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Citrus Heights Messenger

“Written by the people, for the people”

Volume 4 Issue 4 Serving the City of Citrus Heights and Sacramento County Second Edition for February 2014

Hometown Hero



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Batter up! Senior Softball Capital of the World



Sacramento has a long history of being a strong baseball town. Baseball has always been very popular in Sacramento schools and with the Sacramento Solons. The Sacramento Solons were a minor league baseball team based in Sacramento, California. They played in the Pacific Coast League during several periods (1903, 1905, 1909–1914, 1918–1960, 1974–1976). The current Sacramento River Cats began play in West Sacramento in 2000.

By Jan Dalske

SACRAMENTO REGION (MPG) - Sacramento is the “Senior Softball Capital of the World”. This is what Larry Campbell, the Commissioner of the Golden Seniors Softball League would tell you. And he is convinced this statement is true. The Golden Seniors Softball League includes many areas that are within 60 miles of the city of Sacramento. The region they cover is not just where they play their games, at the baseball park in Carmichael Park, off of Fair Oaks Blvd, and Grant Avenue. The region covers the cities where they travel from to get to their games. The players come from Penn Valley near Grass Valley, Placerville, Marysville, and Magalia, near Paradise, Elk Grove and South Sacramento, Roseville, Lincoln, and Davis, as well as all of the Sacramento metro area. This large region is the Senior Softball Capital of the World! It started with the introduction of

**Public Hearings Set
for Creek Corridor
Trail Project**

CITRUS HEIGHTS, CA (MPG) - Citrus Heights Planning Commission will be considering the Creek Corridor Trail Project Feasibility Report at a Public Hearing on February 26, 2014. The Planning Commission will make a recommendation to the City Council for consideration. The City Council will hold a Public Hearing to consider the Creek Corridor Trail Project Feasibility Report on March 27, 2014.

The City will provide a detailed presentation about the final Creek Corridor Trail Project Feasibility Report to the City Planning Commission and City Council during both Public Hearings. Public Comments about the project will be considered at both the Planning Commission and City Council Public Hearings.

The purpose of the project is to evaluate the feasibility of establishing a multi-use trail system within the City's approximately 26 miles of creek corridors and SMUD utility corridor. A detailed presentation at both the Planning Commission and City Council Public Hearings will include information about the community engagement program, specific trail alignments, creek and road crossings, implementation priorities, costs, and strategies to address safety and privacy concerns.

City Planning Commission Public Hearing, Wednesday February 26th 7:00 pm City Council Chambers 7117 Greenback Lane

City Council Public Hearing Thursday March 27th 7:00 pm City Council Chambers 7117 Greenback Lane

For More Information visit www.chcreektrails.net
Source: City of Citrus Heights

Barnes & Noble Holiday Book Fair Helps Citrus Heights Students Learn

Story and Photo by Jim Reiman, 'Citrus Height Reads'

CITRUS HEIGHTS, CA (MPG) - Friday, January 24, 2014 was a banner day for ten schools in Citrus Heights. That day, representatives from each school visited the Sylvan Oaks Library to accept 99 brand new books for each of their own school libraries.

The books were the gift of the Citrus Heights Reads (CHR) program, a civic organization whose mission is to provide the schools with volunteer readers to help younger children learn to read. CHR obtained the books through a unique collaboration with the Barnes & Noble store on Sunrise Boulevard.

From mid-November to December 31, Barnes & Noble encouraged patrons to purchase an additional book from a specially selected collection oriented toward



Staff from three Citrus Heights schools met at Sylvan Oaks Library on January 24 to receive new books for their school libraries. Patrons of Barnes & Noble in Citrus Heights donated just under 1,000 books for the 'Citrus Heights Reads' program. Left to right: Laura Powell, supervisor, Sylvan Oaks Library; Tanya Reaves, principal, Arlington Heights K-8; Cendrinne DeMattei, Chamber of Commerce Education Committee; Alicia Lagarde, principal, Lichen K-8; and Monica Curiel, vice principal Kingswood K-8.



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Batter up! Senior Softball Capital of the World



As baseball players age, their game evolves into fast pitch softball, then co-ed slow pitch softball, and finally senior slow pitch softball.

Continued from Page 1

in many different cities and communities. His rules included the layout of the diamond, the foul lines, the distance between bases and the pitcher’s plate, the number of balls and strikes, etc. The standardized games grew in popularity, so much so that it became America’s favorite pastime sport. So, after Baseball began to flourish in New York in 1847, what happened in our state in 1848, just one year later?

