Two New National Brands Sign Leases at Citrus Town Center

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# Citrus Heights lylessenger "Written by the people, for the people"

Volume 4 Issue 8

Serving the City of Citrus Heights and Sacramento County

**Second Edition for April 2014** 

### A Day on the Ranch



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### Yard of the **Month Award**



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### Lisa Young, All **American Driver**



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direct link to our online edition!

# A Dose of Deadly Reality



The 99 Reality Theater teaches teens awareness through graphic programs. The 99 will open to the public on Friday, April 25th and will run for four consecutive weekends on Fridays, Saturdays and Sundays from 7:00 p.m. to 11:00 p.m.

By Elise Spleiss

Ninety-nine of our country's youth die daily in the United States from primarily preventable causes. Unlike walking through the most realistic haunted house on Halloween, the sole purpose of

this realistic and graphic program

CITRUS HEIGHTS, CA (MPG) -

is to save these youth, ages 12-25. Sunrise Mall in Citrus Heights will host The 99 Reality Theater in a 20,000 sq. ft. tent featuring 13 rooms, each portraying

real-life settings. Guests will experience graphic reenactments of situations representing the leading causes of death in teenagers and young adults. The goal of the traveling tour is to educate and create awareness of these mostly avoidable consequences. It is the ultimate near death experience.

The 45-minute guided tour features Hollywood style sets and live actors; there are approximately 200 volunteers each event night. The name of the tour represents the average number of young people who die in the United May 2nd, 3rd, 4th, 9th, 10th, 11th States each year; 31 young people will die today from auto related accidents, 16 from domestic violence or homicide, 12 will commit suicide today, and the remaining will die from poor choices, diseases and natural causes (CDC

The 99 will open to the public on Friday, April 25th and will run for four consecutive weekends on Fridays, Saturdays and Sundays from 7:00 p.m. to 11:00 p.m. (All dates are: April 25th, 26th, 27th,

and 16th, 17th, 18th).

Due to the realistic nature of the settings, entrance is restricted to ages 12 and older. The cost to attend the event is \$5.00 at the door, and tickets are available at Sunrise Mall Customer Service.

The event will be located in the parking lot of Sunrise Mall, 6041 Sunrise Mall, Citrus Heights, California. For more information, visit http://www.whatisthe99.com.★

Source: Sunrise Marketplace

## **Business Boot Camp**

CITRUS HEIGHTS, CA (MPG) Calling all Citrus Heights entrepreneurs and small business owners. You do not want to miss out on the 2014 Business "Boot Camp." The Boot Camp is a 3-day concentrated training for entrepreneurs and small businesses. The Boot Camp will provide expert instructors on key business areas such as business and marketing analysis, financial management, business law for small business, a free CD to build your business plan and much, much more.

There is no cost to attend the Business Boot Camp, but students must commit to attending all three days of instructions and the class will be limited to no more than 25 students. The cost of the workshop is covered by a grant from the Wells Fargo Foundation.

The Boot Camp will be held May 20th-22nd in Trellis Hall on the City Hall campus, 6237 Fountain Square Drive, Citrus Heights.

Entrepreneurs, start-ups and existing businesses are encouraged to attend and priority will be given to Citrus Heights businesses and members of the Citrus Heights Chamber of Commerce. For more information or to enroll, contact the Chamber of Commerce at (916) 722-4545 or visit the Chamber website at www.CHChamber.com.

The Sierra Economic Development Corporation is presenting the Boot Camp in partnership with the Citrus Heights Chamber of Commerce and the City of Citrus Heights with funding from the Wells Fargo Foundation.

Source: El Dorado Savings



This is the second year Gibson Ranch Park has been transformed into a living history destination for Civil War battles, featuring the National Civil War Association's professional reenactors

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### **Battle of the Wilderness** Civil War Reenactment at Gibson Ranch Park

By Linda Harper

NORTH SACRAMENTO COUNTY, CA (MPG) - May, 1864: "General Grant, promoted to commander of the Union Armies, planned to engage Lee's forces in Virginia until they were destroyed. North and South fought in an inconclusive battle in the Wilderness. Lee inflicted more casualties on the Union forces than his own army incurred, but unlike Grant, he had no replacements.

—Library of Congress, American Memory

May 4-May 22, 1864 marked a grueling battle that served as the crossroads of the Civil War and led to the conclusion of combat within America. The field of battle was 2100 square miles of Virginia wilderness with towering trees, thick underbrush, and swamps of brackish water. Each day, the resounding sounds of gunshots and booming cannon blasts rang through the region, including the sleepy community of Spotsylvania, VA.

General Grant and his Union men were camped on one side of the Rapidan River while General Lee's Confederate Army was on the other side. The exchange of black powder musket fire caused massive, uncontrollable underbrush fires which burned to death wounded Union and Confederate soldiers

alike before their comrades could rescue them. Not believing that General Lee could reach the area until May 5th, Grant intended to advance to the West, consolidate troops and position his forces to attack the Confederates. Alerted to General Grant's movements, Lee quickly devised a daring scheme to charge ahead and assault Union forces unexpectedly from the east. So began the infamous Civil War Battle of the Wilderness.

On Saturday, May 3rd and Sunday, May 4th, Gibson Ranch Park will host a Civil War Reenactment of the Battle of the Wilderness, with all the thrilling anticipation of the original

Continued on Page 3



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### **Yard of the Month Award Promotes Water-Conscious Gardening**



This Citrus Heights home in the 6200 block of Tremain Drive includes water saving features such as Flagstone pavers and drip irrigation.

#### By Tim Schaefer, Park Oaks **Neighborhood Association**

CITRUS HEIGHTS, CA (MPG) - Park Oaks Neighborhood Association #5 (PONA) is located in the Park Woods Neighborhood, Citrus Heights Area 5. The inspiration for the Yard of the Month program was brought back from a national conference of neighborhoods held each year called Neighborhoods USA. The program was introduced to PONA in 2009 by one of our founding board members, Richard Doyle. The program is designed to recognize homeowner's efforts to improve their property resulting in an improvement in the community.

We have aggressively promoted this program through word of mouth and during our monthly meetings. In June of 2013, PONA had a 55-foot Yard of the Month float in the 14th Annual Citrus Heights Red, White and Blue Parade. The float was awarded the prestigious Mayor's Trophy, the highest award in the parade.

Between the months of April and October, our Neighborhood 5 residents are encouraged to nominate properties in their neighborhood that show outstanding care and beautification. Nominations are sent to the Yard of the Month Committee. The committee meets at the beginning of each month to select the winner.

