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Christmas Cheer at  
Citrus Town Center**  
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# Citrus Heights Messenger

*“Written by the people, for the people”*

Volume 3 Issue 24      Serving the City of Citrus Heights and Sacramento County      Second Edition for December 2013

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# Women's Club Brightens Holiday



General Federation of Women's Clubs (GFWC) Citrus Heights Women's Club members with bikes and toys purchased with funds from Chili Cook Off and other fundraisers. Families with a Community for Peace, received the donations. Photo Courtesy of CHWC Women's Club

**CITRUS HEIGHTS, CA – (MPG)** - This is the mission statement for the General Federation of Women's Clubs (GFWC) Citrus Heights Women's Club (CHWC). An active part of the Citrus Heights community, CHWC has been working for over 40 years in collaboration with other community organizations to make Citrus Heights a better place to live. Service projects and fundraisers benefit women and children, local hospitals, schools, the disabled, veterans, seniors, the homeless, and our police and fire departments. Members make and donate food / gift baskets, Oncology Care Bags for Mercy San Juan, backpacks and school supplies, clothing for women and men, and coats for children. Favorite fundraisers are the annual Chili Cook-off, Bunco and special restaurant 'eat-out' nights at participating restaurants. The club volunteers at local hospitals make

and provide specialized items like bears, blankets, and comfort pillows for local Police and Fire Departments and local hospitals. Members range in age from mid-twenties and are self-employed, retired, working in the private sector, education, health care, finance and public service. Success stems from using each members own unique life experience, education, and talents. We are active with the chamber of commerce. Recognizing and serving Veterans are of special importance to the club. Each fall veterans are honored and served with a Veteran's Resource Picnic. they have collaborated with the "Drop Your Drawers" project collecting clothing to be re-purposed for easier use by our wounded warriors. They work with the Citrus Heights Veteran's Community Center and other entities. Members of CHWC are also honored to

have special relationships with A Community for Peace (ACFP), formerly Domestic Violence Intervention Center (DVIC), Sayonara After School Center, and Citrus Gardens (formerly Merrill Gardens), an assisted living facility. Suggestions for projects and fundraisers are always welcomed from our members. Their members are especially busy during the holidays, providing children and families with food, toys, clothes and other gifts to help make this an easier time for them. Working at higher levels of the Federation, CHWC also work and advocate for the environment, public and inter-national affairs and much more. Meetings: First Wednesday of each month (except January) at noon at the Sylvan Community Center. ★

## Tree Lighting Festivities Kick Off Christmas Season

By Elise Spleiss

**CITRUS HEIGHTS, CA (MPG)** - Over 300 warmly bundled and enthusiastic Citrus Heights and surrounding area residents arrived at Fountain Square in Citrus Heights on December 5, for the 17th Annual Tree Lighting ceremony and festivities. The Citrus Heights Community Marching Band (CHCMB) greeted attendees with their usual rousing holiday tunes as all braved the 37-degree weather. Master of Ceremonies, 'Jingle' Julie Archer introduced Mayor Steve Miller, City Council members, City Manager Henry Tingle, and Police Chief Christopher Boyd.

Councilmember Jeff Slowey urged the audience to remember our service members serving overseas who are away from their loved ones, and their families at home taking care of what needs to be done until their return. Following introductions and greetings, Santa was sighted arriving in his white horse-drawn carriage and did the honors of flipping the switch to light the Christmas tree at the corner of Greenback Lane and Fountain Square. Mexican Folkloric dance company Nube De Oro, delighted the audience prior to the tree lighting and at the Community Center afterwards with a selection of

Continued on page 10



Santa and helper relax after long night of photo taking. Photo by Ryan Grant

## Californians Who Short Sell Won't Face State Tax Penalty

**SACRAMENTO REGION, CA (MPG)** - Board of Equalization Member George Runner announced that the Franchise Tax Board (FTB) will follow the lead of the Internal Revenue Service and not impose a tax penalty on Californians who have sold their home via a short sale. In a written response sent to Runner today, FTB Chief Counsel Jozel Brunett states, "Since California conforms to the relevant portions of the federal tax law governing the forgiveness of nonrecourse and recourse indebtedness, California would follow the federal treatment for the CCP section 580e transactions." "This is welcome news for Californians who have had to short sell their homes this year," said Runner. "We learned last month they wouldn't face a federal tax penalty. We now know they won't face a state tax hit either." In a September letter to FTB's Chief Counsel, Runner requested a legal opinion as to the potential tax consequences for a California resident who completes a short sale under existing California law. Initially, FTB staff indicated they would need guidance from the IRS before providing an answer. That guidance arrived last month in an IRS letter to Senator Barbara Boxer regarding the expiration of the Mortgage Forgiveness Debt Relief Act. The IRS opined that debt forgiveness involving non-recourse loans held by California homeowners will not be viewed as taxable income. "We are pleased with the recent clarifications issued by the IRS and the California Franchise Tax Board, which protect distressed homeowners from debt relief income tax associated with a short sale in California," said California Association of Realtors President Kevin Brown. "Distressed California homeowners can now avoid foreclosure or bankruptcy and can opt for a short sale instead, without incurring federal and state tax liability, even after the Mortgage Forgiveness Debt Relief Act of 2007 expires at the end of this year." A legislative effort to extend tax protection for California short sales derailed this year. However, the FTB's announcement that it will conform with the IRS ensures continued protection for taxpayers without the need for legislation. Elected in November 2010, George Runner represents more than nine million Californians as a member of the State Board of Equalization. For more information, visit [www.boe.ca.gov/Runner](http://www.boe.ca.gov/Runner). ★

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# Quick Action by Metro Fire Crews Stops Fire Spread



### Sac Metro Fire Report

CITRUS HEIGHTS, CA (MPG) - Just after 7:00 p.m. this evening firefighters from Metro Fire were dispatched to a report of an apartment fire in a 4-plex at 5593 Keoncrest Circle in Citrus Heights.

First arriving Metro units are credited with initiating a stop on this fire by an aggressive interior

attack. On arrival it was reported that there may have been citizens entering the fire unit and firefighters conducted a search to assure everyone had exited. Exposure units were protected by additional arriving firefighters who made sure no citizens were in harms way.

30 firefighters worked to contain and overhaul this fire quickly without injury to personnel or

citizens saving over \$300,000 in property and contents.

At the time of this release, the Investigations Unit from Metro Fire was on scene looking into the possible cause of the fire. The Investigations Unit asks anyone with further information on this incident to contact the Arson Tip Line at (916) 859-3775. ★

# RT Starts Season of Giving

SACRAMENTO REGION, CA (MPG) - RT employees and their families celebrated the start of the holiday season on November 23 by taking part in RT's 20th Annual Holiday Bus Painting Party. More than 120 RT artists used a 'paint-by-numbers' technique to bring the decorative 40-foot bus to life.

Rick Sloan, retired RT Graphic Designer and currently a Board Member for the Cordova Recreation and Park District, guided participants in painting the toy soldiers, snowmen, reindeer and other fanciful holiday creations he designed. This is the 21st RT Holiday Bus to make an appearance during the holiday season. The first bus designed by an outside agency wasn't well received by RT as it was primarily painted dark green and became invisible at night. Reflective decals had to be added to make it safer. From that point on, 20 years ago, RT gave the responsibility of designing the Holiday Bus and supervising the Bus Painting Party to Sloan.

