



A Night of Music  
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Cruisin' for  
Charity at  
Lowe's  
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# Citrus Heights Messenger

*"Written by the people, for the people"*

Volume 4 Issue 7      Serving the City of Citrus Heights and Sacramento County      First Edition for April 2014

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in Citrus Heights  
a Reality



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Easter Bunny!



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Maestro in Final  
Pop Season



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## Crowning Volunteers to Serve Community Benefactor Celebrated at Funeral



For over 40 years, Mary Purvis (in photo) groomed sash-wearers to work for non-profits.

**Story and Photos  
By Susan Maxwell Skinner**

**CARMICHAEL, CA (MPG)** -Many people knew Mary Purvis as a woman whose abiding passion was beauty pageants. There was much more than crowns and sashes to the Citrus Heights resident, but legacy's spotlight inevitably falls on her enduring court of crowned protégés. "She

was my hero, my savior, my teacher and my other mother," said former Miss Orangevale Tamara Barbu-Brown (now California Talent Queen) at Purvis's funeral. "She'll always be the biggest jewel in my crown." Aged 86, Purvis died from complications following a recent fall. "Mary is now in the hands of the ultimate crown-maker," said another of her pageant veterans.

From the 1970s, the Oklahoma-raised businesswoman groomed young women to decorate Northern California civic events. Carmichael's July 4th Parade and Citrus Heights' Red White and Blue Parade were blessed with phalanxes of Miss this and Mrs. that, all waving regally from convertibles. City officials knew Purvis as a force to be reckoned with. "She thought her pageant girls should

lead our parade," recalled retired Citrus Heights city worker Helen Brewer. "The city wanted its officials in the front. Mary didn't argue. She just assembled her girls in another staging area, and as the police motorcade moved out, she stopped the parade and directed her girls' cars to the front. Next year we put the pageant winners on a float..."

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**Citrus Heights  
Community  
Marching Band  
10 years and 100  
Performances  
Celebrated**

By Elise Spleiss

**CITRUS HEIGHTS, CA (MPG)** - Marching band music is alive and well in the city of Citrus Heights, and the Citrus Heights Community Marching Band (CHCMB), under the direction of Kody Tickner, is working hard to make sure this remains true for many decades to come. The 2014 5<sup>th</sup> Annual Spaghetti Dinner Fundraiser held on March 22<sup>nd</sup>, marked not only the band's 100<sup>th</sup> performance, but also its 10-year anniversary. As this popular event threatens to outgrow its venue, one might wonder, "how do you fit over 65 marching band instruments of all shapes and sizes and their musicians ranging in age from 7 to 84 in front of an audience of over 700?" The answer: Surround Sound! Retired chef Amy Price again created her traditional perfect spaghetti plate with all the trimmings. During the meal, a guest band made up of members of the Golden State Accordion Club kept the room jumping with some fun polka and German dance music. Band members lined the perimeter of the room after dinner and the music truly surrounded the audience. The CHCMB proudly premiered its production of the music

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## NASCAR Whelen All-American Series Returns to All American Speedway in Roseville

Story by Linda Harper  
All Photos by Doug Day

**SACRAMENTO REGION, CA (MPG)** - For race fans, opening day of the six month NASCAR racing season brings exhilaration and anticipation, no matter what track you're visiting or what series you're watching. The Sprint Cup series has the market cornered on big names, big sponsors and big happenings. NASCAR Nationwide Series is a place many drivers go to prepare for the "big show." Owners often use this series to groom their potential Sprint drivers and to fine-tune their cars for the "move up." Although there are several additional series, none are more action packed as short track community racing. This is where enthusiasts evolve into racing

participants, where track sportsmanship in learned and where confidence is built. It's where friends and family are often the crew that build the cars and keep them racing week after week. Throughout the season, fans create alliances and life long friends are made in the stands. Short Track community racing is true, raw racing at its best. NASCAR Whelen All-American Series racing returned to the All American Speedway in Roseville, Saturday, April 5<sup>th</sup>. Four divisions roared around the 1/3 mile track with all the speed and competitive showmanship area fans look forward to. The stands were full of happy families, the beer flowed cold, the weather was perfect, and a great assortment of food was available for all to enjoy. In

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# Citrus Heights Community Marching Band 10 years and 100 Performances Celebrated

Continued from page 1

from the 1961 motion picture, *West Side Story*, and the long time crowd favorite, John Philip Sousa’s “The Stars and Stripes Forever” served as the finale.

The CHCMB is a family and as such, the production of this event was a family affair. Musicians and other band members including the color guard, youth majorettes, directors and family volunteers, did double duty helping with the cooking, serving, clean up, raffle and silent auction.

As usual, the raffle was the sustaining fundraiser for the band, with over 100 items collected. Band members, friends and family, and community members donated prizes. Special thanks went to Sarah Hendricks who spent two months contacting and visiting businesses throughout the area to obtain donations.

Bill Cook created his usual allotment of band instrument lamps made from retired instruments, including one

made from a guitar. Funds raised from the event are used to replace and repair instrument and purchase uniforms.

Mary Purvis was present with her Ambassadors who greeted attendees and helped hand out the raffle prizes. The Ambassador Program and community lost a powerful advocate with the death of Mary Purvis on March 26th.

The CHCMB was the brainchild of Kathy Cook, who was a member of the Red, White and Blue parade committee in 2004. The parade was celebrating its 5<sup>th</sup> anniversary and Cook decided the parade needed a marching band. Linda Glover who was with the Capitol Pops joined the team to help with her musical expertise.

With the support of the Sunrise Recreation and Park District, the City of Citrus Heights, local businesses, and Mary Purvis, the CHCMB band was born. The first band practice took place on March 25<sup>th</sup> in the band room at San Juan High School. Margaret

Gambill, flute leader, is the only remaining charter member.

Demand for the CHCMB to perform in Citrus Heights and surrounding cities has grown through the years, and twenty-two performances are scheduled for 2014.

The annual Spaghetti Dinner Fundraiser grows each year as members of the community discover the fun of marching band music and the difference the organization makes in the lives of the young and the old and all those in-between in our city. Most would echo the words overheard following the event: “They just keep getting better and better.”

To view past band performances, see where the band in playing or how you can become a member or other volunteer, visit [www.chcmb.org](http://www.chcmb.org). For information on the Golden State Accordion Club visit: [gsaccordioncarole@aol.co](mailto:gsaccordioncarole@aol.co), 707-864-2359. ★

# Smile for the Easter Bunny!

By Bill Martin

**CITRUS HEIGHTS, CA (MPG)** - It’s spring time again, a time of rebirth, renewal, and of course, pictures with the Easter Bunny! Mark your calendar now, and bring the whole family out this Saturday, April 12<sup>th</sup> for the springtime outdoor Easter Craft Fair. There will be free pictures with the Easter Bunny courtesy of Brian Barnes of Primary Residential Mortgage and Tanya Bridges of 1st Choice Realty. This free, outdoor charitable event is chock-full of family fun and open to the public. Enjoy hand-made crafts, scrumptious food, lively music, and of course free pictures of the kids or the entire family with the Easter Bunny!

