



CITRUS HEIGHTS, CA (MPG) - The Police Activities League is raffling off an original Citrus Heights PD Harley-Davidson motorcycle at their First Annual Raffle and Banquet. There will also be a silent auction, live auction, door prizes, dinner, no-host bar and entertainment. Raffle tickets are \$50 each, and you can enter the raffle as many times as you wish. A table for ten is \$500. Please remember that banquet tickets are tax deductible but raffle tickets are not. **When:** Friday, May 16, 2014 from 5:30 p.m. to 10:00 p.m.

Where: Citrus Heights Community Center, 6300 Fountain Square Drive, Citrus Heights **How:** To purchase tickets, call (916) 727-4820 or go to the CHPD, 6315 Fountain Square Drive, Citrus Heights. All proceeds benefit the Citrus Heights Police Activities League. For more information, go to www.citrusheightspalraffle.com. ★ *Source: City of Citrus Heights*



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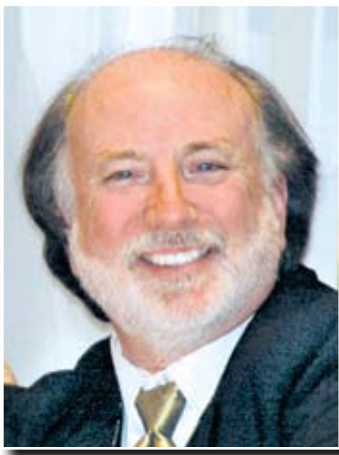
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Meet Your Volunteers



CITRUS HEIGHTS, CA (MPG) - The first annual Rusch Park Older Adults volunteer appreciation event, “Meet Your Volunteers,” was held on April 17, 2014 in the Rusch Park gymnasium.

This celebration honored the volunteers who have donated their time over the years for the various District-sponsored older adult activities such as bridge, single and double deck Pinochle, Scrabble, clay and cast ceramics, exercise for older adults and tap dancing.

In attendance were Dave Mitchell, Sunrise Recreation and

Park District Administrator; Todd Gordon, Recreation Manager III; Alan Criswell, Hearts for Parks President; and Kathy Cook, Citrus Heights Community Marching Band Coordinator. The Citrus Heights Ya Ya Red Hatters sponsored this event under the direction of Queen Jackie Bush.

Certificates of appreciation and a tin of cookies were given to each volunteer and individual photos were taken with Dave Mitchell.

Special thanks went to Lynna Bates, Bob Baker, Pat Bitnoff, Melina Brower, Becky Driscoll,

Don Hall, Harold Holmes, Lanis Lyons, Marilyn McGinnis, Eloise Mitchell, Carolyn Monson, Corky and Dorothy Peek, Kim Quedros, Sue Robertson, Carole Ryan, Tommie Schmits, Joyce Sweeney, Toni Teague, Diane and Jim Tilley, Judy Whitley, Judy Young, Jackie Bush and Jana Corrington for over 135 years of service.

Rusch Park and the Sunrise Recreation and Park District are pleased and honored to have such dedicated volunteers. ★

Patrons Experience Individualized Attention at Salon Ooh La La

By Linda Harper

CARMICHAEL, CA (MPG) - Sometimes, to write a story it’s best to experience the subject in order to gain the full scope of details. Two weeks ago I walked into Salon Ooh La La in Citrus Heights for the first time to get my hair cut.

Once I entered the salon, I felt an immediate sense of relaxation, comfort and a refreshing aura of professionalism. Quiet, tastefully decorated surroundings added to the appeal. Salon owner Paulette Susnjara greeted me at the door in a friendly and inviting manner. At Salon Ooh La La customers will never be asked to “take a number.” And no one will be directed to join a

group of anxious patrons, waiting for the next available stylist to summon them for a quick “snip, clip or buzz.”

Paulette sees one customer at a time. While at Salon Ooh La La, clients receive her full attention and respect. She knows how important and individualized a person’s hair is to them. Before embarking on hair cutting, styling or color, Paulette begins a conversation to give her a clear understanding of what her client is expecting to receive from their visit to the salon. Next, she sets out to meet that expectation. With all the creative precision and grace Paulette’s 27 years of experience as a hair stylist and certified Redken Colorist has taught her, she begins her

artistry. The final result is one of perfection.

Paulette Susnjara’s goal is to provide excellent and knowledgeable customer service in an atmosphere of individual attention. Salon Ooh La La has been a home based business in Citrus Heights for 12 years, and Paulette has enjoyed customer loyalty for as long. Clients come from as far as El Dorado Hills to delight in the benefits of Salon Ooh La La.

Affordable services at Salon Ooh La La include hair cuts and styling, color, highlights, perms, eyebrow and lip waxing, and men’s haircuts. To make an appointment at Paulette Susnjara’s Salon Ooh La La, call (916) 721-0245. ★

Free Movie Night For Mother’s Day!

CITRUS HEIGHTS, CA (MPG) - Citrus Town Center, located at the corner of Sunrise Blvd. and Greenback Lane is hosting a Free Movie Night the second Saturday of every month from May through September. The May movie is scheduled for Mother’s Day Eve in order to provide dad and the kids the chance to take Mom to the movies for Mother’s Day and not spend a penny! It’s BYOC (Bring Your Own Chair), and drinks (no alcohol or glass please), candy and small coolers if you like. Free popcorn will be served.

It’s best not to bring a blanket to sit on as seating will be on cement. The special Mother’s Day Eve showing will be *Freaky Friday* starring Jamie Lee Curtis and Lindsay Lohan. Hilarity ensues

when battling mother and teen daughter refuse to see the other person’s side of arguments and *voilà*, they magically change bodies and the real laughter starts.

This is a perfect light-hearted romp to treat Mom to. The movie will be shown in the cordoned off area on the back side area of Dressbarn© in the back of Citrus Town Center. There is parking available on the back side of the center near the entrance to the movie. The viewing area is handicap-accessible and a restroom will be on site. The movie venue opens at dusk, with free raffle prizes, entertainment and cartoons, with the featured movie starting at dark.