Gold was discovered in Northern California. This discovery created a steady influx of young men, including Alexander Cartwright. Thousands of young men made the hard journey across the plains to Northern California, where Sutter’s Fort, located in Sacramento, was the hub. Alexander Cartwright was among the early gold miners. He was in our area for several years before moving on to Hawaii. It is believed that he must have introduced baseball to the gold miners, who were in need of an occasional break from the hard and tedious work of gold mining. California became

a new state in 1849

Sacramento has a long history of being a strong baseball town. Baseball has always been very popular in Sacramento schools and with the Sacramento Solons. The Sacramento Solons were a minor league baseball team based in Sacramento, California. They played in the Pacific Coast League during several periods (1903, 1905, 1909–1914, 1918–1960, 1974–1976). The current Sacramento River Cats began play in West Sacramento in 2000.

Introducing: the first Golden Senior Softball team: 1976- They were the world’s 1st weekly baseball league of four teams of 80+ years/ age players. At that time, the only teams at their senior level of play who would play against them were young women’s teams and leagues. In appreciation and honor of those 1976 young women’s teams who helped them get started, the 75+years/age league invites all female softball players of any age who want to join them on Thursday AM to please come and feel welcome. The league’s

mission is to have more fun while playing softball with many friends who have senior aches and pains like they do, and to try to remember their turn at bat while socializing. The Golden Seniors Softball League consists of three different levels of players.

As baseball players age, their game evolves into fast pitch softball, then co-ed slow pitch softball, and finally senior slow pitch softball. If any men age 50 to 95 or women age 45+ in 2014 would like to play senior slow pitch softball in the evenings after work or during weekday mornings during the season, you can email Larry Campbell at larrywc23@gmail.com or call him at 916-485-4843 with your name, age, phone number and mailing address. Larry is also looking for any and all 75+ and 80+ Golden Geezers to come help them expand to 9 teams! There will be three practice games in February, with one game against each division opponent, weather permitting. ★

CDPH Issues Warning About Consuming Certain Cactus Imported From Mexico Due to Health Risk

Special CDPH Report

SACRAMENTO REGION, CA (MPG)

- California Department of Public Health (CDPH) Director and state health officer Dr. Ron Chapman has recently warned people not to eat cactus imported from Mexico that were sold at specific retail and wholesale locations around the state due to the presence of unapproved pesticides.

A recent routine surveillance sample collected by the California Department of Pesticide Regulation (CDPR) isolated as much as 5.8 parts per million of Monocrotophos, an organophosphate based pesticide that has been barred from use in the United States since 1989. CDPR immediately took action to remove all of the product it could locate from store shelves and distribution centers. It has been quarantined and/or destroyed so that it doesn’t pose a threat to consumers.

The contaminated cactus was sold and offered for sale to

consumers and wholesale customers locally at La Superior SuperMercados in Sacramento, Stockton, Woodland and Pittsburg between 2/6/2014 and 2/12/2014

Whole cases of the cactus purchased from the wholesale produce companies were likely labeled with a supplier sticker that stated “Comercializadora De Chiles, Selectos Nieto S. De R.L. De C.V.” Product sold in the retail stores was sold in bulk bins without any specific branding or labeling.

Washing or peeling the cactus prior to preparation as well as some cooking methods (boiling) can remove some of the pesticide, however, since consumers are unable to measure the effectiveness of these procedures, it is not recommended that consumers try to salvage any of this contaminated product. If consumers have any of this product remaining in their possession, they should return it to the place of purchase or dispose of it in the garbage.

No illnesses have been reported to date, but symptoms of acute poisoning may include sweating, headache, weakness, nausea, vomiting, hypersalivation, abdominal cramps, and diarrhea. Consumption of Monocrotophos can lead to neurotoxicity and permanent nerve damage.

CDPH and CDPR are working with the U.S. Food and Drug Administration to identify the growers and importers responsible for shipping pesticide contaminated cactus into the United States, so that future shipments can be examined and verified that they are in compliance before making their way into the marketplace.

CDPH recommends consumers experiencing any ill effects after consuming cactus products consult their health care provider. Consumers that observe the product being offered for sale are encouraged to report the activity to the CDPH toll free complaint line at (800) 495-3232. For more information see www.cdph.ca.gov ★

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Citrus Heights Best of 2012 Heights





**Publisher,
Paul V. Scholl**

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

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Chamber of Commerce Member's Best of Citrus Heights

CITRUS HEIGHTS, CA (MPG) - "Navigating Change" was the theme for the 56th Annual Citrus Heights Regional Chamber of Commerce Awards and Officer Installation Dinner on January 24.

Following is the Chamber of Commerce member's Best of Citrus Heights results list.

Voting started in December 2013 and ended in January 2014 through www.BestofCitrusHeights.org. Special thanks to Prestwood IT Solutions for creating and maintaining this website.