The Easter Craft Fair is a charitable event benefitting the Paradise Oaks Youth Services Foster Care Program in Sacramento. Established in 1989, Paradise Oaks Youth Services is a non-profit agency committed to providing quality, compassionate care and services for the young people of the Sacramento region. For more information about how you can help Paradise Oaks Youth Services, please call 916-967-6253.

The Easter Craft Fair goes from 9:00 a.m. to 3:00 p.m. on Saturday,



The Easter Craft Fair is a charitable event benefitting the Paradise Oaks Youth Services Foster Care Program in Sacramento. Established in 1989, Paradise Oaks Youth Services is a non-profit agency committed to providing quality, compassionate care and services for the young people of the Sacramento region.

April 12<sup>th</sup> at 1<sup>st</sup> Choice Realty, located at 7622 Auburn Blvd. in Citrus Heights. The guest of honor; the Easter Bunny, will be on hand for picture taking from 12:00pm to 2:00pm. For more information on the Easter Craft Fair, please call 916-722-7400.

This publication wishes to express a special “Thank You” to 1st Choice Realty and Primary Residential Mortgage for their continued gift of community spirit and giving back.

See you at the Easter Craft Fair! ★

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Citrus Heights Messenger

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Subscriptions should be mailed to Citrus Heights Messenger, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$25 per year; \$30 per year in Sacramento and Sacramento county; \$40 per year outside Sacramento county. Citrus Heights Messenger is published twice monthly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: [Publisher@CitrusHeightsMessenger.com](mailto:Publisher@CitrusHeightsMessenger.com). Be sure to place in the subject field “Attention to Publisher”. If you do not have email access, please call us at 916-773-1111.

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# A Night of Music Magic as San Juan School District Choirs Perform

By Elise Spleiss

**SACRAMENTO REGION, CA (MPG)** - It was a magical evening of song, family and friends. The excitement was palpable on March 25, 2014 as the sanctuary of the Sunrise Community Church in Fair Oaks filled to capacity with proud parents, grandparents, sisters, brothers and friends. They had gathered to enjoy the 6th annual San Juan (East) Sings concert.

Over six hundred choir members from the 10 San Juan Unified School District (East) elementary, middle, K-8, and high schools located in Citrus Heights, Fair Oaks, and Orangevale had been working hard for months in preparation of this special evening.

Ten separate choral groups entertained the audience with a potpourri of Disney, pop, whimsical, and more solemn selections. There was even a sprinkling of Latin offerings by Bella Vista's high school choirs, including "Laus Deo", "Praise Be to God." The elementary combined choir got laughs with "Things I learned from a Cow", and 'Obwisana', a lively African song complete with choreography.

SJUSD's creed is, "San Juan: Where creativity goes to school". This concert exemplified that motto. Craig Faniani, Visual and

Performing Arts (VAPA) coordinator greeted attendees with the assurance that the District is not cutting the Arts, but growing them. Their goal in their musical training is not only to perform but also to learn 21<sup>st</sup> century life skills that can be carried into adulthood. Students at all levels are encouraged to have fun and be creative and passionate about their music. They are learning important skills that will carry them on to other visual arts and artistic venues as well as improving all their core subjects.

David Vanderbout, District Lead Choral Director and choir director at El Camino High School, noted the importance of experiencing the collaboration and teamwork required to be part of such a large production. Watching the older singers enjoying the younger ones as they performed, and the little ones looking up to their older counterparts, hoping to be in their place one day. This evening of song left the audience wanting more, and they can get as each school holds its own choral performances.

Concert committee members were Vanderbout, Faniani, George Dozet from Deterding Elementary, Jenna Huff from Kingswood K-8, and Karen Koenig from Pasteur and Sylvan schools. ★

# Cruisin' for Charity at Lowe's

By Connie Hall

**CITRUS HEIGHTS, CA (MPG)** -Mark your calendar now for Saturday, April 19th, and cruise on over to Lowe's Home Improvement Store near the corner of Greenback Lane and Sunrise Blvd. in Citrus Heights. Lowe's is proud to open up their parking lot and serve as the host venue for the 10th Annual SpringFest Car Show and Party, brought to you by the Capital City Cruisers Car Club, benefiting the From the Heart Program.

If you have a pre-1975 automobile you would like to exhibit at the show, vehicle registration is available through the website at CapitolCityCruisers.org or contact Rex Roden at 530-748-6181. Car set-up starts at 8:00am, with the show starting at 10:00am and running through 3:00pm. Up to 50 awards will be presented to car owners at 2:30pm, in a large variety of classes and categories.

Food, Fun, Raffle Prizes, Entertainment and Classic Cars...what a great way to spend a Saturday! Proceeds from this year's SpringFest Car Show are pegged for the Gifts from the Heart Program. This program is run by the Sacramento County Department of Health & Human Services



(DHHS) who provides thousands of holiday gifts to children and youth in the Child Protective Services Division. These are kids who have been identified through social workers as not likely to receive anything for the holidays, and this is where the Gifts from the Heart Program steps in.

According to AJ Lloret, Store Manager of the Citrus Heights Lowe's location, "We were very happy to get involved with the Capital City Cruisers Car Club for this great annual event, but even more so knowing it would be benefiting children in need too. Looking at all these classic cars will remind many of us of our childhood, and

hopefully, good memories. We hope that the children who benefit from this event, will have a holiday that they can remember fondly as well."

Capital City Cruisers will be showcasing vendors at this year's event and vendor space is still available. If you're interested in booth space, please contact Donn Edlund at 916-684-8297.

Come rain or shine, the show goes on Saturday, April 19th from 10am – 3pm in the Lowe's parking lot, located near the corner of Greenback Lane and Sunrise Blvd. in Citrus Heights. ★

# A Day Of Community Service

By Gary McFadyen

**CITRUS HEIGHTS/ORANGEVALE, CA (MPG)** -"You would be surprised at just what happens when people come together in groups to pitch in and serve one another to make their community a better place to live" said Bill McCracken of Orangevale, "Not only are great things accomplished in the way of beautifying the community and serving others who are in need, but new friends are made, people have fun and they really feel good after they have done something positive for others." Bill McCracken is one of the organizers of the "Day of Community Service" for Citrus Heights and Orangevale that is taking place in the morning Saturday April 26<sup>th</sup> and ending around 1PM. "Everyone is encouraged to come and join in" said McCracken. "You

can come by yourself, or you can bring your Scout Troop, service club, Little League Team or your family"

Stan Munoz of Citrus Heights is part of a group that is made up of people from 3 church congregations of different faiths, that will be helping the Senior Gleaners gather food and then help feed the homeless and hungry. "Once the idea was shared the three congregations all said they were in and the volunteer list filled up in no time at all. We're really looking forward to working together to make a difference in some small way to people who could really use a helping hand," said Munoz.

