



Turn Down the “Stinking Thinking”

Page 9

PLUS: Win A CHPD Harley Davidson

Page 2



Citrus Heights Messenger

“Written by the people, for the people”

Volume 4 Issue 2

Serving the City of Citrus Heights and Sacramento County

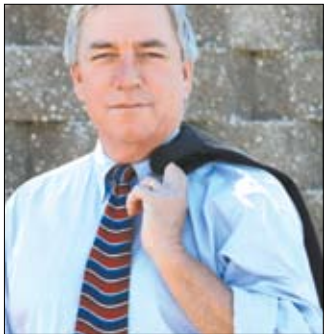
Second Edition for January 2014

Are You Getting Too Much Health Care?



Page 9

District Attorney Endorses Ose



Page 2

Safe Home ... Happy Home



Page 10

New San Juan High School Gets a Facelift into the 21st Century

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - A monumental task was set before the architects, planners and builders of the ‘New’ San Juan High School, beginning in 2007.

The mission was to use architecture along with other elements to create a new approach to education, while maintaining historical continuity within the renovation.

Preserving the historical look and feel of this classic century-old high school, while moving forward to reinvent it to meet the challenges of education is the 21st century would prove a rewarding assignment.

Ninety-two years earlier, in 1915, the newly formed San Juan High Unified School District built the first high school to serve the Fair Oaks, Orangevale, San Juan (later known as Carmichael), Roberts (between Orangevale and Fair Oaks), and Sylvan elementary school districts.

Until then classes were held in temporary quarters in Fair Oaks, beginning on September 22, 1913. A newly elected school board accepted the design for the new school building submitted by architects George Sell and Charles F. Dean. The November 19, 1915 Folsom Telegraph reported:

“The building is of Mission type of architecture and presents a very pleasing appearance...” The



Students from the Construction Technology Class in front of new marquee. Photo courtesy of Clark & Sullivan Construction

rooms are commodious and well lighted, and the entire arrangement and plan of construction conforms fully to all the modern ideas of school building.” A bond for \$35,000 was issued for construction and other costs.

The land on Greenback Lane was free, donated by the Trainor-Desmond land company.

The first class of 1913-1914 graduated with 46 students, with 92 students graduating the next school year. The original

building was expanded in 1938, when work was completed on the “A” and “B” wings of the school. Two years later enrollment has increased to 400 students. The older portions of the school had fallen into disrepair, but were

being used again. More wings were added after World War II, along with a shop wing and gymnasium.

In 2007, following years of declining enrollment the San

Continued on Page 3

New Website Helps Local Residents Keep Their Tax Refunds

Partnership spearheaded by United Way aims to keep dollars in Sacramento region

SACRAMENTO REGION, CA (MPG) - A new website at www.KeepYourTaxRefund.com is helping local residents save money this tax season, thanks to United Way California Capital Region and its partners.

“We want people to keep more money in their pockets and make our community stronger by taking advantage of tax credits,” said Stephanie McLemore Bray, United Way president and CEO. “This website is an easy and effective way to file your taxes and save your money for what matters most to you.”

KeepYourTaxRefund.com’s filing tool is free to individuals or households making less than \$58,000 a year. For those making more, the cost is less than \$50. The website, which is powered by H&R Block software, saves users an average of \$200 in tax preparation fees. Users will need a valid email address and income forms, such as a W2, 1099, 1098, etc.

Those who need in-person help can schedule an appointment through the website to meet with a volunteer from the Volunteer Income Tax Assistance program



who will help file their taxes for free, if they qualify.

United Way is seeking volunteers to distribute information about the Volunteer Income Tax Assistance program. No prior tax law experience is necessary. Schedules and locations are flexible. For more information, contact United Way Volunteer

Services at volunteer@uwccr.org or (916) 856-3983.

United Way California Capital Region is spearheading the effort, along with partners including the IRS, Franchise Tax Board, 2-1-1, Asian Resources, Bank of America, CHOC Housing, City of Sacramento, Community Link, Goodwill Industries,

Sacramento Coalition for Working Families, Sacramento News & Review, Sacramento Regional Transit, SAFE Credit Union and the Yolo Family Resource Center.

For 90 years, United Way California Capital Region has actively worked to address the community’s most pressing issues, now focusing on innovative solutions related to high school graduation rates, household financial stability and obesity. United Way’s team of nonprofits, businesses, donors and volunteers are working together to provide positive, measurable results on these issues through United Way projects: STAR Readers, SenSe-Ability and Fit Kids. Community members can give, volunteer and advocate in support of the causes they care most about, benefiting United Way and hundreds of nonprofits in Amador, El Dorado, Placer, Sacramento and Yolo counties. United Way is an independent, local affiliate of United Way Worldwide. For more information, visit www.yourlocalunit-edway.org. ★

Source: Thébaud Communications



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CLINCHED! As captain A.J. West title for second year...
Kaepernick struggles: Luck shines in Colts' 27-7 rout of Niners...
THE SACRAMENTO BEE
Monday, September 23, 2013

Win a CHPD Harley Road King

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Police Activities League (CHPAL) is raffling off three original Citrus Heights Police Department Harley Road King motorcycles! Raffle tickets are \$50 each and went on sale November 11th. Other prizes include a flat screen TV, iPad, and \$500 Citrus Heights shopping spree!

Grand prize winners will be selected at the First Annual CHPAL Banquet on May 16, 2014. The event will include auctions, food, no-host bar, and entertainment. Tickets are \$50 each or \$500 for a table of ten. Interested individuals are encouraged to purchase tickets early – as the event is likely to sell out!

Proceeds from the CHPAL Raffle and Banquet will benefit the Citrus Heights Police Activities League (CHPAL), a non-profit program established in 2010 to foster positive relationships between police officers and at-risk youth. The program currently serves over 500 local children.

To purchase tickets to the CHPAL Raffle and Banquet,



To purchase tickets to the CHPAL Raffle and Banquet, call (916) 727-4820 or come into the Citrus Heights Police Department (6315 Fountain Square Drive). To purchase by mail, send a completed Raffle Application and payment (check or credit card) to: CHPAL Raffle, 6315 Fountain Square Drive, Citrus Heights, CA 95621.