"This party is really about celebrating with family and friends. Over the 20 years I've participated in the event, it's been wonderful to see my own family, and the children of RT employees, grow up before my eyes. This has become a labor of love that I look forward to creating every year," Sloan said. "The kids and parents that take part in this special event really



Rick Sloan and son Noah are shown here painting the side of Regional Transits' Holiday Bus.

feel a great sense of pride when they finally see the bus driving down the road like a giant greeting card."

The Holiday Bus serves as a tool to thank passengers who use the RT system and to give back to the community as a whole. Free to passengers, the Holiday Bus operates on different routes in the Sacramento region from December 1, 2013 through January 3, 2014. The schedule can be found at [www.sacrt.com/holidaybus13.stm](http://www.sacrt.com/holidaybus13.stm).

Once inside, passengers listen to festive holiday music and view on display several holiday themed posters painted by some of the younger children.

In lieu of fare, monetary donations and non-perishable food items will be collected on the bus to benefit River City Food Bank, a non-profit organization that provides emergency food and housing assistance in Sacramento County. For more information about the food bank, visit [rivercityfoodbank.org](http://rivercityfoodbank.org). ★

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# The Christmas Spirit All Year Long

By Sheila LaPolla

**SACRAMENTO REGION, CA (MPG)** - Mather Veterans Hospital welcomes American Legion Auxiliary Unit 637 Chaplin Tina Minasian and Unit 637 Auxiliary members from Citrus Heights, as well as veterans, to sing at the bedside of their hospital patients once a month.

While strumming her ukulele, Tina leads her seasoned singers as they bellow out spiritual songs brightening the day of their audience. Hawaiian leis circling the necks of the singers bring a sweet, tropical mood to the occasion.

Tina and fellow Legionnaires engage the veterans to talk about their service in the armed forces, add a sense of lightheartedness in the discourse with heartfelt sincerity in thanking them for their service and sacrifice for our country and then the singing begins.

During this Christmas season, Christmas songs dance through the hospital rooms. Laughter and tears permeate the experience for all involved.

Remembering, honoring and thanking our veterans at Christmas time and all year long



Tina and veteran Ken Hicks, an Officer in American Legion District 6, at the bedside of one of Mather Veterans Hospital's patients. Photo by Sheila LaPolla

is so important. Let us always remember to take heart and give

reverence to those who help keep our country free. ★

# City Council Selects New Mayor and Vice Mayor

**CITRUS HEIGHTS, CA (MPG)** - At their regular meeting on December 12, 2013, the City Council appointed Mel Tuner as mayor and Sue Frost as vice mayor for the next twelve months.

Each year, in December, the City Council selects one of its members to serve a one-year term as mayor and vice mayor.

Mel Turner was elected to the City Council in November 2010, for a four-year term. Sue Frost was elected to the City Council in November 2012 for a four-year term.

Source: City of Citrus Heights



Mayor Mel Turner



Vice Mayor Sue Frost

# Christmas Cheer at CTC

**CITRUS HEIGHTS, CA (MPG)** - Citrus Town Center hosted a Holiday Open House in conjunction with Citrus Heights Police Department to collect gifts, clothing and food for 50 locally registered families. At the end of the two hour event on December 7, over six cases of food and four large packing boxes of toys and clothing were donated to help area families. Marshalls and Sprouts Farmers Market co-sponsored and donated to the event.

The center wraps up the year with the 10th annual Toys for the Troops Kids, supplying toys



and gifts for children of active military deployed throughout California and Nevada. Since 2003, 135,000 presents have been donated. The toy run is in operation in the front parking lot of Sprouts through December 22 at 5pm.

In 2013 CTC saw the addition of Dress Barn at the Greenback portion of the center

and a remodel of neighboring Marshalls. In 2014, two new stores will be announced and open at Citrus Town Center.

For information on new events, new stores and what's happening at the center, visit the center's Facebook page and "like" Citrus Town Center. The page periodically hosts random \$100 gift card giveaways. ★

# Citrus Heights Cook Wins Blue Ribbon

**CITRUS HEIGHTS, CA (MPG)** - Citrus Heights home cook Dee Stillwell's Dee's Kahlua Truffles recipe has been awarded a blue ribbon at Just A Pinch Recipes, a recipe and coupon social network for home cooks at [www.justapinch.com](http://www.justapinch.com).

Stillwell's Dee's Kahlua Truffles was named a blue ribbon winner by Just A Pinch Food Editor Janet Tharpe. To land the award, Stillwell served up a full-flavored dish that was both tasty and easy to prepare.

"I have experimented with truffle recipes over the years and this is the final tweaked recipe that I have been using. I usually triple this recipe to make enough to give as gifts. You can make these into other liqueur flavors if you wish."

Stillwell is one of 120+ Citrus Heights area residents sharing recipes with the social network, which



in just three years has become the largest database of user-posted recipes...anywhere. On the site, users can post their own "family tested and approved" recipes and try recipes submitted by others, use a menu calendar and grocery list, create custom cookbooks, print hundreds of grocery coupons, enter recipe contests and join discussion groups. They may also

use Pinch It!, a robust site feature that allows users to capture and share recipes from virtually anywhere online with a simple click and seamlessly integrate them into their digital recipe boxes.

These features allow home cooks to build relationships virtually, as if they are sitting around one big kitchen table.

"We continually add new features to the club based on the feedback of our members," says Just A Pinch Food Editor Janet Tharpe. "It's because of people like Dee Stillwell, who is proud to share her family's favorite recipes with other home cooks, that the club has become so popular and is growing so fast." ★

Just A Pinch Recipes offers free memberships and premium perks. Join us in the kitchen at [www.justapinch.com](http://www.justapinch.com).

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# Music Partner’s Academy Offers Music Instruction for the 21st Century Child

By Linda Harper,  
Business Developer

CITRUS HEIGHTS, CA (MPG) - Music Partner’s Academy, located at 6412 Tupelo Dr. Ste A, is a business that combines a comfortable sense of creativity and caring with serious musical instruction. The friendly atmosphere is inviting and a happy place for children of all ages. Duane Anderson, owner of Music Partners Academy glows with pride and excitement when he talks about providing a new venue for children to experience music.

Music Partner’s Academy was born from a need Anderson experienced when music was eliminated from most of the Sacramento School District schools. When the programs went by- the- wayside, so did his job as a 20 year experienced music teacher. Duane Anderson arrived in Sacramento in 1972, at the age of fifteen, and he began playing music professionally. In 1987 he became a credentialed music teacher and realized his passion; teaching creative, young minds to appreciate and play music.

