



Giving the Boot to Burns in Citrus Heights

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PLUS:
Citrus Heights History and Arts Commission Present the City's Hidden Treasures Exhibit

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Citrus Heights Messenger

“Written by the people, for the people”

Volume 4 Issue 5

Serving the City of Citrus Heights and Sacramento County

First Edition for March 2014

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Rotary Crab Feed Raises Over \$60K



The annual Rotary Crab Feed Fundraiser was held on February 15, at the Citrus Heights Community Center. By the end of the night, over 700 members and guests had consumed over 2,000 pounds of cracked Dungeness crab, gallons of the crab feed's signature minestrone soup, and much Caesar salad, and bread.

By Elise Spleiss - All Photography
by Diana Miller Photography

CITRUS HEIGHTS, CA (MPG) - For 50 years members of the Citrus Heights Rotary have been volunteering and working tirelessly to improve the lives of those living in Citrus Heights, surrounding communities, and the world. On May 18, the Citrus Heights Rotary will celebrate its 50th anniversary.

Thus it is no surprise when the Rotary Club of Citrus Heights holds a fundraiser, that all involved can be sure that serious funds will be raised. The annual Rotary Crab

Feed Fundraiser was held on February 15, at the Citrus Heights Community Center. By the end of the night, over 700 members and guests had consumed over 2,000 pounds of cracked Dungeness crab, gallons of the crab feed's signature minestrone soup, and much Caesar salad, and bread.

But if one desired liquid refreshment or dessert, their dollars were needed, especially for the tempting dessert plates created by Rotary members for purchase, to be taken home or shared with fellow diners. These desserts brought in \$1,300 this year, doubling last years total.

Besides the desserts, no fundraising 'rock' was left unturned in the quest to raise the money needed to support the myriad of programs and projects Rotary members are involved with. Also supported are the hands-on service projects, such as the February 22nd 'Rotary At Work Day'. Members gave up their Saturday to work with the Citrus Heights Police Department to clean up 89 graffiti sites in four target neighborhoods throughout the city.

In addition to dinner tickets and desserts purchased, 130 silent auction items,

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What is the Worst That Could Happen?

San Juan Water District
Special Report

SACRAMENTO REGION, CA (MPG) - As we drive down the streets of our neighborhoods in Sacramento County the slowly darkening lawns of our homes and parks are becoming more prevalent. The reality of our being in the worst drought, even since the 1976-1977 event, brings to mind questions of: what our water sources are, what local water districts are doing to make sure we all have the basic water supply we need, and what is the worst that could happen. The San Juan Water District provides the answers to these questions here.

The United States Bureau of Reclamation operates Folsom Dam. The dam supplies water to the Sacramento region as well as the San Francisco Bay Area and the Central Valley. The water is also used to benefit the environment and for recreation.

This year, the water at Folsom Lake reached levels lower than we have ever seen at the time of the year, even below the drought of 1976-77. The inflow into the lake is low and water flowing down the American River has been reduced to keep more water in the lake.

San Juan Water District (SJWD) receives all of its water supply from Folsom Lake. The water is pumped through an intake pipe in the Folsom Dam. The pump station serves the cities of Folsom and Roseville as well as San Juan Water District.

SJWD treats the water from Folsom Lake at its water treatment plant and then wholesales the water to five wholesale agencies: Citrus Heights Water District, Fair Oaks Water District,

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Women of Citrus Gardens Proof that Community Service Never Ends

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - "Empowered women serving the community with a spirit of compassion and giving". This is the mission statement for the General Federation of Women's Clubs (GFWC), Citrus Heights Women's Club (CHWC). Please note, there is no age cut off in this quote.

The ladies of Citrus Gardens Retirement Community (formerly Merrill Gardens) are providing unquestionable proof that service to your community never ends. These jewels of our club, some in their eighties and even nineties have become

an important part of the Citrus Heights Women's Club.

The club wanted to honor and thank the women for their help during the last year. So it was a special day at the Sylvan Community Center on February 5 when eight of these special ladies attended the club's regular meeting to enjoy lunch and create fancy valentines to decorate their homes.

Working from their residences at Citrus Gardens the ladies have consistently been helping the club with projects to fill one-time and ongoing needs of women and children in their city.

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The ladies of Citrus Gardens Retirement Community on Stock Ranch Road join the GFWC Citrus Heights Women's Club for lunch and valentine making. The ladies have been lending a hand from their homes on numerous club projects. Club members with ladies: on left, sitting with white sweater, Patty Erhogg; on right, standing in red sweater, Carol Spiker.

The Perfect Combination!

STAY DOWN, Now Everybody Turn Around

Citrus Heights Messenger

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Serving the City of Citrus Heights and Sacramento County

First Edition for November 2013

3 March 2014

Gets Back to Roots

Centennial Celebration

Veterans' Day Observance to be Held at Sylvan Cemetery

CLINCHED! An captain A.J. West tells the second year story of the

Kaspernick struggles Luck shines in Colts' 27-7 rout of Niners

THE SACRAMENTO BEE

Monday, September 23, 2013

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City Holds Hands-on Community Workshop on Proposed New City Hall Building

CITRUS HEIGHTS, CA (MPG) - On Wednesday evening, February 19, 2014, the City of Citrus Heights held a public design workshop open house for the proposed New City Hall project at the Citrus Heights Community Center. Approximately 75 community members attended the meeting along with project staff and team members.

Special attendees included Vice Mayor Sue Frost, Councilmember Steve Miller, and Councilmember Jeff Slowey.

The meeting was set up as an informal workshop with tables and chairs. Attendees were invited to select a table to join for the duration of the workshop. Each table was instructed to select a spokesperson to help record the information gathered at each table.

At 6:30 p.m., City Manager Henry Tingle opened with welcoming remarks and thanked the attendees for coming. City staff presented information on the significance of the evening and the opportunity it presented to residents to help design a New City Hall of the City of Citrus Heights. Project Architects Bill Louie and Max Medina guided residents through the many design elements that they needed to take into consideration as they worked through the key design elements.

Three sites within the city limits are being considered for the proposed city hall. Building design and other components will depend on the site chosen, but the following suggestions were made keeping this in mind.

Four key elements were discussed by each table and then voted on and recorded. Not all residents had the same ideas, but there was a good consensus as to what major elements for a New City Hall should be and what they wanted to see in this new facility.

Once the table discussions were completed each table reported back to the entire room their vision of the necessary design features that should be included in a New City Hall. The following information summarizes the comments taken from each table.



Exterior Design Style & Image

The building should respect heritage; be free flowing; unique and simplistic in appearance; classy and elegant. A transitional modern building with glass and steel exterior but not too modern or old; clean traditional lines; must fit into the environment of the neighborhood without standing out and being an eyesore. The exterior must have ADA parking and be accessible to the public. All pavement must be smooth, no asphalt. The Building must have a prominent entrance, minimal steps, building with a cupola, no brick or stucco and a pitched roof. It should reflect the agricultural history of the city.

Site Design Features

The site should be function over form. There should be a clock tower with the clock face being possibly visible from all four sides. There should be a consideration for xeriscape minimal (using less water) landscaping. Trees should be geared toward palms and drought tolerant landscaping. Possibly use fruitless olives and Citrus Trees. Retain redwoods and Oak trees that exist on the site along with a rose garden with benches and small trees and shrubs. Possibly use of a Green wall and a park like garden for residents to enjoy.