This month's winners are John & Katherine Williamson. Their property was selected for its beauty and the water conserving nature of the landscape design. It features Flagstone pavers and drip irrigation. Katherine said her motivation for moving to the drought tolerant design was a very high January water bill. If you would like to see this beautiful yard, it is at 6117 Tremain Drive in Citrus Heights.



Tim Schaefer, President of PONA and Katherine Williamson, winner of the April 2014 Park Oak

If you don't live in the Park Oaks Neighborhood Association and would like to explore having a Yard of the Month program for your neighborhood, contact PONA President Tim Schaefer at neighborhoodassoc5@gmail.com, and he will be happy to explain how to get your program started.



## **Veteran SJUSD Leader Kent Kern Named Superintendent**

SJUSD Special Release

#### **SACRAMENTO REGION, CA (MPG) -**

The San Juan Unified Board of Education has announced that it has named veteran District leader Kent Kern as the next superintendent of schools, effective March 26.

Kern, a Bella Vista High School graduate who has served San Juan Unified schools his entire professional career, has filled the top leadership post on a temporary basis since November. He was previously the District's assistant superintendent of operations and support services.

"As a proud San Juan Unified alum, this District has always been a family to me, and I am excited and honored for the opportunity to continue working to improve student achievement," Kern said. "I look forward to working alongside our outstanding school communities and staff to continue San Juan Unified's tradition of excellence.'

Board President Lucinda Luttgen said Kern is the perfect fit for San Juan Unified as the District implements major



Kent Kern

changes - including the Common Core State Standards and the new state school funding formula - that are transforming the face of education.

"Our District needs a trusted face to lead the way as we take on some of the most significant changes we've seen in education in a generation," Luttgen said. "Kent is a proven and respected leader throughout the halls of our schools who can inspire us all to rise to the challenge."

Kern, 46, began his career

in San Juan Unified in 1993 as a teacher at Will Rogers Middle School. By 2002 he was Carnegie Middle School's principal and in 2007 became a director of schools and programs overseeing middle schools. Since then he has also served as the director of safe schools; interim senior director of facilities and planning; and assistant superintendent of operations and support services.

Kern fills the vacancy left by former Superintendent Glynn Thompson. Under the terms of Kern's three year contract, he will earn \$238,500 which includes a 6 percent longevity provision which is the same amount provided to other employees in the system. The Board of Education launched an internal search for the District's next superintendent in January and collected extensive public input on the qualities, characteristics, and priorities the next superintendent should bring to the position. A community panel and Board members conducted candidate interviews on March

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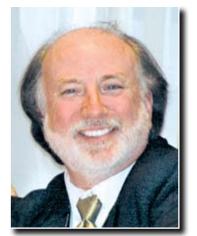
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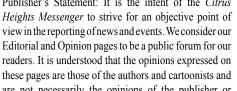
ELK GROVE MEMORIAL PARK & MORTUARY 9189 E. Stockton Boulevard • Elk Grove RSVP Required: 916.732.2031

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

Seating is limited to 30 attendees per seminar



Publisher, Paul V. Scholl



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# Reports from Sacramento Metro Fire District

# Metro Fire Responds to Three Structure Fires in Less than Six Hours

SACRAMENTO REGION, CA (MPG) -Just after 4am, the first of three fires was reported in Citrus Heights, at a closed-down mini mart at Auburn Blvd. and Sandalwood Drive. First-arriving crews were informed that transients frequently inhabited the building. With the potential for victims inside, the decision was made for an offensive fire attack, searching for occupants while putting out the fire. The interior was heavily charged with smoke and crews found the seat of the fire to be in a rear storage area. No occupants were inside and crews extinguished the fire, while keeping the structure intact. Amount saved is estimated at \$200,000, with damage approximately \$50,000.

under investigation.

The second fire took place in

The cause of the fire is currently

a mobile home park on the 9100 block of Greenback Lane in Orangevale, just after 5:30am. Crews arrived to find two adult residents standing outside a trailer that was well-involved with fire. Both residents had significant burn injuries and were transported to UC Davis Medical Center. Nearby trailers were also threatened, so crews on scene simultaneously treated the patients, knocked down the fire, and protected exposures. Unfortunately, the residents' dog perished in the fire. Crews were able to protect adjacent units from any damage, though the trailer of origin was a total loss. Cause of the fire is undetermined at this point. The trailer did not have any working smoke

The third fire occurred just before 10am on the 5700 block

of Eastridge Drive in North Highlands. An alert neighbor called 911 after noticing smoke from the vents of an unoccupied home. Crews quickly made entry into the residence and were able to contain the fire to the bathroom. Aggressive salvage protected most of the residents' personal belongings. Amount saved is estimated at \$150,000 with damage at approximately \$5,000.

The cause of the fire is currently under investigation. No firefighters suffered injuries in any of these fires.

Smoke alarms do save lives! Almost 2/3 of home fire deaths are in homes with no working smoke alarms.

Protect your family; test your smoke alarms every month, and change the batteries when you change your clocks.

## 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



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.

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

# Battle of the Wilderness Civil War Reenactment at Gibson Ranch Park

Continued from Page 1

conflict. This is the second year Gibson Ranch Park has been transformed into a living history destination for Civil War battles, featuring the National Civil War Association's professional reenactors. The Ranch's gently rolling hills and other natural amenities provide the perfect venue to recreate one of America's most politically charged struggles, initiated 150 years ago.

The event will showcase life during the Civil War with living history camps, Civil War music and dancing, a mix of modern day and period food vendors, crafts representing the 1860s and a historical fashion show. Kids' activities will be held in "Civilian Town."

Two battles will be fought

each day. On Saturday, the camps open at 9:00 a.m., the first battle is at 1:00 p.m., the second is at 4 p.m., and the camp closes at 5:00 p.m. On Sunday, the camps open at 9:00 a.m., the first battle is at 11:00 a.m., the second is at 2:00 p.m., and the camps will close at 3:00 p.m.

This year, Blood Source and Talk 650 KSTE are teaming up to help increase the valuable, life saving blood supply in our region. People can donate blood at any Blood Source or mobile unit to determine who the Civil War battle winner is. Donors can choose General Grant's Union Army by using donor card #7001, or General Lee's Confederate Army by using donor card #2100. Results will be announced at the beginning of each battle. Go to the Blood

Source or Gibson Ranch Park Facebook page to see Dominick, Vince, and Michael duel each other.