Music Partner’s Academy offers music instruction for the 21st Century child. The classes are taught in groups of six students in various age groups. The thought process for this innovative way of teaching is that children are accustomed to learning in groups of six at school. In addition to grouping students,

Mr. Anderson has taken a second step to relate music instruction to his student’s everyday life. He’s using a computer program named “Smart Music.” It not only has hundreds of technical fingering exercises built in, it keeps track of the student’s important practice sessions at home. The computer keeps track of valuable playing time, and also has a self assessment tool that allows the students to test themselves. When the child presses “record,” and at the end, it shows which notes were played correctly. The goal is to have all green notes. According to Anderson, this system works better than having parents continuously monitor their child. The “Smart Music” program has helped to keep students engaged because its challenges are like a video game. Along with fun, Music Partner’s Academy emphasizes that learning to master a musical instrument takes discipline. The students achieve success through team work, a lesson they will take with them into adult life.

With the beginning of Music Partner’s fall 2013 session, a new motivational program was introduced. It’s called, “Level Up.” The interaction is much like a video game in that students gain points through in-class assignments as well as out – of – class musical opportunities. An example would be to play a song for Grandma, visit a music store or attend a musical performance. In-class assignments include mastering of assigned songs and

successfully completing theory and notation quizzes. As students accumulate points, they move to the next level.

Often a child wants to play a musical instrument but they and their parent don’t know which one would best suit their interest and talent. Music Partners Academy offers a “Get Acquainted,” session. It’s comprised of eight lessons over four weeks; two piano, two guitar, two voice and two drums. The instruments for these lessons are provided, so parents don’t make an investment in an instrument their child may not like after a few weeks.

Although, Duane Anderson is a teaching owner, he does have a staff of expert instructors available at Music Partner’s Academy. He hires teachers who either have a California Teaching Credential or performance degree in music. Those who have equivalent performance experience are also considered. Music Partner’s Academy has a curriculum that all instructors follow.

Citrus Heights is excited to welcome Music Partner’s Academy to their group of quality, new businesses. Call today to inquire about available lessons and affordable prices to begin your child’s adventure in music! Christmas Gift Certificates are available. Reach Duane Anderson at (916) 849-6084. [www.musicpartnersacademy.com](http://www.musicpartnersacademy.com).



## Reports from Citrus Heights Police Department

CITRUS HEIGHTS, CA (MPG) - On Tuesday, December 10, 2013 at 4:21 p.m., Citrus Heights Police Department responded to a report of a stabbing at the 7500 Block of Auburn Blvd., Citrus Heights. Officers found a single male adult victim inside a vehicle bleeding from a suspected stabbing. The adult victim was pronounced deceased at a local

hospital. The identity of the Victim will not be released at this time.

This homicide is actively being investigated by the department’s Investigative Services Division. Investigators are encouraging anybody who may have information regarding the homicide to please call the Citrus Heights Police Department at

(916) 727-5500 or Sacramento Crime Alert. Sacramento Crime Alert offers rewards up to \$1,000 for information helpful to law enforcement agencies to fight against crime.

*Sacramento Crime Alert: Call (916) 443-HELP or 1(800) AA – CRIME. Text 274637 (CRIMES) SACTIP.*

## Vehicle Hits FedEx Truck and Becomes Lodged Underneath

On December 3, 2013 at approximately 1:05 p.m., a 23 year old from Citrus Heights was driving a 2008 International Fed Ex truck on southbound Watt Avenue approaching Chenu Avenue. The truck was in the right hand turn lane, turn signal activated, and slowing for a red light.

David Longenecker, a 25 year old from Sacramento was driving a 2011 Dodge Avenger on southbound Watt Avenue approaching Chenu Avenue. The Avenger was



traveling at a high rate of speed and straddling the #3 lane and right hand turn lane. Longenecker failed to see the Fed Ex truck slowing and slammed into the rear of the truck.

The impact caused the Avenger to travel underneath the Fed Ex truck and become lodged.

The front passenger, Joshua Stephens, a 21 year old from Rancho Cordova, had to be extricated by Sacramento Metropolitan Fire Department personnel and was transported to Mercy San Juan Medical Hospital with major injuries.

The Fed Ex driver and Longenecker were not injured in this collision. It does not appear alcohol and/or drugs were a contributing factor in this collision. This collision is still under investigation.

## CHPD Announces New Auto Theft Prevention Program

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Police Department is proud to announce a new Auto Theft Prevention program.

The program, known as B.A.T (Battle Auto Theft), will allow vehicle owners to register their vehicles in their vehicles with the Police Department. Participation in the program will include a decal that will be placed on the vehicle identifying it to Citrus Heights Police Officers. By enrolling in the program, vehicle owners give officers authority to conduct a traffic stop on their vehicle, without the need for probable cause,

between the hours of 1:00 a.m. and 5:00 a.m. The hours were chosen based on crime trend data, which indicates the majority of auto thefts occur during the early morning hours.

Program enrollment requirements are easy. The registered owner of the vehicle will complete an enrollment form, supplying information on the vehicle and registered owner. A serialized decal will be issued to the vehicle. The completed enrollment form will serve as consent for Citrus Heights Police Officers to stop the vehicle during the specified

hours in an attempt to ensure the driver of the vehicle is authorized to drive it. If circumstances change, and the vehicle owner no longer wants to participate in the program, cancellation is just as easy as initial enrollment.

This new program is yet another example of the commitment the Citrus Heights Police Department has to ensuring public safety and preventing criminal activity. Please contact the Citrus Heights Police Department at (916) 727-5000 with any questions, or to inquire about program enrollment.

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# SMUD Approves 2014 Budget

# San Juan Water District Wholesale Responds to BDCP Release

**SACRAMENTO REGION, CA (MPG)** - The Sacramento Municipal Utility District (SMUD) Board of Directors has approved a \$1.4 billion budget. The 2014 budget provides funding for all programs, projects and initiatives needed to meet the strategic targets set by the Board of Directors. The budget reflects a balanced approach that will keep SMUD on track to meet its long-term goals, while keeping a close eye on spending and continuing to improve operating efficiencies that provide value for customers. As the region starts to come out of the prolonged slow-growth economy, SMUD starts 2014 with a strong cash balance. When combined with cash generated from operations, SMUD expects to be able to cover the budget expenditures, including capital projects, without issuing new debt.

The 2014 budget anticipates electricity sales of \$1.3 billion, or an increase of about 3 percent over 2013. While the customer base is growing, total kilowatt-hour usage is expected to remain flat as energy efficiency measures and new solar installations reduce average electricity consumption per customer.

The commodities portion of the budget—the cost of natural gas to fuel power plants, wholesale power purchases and transmission — is \$506.8 million for next year, about half of the total operations and maintenance budget and a slight decline from 2013.

The capital budget, which covers additions and improvements to buildings, property and equipment, is \$227.5 million, up from \$180 million in 2013. The portion of the 2014 budget earmarked for the low-income Energy Assistance Program Rate is \$46.7 million, an increase of 4 percent over 2013.