Building exterior should have natural and local materials; wood and stone. Colored stone, natural stone with some orange to symbolize Citrus. There needs to be a community message board. The Lobby needs to have open architecture, skylights, wider parking spaces and stamped concrete wherever possible. Could have a water feature and/or fountain that mirrors the community creeks,)or no water feature at all

because of the current drought). There should be inside elements that give off a water sound. The koi pond should have a cover for protection and include some of the current historical fountains for use at the new location.

Public Features

The site should have a monument to Veterans, specifically WWII and Korea. The building should sit close to the street. There should be a gallery with featured artwork that rotates with displays from schools and other public organizations. There needs to be plenty of seating in the Council Chambers so that the interior is accessible and comfortable for all sizes of meetings. All parking should be secured, shaded and free. Outside seating with benches and a collection place for service projects like the annual charity holiday drive. Free public meeting spaces on the first floor and offices on the second floor. There does not need to be a focus on outside gathering spaces.

Environmentally Friendly Features

The building should use all available technology to net \$0 energy expenses. The building should incorporate solar technology but the design should be discreet and on the roof top only. The building should be water efficient. The building should use green materials as well as recycled materials.

General Comments Not Included In a Category

Design depends on the surroundings, location and neighborhood. Employees should have a say in the design and make the best use of all space. Staff should plan for economic maintenance design and upkeep. Reflect changing demographics. Remember US Highway 40. There is a need to develop a Citrus Heights style, not modern or outdated. Shouldn't look like a prison.

For the full report including comments made on comment cards go to www.citrusheights.net. ★

Officer-Involved Shooting

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Police Department, in partnership with the Sacramento Sheriff's Department, is notifying the media of an officer-involved shooting, which occurred in the 7500 block of Sunset Avenue in Fair Oaks, California.

On Sunday, March 02, 2014 at 11:28 a.m., Citrus Heights police officers initiated a high-risk traffic stop on a reported stolen vehicle at the 7000 block of Madison Avenue. Officers received a LoJack hit on a reported stolen vehicle (LoJack is an electronic tracking device hidden inside vehicles that allows the tracking of reported stolen vehicles). Citrus Heights police officers located the verified stolen vehicle, driven by a female adult in her 20's, and initiated a high-risk traffic stop. The suspect driver rammed a Citrus Heights police vehicle to escape and led the officers on a high-speed pursuit. The suspect attempted to evade officers by driving well in excess of

70 mph and driving on the wrong side of the roadway.

The pursuit ended on the 7500 block of Sunset Avenue when the suspect rammed an additional police vehicle occupied by Citrus Heights police officers. Fearing serious injury, two Citrus Heights police officers fired into the suspect's vehicle in an effort to protect themselves from the threatening behavior of the suspect. Involved police officers immediately rendered lifesaving efforts but the suspect succumbed to her injuries.

It is unknown the motive or mindset of the female adult. No officers or members of the community were injured during this incident. The suspect's identity will be released by the Sacramento County Coroner's Office, once next of kin has been notified.

The Citrus Heights Police Department's Professional Standards and Training Bureau will be conducting an

administrative investigation into the incident, a standard practice for all officer-involved shooting which occurs and involves Citrus Heights police officers. In accordance with the Citrus Heights Police Department's policies and procedures, the officers involved in the shooting will be placed on administrative leave pending the outcome of the investigation. The officers are veteran police officers of the Department, currently assigned to the Patrol Services Division.

The investigation into the incident will be conducted by the Sacramento Sheriff's Homicide Bureau, which is standard practice for any officer-involved shooting that occurs in the Sheriff's Department's jurisdiction.

Due to this investigation, Sunset Avenue, between San Juan Avenue and Minnesota Avenue, will be closed to vehicles and pedestrians for an undetermined amount of time. ★

Kaiser Permanente to Offer Free Cataract Surgeries to the Uninsured



A Kaiser Permanente ophthalmologist performs cataract surgery during Mission Cataract 2013 on a patient who regained her eyesight following the operation.

SACRAMENTO, CA (MPG) - Kaiser Permanente physicians and staff in Sacramento will offer screenings for area residents who may be eligible for free cataract surgeries that will be performed this spring.

The screenings, by appointment only, will be on Saturday April 12 at the Kaiser Permanente Point West Medical Offices, 1650

Response Road, Sacramento.

The surgeries are part of Mission Cataract USA, an annual program in which participating doctors provide the sight-restoring procedure to hundreds of people across the nation who have no health insurance and can't afford the operation. This is Kaiser Permanente's 19th year in the program. Kaiser

Permanente physicians and staff will perform as many as 20 free cataract surgeries on eligible individuals in early May.

Screening appointments can be made through April 3 or until the slots fill up, whichever comes first. To sign up for the screening, or to request more information, call: (916) 973-7159. ★

Service Times (Sunday)

Bible Classes:
10:00AM

Morning Worship:
11:00AM

Evening Worship:
6:00PM

Wednesday:
6:30 PM - Family Bible night
Bible Studies for Men, Women, Teens, and Children

1 Corinthians 15:57
"But thanks be to God, which giveth us the victory through our Lord Jesus Christ."

We are extending a special invitation to join us for our Open House Service on April 6, 2014 with a free BBQ lunch following the morning service at Fair Oaks Park.

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Pennies for Patients “Your Small Change Can Make a Big Change in the Lives of Others”

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - The motto, “Your small change can make a big change in the lives of others,” was the incentive to encourage the 450 students of Northridge Elementary School in Fair Oaks to experience giving from the heart to help others.

The program, “Pennies for Patients,” is run through the Leukemia & Lymphoma Society. It encourages students to bring in their spare change to illustrate how small amounts of change can quickly add up to make a big difference in the lives of others.

Since 1994, millions of dollars have been raised in pennies and other spare change by more than 10 million elementary, middle and high school students throughout the country. The funds, collected during a three-week period, benefit The Leukemia & Lymphoma Society. The Pennies for Patients campaign began in the society’s North Carolina Chapter in 1995.

Each student in Northridge’s 14 classrooms was given a small colorful donation box to take home and fill with coins. Students made posters to advertise the project, and classrooms used a large poster board thermometer to chart their progress for three weeks. Spare change came from students, family members, friends and relatives – anywhere it could be found. On Valentine’s Day, February 14, coins from individual boxes were dumped into to the large classroom boxes to be counted. The grand total was announced to the students the next school day.

In 2013 the school’s goal of \$500 was not only met, but nearly tripled, for a total of close to \$1,500. This year’s goal was to match the \$1,500, but with additional donations from the



Students at Northridge Elementary School in Fair Oaks display their collection boxes to be used to collect spare change for the Leukemia and Lymphoma Society’s Pennies for Patients fundraiser. The project ran for three weeks, ending on Valentine’s Day. Almost \$1,800 was raised. Photo courtesy San Juan Unified School District.

workplaces of teacher’s spouses, that target was exceeded with slightly over \$1,800 raised!