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6315 Fountain Square Drive, Citrus Heights, CA 95621. For more information, visit www.citrusheightspalraffle.com or call (916) 727-4820. ★

Source: City of Citrus Heights

District Attorney Jan Scully Endorses Doug Ose for Congress

SACRAMENTO REGION, CA (MPG) - Following the endorsement of the Sacramento County Deputy Sheriffs Association and the California Police Chiefs Association, Sacramento County District Attorney Jan Scully announced her endorsement of Doug Ose for Congress.

“Local law enforcement could always count on Doug Ose to support tough-on-crime legislation,” said Sacramento County District Attorney Jan Scully. “Doug Ose earned my support because he is a problem solver who gets the job done.”

As former member of the House Subcommittee on Criminal Justice, Drug Policy and Human



Doug Ose

Resources, Doug Ose supported legislation to stop the spread of illegal drugs and put drug kingpins out of business. Ose also worked to ensure timely access to Homeland Security funds, lifetime sentences for child predators and co-sponsored legislation

penalizing states for allowing unnecessarily early prison release of murderers and rapists.

“I am pleased to have earned the support of Sacramento County’s leading prosecutor,” said Doug Ose. “Keeping our neighborhoods and schools safe is a top priority.”

Doug Ose is a local business leader who served in Congress from 1999-2005, before honoring a self-imposed term limit pledge, a promise few Members of Congress honored. To learn more about Doug Ose’s record, visit www.DougOse.com and follow the campaign on Twitter @DougOse #CA7 and Facebook. ★

Source: River City Communications

Proposed Medical Building and City Hall Relocation Brings out Community in Force

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - A proposed project which would call for the demolition and relocation of the present Citrus Heights City Hall campus and the building of a new three story, 68,727 square foot medical office building at its location, was the topic of a lively meeting at the Citrus Heights Community Center on January 15, 2014.

Over 150 members of the community, local businesses, Citrus Heights city staff, city council members and Dignity Health (Mercy/San Juan) representatives attended the public meeting.

Prior to the presentation, visitors could view renderings of the proposed medical office building with parking and landscaping, and photographs of the existing city hall complex showing multiple problems including mold, structural damage, and recent plumbing and sewage problems.

The Citrus Heights City Hall, located at the corner of Greenback and Fountain Square consists of two wooden structures built in 1977 designed to temporarily house the former Fountain Square Nursery, including an outdoor rose garden, restaurant, shops, and offices. It was not built to withstand the demands of a government building.

The tightly run meeting, facilitated by Wendy Hoyt, Urban Planning and Communications, gave representatives of both projects equal time to present information to the audience. A question and answer period allowed for questions and concerns for and against both projects. All comments were

recorded and a summary will be made available to the public

Dignity Health has been aggressively searching for a site for a new medical facility for over five years. All other locations investigated have proven too expensive to consider, (including the ‘most logical’ site located adjacent to the post office), or too small to accommodate the growing medical needs of Citrus Heights.

If approved, Dignity Health would build the new facility at the Fountain Square site, but the city would own it. The city would lease the building back to Dignity for at least \$5 million over 15 years.

According to Hoyt, “This revenue stream would help to fund a substantial portion of the new city hall, and eliminate the immediate need for \$5 million in capitol repairs. Citizens will have an opportunity to help design their new city hall, which will consist of an all-inclusive building and will have considerably lower operating and maintenance costs.”

If approved by the city, plans would be for the new medical office to open by the end of 2015.

Objections to the proposed project ranged increased traffic, the loss of sense of community with a large office building so prominently situated, to adequate parking and other possible negative effects on surrounding residents. Visual impact of the proposed project including how it would blend with its surroundings was questioned. Will the new sight replace the trees and plants removed? The fate of the existing rose bushes and

fountains were also of concern. It was promised plans would be made for their preservation. Environmental and traffic studies are still scheduled to be performed.

Some positive outcomes of the projects cited by Dignity and City representatives (besides expansion of increased access to medical care in the area), include an influx of construction jobs for both projects, and increased revenues for local businesses in the surrounding area including Sunrise Mall and the Marketplace at Birdcage. Demand for restaurants, stores, and personal services will also increase as medical center employees and visitors to the medical center continue to patronize these businesses.

Not everyone left happy with what they heard. Some in opposition to the plan suggested the medical center should find a different locating rather than having to move city hall.

The next community meeting will be an interactive workshop to begin planning the new city hall and be held on Wednesday, February 19, 2014 from 6:30 p.m. at the Citrus Heights Community Center at 6300 Fountain Square. A site for the new city hall is still to be determined. ★

Questions and comments are encouraged at Email: publicinfo@citrusheights.net.

Medical Office Building – Colleen McDuffee (916) 727-4740

City Hall/General questions – Monica Alejandrez (916) 725-2448

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Facelift Revitalizes Historic San Juan High School



Workers explaining the construction process to students from Construction Technology class. Photo courtesy of Clark & Sullivan Construction

Continued from Page 1

Juan Unified School District averted closure of the school by developing a

new concept in education, both architecturally and academically. Besides the traditional basic education, five “career pathways” would give students a head start in the working world with immediately applicable experience and skills.

The five Career Technical Education (CTE) courses are: Hospitality Management & Culinary Arts; Construction Technology; Engineering & Design; Transportation Technology; and

Media Arts, TV and Theatre Production. The five programs are open to us by any school in the district.

According to a previous article in this paper by San Juan Alumni President Dick Cowan, “A new Culinary Arts building features commercial grade kitchen equipment and training spaces. The automotive shop was given state-of-the-art equipment and training facilities. The auditorium has been outfitted with lighting, sound and set equipment to allow its use as a teaching facility for media production. The Construction and Engineering and Design programs have new classrooms with equipment for digital design as well as hand-on execution of construction projects.”

Voter-approved school district bonds paid for the approximately \$33 million project, with the City of Citrus Heights sharing some costs of the streetscape.