Major projects for 2014 will include preparations for renovating the SMUD headquarters building, geotechnical work to help evaluate a proposed 400-megawatt (MW) addition to the SMUD hydroelectric system and planning for the relocation of two major substations. SMUD will be working with the city of Sacramento and the owners of the Sacramento Kings on development of the downtown entertainment and sports center, a modern NBA venue that would seat 17,000 and is expected to stimulate associated development. To address reliability the budget includes funds for:

- Enhancing SMUD’s ongoing underground cable replacement program.
- Developing transmission interconnection alternatives to increase load-serving capability, access renewable energy, provide voltage support, and support long-term carbon emission reduction.
- Developing a new site for new flexible thermal generation and conducting feasibility studies for a compressed air energy storage project, both of which can help support more wind and solar generation.
- Starting environmental work for a Collinsville property wind farm development of approximately 50 MW.
- Transferring all remaining low-level nuclear waste from Rancho Seco to an approved site in Texas.

For customers, the budget includes a new energy efficiency program for small and medium business customers; driving customer transformation to LED lighting; constructing SMUD-owned fast-charging stations for electric vehicles; and presenting a more consistent online customer experience across all platforms and devices (e.g., smartphones and tablets).

Additionally, SMUD will implement the Customer Experience Excellence initiative, which will:

- Identify new business opportunities for SMUD’s retail strategy.
- Proactively provide information customers want using the channels they prefer.

SMUD customers continue to pay significantly less for electricity than most Californians and as of January 2014, about 35 percent less than residential customers who are supplied by neighboring PG&E. As the nation’s sixth largest community-owned electric service provider, SMUD has been providing low-cost, reliable electricity for more than 67 years to Sacramento County (and a small portion of Placer County).

SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment. SMUD is the first large California utility to receive more than 20 percent of its energy from renewable resources. For more information, visit [smud.org](http://smud.org).

Source: SMUD Newsroom

**CITRUS HEIGHTS, CA (MPG)** - San Juan Water District Wholesale is preparing to review and respond to the state’s latest draft of the Bay Delta Conservation Plan.

“Reviewing the more than 34,000 page environmental document will take time, but important considering how large this project is,” says Shauna Lorange, general manager of the San Juan Water District Wholesale.

The district is looking for the state to release an operational plan showing how they will operate the project’s famous Twin Tunnels. They are concerned that without a plan on how the state’s water systems will be operated, the operation of Folsom Reservoir could cause a significant impact to their customers’ water supply reliability.

“It’s like building a house without a blueprint,” noted Lorange. “We need to see a plan that is good for the entire state and provides us with assurances that our future water supplies won’t be in jeopardy.”

San Juan Water District Wholesale has been sharing their concerns over expected outcomes in the draft document, specifically impacts to Folsom Lake. The lake provides water to over half a million people in the greater Sacramento region, more than half of which are San Juan Water District Wholesale and retail customers.

“Customers in our retail areas like Granite Bay and portions of Folsom and Roseville rely entirely on water supplies from Folsom Lake,” says Lorange. “What we’ve seen so far are projections that climate change will cause Folsom Lake will drop to such lows that we’ll have serious difficulties providing water to our customers for months at a time every decade.”

Over the next few months, the district is prepared to review the draft document and provide comments. Along with the City of Roseville and other regional water providers, San Juan Water District will be calling upon customers to react to the BDCP and share any concerns, comments and feedback during the public comment period.

★

*San Juan Water District Wholesale is a community services district that provides drinking water to more than 265,000 people in portions of Sacramento and Placer Counties. In addition to serving retail customers in Granite Bay, east Roseville and the northeast portion of Sacramento County, San Juan Water District Wholesale provides water to Citrus Heights and Fair Oaks water districts, Orange Vale Water Company, the City of Folsom (north of the American River) and periodically to Sacramento Suburban Water District.*

## Public Safety Realignment Has Led to Increase in Crime

**SACRAMENTO, CA (MPG)** - State Senator Jim Nielsen (R-Gerber), former Chair of the California Board of Prison Terms, issued the following statement today regarding the Public Policy Institute of California’s conclusion that crime has increased as a result of the Governor’s public safety realignment program:

“The link between the increase in crime and the Governor’s public safety realignment program is no surprise.

“This is consistent with the FBI’s and the California Attorney General’s yearly crime statistics when compared to last year’s. The Governor and lawmakers can no longer deny the serious flaws in their prison reduction plan.

“I have said it before and I will say it again, the Governor needs to call lawmakers to action by declaring a special session to deal with public safety, where we can focus exclusively on correcting the deficiencies of prison realignment (AB 109) to protect Californians.

“We have to fix realignment before more citizens are harmed.”

Enacted into law in October of 2011, the Governor’s prison realignment plan (AB 109) sends certain convicted felons to county jails instead of state prisons. Local jurisdictions are struggling to meet the increasing demands of housing convicted felons. Realignment requires counties to incarcerate or find alternative programs for tens of thousands of drug dealers, burglars and other habitual felons who previously would have been sentenced to state prison.

PPIC is dedicated to informing and improving public policy in California through independent, objective, nonpartisan research on major economic, social, and political issues. The institute was established in 1994 with an endowment from William R. Hewlett. PPIC does not take or support positions on any ballot measure or on any local, state, or federal legislation, nor does it endorse, support, or oppose any political parties or candidates for public office.

★

*Senator Jim Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Del Norte, Glenn, Nevada, Placer, Sacramento, Shasta, Siskiyou, Sutter, Tehama, Trinity and Yuba. To contact Senator Nielsen, please call him at 916-651-4004, or via email at [senator.nielsen@senate.ca.gov](mailto:senator.nielsen@senate.ca.gov).*

Source: Office of Senator Nielsen

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CROSSWORD

CLUES

ACROSS

1. Fancy tie  
6. \*Amanda Bynes wore a blue one in court  
9. A woman at Harvard after 1977  
13. Star Wars attacker  
14. Big time  
15. Artillery burst  
16. Rhino relative  
17. Brit. fliers  
18. E.T., e.g.  
19. \*New prince of Cambridge  
21. \*Leno's successor  
23. And not  
24. Dispatched  
25. What hernias do  
28. Yamaguchi's court  
30. \*Football HOFer, \_\_\_\_\_ Jones, died  
35. Web \_\_\_\_\_  
37. Butcher's cut  
39. Eye \_\_\_\_\_  
40. Truth alternative  
41. One affected by Hansen's disease  
43. Deuce topper  
44. Be in harmony  
46. Urban legends, e.g.  
50. Rich soil  
52. French "lake"  
53. Place to moor a boat  
55. Gourmet mushroom  
57. Female peafowl  
60. Jewish village, historical  
63. Elks' hangout  
64. Augment  
66. Fear-inspiring  
68. MPH  
69. Bull's mate  
70. Sheep-like  
71. Hibernation stations  
72. \*Kourtney and Kim  
73. Cause aversion

DOWN

1. \*Jennifer Lawrence won for doing it  
2. Smelting waste  
3. Endure  
4. \*Satire newspaper that stopped printing  
5. Reign of \_\_\_\_\_  
6. "The Way We \_\_\_\_\_"  
7. Gershwin or Levin  
8. Bloop  
9. "\_\_\_\_\_ Me Maybe"  
10. Assortment  
11. Fifty-fifty  
12. \*\_\_\_\_\_ Draper of "Mad Men" went to L.A.  
15. Some chips are this, some are not  
20. Done on a barbie  
22. Plus  
24. Biathlete's equipment

25. Jerusalem's ancient land  
26. Cell phone bill item  
27. It's firma  
29. Season to be jolly  
31. Bohemian  
32. Reef constructor  
33. Met's offering  
34. \*Boy group, reunited  
36. Movie \_\_\_\_\_  
38. Agrippina's slayer  
42. Boxer's stat  
45. Engraved  
49. Clod chopper  
51. \*Cause of Chelyabinsk's disaster  
54. Sweater style  
56. Pet annoyance  
57. \*The new one is from Argentina  
58. "I Dream of Jeannie" star  
59. Long, long time  
60. Tailored  
61. \*Artist Banksy took one to New York  
62. Country dance formation  
63. a.k.a. acid  
65. Ornamental carp  
67. Unagi

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Fill in the blank squares in the grid, making sure that every  
row, column and 3-by-3 box includes all digits 1 through 9.