The inspiration to bring this program to Northridge School came from 6th grade teacher Julie Garrett. Years earlier a chain of events had helped Garrett realize how one person can help many others. At age 15, Trevor, the son of a good friend had been diagnosed with cancer. He survived and at one point had told his mother he knew he had gotten cancer at such a young age, “so he could help someone else get through it.” Little did the families know then that less than 15 months later

Trevor would indeed be helping Garrett’s husband and family deal with a brain tumor which would take his life a year later in May of 2011. This experience moved Garrett to introduce the Pennies for Patients program to the school.

While the Leukemia & Lymphoma Society provides small pennants to those classes that meet the \$100, \$200, and \$300 goals, Northridge did not provide additional incentives to raise this money, as Garrett felt that “it takes away from the whole idea of giving something for others that have less than you do.” ★



By Mark J. Cimino, CEO CiminoCare

Congratulations for joining us for the debut of this column *Executive Caregiver Notes*, which I hope to be a resource for you and others like you, regarding issues confronting the family caregiver.

I’ll bet you had no idea, but you, the unpaid family caregiver - and all the other 34 million like you - are the fastest way to bankrupt our nation, America, The Beautiful. “What?” you ask.

What I mean is this: If all you unpaid family caregivers suddenly went on strike and demanded pay for all the unpaid family caregiving you do, our country, our society would be brought to its knees.

The best estimate is that 90% of all long term caregiving for seniors is performed by...well, YOU! – the unpaid family caregiver. In dollars, that equates to, roughly speaking, a whopping \$500 billion annually.

Caregiver Briefings

To put that in perspective, imagine all the senior care residences under our country’s vast, beautiful for spacious skies. Add to that picture ALL the paid private-duty in-home caregivers serving seniors in their own homes from sea to shining sea. Add all that up in to one lump sum, stand atop the purple mountains’ majesty, looking down across the fruited plain, and you’ll see that it’s merely pennies compared to what you, family caregiver, are doing day in and day out faithfully.

Congratulations, then, for joining us on our debut discussion in this column *Executive Caregiver Notes*. Once a month we will pose some questions and discussion on topics for family caregivers. I hope this column will be well worth your look-see, and provide you with some helpful information from my 40+ years exposure to caregiving (yes, I started at age 6, but that’s another story for another day), and perhaps even a little “respite” from the daily grind. This column, then, is dedicated to YOU!

In an effort to help families navigate through the maze of long term care, I would like to take this opportunity to invite you to join our community discussion by emailing me questions or issues that you

would like to see covered in the future.

So in closing, I would like to leave you with a few more points to ponder about you, the unpaid family caregiver:

First, Caregivers report having difficulty finding time for one’s self (35%), managing emotional and physical stress (29%), and balancing work and family responsibilities (29%).

Second, about 73% of surveyed caregivers said praying helps them cope with caregiving stress, 61% said that they talk with or seek advice from friends or relatives, and 44% read about caregiving in books or other materials.

So, until next time, please do me, and the rest of “America! America!” a big favor and take care of yourself, because you are what we sing about - amongst other things - when we say, “God shed His grace on thee.” Yes, you, unpaid family caregiver, are a big part of that grace being shed upon us, so please, please know this: You, unpaid family caregiver, deserve - and even more so, NEED - to be taken care of and have time for yourself.

Mark J. Cimino, is the Chief Executive Caregiver of CiminoCare, a Sacramento-based assisted living provider. Mark can be reached at mark@ciminocare.com



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Giving the Boot to Burns in Citrus Heights



FFBI Executive Director Jim Doucette thanks the City of Citrus Heights for their continued support of the “Fill the Boot for Burns” Boot Drive. (L-R): Jim Doucette and Sue Frost, Citrus Heights Vice-Mayor

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - The streets around Sunrise Mall and Sunrise Market Place in Citrus Heights got a bit busier for four days over the President’s Day weekend - all for a good cause. Almost \$110,000 was raised by local firefighters dressed in their familiar yellow striped jackets and helmets, and carrying their boots ready to collect passing driver’s and pedestrian’s dollars and spare change to be used to help save lives.

This year marks 20 years of this campaign in Citrus Heights. However, contrary to belief by many, funds raised by local fire departments on this weekend do NOT go to the Sacramento Metro Fire Department. Funds go directly to the Firefighters Burn Institute (FFBI) based in Sacramento.

FFBI’s creation was the direct result of the 1972 fiery plane crash into a Farrell’s ice cream parlor across from the street from the Sacramento Executive Airport. The building was destroyed, twenty-two people



Almost \$110,000 was collected during the 20th 4-day “Fill the Boot for Burns” Boot Drive fundraiser held in Citrus Heights at Sunrise and Greenback. (L-R): Battalion Chief Forrest Rowell, Sac Metro Fire District & Capt. Mike Feyh, Sac Fire Department.

were killed and many others suffered burns. Sacramento firefighter, Gene LaVine, and eight members of his family were killed in the crash.

This disaster illustrated the need for a specialized burn treatment facility in the Sacramento

region. Shortly after the crash, Cliff Haskell, a captain with the Sacramento Fire Department began working to establish the FFBI. With the collaboration of the University of Davis Medical Center, the UCDMC Regional Burn Center opened in January of 1974.

FFBI, was founded in 1973 by the Sacramento Area Firefighters Local 522, for the purpose of “establishing a local burn treatment facility; providing recovery programs for burn survivors; promoting fire and burn prevention through public education; funding education for medical burn team professionals, firefighters and burn survivors; and supporting burn treatment and rehab research.”

Fundraising was successful again this year and past safety concerns of some firefighters darting in and out of traffic were addressed with closer monitoring of vehicle and firemen’s movements, which made for a smoother and safer campaign.

To learn more about the Firefighters Burn Institute and future events visit ffburn.org ★

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Thursday, March 20 • Friday, May 16
11:30 am to 12:30 pm

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CITRUS HEIGHTS

Sylvan Oaks Library March Events

Sylvan Oaks Library, 6700 Auburn Blvd., Citrus Heights. Sunday & Monday: Closed; Tuesday & Wednesday: 10 a.m. - 8 p.m.; Thursday: 10 a.m. - 6 p.m.; Friday: 1 p.m. - 6 p.m.; Saturday: 10 a.m. - 5 p.m. For details, telephone the Sacramento Public Library at (916) 264-2920 or visit www.saclibrary.org.

BOOK CLUB

SYLVAN OAKS BOOK CLUB (RECURRING)

Saturday, March 08, 2014
10:00 AM

Members of the book club at Sylvan Oaks Library meet monthly and read a variety of fiction. For our February meeting, we will be discussing The Book Thief, by Markus Zusak, and Sing You Home, by Jodi Picoult. Please join us!

SCHOOL AGE (6-12)

KIDS CAN COOK WITH CA FOOD LITERACY @ SYLVAN OAKS (RECURRING)

Tuesday, March 11, 2014
4:00 PM

Sylvan Oaks Library and California Food Literacy have teamed up to offer cooking classes for kids every second Tuesday of the month. Come join other culinary-curious kids to learn about nutrition and food preparation, and listen to a story.

SCHOOL AGE (6-12)

KIDART @ SYLVAN OAKS (RECURRING)

Thursday, March 13, 2014
3:30 PM

Children ages 5-12 will make an art project in an hour or less. All materials will be provided. For details about this month's project, ask our helpful Sylvan Oaks staff.