A guest appearance by Armstrong and Getty's after show staff is scheduled. Gibson Ranch Park event organizers and sponsors SAFE Credit Union, 650 KSTE Radio, and Recycle Industries have worked to provide a great family event. There's something for everyone at the Civil War Battle of the Wilderness reenactment.

Admission to the Civil War experience is \$7. Kids under 10 years old are FREE. Win free tickets to the Battle of the Wilderness by listening to KSTE Talk 650. For more information, visit www.gibsonranchpark.com or call (916) 806-3868. ★

Facebook

## Metro Fire Expands Reserve Firefighter Program MATHER, CA (MPG) - Metro Fire all Reserves operate from Rio stations on larger fires for crews to

recently announced the expansion of the Reserve Firefighter Program. This program provides members of the community the opportunity to be a valued team member at Metro Fire, supporting our all-hazard operations. Reserve firefighters are not full-time employees of the District.

They are civilians who are willing to drop what they are doing at the sound of their pagers, and help respond to fire, medical and other emergencies in our community.

The success of this program has prompted expansion. This year, Metro Fire will hire up to 25 more Reserve Firefighters to enhance the program. Currently,

Linda, but reserve stations will eventually expand to other areas of the District. Firefighter-specific training will be a regular activity for both experienced and newlyhired Reserves.

The Reserve Firefighter Program can provide a valuable career pathway, where the basics of firefighting can be learned while providing support to firefighting operations. Reserve Firefighters do not enter dangerous environments, but they do drive and operate water tenders, which are used to supply water in areas with limited access. They also staff an air unit to refill firefighters' air cylinders, and they establish rehab

recover after extensive effort.

"The design of the expanded

Reserve Program is twofold," states Bill Daniels, Metro Fire Assistant Chief. "Reduce operational costs by internally supporting the needs of the District, while developing and mentoring the future firefighters within our own community." Reserve Firefighters will receive a small stipend for their time on duty, but the skills they will learn are invaluable.

For more information on this great program, visit www.metro-fire.ca.gov and click on the CAREERS.



Page 4 ● Citrus Heights Messenger

#### **Second Edition for April 2014**

# A Day on the Ranch



(Above) One of many paths winding throughout the Stock Ranch Nature Preserve

#### By Elise Spleiss Photos By Tina Gandara Photography

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights community gathered on a picture-perfect day to celebrate a local jewel, the Stock Ranch Nature Preserve, which runs behind Costco and Wal-Mart on Auburn Road. Whether you are out for a lunchtime stroll or an afternoon of exercise and education with family and friends, this urban retreat has something for everyone.

In 2011, the state awarded the city over \$500,000 in grant funds to add educational enhancements to the existing nature preserve. The new features include interpretive signage, interactive features, a wetland overlook and a picnic area. Of note, Citrus Heights partnered with the Sacramento Tree Foundation to develop an oak woodland restoration area and drought-tolerant

demonstration garden.

Citrus Heights Mayor Mel
Turner and members of the City
Council kicked-off the celebrations which included nature
preserve tours, gardening workshops, and informational booths.
As the mayor noted, the project would not be possible
without partners like the Sunrise
Recreation and Parks District,
State of California, Sacramento
Tree Foundation, Arcade Creek



Citrus Heights mayor Mel Turner welcomes attendees to "A Day on the Ranch" at the Stock Ranch Nature.

Neighborhood Association, Friends of Stock Ranch, Costco, and Wal-Mart. Much of the preserve is handicapped accessible.

The Stock Ranch Preserve is a 47-acre open-space park with over 1.5 miles of walking paths along the Arcade and San Juan creeks and is the site of the original Van Maren homestead. Peter Van Maren, a leading agriculturalist, settled in the area in 1856 with a ranch of nearly 1,000

acres. His great grandson, Guy Philip Van Maren, donated the land for the Stock Ranch Nature Preserve. Stock Ranch is only one of

many outdoor areas of relaxation and recreation for Citrus Heights residents and visitors. For more information about

For more information about the Stock Ranch Nature Preserve, visit www.stockranchnaturepreserve.net/.

Source: City of Citrus Heights

# Two New National Brands Sign Leases at Citrus Town Center



CITRUS HEIGHTS, CA (MPG) - Inter-Cal Real Estate Corporation has inked two deals with prominent national tenants Sketchers and Party City for its Citrus Town Center property. The two leases encompass over 20,000 square feet of space in the center. Both are expected to complete build out and open this summer.

"We took the time to sign the right tenants which complement existing businesses in Citrus Town Center. Sketchers and Party City are leaders in their industry. With these two additions and the recent opening of Dress Barn, our center continues to be a "must visit" destination in the Citrus Heights area.

Citrus Town Center offers vital stores and services in a convenient layout for area shoppers", said Citrus Town Center Asset Manager Jason Bollinger.

Skechers is a billion-dollar global leader in the lifestyle footwear industry and a high-performance footwear brand. SKECHERS USA, Inc. designs, develops and markets more than 3,000 styles for men, women and children. It will open in 9,000 square feet, next to Marshalls.

Party City is the nation's largest specialty party goods chain. Party City operates more than 800 company-owned and franchise stores throughout the United States and Puerto

Rico. The store will move into an 11,700 square foot pad between Sprouts Farmer's Market and Rite-Aid.

Two years ago, Citrus Town Center completed a major four million dollar remodel and center rebranding. With these additions, the center will be at 97% occupancy. Other majors include Sprouts Farmer's Market, Marshalls, Staples, Rite-Aid and PetSmart.

Citrus Town Center is located at the corner of Sunrise Boulevard and Greenback Lane in the Sunrise MarketPlace Business Improvement District. ★

Source: Citrus Town Center

### San Juan Legacy Exhibit

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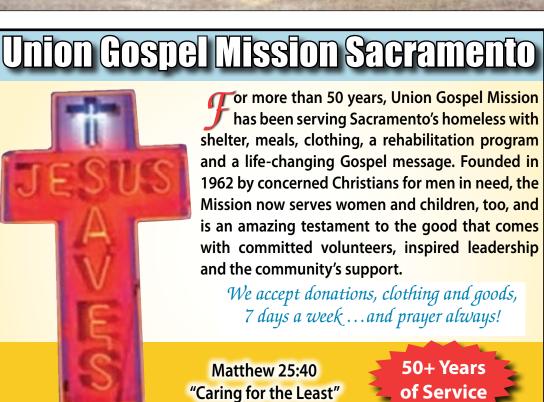


San Juan has many career paths to open opportunities for students either going on to college or to the work force.