Dr. John Dresser of Orangevale has been involved in these types of service projects in the past and he says "People really have a good time". Dr. Dresser has worked with the City of Citrus Heights in

the past to help coordinate the efforts. "We are looking forward to this becoming an annual event that includes individuals and groups that are looking for opportunities to serve their community."

In addition to the Senior Gleaner project that has a full complement of volunteers already, there are three other projects that people can get involved in. The project at Sunrise Park District's Stock Ranch Preserve located behind Costco on Auburn Boulevard will be clearing brush and picking up trash from 9am to 1pm. Tools needed are rakes, shovels, hoes, shears, clipper, tree saws and wheel barrows. Water will be provided and volunteers are encouraged bring eye protection and gloves. Parking is available behind Costco.

The City of Citrus Heights' Cherry Creek Park project will be working on much that same with

the addition of cutting back some small trees and tall grass. The same tools will be helpful. Cherry Creek Park is located at Sperry Drive and El Sol Way, and the project is from 9am -1pm as well. Water and breakfast bars will be provided.

The project at Orangevale Community Park at the corner of Oak Avenue and Filbert Avenue will be improving and clearing walking and riding trails as well as their surroundings from 8am to 1pm. The same tools as the other projects are needed and water and treats will be provided by the organizers.

Volunteer groups and individuals can participate at any one of the projects by simply showing up with a smile and a desire to chip in and help out. More details are available at [www.communityservice.me](http://www.communityservice.me). ★



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APRIL 26, 2014

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Cherry Creek Park  
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Greenback Square Shopping  
Center Signs Four New Tenants

CITRUS HEIGHTS, CA (MPG) - Inter-Cal Real Estate Corporation has signed leases with four new businesses: Sherwin-Williams, Kid's Camp, Jackson Hewitt and Farmers Insurance. The leases encompass 6,400 square feet of the total 46,000 square feet in the complex. "We're pleased to welcome these new businesses to our center. They represent a nice blend to the existing tenant mix, said Citrus Town Center Asset Manager Jason Bollinger. Sherwin-Williams, the largest of the properties will lease 4,000 square feet. It is slated to open May, 2014. The well-known brand sells paint, accessories, tools and supplies.

Kid's Camp (2,400 square feet) will open by end of March. Its specialty is drop-in child care seven days a week, including nights, to benefit families with sporadic work schedules. Jackson Hewitt (900 square feet) specializes in tax preparation and Farmers Insurance (900 square feet) offers a range of insurance products for home and business. Both businesses recently opened. Greenback Square is located on Greenback Lane, between Sunrise Boulevard and Fair Oaks Boulevard in the Sunrise MarketPlace Business Improvement District. It is one of three neighboring properties

owned and operated by the Bollinger family. ★ The Peter P. Bollinger Investment Company was founded in 1969 by Peter Bollinger. The company was initially involved in freeway-oriented commercial developments. In 1979, the Peter P. Bollinger Investment Company entered the shopping center field and has since developed successful shopping centers and residential properties throughout northern California. Inter-Cal Real Estate Corporation established in 1968, is wholly owned by Peter P. Bollinger Investment Company and provides expert leasing and management services.

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

<b>Qualifications:</b> <ul style="list-style-type: none"><li>1. Inspirational, Spirit-led leadership</li><li>2. Bachelors degree</li><li>3. Experience in directing a professional orchestra/ band/choir/praise team</li><li>4. Exposure to various worship forms and styles</li><li>5. Spiritual maturity and commitment to living in accordance with Unity principles.</li><li>6. Willingness to become a member of Unity of Sacramento.</li><li>7. Must possess a positive attitude and be a high performance team player.</li></ul>	<b>Skills Required:</b> <ul style="list-style-type: none"><li>1. Organization, administrative, and leadership skills</li><li>2. Effective interpersonal and communication skills</li><li>3. Skilled as a praise team leader and instrumentalist</li><li>4. Ability to create charts/lead sheets for services as necessary a plus.</li><li>5. Has exceptional knowledge of music theory, keys of music, rhythmic aspects.</li><li>6. Working knowledge with music software (e.g., Finale).</li><li>7. Is familiar with teaching choral vocal parts and sections, proper blending, arrangements.</li><li>8. Talented music composer and arranger.</li><li>9. Great communication skills; able to communicate well with Senior Minister, Choir, Band, Audio/Visual department, any instrumentalists or vocalists.</li><li>10. Working knowledge of A/V sound and lighting equipment.</li></ul>
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CLUES

ACROSS

1. Hidden, also "lost" in French  
6. \_\_\_\_ and flow  
9. Beehive basket  
13. "Private Parts" author  
14. \_\_\_\_ v. Wade  
15. The Great Muppet  
16. \_\_\_\_ peak  
17. \_\_\_\_-Wan Kenobi  
18. Bedazzle, e.g.  
19. "The Jazz Singer" and such  
21. Honeymoon, e.g.  
23. Finale  
24. RPMs  
25. Electric guitar hookup  
28. \*Art \_\_\_\_  
30. Kindle editions  
35. Figure of worship  
37. Margaret behind sexual revolution  
39. \*Flashy ocean ride in "The Great Gatsby"  
40. \*This "biscuit" was renamed a "sandwich" cookie in 1921  
41. Supplemented  
43. Salty drop  
44. Chronic disease in homeopathy  
46. Pitcher with handle and spout for pouring  
47. Maori war dance  
48. \_\_\_\_ weight in boxing  
50. Actor Sandler  
52. Frostiness  
53. To fix, as in cat  
55. Bygone bird  
57. \*Musical name for the 1920s  
61. "Return to Normalcy" President  
65. Architectural projection  
66. "Wow!"  
68. Cowboy sport  
69. Female gossip  
70. Feeling of anger  
71. Corpulent  
72. "The Foresyte \_\_\_\_"  
73. Down in the dumps  
74. Adam and Mae