All Citrus Town Center movies are rated G or PG and run approximately 90 minutes in

length. Come early and get in your last minutes Mother’s Day shopping at any of the fine Citrus Town Center merchants. Many are offering fabulous Mother’s Day savings! Be sure to join us for the first of five movies in our Outdoor Movie Series, happening the 2nd Saturday of each month. Coming up is *Daddy Day Care* with Eddie Murphy for *Father’s Day*, *The Lego Movie*, *Water Horse – The Legend of the Deep and The Nut Job* (a not-yet-released new animated feature). We’ll see you on Saturday May 10th at dusk for *Freaky Friday*! For more information, check out the Citrus Town Center FaceBook page at www.facebook.com/citrustowncenter. ★

Source: Hall Market Media

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- ★ East Lawn Sierra Hills Memorial Park, 5757 Greenback Lane: **10:00 a.m.**

www.EastLawn.com

Red, White and Blue Parade Entries

CITRUS HEIGHTS, 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

Car Giveaway to Benefit A Community for Peace

CITRUS HEIGHTS, CA (MPG) - Do you need a new car or just want one? Then you won't want to miss the free car give-away on May 24th!

On Saturday, May 24th A Community for Peace (ACFP) and Harrold Ford are giving away a new 2014 Ford Fiesta, and will announce the winner at Haggin Oaks Golf Complex during their 2nd Annual Charity Golf Tournament.



A Community for Peace, located in Citrus Heights, launched its Membership Drive, and you are invited to join their family. Check out the opportunities and benefits of supporting ACFP of which includes entry into the give-away. No purchase is necessary while supply last.

Great odds! Only 500 people will be entered into the drawing. Learn more about how to enter the drawing and give-away requirements at the ACFP website: www.ACommunityForPeace.org.

The Foundation for Community

Peace is a donor based giving program which benefits the mission of A Community for Peace to promote peaceful activities in our communities.

Time is limited to enter the give-away and sign up for the 2nd Annual Charity Golf tournament.

A Community for Peace's 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 9561, 916-728-5613. ACFP 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 ★

Source: A Community for Peace

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Citrus Best of 2012 Heights

Art Combats Human Trafficking

SACRAMENTO REGION, CA (MPG) - On May 17, 2014, the third annual ArtOffFreedom event will take place from 10 a.m. to 2 p.m. at 4700 Chicago Avenue in Fair Oaks. This hands-on experience, organized by MadeForThem™, is designed to educate and energize the Sacramento community, and invites individuals to come together to stand against human sex trafficking.

ArtOffFreedom will feature a survivor's story of courage, local mixed-media artist Judith Monroe, and Courage Worldwide Founder and CEO, Jenny Williamson.

For the first time in the Sacramento area, ArtOffFreedom will be held in a garden setting at a private and historic residence in Fair Oaks. At this unique event, local artist Judith Monroe will teach a hands-on art experience to guests of all levels of artistic ability. Women will have the opportunity to experience freedom through art, creating a masterpiece all their own. Each guest will be given a blank canvas, symbolic of the fresh start that survivors coming out of slavery are given. From the novice to the experienced, everyone leaves inspired.

Guests walk away with their own tangible piece of mixed media art they created while nibbling on artistic foodie creations and enjoying an afternoon with

girlfriends new and old.

The intent of this fun and innovative event is to remind women of the freedom we have to be ourselves while bringing awareness to the millions in slavery who hope to one day find their own artistic expression. Create Art. Create Change.

Human sex trafficking is a lucrative industry and has been identified as the fastest growing criminal industry in the world second only to drug trafficking. MadeForThem™ is committed to making a significant impact against modern day slavery by raising awareness and resources. Events are a great platform to educate and bring awareness.

For event tickets and information, visit www.madeforthem.org/artofffreedom-sacramento.

Courage Worldwide (CWW) is an international, 501 c(3) non-profit Christian organization that is building homes around the world for children rescued out of sex trafficking. It is their passion and vision to build Courage Houses in every city that needs one so rescued children will have a safe place to call home. They also want to eradicate sex trafficking completely. For more information, visit www.courage-worldwide.org

MadeForThem™ is a non-profit 501(c)(3) that began with a vision to help raise awareness

and resources to combat human trafficking using the arts. Using fashion and events as a catalyst, MadeForThem™ is evolving into becoming a leading national organization that uses fashion to raise awareness and resources for the 27 MILLION Men, Women and Children in forced labor and sexual exploitation. The company's headquarters are based in Central California, driving our proceeds to organizations combating human trafficking issues regionally and around the world. For more information, visit www.madeforthem.org.

Judith Monroe is a photo-based mixed media artist, born and raised in California. After receiving her journalism degree, she and her husband traveled the world courtesy the U.S. Army, returning home to California with two children. Always creating wherever she went, Judith has incorporated mixed media with photography for over twenty-five years. She shares her passion for art and photography while teaching at Sierra College, and her artworks are included in public and private collections from Sacramento to Scotland and shown in galleries throughout California and Arizona. For more information, visit www.judithmonroe.com

Source: Courage Worldwide, www.courageworldwide.org ★

Sacramento Public Library Wins \$10,000 John Cotton Dana Award

SACRAMENTO REGION, CA (MPG) - Sacramento Public Library has been named as one of eight winners of the prestigious 2014 John Cotton Dana Award from the American Library Association. Each award comes with a \$10,000 cash prize.

The award recognizes excellence in library public relations. Sacramento Public Library won for the campaign around One Book 2013. The project consisted of The Slender Poe, an anthology of the works of Edgar Allan Poe published by the Library's I Street Press, The Poe Project film festival in cooperation with the Capital Film Arts Alliance, and a series of public events during October 2013.

Library-designed promotional materials included posters, bus shelter advertisements, coasters and The Slender Poe. All materials were designed by the Library's graphic designer, Laura Koivunen.