ADULT

COFFEE, DOUGHNUTS, AND A MOVIE @ SYLVAN OAKS (RECURRING)

Friday, March 14, 2014
1:30 PM

Come enjoy this month's classic feature, along with a cup of coffee and a fresh doughnut.

TEEN

DEAD AUTHORS CLUB @ SYLVAN OAKS (RECURRING)

Wednesday, March 19, 2014
4:00 PM

Ever heard of Dead Poets Society? Well, we're the Dead Authors Club. Teens will read classic literary works by renowned authors and meet to discuss them with other teens over snacks. Meetings are held on the third Wednesday of every month. This club is open to readers from 9th to 12th grades.

SCHOOL AGE (6-12)

KID SCIENTISTS @ SYLVAN OAKS (RECURRING)

Thursday, March 20, 2014
3:30 PM

Are you a kid who loves science experiments? Come to Sylvan Oaks Library and join the Kid Scientists! Each month we'll make some hypotheses, conduct a group experiment, talk about what happens and why, and more. Don't miss it! This is a program that is best suited for children in elementary school.

TEEN

TEEN THURSDAYS @ SYLVAN OAKS (RECURRING)

Thursday, March 20, 2014
5:00 PM

Come hang out at the library! Teen-only zone will include snacks, music, activities and an open mic for those who want to be heard (karaoke, spoken word, whatever). Ages 12-19. Snacks and activities will be provided.

TECHNOLOGY INSTRUCTION

BASIC TECH CLASSES (RECURRING)

Saturday, March 29, 2014
10:00 AM

Come join this class and learn the very basics of computer use. This beginner class will help patrons learn how to use the mouse, navigate their computer, and more. This class is intended to help people with very limited to no computer skills. Stay tuned for future classes that involve more advanced lessons.

SCHOOL AGE (6-12)

LEGO MANIA @ SYLVAN OAKS (RECURRING)

Thursday, March 27, 2014
3:30 PM

Come build to your heart's content at the library. There will be plenty of bricks for everyone, so don't be shy. Come join the fun!

ADULT

SIT & STITCH @ SYLVAN OAKS (RECURRING)

Friday, March 28, 2014
1:00 PM

Do you knit? Crochet? Do needlework? Want to learn? Do you have fiber-crafting skills to share with beginners? Bring a project to work on as we learn together! Adults and teens welcome!

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1. Bikini, e.g.
6. U.S. central bank
9. Old World duck
13. _____ New Guinea
14. Luau souvenir
15. *Middle-earth region
16. Not slouching
17. Be in a cast
18. *Black Beauty
19. *Greg Heffley's brother
21. Take without owner's consent
23. Compass dir.
24. Agitate
25. OB-GYN test
28. "The Sun ____ Rises"
30. Marked by smallpox
35. Misfortunes
37. Flock members
39. Alluring maiden
40. Surveyor's map
41. *King of the Elephants
43. Long forearm bone
44. Carried a torch
46. Buddhist teacher
47. *Piglet and Winnie-the-Pooh, e.g.
48. Quill-dipping vessel
50. **Froggy Goes to _____
52. E or G, e.g.
53. Adam's apple spot
55. *Shel Silverstein's constrictor
57. **"The Jungle Book" protagonist
60. *Roald Dahl title character
64. Painting support
65. Poor man's caviar
67. Dora the Explorer's farewell
68. Accent mark
69. PC monitor technology, accr.
70. *Children's literature, e.g.
71. Fusses
72. Lawyers' league
73. Swelling

DOWN

1. Impersonator
2. Hawaiian tuber
3. Kind of column
4. Filthy dough
5. Sonia Sotomayor or Gloria Estefan, e.g.
6. Antiaircraft fire
7. European org.
8. "Likewise"
9. *Old Woman's home
10. Type of missile, accr.
11. Gaelic
12. *Like Willie Winkie
15. *Abused beagle
20. Jimmy Fallon's guest, e.g.
22. Not square
24. Sears' partner
25. *Pig-tailed, read-headed nine-year-old
26. To bet everything
27. Isometric core exercise
29. _____ vs. Class
31. 1973 event in Chile e.g.
32. Russia's prosperous peasant
33. "Sesame Street" Muppet
34. **_____ of a Wimpy Kid"
36. Flight segment
38. Actress _____ Gilbert
42. "Dancing with the Stars" number
45. Thumb drive, e.g.
49. Rolodex abbr.
51. Thick soup
54. Approximately, as in date
56. Helped
57. *Amelia Bedelia, e.g.
58. Norse capital
59. Marries
60. Self-referential
61. Pick-up _____
62. Student's quarters
63. Away from port
64. Greek H
66. Scepter's partner

CROSSWORD														
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Sudoku Puzzle on Page 6

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

Personals

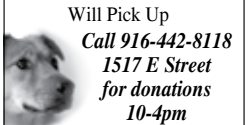
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Bristol Hospice is looking



By Ronnie McBrayer

One of the more indispensable words of instruction I have ever received came from Dr. Fred Luskin who was head of the Stanford University Forgiveness Project. He said, “To forgive is to give up all hope for a better past.” According to Luskin, what keeps people frozen solid with the regrets and shame of yesteryear is the lingering optimism that they might go back and change it.

Forget that, Dr. Luskin says – not the past – but the prospects of adjusting anything that is now in the rearview mirror. The Apostle Paul said something similar in the New Testament. He made peace with his past and his past self (the self is the hardest person in the world with whom to make peace) with this formula: “Forgetting the past and I press on toward what is ahead.”

Can we really forget the past? No. Painful memories, bad choices we have made, ways we have been harmed or harmed others, the heartbreaking losses of offense and betrayal – none of these can be changed. There is no supernatural whitewash for our memory banks or a little recessed button in the back of our skulls that will reboot our brains.

Yet, we can forget the past if

Break the Kettles

forgetting is as Dr. Luskin has defined it; learning to live so that the past no longer controls us. Thus, forgetting is not an act of ignoring our past experiences.

It is integrating those experiences with the present. Forgetting the past is not act of erasing our memories. It is an act of hopeful defiance, whereby we keep living, keep moving, and keep keeping on.

The Chinese have a proverb to this effect. “Break the kettles and sink the ships,” they say. This saying comes from an ancient military battle almost 2000 years ago. A new tribal king came to power and immediately attacked his neighbor, surrounding the city of Julu. The king of Julu called for reinforcements from his generals, and the army came marching to save their king.

But the rescuing generals dragged their feet. They wanted the enemy to wear themselves out; they wanted more time for reconnaissance; they felt they needed to strategize. So the march to save the king became a quagmire as the generals’ strategizing devolved into feasting and drunkenness.

Finally, a junior officer man named Xiang Yu took command. He said, roughly translated to English, “When you go to rescue someone, it is like rushing out to quench a fire. You don’t dillydally, you just go do it.” And that’s what he did. Immediately, he marched his army across the Yellow River to engage the enemy.

Once on the other side, Xiang Yu gave his men three days’ worth of food and supplies

and destroyed everything else, including the boats that had brought them across the river, their tents and sleeping mats, their eating utensils, and their cooking kettles. In so doing, Xiang Yu was sending a clear signal to his troops that they had no chance of survival by going backwards. They had to move forward, and they did, rescuing their king.