DOWN

1. Attention grabber  
2. Tallest volcano in Europe  
3. Movie roll  
4. \*Famous Chicago hotel, opened in 1920  
5. Uncharitable or cruel  
6. Son of Aphrodite  
7. "Roaring Twenties" hairstyle  
8. Neutral shade  
9. "Bib-Label Lithiated Lemon-Lime \_\_\_\_," a.k.a. "7Up"  
10. Be aware of a fact  
11. Poet Pound  
12. Child's dream gift?  
15. \*Fitzgerald's famous character  
20. Swelling  
22. Adam's partner  
24. \*Route 66, e.g.  
25. Mushroom cloud maker  
26. Journalist Shriver  
27. Song of joy  
29. Relinquish or abandon  
31. The Hippocratic \_\_\_\_  
32. \*Lindbergh's first solo crossing of Atlantic  
33. Popular pant style for men  
34. Seatbelt  
36. \*Like Hemingway's generation  
38. Owner's acquisition  
42. \_\_\_\_ queen  
45. Indian spice mix  
49. Auto unit  
51. The next day  
54. Breastplate  
56. Sun-dried brick  
57. Pleasures  
58. Domain  
59. Pizzazz  
60. Actress \_\_\_\_-Jones  
61. Pay attention  
62. Bad day for Caesar  
63. Home on a limb  
64. "What \_\_\_\_ around comes around"  
67. \*Babe Ruth, star of the "Live-Ball \_\_\_\_"

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For Solutions See Page 7



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**Sudoku Puzzle on Page 6**

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

Once upon a time, the animal kingdom decided it must do something to help humanity face the challenges of the world. So the animals organized a school. They adopted a systematic curriculum consisting of running, climbing, swimming, and flying. All animals were required to take all the subjects.

The duck was excellent in swimming, made above average grades in flying, but was extremely poor at running. Since he was slow in running, he had to drop swimming and stay after school for additional practice. This gave the duck’s poor webbed feet callouses, so much so, that he became only average at swimming.

Meanwhile, the rabbit started at the top of the class in running, but had a complete mental breakdown because of so much make-up work in swimming. The squirrel was excellent in climbing, but when her flying teacher made her start from the ground rather than from the tree-tops, her grades in all subjects plummeted.

The maverick in the school was the eagle. He was stubborn, independent, hardly a team player, and gloated in climbing class that he could beat everyone else to the top of the tree, but he

## Kingdom Curriculum

always used his own way to get there. The prairie dogs stayed out of the school altogether because the administration would not add digging to the curriculum. They later joined with the badger and gophers to start a successful charter school.

At the end of the year, none of the animals did very well. An unusual eel that was an exceedingly good swimmer, but that could also run, climb and fly just a little, had the highest cumulative score. He was selected as the valedictorian though his grades were barely above average.

I love that story. Always have. It teaches a lesson so easily forgotten or ignored: Nobody can be great at everything. But everybody can do something exceptionally well. Every person has his or her gift, his or her calling, his or her God-given ability. When it is properly employed, it works like magic. When it is not, or when we all try to do everything, it’s a disaster.

In the business world this is known as the Peter Principle, named after Lawrence J. Peter. People will tend to be promoted until they reach their level of incompetence, said Dr. Peter. That is, you can keep giving someone work to do – more and more and more – and finally the work will exceed his or her abilities. Then, none of the work will pass grade, not even the work once performed with excellence. The Apostle Paul calls this dynamic the Body Principle.

He wrote in Romans 12, via Eugene Peterson’s folksy translation from the Message, “Since we find ourselves fashioned into all these excellently formed and marvelously functioning parts in

Christ’s body, let’s just go ahead and be what we were made to be, without enviously or pridefully comparing ourselves with each other, or trying to be something we aren’t.”

My experience in the church is that we violate this very principle, and attempt to force individuals “to be something they aren’t,” demanding that everyone do everything. We create fine “animal schools” that foster frustration, shame, and false competition. Everyone ends up tepidly average, and we fail to allow individuals to develop their unique gifts and callings.

Not everyone can go on a mission trip, nor should this demand be placed upon them. Not everyone can preach a sermon or sing in the choir, nor should this be required. Not everyone can order life around the appointed worship and service times on the church sign, nor should this be a non-negotiable mandate. Not everyone will fit into the church’s well-ordered, highly structured, cookie-cutter curriculum, nor should there be the expectation otherwise.

We are all gifted differently – radically so – and people must be allowed to explore, expand, and enhance their distinct talents. People must be given space and place to “to their part,” whatever part that is. It’s a principle that works, not only in the animal kingdom, but also in the kingdom of God. ★

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](http://www.ronniemcbrayer.me).

## Where Have All The Men in White Hats Gone?

Dr. James L. Snyder

When I was growing up you could always tell who the good men were by the white hats they wore. Bad men always wore black hats. That made it rather convenient for those of us who were watching so we knew who would be winning at the end. When you were in trouble all you had to do was look for someone wearing a white hat.

Not only did the good men wear white hats but also they were able to solve every crime within a 60-minute period. How they did it, is anybody’s guess.

Today, nobody wears hats, which has introduced a rather confusing element into our society. You can never tell the bad men from the good men. I know the hat does not make the man but it would sure help to identify the bad man from the good man.

I could name them all off. The Lone Ranger, Roy Rogers, Gene Autry, and John Wayne and the list could go on and on. All of these men wore white hats and they all took care of the bad guys in their own way. You could be sure, at the end the good man always won. There was a certain sense of satisfaction knowing that all those bad men paid for their deeds and justice prevailed.

Of course, today we could never do this. There is something called “profiling.” And people use this term as though it was a negative thing. “Oh, be careful so you don’t profile that person.”

Gene Autry always profiled his men and in the end, justice prevailed.

I look at it this way. If it walks like a duck, looks like a duck and quacks like a duck, the chances are pretty high I am looking at a duck. However, in our crazy world of uncertainty it is against the political correctness of our day for me to say this.

According to today’s

standards, I must look at that “thing” and not judge it by its appearance. “Why, don’t you know, dear brother, you might offend it and give it some kind of an insecurity complex?” How do I know but that duck in front of me will be offended by me calling it a duck? It is the epitome of insensitivity for me to assume that I have the right to call a duck a duck. Who knows, that particular duck might think it is a dog. After all, a quack is not that far from a bark.

Meanwhile, back at the ranch, confusion reigns.

During the last year, I have spent a little bit of time flying from here to there. And the security at these airports defies the intelligence God gave a termite. Going through the line I have to take off my belt, remove my shoes (which come very close to a stink bomb), empty all the pens out of my pocket and submit myself to a body search. Now, they have some kind of electronic gizmo that enables them to see through my clothes. In 10th grade, I dreamed of such a gadget and I am a little provoked it has taken them so long to perfect this.

Two years ago, I traveled from Orlando, Florida to Manila, Philippines, through Japan and back again to Orlando. The trip was fine until I tried to re-enter the United States and upon a luggage search, they discovered I had one of those old-fashioned double blade razors. It was something of an antique that my grandfather gave me 35 years ago. I had been using it to shave ever since. After all these years of shaving with it, it took the intelligence of some security officer to discover this was a highly dangerous weapon. Consequently, I was not allowed to enter the country with it.

