



Dutch Bros. Coffee Raises \$1,169 for Citrus Heights K-9 Unit

Page 9

PLUS: Is It a Fragrance or a Stench?

Page 8

M Citrus Heights Messenger

“Written by the people, for the people”

Volume 3 Issue 19

Serving the City of Citrus Heights and Sacramento County

Second Edition for October 2013

Arcade Creek Park: From Labor to Legacy



Page 2

East Lawn Pet Loss Center Announces New Counselor



Page 4

Mary Jane Popp Spoooooooooky Day



Page 4



Scan our QR Code for a
direct link to our online edition!

PRESORTED STD.
US POSTAGE
PAID
PERMIT 350
Carmichael, CA
Change Service Requested

What You Need to Know



The Great Recession prompted more women to get involved in financial matters, but more than 40 percent of them say they don't feel any smarter about managing their money.

SACRAMENTO REGION (MPG) - While women are earning bigger paychecks and many consider themselves their family's Chief Financial Officer, nearly half fear they'll end up broke and homeless. Fifty-four percent also claim to feel alienated by a financial industry they say is male oriented.

The Great Recession prompted more women to get involved in financial matters, but more than 40 percent of them say they don't feel any smarter about managing their money, according to the 2013 Allianz Women, Money & Power Survey by Larson Research + Strategy.

"The number of financially savvy women who feel confident about their spending, saving and investing strategies is also

growing, which is wonderful news, but they still represent only 20 percent of all women," says Certified Financial Planner™ Luna Jaffe (www.lunajaffe.com), citing the survey.

Jaffe, the author of "Wild Money: A Creative Journey to Financial Wisdom" and its companion workbook, "Wild Money: A Financial Field Guide and Journal," takes a different approach to managing finances.

"While we are focused on family, career and business, often the last place we pay attention is to our own financial future," she says. "There are many reasons for that. One is that, as the women in the survey recognized, financial advising tends to be male oriented; it's geared toward how men think. Another is that

we don't think about our relationship with money as just that – a relationship."

Jaffe offers five tips for women who want to feel more confident about managing their finances.

1. Start small. Mastering the little things can boost your confidence and give you the ability to tackle bigger issues. If you're daunted by debt, for example, start by simply writing down where you are right now. Write down each company or person to whom you owe money and the interest rate. Numbers can be soothing (even if the story they tell is not) because they're concrete and tangible. Once you know exactly where you stand, you can begin planning your next steps.

2. Do something every day to tend to your finances. Money, like a garden, needs attention. Get into the habit of doing something daily, even if you spend just five minutes. You might check on your accounts, organize your paperwork, or find out what interest rate you are paying on your credit card debt. Give your relationship just a few minutes each day and you'll watch it come alive. An excellent resource is www.youneedabudget.com.

3. Ask questions – even (especially) if you think they're "dumb." When you're at the bank, with your advisor or talking to your CPA, ask all the questions that lurk in the back of

Continued on page 3

San Juan High School to Hold Centennial Day Celebration

CITRUS HEIGHTS, CA (MPG) - San Juan High School will host a Centennial Day Celebration on Saturday, October 26 for the community. The event will be held at from 10 a.m. to 4 p.m. at the school, 7551 Greenback Lane in Citrus Heights. The celebration will be a chance for attendees to learn about the school's rich 100-year history, what San Juan High is doing now to prepare students for college and career, and an opportunity to tour the new and improved campus. Other activities during the Centennial Day Celebration will include:

- Student demonstrations from the current culinary arts program
- The Legacy Exhibit, showcasing memorabilia, photos, documents, and yearbooks from the past 100 years
- Classic car show, welcoming cars from the last 100 years and featuring several from 1913
- Student-run booths offering Centennial and other San Juan High School memorabilia for sale
- Student, alumni, and faculty art exhibition



- Student-led tours of the new and improved facilities on campus
- Exhibit of old farm machinery and tractors celebrating the agricultural roots of the Citrus Heights
- Food prepared by award-winning San Juan High School Culinary Arts students
- Elementary grade costume competition

San Juan High School is one of the oldest schools in the Sacramento area. The first class met on September 22, 1913 in classrooms loaned by Fair Oaks Elementary School. Less than two years later the school moved to the Greenback location where it currently stands. The centennial year celebration will close with graduation in June, 100 years after the first school year was completed at San Juan High School.

Source: San Juan Unified School District

San Juan High School is 100 years old. Twenty-two eye-catching banners honoring this milestone hang from street poles along Greenback Lane from Sunrise Boulevard to San Juan Avenue until June 30, 2014. Individuals, local businesses, neighborhood associations, and former San Juan classes sponsored each banner for \$350 each. Banners were designed by the San Juan Alumni Association, and manufactured by the Sunrise Marketplace. Funds raised will be used to provide for a new sound system for graduation ceremonies and other special events at San Juan. Photo by Jack Mintz

Community Connections Expo Coming to Sunrise Mall

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Regional Chamber of Commerce presents its Community Connections Expo at Sunrise Mall on Saturday, October 26, 2013 from 10:00 am to 7:00 pm. Attendance and parking are free to the public.

This family event provides a unique opportunity for attendees to be introduced to the products and services offered by featured Expo exhibitors such as Discovery Tree Schools, Curves, Carrington College, Nationwide Insurance and Reichert's Funeral Services. It also affords participants an opportunity for enjoying shopping, grabbing a bite to eat at one of the restaurants or eateries and perhaps even catching a movie at the UA Theatre.

For more information on available exhibitor space, or for general information, call Renee Larscheid at the Citrus Heights Regional Chamber office at (916) 722-4545 ext 24.

Source: Citrus Heights Regional Chamber of Commerce

Second Segment of Citrus Heights Street Improvement Nearing Completion

CITRUS HEIGHTS, CA (MPG) - The Auburn Boulevard Complete Streets Revitalization Project is half way complete with Segment II from Rusch Park to Sycamore Drive, nearing completion. The work includes undergrounding of utilities from Rusch Park to Sylvan Corners and street improvements (sidewalks, landscaping, pedestrian lighting, roadway improvements and amenities).

Segment III street improvements, from Sycamore Drive/Pratt Avenue to Sylvan Corners, will commence shortly. Activity, such as potholing and water and storm drain work should be visible by the end of October.

Throughout construction of the project, the City will continue to host its weekly Coffee Meet-Ups at Rusch Park. Anyone with questions regarding the project is encouraged to attend. Coffee Meet-ups are held:

Every Wednesday 9:30 a.m. - 10:00 a.m. Rusch Park (7801 Auburn Boulevard) Conference Room #4 ★

Source: City of Citrus Heights

**LEGAL ADS FOR
SACRAMENTO
COUNTY?**

**We Can
Do That!**

MPG

To place your legal
advertising, go to
CarmichaelTimes.com

Arcade Creek Park Preserve: From Labor to Legacy



Mesa Verde students provided over half of the labor to clean up the future site of the Arcade Creek Park Preserve scheduled to be completed in 2014. (Left to right) Jennifer Melvin, Luisa Ayala, Ajinae Walker, Ashley Littlejohn, Serena Blanco, Preona St. Mary, Graciela Zepeda, and Mikayla Hatala. Photo by Elise Spleiss

By Elise Spleiss

They began arriving at 8:00 a.m.: the young and the older, 77 Mesa Verde students, Boy Scout Troop 635, local church members, members of REACH Neighborhood Association, and others from the community gathered on Saturday, October 12 ready to become part of the legacy of a new park concept in Citrus Heights.

The Sunrise Recreation and

Park District was awarded \$3.6 million from the Statewide Park Development Program to transform the more than ten acres natural park area near the Sunrise Marketplace into a full family park preserve. Included in the plan for the new Arcade Creek Park Preserve is a trail system, children’s adventure play area, fitness equipment, a shaded picnic area, pathway seating and an interpretive walk. Plans also include the area’s

first public zip line course! Sponsored by Neighborhood Association #10 (SOAR), park staff helped volunteers clean up and dispose of hundreds of pounds of dead trees, underbrush and other debris from the area. Construction of the preserve is scheduled to begin early 2014 with completion expected by midyear 2014. For more information visit sunriseparks.com/arcade-creek-park-preserve. ★

Marching Band Holds “Howl-O-Ween” Pet Fair

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Community Marching Band (CHCMB) invites the community to their 2nd Annual “Howl-O-Ween” Pet Fair and Costume Contest, on Saturday, October 26th at 10:30 a.m. at Rusch Park. All funds raised from this fun event will directly benefit the Citrus Heights Community Marching Band, a FREE all ages show band that performs 20 times year round in the Greater Sacramento area.

The event features a Canine Costume Contest that costs only

\$5 to enter a dog in the Funniest, Scariest, or Most Original categories. There will be free activities including face painting by the Citrus Heights Beauty Pageant winners, a demonstration by the Citrus Heights Police K9 Squad, Doggie Play Zone, craft contests and vendors from around the region, informative pet seminars, and exciting entertainment including the band “The Brasstronauts” and DJ Dennis “Bad Dog” Keating. CHCMB will be hosting a silent raffle and will be serving a variety of concessions including

Chili Dogs, all for low prices. There will be a special tribute to Ellie the Blind Pug, who on February 17th, alerted her family to a house fire which saved their lives. Event sponsors include Atlas Disposal, Douglas Ranch Supply, the Sunrise Recreation and Park District, the City of Citrus Heights, the Hearts for Parks Foundation, and Summer Hills Veterinary Clinic who will be providing low-cost micro chipping for pets as well as nutrition consulting. ★

CHPD Awarded Traffic Safety Grants

CITRUS HEIGHTS, CA (MPG) - Citrus Heights Police Department has been awarded two traffic safety grants. The first provides \$163,300 from the California Office of Traffic Safety (OTS) for a year-long program aimed at preventing deaths and injuries on our roadways through special enforcement and public awareness efforts.

“This grant will allow us to continue our enforcement efforts related to driving under the influence and, thereby, improve traffic safety and the quality of life in Citrus Heights,” said Police Chief Christopher Boyd.

The grant will assist in efforts to deal with traffic safety problems and to reduce the number of persons killed and injured in traffic collisions. While traffic deaths from all causes declined by nearly 39 percent between 2006 and 2010 in California, they rose by 2.6 percent in 2011. State and federal officials anticipate that figures will show another rise for 2012. DUI deaths remain the largest sector, at nearly 30 percent of traffic fatalities. Recent trends show increases in two new categories

– distracted driving and drug-impaired driving.

Activities the grant will fund include:

- Specialized DUI and drugged driving training such as Standardized Field Sobriety Testing (SFST), Advanced Roadside Impaired Driving Enforcement (ARIDE), and Drug Recognition Evaluator (DRE)
- DUI Saturation Patrols
- Motorcycle safety enforcement
- Distracted driving enforcement
- Seat belt and child safety seat enforcement
- Speed, red light and stop sign enforcement
- Warrant service operations targeting multiple DUI offenders
- Compilation of DUI “Hot Sheets,” identifying worst-of-the-worst DUI offenders
- Stakeout operations to observe the “worst of the worst” repeat DUI offender probationers with suspended or revoked driver licenses

The second grant of \$61,875,

also awarded by the California Office of Traffic Safety, will specifically target impaired driving offenders as well as educate the public on the dangers of impaired driving. When possible, specially trained officers will be available to evaluate those suspected of drug-impaired driving.

Drunk and drugged driving is among America’s deadliest crimes. In 2011, 774 people were killed and over 24,000 injured in alcohol and drug-impaired crashes in California. In 2012, Citrus Heights did not experience any deaths but 35 people were injured in these tragic crashes.

Crashes involving alcohol have been shown to drop by up to 20 percent when well-publicized checkpoints are conducted often enough. Checkpoints have proven to be the most effective of any of the DUI enforcement strategies, while yielding considerable cost savings of \$6 for every \$1 spent and are supported by nearly 90 percent of California drivers. ★

Source: Citrus Heights Police Department

CALL 773-1111 TO ADVERTISE

CAPITOL MECHANICAL
Air Conditioning • Heating • Sheetmetal
7300 Auburn Blvd., Citrus Heights, CA 95610

Make Us Your Local Heating and Air Contractor

Call today to set your appointment!

916-722-5451

Family Owned and Operated since 1988

Licensed California Contractor: 539385

Visit us at www.Capitolmechanical.net

- Manufacturer Rebates up to \$1,200*
- Local Utility Rebates up to \$650*
- Federal Tax Credits up to \$500*
- Free In Home Estimates for Equipment Replacement
- Energy Savings Agreements
- Financing Available**
- 100% Commission Free Employees

*On Certain Models **For Qualified Buyers

Fall System Check

\$59

per system

Must present coupon at time of service

Expires 11/30/13

So my family woke up one morning cold, and smelling a burning smell coming through the air ducts. Something was obviously wrong with the heater. I crawled around in the attic and pulled the panels off the heater and discovered the furnace was igniting and the burners were burning, but the blower wasn't blowing the hot air out. So, when I got to work, a coworker referred me to Capitol Mechanical. She is friends with the owners and said they do honest work, so I took a chance.