For Solutions See Page 7

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**Crossword Puzzle on Page 6**

A	S	C	O	T		W	I	G		C	O	E	D	
C	L	O	N	E		E	R	A		S	A	L	V	O
T	A	P	I	R		R	A	F		A	L	I	E	N
	G	E	O	R	G	E								





By Ronnie McBrayer

“We three kings of Orient are.” So begins a favorite carol of the Advent season about the “Wise Men” who visit the newborn Jesus. And so begins a tale that takes inaccuracy and historical revisionism to a whole new level. Reverend John Henry Hopkins, Jr., who wrote the carol a century and a half ago, should have known better.

First, we don’t know exactly how many kings there were. There could have been as few as two and up to almost any number. Tradition says that there were three (though some traditions mention twelve), and over time they were even given names: Caspar, Melchior, and Balthasar. But these are apocryphal stories.

Second, they were not “kings” from the Orient. They were Wise Men, or put more accurately, Magi. The Magi were astronomers – primitive by today’s standards – who were on the cutting edge of scientific and philosophical knowledge in their day. So it may be best to view these Magi as the uncanny combination of scientists, philosophers, and theologians – but not kings. And such men called Persia home (modern day Iran), not the Far East.

Third, these men did not find the Christ child while “following yonder star.” They saw the

## All means All (Second Week of Advent)

star “in the East” or “at the rising of the sun,” but then proceeded west to Palestine. The star did not reappear until they were already in Bethlehem.

And finally, the Magi, technically, do not belong in the Nativity scene at all. They were latecomers to the Christmas party, maybe as late as Jesus’ second birthday. The quaking shepherds, singing angels, and lowing cattle had returned to life as normal long ago. On and on I could go ripping the veracity of this Christmas Carol apart, but that is not my intent.

“We Three Kings” remains one of my favorite Holiday hymns to bellow out this time of year. My critique of it is to simply point out that apart from the accumulations of questionable tradition, we know little about these mysterious men from the East. And these traditions prevent us from embracing what we can learn from them – for the journey of the Magi is a fascinating exercise in unexpected faith.

They came seeking the child who had been born king of the Jews, based almost entirely on the appearance of an enigmatic star. While history is rampant with explanations for this phenomena, one conclusion is certain: The Magi interpreted this unusual sign in the heavens as a clear communication that something extraordinary had taken place in the world. And even more extraordinary, these Persian sages applied their interpretation to the emergence of Jesus, the Jewish Messiah.

Why so astonishing? Not many people would launch out on a

dangerous journey through the Middle East based solely on a spiritual hunch. Not many people would put their life on hold to prove their mystical intuitions to be true. And the most shocking of all, not many Persians (today’s Iranians) would worship at the feet (or manger) of a Jew. And not many Jews could abide by such a thing, either!

Yet, in God’s way, these all belonged together. Divisions of race, religion, nationality or ethnicity did not factor into the equation. This is a foreshadowing of what the Apostle Paul would say later. “In Christ,” he said, “there is no difference between Jew and Greek, slave and free person, male and female. You are all the same in Christ Jesus” (See Galatians 3). And “all” does mean “all.” All are welcome into the presence of the One who will “reconcile everything – all things in heaven and on earth to himself.”

So here is where the Magi teach us the wisest of their lessons: There are many barriers to overcome and great distances to cover in our journey of faith – “field and fountain, moor and mountain” to quote Reverend Hopkins – but when we get to where we are going, we will be welcomed in with open arms. There we will find the “King forever, ceasing never, over us all to reign.” And “all” surely means “all.” ★

*Ronnie McBrayer is a syndicated columnist, pastor, and author of multiple books. You can read more and receive regular e-columns in your inbox at [www.ronniemcbrayer.me](http://www.ronniemcbrayer.me).*

## My Christmas Cheer Drama

Dr. James L. Snyder

I enjoy being cheerful and Christmas time is a special time to be cheerful and I try my best to live up to it. Occasionally, the Gracious Mistress of the Parsonage will suggest I am going a little too far.

During the rest of the year I stay out of shopping malls as much as possible. During the Christmas season, I want to go to the shopping mall and walk around without any purchases to make. I like watching people spend their money on things they do not need and for people they may not like.

I like to give cheer more than anything else. Actually, it is the only thing I can afford. And so I will send my cheerfulness into cheer bankruptcy. Whatever that may be.

The Christmas season has never been a time for me to spend excessive amounts of money. I leave all that to my wife. She knows how to shop and she begins her Christmas shopping right around February. I could never figure that out. When I buy a gift for someone, I want to hand it to them right then. She has the discipline to buy Christmas gifts months ahead of time.

Something happened this past week that brought all of my cheerfulness to an abrupt halt.

I had just come from the mall where I was making fun of people scurrying around trying to find the latest bargain. It is a little strange to me that when people get a gift for somebody they look for a bargain.

When I got home, I sat down in my recliner reminiscing about the day and then I did something I do not normally do. I took out my wallet to clean it. This is something I do at least once a year.

Sometimes I get cards in my wallet that have expired or are no longer valid. No sense in having

things in your wallet that you do not need or cannot use. Several cards had expired and so into the trashcan they went.

You can tell a lot about a person by the things in his wallet. My wife, on the other hand, carries a purse. I will not be caught dead looking in that purse. In fact, I would be dead if caught looking. I am not sure what she has in her purse and I do not want to know what she has in there. I love living.

A man’s wallet is a little different. He has things in there that are rather practical. There will be a driver’s license, a Social Security card, insurance card, not to mention credit cards. Everything he needs to get through a week with plenty of cheerfulness on the side.

Going through my wallet this time I found something that shocked me to the core of my being. There in my wallet, folded up rather neatly and tucked in a corner, was a \$50 bill. I cannot tell you the last time I saw a \$50 bill. How it got there, I will never know.

My father always had a folded \$50 bill in his wallet for emergencies. I am not my father.

Ordinarily, you would think finding \$50 in your wallet would be a moment of rejoicing. Not so here.

It is towards the end of the year, all gifts are purchased for Christmas and all bills are paid. I like to pay ahead of time just to make sure the bills are being paid. And so there was nothing that needed to be paid at that time.

Life has taught me several lessons and one in particular. If you find extra money it means some disaster is about to befall. Usually the catastrophe that happens costs more than the money you find. I found \$50 and so it is reasonable to believe that the catastrophe facing me will cost \$100.