The way into the future is exactly by this decisive path. We must do the hard work of feeling the pain of the past so that we might be free from it. Then the future calls us forward, not because we have forgotten the past, but because we have made peace with the past; and the only way to make that peace is to quit trying to change what is back there. We can’t do anything about it anyway, so we must learn to let it go.

Will we have to let go of some painful memories time and again? You can count on it. Will some things from the past haunt us longer than others? Absolutely. Will we come to the same river crossing more than once? It is likely. But when we do, the choice will always be the same.

“Break the kettles and sink the ships.” Then, one day, the past will be where it belongs: In the past. ★

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.

Keep it Real or Keep it to Yourself

Dr. James L. Snyder

Normally, I’m not overly fussy with what people say as long as they are not trying to put something over on me. All it takes is one time of trying to put something over on me and I cross you off my Christmas card list.

When someone tries to sell me something, I am assuming that somewhere in the conversation they are trying to pull the wool over my eyes. I am allergic to wool in my eyes. When they are talking to me, I am listening for a keyword in their conversation, which is simply, “free.” Whenever they mention that magical word, I know they are trying to put something over on me.

My father used to say, “Keep it real or keep it to yourself.” He did not have many jewels of wisdom, but this certainly was one that has been helpful to me down through the years. I have tried to keep this in focus when talking to other people. Nothing I hate more than somebody lying to me, so turnabout is fair game. I do not want to lie to anybody myself. At least intentionally.

I am a weekend fisherman from Pennsylvania so the tendency is there and I have to watch myself all the time. I am the kind of person who loves to exaggerate. Sometimes my exaggeration gets the best of me but then that is why God gave us wives to help curb this tendency. She has not failed me so far.

The Gracious Mistress of the Parsonage and I were relaxing at home watching a little bit of television. It is hard to find anything “real” on the old television set. The reality shows are everything but.

We were casually listening to a talk show who was interviewing some TV personality celebrating his 80th birthday. We were not really paying attention, you know how it is. You are watching TV, but you are talking back and forth to one another trying to catch up on the day’s activities. Then this TV personality made

a statement that captured both of our attentions.

“I don’t believe,” this personality, which shall remain nameless, said, “in the afterlife. Only foolish people believe in the afterlife.”

This sparked some conversation between my wife and me. The question I had was simply this; how long does it take to get to this point of Superior Idiocy? What university awards an SI degree? If they did, I am sure they could never keep up with the production of such awards.

Just when you think you have heard the most stupid thing in the world somebody with an SI degree opens his or her mouth. One thing about this SI is that it is not gender specific. Both men and women are assessable to this sort of thing.

Of course, there is nothing wrong with being stupid if you keep it to yourself. When you start telling people just how stupid you really are, that is when somebody needs to object.

Right after this TV personality, whose name will remain anonymous, although he thinks he is some kind of a king, said he did not believe in the afterlife said something that was contradictory.

“I have it ordered,” he said about a seriously as any SI person could be, “that when I die I will be frozen until the medical field has discovered a cure or for what has killed me. Then I will be brought back to life with this medication.”

My wife and I waited for the laughter. I really thought it was a joke. I did not think anybody could be that stupid. Apparently, a great deal of people are that stupid because nobody laughed at that remark.

My wife and I looked at each other and then we burst out laughing thinking it was one of those TV talk show spoofs. It turned out he was not joking. He did not believe in the afterlife, but he was making plans to come back to life after he died.

I think people with the SI

syndrome have one severe dysfunction between their brain and their mouth. We know from listening that their mouth is working but what we hear from their mouth more than suggest their brain is not w.

I do not have any problems with people being a practicing SI as long as they keep it to themselves. There are enough idiots in the world that we do not have to have people every day coming out of the SI closet.

Listening to this TV personality, I was reminded of my father’s favorite saying, “Keep it real or keep it to yourself.” There are many things people need to keep to themselves.

This TV personality who wanted to be frozen after he died suggested to me that the freezing had already begun with his brain. I do not know if he ate too much ice cream too fast causing a brain freeze or what. All I know is that some things should not be shared and being an idiot is one of them.

The apostle Paul made this quite clear when he wrote, “For the wages of sin is death: but the gift of God is eternal life through Jesus Christ our Lord” (Romans 6:23).

Only God can keep it real and thankfully He does not keep it to Himself, but shares it with those will put their trust in Him.

Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 1-866-552-2543 or e-mail jamessnyder2@att.net. His web site is www.jamessnyderministries.com. ★



By Marlys Johnsen Norris, Christian Author

Many people today are thinking about angels but are totally unaware that not all angels are good. Many angels were cast out of heaven with the enemy of God because he wanted to be worshipped above the Heavenly Father/God – Satan when the wrath of God fell on his favored angel.. These angels are known as “demons” who roam the earth today, causing problems and actually stealing from those who do not truly “know God or honor Him”. He will even take from believers what-ever he can. Some people are so fascinated with angels, thinking they are

Who Is Called The Angel of Light?

somehow close to God, but truth is they have nothing to do with God at all. Satan is the father of lies and the great deceiver!

Actually Satan himself is called the “angel of light” according to the Holy Word of God the Bible states in II Corinthians 11:14 “Satan transforms himself into an angel of light”. This basically means that he has mighty powers and he illumines himself. He appears to be light (awareness) but is merely a means to deceive people and turn them away from the truth of God. As long as a person only lives for themselves and does not honor the God of Creation the enemy of God has achieved his goal. A person at one time may have accepted Christ and Satan and his helpers (demons) purpose is to attempt to take everything that person considers precious away. Why you ask? The answer is simple, because He hates every person who accepts Christ and

he wants to destroy them any way he can. He can only do that when a person has strayed away and not living according to God’s instructions based in His Word.

God provides a guardian angel for each of His children. This angel provides protection for God’s obedient children, but sometimes they walk out of that protection when they stray way. One wonderful thing about the Lord is – He gives second chances because His love, grace and mercy is greater than His wrath. One may leave Him, but He never leaves His child completely alone. His Word promises, “Lo I am with you always, even unto the end of the earth”. Many souls have found this to be true. ★

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

Promising Signs of Real Health Reform



By Eric Nelson

Don’t look now, but signs of real health care reform are starting to appear. We’re not talking about insurance reform posing as health reform but honest-to-goodness changes in the way people are being encouraged to take care of themselves.

Consider last month’s “Health Update” from Blue Shield of California.

The entire newsletter was devoted to improving health through improved thinking, with articles on “Tapping the power of optimism,” “Laughing your way to better health,” “Dealing with negative thoughts” and “Practicing gratitude.” “We can’t predict what life will bring our

way,” it says in the tease to one article, “but adopting a healthier viewpoint may help us cope better, while reducing stress and our risk for cardiovascular disease.”

Things are changing over at Stanford Hospital as well.

Last month they offered a 4-week class on forgiveness. “The importance of practicing forgiveness has been extolled for centuries,” it says in the course description, “but only recently has research demonstrated that forgiveness can reduce anger and depression as well as enhance hopefulness and self-efficacy.”