A tech came out and within ten minutes had the problem diagnosed. It was simply a burned up capacitor, a simple \$20 part. Talk about honest work, he could of told me it was the blower motor and charged me a bunch and I wouldn't have doubted it. I'll be calling Capitol Mechanical in the future if I need service or even a new system. Thank you guys! - **Jeremy M., Fair Oaks, CA**

A+ Rated
ACCREDITED BUSINESS



Publisher, Paul V. Scholl

Citrus Heights Messenger is a member of Messenger Publishing Group



Citrus Heights Messenger

“Written by the people, for the people”

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

Citrus Heights Messenger is not responsible for unsolicited manuscripts or materials. The entire contents of the *Citrus Heights Messenger* are copyrighted. Ownership of all advertising created

and/or composed by the *Citrus Heights Messenger* is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

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

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

Advertising Sales	Paul V. Scholl
Graphics & Layout	Banerjee Designs • Stump Removal Graphics • Full Moon Graffiti
Contributing Writers	Susan Skinner • Mary Jane Popp • Marlys Johnsen Norris • Tim Reilly David Dickstein • Dave Ramsey • Dr. E. Kirsten Peters • Kay Burton Dr. Bob Graykowski • Julie Parker • Elise Spleiss • Eric Marks Leslie Carrara • Pastor Rich Reimer • Pastor Cary Duckett • Ronnie McBrayer David Graulich • Perry Hartline • Gerry Scholl • Trish Tatterson
Distribution Assistant	Gabriel Scholl
Accounting	Nicholson & Olsen CPA
Web Master	RJ at thesitebarn.com • JWS Promotions • Mikahn Design
News Services	Whiskey & Gunpowder • StatePoint Media • NewsUSA • PRWEB NewsWire North American Precip Syndicate • Blue Ridge Press • ARA Content Family Features • WorldNetDaily
Photography	Amanda Morello • Susan Skinner

Member of Carmichael, Citrus Heights, Fair Oaks, and Orangevale Chambers of Commerce

We are proud members of these newspaper associations.



MATHNASIUM®

The Math Learning Center



Math That Makes Sense to Kids!

- ✓ **Unlimited Drop-In Instruction**
- ✓ **Personalized Curriculum + Homework Help**
- ✓ **Dramatic Results - Kids Love It!**
- ✓ **Low Monthly Rates (As Low As \$200/Month)**

Open Sunday Thru Friday

Thanksgiving Special!
FREE ASSESSMENT WITH ENROLLMENT
AND THIS AD
HURRY! Offer ends Nov. 30, 2013

- El Dorado Hills: (916) 673-9119**
Governor Village
- Folsom: (916) 983-6222**
Across from the Aquatic Center
- Granite Bay: (916) 791-9119**
Sierra College & Douglas
- Fair Oaks: (916) 967-6222**
Sunrise & Madison

What You Need to Know

Continued from page 1

your mind. You'll discover that 1) They're not dumb, 2) You'll get different answers to the same question, and 3) People will respect you for wanting to learn and having the courage to ask.

4. Listen to your body when you're consulting with financial professionals. We are so skilled at masking the intelligence of our bodies, it can be hard to recognize when they're trying to tell us something. If your stomach knots up every time you meet with your accountant, financial advisor or attorney, you should bring it up and talk it out. Are you uncomfortable with the relationship? The topic? Is something else altogether bothering you?

Remember – you do not need a reason to change or end a financial relationship.

5. When in doubt, talk it out – with your money. You have the wisdom within yourself to make great decisions. The question is: Will you listen? The next time you feel uncertain about whose advice to follow, or you find yourself returning to old habits that leave you feeling less than happy, sit down with a pen and paper and have a heart-to-heart talk with your money. Dialogue. Ask a question, then write an answer and trust that these answers come from the deepest place within you. You'll be surprised by what you learn.

Your relationship with money is one you have from birth until

death, Jaffe points out. It's important to make sure it's a good one. "You can't prevent bad things from happening, but you can prepare for them," she says. "Being able to respond to a crisis with resilience has to do with having the resources to make decisions you feel good about." ★

Luna Jaffe is a Certified Financial Planner™ and CEO of Lunaria Financial, Ltd. . She holds a master's degree in Depth Psychology and a bachelor's in Bilingual Education. Jaffe is a popular speaker whose creative compassionate approach to financial guidance differs sharply from male-oriented approaches.

Source: NewsandExperts.com

Fire Chief Honored

Special Metro Fire Report

SACRAMENTO COUNTY, CA (MPG) - It is with great pride that we announce Fire Chief Kurt P. Henke has earned the Fire Chief of the Year Award. Earning this prestigious award from the California Fire Chiefs Association is truly remarkable considering the accomplishments achieved during the unprecedented economic downturn we faced over the last four years. Since joining Metro Fire in 2009, Chief Henke has tirelessly worked to improve our District's efficiency, reduce unfunded liability, and explore ways to reform pension and medical costs.

Having a balanced fiscal approach and reducing unfunded liability has been especially crucial. Under Chief Henke's lead, Metro Fire has taken the



Fire Chief Kurt P. Henke
Photo courtesy Sac Metro Fire District

region's most aggressive stance on cost-sharing for unfunded liabilities. With collaborative Labor/Management relations, he was able to negotiate a comprehensive reform including the prefunding of retiree health-care. Leading by example in

the reduction of Management compensation assisted with negotiating employee compensation concessions. Prior to Governor Brown's pension reform, Metro Firefighters were contributing 12% of their salary towards pension costs and pension accounts were funded above recommended levels.

Earning the Fire Chief of the Year Award is a testament to Chief Henke's forward thinking and focus on improving efficiency. His leadership has allowed us at Metro Fire to avoid further service reductions and improve our service to the public.

This award was last received by a Sacramento Metropolitan Fire Chief in 2003 by then Fire Chief Rick Martinez. ★

Source: PIO Jon Rudnicki

GOT LOCAL NEWS?
Call 773-1111

Local Farm Fresh Quality Fruits & Vegetables

LOW EVERYDAY PRICES THROUGHOUT STORE!

Russian Grocery
Neroe's European
Baked Goods

- Produce Delivered Daily
- Relaxed Friendly Atmosphere
- Knowledgeable Sales Staff
- Always Affordable

We have fresh Apple Hill Apples!

NEW SEASON RUSSET POTATOES

10LB. BAG \$1.99

Fuyu Persimmons
.79¢ A POUND

6021 SAN JUAN AVENUE • CITRUS HEIGHTS 95621

VISIT OUR SISTER STORE
Jesse's Farmers Market • 3100 Arden Way Sacramento • Open M-F 8-8

ARE YOU A MILITARY VETERAN?

NOTIFICATION

SACRAMENTO VALLEY NATIONAL CEMETERY IN DIXON, IS NOW AVAILABLE

Burial at a National Cemetery is **FREE** for Veterans Who Have Been Honorably Discharged and **FREE** for Their Spouses.

UNLIKE PRIVATE OR CITY CEMETERIES, BURIAL EXPENSE IS AT ABSOLUTELY NO COST!

-NO CHARGE-

Over \$9,500 in Savings!

At the Sacramento Valley National Cemetery in Dixon

MOST IMPORTANTLY, ONE OF THE MOST BEAUTIFUL NATIONAL CEMETERIES IN THE COUNTRY IS AVAILABLE TO YOU... RIGHT IN YOUR OWN AREA!

BEAUTIFUL CREMATION SECTIONS ARE AVAILABLE TOO.

MAIL COUPON TODAY

For Full Details About Your Veterans Burial Benefits

Name _____ Your Age _____

Your Spouse's Age _____ Phone _____

Address _____

City/State _____

Zip _____

Email Address _____

Mail To:
SVFC
6201 Fair Oaks Blvd.
Carmichael, CA 95608

Lic. #0051561

LV27174 041913

Halloween and Harvest-Related Events Happening in October

SACRAMENTO, CA (MPG) - The Sacramento area – in addition to its fascinating Gold Rush past – is rich with state-of-the-art museums and historic sites that offer opportunities to explore California’s fine art, history, science, and wild-life treasures. In October, many of the 30 members of Sacramento Association of Museums (SAM) are offering fun Halloween or harvest-related activities filled with festive spirit, including:

Ghost Tours at the Sacramento History Museum – October 25 & 26

Visitors to Old Sacramento can journey back in time to hear ghostly tales and spooky stories as they walk through the history-rich streets and re-live 19th century lore. Entertaining yet knowledgeable tour guides will take daring and inquisitive guests through Old Sacramento’s infamous locales to experience a bit of the dark side of California’s history. For more, go to www.historicoldsac.org.

Spookomotive Train Rides at the Railroad Museum – October 19, 20, 26 & 27

All aboard for some Halloween fun Old Sacramento style! The California State Railroad

Museum is proud to offer diesel-powered “Spookomotive” train rides aboard a whimsically decorated train crawling with spiders, cobwebs and cornstalks while staffed with an entertaining “skeleton crew.” Also, don’t miss a special “Moonlight” train ride one-night-only on October 19. For more, visit www.csrmmf.org

The Hobbit at Fairytale Town – October 25, 26 & 27

To get everyone in a magical mood, Fairytale Town will be transformed into Middle Earth for this year’s Safe and Super Halloween event at the storybook park! The imaginative world of J.R.R. Tolkien’s The Hobbit will come to life for three nights of family fun. For more, visit www.fairytaletown.org

Halloween Fun with Worm, Compost & Pumpkin Guts at the Roseville Utility Exploration Center -- October 26

During a special -- and very hands on -- Children’s Workshop, participants will have fun and take home their own ghoulish creation. They’re sure to have a spooky good time inspecting slimy, creepy crawlers who help make garbage disappear! For more, visit <http://www.roseville.ca.us/explore/>

Hallozeum 2: The Sequel (Bigger & Battier!) at the Discovery Museum Science & Space Center – October 26

Looking for a safe, fun place to haunt this Halloween with your little goblins? During this one evening in October, the Discovery Museum will be inhabited by a bunch of spooky characters after dark – all with a real sense of fun! Families are invited to bring their youngsters in costume to visit trick-or-treat stations, participated in fun games or activities, and make a Halloween craft to take home. For more, visit www.thediscovery.org

Boo at the Zoo at the Sacramento Zoo – October 30 & 31

Two nights of ghoulish family fun, rain or shine! Kids can safely trick-or-treat around the lake at 25 different candy stations. Other activities include magic shows, costume dance party, ghoulish games, and lots of family fun. You can also ride the Spooky Train or Creepy Carousel for an additional fee. Please note: Only the front half of the Zoo will be open during this event. The spookiness is appropriate for children under 10 years of age. For more, visit www.saczoo.org. ★

East Lawn Pet Loss Center Announces New Counselor

SACRAMENTO, CA (MPG) - East Lawn Pet Loss Center and Sierra Hills Pet Cemetery announced the appointment of Tiffany Stout as the new Pet Loss Counselor beginning October 1, 2013.

Ms. Stout has been employed at East Lawn since October 2012 as part of the Mortuary Support Staff and a part-time Pet Loss Counselor. Her new full-time position as Pet Loss Counselor will allow her to focus even more on creating meaningful tributes and celebrations to honor pets and assisting pet “parents” through the grief process.

A graduate of Casa Roble Fundamental High School, Ms. Stout currently attends American River College and is taking introductory funeral directing classes.



Tiffany Stout

East Lawn Pet Loss Center and Sierra Hills Pet Cemetery is located at 6700 Verner Avenue in Sacramento, and is part of the

70-acre East Lawn Sierra Hills Memorial Park. An East Lawn representative said, “Because we understand the bond that develops between pets and their owners, we provide cherished remembrances and memorials that will last forever. East Lawn Pet Loss Center offers full pet burial service as well as private pet cremation.

“We consider it a privilege to serve pet families; therefore, we maintain high standards of performance, integrity and compassion. We seek to fulfill the wishes, respond to the needs and exceed the expectations of each pet family. We believe Tiffany Stout will be a significant addition to East Lawn’s Pet Loss Center.” ★

Jenner Inn & Event Center

800-732-2377

innkeeper@jennerinn.com

Romantic Waterside Lodging on Sonoma’s Wine Country Coast

Breathtaking Panoramic Views

10400 Coast Rt. 1,
Jenner, CA 95450

www.jennerinn.com

Programs help to instill a positive self image

Ascension Christian Preschool offers a Christian program with opportunities for emotional, social, physical, intellectual & spiritual growth.

We focus on the individual needs and abilities of each child. Our desire is to teach the children about God’s love and to give them the opportunity to discover, experiment and explore their world through imagination and creativity .

Ascension Christian Preschool

- Science
- Math
- Art
- Hands on learning activities
- Daily practice of Christian privileges
- Kindergarten readiness and more

7607 Garden Gate Drive, Citrus Heights 95621

(916) 723-8455

Ascension Christian Preschool is open to all children who are mature enough to handle a Preschool Environment, regardless of their race, color or creed.

Educating Preschoolers Since 1981 • www.ascensionpreschool.org

NOW ENROLLING!