I did not know if I should

mention this to my wife. It is not that we are superstitious, we have just live life long enough to know what comes around goes around and what goes up usually comes down.

What is going to happen now? What is going to go wrong? What in the house is going to fall apart?

Then my dilemma was solved.

My wife came into the room and said, “I was wondering,” and she was stammering a little bit as she said it. “I was wondering if perhaps we could take the grandchildren out for Christmas lunch tomorrow. I know it costs a lot, but I think they would enjoy it.”

I smiled and she looked at me a little quizzically and asked, “What are you smiling about?”

It was then I pulled out of my wallet the neatly folded \$50 bill and waved it in her direction and said, “I think Christmas lunch with the grandchildren tomorrow would be a fantastic idea.”

Some people worry about what they do not have. I worry about what I have to make sure I am using it in the best possible manner.

“It is a good thing to give thanks unto the LORD, and to sing praises unto thy name, O most High” (Psalms 92:1).

I am thankful for what I have but I am also thankful for what I do not have. Nothing takes the place of a contented heart and my contentment rests in the Lord Jesus Christ. I need nothing more. ★

*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 Karen Anderson

You may have heard the term a servant’s heart. What does that really mean? The Bible says, “Be devoted to one another in love. Honor one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. Share with the Lord’s people who are in need. Practice hospitality.” When you think about this, how do you measure up?

When I was growing up a very good friend of the family was a perfect example of one who lived with a servant’s heart. She was always criticized and told that she needed to learn to say no. She never thought of herself. All she knew was, if God was calling her, she would answer. You could always depend on her. To

## A Servant’s Heart

her dying day she always thought of others with love and compassion and how she could serve them. Understand she could have said no, she had 6 kids of her own, but God used her in a quiet but mighty way.

I have always wondered if I would be considered a person with a servant’s heart. I am always concerned for the well-being of others but it is not always my first thought. I am embarrassed to say this, but I believe God has given me a different gift and I will follow His lead. I am good at what I do, but God knows that I am His willing servant. If He calls, at some time, to start living with the kind of heart we are talking about, He will show me and I will do it.

My soul-sister is another example of a woman with a servant’s heart. She stepped into a situation that was very difficult which could have caused many others to turn away. She knew God was calling her and she did it without question or doubt. This gift is given by God and the only thing you and I have to do is act, which is what she did. That is what serving is...see a need and take action. When we continue down life’s journey God will show you how you are to act. Your heart

needs to be connected to God. I love this part of the verse so I’m going to repeat it, “Be joyful in hope, patient in affliction, faithful in prayer. Share with the Lord’s people who are in need. Practice hospitality.”

Next time you feel called; don’t hesitate like many of us do. Take the example of the two women I refer to and act with a servant’s heart. You are once again praising God when you step up. Not to be noticed, but to do the right thing. Every day I ask God to show me the opportunities He has waiting for me. As I continue to walk along His path, I know He will bless me and in turn use the situation to His glory. He is mighty and is worthy of my praise and worship. How about you?

PASSAGE: Romans 12:10-13 (NIV) ★

*Karen Anderson is an accomplished speaker, author, and chaplain. Her latest books, Nikki’s Tail-Waggin’ Lessons and The Little Book of BIG Thoughts series can be found on Amazon.com. Leave a message for Karen at [www.soaringtohope.com/](http://www.soaringtohope.com/) contact or connect with her on Facebook at [www.facebook.com/SoaringToHope](http://www.facebook.com/SoaringToHope).*



By Marlys Johnsen Norris, Christian Author

In the Garden of Eden the enemy (Satan) told Eve that if she did what he asked “She would be like god”. (An insignificant god - with a small “g”.) And Eve believed it!

Then she enticed her husband Adam and he also, ate from the tree of good and evil and brought the curse of God on every human being born thereafter. We were born with the curse of sin of Adam on all our lives. We know something is wrong, but we don’t know how to “fix it”.

## You Can Never Be Good Enough!

Some people will tell you how good they are, how they never do anything wrong or hurt others. They possibly live by the “golden rules” and they truly are good people.

However good in the eyes of men is not what is good in the eyes of God. He expects “perfection” because He is perfect himself. His eternal home is perfect and no imperfect person or thing shall ever enter it. There is only one way we can ever do it. That is why a part of himself, His Beloved Son had to come to earth, then die a horrible death, to purchase and wash away that sin of Adam that was cast on everyone and it can only be done one way – by faith and belief in the sacrifice of God’s Son. The Heavenly Father abhors sin, but He loves His creation, “us” and He wanted to provide a “Way” for us to be with Him forever.

So Jesus Christ became the Way, the Truth and the Life and those who believe and trust in Him are granted the gift of eternal life.

Whose voice are you hearing these days? Are you hearing Gods voice or are you listening to the voice of the enemy? If the enemy is in the business of making foolish promises to you, he is also about deceiving you any way he can to entice you to go his way. His way leads to bondage, not freedom and happiness. Everyone must come to a place in their lives where they make this crucial decision to either walk with God or suffer the horrible consequences one day and then it is too late. ★

*Marlys Johnsen Norris – Christian Author of 7 Books including Award Winning “Recipes for a Happier Marriage” [Marlysjn@gmail.com](mailto:Marlysjn@gmail.com)*

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# Two Ways to Get Your Medicare Benefits



By David Sayen

Some people may not realize it, but there are actually two ways to get Medicare benefits. The best-known way is Original Medicare. With Original Medicare, you can choose any doctor, hospital, or other health-care provider you want, as long as they accept Medicare. When you receive medical services or goods, Medicare pays the provider directly.

The other way is Medicare Advantage, which is a form of managed care, like an HMO or PPO. Medicare Advantage is provided by private insurance companies approved by Medicare. If you're in Medicare Advantage, you generally must go to doctors and other providers in the company's network.

If you go outside the network, you may have to pay more.

On the other hand, Medicare Advantage companies may offer some coverage – such as dental, hearing, vision, and wellness programs – that Original Medicare doesn't.

Most people with Original Medicare pay a monthly premium. If you're in Medicare Advantage, you sometimes pay

an additional monthly premium to the private insurance company that covers you.

With Original Medicare, you must pay deductibles, co-pays, and coinsurance.

To cover these “gaps” in Medicare, some people buy a type of supplemental insurance called Medigap. If you have a Medigap policy, Medicare pays its share of the covered costs, and then your Medigap policy pays its share.

Medigap policies also are sold through private companies. All plans offer the same basic benefits but some offer additional benefits. The costs vary between insurance companies – and often cost is the only difference between policies. Some Medigap policies also offer benefits that Original Medicare doesn't, such as medical care when you travel outside the United States.

Original Medicare generally doesn't cover prescription drugs. If you want drug coverage, you can get it through Medicare Part D. Part D policies are sold through private companies approved by Medicare. You have to pay an additional monthly premium for Part D.

About 75 percent of Medicare beneficiaries choose Original Medicare, with the rest getting coverage through Medicare Advantage.

Medicare Advantage companies must cover all of the services that Original Medicare covers, except hospice care and some care in qualifying clinical research studies. (Original Medicare covers hospice and qualifying clinical research care even if you're in a Medicare Advantage plan.)