The 2014 winners were chosen out of 83 entries. The John Cotton Dana Award is sponsored by EBSCO; the Library Leadership and Management Association, a division of the American Library Association; and the H.W. Wilson Foundation, which awards the prize money.

"The Sacramento Public Library took the One Book campaign to a new level in 2013," according to the ALA press release announcing this year's

winners. The release also touted Sacramento Public Library's "unique partnerships, including the introduction of the Edgar Allan Porter locally brewed beer" and significant increase in program attendance compared to One Book 2012.

The Library's One Book 2013 won two awards at the local 2013-14 American Advertising Federation Awards hosted by the Sacramento Ad Club, including Best in Show and a silver award at the regional American Advertising Federation Awards, earning entry into the national awards. ★

Source: Sacramento Public Library P.I.C.

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14-1

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3. Experience in directing a professional orchestra/ band/choir/praise team
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5. Spiritual maturity and commitment to living in accordance with Unity principles.
6. Willingness to become a member of Unity of Sacramento.
7. Must possess a positive attitude and be a high performance team player.

Skills Required:

1. Organization, administrative, and leadership skills
2. Effective interpersonal and communication skills
3. Skilled as a praise team leader and instrumentalist
4. Ability to create charts/lead sheets for services as necessary a plus.
5. Has exceptional knowledge of music theory, keys of music, rhythmic aspects.
6. Working knowledge with music software (e.g., Finale).
7. Is familiar with teaching choral vocal parts and sections, proper blending, arrangements.
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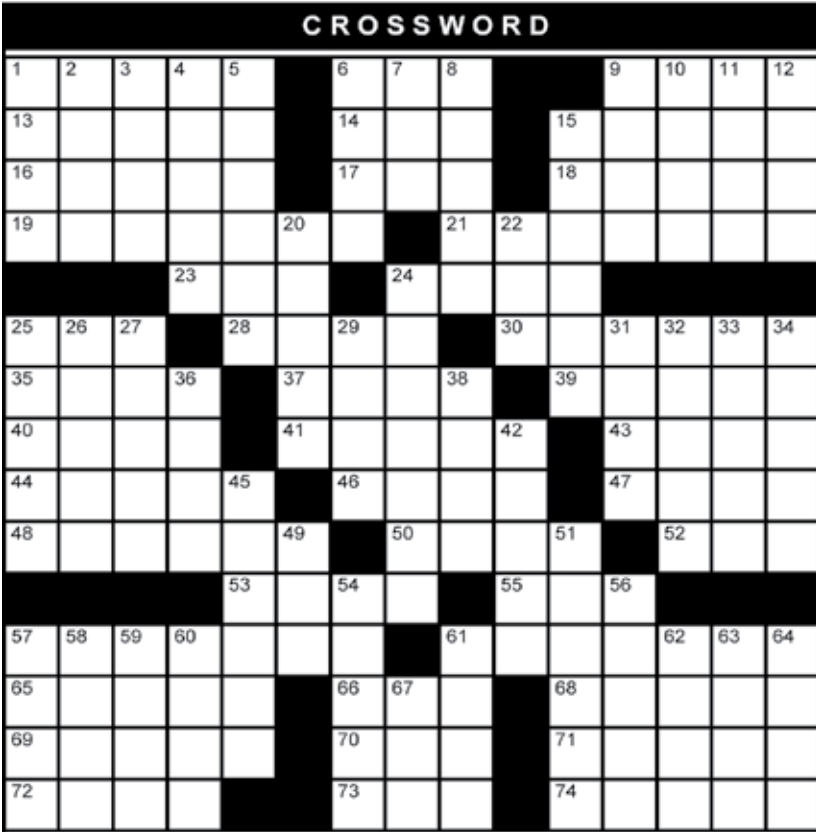
ACROSS

- Low life?
- Hot springs
- Nerd
- _____ International Airport, Kyrgyzstan
- "It ended in 1945
- *Peninsula, location of El Shatt WWII refugee camps
- March celebrants
- "Much ____ About Nothing"
- Bond
- "Russian soldiers, en masse
- *Ribbentrop's co-signer
- ____-tzu
- Absorbed
- "Yakety ____"
- Short skirt
- Geo-spatial positioning system, for short
- Genesis man
- Cell phone button
- Wynonna Judd's mother
- Mischievous Scandinavian god
- Dress up or deck out
- Elegant and stylish
- ____-la
- Russell Crowe's 2014 role
- Comedy Central's "____0"
- One of the founders of scholasticism
- Box office failure, e.g.
- One of Five Ws
- Bread portion
- Corn spot
- Entertain, as in idea
- *WW II consequence
- Love intensely
- Snake-like fish
- Open-mouthed
- *He defeated Max Schmeling before enlisting
- In the past
- In the buff
- Formerly
- Rin tin tin, e.g.
- Done for success

DOWN

- Gulf V.I.P.
- Filly's mother
- Blyton or Bagnold
- Primary
- Hindu retreat
- Go to and fro
- Mouse turf
- Enophile's sensory concern
- Drunkard
- "Get ____!"
- *Post WWII military alliance
- *Battle of ____, encirclement of Russian troops
- Arabic ruler
- Damp
- Operations, as in military
- Hang up the phone
- *Churchill/Roosevelt/Stalin

- meeting site
- Bedazzle
- New Zealand parrots
- Type of sign
- Boors lack this
- Involving two parts
- Selfie
- *Axis opponents
- "Word" in French
- *Germany's invasion target
- Beforehand
- J. ____ Hoover
- Tall one is a lie
- Carbon monoxide lacks this
- Y'all
- Court order
- Heidi's shoe
- Boat track
- "Planet of the ____"
- Co-written, produced and directed by Warren Beatty
- Bigheadedness



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

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

For Solutions See Page 7

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5	6	3	2	1	7	9	8	4
3	4	2	1	6	5	8	9	7
1	8	9	7	2	4	3	5	6
6	5	7	8	3	9	1	4	2
9	3	4	5	7	2	6	1	8
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By Ronnie McBrayer

Rifling through old family records I discovered the obituary of my great-grandmother. Her name was Ola Whitfield, a simple woman born in the 19th century, and so much like the other sharecroppers in the Deep South at the time.