Total votes received were 5,582 with the Best of the Best Overall winner going to Sylvan Corners Pet Hospital.

Best Accounting & Tax Preparers
Michelle Lorenz Tax & Financial Advisor

Best Advertising & Marketing Specialties
Rivera Ink

Best Automotive Services
Kniesel's Auto Service Center

Best Commercial Real Estate
Sunrise MarketPlace

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A Community For Peace

Best Computer / Websites / Telecommunications
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Best Financial Institutions
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Hampton Financial Consultants

Best Food / Drink / Catering
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Best Funeral Services
Mount Vernon Memorial Park

Best Government Services & Community Providers
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Best Health & Fitness
River City Chiropractic

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Dignity Health Mercy San Juan Medical Center

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Crosswood Oaks Retirement Community

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Gary D. Siess General Contractor

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Local High School Band *Heat Of Damage* Releases Self-Produced EP "Orenda" And Rocks Local Venues



FOLSOM, CA (MPG) - From the drummer's garage, using a 20-year old mixer, a constantly crashing computer, and the lyrics, talent and determination of 3 Folsom High School sophomores, Orenda is the result.

Starting just one year ago, Heat of Damage's Nick Lassalette, Dave Haug, and Julian Bohland have quickly become a local high school band favorite, regulars at The Boardwalk in Orangevale, and is ranked #9 as of this date out of 200 Sacramento area bands on Reverbnation.com.

In just over 3 months and

working around their school activities (Haug is on the football team and Bohland is in the award-winning jazz band) the band's first EP, Orenda, was released on Reverbnation and SoundCloud February 4th. This 6-song ensemble includes hard-rock, edgy tunes such as "Watch You Burn" and "The End," along with inspiring and emotional songs such as their online acoustic hit, "Come N' Go," which describes the ever-changing relationships and lives of a teen, and "Clovers," saying how "Now's the time to shine."

Heat of Damage will be playing

at The Boardwalk on February 22nd, opening for the hit rock bands Assuming We Survive and Dose of Adolescence. The band will also be playing at Club Retro in Roseville, CA on February 28th. EPs and T-shirts will be on sale at both venues.

For Further Information, Visit Heat Of Damage Websites on Reverbnation.com; SoundCloud.com; and Facebook.com

Contact: Angela Barber, (916)833-8942 or acbarber_1@att.net ★

Soroptimist International Of Citrus Heights Presents Ruby Award To Peggy Fava

CITRUS HEIGHTS, CA (MPG) - Soroptimist International of Citrus Heights proudly announces their winner of the 2013-2014 Ruby Award to Ms. Peggy Fava, founder and director of Bridge Network, a non-profit organization.

The Soroptimist Ruby Award is awarded to women who have

devoted their professional lives to improving the lives of women and girls which is the mission of Soroptimists locally as well as internationally.

With Peggy and her all volunteer staff at Bridge Network they work to "bridge" resources for at-risk youth and sex trafficked victims in

the Sacramento and Sierra Foothills areas.

The work Peggy and her staff of volunteers does to restore hope and self esteem in girls is remarkable and we celebrate her efforts and results.

Congratulations Peggy! ★

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www.EastLawn.com

Reservations Required, please RSVP to Lisa West at LisaW@EastLawn.com

Seating is limited to 30 attendees per seminar

Warning of Scam Targeting Elderly

CITRUS HEIGHTS , CA (MPG) - Citrus Heights Police would like to warn citizens of a current scam identified in the region. On three separate occasions, two suspects have approached elderly victims at local retail locations with a story of transferring several thousand dollars into their accounts before leaving the country. The suspects convinced the victims to drive to nearby banks and withdraw several thousand dollars from their personal accounts. During two of the three crimes, the suspects stole the victim's vehicle while the victims were inside the bank. We advise all citizens to be



cautious when approached on the street or by way of social media involving the exchange of money. There are many scams targeting people, specifically the elderly, in an attempt to fraudulently steal their money. Anyone with information regarding similar circumstances or who may be able to help identify the suspects involved in these cases are encouraged to contact the Citrus Heights Police Department at (916) 727-5500. Media Contact: PIO Bryan G. Fritsch: (916) 380-7988 or email: bfritsch@citrusheights.net ★



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Hometown Hero



Air Force Airman 1st Class Aaron J. Blecker-Davis graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Blecker-Davis is the son of Wendy Blecker and Douglas Davis, both of Citrus Heights.

He is a 2010 graduate of Bella Vista High School, Fair Oaks.

Aaron J. Blecker-Davis *Source: Defense Media Activity*

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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.