In all types of Medicare Advantage plans, you're covered for emergency and urgent care. Most Medicare Advantage plans also include prescription drug coverage.

But the plans can charge different out-of-pocket amounts and they have different rules for how you get service.

For example, you may need a referral to see a specialist. And you may need to stay in their provider network, unless you're willing to pay more to go outside the network.

You should always check with the plan before you get a service to find out whether it's covered and what your costs may be. If the plan decides to stop participating in Medicare, you'll have to join another Medicare health plan or return to Original Medicare.

How can you decide whether Original Medicare or Medicare Advantage is better for you?

There's a more detailed explanation of the differences between Original Medicare and Medicare Advantage in the “Medicare & You” handbook. An updated version of “Medicare & You” is mailed to all Medicare beneficiaries every fall.

You can also find “Medicare & You” on the website, [www.Medicare.gov](http://www.Medicare.gov). If you have any questions, you can always call Medicare's toll-free number, 1-800-MEDICARE (1-800-633-4227).

David Sayen is Medicare's regional administrator for Arizona, California, Hawaii, Nevada, and the Pacific Territories. ★

Source: U.S. Centers for Medicare and Medicaid Services



By Pastor Ray Dare

When you look back at that first Christmas, it may surprise you that there were some disappointments. It was disappointing in a lot of ways, especially for Mary & Joseph. We tend to forget that these were real people with real feelings and problems, much like we have today. They had hardships and disappointments.

The Bible says that when Joseph found out that Mary was pregnant that he was so disappointed he was ready to call off the engagement, he was ready to break-up with Mary. But the Angel intervened.

Mary of course had some disappointments; she had to have her first baby in a cow-barn! Like out in the middle of Rio Linda somewhere. She was told that he would be the King of kings and Lord of lords, but she had to use a cow trough as a crib. I think that would be disappointing.

What disappointments have you faced this year? Over the past 2 to 3 years? Psalm 138:8

# Let God Turn Your Disappointments Into His Appointments

says, “*The Lord will work out his plans for my life, for your loving kindness, Lord, continues forever.*” (LB). That's a promise for you to memorize and claim. Joy begins when you realize that your disappointments are often part of God's plan; because He has a better plan.

Initially, Joseph was disappointed when Mary broke the news to him, until he saw God's purpose in it all. When you choose to see God's purpose do you know what you discover? You discover that your disappointments are quite often His-appointments. You discover that God's plan for your life is bigger than your plan, because He's got a bigger perspective. When you begin to see life from His perspective, you begin to discover that He wants to do so much more in your life than you ever imagined.

The Bible is full of examples of God turning disappointments into His-appointments. In the Old Testament, Moses was leading Israel out of Egypt and into the Promised Land. Moses has his plan, he knows where he's going until he comes upon something called the Red Sea.

Big time disappointment!

But God split the Red Sea – His-appointment! In the New Testament we have Jesus and His disciples. The disciples had their own plan. They thought that Jesus was going to deliver them from Roman captivity. But they watched as the one they loved and followed for three years was crucified. Can you imagine their disappointment? But three days later Jesus rose from the dead! His-appointment! God had it all planned from the beginning. They just couldn't see it because they were only focused on their plan.

What plans of yours have turned into disappointments? You may be in that in-between time; in-between disappointment and His-appointment. You're facing a Red Sea but you're not sure how it's going to part. You feel like there's been a crucifixion but there's been no resurrection yet. I want to encourage you to hold on, hang in there, because God still has a plan. God always has a plan beyond your pain. Always.

Pastor Ray. ★

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# SMUD Thanks Volunteer Customers Helping Needy Pay Bills

“EnergyHELP” program reaches nearly \$3.5 million mark

**SACRAMENTO REGION, CA (MPG)** - Many Sacramento residents find it tough to make ends meet and it can be especially challenging during the holiday season. Sacramento Municipal Utility District (SMUD) customers are here to help and continue to deliver for those who need it. Those in need can get assistance paying their electric bill thanks to the EnergyHELP program. EnergyHELP makes it very easy for those who wish to contribute funds to help struggling customers.

The program is now ten years running. In that time, SMUD customers have contributed more than \$3 million to EnergyHELP. More than 13,000 customers now voluntarily donate monthly to help struggling low-income SMUD

customers keep the lights on.

Here's how EnergyHELP works: Customers can contribute automatically in their monthly bill payment to any of four partner charity agencies. The donation is tax-deductible, and SMUD sends all of the proceeds directly to the charity. Those charities in turn provide as much as \$200 in one-time bill assistance to low-income customers whose electric power has been, or is about to be, disconnected for non-payment. Typical monthly donations are between \$1 and \$10 per month, but some customers contribute \$20 to \$100 per month.

Since the EnergyHELP program started in 2004, a total of \$3,441,848 in assistance has been distributed to more than

22,000 local households in crisis through all four EnergyHELP partner charity agencies: Sacramento Food Bank and Family Services, the Salvation Army, Travelers Aid Emergency Assistance Agency, and the Folsom Cordova Community Partnership.

Based on customers helping their neighbors, SMUD will surpass \$552,000 in annual pledged EnergyHELP contributions by this year's end.

For more information about SMUD, contributing to EnergyHELP or SMUD's low-income programs, or to inquire about qualification guidelines for assistance, visit [smud.org](http://smud.org) or call SMUD at 1- 888-742-7683. ★

Source: SMUD Newsroom

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# POPPOFF!

with Mary Jane Popp

National parks will become even more popular as Mother Earth’s energy becomes a healing balm in people’s lives. The environmental protection of trees and water will become a more popular issue as people become reacquainted with the calming aspects of nature. This will lead to an increase in businesses like camping gear, mobile homes, nature tours, and river rafting that bring us back to a simpler lifestyle within a natural habitat. This contemplative and private vibration will cause many to withdraw and spend time in solitary activities often brought on by electronics, thus causing relationships to suffer. One might notice the divorce rate increasing in a Number Seven year as couples find they do not have much in common and withdraw emotionally and sexually, as a consequence. A desire to be alone, not necessarily lonely, can become intense, thus moving the couple apart.

Writing of all kinds will increase, including personal journaling. Because people will not be verbalizing many of their thoughts, journaling will become a more popular form of self-expression. Expect further development in the understanding of mental issues. Depression caused by economic fears may become more of a focus to be dealt with. Movement away from chemicals to more holistic approaches for medical treatments may become more popular and written about. More emphasis will be given to organic foods, as the Number Seven has a strong instinct for purity of health through foods. This enthusiasm is similar to a Virgo health fetish.

The Number Seven is a code for the intellect, inventiveness, and research. Expect advances in technology to surge in 2014 as science, technology, and research will become optimum. New appliance, medicines, gadgets, and widgets will come to the fore, boggling the mind for sure. A need to uncover hidden answers will become a joy to many. Cold case answers will be discovered by detectives, fossil forms with hidden treasures will be unearthed by archeologists and anthropologists. Secrets in relationships that have never before been

revealed may become unmasked. A sense of the past becomes a curiosity. People will want to enjoy “the good ‘ole days” when there was not as much fear and all were “happy days.” Businesses that focus on nostalgia-antiques, recipes from our childhood and retro fashion may show themselves yet again.