She worked hard, was sparsely educated, remained anonymous to the greater world, birthed a farmhouse full of children, and died young. Much too young, from an infection that would likely be cured by a single round of antibiotics today. She lived only 36 years.

Of course, I take great interest in her otherwise uncelebrated life, because without her, I would not exist. And I take great interest in her simple, confident faith; a faith passed along to those she left behind. It is a faith that has outlasted both her and her children. Even as the ink on her obituary fades and slowly evaporates with the decades, it appears her legacy will not.

That obituary, written in the vibrant language of the time, captures her simple faith so well. It reads, “Ola professed a hope in Christ in August 1901 and joined the Baptist church at Antioch. Oh, it was so hard to give her up but she left a true evidence of her faith: She called her husband

Your Life Will Outlive You

to her side and told him that if it had been the Lord’s will she would have loved to stay with him and help raise the children.

“She told him to carry the children to church and Sunday School and raise them right. Such a consolation to us all to hear such words as she gives us to do the will of our Father. Therefore, we ought not to grieve for we have this sweet assurance: She is at rest.”

Granted, raising children “right,” (a Southern colloquialism for instilling proper social manners, respect for elders, and weekly church attendance) is no guarantee that said children will turn out well. They just might become ungodly little monsters. That wasn’t dear Ola’s point, I don’t think. In her unpretentious way, she understood the profound truth that she would live on in those who followed her. So she was being intentional, planning for her life to outlive her.

Actually, you don’t have to plan such a thing. The kind of person you are; the kind of person you will become; the kind of person you will be remembered as, will echo off the walls of your descendants’ lives for generations to come – even if your life is a short one.

There is a reference in the Old Testament, more of a proverb than anything else, which says the sins of a father are visited on the children, the grandchildren, and down three or four generations. In other words, your life will roll down through history and land at the feet and on the backs of those who come behind

you: For good or for bad.

In our “what have you done for me lately world,” where time is measured by quarterly dividend reports or in two-year election cycles, we forget that the fruit of one’s life may reach maturity only after many years, decades, or even centuries. It could be that those whom we will never meet, those who will walk in our footsteps generations from now, will be the ones to gain the most from the lives we have led.

So when I read my great-grandmother’s obituary, I am thankful; thankful for her and the ones who have gone before me. I am grateful that those who never dreamed of me or my children, made decisions and lived in a way that bettered our future. And all this reminds me, challenges me, and humbles me that as the generations proceed, whether I like it or not, others will rely upon me and you for the same.

Is Ola’s yellowed obituary filled with as much wistfulness and nostalgia as it is with faith? Yes. On this Mother’s Day weekend, is it all a bit melodramatic? Probably. But this truth remains: Your life will outlive you. Make it a good one.

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. ★

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.



By Marlys Johnsen Norris, Christian Author

Throughout our lifetime every one from time to time makes huge mistakes in relationships. Most often what has been done or said has been an impulsive reaction to something. Numerous causes such as illness and stress can cause someone to react unfavorably. When this happens, how do we once again reestablish and reconcile ourselves with others and especially our relationship with God?

We must remember that unless we forgive others (and ourselves, for an unkind act) God holds us accountable and He is not pleased with us, therefore He withholds His forgiveness of us. It certainly would be terrible to enter heaven’s door without God’s forgiveness. God’s Holy Word states, “For if we forgive men

Accept and Give the Pardon Freely

their trespasses, your heavenly Father will also forgive you. But if you forgive not, men their trespasses, neither will your Father forgive your trespasses.” (Mat. 6:14-15) Those words should cause us all to take proper action to correct our impulsive reaction and be restored into God’s unconditional love, grace and mercy...

One may never forget the incident but if they have been carrying a grudge against someone, wanting or planning to get even -- Don’t! - Instead, confess the sinfulness right now and let God take care of it. After all, a lack of forgiveness is dishonoring the God one claims to be following. Let’s not be a hypocrite and be reunited and reconciled to God’s family.

God’s instruction for such a happening is “Vengeance is Mine (Let it be and God will take care of it); I will repay, said the Lord.” (Romans 12: 19) His words indicate, “if” one chooses to let-go of the grudge and forgive God will teach them and He will take care of it the right way! Gods Holy Spirit has a special way of helping all of His children to find a

deeper meaning to everything.

God does give second chances -- but one will never hear Him ever say “I forgive but!”. The “but” indicates to the other person, that there is not a sincere forgiving action involved in one’s efforts to make things right again. He expects the same “unconditional love” to be exemplified from us when we have developed the character of His Beloved Son, Jesus Christ..

Living in right relationship with God, our Heavenly Father means we forget about our self pride and any discomfort to do the right thing. If we claim to love and appreciate Him our relationship is much more important than anything that took place! The Holy Bible tells us to be reconciled to all men/women, therefore we cannot just ignore the incident, and with God’s direction we must take action. ★

Marlys Johnsen Norris; Christian Author; Speaker; Teacher Pat Boone recommends her book “Recipes for a Happier Marriage”

Contact me: Marlysjn@gmail.com

My Mother’s Day Card Quandary

Dr. James L. Snyder

Another year has gone by and I find myself facing the same quandary I faced last year. I was hoping somehow this year would be different, but, alas, it is not. Many people complain about how fast things are changing, I complain about those things that do not change at all.

Interestingly, the things you want to change refuse to do so and the things you want to stay the same never do. I wish someone would figure out how to reverse this tedious trend of life. I have worked on it but to no success.

I am referring to the annual Mother’s Day card fetish. I am not sure where this started or why, but I have my suspicions. I think we can safely rule out husbands and men as suspects.