EARLY CHILDHOOD (0-5)
TODDLER STORYTIME @ SYLVAN OAKS (RECURRING)

Tuesday, March 04, 2014
Other dates: 3/11/2014, 3/18/2014, 3/25/2014
11:30 AM
Children ages 12 months to 3 years will share songs, finger plays, stories and fun.

SCHOOL AGE (6-12)
HOMEWORK ZONE @ SYLVAN OAKS (RECURRING)

Tuesday, March 04, 2014
Other dates: 3/4/2014, 3/11/2014, 3/18/2014, 3/25/2014 • 3:30 PM
Are you struggling with a school assignment? Get free homework coaching in the Homework Zone at Sylvan Oaks Library. We offer free homework assistance in all subjects on a drop-in basis for grades 1 to 8. Come to the Homework Zone to build your confidence and get better grades! Homework Zone tables are located in the Children's Area.

ADULT
JOB COACH @ SYLVAN OAKS (RECURRING)

Tuesday, March 04, 2014
Other dates: 3/4/2014, 3/11/2014, 3/18/2014, 3/25/2014 • 3:30 PM
Looking for a job? Need help? Come meet one-on-one with a trained job coach who will help you spruce up your resume, build better job searching techniques, learn how to ace the interview, and more! Sign up for a 3:30-4:30pm appointment online or at the Service Desk. Walk-ins are welcome when there are no prior reservations.

ADULT
JOB COACH @ SYLVAN OAKS (RECURRING)

Tuesday, March 04, 2014
Other dates: 3/11/2014, 3/18/2014, 3/25/2014
4:30 PM
Looking for a job? Need help? Meet one-on-one with a trained job coach who will help you spruce up your resume, build better job-searching techniques, learn how to ace the interview, and more! Sign up for a 4:30-5:30pm appointment online or at the Service Desk. Walk-ins are welcome when there are no prior reservations.

FAMILY/ALL AGES
FAMILY MOVIE NIGHT @ SYLVAN OAKS LIBRARY (RECURRING)

Tuesday, March 04, 2014 • 5:00 PM
On Feb. 4, we began showing an 8-part series that stars a boy wizard whose fate is tied to that of He-Who-Must-Not-Be-Named. Join us the first Tuesday of each month for a movie and some popcorn in our community room. You're welcome to bring your own additional snacks and soft drinks.

EARLY CHILDHOOD (0-5)
PRESCHOOL STORYTIME, SONGS AND CRAFTS @ SYLVAN OAKS (RECURRING)

Wednesday, March 05, 2014
Other dates: 3/12/2014, 3/19/2014, 3/26/2014
10:15 AM
Come join your friends for stories, singing and craft time with Poppy at Sylvan Oaks Library. Each week we start out with Storytime and finish the morning off with a fun and easy craft to take home.

EARLY CHILDHOOD (0-5)
SYLVAN OAKS LIBRARY
BABY LAPSIT @ SYLVAN OAKS (RECURRING)

Wednesday, March 05, 2014
Other dates: 3/5/2014, 3/12/2014, 3/19/2014, 3/26/2014 • 1:00 PM
Infants from birth to 12 months are welcome to come with adults. Gentle rhymes, songs and stories help build early literacy skills and provide a bonding experience for babies and parents or caregivers.

SCHOOL AGE (6-12)
SYLVAN OAKS LIBRARY
TWEEN BOOK CLUB @ SYLVAN OAKS (RECURRING)

Thursday, March 06, 2014 • 4:00 PM
Like to read? Are you 9-12 years old? Join the Tween Book Club at Sylvan Oaks Library. We meet every month on the first Thursday. We talk about books, eat snacks and have a trivia contest with prizes. We will be discussing Everything on a Waffle, by Polly Horvath, at our next meeting.