Not to be outdone, the folks at U.C. San Francisco’s Osher Center for Integrative Medicine are offering courses on “Mindfulness-Based Stress Reduction” and “The Mind in Labor.”

No one can say exactly when or where this particular strain of health care reform began. Among the experts writing these articles and teaching these classes, however, there is widespread agreement that the inclination to be optimistic, grateful and forgiving is innate, that it can be cultivated, and that it can have a measurable impact on our mental and physical well-being.

Another promising sign is the increasing use of the word “spiritual” to describe such

non-physical elements to our health. This can be a real turn-off for those wary of anything even remotely religious finding its way into the medical lexicon. But for others, even if they don’t consider themselves religious, the concept offers a measure of hope and even real healing by suggesting that there just might be something beyond the body to encourage and support the required gratitude and forgiveness.

Come to think of it, this could be a harbinger of an even more dramatic reform down the road – one that sees health as less about keeping disease at bay and more in terms of embracing those spiritually inspired, morally enriched qualities of thought that, try as we may, we simply can’t resist. ★

Eric Nelson’s columns on the link between consciousness and health appear weekly in a number of local and national online publications. He also serves as the media and legislative spokesperson for Christian Science in Northern California (norcalcs.org). This article originally appeared on [Communities @ WashingtonTimes.com](http://Communities@WashingtonTimes.com) and is used with permission.

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By Pastor Ray Dare

Have you ever been in one of those fun houses, the kind they have at the fair? You walk through this semi-truck trailer and they have all sorts of mirrors. Some make you shorter, some make you taller, some make you skinnier and some make you look fatter. You get a distorted image of yourself. That's what happens in life. It's easy to get a distorted view of yourself. You may have been severely ridiculed in the past. People have made fun of you. You may have memories of prejudice or memories of abandonment. You've been severely criticized, put down, emotionally abused. Your brain is like a tape recorder – it's recorded it all; it's all there. The hurtful things that you've experienced. The things that people have said to you. The hurtful acts people have done to you. It's all there. The good the bad, the true the false. It's all been recorded. The problem is, your brain doesn't

Healing for Hidden Wounds

distinguish between them-between things true or false, good or bad- it just records them. When you were a kid, there were some things said to you that were flat-out lies, but you believed them and it's distorted your view of you. The Bible says, *"Reckless words pierce like a sword, but the tongue of the wise brings healing."* Proverbs 12:18 (NIV). Remember that rhyme we used to say as kids, *"Sticks and stones may break my bones, but names never hurt me?"* Wrong! Things people say do hurt us! It hurts to be ridiculed. It hurts to be put down. It hurts to be criticized. When you were a kid, you may have had other kids, or worse a parent or other authority figure in your life, say things like... *"You're dumb...You're ugly...You're awkward...You're a klutz...You're never going to amount to anything...I'm sorry I had you...Why can't you be more like your brother, your sister."* You believed it and it went into your recorder. It may have been 10, 20, 30 years ago or more, but you're still acting on old tapes. You're operating on faulty data and when you operate on faulty data, it produces insecurity and feelings of inferiority, a distorted image of yourself. When you operate of faulty data, you think things like, *"I just don't measure*

up...I'm not good enough...I'm a failure...I'm a loser...God doesn't love me...God can't help me...I'll never make it in life." The good news is God cares about your hurts and He wants to heal you. The Bible says, *"God heals the brokenhearted and binds up our wounds."* Psalm 147:3. How does God heal us? How does God heal our emotional wounds and distorted self-image? By helping us discover the truth. What God says about you...God's view of you. Jesus said, *"You shall know the truth and the truth shall make you free."* John 8:32. That's why it's so important to read the Bible and discover what God says about you. Get some 3x5 cards and write down God's promises on them and carry them around with you so you can refocus on the truth. If you learn to do this, it will set you free emotionally. You have to change the way you think. Learn to focus on what is true (what the Bible says) not on what you feel or feel about yourself or what the devil whispers in your ear, but what God says about you.
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Solutions for the Local Water Crisis Requires Action



Whether it's government shutdowns or droughts, Congress tends to wait until a crisis to act — and often it's too late. This is why who you elect matters.

By Doug Ose, Republican Candidate for Congress

SACRAMENTO REGION, CA (MPG) - We know that government has no control over Mother Nature, but if there was a plan to store more water for dry years, we would not be experiencing such a water crisis today. Whether it's government shutdowns or droughts, Congress tends to wait until a crisis to act — and often it's too late. This is why who you elect matters. This may be the most severe drought in history, but it is not the first, and it won't be the last. To date, Congressman Ami Bera has not introduced a single piece of legislation to help the region's immediate and long-term shortage of water. Instead it's been nothing but speeches and roundtable discussions

— everything short of real leadership. Underscoring his inaction, after voting against a California drought bill, Bera told the Sacramento Bee, 'We all agree there's a problem. Let's sit down and talk about a solution.' Talk is cheap. Action is required now. Congressman Bera should call for an immediate reduction in water released from Folsom Dam — with less water flowing to the ocean, more of our local needs would be served. He has refused to call for legislation denying Federal funding for the Governor's \$25 billion pipe dream that will send what little water we have south. For the long-term, let's build new water supply facilities so we have enough affordable water to protect our community, jobs,

and food supply in the coming years. Water is not a partisan issue. It is essential to protecting our quality of life. That's why finding real and lasting solutions to protecting our local water supply is simply common sense. I worked with both Republicans and Democrats to secure funding for water projects, like increasing the water capacity of Folsom Lake. We got things done, and we can do it again. Now, more than ever before, action is required. ★
When in Congress, Doug Ose helped secure funding for the Folsom Dam and public water projects to increase water supply. For more information, www.DougOse.com.



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Citrus Heights History and Arts Commission Present the City’s Hidden Treasures Exhibit



Back row: left to right: Mayor Mel Turner, Vice Mayor Sue Frost, Councilmember Steve Miller. Front Row: From History & Arts Commission: left to right: Vice Chair Kathryn Malone, Commissioner Ava Lemert, Chair Bob Gerould

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Much of the growing art collection and historical artifacts of Citrus Heights were gathered together for the public to enjoy during the first two weekends in February. Visitors to The City’s Hidden Treasures Exhibit at Sunrise Mall had the opportunity to view otherwise ‘hidden’ paintings, photographs, sculptures, records, and various artifacts. The collection was unveiled on Saturday, Feb 8, at a grand opening ceremony in the mall in a large space



near Macy’s Mens store. Months of planning and

preparation by the History and Arts Commission and the City of Citrus Heights made this exhibit possible. Members of the public were able to view the city’s permanent art collection, historic items from the Ladies in White and the Ladies’s Auxiliary, as well as artifacts gifted to the City by residents. Artwork from local artists and photographs depicting Citrus Heights prior to and after official Cityhood in 1997 were also featured. ★