Mon. - Fri.
9am - 12pm
Day-care
7am - 6pm

Affordable
Child Action
Accepted

Union Gospel Mission Sacramento



For more than 50 years, Union Gospel Mission has been serving Sacramento’s homeless with shelter, meals, clothing, a rehabilitation program and a life-changing Gospel message. Founded in 1962 by concerned Christians for men in need, the Mission now serves women and children, too, and is an amazing testament to the good that comes with committed volunteers, inspired leadership and the community’s support.

We accept donations, clothing and goods, 7 days a week...and prayer always!

Matthew 25:40
“Caring for the Least”

50+ Years of Service

(916) 447-3268

400 Bannon Street • Sacramento, CA 95811

Exec. Director, Pastor Tim Lane

P.O. Box 1108, Sacramento, CA 95812

Tune in our Radio Program:
KFIA 710 AM, Sun & Mon 3 PM
listen online & visit us at:
www.ugmsac.com
[Facebook.com/UGMSAC](https://www.facebook.com/UGMSAC)

Holiday Craft Faire



Saturday, November 2

9am-3pm

Shop with over 80 vendors!

Parks Make Life Better!

Mission Oaks Community Center
4701 Gibbons Drive
Carmichael, CA 95608
972-0336 morpd.com



18th Season



Donald Kendrick Music Director



STAINED GLASS CONCERT

Inspiring Masterworks

Organ Concerto in B-flat | G.F. Handel
Ave Maris Stella (Area Premiere) | Cecilia McDowall
Missa Cellensis (Mariazellermesse) | Franz Joseph Haydn

Yoo Ri Clark, Soprano Amy Stevens, Mezzo
Matt Hidalgo, Tenor John Martin, Bass

Dr. Ryan Enright, Organist
SCSO Chamber Orchestra

Saturday, October 26, 2013 at 8:00 PM

Fremont Presbyterian Church
5770 Carlson Drive, Sacramento



Reserved Seating: \$35 | General Seating: \$25 | Students \$12.50

Tickets: 916 536-9065 | SacramentoChoral.com



Foster Care

The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens.

We offer free training, fingerprinting, CPR/ 1st aid, 24 hr support, monthly reimb.



Call Lenka
(916) 338-7156

Specialties Plus

- Machine Repairs (*all makes & models*)
- Toner Cartridge Refills (*Using Cartridge World? Take 10% off their price & try mine*)
- Free Cleaning (*with our cartridge*)
- We are Local
- Service Contracts (*monthly or yearly*)
- Lease or Rent
- High Volume Copying (*save wear & tear on your machine*)



Specializing in Digital Printers, Copiers, Fax & Multifunction Machines

E-mail:
specplus@comcast.net
(916) 723-8430

OFFICE SPACE FOR LEASE

Great Locations Available

Call to Schedule a Tour

7144 FAIR OAKS VACANCIES

1. Suite A-1 is 182 SF.
2. Suite A-2 is 109.25 SF.
3. Suite A-3 is 109.25 SF.
4. Suite A-4 is 109.25 SF.
5. Suite #1 is 696 SF.

3400 COTTAGE WAY VACANCIES

(Just off Watt Avenue) **Sacramento**

1. Suite K is 1717 SF.
2. Penthouse is 779 SF.
3. Suite F is 2342 SF.
(Coming Available)

Contact Ben Tiner
6833 Fair Oaks Blvd. • Carmichael, CA 95608
916-974-6011



EAST LAWN

Sierra Hills Memorial Park

Announces

117 New Garden Crypts Available

in a unique and tranquil hilltop setting



5757 Greenback Lane, Sacramento, CA
(I-80 @ Greenback)

Limited Time Pre-Need Pricing
with NO Opening and Closing Fee.*

*These beautiful granite-faced garden crypts
will sell fast so don't delay!*


*Offer Expires 11/30/13

Call today! (916)732-2020

 **www.EastLawn.com**

Sacramento County DA Reports

Recent cases of interest



CASE: David Savala & Pebbles Savala (10/18/13)
PROSECUTOR: Deputy District Attorney Morgan Gire, Gangs & Hate Crimes Unit
District Attorney Jan Scully announced today that the Honorable Michael Savage sentenced David Savala to 23 years to life in prison and Pebbles Savala to 11 years to life in prison. On August 8, 2013, a jury convicted the defendants of aggravated kidnapping for the purpose of financial gain and felony assault.
On July 4, 2012, the defendants lured the 14-year-old victim to Pebbles Savala's home for a party. Once there, all three defendants and others at the house beat the victim and then threw her out of the house. As she was walking home, the defendants followed her down the street and threw her into David Savala's van. They then drove her to the Watt Avenue and Longview Drive area and threatened to make her work as a prostitute. The defendants then returned to the house and kept the victim there for another 26 hours until she was finally allowed to leave.

CASE: Amoura Dawson & Adrienne Boulware (10/19/13)
PROSECUTOR: Deputy District Attorney Kevin Greene, Homicide Unit
District Attorney Jan Scully announced today that the Honorable Michael Savage sentenced Amoura Dawson and Adrienne Boulware to 15 years to life in prison. On September 24, 2013, two separate juries convicted the defendants of second degree murder and torture.
On September 14, 2011, Sacramento police officers responded to the 3600 block of Marysville Boulevard and found Audie Hogue deceased in the parking lot of an abandoned car wash.
Hogue had been physically assaulted and died from upper body trauma.

CASE: Robert Vasquez (10/10/13)
PROSECUTOR: Deputy District Attorney Kevin Greene, Homicide Unit
District Attorney Jan Scully announced today that Robert Vasquez was convicted by jury of first degree murder with the special circumstance of shooting from a vehicle and gun enhancements.
Early in the morning on September 12, 2010, sheriff's deputies responded to a report of a shooting near the intersection of Explorer Drive and Greensboro Circle in Rancho Cordova.
When deputies arrived, they found Madalene Thomas inside her vehicle in the parking lot of a business complex with a gunshot wound to her upper body. She was pronounced dead at the scene a short time later.
Vasquez faces a sentence of life in prison without the possibility of parole. Sentencing is set for November 22, 2013 in Department 16 before the Honorable Marjorie Koller.

CASE: William Russell (10/15/13)
PROSECUTOR: Deputy District Attorney Allison Dunham, Adult Sexual Assault Prosecution
District Attorney Jan Scully announced today that William Russell pled no contest to two counts of first degree burglary, one count of sexual battery and one count of attempted sexual battery. The burglary offenses are strikes under California law.
Russell, who did not know the victims, took interest in the victims' toes and feet. He complimented both victims on their feet and asked if he could touch them. Both victims declined and tried to ignore him. Russell then followed both victims to their apartments and forced his way inside. He sexually assaulted one victim and tried to sexually assault the other victim, but she was able to push him out of her apartment.
Deputy District Attorney Allison Dunham states, "The defendant's sexual perversion led to acts of violence that terrified these innocent women. He will now face significant consequences for these crimes and will have to register as a convicted sex offender for the rest of his life."
Under the plea agreement, Russell will be sentenced to a stipulated 6 years and 10 months in prison. Once he is released on parole, he will be required to register as a convicted sex offender. Sentencing is scheduled for November 12, 2013 at 8:30 a.m. in Department 61 of the Sacramento Superior Court.


CASE: Winzer Deandre Hayden (10/18/13)
PROSECUTOR: Deputy District Attorney William Satchell, Gangs & Hate Crimes Unit
District Attorney Jan Scully announced that the Honorable Patrick Marlette sentenced 29-year-old Winzer Deandre Hayden to 50 years to life in prison. On September 20, 2013, a jury convicted Hayden of first degree murder and also found true that he personally used a firearm causing death.
On July 10, 2012, Hayden shot 18-year-old Wesley Wheeler in the back following an argument between Mr. Wheeler and Hayden's cousin.

Thinking of Changing Banks?

✓ **Check the El Dorado Advantage**

- ✓ FREE VISA Debit Card
- ✓ FREE Senior Checking with Interest
- ✓ FREE Direct Payroll Deposit Checking
- ✓ FREE Internet Banking with Check Images
- ✓ FREE Online Bill Payment
- ✓ FREE Mobile Banking
- ✓ FREE Telephone Banking
- ✓ VALUE Checking
- ✓ Interest Checking
- ✓ Investors Money Market Checking

- ✓ Business Checking
- ✓ Gold Money Market Savings
- ✓ Purchase & Refinance Loans
- ✓ Fixed & Adjustable Home Equity Line of Credit Loans
- ✓ Friendly, Personal Service at No Extra Charge
- ✓ 35 ATMs at El Dorado Branches
- ✓ Consistently Awarded the Highest 5 Star Rating by Bauer Financial Reports as One of the SAFEST and STRONGEST Banks in the U.S. Since 1993



EL DORADO SAVINGS BANK

Serving our local communities for over 55 years

www.eldoradosavingsbank.com

CITRUS HEIGHTS • 7895 Lichen Drive • 729-1100

Se Habla Espanol • 800-874-9779



BAUER

car wash

Monday - Saturday 8:30-5 • Sun 9-4

We Accept All Competitors' Coupons
Locally Owned & Operated
Professional Auto Detailing

No Extra Charge For Trucks, Vans or SUVs That Accomodate Our Automatic Car Wash



5927 San Juan Ave
Between Madison & Greenback
Citrus Heights • 916-967-3083

\$3.00 Any Car Wash
OFF

BAUER San Juan Car Wash
Citrus Heights • 916-967-3083
Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 11/30/13

\$5.00 Any Car Wash Package
OFF

BAUER San Juan Car Wash
Citrus Heights • 916-967-3083
Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 11/30/13

CALL A PROFESSIONAL!

Business & Service Directory

PAINTING SERVICE

J & M PAINT SERVICE

A Professional Painting Service of Fair Oaks
Since 1992 • State Lic. 937799 • Bonded • Insured

Interior ♦ Exterior ♦ From Residential to Small Commercial

We Provide: ✓ Highest Quality Workmanship ✓ Written Warranty on all Workmanship
✓ Great Testimonials ✓ Quality Materials

916-967-0763 Mayolo • Field Manager
Jake • Office Administration

We cover all areas including Orangevale, Fair Oaks, Carmichael, Citrus Heights, Rancho Cordova, Roseville and all of Sacramento

CONCRETE

S & D CONCRETE, INC.

Specializing in Homeowner Concrete Projects

STEVE DeVRIEND
President

Lic #646947 - Since 1978

Foundations, Patios, Walkways
Remove & Replace, Stamped, Color
Free Estimates

916-988-9659
916-425-6984

s.devriend@comcast.net

DRUG AND ALCOHOL REHABILITATION

CLEAN & SOBER
LIVING
CSTL, Inc.

HELPING PEOPLE AND THE COMMUNITY WITH
THE ALCOHOL AND DRUG PROBLEM!
18 YEARS IN BUSINESS!

DETOX (916) 965-3386 SOBER LIVING (916) 961-2691

DENTAL CARE

Dr. John C. Riach
Dr. Michael B. Holm
Dr. Guy E. Acheson

AMERICAN RIVER DENTAL

Appointments 7 a.m. to 7 p.m. • New patients welcome
IV Sedation-Nitrous Oxide • Orthodontics

10350 Coloma Rd. 362-9247

HMF Family DENTISTRY

Located at 11230 Gold Express Dr. #306
Gold River, CA • 916-852-7660

• Restorative and Cosmetic Dentistry • Oral Sedation
• Invisalign • Extractions (including wisdom teeth)
• 1 hour Teeth Whitening (as seen in extreme makeover)
• White Fillings • Digital X-Rays (uses less radiation) • Financing Available

COMPUTER SERVICES

Apple Tutor
and Web Designer

for your iPhone, iPad,
iMac, MacBook and
Apple TV

Need some expert Help with
your Apple products
or designing your website?

Please go to my website
for more information:
YourAppleConsultant.com

Zinsky's

PC Configurations
"Don't replace it - REPAIR IT!"