An important challenge in construction was the process of identifying which buildings were structurally sound from the inside out, and which had sections that needed to be torn down and rebuilt due to asbestos and other dangerous materials within the walls.

In a project of this age and size workers never knew what surprises they would find behind walls and in attic spaces. When they did face a potential setback, solutions had to be found quickly.

With these issues remedied workers finally had the luxury not afforded to many school renovation projects. Instead of being forced to fit programs into the parameters of already existing buildings, most classrooms were built to meet their needs.

For this reason the term ‘vocational education’ from 50 years ago is no longer used to describe these training programs. The same equipment was brought in and used that would be found in these five industries.

As in the ‘real world’ of business, tables are also set up to encourage teamwork and collaboration, and technology can be used to allow teachers to instruct from anywhere in the room. Teaching is no longer dependent on rows of desks facing a teacher and whiteboard.

To preserve the outward historical style of the school, the architectural firm of Williams and Paddon Architects and



A view from inside hallway during framing process. Photo courtesy of Clark & Sullivan Construction

Planners studied photos of the original Spanish Colonial school building that served as the high school until it was torn down in the late 1930s. Arched forms and gabled roofs help to maintain the Mission flavor.

In the end, the project’s unique approach to construction won a spot on the Sacramento Business Journal’s list of ‘Best Real Estate Projects’ for 2011-2012, under the category of ‘Renovation’. Judges were impressed by the transformation from an assortment of old, flat-roofed boxes to a tribute to the California Mission architectural style. ★



Upper beam was placed after members of the San Juan Unified School District and San Juan High School communities signed it at the Beam Signing Ceremony. Photo courtesy of Clark & Sullivan Construction



Workers explaining the construction process to students from Construction Technology class. Photo courtesy of Clark & Sullivan Construction



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Navigating Change


56th Annual Citrus Heights Chamber of Commerce

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Citrus Heights Community Center

6300 Fountain Square Drive



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Dinner	7:00 pm	\$65
Program, Awards & Live Auction	8:00 pm	per person

Join the Citrus Heights Regional Chamber of Commerce on January 24th for the 56th Annual Installation Dinner.

Incoming Chair Evan Jacobs' theme is Navigating Change as he and the Chamber's Board of Directors are installed for a new term.

Outstanding businesses and individuals will be honored as the 2013 Best of Citrus Heights Awards are presented in several categories, and the overall outstanding business with the most votes is announced as the Best of the Best award winner. Community awards will also be given in several categories including Police Officer of the Year and Firefighter of the Year. The Master of Ceremonies for the evening is former Sheriff and KFBK afternoon talk show host John McGinnis.

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Reservations can be made online at www.chchamber.com

www.BestofCitrusHeights.org – Voting ends Friday, January 10th.

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Sacramento County DA Reports



Recent cases of interest

CASE: John Faljean (01/10/14)
PROSECUTOR: Deputy District Attorney Tim Carr, Special Assault & Child Abuse Unit
District Attorney Jan Scully announced today that the Honorable Eugene Balonon sentenced John Faljean to 80 years and 4 months to life in prison. On November 27, 2013, a jury convicted Faljean of 12 felony counts of child molestation and two felony counts of taking lewd photographs. The victim was between the ages of 8 and 13 when the crimes occurred.

CASE: Kevin Marcus Johnson (01/07/14)
PROSECUTOR: Deputy District Attorney Alan Hengel, Insurance Fraud Unit
District Attorney Jan Scully announced today that 38-year-old Kevin Marcus Johnson (who is no relation to Sacramento Mayor Kevin Johnson) was sentenced to one year in jail and placed on five years felony probation after pleading to felony charges of receiving stolen property and filing a fraudulent document with the Department of Motor Vehicles (DMV). In April 2010, Johnson purchased a 2002 Cadillac Escalade for \$8,500. Unknown to him, the vehicle’s registered owner owed \$28,000 on the vehicle to SAFE Credit Union. As part of an insurance fraud scam, the owner falsely reported his Escalade had been stolen to the Sacramento Police Department and his car insurance company. Johnson figured out that he had been scammed and asked the California Highway Patrol (CHP) about getting the title to the vehicle. Since the vehicle was legally owned by the credit union, the CHP told him that it was considered stolen and that he needed to allow the CHP to inspect the vehicle. Johnson refused to allow an inspection.

Over the next few months, Johnson spent thousands of dollars replacing the Escalade’s frame and body with a GMC Yukon frame and body he had bought at a salvage yard. He reassembled all of the Escalade’s parts onto the salvaged frame and body. Johnson then filed a fraudulent vehicle inspection certification with the DMV in order to get the vehicle registered as a salvaged Yukon under his girlfriend’s name. In August 2011, Johnson was stopped by Sacramento police officers when he tried to evade a DUI checkpoint. Upon inspecting the vehicle, it was determined that the vehicle was a stolen Escalade, and Johnson was arrested.

CASE: Jermaine Barnes, Fitima Goodman, Alexander Lewis & Laquwon Warr (01/03/14)
PROSECUTOR: Deputy District Attorney Jeff Hightower, Homicide Unit
District Attorney Jan Scully announced today that Jermaine Barnes, Fitima Goodman, Alexander Lewis and Laquwon Warr were convicted by jury for the first degree murder of Fernando Vichez with the special circumstance of committing a murder in the commission of a robbery. The jury also convicted the defendants of second degree robbery and found true the allegation that Jermaine Barnes personally used a firearm and caused the death of Fernando Vichez. Mr. Vichez was walking home from the Casino Royale when Lewis, Warr and Chelsea Washington, a former defendant in the case, panhandled him for money. The trio then called Barnes and Goodman out to rob Mr. Vichez. During the course of the robbery, Barnes shot Mr. Vichez seven times, killing him.

CASE: Ramces Orellana (01/03/14)
PROSECUTOR: Deputy District Attorney Timothy Carr, Special Assault & Child Abuse Unit
District Attorney Jan Scully announced today that 40-year-old Ramces Orellana was sentenced by the Honorable Trena Burger-Plavan to 32 years in state prison. On April 10, 2013, a jury convicted Orellana of 13 counts of committing lewd and lascivious acts on a child under 14. Orellana was the live-in boyfriend of the victim’s mother. He molested the young girl when she was between the ages of 11 and 12.