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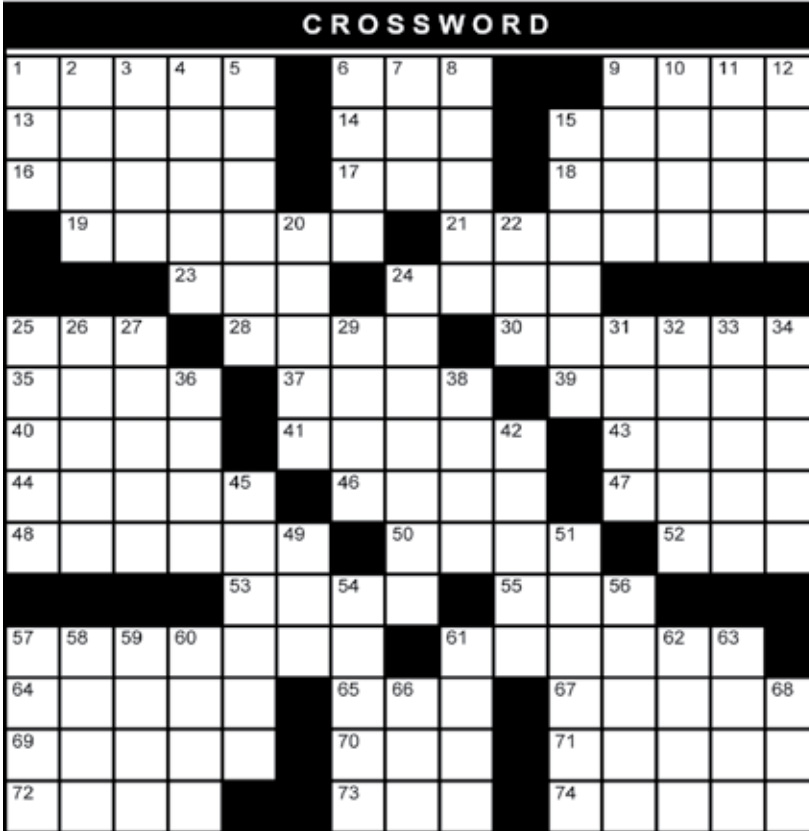


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CLUES

ACROSS

1. "Nebraska" leading man
 6. *Phelomena's quest
 9. Immanuel ____ of "Critique of Pure Reason"
 13. B on Mendeleev's table
 14. WSW opposite
 15. "None the ____"
 16. Lawyers' loads
 17. Hula welcome
 18. Right-hand page
 19. Kind of tire
 21. *Bullock's force of attraction
 23. Canny
 24. *Enterprise of "Star Trek Into Darkness"
 25. 20s dispenser
 28. Apiece
 30. Part of India
 35. "Wanted!" state
 37. LeBron's goal
 39. Deen or Abdul
 40. Against
 41. Slow sipper's equipment
 43. Smiley face
 44. Heat-conducting solid
 46. ____-a-Sketch
 47. Makes a great puppet
 48. *____ Adler's students won many Oscars
 50. Folio page
 52. Between do and mi, pl.
 53. *Oscar of sports world?
 55. "Before" prefix
 57. Punk hairdo, pl.
 61. Chemical cousin
 64. Accord
 65. Credit card acr.
 67. Some sorority girls
 69. Popular synthetic fabric
 70. *2013 "wolf" portrayal
 71. Bert's sidekick
 72. ____ sack
 73. Adult male
 74. African antelope
- #### DOWN
1. British broadcaster
 2. Women's lib cry?
 3. Celestial bear
 4. Campus girls
 5. Store as fodder
 6. Auction off
 7. The loneliest number?
 8. Sound like Secretariat
 9. Capital on the Dnieper
 10. Fungal spore sacs
 11. Post-deductions amount
 12. Site of Trojan War
 15. Get through
 20. Nursemaid in India, pl.
 22. Mourner's wish
 24. Soon enough
 25. *Nominated "Hustler"
 26. Article of faith
 27. Opposite of glossy
 29. Pigeon's home
 31. Old scolds
 32. One of "12 Angry Men," e.g.
 33. Rabbit hole wonderer
 34. "Saving Mr. ____"
 36. Obsolescent phone feature
 38. Tempo
 42. Wallops
 45. "Folk singer" ____ Davis
 49. Pose a question
 51. *Nominated animated feature
 54. Church song
 56. Manicurist's board
 57. *Previous Supporting Actor nominees Wahlberg or Ruffalo
 58. Arab League member
 59. "Hey!"
 60. Above
 61. "____ Man 3," nominated for Visual Effects
 62. European erupter
 63. Commuter line
 66. Princess tormentor
 68. Yellow ____



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Sudoku Puzzle on Page 6

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

“Pitchers and Catchers report!” It’s as sure a sign of the coming spring as erupting dandelions and fledgling fruit blooms. And as inhumane as this winter has been – as brutal as it remains in many locales – spring could not get here quickly enough, groundhog shadows and eminent March snowstorms be damned.

Yes, the return of baseball is a bellwether of warmer days, even if baseball itself should expect a somewhat chilly reception these days. Critics say the games are too long and frankly, painfully tedious. Smart, run-scoring strategy has been replaced by brutish free-swinging for the cheap seats, say baseball’s purists. And don’t even get tongues wagging about a certain Yankee third baseman.

For my own part, I’ve had a suspicion about the game for some time now. After the baseball players strike of the mid 1990s I fell off the wagon. The more recent scandals involving performance enhancing drugs and the obscene amounts of money paid to mere mortals for throwing and striking a rawhide ball have done nothing to reclaim my confidence.