Custom Desktop Computer Configuraions
• PC Repair • Home Wireless Networking
• Installations • Viri & Spyware Eradication

Alan Zinsky
Phone: 916-622-2269
Zconfig@sbcglobal.net
Bus. Lic. # 305312 • B. E. A. R. Reg. #84416

www.zinskyspcrepair.com

LEGAL SERVICES

BONES LAW FIRM

Gordon G. Bones
Attorney at Law

4811 Chippendale Dr., Suite 307, Sacramento, CA 95841

The Law Firm provides the following legal services:
• Bankruptcy • Business and Corporate Matters
• Trust and Trust Administration
• Estate Planning • Probate and Conservatorship
• Family Law

P: 916.965.6647
F: 916.965.4218

gbones@boneslawfirm.com

REAL ESTATE

Sherm Grady

REALTOR®BRE #01925823

916.768.7704 Mobile
916.773.8027 Office • 916.722.7947 Fax
sherm.grady@cbnocal.com
www.shermgrady.com

2270 Douglas Blvd., Ste 120
Roseville, CA 95661

COLDWELL BANKER

RESIDENTIAL BROKERAGE

FINGERPRINTING

LIVESCAN FINGERPRINTING

★ Walk-in Service
★ Digital Inkless Process
★ Electronic Submission
to DOJ & FBI

916.725.1345

7405 GREENBACK LN. • CITRUS HEIGHTS, CA 95610

PLUS:
★ Copies & Faxing
★ Notary Services
★ UPS Next Day Air®
★ Shredding Services
★ Ship Heavy Freight

The UPS Store

VACUUM SERVICE AND REPAIR

VACUUM SERVICE CENTER

Repair • Parts • Belts • Bags

Your One-Stop Vacuum Repair Shop

BEL AIR SHOPPING CENTER
4005 MANZANITA AVENUE #26
MONDAY-SATURDAY, 10AM – 6PM ♦ 916-978-0206
(Inside Heirloom Flooring Gallery)

CEMETERY SERVICES

Respectful,
Affordable Burial

Endowment Care Facility
Beautiful Park like setting
Monuments allowed • Cremation Niches
Commingle Scattering Garden
Quality & Affordable Service

Fair Oaks Cemetery District

7780 Olive St., Fair Oaks, 95628
916-966-1613

PET SITTING SERVICE

Professional, Loving
PET CARE

Established Reputation
Kennel Free Environment
Lots of TLC

Call Madeline
(916) 723-1608

FUNERAL SERVICES

RUSS MONROE'S

FUNERALS & CREMATIONS

FD 1404

7960 WINDING WAY
FAIR OAKS, CA 95628

Tel (916) 9611265
Fax (916) 9612430

HOME OWNERSHIP

1st Time Home Buyer??

Me out

Charles Vines

Broker Associate
(916) 216-9349
DRE# 01789423

LYON REAL ESTATE
www.GoLyon.com

Scan QR Code to see YouTube Video

PAINTING SERVICES

Anni The Painter

One Room
at a Time
Okay!

• Perfectionist
• Fun Ideas • Kid's Rooms
• Cabinets • Bathrooms
• Kitchens • Etc.

New Molding Installs • Small Jobs OK!
Lic # 733938 • Free Bids
916-532-6194

FUNERAL SERVICES

Lind Brothers FD 1141

A Family Owned Funeral Home
and Crematory Since 1964

4221 Manzanita Ave.
Carmichael
916-482-8080

GLASS NEW & REPAIR

DICK'S RANCHO

Fogged
or Leaky
Windows?

Glass

New & Repaired

Patio Door Rollers,
Custom Mirrors, Shower Doors
& Window Screens

Since 1956
363-6554

SENIOR CARE

In-Home Care
By Angels

You Select Your Caregiver

• Up to 24 hour care
• Meal preparation
• Errands/shopping
• Hygiene assistance
• Light housekeeping
• Respite care
• Bonded and insured

Visiting Angels

SENIOR HOMECARE BY ANGELS®
916-424-4400

LANDSCAPE SERVICES

SLS

Superior Landscape Services
Landscaping and Maintenance

• Sprinkler Repair/Install • Pruning
• Mowing/Trimming • Fertilizing

Insured
Lic#794551

(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net

PAINTING

Garrett Rogers,
Owner

the color of home.
the color of life.
the color of
certainty in
Rancho Murieta/Wilton

CertaPro Painters
Residential, Commercial, Interior, Exterior.

Call today to schedule
your free estimate
916-361-1023
CA Lic. # 730053

PRINTER AND COPIER SERVICE

Specialties Plus

• Machine Repairs (all makes & models)
• Toner Cartridge Refills (Using Cartridge World? Take 10% off their price & try mine)
• Free Cleaning (with our cartridge)
• We are Local
• Service Contracts (monthly or yearly)
• Lease or Rent
• High Volume Copying (save wear & tear on your machine)

Specializing in Digital
Printers, Copiers,
Fax & Multifunction
Machines

E-mail:
specplus@comcast.net
(916) 723-8430

PET HOSPITAL

GOLD RIVER PET HOSPITAL

11297 Coloma Road, Suite A
Gold River, CA 95670
Near Sunrise & Coloma

Ph. 916.638.5838

www.goldriverpethospital.com

STATEPOINT CROSSWORD • WORLD SERIES

CROSSWORD

CLUES

ACROSS

1. Free diving does not require this
6. "And She ____" by Talking Heads
9. Current unit, pl.
13. *Short fly ball
14. Matterhorn, e.g.
15. "The Barber of Seville," e.g.
16. Squirrelled-away item
17. High ____
18. *This Bob won 2 games pitching in '48 World Series
19. *Winner of most championships
21. *2004 champs and once named Americans
23. Deadeye's forte
24. Sure or uh-huh
25. Pipe material
28. Conclusion
30. *Nicknames for World Series champs Hornsby and Maris
35. Coral ridge
37. Rigid necklace
39. Conical tent
40. Shamu, e.g.
41. Become eventually
43. Convict's weapon
44. The lesser of two ____
46. Preacher's elevation
47. Antler part
48. Carnegie ____ University
50. Hurry up!
52. Cub's home
53. Desirable state
55. Sin and ____
57. *Last year's Series loser
60. *"Black Sox" hometown
64. *Lawrence ____ Berra, owns 13 World Series rings
65. Like arctic air
67. Waterwheel
68. Chinese weight unit, pl.
69. *Pitcher's stat
70. Aldous Huxley's experiences
71. Lacking on Venus de Milo
72. *At least one is needed to win
73. Brewer's need

DOWN

1. Neuter
2. ____ Cola
3. Second word of fairytale?
4. Muslim woman's cover
5. Relating to apnea
6. Wide area telephone service
7. Draft choice
8. Flat replacement
9. "Singes" in "La Planète des singes"
10. Staff note
11. In the next month
12. ____ Gabriel, CA
15. Overfamiliar through overuse
20. Bring character to life
22. Otitis organ
24. Titanic builder, e.g.
25. Intro
26. Liveliness
27. *Key Fielder on '96 champion Yanks team
29. Lady of Lisbon
31. Joker's act
32. Plant louse
33. "Die Lorelei" poet
34. *Best-of-what?
36. * ____ Classic
38. "Drought victims
42. Hunt illegally
45. Becomes not intoxicated
49. "Neither a borrower ____ a lender be"
51. Sharp
54. Basket material
56. *Listed by inning
57. Product of laceration
58. Any thing
59. Hair styling products
60. Blue hue
61. "Tosca" tune
62. Scams, var.
63. Brewer's equipment
64. "Harper Valley ____"
66. French vineyard

dish

Make the Switch
to Dish Today
and Save Up To 50%

Call Now and Ask How!
1-800-318-5121

Call 7 days a week 8am - 11pm EST Promo Code: MB0113

Promotional
Packages
starting at only ...
\$19.99
mo.
for 12 months

FREE
PREMIUM MOVIE CHANNELS*
For 3 months.
HBO
CINEMAX
SHOWTIME
starz

on Allstate company

SUDOKU

you could save 28%*
Call 1-866-929-9071 to see how much
you could save on car insurance.

esurance
an Allstate company

6 9 6 7 1 8

6 2 8 4 8

1 3 9 8

9 4 1 6 5 8 6 7 3

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

Come back every week for Crossword and Sudoku!

Adoption

PREGNANT? CONSIDERING ADOPTION? Talk with caring adoption expert. Choose from families Nationwide. LIVING EXPENSES PAID. Call 247 Abby's One True Gift Adoptions 866-413-6296 Void In Illinois/New Mexico/Indiana (NANI)

ALTERATIONS Seamstresses Available

ALTERATIONS. Skilled Seamstress available for all Alterations and Tailoring. 7433 Greenback Ln # J. Citrus Heights, CA. (916) 521-9856 (MPG 10-31-13)

Announcements

Cordova Baptist Preschool and Kindergarten Celebrates it's 50TH ANNIVERSARY and you are invited.
When: November 9, 2013
Time: 2pm - 5pm
Place: Cordova Baptist Preschool & Kindergarten
10527 Coloma Road,
Rancho Cordova, CA 95670
You are invited to place your well wishes and/or business ads in a Souvenir Memory Book in honor of the 50th Anniversary Celebration.
Contact Carrie or Glenys at 916-638-5506 for more information.
(MPG 11-09-13)

DID YOU KNOW that Ten Million adults tweeted in the past month, while 164 million read a newspaper in print or online in the past week? **ADVERTISE** in 240 California newspapers for one low cost. Your 25 word classified ad will reach over 6 million+ Californians. For brochure call Elizabeth (916)288-6019. (Cal-SCAN)

Apartments For Rent

RETIREMENT APARTMENTS, ALL INCLUSIVE. Meals, transportation, activities daily. Short Leases. Monthly specials! Call (877) 210-4130 (NANI)

Antiques/Collectibles Wanted

Old Railroad Items Wanted: lanterns, locks, china, paper, etc. Call (916) 663-2463 (MPG 12-31-13)

Old Porcelain Signs Wanted: oil & gas, highway, RR, etc. Call (916) 663-2463 (Cal-SCAN)

Auto Donations

Donate Your Car to Veterans Today! Help those in need! Your vehicle donation will help US Troops and support our Veterans! 100% tax deductible Fast Free pickup! 1-800-263-4713 (NANI)

DONATE YOUR CAR - Fast Free Towing 24 hr. Response - Tax Deduction. UNITED BREAST CANCER FOUNDATION. Providing Free Mammograms & Breast Cancer Info 888-792-1675 (Cal-SCAN)

Autos Wanted

CARS/TRUCKS WANTED! Top \$\$\$\$ PAID! Running or Not, All Years, Makes, Models. Free Towing! We're Local! 7 Days/Week. Call Toll Free: 1-888-416-2330 (NANI)

GET CASH TODAY for any car/truck. I will buy your car today. Any Condition. Call 1-800-864-5796 or www.carbuyguy.com (NANI)

WE BUY CARS! Running or Not. Any Make, Model or Year. Call today for an INSTANT OFFER. Free Towing/Pickup. Top Dollar. We're Local! 1-800-844-3595 (SWAN)

Business Services

Many a small thing has been made large by the right kind of advertising - Mark Twain. ADVERTISE your BUSINESS CARD sized ad in 140 California newspapers for one low cost. Reach over 3 million+ Californians. Free brochure elizabeth@cnpa.com (916)288-6019. (Cal-SCAN)

Cable/Internet Services

SAVE on Cable TV-Internet-Digital Phone - Satellite. You've Got A Choice! Options from ALL major service providers. Call us to learn more! CALL Today. 888-706-4301. (Cal-SCAN)

DirectTV - Over 140 channels only \$29.99 a month. Call Now! Triple savings! \$636.00 in Savings. Free upgrade to Genie & 2013 NFL Sunday ticket free!! Start saving today! 1-800-291-0350 (Cal-SCAN)

AT&T U-Verse for just \$29/mo! BUNDLE & SAVE with AT&T Internet+Phone+TV and get a FREE pre-paid Visa Card! (Select plans). HURRY, CALL NOW! 800-319-3280 (Cal-SCAN)

Cable/Satellite TV

REDUCE YOUR CABLE BILL! Get an All-Digital Satellite system installed for FREE and programming starting at \$24.99/mo. FREE HD/DVR upgrade for new callers. SO CALL NOW! (877)366-4509 (Cal-SCAN)

DISH TV Retailer - Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available.) SAVE! Ask About SAME DAY Installation! CALL Now! 1-800-357-0810 (Cal-SCAN)


Messenger Publishing Group has openings for people who know how to work.

Web Work
We are seeking someone to post articles to our many news sites. This would be a few hours per night, 2-3 nights per week. Flexible schedule. Flat rate per article posted. Must be proficient in Dreamweaver and Photoshop CS5.

Graphic Artist - Layout
Support person needed to assist with graphics and layout. Must be proficient in various programs including Adobe CS3-5 Photoshop, InDesign, etc. Newspaper or magazine publishing experience preferred.

To apply for any of these positions, contact: Paul V. Scholl, Publisher
Email: Publisher@MPG8.com • Mail: 7405 Greenback Lane #129, Citrus Heights, CA 95610
916-773-1111

Social Media Support
We are looking for a knowledgeable Social Media professional to contract to manage our Social Media needs for our many websites. Must already know what you are doing! References and a track record a must. We are a growing media company. This could be a long-term deal!