LONE SURVIVOR (Rated R)
A Film Review by Tim Riley

The brutal realities of war in the rugged terrain of Afghanistan, as told in “Lone Survivor,” hits the audience right in the gut in this unvarnished tale of heroism and courage under the harsh light of Peter Berg’s direction. The director brilliantly captures the unforgiving essence of a Navy SEAL operation that went horribly wrong when a reconnaissance team of four brave soldiers became trapped under fire in the mountains of the remote Hindu Kush region of Kunar province. Based upon the first-person account of Marcus Luttrell, “Lone Survivor,” at least as a title, downgrades the element of suspense, but not enough that the ill-fated mission is relieved of all sense of shock and trepidation. The opening scene is a fitting prologue that explores in excruciating detail the rigors of the intensely grueling training process, where only those with the greatest mental and physical toughness emerge as full-fledged SEALs. The point of this exercise is to set the stage for what follows in 2005 when Marcus Luttrell (Mark Wahlberg) and three of his battle-ready fellow soldiers are dispatched on a mission to capture or kill a top Taliban leader responsible for slaying U.S Marines. The other elite soldiers include commanding officer Lt. Michael

Riley Reviews

BRUTAL WAR FILM “LONE SURVIVOR” A SOLID TALE OF COURAGE

Murphy (Taylor Kitsch), gunner Danny Dietz (Emile Hirsch), and sonar technician Matthew “Axe” Axelson (Ben Foster), all of whom report to Lt. Commander Erik Kristensen (Eric Bana). Character development is somewhat limited by the circumstances of the wartime setting. We get a glimpse of the camaraderie between the men at the base camp, mostly the usual male bonding and joking around, but not a lot of perceptive insight. On June 28, 2005, the four-man surveillance team of Operation Red Wings boarded a helicopter so that they could be dropped into a remote mountainous area with the mission to identify Ahmad Shah, a high-level Taliban operative that the American military was most anxious to neutralize. The four SEALs arrive safely on the ground, but soon discover that their radio equipment and satellite phone are not functioning regularly, leaving them isolated when having to make key decisions or relay vital information back to headquarters. Another immediate problem is that three goat herders grazing their flock stumble upon the men’s hiding place, plunging the mission into immediate jeopardy. The SEALs are forced to make an urgent life-and-death decision – how to treat the intruders under the rules of engagement. In one of the film’s most compelling scenes, the soldiers debate the choices facing them. Instantly, they know that protocol dictates they must release civilian noncombatants, but these guys look more sinister and

suspicious than simple farmers. Still, killing the unarmed prisoners so that they could not alert the Taliban was morally objectionable, to say nothing of how the soldiers could be crucified by public opinion and the official rules if they killed innocent civilians. Ultimately, the goat herders are cut loose, and the SEALs began an arduous climb to what they hoped would be safety. Soon, hellfire rained down on them. The Taliban, bolstered by more than a hundred fighters, launch an assault that results in an intense firefight from machine guns, mortars and rocket-propelled grenades. The Americans are seriously outnumbered and outmatched in firepower. But the hardy band of Navy SEALs hold off the enemy hordes for quite some time, a blood-splattered affair that puts the Americans in a courageous last stand that offers no way out since help is not imminently on the horizon. Even when the cavalry arrives, in the form of an assault helicopter, the Taliban have already gained the upper hand and blast the rescue team out of the sky, killing another 16 Marines. Even after falling down mountainous hillsides, pummeled by rocks and falling debris, Luttrell, badly wounded, miraculously escapes to small village where he’s hidden by a tribe willing to stand up to the Taliban thugs. For a war movie that seeks to put the audience in the thick of the action, “Lone Survivor” has adroitly accomplished the mission. Director Berg delivers an unflinching look at the brutality of warfare.

“Lone Survivor” is a significant war movie, and much like “Saving Private Ryan,” it highlights the heroism of our soldiers. But it is also much like “Black Hawk Down” insofar as recalling very tragic circumstances of grueling combat. ★

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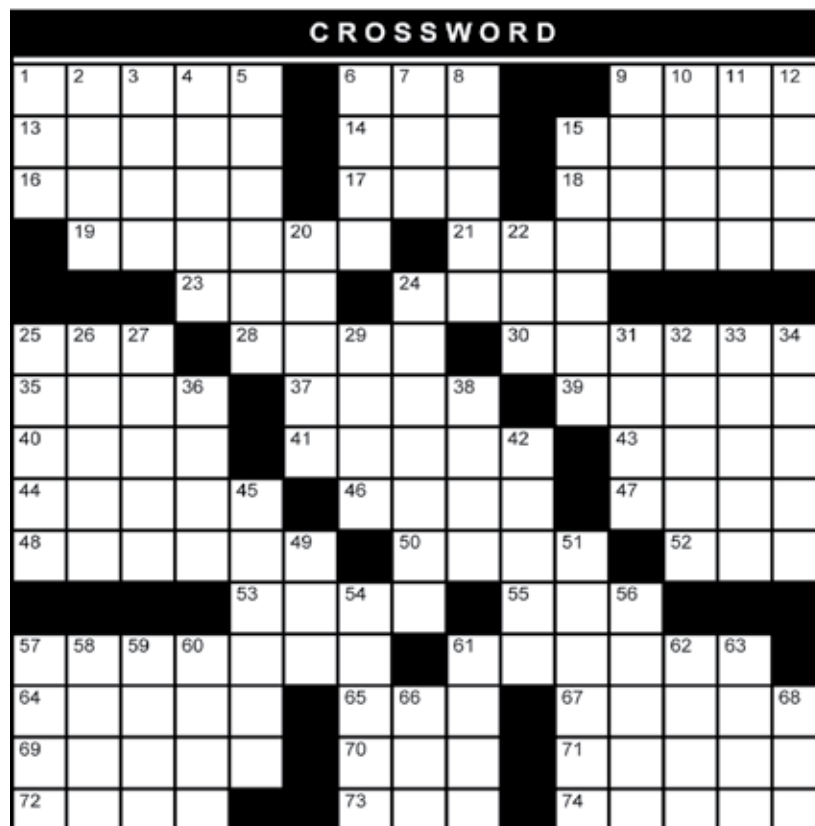
CLUES