I must admit that in 35 years of shaving with it, I had shed a little bit of blood. I never guessed in a

million years I was in possession of a highly dangerous, illegal weapon. The officer who discovered it did not recognize it. When I told him it was a razor used for shaving, he looked at me suspiciously and then said, “Yeah, sure it is, Buster.” No amount of explanation could convince him that it was part of my toiletries and he insisted that he confiscate it for the protection of everybody in the United States.

It was a close shave, but they finally allowed me to enter the United States upon the surrender of this highly sophisticated weapon. Only that security officer knows how close this country came to annihilation from an antique man’s shaver.

Of course, looks can be deceiving. People who looked like someone you could trust have perpetrated the biggest frauds in our country. Bernie Madoff comes to mind. Sometimes what you think you are getting you are not really getting.

There is a spiritual application here. Some people may look religious on the outside but God knows what is on the inside.

“But the LORD said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for [the LORD seeth] not as man seeth; for man looketh on the outward appearance, but the LORD looketh on the heart” (1 Samuel 16:7 KJV).

You can fool everybody in the world, but you cannot fool God. He wears a white hat and always has the last word. ★

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](mailto:jamesnsnyder2@att.net). His website is [www.jamesnsnyderministries.com](http://www.jamesnsnyderministries.com).



By Marlys Johnsen Norris, Christian Author

Learn to identify the things that steal your joy from you. When you do this, you can and will learn how to control your life, your words and your emotions. The words from the

Bible are clear “For as a man thinks in his heart, so is he. (Psalms 23:7) A person cannot fool God. He knows everything about everyone and everything!”

Possibly some of the following things will help you. say

## Be Joyful

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

Make a decision to let these things just go and focus on more positive things. God has given you life to be lived to its fullest blessing and fulfillment.. If you are going to reminisce, do

it about positive events your life embraces. Embellish the many good things that have happened and cherish those memories. Doing this, will cause the inner-joy you once had possibly when the event occurred, and it will be re birthed within you.

Stop wasting your life! Open new doors and experience God’s Best. You are worth it!

Joy is birthed when a person embraces those things God brings into their lives. His presence always brings peace and joy only when His presence and instructions are sought after and lived by a believer. ★

Marlys Johnsen Norris; Christian Author, Speaker, Teacher Pat Boone recommends her book “Recipes for a Happier Marriage” Contact me: [Marlysjn@gmail.com](mailto:Marlysjn@gmail.com)



By Pastor Ray Dare

There have been times in my life where I’ve been confused, I’ve been worried, I’ve been anxious about the future. If you’ll be honest about it, there have been times in your life when you felt these same things. You’ve been anxious, you’ve been concerned and you’ve been worried. Maybe today you’re probably facing some of these same things.

God says in Isaiah 26:3, “Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusts in thee.” See God renews you spiritually when you accept Christ in your life, when you’re born again. But your mind isn’t born again. Your mind isn’t renewed automatically. There’s something that you have to do. This is so important. Never underestimate the important role that your mind plays in your walk of faith.

I found in my own life that every time I get worried, confused, concerned or overly concerned, anxious about the

## How To Experience Perfect Peace

future, you know what’s happened? I’ve taken my mind off the things of God and I’ve started looking at the circumstances all around me. You know I’m going against what God says and I start dwelling on, “How am I going to overcome these challenges?” “How am I going to overcome these obstacles? How am I going to overcome all these things that are coming against me?” Do you know what happens when you meditate on those things? They’ll get bigger and bigger and bigger. Then all of a sudden you know what?

You’re feeling doubt, unbelief and fear.

You have to keep our mind stayed on Christ. You may think, “But Ray, I’m busy. I’ve got a career and I’m working and I’ve got all this stuff going on.” But friend, you’re not going to experience God’s perfect peace automatically. You have to get into God’s Word and get His Word into you. That’s why it’s so important to meditate on and memorize Scripture. That’s why it’s so important to stay in church where you can hear the Word of God.

Sometimes I like to take Scripture that talks about the goodness of God; how good God is. Like Galatians 3:13, “Christ has redeemed us from the

curse of the Law.” You know what the curse of the Law is? It’s misery, mental torment, depression. It’s all the miserable things of this life. You take that Scripture one week and just meditate on that, think about that, ponder that. Thank you, Father that I don’t have to live a miserable life. That’s going to give you peace, because your mind is stayed on Him.

Philippians 4:6 says, “Don’t worry about anything; pray about everything.” Don’t worry about anything, but pray about everything. Listen, I going to challenge you. The next time you have the opportunity to worry, promise to do something for me, do it for yourself: choose not to worry. Every time that you have that negative thought just praise God that the answer’s on the way. You know what you’re doing? You’re saying, “God, I know the situation may not look good, but I choose to believe You’re still in control. I choose to believe. You can still see me through.” Then you’re going to experience God’s perfect peace... Pastor Ray ★

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# Crowning Volunteers to Serve

Continued from Page 1

Mary’s ambassadors were more than pretty faces. She expected them to demonstrate what Princess Diana once contended: “sequins can save lives.” As soon as pageant winners were proclaimed, they were channeled toward community service that many still continue decades later.

“I am not the same person as when I first met Mary,” confirms former Mrs. Metropolitan, Sheryl Casper. “She taught me to give back. I learned so much from her amazing example.”

Growing up, Purvis learned charity as well as survival from the Great Depression. She could be tough as a military general, sweet as the lemon pies she famously baked. Her own mom fed legions of hungry wanderers from the family’s Oklahoma farm house door. “No one left the farm without a meal,” confirmed her son Russ Purvis.

If supermarket cashiers later wondered at a petite octogenarian buying groceries in great bulk, civic agencies blessed her. “Quietly – wanting no publicity – Mary was the go-to person for people who were down on their luck and needed food, clothing or other assistance,” said Helen Brewer. “She was always on board for a good cause.” The benefactor routinely supplied crockpots as fundraiser raffle prizes. When Macy’s had them on sale, Purvis bought ten at once. A sales person asked why. Other customers heard the explanation and added their

credit cards to the pot. Purvis left the store with 15 of the appliances.

If Mary favored a non-profit, help came in varied guises. When the Capitol Pops Concert Band found itself homeless for rehearsals, she pestered Birdcage Mall property owners until space was found in a tenantless store. “Mary was a persuasive lady,” said a band member, “she really went to bat for us.”