I could see a man doing it one year, but to do it year after year is not within the scope of a man’s ability. If a man does something one time and it is successful he never chances doing it the second time when it may be a failure.

Now we have on our hands tremendous pressure to purchase a yearly Mother’s Day card. When it comes to card buying, I simply do not know where to go. Oh, I know where to get them; I simply do not know which one to purchase.

If it was up to me, and let me point out very quickly, it is not, I would have one card for sale each year. Maybe I would modify the card each year and perhaps write something different in it, but how many ways can you say “Happy Mother’s Day?”

To be efficient the choice would only be one Mother’s Day card per year.

As it stands (and I wish it would sit down and rest for a while), there are more Mother’s Day cards than stars in the heavens. It is virtually impossible to pick out the right Mother’s Day

card. Since I do not keep up with the latest trends in this regard I am at quite a disadvantage.

One year I tried to remedy my Mother’s Day card-buying dilemma by buying a box of 50 cards that were on sale right after Mother’s Day. I thought I had hit the mother lode, so to speak.

With this purchase, I had enough Mother’s Day cards to last my entire lifetime. Unless, of course, I live to be 129.

This lasted for two years.

The first year I presented my Mother’s Day card to my wife and she gave me all kinds of smiles and hugs. I was relieved to have solved a big problem in my home. I now could rest and focus on solving other problems in my life, of which there are many.

It was the second year that kicked me in the teeth.

As usual, that year, I presented my wife with her Mother’s Day card. Trust me; I was not fully geared up for the response I got. I was expecting smiles and hugs like the year before. What I got was a glare and a shrug.

She looked at me and said something I shall never forget. “Isn’t this the same card you gave me last year?”

How do wives remember these things? The only reason I knew it was the same card as last year is I had more just like it in the box it came from.

Apparently, good protocol rules out giving the same card two years in a row. Who knew? I didn’t.

To have a problem unsolved is a very nerve-racking experience, to be sure. Now I must go back and start the whole Mother’s Day card buying process over again.

This brings me to the second part of my quandary.

When did it become necessary for husbands to buy their wives Mother’s Day cards?

Sure, she washes my clothes, cooks my meals and bosses me about. She still is not my

mother.

It starts out rather innocently enough as most things do. Then, in my opinion, it gets out of hand.

When the children start coming into the home it is quite natural, because they are too young to make such important decisions, for the father to buy the Mother’s Day card on behalf of the children.

I still remember that first Mother’s Day card. Our first baby was only seven months old and had no idea what was going on in the world or even in the home.

I gave my wife her first Mother’s Day card. She was so excited. Because she was excited, so was I. This is where the whole nonsense starts.

What I want to know is when do husbands stop buying Mother’s Day cards for their wives? Looking back over my experience, I can see no way where I can opt out of this annual event.

The last child in our home left more than 15 years ago and still I find myself under the awesome pressure of purchasing a Mother’s Day card for my wife. When do the children take control of this yearly responsibility?

In spite of my quandary, it is important to honor both fathers and mothers.

“Honour thy father and mother; (which is the first commandment with promise;) That it may be well with thee, and thou mayest live long on the earth” (Ephesians 6:2-3).

Would anybody want to buy a box of 48 Mother’s Day cards, cheap? ★

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

You were made for more than just getting up and going to work and coming home and getting up and doing it all over again and again for 50 or 60 years. You must understand that you are a person of destiny. You are here in God’s divine plan. He has strategically placed you here at this particular time in history because He has great confidence in you to be the person He’s made you to be for Him. God didn’t choose Moses, or David, or Paul to live in this hour. He chose you to live in this hour to make a difference with your life.

The Bible tells us in 1 Timothy 1, to “Stir up the gift of God...” that is within us. God is counting on you to make a difference and He has given you incredible gifts and talents that must be developed. The enemy will tell you you’re just a housewife. You’re just a businessperson. You’re just a plumber. You’re just an accountant...whatever. No. Listen friend, God has given you something very important to do for Him. You’ve got to be obedient, you’ve got to be open to following the God-given dreams and desires

You Are a Person of Destiny

He’s put on the inside of you.

So many people are waiting for a big voice to boom out of heaven to instruct them what to do. But most of the time, it’s not like that. It’s going to be a simple desire. The Bible talks about “A still, small voice”. You may be sitting around waiting for the right time to do what God’s been telling you to do. You think as soon as my kids get out of school, I’ll do it. I’ll be obedient to God. I’ll get involved. As soon as this big project at work gets over, then I’m going to get involved. Whenever the right time comes, then I’m going to do what God’s calling me to do. But friend, you all know as well as I do, there will never be a right time. The time to do what God’s telling you to do is right now. We’ve got to quit making excuses. Everyday you put it off you’re missing out on God’s best for your life.

Jesus told a parable of the talents in Matthew, chapter 25. I encourage you to read it today.

God has given every one of us talents. Let me ask you a very important question today, what are you doing with the talents God has given you? Are you making the most of what God has entrusted you with? Or are there weights that are holding you back? Are you too busy to come to church on a regular basis? Are you letting the enemy deceive you into thinking you don’t have what it takes to

do what God’s telling you to do?

Let me challenge you- Don’t hide your talents anymore. You’ve got to stir yourself up and step out in faith and do what God’s been telling you to do. You will never be truly fulfilled if you compromise what God has put on the inside of you. Get in the race. Get involved. Act on the dreams and desires He’s put in your heart. You have seeds of greatness on the inside of you. You have more to offer this world than you can imagine.