- ACROSS
- What John Wilkes Booth did
 - *Montana used it to throw 11 Super Bowl TDs
 - Manufactured
 - With ample space
 - Waikiki garland
 - Policeman's shocker
 - Spritelike
 - Egg cells
 - Shamu and such
 - *The coldest Super Bowl venue to-date
 - *2014 Super Bowl stadium name holder
 - Australian runner
 - Fries, e.g.
 - Actor's domain
 - Trans-Siberian Railroad city
 - *Last year's power

- Younger sister to Katniss
- Larger-than-life
- Tolerate
- Milano moolah
- India bigwig
- Network of nerves
- Like a lemon
- Cough syrup balsam
- Inevitable occurrence
- Tip of lion's tail
- Shipping hazard
- Bell and Barker
- Swerves
- Orinoco or Grande
- *Type of Super Bowl venue
- Kool & the Gang's 1983 hit
- Boston hockey player
- 34th pres.
- Haley to Manny on "Modern Family"
- Moved like Argo
- *It's raised for field goals
- Mauritanian village, Boeir _____
- The Benevolent and Protective Order of _____
- Fossil fuel
- Sound like Wilbur

- DOWN
- "_____ we there yet?"
 - *Manning in 2006
 - Soybean curd
 - Novelist _____ Zola
 - Go-getter
 - Medicinal succulent
 - R in rpm
 - *Frequent Super Bowl host, but not this year
 - Lime-rich soil
 - American Society for Clinical Investigation
 - Like Beethoven
 - Gaelic
 - Come up with a sum
 - Divine presence
 - Tokyo, once

- Bicycles on skis
- Water balloon sound
- "All My Children" vixen
- Firestone ware, pl.
- Quarrel
- *It's artificial at this year's Super Bowl
- Elite military unit
- _____percha tree
- The Three Musketeers' swords
- *Halftime entertainer
- His was a merry old soul
- Donkey in Latin America
- "Above and _____"
- ____ Tzu of "Tao Te Ching" fame
- *They play at host venue
- Between wash and dry
- Tear jerker
- Double reed woodwind
- Europe/Asia mountain divide
- Ottoman man
- "Tomorrow Never _____"
- *They also play at host venue
- Infamous Roman
- Maple, to a botanist
- New Zealander parrot
- *Super Bowl begins at 6:25 pm in this zone



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7				8			9

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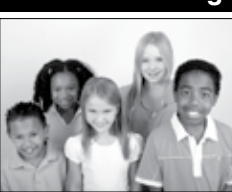
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LEFTOVERS



By Ronnie McBrayer

It is a word of affirmation, comfort, agreement, and relief. It is a word that completes vows, promises, blessings, and all of our prayers. It is a word of release – signaling the end of far too lengthy worship services – and it is the “Get ready...Get set...Go!” when we have gathered around the dinner table to eat. The word, of course, is “Amen.”

At its most basic definition “Amen” means, “Let it be.” Thus, when we say “Amen” at the conclusion of our prayers, we are not saying, “the end” (though I’ve heard many children finish that way); we aren’t finishing our prayers at all. We are actually beginning, for we are confirming and confessing our trust in the God to whom we have just prayed.

“Amen,” then, is a sort of faith signature that we sign to our prayers. “Let it be,” we are declaring, “as God wills it.” So, every time we invoke this familiar word, we are saying “Yes” to God’s perspective about the world and about us, and we are saying “No” to all other perspectives.

Every “Amen” becomes an argument to convince ourselves, over and over again, that God knows us best and knows what is best for us. And speaking of “God

Turn Down the “Stinking Thinking”

knows,” God knows we tend to argue with ourselves, don’t we? Late in the day, quietly in the dark; early in the morning before we’ve had our coffee or medication; driving alone with only the hum of the tires on the pavement: We have these conversations with ourselves that those in recovery have learned to call, “Stinking Thinking.”

We create these stories inside our heads about who we are; how we have failed; how ashamed we should be of ourselves; how unworthy we are; how utterly useless our lifework has been; how we are a lousy father, mother, parent, business owner or whatever. I’m convinced that many people can’t be quiet, and they can’t still their minds because they can’t bear what they say to themselves in the quiet moments.

So, they have to keep the volume of life turned up to ear-bleeding levels and they keep the pace of life at breakneck speed. These people aren’t busy, they are suffering, and I can’t blame them for wanting to smother the voices in their heads, because a majority of the time that self-guided narrative they are feeding themselves is erroneous, untrue, and downright destructive.

Obviously there are those who do not have the voices of shame and inadequacy screaming in their brains. There are those who have, shall we say, more narcissistic tendencies. Their thinking is about how great they are; how overlooked and persecuted they have been; how they are so much better than that other guy and why can’t everybody see that. It’s a

line of thought on the other end of the emotional spectrum, but it is “Stinking Thinking” all the same.

This, then, is one of the great benefits of prayer – and I don’t think it matters if that prayer is guided by means of a rosary, prayer beads, meditation, a daily repetition of a favorite Scripture, or some other spiritual practice. People who pray aren’t simply memorizing a repeated litany of words or practicing religious rituals. They are, in a real sense, reprogramming their software. They are overwriting the faulty components of their thinking.

They are experiencing the transformation of their hearts and minds, for in learning to listen to God’s voice in prayer (and listening is a learned art form) they can turn down the cacophony of voices around them. And yes, these other voices include the “Stinking Thinking” inside their own heads.

Those who learn to truly pray are empowered to say, “Amen, let it be!” to God’s voice, and to shout in protest, “No, absolutely not!” to all other pretensions – especially those pretensions that are manufactured from within. Such praying may not get one everything he or she asks for, but such praying may lead one to getting what he or she needs; and to that, I must say, “Amen.” ★

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.