DUI/Driver’s License Checkpoint Planned This Weekend

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Police Department’s Traffic Unit will be conducting a DUI/Driver’s License Checkpoint on Friday March 7th 2014, at an undisclosed location within the city limits between the hours of 7:00 p.m. and 3:00 a.m. The deterrent effect of DUI checkpoints is a proven resource in reducing the number of persons killed and injured in alcohol or drug involved crashes. Research shows that crashes involving alcohol drop by an average of 20 percent when well-publicized checkpoints are conducted often enough. Officers will be contacting drivers passing through the checkpoint for signs of alcohol and/or drug impairment. Officers will also check drivers for proper licensing and will strive to delay motorists only

momentarily. When possible, specially trained officers will be available to evaluate those suspected of drug-impaired driving. Drivers caught driving impaired can expect jail, license suspension, and insurance increases, as well as fines, fees, DUI classes, other expenses that can exceed \$10,000. According to the National Highway Traffic Safety Administration (NHTSA), checkpoints have provided the most effective documented results of any of the DUI enforcement strategies, while also yielding considerable cost savings of \$6 for every \$1 spent. Based on collision statistics and frequency of DUI arrests, DUI Checkpoints are placed in locations that have the greatest opportunity for achieving drunk and drugged driving deterrence. Locations are chosen with safety

considerations for the officers and the public. “DUI Checkpoints have been an essential part of the phenomenal reduction in DUI deaths that we witnessed since 2006 in California,” said Christopher J. Murphy, Director of the Office of Traffic Safety. “But since the tragedy of DUI accounts for nearly one third of traffic fatalities, the City of Citrus Heights needs the high visibility enforcement and public awareness that checkpoints provide.” Funding for this checkpoint is provided to the Citrus Heights Police Department by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration, reminding everyone to continue to work together to bring an end to these tragedies. If you see a Drunk Driver – Call 911. ★

Capitol Pops Concert Band’s Retiring Director Does “One More for the Road”

SACRAMENTO REGION, CA (MPG) - The Capitol Pops Concert Band will kick off its 17th season with a free, open to the public concert at 7 p.m. Friday, March 14, 2014, at the California Automobile Museum, 2200 Front Street in Sacramento. The performance is entitled “One More For The Road” as Jerry Lopes enters his final season as the CPCB’s full-time director, a position he has held since the band was formed in 1997. Lopes’ 50-year career includes decades as a music educator, international performer and memberships in the region’s top symphony/orchestra organizations. He continues to play tuba and bass with locally based Dr. Bach and the Jazz Practitioners. The CPCB’s concert at the auto museum will include some of

its traditional favorites and specially selected automotive-themed arrangements, including “In My Merry Oldsmobile,” “Route 66” and NASCAR’s “Thunder” theme. The concert is sponsored by Raley’s Family of Fine Stores. For more than 75 years, the West Sacramento-based grocer has served Northern California and Nevada with its Raley’s, Bel Air and Nob Hill Foods stores. The California Automobile Museum, which typically closes at 6 p.m., will offer free admission at that time on March 14. Visitors are welcome to tour the museum, get detailed information from museum docents and visit the gift shop before attending the free CPCB concert. Liquid refreshments will be available for purchase on-site.

The CPCB annually performs a diverse portfolio of high-quality, well-prepared music heard by thousands of concert-goers throughout Northern California. The 75 musicians span a wide range of ages, from students to nonagenarians. More information on the self-supporting, nonprofit band can be found at www.capitolpops.org or its Facebook page. The California Automobile Museum displays hundreds of motor vehicles from all eras as part of its mission to teach the story of the automobile and its influence on our lives. It’s open daily from 10 a.m. to 6 p.m. For more details, visit www.calautomuseum.org or the museum’s Facebook page. ★

2014 Sacramento Valley Drought What is the Worst That Could Happen?

Continued from Page 1

Orange Vale Water Company, City of Folsom north of the American River and SJWD retail service area. Water supply conditions at Folsom Lake are improving. But with the impacts of a serious drought still looming, the San Juan Water District Board of Directors will vote on a staff recommendation to proceed with a Stage 3 water warning. Stage 3 mandates customers cut their water use by 25 percent by reducing their outdoor

irrigation and more. The full list of Stage 3 measures is available on the district’s website at www.sjwd.org. The district had expected to move toward a more heightened conservation stage at their February 26 board meeting, but recent precipitation, access to regional groundwater supplies and their senior water rights caused them to defer the decision. Through conjunctive use and other partnerships with regional water providers, the district will also have additional groundwater supplies as needed. Conjunctive

use is the coordinated use of surface water and groundwater to maximize the best yield of both. Staff is confident that they will have enough water for their customers if customers help by continue conserving at least 25 percent of their water. If you are wondering how serious this really is, take a walk at Folsom Lake. You will see it is no longer a lake, but rather a small pond with a river running through it. For more information visit San Juan Water District; www.sjwd.org. ★

Women of Citrus Gardens Proof That Community Service Never Ends

Continued from Page 1

In 2013 they created hundreds of hospital activity packets for children who must sit and wait often for hours with for their parents in the waiting room at Mercy San Juan. They put together Easter baskets to be used as centerpieces at the Army of Angels fundraiser in March. The baskets were then donated to foster children. Their \$100 donation to the

club’s annual veteran’s picnic helped to carry on this important tradition for our veterans. Finally, their most unique project has to be the counting, sorting, marking and bagging of dozens of bras to be donated to homeless and other women in the area. Whatever they do, these ladies are carrying on the tradition of service to their community.

CHWC meetings are held on the first Wednesday of each month from 11:30 to 1:00 at the Sylvan Community Center, 7521 Community Drive, at the corner of Sylvan. For more information visit the website: chwormensclub.com; Phone: (916) 751-1918 E-mail: citrusheightswomensclub@gmail.com ★

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SPOTLIGHT ON BUSINESS

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Rent an RV from “See America RV Rentals”

By Linda Harper, Business Writer

An enjoyable, relaxing, fun vacation adventure is waiting at “See America RV Rentals,” one of Rancho Cordova’s newest, family owned businesses. Renting an RV and experiencing the lure of the open road, replaces the vacation hassle and expense associated with air travel and hotel stays. Getting to your vacation destination is part of the fun, and it begins when your family climbs into a comfortable, equipped RV. You can “See America” and create wonderful vacation memories from the comfort of your “home on wheels.” “See America RV Rentals” is a full service RV rental business. They carry fully stocked Class A and Class C Recreational Vehicles, which are matched to your specific needs. In addition, everything you would need to insure a great vacation experience, right down to bicycles, tents for extra sleeping space, lanterns, camping chairs, rafts, and kayaks are available. Ken and Elaine Kirby, owners of “See America RV Rentals,” also consign RV’s for sale, and provide secure indoor and outdoor RV storage space. They’ll even rent your Recreational Vehicle for you, and store it free of charge when it’s not out on the road. Renting an RV from “See America RV Rentals” is affordable whether you plan a family adventure, or you’re a senior who wants to “try out” RV travel before purchasing a “Rig.”

Take the first step to a memorable “Open Road” Experience. Call “See America RV Rentals,” for a tour of available “Rigs.” (916) 635-4338 or (800)375-7943, or log on to www.seeamericarvrentals.com.