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







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APRIL 26, 2014

**LOCATIONS** -

#### **Stock Ranch Reserve**

Sunrise Park District (Behind Costco on Auburn Blvd.)

9am-1pm

Clearing Brush & Picking up Trash

**Cherry Creek Park** 

City of Citrus Heights (Sperry Dr. & El Sol Way, CH)

9am-1pm

Clearing Brush, Picking up Trash, Cutting Back Small Trees & Tall Grass



Orangevale Parks & Recreation (Corner of Oak Ave. & Filbert Ave.)

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Purpose: To lead and develop a dynamic, Spirit-filled, unprecedented Music and Performing Arts Ministry for Unity of Sacramento in consultation with the Senior Minister and other team members, in a way that is congruent with our vision, mission, values, and Unity principles.

- 1. Inspirational, Spirit-led leadership
- 2. Bachelors degree
- 3. Experience in directing a professional orchestra/ band/choir/praise team 4. Exposure to various worship forms and styles
- 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
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- 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. 8. Talented music composer and arranger.
- 9. Great communication skills; able to communicate well with Senior Minister, Choir, Band, Audio/Visual department, any instrumentalists or vocalists. 10. Working knowledge of A/V sound and lighting equipment.

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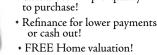
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- 30. Rub elbows
- force 39 a k a Pleasant Island
- 41. \*"The Jetsons" genre
- human body
- 47. Pay attention
- 53. Toothy wheel 55. In the capacity of
- Michelle
- 64. Small and elegant 65. "Dear" one
- play, e.g.
- to Jov" 70. Perpendicular to the keel 71. Combustible heap

73. \*Tim's "Home Improvement"

DOWN

3. Called

- 1. Serengeti antelope
- 4. Use crib notes
- 9. Explore by touch
- Elizabeth II
- 15. Swelling on foot 20. Rumpelstiltskin's machine, pl.

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- Scooby's nephew 9. Most vital part of idea
- 14. "Home of the brave" 15. Wash oneself
- 18. Gastric woe
- 24. O. Henry's "The Gift
- 25. Madonna's iconic stagewear
- 37. Supernatural life
- 44. Get ready to drive 46. Alpine transport
- 48. In this document 50. Show horse type
- 57. \*Danny or D.J. or

72. This instant

- 2. Arab League member
- 7. Don't waste 8. Mostly vegetarian bear
- 22. "Gross!" 24. Extra room charge

- **ACROSS**
- 16. Committee or special
- 21. \*Claire or Phil or Luke 23. Chinese "way"
- 28. Arizona Indian 35. Animal house
- 40. Editing choice on computer
- 43. Largest organ of
- 52. Like a fox
- 60. \*Lorelai or Rory or Emily
- 67. Cut at an angle 68. Convert a book into a screen-69. Schiller's "
- 5. Sabbath loaf
- 10. It makes one scratch 11. He plus she 12. \_\_\_ Royal Highness Queen

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5 8 2 5 8 1 6 4 2 5 6 9 1 6

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#### 25. \*Michael or Buster or Lindsay 26. Hindu queen 27. Support person 29. End to hostilities

31. Quite a party

49. Born

Simpsons'

54. Match play?

C StatePoint Media

36. Profligate 38. A long way off 42. Baghdad resident 45. Kind of hickory nut

51. Involving the medulla oblongata

32. Little Boy and Fat Man, e.g.

33. Architectural projection

34. \*Peggy or Kelly or Al

56. Naked protozoa 57. Not a slob 58. Slightly open 59. Uh-uh

Brady Bunch" pilot

61. Baker's baker 62. Go through volumes

60. \*The kids never did this on "The

63. Lined with elm trees 64. Small loaf of soft bread 66. \*Mike and Carol said it on "The

For Solutions See Page 7

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#### Suduko Puzzle on Page 6

4 2 7 1 6 9 5 8 3

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

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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)

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

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(MPG 02-28-14)

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**Crossword Puzzle on Page 6** 

DISCLAIMER





#### By Ronnie McBrayer

I pulled from my bookshelf a few systematic theology books that I had not opened for a long time. I blew off the dust, cracked the stiff binding, and dove into the hundreds of pages filled with declarations about the attributes and characteristics of God.

There they all were: God's self-existence, knowability, immutability, infinity, immensity, unity, veracity, holiness, righteousness, omniscience, sovereignty, transcendence - and several other \$10 words – with all my handwritten study notes in the margins. This corpus of work was intended to make the theology student feel confident - to demonstrate how right our doctrines are. But as I skimmed the pages I was made freshly aware of how distracted we have

For all of Christianity's theoretical words and defenses, the Apostle John was simple and winsome with his definition of God: "God is love," John said. If Christians daily practiced this definition instead of declaring and defending how "right" we are, I imagine the world would be a much different place.

With the truth, "God is love," rather than "God is on my side,"

By Marlys Johnsen Norris,

Learn to identify the things

that steal your joy from you.

When you do this, you can and

will learn now to control your

life, your words and your emo-

Bible are clear "For as a

man thinks in his heart, so is

he. (Psalms 23:7) A person

cannot fool God, He knows

everything about everyone and

everything!

tions. The words from the

Christian Author

### Love Saves the World from Death

or "God hates you and your the village to work. As a man kind," in the hearts of people and animating their actions, it would revolutionize the world. I know this talk about the power of love can trigger our gag reflex. We've heard enough of that, haven't we?

Love-talk is the cue to braid our hair in pigtails and flowers, break out the hookah pipe, drink a little free Bubble-Up, and lay back on a bed of rainbows. That's about all it is – just talk. The late George Carlin said, "Love is incredibly powerful. It is a beautiful thing. But if love had any power to change the world, it would have prevailed by now. Love can't change the world. It's nice. It's pleasant. It's better than hate. But it has no special power."

While tempted to agree with this assessment, I'm not ready to do so yet. I'm going to take John at his word: Love is God's nature and love comes from God. Once this love gets planted in our hearts, it spills out to others, resulting in transformation; it changes the world, one person at a time.

Love isn't ineffective. Rather, every generation must learn the same lesson: God's love must become primary; more crucial than any other belief, creed, or doctrine to which we adhere. Such love will have infinitely more power than any theological explanation, and such power can be employed by everyone – from the brainiest theologian to the most common man on the street.