She studied charm school decorum in her teens but never entered a beauty contest. “Mary had sons,” surmises protégé Tamara Barbu-Brown. “Pageants were her way of having little girls to love and to pass on what she’d learned.” Acquiring the rights to dozens of titles, she bestowed sashes and educational scholarships on generations, probably thousands of young ladies. The Miss Citrus Heights event was her annual triumph and many of its contestants were changed for life. She taught that “poise” stood for Posture, Obedience, Intellect, Sincerity and Enthusiasm, qualities she felt constituted women of worth.

“It wasn’t just how you looked in a gown,” explained Mrs. Northern California Melisa Mistler. “Mary taught us to be modestly dressed, well-spoken and to display professionalism.” If that meant castigation for slumped shoulders, phone texting or gum chewing, contestants grew to embrace such standards. “She wanted us to be dignified,” added Mistler. “She expected us to be role models for younger girls.

“Mary made us leap beyond our comfort zone; her winners had to do at least 25 public appearances a year for non-profits. You could lose your crown and banner if you didn’t.”

Wife to Air Force veteran Jay Purvis for 68 years, Mary was also a mother, grandmother and great-grandmother. Family and friends knew her as a woman who hosted fabulous holiday meals in her modest Citrus Heights home. To her royal court, Purvis’ adherence to propriety was legend. Protocol ruled with an iron fist. She adorned herself in sequined suits and hats and guarded her age like the keys to Fort Knox.

Though affiliated with pageant guru Donald Trump, the local counterpart was neither rich nor over-worldly from the beauty business. Farm girl simplicity prevailed into old age; she eschewed computers and handwrote media releases. Suffering poor balance, she bespoke sequined flat slippers for her final public appearances. The night before the fall that caused her death, she attended a spaghetti-feed to raise funds for the Citrus Heights Marching Band.

A 27-year veteran of Purvis pageants, Barbu-Brown said her “other mother” lived for the excitement of a pageant and the great good such an event could do. “Her motto was ‘let’s make a difference every day.’ Mary wanted to serve humanity and empower her royal court of daughters to lead successful lives.” ★

# Maestro in Final Pops Season

**SACRAMENTO REGION, CA (MPG)** - In his farewell year with the Capitol Pops, director Jerry Lopes plans an entertaining spring concert for Saturday, April 12 at Rusch Park. The event heralds a full 2014 season of Capitol Pops performances in the Sacramento area.

The Rusch Park date also marks the 17th anniversary for the 60 piece ensemble. “Maestro” Lopes, whose career includes 50 years as a music educator, helped form the group in 1997. Membership ranges from teens to nonagenarians and includes many professional musicians.

For April 12, Lopes promises a diverse program that includes show medleys, patriotic tunes and vocal numbers. As a fundraiser for the non-profit band, spring plants (provided by Easley Nursery of Auburn) will be offered for sale. The two-hour



**Under the baton of retiring Director Jerry Lopes, the Capitol Pops Concert Band will present a free April 12 concert in Citrus Heights.** Photo by Susan Maxwell Skinner

performance is sponsored by the City of Citrus Heights and the Sunrise Park District.

The Capitol Pops concert kicks off at 7 p.m., April 12. The Rusch

Park facility is located at 7801 Auburn Boulevard. Admission is free and anyone may attend. For more information, visit [www.capitolpops.org](http://www.capitolpops.org) ★

# City Council to Select Site for Proposed New City Hall

**CITRUS HEIGHTS, CA (MPG)** - We encourage community involvement and hope you can attend this session of the City Council when the City Council discusses and selects the site for a proposed new City Hall.

**What: City Council Session - Site Selection**  
**When: April 10, 2014, 5:00 p.m.**  
**Where: 7117 Greenback Lane**

On March 19th, several members of the community attended the workshop where three

preliminary design plans were presented. The City received great input on a preferred design. Past materials including meeting summary and comments are available on the City’s website: [www.citrusheights.net](http://www.citrusheights.net). ★  
*Source: City of Citrus Heights*

# NASCAR Whelen Returns to All American Speedway

Continued from Page 1

the pits, cars and crews from all four divisions, Street Stock, Modifieds, Bombers and Pro-4 Modifieds worked feverishly putting the finishing touches on their rides.

All four divisions were kicking up the speed, using creative banking and calculated passing moves to make this the best opening day race!

Saturday, April 12<sup>th</sup> is Fan Appreciation Day. Fans are invited to the infield to see the cars up close, talk to the drivers and get their autographs. Modifieds, Street Stocks, Bombers, F-4 and Legends will be on the track thrilling fans. Legends of the Pacific have four divisions: the Pro Division for experienced drivers; the Masters features drivers 40 years and older; Semi-Pro is the novice class; and the Young Lions Division showcases drivers 12-16 years of age.

If you or someone you know has racing a small car around an oval track at high speeds on their bucket list, All American Speedway wants to help make that wish come true. You can rent a Pro -4 Modified



race car, get some instruction and practice track time, then enter that week’s race as a competitor. This package makes a great gift for the fan who has everything!

If you want something more permanent to charge your thrill meter, build an F-4 race car. It’s one of the newest divisions in racing, gaining popularity at short tracks in the region. These cars are created from standard 4 cylinder cars with absolutely no mechanical or aerodynamic body modifications. Doors are welded shut, windows removed and safety equipment installed. The F4 runs on regular gasoline, and either stock tires or

racing tires can be included. This racing division was created purely to have fun on the track. There is no money award for winners. If you don’t want to build a car from the ground up, consider claiming a vehicle at the end of the race. Anyone in the stands can claim a car for \$1,500 in cash. Last year there were four F-4 cars racing on the track, and 23 are registered for the 2014 season.

The 2014 racing season at All American Speedway is sure to be exciting at every turn. For more information including ticket prices and upcoming events, log on to [www.allamericanspeedway.com](http://www.allamericanspeedway.com) ★



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# Free Community Easter Egg Hunt

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**[www.NBC4u.org](http://www.NBC4u.org)**

**[www.CitrusHeightsMessenger.com](http://www.CitrusHeightsMessenger.com)**



# Urban Oasis in Citrus Heights Becoming a Reality

By Elise Spleiss

**CITRUS HEIGHTS, CA (MPG)** - A ten-year dream of creating a beautiful natural park and preserve in Citrus Heights is being realized. What began with a small group of Citrus Heights citizens, the Sunrise Recreation and Park District (SRPD), and the City of Citrus Heights will become a reality by summer.

On March 24, 2014, the Sunrise Recreation and Park District (SRPD) officially broke ground on the Arcade Creek Park Preserve (ACPP). The newest outdoor recreational area in Citrus Heights, it will be accessible from Bonham Circle (Sunrise Boulevard) and Sun Hill Drive. Representatives from the State Department of Parks and Recreation, Foothill Associates-Landscape Architecture, SRPD, County Board of Supervisors, State Assembly Office, City of Citrus Heights and City Council, joined in the groundbreaking ceremony at the site of what will soon be one of the children's play pockets.