Cable/Satellite TV

DISH TV Retailer. Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available.) SAVE! Ask About SAME DAY Installation! CALL Now! 1-800-375-0156 (MB 12-31-13)

Bundle & Save on your CABLE, INTERNET PHONE, AND MORE. High Speed Internet starting at less than \$20/mo. **CALL NOW! 800-291-4159** (NANI)

Career Training/ Education

AIRLINE CAREERS begin here - Become an Aviation Maintenance Tech. FAA approved training. Financial aid if qualified - Housing available. Job placement assistance. CALL AIM 877-804-5293 (Cal-SCAN)

AIRLINE CAREERS begin here - Get FAA approved Aviation Maintenance Technician training. Job placement and Financial assistance for qualified students. CALL Aviation Institute of Maintenance 888-242-3382 (Cal-SCAN)

Classic Car For Sale



1958 Bel Air - 350 engine w/throttle body fuel injection, 350/3 speed trans., 10 CD changer, Runs Great! \$10,000 or B/O Motivated 2 sell. Thomas Quinn. 3437 Noblessa Way, Rancho Cordova CA 95670 Day Phone: 916-631-9220 Evening Phone: 916-631-9220 (MPG 12-31-13)

Cleaning Services

Lin's Cleaning Service. Best Quality - Lowest Rates. Call Today for FREE estimate. Senior Discount. **916-489-3322** (MPG 09-30-13)

Credit/Debt Services

GET FREE OF CREDIT CARD DEBT NOW! Cut payments by up to half. Stop creditors from calling. 855-341-6281 (MB 12-31-13)

GET FREE OF CREDIT CARD DEBT NOW! Cut payments by up to half. Stop creditors from calling. 888-416-2691. (Cal-SCAN)

Divorce

Before you list your home, order Free Special Report that reveals what happens to your matrimonial home before, during, and after a divorce. Free recorded message **1-800-213-4205** ID# 1009 (MPG 08-30-12)

Electrical Services

RETIRED MASTER ELECTRICIAN, problem solver! 30 yrs experience, senior discounts. Save big - don't replace panel - rebuild it. Lic.# 513168, **916-595-3052** (MPG 09-30-13)

Financial Aid

Cut your STUDENT LOAN payments in HALF or more even if Late or in Default. Get Relief FAST Much LOWER payments. Call Student Hotline 855-341-7551 (MB 12-31-13)

Cut your STUDENT LOAN payments in HALF or more even if Late or in Default. Get Relief FAST Much LOWER payments. Call Student Hotline 855-589-8607 (Cal-SCAN)

Financial Services

Do You Want to Know What Your Home is Worth?



Home Values Have Increased Over 30% in our Area in the Last Year!

Call Now for a FREE Market Analysis of Your Home
(916) 992-9922
Dare & Associates Real Estate
License #01228753 (MPG 06-30-13)

Guaranteed Income For Your Retirement. Avoid market risk & get guaranteed income in retirement! CALL for FREE copy of our SAFE MONEY GUIDE Plus Annuity Quotes from A-Rated companies! 800-375-8607 (Cal-SCAN)

Foster Parenting



Aspiranet is seeking loving homes for foster children in need. Contact 1-877-380-HERO for info and register for training. aspiranetheroes.org (MPG 04-30-13)



Handyman

QUALITY LABOR & MAINTENANCE

Yard Work, Hauling, Gutter Clean, Odd Jobs

You Name It!
(916) 613-8359



Health & Medical

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-281-3958 for \$10.00 off your first prescription and free shipping. (MB 12-31-13)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75% on all your medication needs. Call today 1-800-356-4170 for \$10.00 off your first prescription and free shipping. (SWAN)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90 percent on all your medication needs. Call today 1-800-273-0209, for \$10.00 off your first prescription and free shipping. (Cal-SCAN)

Heating & Air

AC Repair Low Prices 487-4609 (MPG)

Help Animals

SPCA Thrift Shop Helpless animals need your donations. The Real Non-Profit. Will pick up. Call 916-442-8118. 1517E Street for donations-10-4pm (MPG)

Help Wanted

AIRLINE CAREERS Get FAA approved Aviation Technician training. Housing and Financial aid for qualified students. Job placement assistance. Apply now with AIM Dallas 877-205-0503 or Houston 888-216-1687 (SWAN)

Immediate Opportunity for Men and Women. Entry-Level Oilfield Jobs Starting at \$64,000-\$145,000/Year. No Experience Necessary. Call 24hr Free Recorded Message 1-888-450-4902 (NANI)

\$1000 WEEKLY PAID IN ADVANCE!!** MAILING BROCHURES or TYPING ADS from home. FREE Supplies! Genuine Opportunity, PT/FT. No Experience Needed! www.MailingBrochuresFromHome.com (NANI)

Good Money! Weekly! Processing Mail and Mailing Brochures! Experience Unnecessary! Start Immediately! WWW.MAILINGNOW23.COM 1-888-285-7643 (NANI)

Opportunity of a lifetime: unique USDA-certified grass-fed NOP organic livestock farm, see detail at www.Lewisfamilyfarm.com/recruitment (NANI)

HELP WANTED Earn Extra income Assembling CD cases From Home. Call our Live Operators Now! No experience Necessary 1-800-405-7619 Ext 2605 www.easywork-greatpay.com (NANI)

Caring Compassionate Seniors WANTED! SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required. Call us today for more information. (916) 372 9640 (MPG)

Help Wanted Drivers

Drivers - CDL-A Train and Work for Us! Professional, focused CDL training available. Choose Company Driver, Owner Operator, Lease Operator or Lease Trainer. (877) 369-7126 www.CentralTruckDrivingJobs.com (Cal-SCAN)

DRIVERS: New Trucks Arriving! Experience pays - up to 50 cpm. Full benefits + quality hometime. CDL-A Req. Call 877-258-8782 www.ad-drivers.com (Cal-SCAN)

SENIOR NEEDS ITEMS FOR SALE

Wheel chair in excellent condition **\$350**

Walker with basket **\$50**

Shower chair for personal care **\$75**

Tub handrail that clamps to side of tub **\$65**

Get all for \$500

Call Paul at 916-773-7337 days or evenings.
Will deliver to local area.

GOT LOCAL NEWS?
Call **773-1111**



Help Wanted Drivers

Drivers: Owner Operator DEDICATED HOME WEEKLY! Solos up to \$175,000/year, \$2500 Sign-on Bonus! Teams up to \$350,000/year. \$5000 Sign-on Bonus! Forward Air 888-652-5611 (Cal-SCAN)

House for Rent



750 Diamond Glen Circle, Folsom, CA. 3 Bedroom, 2 Bath, Fireplace, Large Kitchen and Master Bedroom, Large Living Room-Dining Room Combination, \$1800, a month, 1 yr. lease (Rent includes HOA dues and utilities. Renter pays gas and electric) No smoking inside house, pets ok with deposit Phone: **916-363-9557** (MPG 09-30-13)

Inhome Childcare

Nenes Smart Start Small in-home Childcare M-F 7AM-6PM. Infant thru 5 Preschool certified Licensed & Insured, (916) 723-3342 collier@surewest.net

Insurance

SAVE \$\$\$ on AUTO INSURANCE from the major names you know and trust. No forms. No hassle. No obligation. Call READY FOR MY QUOTE now! CALL 1-888-706-8325. (Cal-SCAN)

Looking For

MICHAEL KURZAWA SEAN KURZAWA Please call your Aunt Jeri in Michigan at **989-348-7419**. (MPG 10-31-13)

Medical Supplies /Equipment

Medical Alert for Seniors - 24/7 monitoring. FREE Equipment. FREE Shipping. Nationwide Service. \$29.95/ Month CALL Medical Guardian Today 855-334-1975 (MB 12-31-13)

Miscellaneous

Alone? Emergencies Happen! Get Help with One Button Push! \$29.95/month. Free Equipment, Free Set-Up. Protection for You or a Loved One. Call LifeWatch USA 1-800-426-9109 (SWAN)

***REDUCE YOUR SATELLITE/ CABLE BILL!** Confused by other ads? Buy DIRECT at FACTORY DIRECT Pricing. As low as \$19.99/Mo. FREE Installation! 1-877-329-9040 (NANI)

Order Dish Network Satellite TV and Internet Starting at \$19.99! Free Installation, Hopper DVR and 5 Free Premium Movie Channels! Call 800-597-2464 (NANI)

ROTARY INTERNATIONAL - A worldwide network of inspired individuals who improve communities. Find information or locate your local club at www.rotary.org. Brought to you by your free community paper and PaperChain. (NANI)

AIRLINES ARE HIRING - Train for hands on Aviation Career. FAA approved program. Financial aid for qualified students - Job placement assistance. CALL Aviation Institute of Maintenance 888-686-1704 (NANI)

Cut your STUDENT LOAN payments in HALF or more Even if Late or in Default. Get Relief FAST Much LOWER payments. Call Student-Hotline 888-224-9359 (NANI)

CASH FOR CARS: All Cars/ Trucks Wanted. Running or Not! Top Dollar Paid. We Come To You! Any Make/Model. Call For Instant Offer. 1-800-864-5960 (NANI)

Call Empire Today® to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-800-902-7236 (NANI)

TOP CASH PAID FOR OLD GUITARS! 1920's thru 1980's. Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg, and Gibson Mandolins/Banjoes. 1-800-401-0440 (NANI)

DIRECTV, Internet, & Phone From \$69.99/mo + Free 3 Months: HBO® Starz® SHOWTIME® CINEMAX®+ FREE GENIE 4 Room Upgrade + NFL SUNDAY TICKET! Limited offer. Call Now 888-248-5961 (NANI)

Senior Needs Items for Sale

Wheel chair in excellent condition **\$350**

Walker with basket **\$50**

Shower chair for personal care **\$75**

Tub handrail that clamps to side of tub **\$65**

Get all for \$500

Call Paul at 916-773-7337 days or evenings.
Will deliver to local area.

Messenger Publishing Group

Sudoku Puzzle on Page 6

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

Miscellaneous

Meet singles now! No paid operators, just people like you. Browse greetings, exchange messages, connect live. FREE trial. Call 1-877-737-9447 (NANI)

Meet singles right now! No paid operators, just real people like you. Browse greetings, exchange messages and connect live. Try it free. **Call now 1-877-909-2569** (SWAN)

Highspeed Internet EVERYWHERE By Satellite! Speeds up to 12mbps! (200x faster than dial-up.) Starting at \$49.95/mo. **CALL NOW & GO FAST!**1-888-928-7852 (SWAN)

DirectTV Over 140 channels only \$29.99/mo. Call Now! Triple savings! \$636 in Savings! Free upgrade to Genie & 2013 NFL Sunday ticket free!! Start saving today! 1-800-416-7254 (SWAN)

Mother's Helper

If you need some one to pick up the kids take Mom out shopping or run errands give me a call. I am also a Certified Life Coach. Teresa Popkin-Wild. 4632 Belcrest Way, Sacramento, CA, 95821. Day Phone: 916 483-1132 Evening Phone: 916 483-1132 (MPG 12-31-13)

Music Lessons

Guitar Lessons - Beginner to Advanced. \$10/half hour. \$20/hour. Freddiebbalbert@yahoo.com **916-335-9741** (MPG 09-30-13)

Piano lessons for children and adults by experienced, creative teacher. Citrus Heights. For more information, visit www.anitraalexander.com, or call (916) 725-1054 (MPG)

Music Lessons Piano Beginner and Classical, \$60 (916) 899-8529

Office Furniture

Starting a new business? Need Office Furniture? Call 916-849-2282 or 916-812-2302
2 Desks - \$60.00 each
2-Desks w side table \$75.00 each
2-Credenza's \$40.00 each
1-Executive Desk with Credenza \$100.00
File cabinets \$25.00 each
Minolta Multi Copier \$100.00
Round Meeting Table \$50.00
Shredder - \$30.00
All in good condition! (MPG 08-31-13)

Personals

Looking for a special man. I am healthy and active and have many interests. Quiet time with a special person. Long or short trips, little theatre, dancing, cruising, dining and conversation. The ideal man should share some of these and be in his seventies. **916-967-6289**. (MPG 10-31-13)

MEET SINGLES RIGHT NOW! No paid operators, just real people like you. Browse greetings, exchange messages and connect live. Try it free. Call now 1-800-945-3392. (Cal-SCAN)

Pets/Animals

Dawn Houston, The Tattooed Lady Dog Groomer Formerly of Vicky's Pet Chalet, has moved to Pinkiepool Dog Grooming. **779-0630** pinkiepool.com (MPG 11-30-13)

Pet Sitting Professional loving pet care. Established reputation. Kennel free environment. Lots of TLC. Call Madeline 916-723-1608. (MPG 12-31-13)

DOG RESCUE
Gary
(916) 334-2841
Please Adopt or Foster
Because so many really great dogs are dying for a good home...
ShelterMOU
@hotmail.com

SPCA THRIFT SHOP
The Real Non-Profit
Helpless Animals Need Your Donations

Will Pick Up
Call 916-442-8118
1517 E Street
for donations
10-4pm





Real Estate - For Rent

Room for Rent. Male looking for a room in Antelope area. Near 24 hour grocery and drug store. Call **916-723-4430**. Ask for John. (MPG 10-31-13)

Real Estate

Hope for Troubled Homeowners



WE PROVIDE SOLUTIONS
Call Our Short Sale Hotline for a FREE Consultation
(916) 331-3311
Sac Short Sale Pros
License #01128753 (MPG 06-30-13)

Travel/ Vacations

Six day vacation in Orlando, Florida! Regularly \$1,175.00. Yours today for only \$389.00! You SAVE 67 percent. PLUS One-week car rental included. Call for details. 1-800-985-6809 (Cal-SCAN)

\$399 Cabo San Lucas All Inclusive Special - Stay 6 Days In A Luxury Beachfront Resort With Unlimited Meals And Drinks For \$399! www.luxurycabohotel.com 888-826-2141 (Cal-SCAN)

Volunteers Needed

Bristol Hospice is looking for volunteers to provide companionship with our hospice patients and families. We provide the training and match you with a family in your area. Please call volunteer services for more information at (916) 782-5511. (MPG 12-31-13)

Sutter Auburn Faith Hospice Thrift Store invites volunteers to work as cashiers, sales floor assistants, donation processors or pricers. Training is provided; a four hour weekly commitment is requested. Location: 13342 Lincoln Way, Auburn. Call store coordinator, Kim Chase, 530-887-0561. (MPG 12-31-13)

Volunteers Needed: A Community For Peace, formerly the Domestic Violence Intervention Center



By Ronnie McBrayer

Last year Paramount Pictures brought to the big screen the remarkable movie Flight, starring Denzel Washington. Denzel played the role of Captain Whip Whitaker, a pilot with the fictional South Jet Airlines.