To that end, there was a rabbi who became friends with a Persian fortuneteller. Every morning the two sat together and watched people head out of

walked by, the fortuneteller said, "I foresee that this man will not come back. He will be bitten by

a snake and die." The rabbi answered, "Maybe so, but only God knows such things." They agreed to come together at the end of the day to see if the worker returned. At evening they saw the condemned man enter the village! The Persian ran at once to him, grabbed his backpack, and emptied it on the ground. An enormous snake spilled out of the bag; a snake very much dead.

So the rabbi asked the man, "What did you do today to avoid misfortune?" The man answered, "I cut trees in the forest. Every day at lunch the workers place our food in a common basket and eat together. Today, one of us had no bread and was ashamed. So I told my friends, 'Let me collect the food.' When I came to him I pretended to take bread from him, so that he would not be embarrassed."

To this the rabbi burst out laughing. He said, "My son, today you obeyed God's commandment to love! You saved your coworker and also saved yourself!" And turning to his fortuneteller friend, the rabbi said, "When one loves from his heart, he changes the fates. Love saves the world from death." Indeed, it does.

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.

## A Pedicure that Cured All My Pet Peeves

Dr. James L. Snyder

Since I was a young person, I always had some pets around. Most of these have been dogs, hunting dogs in particular. And I loved my pets.

In getting older, I discovered that having a pet dog around is a lot of work. More work than I care to do in light of my busy schedule. So I have exchanged these pet dogs for a few pet peeves.

One pet peeve of mine is when a waitress calls me "Sweetie." I do not know, it just gets under my skin. Of course, it might be good for somebody to think of something sweet about me. I prefer, rather, it is somebody who knows something about me. What bothers me is the people who know me really do not call me "Sweetie." There may be something to that.

Another pet peeve is when somebody is eating broccoli next to me in a restaurant. Eating broccoli in public is probably not against the law, but it should be.

And many pet peeves to go along with that.

Recently a situation developed that caused me quite a bit of a quandary. The gist of that quandary had to do with money, which is another pet peeve of

When I was in high school, I had smashed my right big toe. At the time, the doctor had to remove the toenail and it took six months for my toenail to grow back. Well, it did not quite get back into shape. I have had trouble with that toe ever since.

Lately that toenail was giving me some difficulty. It was not growing in the right direction and it looked like it was rotting. I knew if I went to the doctor, it would cost me an arm and a leg. What good is a toe when you lost an arm and a leg? When checking it out it would have cost

this. Without insurance, all of this would have come out of my

I put it off for a year and it seemed just to get worse. It got so bad that it hurt every time I walked. I did complain to the Gracious Mistress of the Parsonage, but she only insisted that I go see a doctor. It is easy for her to say when it is not her

Being a certified Pennsylvania Dutchman, \$200 is a lot of money. Trying to get \$200 out of a Pennsylvania Dutchman is about as close to suicide as anybody wants to get. I tried to think of how I could deal with my toe without going to that money hun-

Several weeks ago, I happened to overhear somebody say that they had a badly infected toenail. It caught my attention because it was the condition of my toe at the time. Instead of going to the doctor, this woman went and had a pedicure, which took care of her damaged toe.

I really did not know what a pedicure was; just that it was some kind of a woman thing. As a man, I had no interest in involving myself in anything that could be classified as a woman thing. However, my toe would not quit hurting.

I pondered this subject for a couple of weeks. During that time, my toe got worse and it was more painful to walk. Of course, my wife kept asking how my toe was and I deferred telling her the truth. There was no way I was going to go to a doctor and hand over to him \$200 of my hard-earned money.

I thought to myself, "Self, maybe you should try the pedicure."

Myself thought it was a good idea and so I drove over to where they did pedicures. I sat in my truck for a few minutes looking

about \$200 to see a doctor about at the Nail Salon where they did pedicures. While I was watching, my toe kept hurting.

Finally, I decided to leave my manhood in the truck, hobble in and see if they could do a pedicure for someone like me. I was sure they had never dealt with anybody quite my size before. I was not even sure that they would take a man as a client.

When I walked in, I discovered that they did not speak English. At least most of them did not. I inquired and was warmly received, then ushered to a chair where they could work on my toes. Within 20 minutes, I received a pedicure to beat all pedicures. The young woman who did my toes did a marvelous job. I was afraid that she would try to paint my toenails and I was prepared for a vigorous No. But she did not and was very gracious in taking care of my wounded toe.

When I went to pay for the pedicure, I was surprised it was only \$20.

I walked painlessly to my truck and sitting in my truck was my manhood with \$180. That is what I call a good day.

I could not help think of a verse in Proverbs, "Better it is to be of an humble spirit with the lowly, than to divide the spoil with the proud" (Proverbs

Sometimes a proud spirit gets in the way of healthy living. When I think too much of myself I have too much of myself to

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 jamessnyder2@att.net. His website is www.jamessnyderministries.com.

### Another Answered Prayer! Possibly some of the follow-

ing things will help you. say "No" to all negative thoughts; to bad or sad memories; past mistakes or decisions; do less, don't over party or overdecorate; if you travel, cut it short; bury your moods and emotions, they are infectious; most important - find a time to just be quiet. Stop causing more negative things to happen in your life. There is a saying "Thoughts have wings"! The negative thoughts and/or actions will eventually affect your health and only bring on more problems. Stay away from anything or anyone who brings on those negative responses in your life. Be "in control" and remove them from your vocab-

ulary and speech. Make a decision to let these things just go and focus on more positive things. God has given you life to be lived to its fullest

blessing and fulfillment.. If you are going to reminisce, do it about positive events your life embraces. Embellish the many good things that have happened and cherish those memories. Doing this, will cause the innerjoy you once had possibly when the event occurred, and it will be re birthed within you.

Stop wasting your life! Open new doors and experience

God's Best. You are worth it! Joy is birthed when a person embraces those things God brings into their lives. His presence always brings peace and joy only when His presence and instructions are sought after and lived by a believer.

Marlys Johnsen Norris; Christian Author, Speaker, Teacher Pat Boone recommends her book "Recipes for a Happier Marriage'

Contact me: Marlysjn@gmail.com

# Community Steps Up

CITRUS HEIGHTS, CA (MPG) -From Monday, March 10th through Friday, March 21st all Sacramento-area Dutch Bros. Coffee locations participated in "Shake it For Brooke," a fundraiser for 9-year-old Brooke Beaubier who was diagnosed with T-Cell Acute Lymphoblastic Leukemia.

To raise funds, Dutch Bros. Coffee sold Dutch Frost shakes with proceeds resulting in \$19,214. The proceeds benefit Brooke's treatment.