I believe we’re living in a very historic and critical time in God’s timetable. He’s counting on us to rise up and to make a difference in this generation. Soon, you and I will be giving an account to our Master as to what we’ve done. Let’s make the most of the time. Be serious about your relationship to God. Stay focused on the things of God. Stay in church. Be faithful in your tithe. Don’t hide your talents anymore. Be quick to obey God. If you will dare to step out in faith and begin developing the potential He has placed within you, God will be pleased. ★

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ROCK DOC

By Dr. E. Kirsten Peters

My household accumulates quite a number of plastic shopping bags. Most come home with me from the grocery store. I use them to line the little garbage pail that sits under the kitchen sink and the wastebasket that’s in the bathroom. I also have the joy of using them to pick up poop deposited by Buster Brown, my faithful mutt from the pound. But if you don’t have uses for the plastic shopping bags you bring home, what do you do with them? Researchers hope that one day—perhaps sooner rather than later—your bags may be turned into alternative fuels such as diesel. That’s right, plastic shopping bags could help power diesel engine cars and pickup trucks. It’s not as pie in the sky as it may sound. Converting shopping bags into fuel requires less energy than it produces. The key is the high-temperature breakdown of plastic in the bags which is done in the absence

From Shopping Bags to Diesel Fuel

of oxygen, or anaerobically. The lead author of a recent study on this topic is Dr. Brajendra Sharma of the Illinois Sustainable Technology Center. The ISTC is part of the University of Illinois. His research write-up was recently published in the journal Fuel Processing Technology. Sharma’s article points out that about a trillion plastic bags were produced in the U.S. in 2009, the last year for which figures are available. Of these, only about 13 percent were recycled. Some of the rest were doubtless reused for household purposes, like mine are, and after that headed to landfills. But many of the bags aren’t recycled or reused and go either directly to landfills or are released into the environment as litter. Plastic bags that become litter blow around and cause a number of problems beyond being an eyesore. They can kill animals that ingest them or become tangled with them. In the oceans, they compose part of what’s termed the Great Pacific Garbage Patch of floating trash. “Over time, this material floating in the oceans breaks into tiny pieces. It’s ingested along with plankton by aquatic animals,” Sharma emailed me. The material in plastic shopping bags has been detected in the oceans near both the north and south poles. It’s also

a problem in the Great Lakes. Because the plastic apparently takes centuries to fully degrade in nature, the issues that the bags pose are long term. But Sharma and his colleagues have an alternative use for the bags. Once the plastic is broken down anaerobically in a lab, it yields a variety of useful chemicals including solvents, engine oils, gasoline and natural gas. The bulk of the material produced is an alternative diesel fuel—one that Sharma and his co-workers found to be a good blending component for regular diesel. “This approach can also be applied to other low value plastics as well,” Sharma wrote to me. I’ve often thought that there’s no single solution for pollution problems. And while turning plastic bags into diesel may only work for some bags, it’s an interesting approach to getting rid of what otherwise would be trash, while producing a valuable commodity. ★ 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.



POPPOFF!

with Mary Jane Popp

MISSING MOM

Normally I write about some of the great guests I have on my POPPOFF Radio Show, but with Mother’s Day coming up, my heart took over and I had to share these thoughts with you. It’s hard to believe my Mom has been gone well over a decade. She passed in the millennium year 2000 just after Mother’s Day. Leave it to my mom to pick the beginning of another century. She always loved being the center of attention. It took me a long time before I could look back at the good memories and great times. The last two years of her life were really rough. There were times when she didn’t even know who I was. Seeing a strapping strong woman with a mind of her own wither away to this tiny helpless little creature that I was almost too afraid to hold for fear I might hurt her was almost more than I could bear. I guess I was feeling sorry for myself because she didn’t realize that she was slipping away from me.

I tried to put on a happy face and joke and tease when I was with her until I got in the car and the tears would come for the Mom I used to know. I knew she was well taken care of. I saw her most every day, but I felt helpless that time marched on and I could not stop the progression of her condition. Yes, she slowly drifted away from me and this life, so when she passed, I knew it was better for her to leave and rest in peace with no more pain or anguish. Then the healing began, or so I thought. You go through the whole bad time and think “There was more that I could have done,” yet realize that was not in fact true. You know that intellectually, but not emotionally. My DAD passed many years before MOM, and it’s strange how one comes to grips with one’s own mortality when both parents pass on. Saying that, I slowly began to remember the better days. Were all the memories positive? No, but then that’s reality. Mom had a very negative nature. You know what I mean. It’s the type of personality that, if I took a trip, “OMG, your plane is going to crash” type of personality. Sometimes it made me crazy. Happily, I took after Dad who was just the

opposite. I guess opposites do attract. But we had some wonderful times together on trips to all parts of the country, and she had a laugh that you could pick out of a crowd and had to laugh with her. We loved her old fashioned cooking and Christmas was a glorious time of year. She loved watching my brother and me perform on stage. I sang, he played the accordion, and she loved meeting the celebs I would have on my Radio and TV shows. She passed on some great gifts to me, like always dressing impeccably. But perhaps the greatest gift she gave to me was her gift of gab. She could talk to anyone about anything. It sure helped in the business I chose. She also loved to dance and sing. Guess that gene got passed on too. When I look back now, it’s the good times I recall. The bad times just don’t matter. It’s the beautiful woman with gorgeous blue eyes and blonde hair who is in my heart. I only wish I could hug her one more time. If your Mom is still with you, give her a hug for me. Let her know you care. The time will come when you too will wish for that last hug! Love to you Mom and HAPPY MOTHER’S DAY to all! ★

Kaiser Medical Center Receives Top Safety Score

Continued from Page 1

It is an independent advocacy group working with a broad range of partners, including hospitals and insurers. Since 2006, the organization has published an annual list of Top Hospitals in the U.S. using national measures of health-care quality, safety, and efficiency. This is the third year it

has published the Hospital Safety Scores, which use 28 measures of publicly available hospital safety data to produce a single score representing a hospital’s overall capacity to keep patients safe from infections, injuries, and medical and medication errors. To see all hospital scores as they compare nationally and locally, visit www.hospitalsafetyscore.org.

org, the Hospital Safety Score website, which also provides information on how the public can protect themselves and loved ones during a hospital stay. Local hospitals’ scores are also available on the free mobile app, available at www.hospitalsafetyscore.org. ★ Source: Kaiser Permanente