When we first meet Captain Whitaker he is in an Orlando hotel room with a flight attendant, suffering from a terrible hangover, a hangover he remedies by snorting a line of cocaine, just before climbing aboard to guide Flight 227 to Atlanta. The flight never arrives. It crashed, not because Whitaker is drunk or jacked up on coke – though he is. The aircraft crashed because of mechanical failure, and the Captain’s efforts are regarded as nothing less than heroic, as there are but a few casualties in the crash. The incident, however, pulls back the veil on Whitaker’s addiction, forming the plotline for the movie.

While it could be said that the producers of the film took creative license with the flight and crash scenes of the movie (check it out for yourself), what the producers perfectly nailed is the nature of addiction. It devours. It gobbles up a person’s physical, spiritual, and emotional well-being.

Addiction consumes a person’s capacities and rationality,

Replacement, not Revolution

all his or her better angels, and sense of responsibility. That is the nature of addiction, if not its very definition: Addiction uses up a person’s identity. And, of course, the condition is not limited to alcohol and cocaine. Sex, food, video games, smoking, religion, gambling, shopping, pain killers, the Internet, relationships, your iPhone, or work: The list is exhaustive. Anything that initially empowers us, in the end, can enslave us.

So what do we do? In those moments of clarity, when we realize that life is a mess and we can’t keep doing unhealthy things or living in these destructive cycles, we decide that we want something better. We want transformation; to turn over a new leaf; to get on the straight and narrow; we want change. But our attempts to revolutionize our lives almost always fail. Yes, we improve for a while, but we can’t seem to stay that way.

A person gets sober and we all cheer. Then, he falls off the wagon, and when he falls, his condition is worse than ever. A friend finally came to her senses and ditches that loser she’s been living with, recognizing that he is a controlling son of a gun who was robbing her of herself. Life is grand until tragically and inexplicably, she gets into a new relationship with a chump who is even worse than the first one!

On and on the endless examples could be catalogued. So many legitimate attempts at life-changing revolution wind up being exchanges of one tyranny for another; a swapping of one set of chains for another;

trading one evil task master for another one. The recognition that life must change is simply not enough. Transformation is not accomplished by giving up what is bad for you. No, the bad has to be replaced with what is good and healthy.

I think this is what Blaise Pascal meant when he said, “There is a God-shaped vacuum in the heart of every man and woman which cannot be filled by any created thing, but only by God.” I think this is the highest expression of the Apostle Paul’s mysticism when he wrote, “I have been crucified with Christ and I no longer live, but it is Christ who now lives in me.”

And I think that this is exactly what Bill Wilson, co-founder of Alcoholics Anonymous, was talking about when he articulated those necessary steps toward sobriety, where one must acknowledge his or her powerlessness and turn life over to a Higher Power who is the only source of health and sanity.

This isn’t mere self-help. This is Spirituality 101. This is the essence of the Christian life: Our desires, impulses, and very lives have to be crucified, as it were, so that the life God has for us can be born and lived in its place. It is replacement, not simply revolution. ★

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.

Is It a Fragrance or a Stench?

By Rev. James L. Snyder

This past week I had to go to the mall. I know, I should know better but I thought I could sneak in, get what I needed and sneak out again. So much for my thoughts.

I wanted to purchase several tie chains for my neckties and searched every jewelry store and nobody had them. Finally, I ordered three online, which would be shipped free, (which always gets my attention) to the nearest store, which happened to be in the mall.

I do not like the mall and choose not to go there if I can help it. When in the mall I am usually very nervous and get confused and do not know which way I am going. Once I get in, I am not quite sure how to get out again. Everything seems to be contrived to confuse a person like myself.

Looking down at the ground while walking I became rather confused and I happen to turn into an open door.

My mall savvy is not sophisticated in the lease. The door I turned into happened to be for the store Victoria’s Secret. I do not know who Victoria is, I did not know what the store was all about but when I got in the store I discovered Victoria’s Secret much to my great embarrassment.

That is exactly the reason I do not like going into the malls. They have places like this that a gentleman, such as Yours Truly, should never enter.

I am not sure how I got out of that store; all I can remember was a great deal of hilarious laughter thrown in my direction from inside. I just hope they did not recognize me. They probably did not, because I had all my clothes on.

It has been a long time since that incident and now I had to go and pick up my order. I put together a plan to sneak in very quietly, pick up my order and tip-toe out as quietly as I came in.

You know what they say about well-laid plans! Whether mine was well laid or not, it blew up in my face.

I did slip into the mall and found the store where my order was. I picked them up and quietly turned around and started for the door. How I got turned around is any man’s guess. Actually, I think it turned around too many times. For the next 15 minutes, I tried to find the way I came in so I could go out.

The trouble started when I hesitated. I stopped to try to get my bearings and in stopping a young woman approached me.

“How do you do today, sir,” she said most cheerfully.

I nodded and tried to get away as graciously as possible.

She would have none of it. “And how do you smell today, sir?”

Had I been in my right sense of mind I would have told her I smelled with my nose. Being in a confused state of affairs, I had no quick comeback for her. It was then that she introduced me to her product.

I must confess I am not up-to-date with all of the body lotions and perfumes that are available today. I shave in the morning, splash some aftershave on my face, rub some deodorant under my armpits and that is as far as I go.

This young woman took me for a potential customer of her body lotions and ointments and perfumes. I suppose many people are concerned with how they smell. I am not one of them.

My basic philosophy along this line is simply, if I cannot stand my own smell, I take a shower. I know when it is time to take a shower when I can smell myself.

She wanted to introduce me to some body lotions and ointments and perfumes that would make me smell alluring to anybody I met during the day.

Personally, I do not have a “Bucket List” but if I did this would not be one of the items on it.

Trying to be polite, I informed the young woman I was late for an appointment and needed to get on right away.

“Oh,” she said very cheerfully, “this will not take long at all.”

With that said, and before I could process what she said, she began rubbing my face with body ointment or lotion of some sort. I froze and for a few moments, I could not even move. Even the little grey cells upstairs were shocked into a rare state of stillness.

“Now, you smell wonderful.”

It was at that time I retired with honor my gentlemanly manners and started running as fast as I could run without drawing too much attention to myself.

I smelled that “fragrance” for three days in spite of the fact that I took 17 showers in the meantime.

Sometimes our focus is always on the outside. I like what Jesus said, “Woe unto you, scribes and Pharisees, hypocrites! for ye make clean the outside of the cup and of the platter, but within they are full of extortion and excess” (Matthew 23:25).

It does not matter how good I smell on the outside if there is stench on the inside. I want to focus on my inside and make it as fresh as possible. That is the fragrance God smells.

Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 1-866-552-2543 or e-mail jamesnyder2@att.net. His web site is www.jamesnyderministries.com. ★

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 jamesnyder2@att.net. His website is www.jamesnyderministries.com.



By Karen Anderson

“You Can’t Do That” is an awful phrase to hear your whole life. It can devastate your self-esteem and can mark you as a loser, forever. That was my life! I know that my parents didn’t mean for it come out that way. It almost ruined me, because I truly began to believe it. I found myself believing the lie, that I was so weak because of the anemia. I talked in my previous article, “Garbage Out-New Life In” about my anemia, and how weak I was. It was believed that I wouldn’t be able to handle the strain or that others would not understand what was happening to me. I know my parents were only trying to protect me but it did cause me to look at everything through clouded glasses. I could see the opportunities and experiences I was missing. I was sad at first, but as the years rolled by, I was filled with regret, disappointment, and anger.

Remember God’s Word says: “So, my very dear friends, don’t get thrown off course. Every desirable and beneficial gift comes out of heaven. The gifts

Don’t Tell Me I Can’t!

are rivers of light cascading down from the Father of Light. There is nothing deceitful in God, nothing two-faced, nothing fickle. He brought us to life using the true Word, showing us off as the crown of all his creatures. Post this at all the intersections, dear friends: Lead with your ears, follow up with your tongue, and let anger straggle along in the rear. God’s righteousness doesn’t grow from human anger. So throw all spoiled virtue and cancerous evil in the garbage. In simple humility, let our gardener, God, landscape you with the Word, making a salvation-garden of your life.”

Understand that this anemia was serious enough that for my first year of life, I was isolated from others and had to receive iron shots every week. They didn’t even think I would survive my first year. What I realized in my later years was the fear my parents dealt with, but it didn’t help with my regrets. As I grew up, it seemed that something was changing but we couldn’t trust that I really was getting better. I kept being told I was border-line, but what did that really mean? I don’t think anyone really knew so my parents concern and fear continued.

I missed out on being a foreign exchange student, which I thought would have been a great experience. They were afraid that others would not understand what was happening to me, if the weakness raised its ugly head once again in some kind of flare up. Also, I had a chance

to attend the Julliard School of Music with a scholarship, but again they were afraid that it would be too much for me. These constant NO’s created great fear in me. I found myself afraid of everything. This was no way to live! But I did survive my parents over-protectiveness. I knew God was with me.

During all those years, in that weakened body, God was slowly working a miracle. He was healing the weakness. He was helping me to bloom and grow from a wimpy lifeless rose to a beautiful rose bush. Praise God, this problem no longer exists. God has completely healed me from anemia. No matter what the weakness may be in your life, God can heal you too. The miracle for me was that I didn’t even have to ask. But God knew, and He had a plan for me and still does. I will always be His loving and grateful daughter. He saved me from a life of wretchedness. You need to praise God for your weaknesses, and then watch Him work.

PASSAGE: James 1:16-21 (The Message) ★

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/contact or connect with her on Facebook at www.facebook.com/SoaringtoHope



By Marlys Johnsen Norris, Christian Author

It is natural to think about the first love we had as a teenager but that is not what we are talking about today. God who created us desires to be our “first love”. When we made a decision to walk with God, and accepted His Beloved Son as our Savior and Lord He gave us new life. A new kind of supernatural love filled our being. This is called being “born again,” not of the flesh but of the spirit. It is much like beginning a brand new life and going in a new direction. We are soon to learn and really “know God and experience His love, grace and mercy” that blesses our lives.

A genuine born-again

First Love

Christian turns his entire life over to Christ! He serves only Christ as his Lord and Master. Christ longs to be a part of your thoughts, actions, relationships, finances, health, and everything. A new Christian wants to do God’s will, not only His permissive will where we mostly live. One is not ashamed to be a Christian and gives witness to others. One grows spiritually by reading the Bible daily and applying it to his/her life as they serve God. A believer is active in worshipping God regularly and praying for others. Jesus said, **“Seek ye FIRST the kingdom of God and His righteousness and all these things shall be added to you”.** (Matthew 6:33)

Sometimes through trials and afflictions, some grow weary or question why they don’t have the “perfect” life. They get angry at God and fall away. God is always about teaching new lessons and growing ones character to be like Jesus Christ. It involves suffering. Often a Christian may be shunned, treated unfairly and suffer because they are not like the world and don’t fit in. God calls every believer to continue in the

journey by doing good works. Christians are called to love their enemies and do good to them. God is love and Christians are to exemplify His agape/unconditional love to ALL.

There are some people during these times, unfortunately, who do fall away and backslide. Possibly you are one of these people today. My friend, Jesus understands! After all did He not suffer and was He not rejected and treated badly as well. He was beaten — put on a Cross — pierced with a soldier’s knife. Every ounce of blood poured from His body. He died, but He came alive again — proving once and for all, He is the True Messiah/ God Almighty. His death purchased the gift of eternal life for all who believe and that you and I might live forever with Him in heaven. He offers restoration and reconciliation to all to return to Him as our “FIRST LOVE”. He is waiting!! ★

Marlys Johnsen Norris – Christian Author of 7 Books including Award Winning “Recipes for a Happier Marriage” Marlysjn@gmail.com

Grace Baptist Church

6724 Palm Avenue Fair Oaks, CA 95628
Pastor Charles Carter (916) 967-3915
Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung.
Grace Baptist still stands on the Principles, Doctrines and Separation, Found and taught in The Bible

Service Schedules

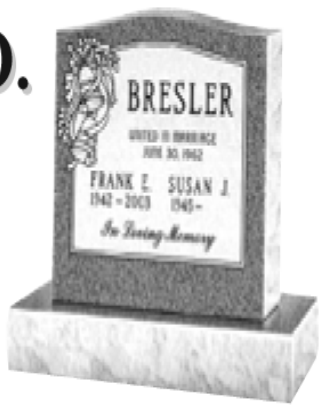
Sunday Schools (All Ages) 9:45 am
Sunday Worship 11:00 am
Sunday Evening 6:00 pm
Wednesday Evening 7:00 pm

*Come and Experience God's Amazing Grace
(Located south of Madison; just east of Dewey)*
Call for More Information

RUHKALA MONUMENT CO.