And have you taken your kids to a game lately? To park, \$30. For tickets, \$75, \$60 for sodas and snacks. And forget the

All That Once Was Good

souvenirs. I can’t swing that kind of cash. What makes all of this so difficult to take is the fact that some of my fondest memories center on professional baseball.

I’m not old, but old enough to remember sitting in the now demolished Atlanta-Fulton County Stadium trying to snag foul balls off the bats of Brett Butler, Dale Murphy and Bob Horner – all for a few turnstile dollars. But I can count on one hand how many times I’ve been back to a stadium since.

Some of my fondest memories were also made at church; in the little “church in the wild-wood” of my formative years. The pew bottoms were made of old wooden slats that creaked and groaned during the service, pinching this little boy’s behind and picking holes in my mother’s panty hose.

The church’s water fountain was a natural spring found down a path behind the sanctuary, and a trip to the toilet was a similar trek. On hot August nights I can recall the fiery summer revivals in that old house of worship – fiery in preaching and temperature – as I struggled to understand all that was going on (between explorations for spearmint gum in my grandmother’s purse, of course).

Was this church “better” than what I have experienced as an adult? Probably not. Was it simpler, more sincere? Probably so. Major League Baseball and much of the church in America have arrived at the same place. Both are more driven by market and commercial forces than by a true sense of what they are. They

have largely been taken captive by the consumer, by self-indulgence, and vanity. We are all the worse for it.

My children used to thrill me on the baseball diamond every spring, even when they were picking flowers in the outfield or putting their mitts on the wrong hand. There was an enjoyment, a purity in their play, that while unprofessional, was much more real than anything happening at the ball parks of big business. This is my same longing for the church. For I still love it and pray that it become truer to its roots and more authentic.

Terence Mann, James Earl Jones’ character in “Field of Dreams,” may have captured the sentiment best. Standing in that enchanted cornfield turned baseball diamond, he says, “They’ll walk out to the bleachers; sit in shirtsleeves on a perfect afternoon. They’ll find they have reserved seats somewhere along one of the baselines, where they sat when they were children and cheered their heroes.

“They’ll watch the game and it’ll be as if they dipped themselves in magic waters. The memories will be so thick they’ll have to brush them away from their faces. This field, this game: it’s a part of our past. It reminds us of all that once was good; and it could be again.” May it be so. ★

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.

What Comes After That Kiss?

Dr. James L. Snyder

I grew up in a generation that never kissed on the first date. Sad to say, that idea went out with Noah and his ark and you can kiss that idea goodbye.

Nothing wrong with a kiss, if it is with the right person. It seems we are living in a culture where all anybody thinks about is kiss, kiss, kiss. So much so, that the average kiss is just that, average. Whatever happened to the romance factor behind the kiss?

A kiss should be something special and not thrown around like some dirty old rag. It should mean something to the people involved.

I still remember my first kiss. I was in Bible school studying for the ministry where I met this girl. We had been dating two months before I realized we were dating. On many things, especially in the romantic arena, I am rather slow. At the end of our first “date,” she surprised me by hugging me. I had never been hugged before. I did not know what to do with my arms. I did not know if I should stand there or if I should say something. At the time nothing really came to mind so I just stood there saying nothing.

The frightening thing about

this first hug was I could not sleep all night long. I had no idea what it meant and I did not know what I was supposed to do. What would I say to this young lady when I met her the next day? How could I look her in the eyes?

I am not sure if I have ever gotten over that first hug after all these years. The thing I did not realize at the time was, every kiss begins with a hug.

Then, the inevitable happened.

We had concluded our “date,” and I took her over to the doorway of the dormitory where she lived. All of a sudden, at least from my perspective, she rose up on her tippy toes and kissed me right on the lips. Then she turned around and went away into the dorm, leaving me standing on the porch not knowing what happened or what to do next.

It was February and just a week away from Valentine’s Day. I had my Valentine’s Day present and my dilemma was, what do I now give her in return? What in the world could ever top a kiss?

Being a naïve young gentleman, I did not possess the resources to process this sort of problem. I had never bought anybody a Valentine’s Day

present in my life. What did they really look like?

After some soul-searching and wallet rumbling, I bought her a heart-shaped box of candy. When I presented it to her, she was thrilled and kissed me again. What do I have to do now? Do I buy her another box of candy?

The next few hours were rather foggy to me and even the next couple of days. By the end of Valentine’s Day, I discovered I was engaged to be married and it all started with a hug.

The apostle Paul put it best when he wrote, “And now abideth faith, hope, charity[love], these three; but the greatest of these is charity[love]” (1 Corinthians 13:13).

A kiss is an expression of love. It is not so much the kiss as what comes after that kiss; a relationship that gets better and better every year. ★

Rev. James L. Snyder is pastor of the Family of God Fellowship, P.O. Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 866-552-2543 or e-mail jamesnsnyder2@att.net. His website is www.jamesnsnyderministries.com.