Continued from Page 1

Scooter, the big dog Spare the Air Mascot of the Sacramento Metropolitan Air Quality District will be making the rounds greeting attendees. For your entertainment, Hank Henderson, Jr. will provide background music on his keyboard. Activities and resources are scheduled throughout the day. There is the “Embrace Life Today,” 1k, 2k health run, walk, roll; a fraud and identity theft

prevention information presentation; chair exercises; blood pressure testing; diabetes screening; hearing testing and vision screening at the Lion’s Eye Van. There will be a registered dietitian available, a fall prevention and balance assessment workshop and a panel of experts on all types Elder Abuse. Scheduled speakers are are: Caryn Dubke, Sacramento County Deputy D.A.; Ruth MacKensie, Sacramento County Adult Protective Services; Michelle Nevins, Del

Oro Caregiver (Alzheimer’s etc.) Resource Center; & Kim Bovee, Senior Legal Hotline. Regional Transit has offered to provide free bus transportation to residents living in five of the major mobile home parks on the west side of the city. Call (916) 725-6287 to make a reservation by May 12th. For more Health Fair information, call Dr. Jayna at (916) 599-3647. ★



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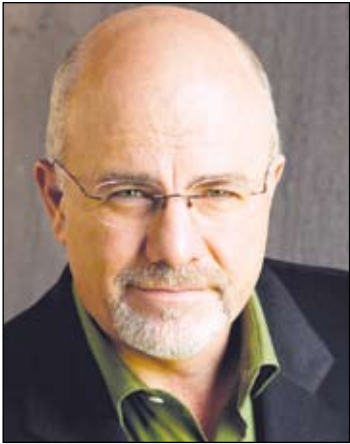
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Dave Ramsey is America's trusted voice on money and business. He has authored four New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover and EntreLeadership. His newest book, written with his daughter Rachel 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.

Not a Good Idea
Dear Dave,
I'm 23, transitioning jobs, and I make \$32,000 a year. I have \$11,000 in a 401(k), and about \$15,000 in debt. Should I cash out the 401(k) to pay down my debt?
- Cody
Dear Cody,
I don't think so. When you take money out of a 401(k) they charge you a 10 percent penalty, plus your tax rate. Your tax rate is about 20 percent, so that means you're going to take a 30 percent

Dave Says

hit. While I love dumping debt, your idea would be kind of like saying, "I want to borrow \$11,000 at 30 percent interest to pay off my debt." That doesn't make a lot of sense, does it?
I never tell folks to cash out a 401(k) or IRA to pay off debt, unless it's the only way to avoid foreclosure or bankruptcy. You're not facing either one of those situations, Cody. So my answer is no.
- Dave

You Can do it With No Fees
Dear Dave,
What do you think about making bi-weekly mortgage payments?
- Jeremiah

Dear Jeremiah,
I think it's an awesome idea. By doing that, you can pay off a 30-year mortgage in about 22.8 years, on average, depending on the interest rate.
However, I would never pay someone a fee to set up bi-weekly mortgage payments. All you do on a bi-weekly schedule is make half a payment every two weeks. Since there are 26 two-week periods per year, that equals 13 whole payments. It's nothing magical, and it's not difficult.
Go for it, Jeremiah. Get rid of that house payment as fast as you can. Just don't pay extra fees to make it happen!
- Dave

Move to the Head of the Line!
Dear Dave,
I owe the IRS \$6,000, and currently I'm making monthly payments. Should I roll this debt into my debt snowball, and then really attack it when it gets to the top of the list?
- Jared

Dear Jared,
My advice would be to put the IRS at the very top of your debt snowball. Usually, when it comes to paying off debt, I advise people to arrange their debt snowball from smallest to largest, then start with the smallest one and work their way up. This doesn't always seem to make mathematical sense, but the truth is personal finance is 80 percent behavior and only 20 percent head knowledge. Paying off some small debts quickly energizes you and gives you motivation. It makes you feel like you can really do it. Besides, if you were such a math genius you wouldn't have debt in the first place.
But the IRS is a different animal altogether. Their interest rates and penalties are ridiculously high. Plus, they have virtually unlimited power to collect. So put them at the top of the list, and get them paid off as fast as you can!
- Dave
*For more financial help, please visit daveramsey.com. ★

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**Fishing Related Items Only
Boats & Boat Accessories Welcome!**

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8:00 A.M. TO 3:00 P.M.
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FREE Outdoor Movie Series!

Mark your calendar and bring the family out to Citrus Town Center for a fun summer evening under the stars and a great movie.

Saturday, May 10
Treat Mom to a free movie night for Mother's Day at Citrus Town Center. Showing just for Mother's Day is Freaky Friday, with Jamie Lee Curtis and Lindsay Lohan. It's every teenager's nightmare – turning into her mother!

Saturday, June 14
Treat Dad to a free movie night for Father's Day at Citrus Town Center. Showing just for Father's Day is Daddy Day Care with the non-stop laughter and antics of Eddie Murphy.

Saturday, July 12
As one of the biggest box office family hits in the last year, don't miss The Lego Movie showing for free at Citrus Town Center. Jonah Hill and Will Ferrell lend their voices to this family-fun movie!

Saturday, Aug. 9
Citrus Town Center is hosting a free and fabulous family movie with The Water Horse - Legend of the Deep. Enjoy the magic that ensues when a young boy finds a very unique egg.

Saturday, Sept. 13
Citrus Town Center wraps up their Outdoor Movie Series with the recently released family hit, The Nut Job. This animated feature includes the voices of Brendan Fraser and Liam Neeson

- Citrus Town Center will be hosting FREE OUTDOOR MOVIE NIGHTS, the 2nd Saturday of every month from May – September.
- Enjoy a FREE Movie, FREE Popcorn, FREE Raffle Prizes and more!
- Bring your own chair, but please leave the extra-large coolers, glass containers, and alcohol at home. Seating is on cement so blanket-sitting is not recommended. Strollers are allowed.
- Seating opens at dusk, followed by pre-movie entertainment, with movie starting at dark.
- All movies are approximately 90 minutes long and are rated PG or G.