Okay, Now I Remember

Dr. James L. Snyder

Memory is a beautiful thing, that is, when it is working. I must confess there are many times in which my memory is on some kind of a vacation.

What I want to know is simply this, how do you know you have forgotten something if you have forgotten it?

I do many things I cannot remember exactly why I do them. Behind everything I do is a reason for why I do it or those things that I do not do. I must confess I am quite a reasonable person along this line.

Without memory, we can take many things for granted. We go through motions we do not know why we are going through them, we just go through them.

Everybody says that when you get older your memory rather takes a backseat. That may be the case with me, I am not quite sure. I cannot remember.

I must confess it is a great asset at times to have a memory failure.

For instance, when the Gracious Mistress of the Parsonage accosts me and says, “Did you remember...?” She may have sent me to the grocery store to fetch something or she may have sent me, God forbid, to the mall to pick up something she ordered online.

When she asked this question, I always respond by saying, “I forgot, you know my memory is not what it used to be.” It is an easy way to slither out of something I have forgotten to do. The older I get the more plausible this excuse is, I just cannot remember why.

However, on those occasions when she is a little more exasperated than others at me she will say, “Your memory never was what it used to be!”

What that means exactly I do not know. She probably told me sometime in the past, but right

now, I simply cannot recall. I am perfectly happy just forgetting that for the time.

Why is it I can remember things I do not want to remember and I cannot remember the things that I need to remember? For instance, I can remember the year my wife was born, but I can never recall the month or the day. As a good husband, I should reverse that, not remember the year and positively remember the month and day.

Why is it when my wife is giving me a piece of her mind, all I can remember at the time is a funny incident that happened to me earlier that morning? Smiling at a time like that is not advantageous to a happy life of the husband. When she asks, “What is so funny?” I cannot tell her I was not listening to her but thinking about something else.

My memory was jogged earlier this week when a certain incident happened at the Post Office.

Anybody who knows me knows that I am not in any way shape or form a hugger. I am a firm believer in what the Bible says, “the right hands of fellowship” (Galatians 2:9). I am vigorous in this handshaking ceremony. That is about as far as it goes.

I had quite forgotten my position along this line, or rather; I should say why I came to this position.

Standing in a very long line at the post office at which time I was in somewhat of a hurry to get through a lady walked in. She looked at me and says, “Oh, it’s so nice to see you. I haven’t seen you for a long time.” Then she caught me off guard and gave me a hug.

I did not know who this woman was; I could not remember ever seeing her before. With the way my memory is these days, I pretended as if she was a long-lost friend of mine. She chatted about stuff that really

did not make any sense to me at the time. I smiled and nodded my head and chatted away to her about things I am sure did not mean anything to her.

I was not really paying attention and as the line moved forward, something dawned on me.

You know how it is when all of a sudden something hits you. Your vacationing memory comes home and unpacks. Well, that happened to me standing there in line.

By the time I had figured out what had happened, it was too late to do anything about it. When she hugged me, she stepped in front of me and therefore was ahead of me in line.

I had one of those “aha” moments but there was nothing I could do about it at the time. I had to swallow my pride, display a contagious smile across my face and take it like a man. A man who has been outwitted by some lady he had no idea who she was.

I now remember why I do not do any hugging. I know all hugs are not equal but with the memory I have I do not remember the difference and I am not taking any more chances.

Driving home from the Post Office, I remembered the wise words of King Solomon. “The thing that hath been, it is that which shall be; and that which is done is that which shall be done: and there is no new thing under the sun” (Ecclesiastes 1:9).

If I could just remember that, I certainly would be okay. ★

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



By Marlys Johnsen Norris, Christian Author

One’s heart must be trusting as a little child to enter the Kingdom of God. Then, the precious seed planted in their heart by the Holy Spirit of God will grow but Not until that glorious day one accepts Jesus Christ as personal Savior will one actually come alive and experience the abundant life His Holy Word promises to those who believe. Miraculously and instantly as one places their trust and faith in Christ they receive a new life. A brand new beginning! Christ invited into a life, the heart becomes His home and He never leaves.. Their walk and journey is guided and directed by His Holy Spirit. They no longer feel dead and alone inside, but truly

DEAD OR ALIVE – Which is it My Friend?

alive as their life takes a totally different direction.

The desires of their heart seem to drastically change. They begin to attend church on a regular basis. As they do, they begin to learn what the Bible teaches and understand God’s infinite and divine love for them. I was profoundly touched when I hard Franklin Graham recently make this statement. **“There is no human love comparable to divine love -- that only comes from God”!** They begin to understand the meaning of their salvation and the price that was paid for it by Jesus Christ. Every teaching relating to God’s guidelines for living become beacons of light and adventure, when they made the decision to obey His guidelines recorded in the Bible. While life was once unexciting, it now is a daily adventure of peace and joy that makes them feel “alive”.

They realize they are now a part of a huge family all over the world. An even deeper sense of belonging than they have never known gives them a sense of

being a part of something magnanimously important “God’s Sovereign plan of Redemption for all of His Creation” A grateful and loving spirit is born in them. A new world is open before them as they venture into it with a burning flame that others may also know Jesus. One understands more and more about the loving, merciful and powerful hand of God that is now guiding their life.

Everyone is in a different place spiritually in their relationship with God and they now understand much more as they come to personally “know” Him. Desiring to please and love Him they express their appreciation for all He has done by returning love by their obedience, service, prayer, faith, trust and worship... To God Be The Glory! !! ★

Marlys Johnsen Norris Speaker, Moderator, Teacher Author of 7 Christian Books Coming Soon: “Intimacy Begins Going With God.” Contact: Marlysjn@gmail.com

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Are You Getting Too Much Health Care?



By Eric Nelson

Is it possible that the real health problem in America isn't so much the lack of access to quality care as it is too much access? According to a recent article in The Atlantic, this may very well be the case, at least for some of us. But it's also possible that as we begin to unpack this largely unacknowledged problem, we'll discover some compelling and truly health-inducing solutions.