Can You Heal Your Body With Your Mind?



By Eric Nelson

After years of suffering from a debilitating disease, not to mention multiple surgeries and countless doctor’s appointments, author Danea Horn made a commitment to herself: “You will heal yourself with your mind.” Unfortunately things didn’t work out as planned, as she found herself consumed with such an overwhelming sense of guilt for not seeing any improvement that she ended up changing course and relying on a more conventional if still inspired approach.

Ironically, Horn’s conclusion that the mind is not something that can or should be relied on to cure the body is not too far off from what Mary Baker Eddy – the 19th century religious reformer she largely credits with coming up with such an idea – thought herself.

Referring to the human mind as opposed to what she refers to as the divine Mind or God,

Eddy insisted, “This mind is not a factor [in healing the body].”

This is not to say she completely dismissed the role of an individual’s consciousness in healing. Eddy did see a big difference, however, between a mind fixated on – even intimidated by – a predominantly matter-based view of existence and the thought that is willing to see things from a more divinely inspired perspective.

“Discard all notions about lungs, tubercles, inherited consumption, or disease arising from any circumstance,” suggests Eddy in *Science and Health*, “and you will find that mortal mind, when instructed by Truth, yields to divine power, which steers the body into health.”

In remarks made a few weeks ago at The Commonwealth Club in San Francisco, Horn pointed to the “deep seeded need for control” that makes the idea of using our minds to heal our bodies all the more alluring. But it is the relinquishment of just such a mental power grab that Eddy saw as essential to healing. In other words, “Not my will, but thine, be done.”

The downside to such a notion is that we may assume it absolves us of any responsibility, putting the blame on God for all outcomes, good or bad. For Eddy, though, handing things off to the Divine wasn’t so much of a “Here, you do it” kind of proposition as it was a conscious

recognition of His will operating in one and all, giving us the ability to see whatever situation we are confronted with in a life-affirming, health-inducing light.

The good news for Horn is that she is doing much better and has written a book designed to help other women cope with the stress of illness. Interestingly, of the 10 strategies she outlines, her encouragement to “find gratitude” echoes something St. Paul suggested a good two thousand years ago that links this particular frame of mind with better health:

“Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things... and the God of peace shall be with you.” ★

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.



By Marlys Johnsen Norris, Christian Author

Some people believe that everyone is actually going to heaven when they die! One day they will wake up to a big surprise because this is NOT true according to the truth scribed in God’s Holy Word, the Bible. Unfortunately unbelievers have chosen their own place. Not heaven but a place designed for those who do not follow the teachings of God

Lies originate from the mouth of a deceiver, the enemy of God, Lucifer or Satan is his name. The deceiver would like you not to believe in God and continue disregarding a holy and just Creator who one day caused you to

Is Everyone Going to Heaven?

be born. He would like you to “miss the Divine call He has provided” or have you end up in his (Satan’s) eternal place -- NOT heaven with God Almighty! (Read 2 Thessalonians 1:9) Such words may sooth the conscience and give false hope, however they are lies perpetrated by Satan.

God who created all that is – is the great I AM, He is Sovereign, Holy and Perfect. He requires those who enter His eternal home to also be made perfect and whole. There is only ONE way it can happen because His eternal home is filled with holiness and perfection. He will not allow any form of sin, uncleanness or imperfection to enter and contaminate His abode. People who say everyone will end up in heaven have no idea of “Who” God really is – nor, His expectations of those who desire to enter His home one day. (I Peter 1:4)

God loves all of His creation so He provided only ONE way,

whereby one might take on the righteousness of His Beloved Son and receive His gift of eternal life with the destiny to reside in heaven eternally. It is by accepting the death and blood sacrifice Jesus Christ willingly paid for all our sin debts on the Cross to purchase eternal life for those who make a decision believe and follow in submission and obedience..

Possibly this may be too simple an answer for some, but it is the “only key” that unlocks the door to God’s eternal home for anyone! Obedience to God’s instructions in one’s life draws one into a dynamic and wonderful personal relationship with Him. ★

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

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By Pastor Ray Dare

In your life, between now and the time you die, you will experience many stressful changes. How are you going to respond to those changes? You can't prepare for them because you don't know what they're going to be. How will you handle them? What's going to be your source of stability? The Bible says, *"Those who trust in the Lord are as steady as Mount Zion, unmoved by any circumstance."* Psalm 125:1 That's what I call stability! You're unmoved by any circumstance. Security, stability and confidence in life come from being anchored in an unchanging God.

God never changes. *"But whatever is good and perfect comes to us from God... He shines forever without change or shadow."* James 1:17. There are three things about God that never change. Knowing these brings stability in your life.