- Serving All Cemeteries Since 1889
- Reasonable Prices • Custom Designs

4501 Yankee Hill Ct., Rocklin
916-624-1176



Got Church News?
Call 773-1111

CitrusHeightsMessenger.com

The Privilege of Planning

A 20-minute luncheon presentation.
We'll provide you with a Free Lunch!



Make Sure Those You Care About Are Always Cared For

"The Privilege of Planning" is not a sales seminar. It is a 20-minute educational presentation that focuses on the importance of advance funeral planning and all of the options available. Information will be presented on Veteran's benefits, cremation and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a FREE Emergency Planning Guide.

Choose One Of These Luncheon Seminars

Fri., October 11
11:30 am to 12:30 pm

EAST LAWN
Memorial Park & Crematory
4300 Folsom Blvd.
P.O. Box 19334
Sacramento, CA 95819
Tel 916.732.2000

Wed., October 23
(Spanish & English)
11:30 am to 12:30 pm

EAST LAWN
Andrews & Greilich Funeral Home
3939 Fruitridge Road
Sacramento, CA 95820
Lic. #FD-136
Tel 916.732.2026

Thurs., October 31
Fri., November 22
11:30 am to 12:30 pm

EAST LAWN
Sierra Hills Memorial Park & East Lawn Mortuary
5757 Greenback Lane
Sacramento, CA 95841
Lic. #FD-1242
Tel 916.732.2020

Wed., November 13
11:30 am to 12:30 pm

EAST LAWN
Elk Grove Memorial Park & Mortuary
9189 E. Stockton Blvd.
Elk Grove, CA 95624
Lic. #FD-1455
Tel 916.732.2031

RSVP LisaW@eastlawn.com

Seating is limited to 30 attendees per seminar - RSVP today and reserve your seat.

FD#136



www.EastLawn.com



By Pastor Ray Dare

Many people feel like their lives are out of control. You may feel this way: "I am a victim of my circumstances! What can I do? I feel powerless to change my situation... Just about the time I make ends meet, somebody moves the ends!" You walk up to somebody and ask, "How you doing?" What do they say? "I'm doing ok, under the circumstances..." When I here that I want to say, "What are you doing under them?" Somebody said, "Circumstances are like a mattress. If you'll get on top you'll rest easy. If you get under them you'll suffocate." A lot of people are under their circumstances. The fact is we can't control our circumstances, but we can control how we respond to them. It depends on where you are.

Everybody's got difficult circumstances. You've got them. I've got them. It's a part of life. If you don't have any problems, check your pulse. People who

You're An Overcomer

don't have problems are over at Mount Vernon. God wants us to live each day with confidence in spite of our circumstances. Webster defines confidence as "the state of being certain, the assurance that one will act in a right way, a relation of trust..." That's the way God wants us to think about Him. Learn to trust Him in spite of your circumstances.

A guy goes out mountain climbing and falls off a cliff. Half way down he grabs on to a ledge and looks down — it's 1000 feet down! He looks back up; its 2000 feet back up! He thinks, "How am I going to get out of this?" He starts praying, "God, please help me!" A voice from heaven comes down, "Trust me! Let go and I will catch you..." He looks up and says, "Is there anybody else up there?"

You may feel like you're hanging from a ledge today and you see no way out of your present difficult circumstances. God says, "Let go... Trust Me." See, our real problem is what we do with our circumstances. We get under our circumstances when we try to solve them on our own power and our own strength. How do you know when you're trying to solve your problems in your own strength? You start to worry. Worry is a form of control. You get stressed out and

you get sick and tired. Then you get sick and tired of being sick and tired! You begin to suffocate under the circumstances.

Many feel that when they have problems, God is upset with them. "God must be mad at me!" But that's not true. "Friends, when life gets really difficult, don't jump to the conclusion that God isn't on the job..." 1 Peter 4:12-13 (Msg) The truth is God doesn't cause your problems (we do a good enough job of that ourselves). He wants to help you conquer your circumstances as you trust in His love.

"Who shall separate us from the love of Christ? Shall trouble or hardship...? No, in all these things we are more than conquerors through him who loved us." Romans 8:35-36(NIV) This verse says "We are more than conquerors." Are you conquering your circumstances? As you put your life in God's hands and rely upon His love and power, as you let go and trust Him to care for you, nothing can devastate your life. No matter how dark the situation is, God can turn it around. ★

Pastor Ray
New Beginnings Church
YOU'RE INVITED, Sunday service at 10 am
"We Do Church Differently"
www.NBC4U.org

Dutch Bros. Coffee Raises \$1,169 for Citrus Heights K-9 Unit

CITRUS HEIGHTS, CA (MPG) - Dutch Bros. Coffee of Citrus Heights and community members banded together on Oct. 10 to raise \$1,169 for the Foothill Canine Association of Citrus Heights.

"We had a wonderful turnout for our 'Coffee for K-9s' event," said local owner-operators Steve and Nikol Grubbs. "Thank you to the greater Sacramento community for your generous donations and support."

Dutch Bros. Sacramento is locally owned and operated by Steve and Nikol Grubbs and consists of three locations: one in northeast Sacramento, one in Citrus Heights and one in Fair Oaks. They employ 45 fun-loving baristas.

Since Steve and Nikol opened their first store in Citrus Heights in July 2012, they have given back over \$25,000 to local causes, including River Oak Center for Children, Sacramento Food Bank & Family Services, Foothill Canine Association of Citrus Heights, the Muscular Dystrophy Association and local



Photo courtesy Duth Bros.

schools, churches, youth groups and sports teams.

Dutch Bros. Coffee gives over \$1 million annually company-wide to local causes and

nonprofit organizations, as part of its goal of "Making a Difference, One Cup at a Time." ★

Source Dutch Bros. Coffee



LAW OFFICE OF RICK MORIN

DROWNING IN DEBT? GET HELP!

- Get out of debt and save money!
- Stop harassing phone calls.
- Stop lawsuits and wage garnishments.
- Free consultation and payment plans.

Get a FRESH START!

Don't Delay. Call Today!

331 J Street #200, Sacramento, CA 95814

(916) 258-5435 • www.sacramentobankruptcyoffice.com

Law Office of Rick Morin • Helping Consumers with Bankruptcy and a Debt Relief Agency

FREE COMMUNITY EVENT

FOOTHILL COMMUNITY CENTER

OCTOBER 31st 5:00 - 7:00 pm

5510 Diablo Drive, Sacramento 95842



COSTUME CONTEST AND RAFFLE

CANDY, MUSIC, FREE GAMES!

FREE SAFE EVENT FOR FAMILIES!

FOOD!

For More Information:

www.NBC4u.org • (916) 992-1997

It's Time for an Intervention

Obamacare's Unnecessary Navigators



Commentary By
Lee H. Hamilton

The American public has lost patience with Washington. The question is, now what? Congress is unable to do its job. It displays neither competence nor responsibility. It lurches — reeling from crisis to crisis, each one self-manufactured in an effort to postpone the reckoning from some earlier crisis. It shut the government down over a temporary budget. Now it's threatening the financial credibility of the U.S. government and the security and safety of the American people. Three years of last-minute spending decisions have culminated in a television standoff with no actual negotiations. Too many members of Congress reject the notion that accommodation and time-honored procedures allow them to fulfill their responsibilities to the American people. They use their legislative skill to engage in brinksmanship rather than address the country's fundamental problems. Growing the economy? Creating jobs? Putting the federal budget on a sustainable path? Don't look to Congress. They're too busy coming up with the next short-term tactic to confront the other side. Every day they dither, they keep the government from addressing the nation's real problems.

Even worse, they've managed to raise real questions in this country and abroad about whether our system of government can work. Are we saddled with a national legislature paralyzed by unending conflict? Are we capable of tackling our major problems? We are on the road to a government that cannot plan, a country shackled by perpetual uncertainty, and a loss of faith in our institutions both at home and abroad. We do not have to continue down that road, but we do have to confront a core problem. The political center in Congress has weakened to the point of ineffectiveness, if not near-irrelevance. That's fine with some people in Washington, who are comfortable with gridlock and don't think its consequences will be dire. Our government's inability to deal with problems, they argue, is good — a government that's able to act, they believe, creates more problems than it solves. Likewise, some people acknowledge polarization as a problem, but blame it on an electorate that prefers a divided government, split between the parties. All I can say is that divided government in the past — think Ronald Reagan and Tip O'Neill — didn't keep Congress from creatively addressing national challenges. Divided government is not easy, but it is not unusual and it can work. Politicians don't deserve all the blame. Voters share responsibility: more people have to turn out to vote. The more people who vote, the better the chances to strengthen the political center — that is, moderates and pragmatists. That's because low turnout brings out the most ideologically intense voters, who in turn reward the most polarizing candidates. A Congress more representative

of the American people rests on expanding efforts to convince people to vote, and beating back the barriers to voting. The second solution lies with members of Congress. Contemplating a government shutdown, a Kentucky congressman recently explained his stance by saying, "All that really matters is what my district wants." This is not an uncommon view, but it's a distressingly limited one. Our system depends on members who believe it's also their responsibility to lead and inform voters, who are willing to weigh the national interest as well as parochial concerns and who have confidence in our system to resolve political differences. In other words, we need members of Congress devoted to making the system work. We need men and women in office who understand that when the voters give us a divided government, they have no choice but to accept the distribution of power and work with it, regardless of what they wish were the case. We need legislators who realize that those on the other side feel just as passionately and deserve their respect, and who are committed to finding a solution to our problems. We change laws in our democracy and solve our most difficult issues in this country not by bringing government to a halt, but by fighting out the issues before the voters in an election. At the end of the day, we have to move the country forward — and we need to elect members of Congress who are willing and able to do that. ★

Lee Hamilton is Director of the Center on Congress at Indiana University. He was a member of the U.S. House of Representatives for 34 years.

The Department of Health and Human Services (HHS) recently gifted Obamacare's "navigator" program an additional \$13 million in funding. Navigators are supposed to help Americans purchase health coverage through the new, state-level insurance exchanges. This \$13 million is on top of \$54 million already allocated to the program. But both eight-figure expenditures represent colossal wastes of taxpayer money. The publicly funded navigator program is entirely unnecessary -- and ripe for fraud and abuse. The Congressional Budget Office estimates that about seven million people will shop for coverage in Obamacare's insurance exchanges in 2014. But they may not know it yet. According to a recent poll from the Kaiser Family Foundation, fully 55 percent of uninsured Americans have never heard of the exchanges. The law envisions that navigators will help fill that information gap -- and guide consumers through the process of purchasing health insurance. Qualified individuals, non-profits, and community groups have claimed millions in HHS grants to spread the word -- and eventually help people pick the plan that best suits their needs. California is planning to use a whopping \$673 million in federal money to deploy 21,000 navigators to sign people up for its exchange, Covered California. The navigators get a bounty of \$58 for every person they sign up — and \$25 for every annual renewal. Health insurance is complicated, and many Americans shopping in the exchanges would surely benefit from some expert advice. But there's a group that already does exactly what Obamacare has in mind for navigators. And that's the private insurance agent and broker community. It makes little sense to spend millions of taxpayer dollars to furnish a service that the private sector already provides. And those millions in new expenses could put scores of agents and brokers out of work, as navigators amount to government-funded competition for insurance agents. Federal law bars agents and brokers from serving as navigators. Not exactly the sort of job-creating strategy America's anemic economy needs. Then there's the risk of fraud the navigator program portends. Navigators will be tasked with entering patients' private data, such as their Social Security number, into insurance applications. The government claims that personal data handed over to navigators will be properly protected. But regulators haven't spelled out data privacy rules. Navigators are likely to operate with little to no government oversight. Technically, navigators who use consumers' personal information for nefarious purposes could face fines, but there's no clear statute holding them personally liable. HHS insists that navigators will be well-trained and certified. But the official navigator training course is a mere 20 hours. That's 10 hours fewer than Obamacare's framers initially said would be necessary -- and substantially less time than the standard certification process for an insurance broker. Applicants for navigator positions are not required to undergo even basic background and fingerprint checks. And the agency's rules are silent on whether prior criminal acts disqualify someone from becoming a navigator. Even census workers face more stringent privacy requirements than do navigators. It's no wonder, then, that attorneys general in 13 states concluded in a letter to HHS Secretary Kathleen Sebelius last month that her "agency's current guidance regarding [navigators] suffers numerous deficiencies." Obamacare's navigator program is costly and unnecessary. It could destroy the jobs of private insurance agents and brokers -- and put millions of Americans at risk of fraud and identity theft. Congress should scrap it. ★ Sally C. Pipes is President, CEO, and Taube Fellow in Health Care Studies at the Pacific Research Institute. Her latest book is *The Cure for Obamacare* (Encounter 2013).