In 2011, a team of physicians headed by Brenda Sirovich, a research associate at the VA Medical Center in Vermont, published a survey in which 42 percent of American primary care physicians said that their patients were getting more care than necessary. While that may sound odd – after all, how can more of a good thing be bad? – Sirovich points out that all health procedures include potential upsides and downsides.

“Any time you have an intervention for a patient, no matter how small,” she’s quoted as saying, “there is also the chance that it’s going to do some harm.”

The reasons for such over-reach are numerous and well

documented: Physicians who want to be sure they are providing the best care possible for their patients; the fear of legal challenges from those who feel their doctors did not do or are not doing enough; patients who are being urged to have treatment that provides a direct financial benefit to their care provider.

Solutions, on the other hand, seem to be fewer and farther between.

For instance, the recently enacted Affordable Care Act includes a provision to encourage doctors and hospitals to come up with ways to increase quality, reduce cost, and eliminate waste in the health care system. Another effort, spearheaded by the American Board of Internal Medicine Foundation, promotes conversations between doctors and patients about effective care and avoiding unnecessary tests and treatments.

But perhaps the most intriguing and potentially lasting solution can be found in an increasingly popular approach to health care that recognizes that it's not just the patient's body but their mind that deserves consideration.

Evidence that such an approach is gaining traction can be found in the abundance of books being written on the subject, including OB/GYN turned mind-body medicine guru Lissa Rankin's best-seller, Mind Over Medicine: Scientific Proof That You Can Heal Yourself. The book draws on hundreds of scientific studies, all supporting the idea that it's not diet, exercise or even our DNA but what's going on in our thought that matters most, including our spiritual outlook.

One of the most compelling of these studies deals with the

impact of superstition on our health.

A group of researchers in San Diego compared the death records of almost 30,000 Chinese-Americans with those of more than 400,000 randomly selected Caucasians. What they discovered was that the Chinese-Americans died as much as five years earlier than the rest, if they were not only sick but also happened to be born in a year that Chinese astrology and Chinese medicine consider ill-fated.

“The researchers concluded that they died younger, not because they had Chinese genes, but because they had Chinese beliefs,” writes Rankin.

This makes you wonder if there are any other beliefs that might be having an adverse impact on our well-being. It also makes you wonder whether the remedy lies in simply changing what the human mind believes or, as Rankin discusses, being open to a more spiritually inspired or Mind-based solution.

Of course, tackling the problem of too much health care will likely require more than one fix. But any approach that decreases the potential for harm and increases the opportunity for healing is a good one and deserves further exploration.

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 and is used with permission. ★



By Pastor Ray Dare

Every great accomplishment that's ever happened in history began as a picture in somebody's imagination. The greatest human factor that influences your life is the way you **see things**, the way that you see yourself, the way you see your potential and your future. The ability to see with the eyes of faith makes all the difference in whether you achieve your dreams and reach your potential or will succumb to the status quo of mediocrity. What is it that you believe God wants to do in and through your life? You must see it with the eyes of faith. If you can see it, you can achieve it.

What does it mean to see with eyes of faith? *“I pray that your hearts will be flooded with light so that you can SEE something of the future he has called you to share” Ephesians.1:18a (LB)* Paul is saying, “I want you to learn to see with spiritual eyes.” When you were born physically you were given a set of physical senses -- hearing, taste, touch,

See Yourself as God Sees You

smell, sight. Everything you experience in life comes from those five senses. When you are born again spiritually, you get spiritual senses. You get spiritual eyes to see what God wants to do, you get spiritual ears to hear God's voice.

The Bible is full of examples of people seeing with spiritual eyes. Genesis 21 is the story of Hagar taken out to the desert with her son Ishmael to die. She said, “God, don't let me look upon the death of my son.” The Bible says, *“God opened her eyes.” (Genesis 21:19)* and she saw a well of water in the middle of the desert and it met her needs. In Luke 24 there's the example of the two disciples on the road to Emmaus after Jesus had been resurrected. Jesus is walking with them but they didn't recognize Him until He *opened their eyes* and they saw that God had been with them all along. (Luke 24:13-35) In Genesis 13, God takes Abraham up on a hill and says, look as far as you can see. Anything you can see, you can have. This will be the Promised Land. (Genesis 13:14-15) *If you can see it, you can have it.* He saw with spiritual eyes.

In Numbers 13, we have an example of an entire nation failing to realize their potential because they could not see with eyes of faith. Because of the way

they SAW themselves, the way they SAW their obstacles. They underestimated what God could do through them. *“And there we saw the giants...and we were in our own sight as grasshoppers.” Numbers 13:33 (KJV)*

So let me ask you, as you look into your future, what do you see? What do you see God accomplishing through you? What do you see yourself doing for God? God wants you to see as He sees because He wants to use you in the world today in a significant way. You know you are created for far more than you've experienced to date. Many people never achieve their full potential because they can't see themselves as God sees them. They miss God's plan for their life because of self-imposed limitations.

My challenge to you this week is to get a new view of you. Ask God to open your spiritual eyes so you can see yourself as He sees you. God says, “You can be more than you are right now, you can be something you never thought you could be before.”

Pastor Ray ★

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- Y. Yard should be well lighted at night to prevent falls
- Z. Zero Accidents and Injuries should be your goal in a SAFE HOME

We don't think about what could happen, but Nancy does. If you would like to check out more about safety in your home, go to www.nationalsafetyexpert.com. It seems like every day there is some new danger or safety issue we have to face. Why not be ahead of the game in your home. She even goes into detail about what should be on your safety checklist before you go on a cruise and why we need to pay attention to outdoor lighting and walkways. Better safe than sorry is always the key on POPPOFF.

Have a safe and wonderful New Year...and BE CAREFUL!!! ★

Outdoor World

CHOPPY WATER

Did you ever wonder why choppy water usually makes walleye fishing better-especially during bright, sunny days?

Much has been written about how walleyes react to light. In general, they are more active during periods of low light. Also a surface chop diffuses light.

On the sunniest of days, a slight chop will decrease underwater light intensity at least a little bit, and that is going to make walleyes more active. It might even cause them to use shallower water longer, and that will increase your fishing options.