The park is located in Neighborhood Association 10 (SOAR). Led by SOAR president, Jayna Karpinski-Costa, members and over 100 other volunteers recently spent a day clearing out much of the underbrush to prepare for construction.

Citrus Heights has 24 parks, but this project is different. Covering almost 10 acres, it will be more of a nature preserve, complete with an interpretive walk, shaded picnic area, and pathway seating, and an overlook and boardwalk so visitors can enjoy the beauty and wildlife of the preserve and meandering Arcade Creek.

The preserve will be a family fun destination, with something for every age and physical ability. Designed to both be easily



Dave Mitchell (above) SRPD district administrator poses with ground breaking shovels at entrance to the future Arcade Creek Park Preserve. Jean Lacher and Viktor Patino with CA State Parks walk the path.

accessible and minimize street sounds, visitors can walk, bike, or use a stroller or wheelchair to navigate the mile of nature-filled looping hiking trails.

For those with more time and energy, gym quality fitness equipment will be found at stations throughout the park. Some of this equipment will be wheelchair accessible.

For children, four play pockets and a large play area, each designed with a special nature

theme and structure, will run along the meandering creek. The park will also include the area's first public zip line course.

The project is scheduled to be completed this summer. For more information contact the sunrise Recreation and Park district at (916) 725-1565 or visit their website at [www.sunriseparks.com](http://www.sunriseparks.com).

Source: Sunrise Park and Recreation Department

# Sidewalk Construction Update

**CITRUS HEIGHTS, CA (MPG)** - The contractor is currently working on preparing the east side from Carleton to Pratt in order to get all of the curb, gutter and sidewalk done (pour concrete). Simultaneously, they are working along the west side adjacent to the Sylvan Cemetery. Both of these segments of sidewalk should be complete by the week of April 20th. As soon as the sidewalk along the east side of Auburn is fully accessible and opened up to use, the contractor will

begin demolition of sidewalk, curb and gutter along the west side between the Muffler Shack (where Segment 2 improvements ended) and just south of Kanai. New street light poles along the east side are expected to go up over the next two weeks. Paving operations is scheduled for night time. As concrete work wraps up in May, we will have a more definitive schedule of when the overlay work will take place.

Also, a reminder to all drivers to slow for the cone zone.

It is very important to obey the posted speed limit (25); aside from the other drivers, there are lots of construction workers as well as pedestrians around and their safety is of utmost importance. For more information on the project, please visit the project website at <http://www.abcupdate.net> or call (916) 727-4770.

Source: General Services Department City of Citrus Heights [www.citrusheights.net](http://www.citrusheights.net)

## SCOE Accepting Entries for \$500 Scholarship Program

**SACRAMENTO COUNTY, CA (MPG)** - The Sacramento County Office of Education (SCOE) is accepting submissions for an essay contest designed to honor local military veterans. The winning high school student will receive a \$500 college scholarship courtesy of SAFE Credit Union.

Every year, SCOE honors the many contributions of local veterans who left high school to serve in the U.S. military during World War II, the Korean War or the Vietnam War through the Operation Recognition program. Qualifying veterans who received an honorable discharge may contact SCOE to receive their high school diplomas. Diplomas are also presented to Japanese

American citizens who were forced to leave high school due to WW II internment.

The 2014 Operation Recognition Scholarship essay theme is "How Our Veterans Exemplify Courage and Sacrifice."

Contestants must be high school juniors or seniors who are currently attending public high schools in Sacramento County. The completed 500 word essay, with a cover letter, must be received by the Sacramento County Office of Education by April 25, 2014.

Essays will be judged on how well the student understood, developed and presented the theme. The winning entrant must be able to attend the

Operation Recognition diploma ceremony at 6:30 p.m. on May 20, 2014 to read his or her essay, join in honoring the diploma recipients, and receive the scholarship award from a SAFE Credit Union representative.

Contestants must send submissions to:

Operation Recognition Scholarship Contest  
c/o Sacramento County  
Office of Education  
P.O. Box 269003  
Sacramento, CA 95826-9003

For more information, contact Tim Herrera, SCOE Communications Director, at (916) 228-2713 or [therrera@scoe.net](mailto:therrera@scoe.net).

Source: Sacramento County Office of Education (SCOE)





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IN MEMORIAM

James Hewitt Smith

05/10/1922 – 03/31/2014



On March 31, 2014, James Hewitt Smith, a loving and loved husband, father and brother passed away peacefully at ninety one years of age. He was at home with his immediate family by his side. He was born May 10, 1922 in Elyria, Ohio to Edward Reuter Smith and Alice Kelly Smith. He was third in a family of seven children.

The full life led by Jim is difficult to recount in a few paragraphs. He was a loving husband, father and brother who cared for his family until his last day on earth. He survived the Great Depression working with his father on construction projects that included bridges and roadways of the Appalachian Highway. The stories, while sometimes harrowing, were nonetheless laced with humor.

Jim enrolled at Cornell University in Ithaca, New York in 1941 just prior to the start of World War II. Jim immediately enlisted in the Army in 1942. He transferred to the Marine Corps in 1943 and graduated from Boot Camp at Parris Island. He attended Marine Corps Officer Candidates School, Quantico, Virginia. He spent most of his Corps career assigned to Camp Pendleton where he rose to the rank of Lieutenant. As a Tank Officer he trained men to fight in the Pacific and would most likely have been part of an assault on mainland Japan had President, Harry Truman not made the difficult decision concerning the Manhattan Project-the dropping of the atomic bomb on Japan. He was discharged in 1946. His sons often expressed relief he was

not part of an assault on Tokyo as they may not have otherwise entered this world.

After WW II, Jim returned to Cornell University where he attained one of the first degrees awarded in Industrial Labor Relations, in 1948. He maintained contact with Cornell Alumnae and the campus until his last days with us. As a product of the Great Depression and Marine Corps esprit de corps he put himself through college and simultaneously paid off his parent's mortgage.

Jim's business career began with Mesta Machine, in Pittsburg, PA. As a kid amongst men, he quickly gained the trust of all the men pouring steel in the foundry to management.

Jim's lifelong career was in the newspaper business. For almost sixty years he served as Personnel Manager, Publisher, or President for newspapers across the country. Some of these included the Christian Science Monitor, San Diego Union-Tribune, San Antonio Express News, and the Sacramento Bee. He also negotiated the sale of newspapers across the

county; hired by owners who knew he had not just knowledge of the newspaper business, but the negotiation spirit required to bring people together. He distinguished himself as particularly adept at returning failing newspapers to profitability which led to his reputation as a "turn around publisher."