"I want to say thank you to everyone who chose to support this amazing little girl," said Dutch Bros. Woodland/Davis

owner Sean Provost. "I'm so happy to see everyone's support for me," said Brooke. "I hope that I can help someone else going through this in the future. I think Dutch Bros. is fun, I really want to work there one day."

Brooke's treatment continues and her spirits are high. She has been touched and surprised by the community support. From her neighborhood welcoming her home by lining the streets, to California Highway Patrol rallying for her and to all who participated in Dutch Bros' "Shake it For Brooke," she has been lifted by the wonderful outpour of love from so many people.

"We still continue to receive support in all forms and I still struggle to be able to convey with everyone just how thankful we are," said Brooke's mom Timilyn Beaubier. "The 'Shake it for Brooke' campaign that Dutch Bros. put together was a huge success and meant a lot to us."

"It was a great privilege to be able to help with this cause," said Dutch Bros. Auburn/Rocklin owner Jeremy Mauel.



Donation days like these are standard practice for local owners Steve and Nikol Grubbs, Jeremy and Heather Mauel, Brian and Mattie Place, and Sean and Lynsey Provost, who own the Sacramento, Auburn/Rocklin, Granite Bay, and Woodland/ Davis Dutch Bros. Coffee locations. Since the first stand opened in the Sacramento-area in 2004, they have collectively given back over \$200,000 to local causes.

"It was absolutely amazing meeting Brooke and her family," said Dutch Bros. Granite Bay owner Brian Place. "The love, compassion, optimism and energy that the family and community has given is absolutely unbelievable.

"We are so blessed that Dutch Bros. gives us the opportunity to help such a brave

and beautiful little lady," said Dutch Bros. Citrus Heights and NE Sacramento owner Nikol Grubbs.

Dutch Bros. Coffee gives over \$1million annually companywide to local causes and nonprofit organizations as part of its goal of "Making a Difference, One Cup at a Time."

Dutch Bros. Coffee is the country's largest privately held, drive-through coffee company, with over 200 locations and over 2,000 employees in seven states. Dutch Bros. Coffee is headquartered in Grants Pass, Ore, and was founded in 1992 by dairy farmer brothers of Dutch descent. To learn more about Dutch Bros., visit www.dutchbros.com.

Source: Dutch Bros. Coffee

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# Got Church News? Call 773-1111 Citrus Heights Messenger.com





By Mark J. Cimino, CEO **CiminoCare** 

"Dad is no longer living! Don't you remember?" said the frustrated daughter-caregiver to her Alzheimer's inflicted mother, "He passed away 8 years ago!" In frustration, she continued, "Now stop asking me when dad's getting home from work!"

This conversation, and many, many like it plague thousands of families caring for a lovedone who suffers from the onset of Dementia or Alzheimer's disease. If worrying about the stress of the physical demands of caring for a loved one isn't enough, the relationship stress when caring for someone with memory loss can be even more taxing to the family caregiver.

I can't tell you how many friends have reached out to me "at their wits end," asking, "How do you deal with all of this?"

In the not-too-far distant past, a strong theme in the caring of those with memory loss was "Reality Orientation"

### "Going with the Flow" **Caring for Dementia** and Alzheimer's

correcting a person's "faulty reality" lest we participate in a "lie." Well, it took a while, but experts finally realized that all this really accomplished - as it would for most anyone - was to produce in our memory-loss loved one more anger, more resistance and more withdrawal.

Today we stand upon the shoulders of the previous generation of caregiving experts, and we now have learned that the key to caring for memory loss is to simply "be in the moment" and "go with the flow." That sounds simple, but we know it's hard to accomplish without help and practice.

For my work, I try to keep abreast of the latest developments and writings. I recently read the book, "I'm Still Here" by John Zeisel, Ph.D., which is a great addition to materials for family (and institutional) caregivers addressing memory loss. Within the context of the overarching concepts of "being in the moment" and "going with the flow," Dr. Zeisel provides a number of practical applications, including how to effectively manage agitation, apathy, anxiety, and aggression. He also provides the five keys for meaningful communication, and seven rules of relationship building.

So, now when mom asksfor the tenth time—"When is your father coming home from work?" daughter-caregiver can respond by "redirection" and say, "I don't know, but mom, what shall we make for dinner? Can we make it together?" And, while behaviors will always be varied, unpredictable and inconsistent, the chances are, the family experience will be more meaningful.

I appreciate Dr. Zeisel's discussion so much that I ordered a box of his books to share with my team, with friends and with other readers. I have 15 more to give a way. First come, first served for 15 of you to email me to have your own copy as my gift to you.

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



By Pastor Ray Dare

Have you ever notice how some Christians lose their joy after they become believers? Why is that? Why is it that some people start with great joy and vitality, but after a while they lose it all? Why? Because they allow people to steal their freedom.

In the book of Galatians, Paul mentions a subtle trap that causes us to lose our joy in life. The fact is it's still around today. Paul said, "Beware of becoming a legalist."

People love to have their 'do's and 'don't's'; their no-no list. But have you noticed that one of the problems of making lists of 'do's and 'don't's, is that my list doesn't usually match your list? I don't smoke, cuss, drink or chew or run around with those that do. One group says, "You can't wear makeup". Another group says, "It's ok to wear makeup but you can't dance". Another group says, "It's ok to dance, you just can't

**Your Freedom** 'Well, smoking doesn't send

**Don't Give Away** 

smoke". Another group says, you to hell...it just makes you smell like you've been there!"

Not much as changed in 2000 years. In Jesus' day, society was a very legalistic and rigid. No society was more legalistic than New Testament Palestine. The spiritual policemen of that day were called Pharisees. They went around with clipboards checking on everybody. They were continually scrutinizing people, asking questions, pointing out faults. They were very legalistic. They had thousands of rules and regulations. They kept score on everybody. They were very judgmental and critical and intolerant.

Jesus went to those Pharisees and said, "You phonies! You make up rules that even you yourselves don't keep. That's not what God wants." (Luke 11:46) God wants relationships not rules. That's what counts in the Christian life. He says beware of legalism.

If you want to do what's right look at Galatians 5:14. "The entire law is summed up in a single command 'Love your neighbor as yourself". If you're ever in a situation where you wonder..."What should I do? What should I believe?