So when you're planning your next walleye trip, check the weather forecast. If it's going to be sunny and breezy, your chances of catching fish are going to go up.

Gary Parsons is a Member of the Bass Pro Shops' National Fishing Team

For more tips, log onto basspro.com and click on News & Tips

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With LENS, Offender Data Quickly Reaches Officers on Beat

Special Report
from USCwwourts.gov

SACRAMENTO REGION, CA (MPG) - A police officer on a DUI stop, logs into the online Law Enforcement Notification System (LENS) and finds that not only is the driver under federal supervision for a prior drug offense, but the conditions of release stipulate no alcohol use.

By statute, following release of a prisoner convicted of a drug trafficking crime, crime of violence, or sex offense, the U.S. Probation Office must notify the chief law enforcement officer of the state and of the local jurisdiction when an offender moves into their jurisdiction. All 94 probation offices nationwide are now using LENS to make these notifications easier and more efficiently. And because LENS notifies local law enforcement at the beginning of supervision, it also promotes greater public safety.

For years, notification meant that paper documents with the prisoner's basic information and criminal history, plus their conditions of supervision, were compiled, and then mailed to law enforcement offices. This process was time consuming and the information varied—some districts included photos,

others just basic descriptions with height, weight, and eye color. Once the information reached its destination, there was still the problem of how to get it to the people who really needed it—the detectives and patrol officers on the street.

LENS was developed by the federal Judiciary to change all that. LENS pulls information already in the Probation and Pretrial Services Automated Case Tracking System (PACTS) database, and populates a website where local law enforcement officers can use a secure log-in through their smartphone, tablet or computer to see a photo slideshow of certain offenders or as points on a map, showing where they live. They can see the name of the offender, a description, criminal history, aliases, conditions of supervision, and the contact information for his or her probation officer. In addition, the information for the offenders in the system can be searched across multiple jurisdictions and filtered by offense and demographics.

Following a bank robbery, suppose an eyewitness gives a description of one of the perpetrators. Detectives log into LENS, filter offenders under supervision in the area for the type of offense—in this case,

bank robbery—and by the basic physical description provided by the witness. The search produces a list of offenders fitting the description with photos, allowing for a virtual lineup.

LENS also is a time- and cost-saver for probation office staff. LENS can pull the necessary information from PACTS in a fraction of the time it takes staff to compile the documents by hand. And if the local law enforcement agency has signed up for an email account, notification is at the click of a button. It's immediate and there are no postage costs. Even in those instances where a law enforcement agency is still receiving paper documents, LENS still creates the documents more efficiently for the probation offices.

Recently LENS was expanded to begin automated deployment of FBI Flash Notices, alerting the FBI and other law enforcement agencies running a criminal records check through FBI when a subject is placed on supervised release, pretrial diversion, or probation. Thirty-two districts now are live on Flash. ★

Source: <http://news.uscourts.gov>

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SATURDAY

Sacramento Midtown Farmers Market

2020 J Street (Between the STANF Native American Health and Bioware buildings)

Every Saturday from 8 am to 1 pm - all year round, rain or shine

SATURDAY

Sunrise Mall Farmers Market

6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot)

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SBA Economic Injury Disaster Loans Available to California Small Businesses

SACRAMENTO, CA (MPG) - Small, nonfarm businesses in 35 California counties and neighboring counties in Arizona and Nevada are now eligible to apply for low-interest federal disaster loans from the U. S. Small Business Administration (SBA). "These loans offset economic losses because of reduced revenues caused by the drought that began on January 1, 2014, in the following primary counties," announced Tanya N. Garfield, Acting Director of SBA's Disaster Field Operations Center-West.

Primary California counties: Alameda, Alpine, Amador,

Calaveras, Contra Costa, El Dorado, Fresno, Inyo, Kern, Kings, Los Angeles, Madera, Mariposa, Merced, Mono, Monterey, Sacramento, San Benito, San Bernardino, San Joaquin, San Luis Obispo, Santa Barbara, Santa Clara, Stanislaus, Tulare, Tuolumne and Ventura;

Neighboring California counties: Orange, Placer, Riverside, San Mateo, Santa Cruz, Solano, Sutter and Yolo;

Neighboring Arizona counties: La Paz and Mohave;

Neighboring Nevada counties: Clark, Douglas, Esmeralda, Lyon,

Mineral and Nye.

"SBA eligibility covers both the economic impacts on businesses dependent on farmers and ranchers that have suffered agricultural production losses caused by the disaster and businesses directly impacted by the disaster," Garfield said.

Small, nonfarm businesses, small agricultural cooperatives, small businesses engaged in aquaculture and most private, nonprofit organizations of any size may qualify for Economic Injury Disaster Loans (EIDLs) of up to \$2 million to help meet financial obligations and operating expenses

which could have been met had the disaster not occurred.

"Eligibility for these loans is based on the financial impact of the disaster only and not on any actual property damage. These loans have an interest rate of 4% for businesses and 2.625% for private, nonprofit organizations, a maximum term of 30 years, and are available to small businesses and most private, nonprofits without the financial ability to offset the adverse impact without hardship," Garfield said.

By law, SBA makes EIDLs available when the U. S. Secretary

of Agriculture designates an agricultural disaster. Secretary Tom Vilsack declared this disaster on January 15, 2014.

Businesses primarily engaged in farming or ranching are not eligible for SBA disaster assistance. Agricultural enterprises should contact the Farm Services Agency (FSA) about the U. S. Department of Agriculture (USDA) assistance made available by the Secretary's declaration. However, in drought disasters nurseries are eligible for SBA disaster assistance.

Applicants may apply online using the Electronic Loan

Application (ELA) via SBA's secure Web site at <https://disaster-loan.sba.gov/ela>.

Disaster loan information and application forms are also available from SBA's Customer Service Center by calling (800) 659-2955 or e-mailing disastercustomerservice@sba.gov. Individuals who are deaf or hard of hearing may call (800) 877-8339. For more information about SBA's disaster assistance programs, visit <http://www.sba.gov/disaster>.

The deadline to apply for these loans is September 15, 2014. ★
Source: SBA



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