Jim was instrumental in initiating Business Journals across the country but primarily on the west coast. These included the Orange County Business Journal. Jim finished his working career at the Western Journalism Center, Sacramento, California in 2005. Never one to view the newspaper business as a static institution and lament the "old days", Jim saw the digital revolution as a natural evolution and had ideas germane to the current condition of the news business. He also saw the need for the inter-nationalization of news business and was conveying this message to the industry to his last days with us.

Jim loved his family and country. His civic interests in the Sacramento Rotary Club, Inter-faith counsels, and as a public speaker for media and Government issues as requested by Assembly and Senate members was always high on his list.

Until his last days, even though he knew it was time to move on, he was concerned for the wellbeing of family and expressed his selflessness with love and intelligence. Family and friends (both business and Marine Corps) will miss his presence.

# New Walmart to Bring 250 Jobs to Sacramento County

**SACRAMENTO COUNTY, CA (MPG)** - Walmart has begun work to build a new Supercenter in Sacramento County. The new store, approved by Sacramento County Supervisors in 2012 with resounding community support, will open by early 2015. Initial work includes demolition of the Cargo Largo store which closed in 2008 and has been vacant ever since. The new store will employ approximately 250 associates and will bring renewed economic growth to the Watt Avenue corridor. Keith Weber, president of the Antelope-Highlands Chamber of Commerce, expressed support for the new store which will play a key role as a magnet for other complementary businesses to open in the area. "We fully expect that the addition of this new Walmart store will continue this desired trend of buoying the spirits of both business and community members," Weber said in a letter to the Sacramento County Board of Supervisors in 2011.

A recent economic report by the Hatamiya group found that communities with Walmart Supercenters experience an increase in business growth and sales tax revenue when compared to communities without them. The report found that total taxable retail sales in California communities with Walmart Supercenters increased by an average of 20.3 percent after the opening of those stores. On

average, California communities with Walmart Supercenters experienced even stronger gains in the number of retail business permits issued than those communities without Supercenters.

Many in the North Highlands area, known as "the business triangle," have been excited for the positive effect this store will have on this part of Sacramento County. Leaders including Sacramento County Sheriff Scott Jones, Alan Hersh, senior vice president of the McClellan Business Park and David Kuhnen, chairperson of the Watt Avenue Merchants Association voiced support for the new store to serve as a catalyst for continued economic growth and job creation for years to come.

"The new Walmart store on Watt Ave. in North Highlands will provide economic revitalization by way of additional sales tax revenue for the county and increased foot traffic from new shoppers," said Sacramento County Supervisor Susan Peters. "In addition, area residents will now have easier access to fresh fruits and vegetables – something that's been missing from this neighborhood for a long time."

According to the United States Department of Agriculture (USDA), the area surrounding the new Walmart Supercenter is designated a "food desert," a term that describes urban neighborhoods and rural towns without ready access to fresh, healthy and af-

fordable food. This lack of access contributes to a poor diet and can lead to higher levels of obesity and other diet-related illnesses such as diabetes and heart disease. The new Walmart will help alleviate this issue by giving residents an easy, convenient and affordable way to buy fresh, healthy food for their families.

The 118,000 sq. ft. Supercenter will include a number of energy-efficient and environmentally-friendly features to reduce energy demands, conserve water and minimize waste. LED lighting will be used in exterior signage, refrigeration cases, produce, restrooms and throughout the parking lot. It will also feature the industry's most efficient heating, ventilating and air conditioning (HVAC) units available and an energy management system for adjusting energy usage. The site will be landscaped with native, drought tolerant plants irrigated with a low-flow and drip high-efficiency irrigation system controlled by an "ET Smart" controller.

A temporary hiring center will open near the store this fall to facilitate the hiring of about 250. Positions will be available throughout the store, a mix of full- and part-time including: department managers, customer service, maintenance personnel, sales associates, stocking personnel, cashiers and many more. ★

Source: Landis Communications Inc. (LCI)

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## DR. COY F. CROSS

Author Coy Cross II, Ph.D  
“The Dhance” A Caregiver’s Search for Meaning

### I Can Fix This!

### On Men Accepting the New Role as Caregiver.

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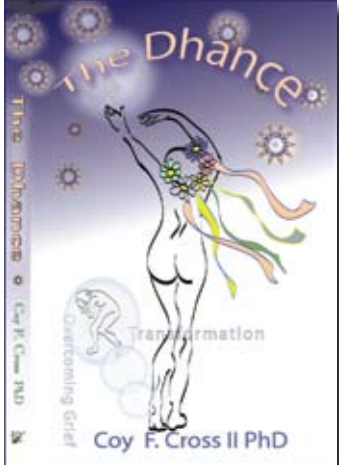


Men are fixers by nature. So when crisis afflicts those we love, our hardwired instinct is to try to fix it. In many cases this is not possible. So we are left with anger, guilt and feeling like failures. In 2009, when my wife Carol was diagnosed with ovarian cancer, I found myself in an unfamiliar role, one for which I was unprepared. My first thought was, “I wish I was still working, so I wouldn’t have to deal with this 24/7.” That sentiment passed quickly as I settled into our “new normal.” I soon realized I was not the only man in this strange (to us) position. As our population lives longer, more and more men find ourselves unexpectedly caring for our mates. We find this need to nurture and care somewhat foreign to our makeup. This involves a role-reversal for most of us. For millennia, women have taken care of and tended the young and the sick, while men provided food and shelter and protected the family from harm. Now we suddenly find ourselves thrust into a job we never expected or prepared to do. Perhaps for the first time, we have to ask for help, which we mistakenly can view as a sign of weakness. Whereas women have other women for support, either physically or emotionally, men feel they must be strong and handle this new responsibility stoically, without help. They will suffer alone, needlessly, often to the point of physical and emotional exhaustion. My previous experience as a caregiver convinced me I would need help caring for my wife, Carol. As I told a friend, “I have always been the Lone Ranger, but for this job I would need a posse.” Fortunately, I had friends and family I could turn to for support and I didn’t let my ego keep me from asking: “Greg, can we have coffee? I need to talk.” “Dee, can you be with Carol for awhile? I need to go to the gym.” “Beth, can you stay with Carol for a few days? I need some time for myself.” My suggestion to male care-

givers is to set your ego aside, ask friends, neighbors and family members for help; join a support group and learn how to take care of yourself in this time of crisis. You are the most important element in helping your loved one recover and survive. The better you care for yourself the better you can care for the one you love. First, accept that it is what it is and you can’t fix it. 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 kohopono.com or call 503-723-7392). Please note: author’s permission required before reprinting these articles.

#### Meet The Author: Coy Cross

**When They Need You Will You Be There? A Caregiver’s Search For Meaning**  
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SATURDAY

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SATURDAY

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