What should I think about that situation or person?" When you don't know what's right or wrong, you'll never go wrong by loving. You can always choose to love and love never

Church is based on love, not legalism; grace, not guilt; relationships, not rules and regulations. Church should be a place where people can be real and nobody's going to judge them or put them down, but they're going to be loved and accepted because the truth is we're all in the same boat! The fact is nobody's perfect. Nobody's better than anybody else.

Jesus didn't come to give you religion, that you might keep rules. He came so you might have a relationship with Him. He wants you to serve Him out of love, not out of fear, not out of duty. Jesus said "If the Son sets you free, you will be free indeed!" John 8:36. Wherever there is genuine Christianity you find freedom. Don't let anybody steal that from you.

Pastor Ray

New Beginnings Church YOU'RE INVITED, Sunday service at 10 am "We Do Church Differently" www.NBC4U.org

## Family Fun At Spring Celebration!

By Connie Hall

CITRUS HEIGHTS, CA (MPG) - Citrus Town Center is pleased to host a Spring Celebration at their center on Saturday, April 26th from 1:00 p.m.-3:00 p.m. All events are free to the public and include an array of fabulously-fun things for the whole family.

This two-hour celebration includes train rides, face painting, balloon twists, games and prizes, music and magic, plus spring crafts for the little ones to

Bring the whole family out for a couple of hours of free fun and visit many of the fine merchants of Citrus Town Center

while you're there. Sprouts, BevMo, Dress Barn, Panera Bread and many more await you this weekend.

Citrus Town Center is located at the corner of Sunrise Blvd. and Greenback Lane in the heart of Sunrise MarketPlace in Citrus Heights.

Source: Hall Market Media



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**Go Girl, Go!**Lisa Young, All American Speedway's Newest Female Driver Rounds the Track in Her Hot Pink F-4



lf you're thinking about breaking into the short track community racing scene at All American Speedway, building and driving an F-4 race car is a great way to do it. For information about entering the racing arena, program schedules, ticket prices and weekly happenings at AAS, log on to www.allamericanspeedway.com

#### By Linda Harper

#### SACRAMENTO REGION, CA (MPG)

- In the sports world, women in racing haven't quite caught up with the female explosion we've seen in other sports. Of course, there's Danica Patrick, IndyCar driver turned NASCAR competitor, and Sarah Fisher Hartman's team holds a place in the top ten on the Indy Circuit after racing a few seasons in the NASCAR Series West (now Nationwide Series). Several years ago she was seen rounding the short track at AAS. Although the sport has gained tremendous attention from female fans over the past few years, driving a race car is still considered a "guy thing." But at Roseville's All American Speedway, there's change in the air and estrogen on the track.

Look out boys, there's a Pink Lady at All American Speedway, and she means business-fun business, that is! Lisa Young can be seen in her bright pink F-4 Honda #50 making a run down the straights, banking on turn two, and coming in for the pass through turn four. Lisa is a contender in the Speedway's newest division, the F-4s.

Lisa is sponsored by H & L Towing and Recovery Company. Her racing experience is a family

affair; her stepfather owns H & L Towing and sponsors two other cars that race on the AAS track. Lisa and her stepdad built her F-4 ride, and she employs a crew for race day. She feels comfortable in the pits helping tune her pink machine before she goes out on the track. Her philosophy is that in order to know how you're going to do on race day, you need to know your car. The best way to do that is to help build the race car and be involved in keeping it in winning shape.

This will be Young's first full season racing at All American Speedway, and she's thrilled to be part of the racing experience. Lisa wants to be an example to other women who would enjoy being auto racing participants rather than just fans in the stands. When Lisa Young isn't tearing up the track on Saturday nights, she keeps busy taking care of her 18 month old son, Peyton, and working with her family at H & L Towing and Recovery. When asked about the benefits of steering her F-4 Honda at high speeds around the asphalt race track, Lisa said, "It's exciting, confidence building, and a great way to relieve stress. Most of all, its fun." Fan Appreciation Night at the All American Speedway, held Saturday, April 12th, was

exciting, informative and fun for everyone. Drivers were able to show off their cars, talk about their racing plans for the season, and mingle with their faithful followers. Fans got a close up look at Street Stocks, Bombers, Modifieds, Legends and F-4s. Race enthusiasts walked away with autograph cards and T-shirts. Some drivers gave away candy to their youngest admirers. Who knows, maybe one of the kids who's energized by the roar of an engine, the size of racing tires or the smell of high octane racing fuel being burned will be a knockout competitor a few seasons from now. That's what short track community racing is all about, it's a local stage giving everyone an equal opportunity to compete, advance or just have fun.

If you're thinking about breaking into the short track community racing scene at All American Speedway, building and driving an F-4 race car is a great way to do it. For information about entering the racing arena, program schedules, ticket prices and weekly happenings at AAS, log on to www.allamericanspeedway.com or call (916)

# **Veteran's Center "Build** a Bathroom" Yard Sale

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) -

The Citrus Heights Veteran's Community Center volunteers invite neighbors and friends to help build a bathroom by donating items and services and by attending their "Build a Bathroom" Yard Sale and Silent Auction on Saturday, May 3rd at 6921 Sylvan Road in Citrus Heights.

Renovations on the Veteran's Community Center are continuing, and the Center needs the community's help in the next phase. Funding is needed to build two new ADA approved restrooms at the Center. The original Sylvan Schoolhouse

time when using outdoor privfacilities may be indoors but are in need of major updating.

Jim Rounsavell, owner of the Center, is asking all to "Scour your garages, closets and attics for items you don't need. Someone else might like to have your long-saved, no longer needed, keepsake. Bring your donations to the Veterans Community Center. While here, check out our Veterans Clubhouse. See how we are thanking our veterans for their dedication, service and sacrifice."

Also needed for the silent

ner of Sylvan corners in 1862, a theme baskets; certificates for services rendered; and store, ies was the custom. The present restaurant and recreation gift certificates.

Besides creating a location for our veterans to congregate, have a free cup of coffee and reminisce about the past. The Center's mission is to help veteran's get support from the federal government in procuring claims and search for additional benefits. Thanks for your participation.

For more information call (916) 757-9193 or go to www. AllVeteransGolf.org.

Source: Citrus Heights Veteran's Community Center

# Citrus Heights Police Taking Back Unwanted Prescription Drugs April 26 Drop Off Medications at the Citrus Heights

Police Department's Main Lobby

- On Saturday, April 26, 2014, from 10 am to 2 pm, the Citrus Heights Police Department and the Drug Enforcement Administration (DEA) will give the public its seventh opportunity in three years to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs. Bring your medications for disposal to the front lobby of the Citrus Heights Police Department located at 6315 Fountain Square Drive, Citrus Heights, California 95621. The service is free and anonymous, no questions asked.