Your Only Computer Guy

30 Minutes Free Diagnostics

In Business Since 1998

- Computer Cleaning
- Virus Removal
- Spyware/Malware Removal
- Software installation and repair
- Wi-Fi setup and troubleshooting
- Outlook and email setup
- Printer setup and troubleshooting
- New computer setup
- Browser troubleshooting and support
- Home networking and file sharing

Leo Corser
BA, CNA, CNE, MCSE
Senior IT Engineer & Technician

Cell:
(916) 221-0630

leo@youonlycomputerguy.com

GETTING RID OF PESTS FOR 35 YEARS!

BELL PEST CONTROL

“WE’VE GOT ‘EM IN OUR CROSSHAIRS”

916-512-3722
“GIVE US A RING”
GET RID OF

www.bellpest.com

✓ ANTS ✓ BLACK WIDOWS ✓ ROACHES ✓ MICE ✓ EARWIGS ✓ RATS ✓ FLEAS ✓ AND MORE

October Happy Hours

Monday - Friday 2-5PM
15% OFF All Spa Services

This offer is not good with any other offer. Oct 1-31, 2013. Carmichael location only.

Hoshall's SALON & SPA
hair face body

www.hoshallscarmichael.com • 7330 Fair Oaks Boulevard Suite #1 • 916-485-4941

POTOCKI FAMILY CHIROPRACTIC

5 YEAR ANNIVERSARY IN FAIR OAKS

THE NATURAL WAY TO GOOD HEALTH

To celebrate through the end of July we will be offering a no cost consultation and examination. If we need x-rays they will be taken at a cost of \$79. This will cover the first 2 visits in our office including the first treatment.

Potocki Family Chiropractic
5150 Sunrise Blvd.
Suite F1
Fair Oaks, CA 95628
(Corner of Wildridge & Sunrise)
916-536-0400
www.drpotocki.com

Health Technology No Substitute for Compassion

**Commentary from
Eric Nelson/Hi-Tech Health**

The folks at Google are both smart and wise: Smart enough to invent Google Maps and wise enough to warn everyone who relies on this technology for driving directions that their maps are to be used “for planning purposes only.” There is simply no telling what kind of traffic, detours, weather, or other unforeseen setbacks you might run into on your way to Grandma’s.

Ideally those who rely on technology for diagnosing and treating disease are cautioned to exercise a similar wisdom. As good as we think we are at maintaining the body by way of scans, apps, and sophisticated computer programs, there remains a significant wild-card within the mind of the individual involved.

“There are many facets of the patient that tend not to shine through if the electronic medical record is all we have to go on,” writes Richard Gunderman, M.D. in a recent column in The Atlantic. “A robot can collect and process data, but good medicine requires more than information management. It takes effective communication, deep insight, and genuine compassion.”

Taking the time to learn where a patient is coming from, what they’re thinking, even saying a word or two to calm their fears,

is not just good bedside manner. As Gunderman notes, it’s good medicine.

Some years ago a man who severely cut his hand while using a table saw ran screaming into the emergency room of a local hospital. The attending doctor asked that he be given a dose of morphine to calm him down. When he continued screaming, he was given a second dose. And then another. And then another. Realizing that the drug was having absolutely no effect, the doctor put his hands on the man’s shoulders, looked him straight in the eye and said, “You’re going to be just fine.” Very quickly the man relaxed and fell asleep.

“We have been seduced by our technologies,” said Dr. Neal Slatkin, chief medical officer for Hospice of the Valley, in a recent article in the San Jose Mercury News, implying that the hi-tech approach is not always the best approach.

This is not to suggest that anyone who sees technology as important is devoid of compassion. There is danger, however, that the state of one’s thought gets marginalized as we become more and more dependent on something that takes only one aspect of the patient – some might even say the lesser aspect – into consideration.

“The tender word and Christian encouragement of an invalid,”

writes Mary Baker Eddy in her seminal work on health and healing, “pitiful patience with his fears and the removal of them, are better than hecatombs of gushing theories, stereotyped borrowed speeches, and the doling of arguments, which are but so many parodies on legitimate Christian Science, aflame with divine Love.”

Although written almost a century before the term “high tech” came into vogue, an analogy can be drawn between Eddy’s “gushing theories” and Dr. Slatkin’s “seductive technologies”. In either case, a ready remedy can be found in the simple willingness to be compassionate, to love, and by doing so, to remove the fear that lies at the root of so much suffering.

“The secret of the care of the patient,” said famed physician, Francis Peabody, at the close of a lecture he gave at Harvard Medical School in 1925, “is in caring for the patient.” ★

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.



SPOOOOOOOKY DAY

Those little ghosts and goblins will be at your door before you know it to celebrate the time of Halloween. Believe it or not, the preferred costume this year by kids is the “Duck Dynasty” theme complete with flack vest and beard. Weird I know. Whatever happened to princesses and Casper, the friendly ghost? Anyway, we all know what they are there for. It’s all about the candy and treats! I am right there with you with bags and bags of candy so we don’t get egged or toilet papered or.... well, you never know. But all these traditions go back a lot longer than you can imagine.

Halloween straddles fall and winter...plenty and paucity... life and death. It is a time of celebration and superstition. It’s thought to have originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off roaming ghosts. Like, they were so stupid they wouldn’t recognize you all decked out in some crazy getup? Wouldn’t you stand out even more? Oh well, I digress! The Celts, who lived some 2,000 years ago in the area that is now Ireland, the United Kingdom, and Northern France, celebrated the New Year on November 1. This day marked the end of summer and the harvest, and the beginning of the dark, cold winter, a time of year that was often associated with

POPPOFF!

with Mary Jane Popp

human death. Celts believed that on the night before the New Year, the boundary between the worlds of the living and the dead became blurred. That’s why on October 31, they celebrated Samhain. They thought these roaming ghosts would cause trouble and damage crops. They also thought the presence of the other worldly spirits made it easier for the Druids, or Celtic priests, to make predictions about the future. Since this was a culture entirely dependent upon the volatile natural world, these prophecies were an important source of comfort and direction during the long, dark winter. Many cultures, including the Roman Empire that conquered the majority of the Celtic territory in 43 A.D. combined festivals with the Celts.

Then Halloween came to America, but it was extremely limited in colonial England because of the rigid Protestants. It was much more common in Maryland and the southern colonies. Merging different ethnic groups and the Native American Indians gave America a distinct version of Halloween. The first celebrations included “play parties,” public events held to celebrate the harvest, where neighbors would share stories of the dead, tell each other’s fortunes, dance, and sing. Colonial Halloween festivities also included the telling of ghost stories and mischief making of all kinds. In the second half of the 19th century, America was flooded with new immigrants and especially the millions of Irish fleeing Ireland’s potato famine of 1846. That helped to popularize the celebration of Halloween nationally. Taking

from Irish and English traditions, Americans began to dress up in costumes and go house to house asking for food money. That’s when the “trick or treat” tradition came to be. Young women believed that, on Halloween, they could divine the name or appearance of their future husband by doing tricks with yarn, apple parings or mirrors. By the late 1800s, there was a move to mold Halloween into a holiday more about community and neighborly get togethers than about ghosts, pranks, and witchcraft.

Today’s Halloween tradition probably dates back to the early All Soul’s Day parades in England. During the festivities, poor citizens would beg for food and families would give them pastries called “soul cakes” in return for their promise to pray for the family’s dead relatives. The soul cake was encouraged by the church as a way to replace the ancient practice of leaving wine and food for roaming spirits.

That’s the historical story I gathered from history.com, but then comes the retail world. In my opinion, it’s just a little early to put out all the Halloween gear in July. It happens, and we enjoy all the little ghost and goblin toys that attempt to scare us along with the spooky movies that hit about Halloween time...and in 3-D of course. Don’t want to miss a single spatter of blood gushing gashes! But never fear, they will all come-a-calling on that special night with their smiling faces and the call of “trick or treat.” Save a few pieces of that precious stuff for yourself too. Chocolate please!!! HAPPY HALLOWEEN !!! ★

Chili Cook Off Planned by Citrus Heights Women’s Club

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Women’s Club is again sponsoring, for its third year, a Chili Cook Off to benefit the families in the Citrus Heights Holiday Program. The cook off is planned from 11:00 a.m. to 4:00

p.m. on Saturday, November 2nd at the Sylvan Community Center, 7521 Community Drive.

The cost for tasting is \$5 per person. The cost to enter the competition is \$10. Contact Darla, 412-2601 for more information.

A concurrent vendor and craft fair will be held in the parking lot from 9:00 a.m. to 4:00 p.m.

Contact Jill Burg to reserve a spot, 916-747-3345. ★

Source: Elise Spleiss

JetBlue at SMF Moving from Terminal B to Terminal A

SACRAMENTO REGION, CA (MPG) - JetBlue Airways is changing terminals at Sacramento International Airport (SMF).

The last flight out of Terminal B, a nonstop to Long Beach, will leave at 8 p.m. Tuesday, Oct. 15. Effective Tuesday, Oct. 16, the airline will operate out of Gate A13 at Terminal A.

JetBlue offers two daily non-stop flights to Long Beach and one

daily nonstop to New York City.

The move from Terminal B will not impact parking options for passengers. However, after Oct. 16, the closest parking for people meeting JetBlue passengers will be the garage, not the Hourly B lot.

The Sacramento County Airport System, a department of Sacramento County, is responsible for planning,

developing, operating and maintaining the county’s four airports: Sacramento International Airport, Executive Airport, Mather Airport and Franklin Field. The regional economic impact of the Sacramento County Airport System is more than \$4 billion annually. ★

For more information, visit www.smf.aero.

**Conveniently Located on Auburn Blvd.
Between Manzanita & Garfield**

NEED STORAGE?

ARMOR MINI STORAGE

Since 1980

**Computer Gate Access
6am-9pm 365 Days A Year**

Award Winning Customer Service
Digital Video Surveillance
Competitive Rates
Daily / Monthly / Annual Rentals
Easy Drive-Up Access
Professional Resident Managers

916.332.6455

5714 Auburn Blvd., Sac 95841

Office Hours:
Mon-Sat 9-6 • Sun 9-4

COASTAL RECYCLING CENTERS

www.armorministorage.com

CALL 773-1111 TO ADVERTISE

www.CitrusHeightsMessenger.com



Farmers Markets!

California Certified

EAT HEALTHY, BUY LOCAL

SUPPORTING LOCAL FARMERS, YOUTH AND COMMUNITIES

SATURDAY

SUNDAY

THURSDAY

SATURDAY

WEDNESDAY

WEDNESDAY

SATURDAY

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

Carmichael Park Farmers Market
5750 Grant Avenue, Carmichael (Corner of Grant & Fair Oaks Boulevard under the trees in the Park)
Every Sunday from 9 am to 2 pm - all year round

UC Davis Health System Sacramento Farmers Market
45th & Y Streets (Behind Shriners Hospital)
Every Thursday from 3 to 7:30 pm (Seasonal, through November 14th)

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

Fair Oaks Plaza Park Farmers Market
7003 Park Drive, Fair Oaks (Old Fair Oaks Village)
Every Wednesday from 3 to 7 pm (Seasonal, through October 31st)

Mather VA Hospital Farmers Market
10535 Hospital Way, Mather
Every Wednesday from 9 am to 1 pm (Seasonal, through December 18th)

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





BMSUSA Certified Farmers Markets offer fresh grown organic produce and specialty food products weekly rain or shine, all year round and seasonal! All Markets include Live Music, Chef Demonstrations, Quarterly Crafting Events and Health Fairs along with special events and activities.

BeMoneySmartUSA.org

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.



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.



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



Your Citrus Heights Real Estate Specialist

SOLD

FOR SALE

D.A.R.E.

DARE & ASSOCIATES REAL ESTATE

916-992-9922

AREA SPECIALIST

DareHomesOnline.com

Dare & Associates
REAL ESTATE

License #01128753

Serving Citrus Heights
for over 23 years

Call us for a free
market value of your home

916-992-9922

Citrus Heights Home Prices are
GOING UP!

Don't Trust
Computer-Generated
Home Value Estimates...

Call Me for an
Expert Home
Evaluation

Questions About Short Sales?

Call to speak with one of our friendly Short Sale Specialists...

NO COST TO SELLER

The Dare Real Estate Short Sales Department has worked
diligently to streamline the Short Sale process and ensure
that the transaction goes as smoothly as possible.

We have a reputation for getting our short sales CLOSED.



WE'RE HERE
TO HELP YOU!

Call **916-331-3311**
or visit
www.SacShortSalePros.com



Raymond Dare, Broker