Nielsen Introduces Drought Legislation For HOA's



SACRAMENTO REGION, CA (MPG) - Despite the recent rainfall in Northern California, California continues to face unprecedented low water levels in its reservoirs. Water districts across the state have either implemented mandatory conservation plans or are in the process of implementing one. For residents living in communities governed by homeowners associations (HOA), this means that they are caught between breaking the water reduction mandate to comply with

their Covenants, Conditions & Restrictions (CCR) to keep their lawns green or pay their HOA potentially hefty fines. To relieve homeowners of this dilemma, State Senator Jim Nielsen (R-Gerber) introduced Senate Bill 992 to prohibit HOAs from assessing fines for brown lawns during a governor-declared drought. "Californians truly want to do their part in conserving water during this drought from taking shorter showers to not watering our lawns," said Senator

Nielsen. "Unfortunately, the folks residing in some HOA communities are required to water their lawns or be subject to steep fines for unmaintained yards." Specifically, SB 992 responds to news reports that some HOA residents are facing fines of between \$100 to \$1,000 for yards that are not "well-maintained." In California, HOAs are governed by the state's corporation codes and the Davis-Stirling Act which provides a guideline

allowing individual associations to establish how the association will be run by their own conditions and restrictions. Nielsen's proposed measure temporarily exempts homeowners from complying with these codes. "While I respect the autonomy of HOAs to self-govern and maintain standards of appearance within their developments, I am more concerned about the non-essential water-use during the current drought. Californians, especially those on wells, are deeply concerned

that they will not be able to wash their dishes and flush their toilets," Nielsen said. Senator Jim Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Del Norte, Glenn, Nevada, Placer, Sacramento, Shasta, Siskiyou, Sutter, Tehama, Trinity and Yuba. To contact Senator Nielsen, please call him at 916-651-4004, or via email at senator.nielsen@senate.ca.gov. ★

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Rotary Club of Citrus Heights Annual Crab Feed Fundraiser

Continued from Page 1

75 raffle prizes and 11 live auction items contributed greatly to the fundraisers grand total of over \$60,000 raised, making this event the largest yet.

Live auction items included a cruise, a Sheriff helicopter ride along, yacht ride, and airplane and boat rides. Four lucky guests will enjoy dinner with Mayor Mel Turner. A bidding war became so intense for a signed Colin Kaepernick 49er Jersey that a second signed jersey was also promised to the second bidder. Of particular interest was the “CHPD Experience”, including SWAT, K-9 and motor vehicle demonstrations.

Rotary International is a global network of volunteers. Founded in 1905, it is the world’s first service club, and ‘encourages professional men and women to use their vocational skills toward humanitarian services’. It is known throughout the world as one of the largest service organizations, with members consistently giving back through invaluable monetary returns and services to their communities on



of diners and staff as they volunteered their time to serve and carry out other tasks throughout the evening.

Special guests included Rotary’s District Governor, William “Bill” Short and



wife Alma, Assistant District Governor, Fred Rowe and wife Alice, Citrus Mayor Mel Turner and members of city council, Sacramento Deputy District

Attorney, Anne Marie Schubert, and former Congressman Doug Ose.

Two very special guests were Dr. Angelo Capozzi who founded Rotaplast International in 1992, and Donna-Lee Young Rubin, Executive Director. Rubin arrived here from Boston to run the San Francisco office of this organization. In 90 minutes teams of doctors and their medical and support staff change the lives of 1,000 children a year worldwide by performing reconstructive surgery to repair their cleft lips and palates. Their work highlights the very special heart for people that Rotarians exhibit daily. And this event highlighted how every dollar counts to help so many and make a difference in so many lives. For more information on Rotaplast International visit www.rotaplast.org.

Learn more about Citrus Heights Rotary at ‘chrotary.org’ Visit the CHPD PAL program at: <http://citrusheightspal.com>.



a hard-to-match scale.

Another fundraiser was a new twist to the coin tossing game, Heads or Tails, which brought in an additional \$4,500. Diners donated \$10 each for a string of Mardi Gras beads. By the end of the action game four winners had split the \$1,000 prize.

Approximately 60 very special high school student volunteers from Mesa Verde Business Academy and the Interact Clubs at Mesa Verde and San Juan remained at the beck and call



“Shake it for Brooke” to Raise Funds for Treatment

SACRAMENTO REGION, CA (MPG) - Starting Monday, March 10 through March 21, all nine Sacramento area Dutch Bros. Coffee locations will donate all proceeds from the sale of Dutch Frost shakes to the Beaubier family to aid in Brooke’s treatment.

Brooke, the second of four sisters, is an athletic, happy nine year-old who loves soccer and was recently diagnosed with T-Cell Acute Lymphoblastic Leukemia. She has started treatment and will spend the next month in the hospital, which is the start of a two-and-a-half year treatment plan.

“We are ready to fight,” said Josh Beaubier, Brooke’s dad. “We have already had so much support, and my family and I will never be able to thank everyone enough.”

“We try to help people, and so often it feels like it’s late,” said local owner Sean Provost. “We hope that by joining Brooke’s fight early that Shake it For Brooke will fuel Brooke to know there are lots of people pulling for her. We can’t wait for her to be better.”

All the local Sacramento-area locations are aligned to Shake it For Brooke. For the location nearest you visit DutchBros.com/locations.

The four local owners support many local causes including Sacramento Food Bank, Auburn Interfaith Food Closet, Placer County Food Bank, CASA, River Oak Center for Children, Citrus Heights K-9 Unit, Getty Owl Foundation, Calvary Youth Project, Placer County Shop with a Cop, Acres of Hope the Muscular



Dystrophy Association and local schools.

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. ★

Source: Dutch Bros. Coffee

The Next Generation Of Children Receives Hope From Miss Katie

SACRAMENTO REGION, CA (MPG) - Next Generations - a Waldorf inspired childcare experience combines the quality of center based care with the intimacy of an in-home setting opens in beautiful Carmichael.

Next Generations (License #343619726) is owned by Miss Katie Huemer, MA (Early Childhood Education) who brings over 12 years’ experience to the new intimate center. Formerly with Sacramento State University she served staff, students and children from diverse lifestyles and cultures. This unique blend of experience makes Miss Katie sensitive and diverse in the manner in which she supports and nurtures your children. In partnership with and receiving support from A Community For Peace (ACFP) located in Citrus Heights, CA serving the greater Sacramento

Region to end all forms of violence to women and girls, men and boys and promote peace in our homes, schools and communities.

Elaine Whtiefeather, Executive Director of ACFP shared that the early years of a child’s life are the most impactful. Young children learn about the world they live in through observation and imitation of the people and environments that surround them. What a young child sees, hears, feels and experiences can set the course for the rest of their life. Next Generations, provides nurturing, creative, playful & developmentally appropriate care for all children. Our intention is to establish within each child a solid belief that life is good, that people are here to support them, that they are connected to all living things, and that they matter!

ACFP and Next Generations

invite you to an open house to learn more about the Center and to meet the staff.

Next Generations Open House
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Carmichael, CA 95608
License # 343619726

For more information about Next Generations open house, fees and program contact:

A Community For Peace mission is to end all forms of violence to women and girls, men and boys, and to promote Peace in our homes, schools and communities. We seek to reduce the impact of domestic/family violence on children. ACFP is located at 6060 Sunrise Vista Dr., Ste. 2340, Citrus Heights, CA 95610, 916-728-5613, is a 501(c) 3 non-profit. For more information visit: <http://www.acommunityforpeace.org/> ★

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

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

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

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