God's love for you will never change. You need to constantly remind yourself of this. God says, *"I have loved you with*

Your Source of Stability

an everlasting love." Jeremiah 31:3 God's love for you is constant. One of the reasons why we get frustrated by relationships is people change, get moody, fickle. But God always acts like Himself. He never changes. He never acts out of character. The point is, you never need to doubt God's love. No matter what happens. No matter what you feel, God's love for you never changes. *"For I am convinced that nothing can ever separate us from his love."* Romans 8:38 He never changes His mind about you. It's important you understand that. If not, the next time something doesn't go your way or something bad happens, you're going to think, "That's God getting back at me". No, that's life. God's love for you never changes.

God's word never changes. The Bible is always relevant, always fresh and always up to date. Anything man writes eventually becomes obsolete, outdated. You need to build your life on something more stable, permanent and unchangeable than the current fad, therapy or the current thing in vogue. Jesus said, *"Heaven and earth will pass away but My words will never pass away."* Matthew 24:35. If you want to have more stability in your life when you're under stress, then fill your mind with things that never change

and things that you can always count on, God's word.

God's plan for you will never change. *"The Lord will fulfill his purpose for me; your love, O Lord, endures forever."* Psalm 138:8a (NIV). People say, "I made this big mistake. I missed God's plan. I'll just have to settle for second best." There's only one problem with that: You don't find that in the Bible. God is not the God of second bests, He's the God of second chances. You are still on Plan A. God knows everything that's going to happen in your life and He fits it all in to work for good in your life. Nothing can hinder God's plan for your life, not even your own mistakes. He saw them coming long before you ever made them. Romans 8:28 says, *"ALL things work together for good to them who love God and are called according to His purpose."* Good, bad, ugly, somehow **God knows how to turn them all around and use them for His purpose** in your life. God has not changed His mind about you.

Pastor Ray

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DR. COY F. CROSS

Author Coy Cross II, Ph.D
"The Dhance"
A Caregiver's Search for Meaning

STRENGTH IN UNITY

For a moment life seemed surreal. It's Friday afternoon, my friend Greg and I are having coffee in Peet's coffee-shop on 19th Street in Sacramento. Yesterday, my wife was diagnosed with Stage III, Level C, ovarian cancer. Her surgery is scheduled for Tuesday. As Greg and I are talking, I share with him: (1) I know there are profound spiritual lessons in this for both my wife and me; (2) I have to do it differently this time; (3) I have to accept this and "let everything be as it is." The only thing I can do is be "consciously present with her."

After walking away from a fundamentalist church as a teenager, by age 40 I felt something missing from my life and started looking for answers. I started going to a small Unity church in Modesto and later Carol Ruth Knox, a guest speaker, delivered the Sunday talk. For the first time in my life, I heard a message that resonated to the core of my being. I knew this was Truth, capitalized, emboldened and underlined.

A few months after that first meeting, I bought a small busi-

ness in Walnut Creek, near her church. Over the next few years, her teachings on "Non-duality," "Progressing Spiritually from Victim to Victor to Vehicle," and "The Dark Night of the Soul" changed my life and the way I see God. This helped me see that my wife's cancer would have a profound spiritual impact on us both.

I had been a caregiver about 30 years before and it didn't go well. I tried to do everything myself and avoid the pain by "stuffing" my feelings and numbing out with alcohol. Part of "doing things differently" was to recognize I couldn't fix my wife. I could take care of many of her physical needs: cooking, driving her to doctor's appointments, buying groceries, cleaning house, etc. I realized this time I needed to take care of myself, if I was to remain strong enough to take care of her. I would ask for help or hire someone to do the routine chores.

The greatest gift I could give to her and to me was to remain conscious throughout the experience. I said to God, "Okay, I am going to

be present for all of this. I am going to feel it all." My promise to my wife was, "I will be consciously present with you and hold your hand throughout." As we move forward in time each of us will face a 'dark night of the soul,' a moment when we can feel alone in the Universe. How to find mental, physical and spiritual strength to cope, survive and assist those in need as a caregiver is just the beginning of finding strength in Unity.

Share with us each month here and visit Facebook to learn more at The Dhance. See author Cross as he discusses discoveries, lessons and shares insights on YouTube.

You also can learn to cope in delving into the mind, life and acceptance of life and death that is the heart of Coy Cross's experience related for all to learn from in "The Dhance" (Available from KohoPono Press, ISBN 978-0-9845424-2-0, visit koho-pono.com or call 503-723-7392).

Please note: author's permission required before reprinting these articles.

Barnes & Noble Holiday Book Fair Helps Citrus Heights Students Learn

Continued from Page 1

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