Last November, Americans turned in 324 tons of prescription drugs at over 5,683 sites operated by the DEA and its thousands of state and local law enforcement partners. This is the secondlargest collection of medications in seven Take-Back Days. When the results of the seven events to date are combined, the DEA and its state, local, and tribal lawenforcement and community partners have removed over 3.4 million pounds (1,733 tons) of medication from circulation.

"The American people have once again responded to the National Prescription Drug Take-Back Day event, and we thank them for participating in this

**SACRAMENTO REGION, CA (MPG)** effort to battle prescription drug abuse," said DEA Administrator Michele M. Leonhart, who added that 4,114 agencies participated with DEA nationwide in this event. "These take-back events highlight the problems related to prescription drug abuse and provide a unique and meaningful service to our citizens. While we continue to finalize a uniform system for prescription drug disposal, we will continue to sponsor these take-back opportunities and give Americans the opportunity to contribute to the solution. DEA is grateful to the many federal, state, local, and tribal partners that have helped make this effort so successful."

This initiative addresses a vital public safety and public health issue. Prescription drugs that languish in home medicine cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high; more Americans (6.8 million) currently abuse prescription drugs than the number of those using cocaine, heroin, hallucinogens like LSD, and inhalants (sniffed household products) combined, according to the 2012 National Survey on Drug Use and Health. Studies show that a majority of abused prescription drugs are obtained from family

and friends, including from the home medicine cabinet.

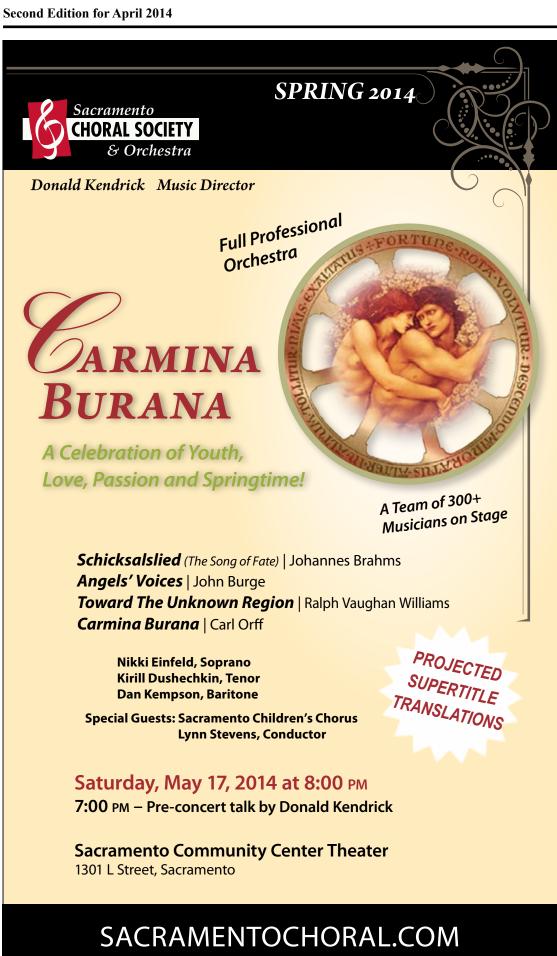
Take-Back Days are presently needed because the Controlled Substances Act (CSA) as originally written didn't provide a way for patients, caregivers, and pet owners to dispose of such controlled substance (CS) medications such as painkillers, sedatives, tranquilizers, and stimulants like ADHD drugs. People were flushing their old meds down the toilet or throwing them in the trash, but in recent years medicines have been found in the nation's water supplies, and medications were being retrieved from the trash by those who would abuse or sell

To give people a more environmentally responsible and secure way to dispose of their meds, DEA launched its first Take-Back event in September 2010. Four days later, Congress passed the Secure and Responsible Drug Disposal Act of 2010, which amends the CSA to allow people and, in some instances, long term care facilities to regularly, conveniently, and safely dispose of their CS medications by delivering them to entities authorized by the Attorney General to accept them. DEA is in the process of finalizing regulations to implement the Act.









Community Center Box Office | 916 808-5181 or Tickets.com

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New to the event: "Battle of the Blood Drive". Visitors can donate blood to any blood source location or mobile unit to help determine which army is going to win the battle, the Union Army (choose Donor Club Number 7001) or Confederate Army (choose Donor Club Number 2100) . Results will be announced at the beginning of each battle on May 3-4, 2014. Look for Battle of the Blood Drive updates on the Facebook page of Bloodsource and Gibson Ranch Park, as well as our websites. Visitors will also see guest appearance from KSTE Talk 650 Armstrong and Getty's After Show Staff. Log on to www.KSTE.com. See Dominick, Vince and Michael Duel. Also listen to KSTE Talk 650 to win Civil War Days tickets.



PHONE

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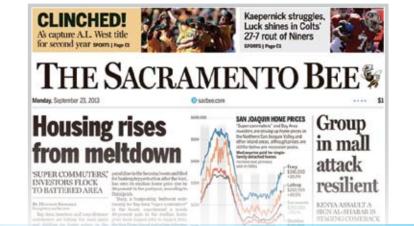
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Sac Unity Farmers Market NEW MARKET OPENING MAY 31! **SATURDAY** 9249 Folsom Blvd, Sacramento (at Unity of Sacramento Church) on Saturdays 8 am - 1 pm, year round.

Carmichael Park Farmers Market

SUNDAY

**SATURDAY** 

SATURDAY

**THURSDAY** 

WEDNESDAY

WEDNESDAY

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

For more information: www.bemoneysmartusa.org

# 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!



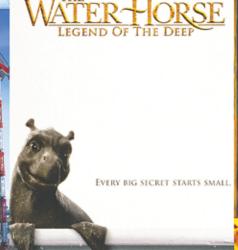
#### Saturday, June 14

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

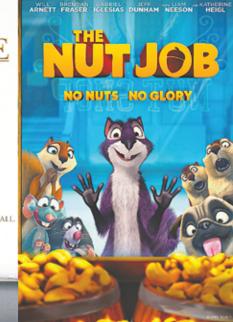
As one of the biggest box office family hits in the last year, don't miss The Lego Movie showing for free at Citrus Town Center. Jonah Hill and Will Ferrill lend their voices to this family-fun movie!



THE CHRONICLES OF NARNIA

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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