- Movie Nights are located in back side area, behind Dress Barn.
- Handicap Access and Seating Area available.
- On-site restrooms.

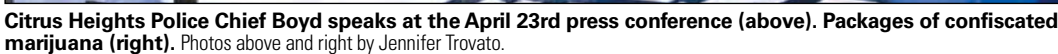
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By Jennifer Trovato

In total, 858 pounds of marijuana with a street value of approximately 2.5 million dollars was seized from an El Dorado Hills residence. The firearms consisted of four semi-automatic handguns, one semi-automatic rifle and two semi-automatic restricted/assault rifles.



31 year old Citrus Heights resident, Jeremy Zahn, was arrested for transportation of marijuana, possession of marijuana for sale, and violation of his PRCS condition. He was booked at



approximately 48 pounds of packaged, vacuum sealed, processed marijuana in the back of Zahn's vehicle. The packages



consisted of three sealed boxes and all were prepared to ship to out of state addresses. The traffic stop was a result of an on-going

SIU/PRCS enforcement team investigation involving Zahn, and led to the issuing of arrest warrants and a search warrant for the El Dorado Hills residence. The SIU and PRCS joined forces with the United States Department of Justice Bureau of Alcohol, Tobacco, Firearms and Explosives and the United States Postal Inspection Service within 24 hours of the traffic stop.

Approximately 810 pounds of marijuana was discovered at the El Dorado Hills residence, much of which was hidden behind a false wall. Two large safes contained additional marijuana, seven firearms, ammunition, high capacity magazines, and \$464,850.00 in US currency. Evidence seized during the search indicates the suspects had been shipping marijuana outside of California.

The Citrus Heights Police Department's SIU/PRCS enforcement team was created in the spirit of agency cooperation, regionalization, and collaboration in response to prison realignment. The unit is a multi-agency team consisting of a Citrus Heights Police sergeant and detectives, a detective from the Folsom Police Department, and a full time assigned Probation Officer from the Sacramento County Probation

The Citrus Heights Police Department's investigation is on-going. Anyone with information about this investigation is encouraged to contact Sergeant Wheaton of the Citrus Heights Police Department at (916) 727-5500.

Sources: Citrus Heights Police Department; Sacramento County, Sacramento County Community Corrections Partnership.

[illegible]



Sacramento River Cats

S	M	T	W	T	F	S	S	M	T	W	T	F	S
MAY						1 7:05 TAC	2 ELP	3 ELP	JUNE				
4	5	6	7	8	9	10	1	2	3	4	5	6	7
11 1:05 SLC	12 7:05 SLC	13 12:05 SLC	14	15 7:05 TAC	16 7:05 TAC	17 7:05 TAC	8 FRES	9 7:05 QOA	10 7:05 QOA	11 7:05 QOA	12 7:05 QOA	13 7:05 IONA	14 7:05 IONA
18 1:05 TAC	19 7:05 ELP	20 7:05 ELP	21 12:05 ELP	22 7:05 ELP	23 7:05 LAS	24 7:05 LAS	15 1:05 IONA	16 12:05 IONA	17 7:05 RR	18 7:05 RR	19 7:05 RR	20 7:05 RR	21 NEW
25 LAS	26 LAS	27 7:05 ALB	28 7:05 ALB	29 7:05 ALB	30 7:05 ALB	31 FRES	22 NEW	23 NEW	24 NEW	25 7:05 LAS	26 7:05 LAS	27 7:05 LAS	28 7:05 LAS
						29 5:05 LAS	30 7:05 FRES						

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4

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SATURDAY

SUNDAY

SATURDAY

SATURDAY

SATURDAY

THURSDAY

WEDNESDAY

WEDNESDAY

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9249 Folsom Blvd, Sacramento (at Unity of Sacramento Church) on Saturdays
8 am - 1 pm, year round.

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.

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

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

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

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

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

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

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There are millions of people in the U.S. who are edentulous (meaning without teeth) who struggle daily with dentures. A majority suffer from discomfort as a result of loose or illfitting dentures. Many prosthetic wearers simply withdraw from any type of social engagement as a result of having to wear their dentures.

Lower dentures almost never fit properly. They are loose fitting due to less surface area which can't create a suction, shrinking gum tissue and bone loss, which can cause irritation in the mouth, sores and pain. The only relief is using sticky dental adhesive to help it, but it is very messy, hard to clean off and needs multiple applications throughout the day.

Upper dentures are better than lower dentures due to a suction in the upper palate that keeps the denture in place. However, having the palate covered reduces the tastes of foods and the ability to tell the temperature of foods.

Partial Dentures can be a source of discomfort due to lack of supporting teeth or an illfitting partial. Partials also use clasps to secure to existing teeth which can be noticeable and can put added pressure to the existing teeth.

Now there is a solution to these issues, Implants with "Snap On" Dentures!



Whether you are new to dentures or have worn them for years, a snap on denture is a great solution to uncomfortable chewing and slippery painful dentures. There are several types of snap on dentures available, including snap on partials. We make your denture or partial fit and function in harmony with the space available in your mouth, and give custom attention to the delicate fabrication of your snap on denture.

A snap on denture gets some support from the implants that it snaps onto. Unlike conventional dentures that rest on the gums, a snap on denture is anchored to multiple implant snaps and is therefore much more stable and comfortable.

Two or more implant snaps can be used on the upper and/or lower jaw. The more snaps that are placed, the more stable the denture will be. Much like a four legged chair would be more stable than a three or two legged chair, the use of denture snaps keep the denture stable, secure and comfortable. These snaps are designed with different levels of retention, customized to the needs of the patient. When the snaps wear out, replacing them is a simple and inexpensive procedure.

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