Discernment will be the key word in 2014, physically, financially, and governmentally. More will be revealed as to the ethics (or lack thereof) of our elected officials, and a “push” to remove them will resound in the ethers. There will be a sense of retreat and re-evaluation in people’s lives. It will become blatantly obvious that the truth has not been provided to them by those they have trusted, and the populace will begin to understand that they should no longer give their power away to others. 2014 is about “personal regrouping.” It is about finding one’s own truth, not “the other guys,” in order to be happy, content, and in one’s own power in life.

To move forward in your personal life, you must come from your heart, not your head and ego. Number Seven is about trust and acceptance. Stay with the heart based approaches. Trust that the heart-based choices will guide you where you are to go and be, doing what you need to do in any moment. Know that your soul will take as long as it needs in order to move you forward in blessings and that when you surrender (which is different than giving up) what comes into your life next will be better and for your highest good and your greatest joy. When we choose fear. Whether in our career, relationships, or finances, physical ailments may arise. When we choose faith and trust in a Universe that can keep the stars in the sky, surrender to the Divine and let go of control. All will be well, slowly, but surely.

If you want more information about Elizabeth Summers, check out her website at [www.elizabethsummers.com](http://www.elizabethsummers.com). I may not be a numerologist, but I wish you a Happy New Year filled with love and laughter and fulfillment of your fondest dreams! ★

# Tree Lighting Festivities Kick Off Christmas Season



The Citrus Heights Community Marching Band entertained tree lighting attendees throughout the evening.

Continued from page 1

dynamic, colorful, traditional Mexican dances. The Citrus Heights History and Arts Commission sponsored Nube De Oro.

At the Citrus Height Community Center following the lighting, children and parents crossed the street to enjoy mochas and hot cocoa provided by 7-11, and cookies and cookie decorating compliments of TLC

Catering and Cake and Candy Specialties. Santa continued a six-year tradition of listening to the children’s Christmas wishes and posing with them for free souvenir photos.

Participants also enjoyed face painting by pageant princesses and balloon animals by Grama V., while meeting the colorful roving holiday characters provided by Sunrise Marketplace. The most

popular attraction this year was the free Anytime Express train (Anytime Bouncers, Clowns & More), brought to the event by One Life Church. The colorful 3-car train took riders of all ages on an exhilarating ride around the building, with many passengers riding multiple times.

The CHCMB finished out the night a medley of favorite Christmas songs. ★

Cookie making created many happy children and parents alike. Photos by Dana Heintz, City of Citrus Heights



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## BusinessCoach.com announces the new Small Business Coach Mastery Training System. Learn how to establish a highly profitable business as a business coach!

BusinessCoach.com, a global provider of business coaching training solutions has just announced the latest addition to their company's training programs known as the Small Business Coach Mastery Training System. This innovative home study product provides powerful tools, proven methodologies, and a roadmap for business professionals looking to enter the business coaching field either on a part-time or full-time basis.

"I understand the struggles that most people have in making a decision to leave the security of their regular jobs in order to enter into the coaching business, and I believe this product will enable them to ease into the coaching field with confidence," said Gary Henson, expert business coach, master trainer and founder of BusinessCoach.com. With almost 25 years of training both new and experienced coaches, as well as coaching business leaders and organizations, Gary is considered a worldwide industry expert and a thought leader in the business coaching field. This product has been designed as a result of numerous requests of corporate professionals wanting to enter the field of coaching. "We listened and are excited about this product and the opportunities it provides in today's economy," said Gary.

**The Small Business Coach Mastery Training System** provides a current and relevant library of tools to enable a business coach to assist their clients in most every area of their organization. These include marketing, sales, human resources, customer service, leadership and financial management tools to create transformation in an organization. While highly effective as a standalone training program, this valuable information is also included in all of BusinessCoach.com's live training programs.

BusinessCoach.com was founded in 1989 and headquartered in

Roseville California, provides a wide portfolio of business coach training solutions for both business coaches and organizations.

**Gary Henson, Expert Business Coach and Master Trainer**

Recognizing the transformational impact effective business coaching can have on an organization, Gary Henson is committed to helping business leaders and aspiring coaches achieve extraordinary business results. As President and Founder of internationally known BusinessCoach.com, his goal is to empower organizations and individuals to function at optimal levels. BusinessCoach.com was founded in 1989 and since then Gary has personally coached over 7,000 business leaders with impressive results. He has assisted business leaders to look at their businesses in fresh and different ways, resulting in 70% of his clients experiencing over 200% increases in sales or profits.



As a thought leader in the coaching industry, Gary is considered an expert in developing professional criteria for business coaching certification, having served on numerous expert panels for global coaching organizations. His professional background encompasses diverse and real world experience in corporate business settings along with experience as a business owner and leader.

As co-founder of *The Make a Difference Project*, a non-profit organization committed to ending domestic violence, Gary has dedicated his life to assisting others. With a life goal to donate 90% of his earnings to charity, he also volunteers his time to many charitable and spiritual organizations.

Gary is happily married to his wife Jenene and is a proud father of five daughters. He considers his family his most successful achievement in life.

Gary can be contacted through BusinessCoach.com or email him at [gary@businesscoach.com](mailto:gary@businesscoach.com)



In addition to an outstanding track record of coaching success, Gary is also a Master Trainer for new and existing business coaches all over the world. His training methodology provides an effective formula for an individual to realize high levels of success as a business coach. BusinessCoach.com trains people on how to get started as business coaches and equips them with the right tools to become very skilled in the field of business coaching. When certified by BusinessCoach.com, you will be confident in your abilities and well prepared to attract and coach business leaders.



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# Doug Ose is Local Law Enforcement's Choice for Congress



Former Congressman Doug Ose

**CITRUS HEIGHTS, CA (MPG)** - Doug Ose announced the support of the California Police Chiefs Association.

"Doug Ose is local law enforcement's choice for Congress," said Citrus Heights Police Chief Chris Boyd, First Vice President of the California Police Chiefs Association. "Doug has a proven record of working closely with local law enforcement to protect communities from the threat of terrorism, and to keep our neighborhoods and schools safe."

As a former member of the House Subcommittee on Criminal

Justice, Drug Policy and Human 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.

"As a member of Congress, Doug Ose was a strong proponent of Citrus Heights establishing its own police department and having the tools we needed to fight drug

trafficking and gangs," said Citrus Heights Mayor Steve Miller.

"I appreciate the hard work of the dedicated law enforcement officers that keep our neighborhoods and schools safe," said Doug Ose. "I witnessed their exceptional professionalism and service when we worked together to reduce the threat of terrorism following the attacks of 9/11, and I am honored to have earned their support."

Established in 1966, the California Police Chiefs Association is an organization that represents 330 municipal law

enforcement agencies that serve some 29 million residents.

Doug Ose has also earned the support of the Sacramento County Deputy Sheriffs' Association.

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](http://www.DougOse.com) and follow the campaign on Twitter @DougOse #CA7 and Facebook.

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Source: River City Communications

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