



Holiday Collection Drive to Aid Citrus Heights

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PLUS:
If You Like Your Apple
Fritter, You Can Eat
Your Apple Fritter

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M Citrus Heights Messenger

“Written by the people, for the people”

Volume 3 Issue 22 Serving the City of Citrus Heights and Sacramento County Second Edition for November 2013

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Sylvan Cemetery Honors Veterans



AmeriCorps youth carry out service project by volunteering at Veteran's Day at Sylvan Cemetery. Right to left: Citrus Heights Police Chief, Christopher Boyd, AmeriCorps Team Leader Ryan Kocak, Mayor Steve Miller, and AmeriCorps team members.

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Bells rang out in rapid succession from the new Sylvan Cemetery Bell Tower to signal the eleventh hour of the eleventh day of the eleventh month, and the commencement of the 2013 Veteran's Day observance at Citrus Height's own hometown cemetery.

While we traditionally use this day to honor those who gave all for their country, and to thank all who have returned to civilian life or are still serving, we were also encouraged to acknowledge and thank another group of people involved in this process.

Master of Ceremonies Charles Stone, Army National Guard, offered another perspective,

pointing out that the 25 million Americans serving in the military today have their families, bosses and others who support them to thank for giving them something to fight for, and for taking care of their families and maintaining their jobs while they are serving. "It is these people who give us hope and support as they fight for us in their own ways".

Sponsored by the Citrus Heights American Legion Post #637 the day continued with time-honored traditions. The ever-popular all-Veteran choir, the Folsom Harmony Express entertained throughout the day. The procession through the cemetery led by the Boy Scouts Troop #228, and Citrus Height Police Honor Guard along the "Avenue of Flags", pausing to honor those of all branches

of service, the rifle salute, and TAPS on the bugle at the end of the ceremony. American Legion Chaplain Steve Bogart offered prayers for all Veterans and their families and for those who have "fallen in for the final roll call."

When our men and women entering the service of their country 'sign on the dotted line', it is like writing a blank check to be cashed as needed, up to and including paying with their lives." This reality was illustrated many times throughout the day.

Sacramento Board of Supervisors member Roberta MacGlashan, Police Chief Christopher Boyd, members of the Citrus Heights City Council, and members of the

Continued on Page 10

DA Secures \$480,000 in Restitution for Sac Library



District Attorney (DA) Jan Scully

SACRAMENTO, CA (MPG) - District Attorney (DA) Jan Scully announced that due to the success of its Office in seizing assets Sacramento Public Library Authority will receive \$480,000 in restitution it is due.

Former library employees Dennis Nilsson and James Mayle, as well as Mayle's wife, Janie Rankins-Mayle, were convicted in December 2011 of theft, bribery, and conflict of interest related to their fraudulent billing scheme for maintenance services. They were ordered to pay \$768,130 in restitution. Nilsson was ordered to pay an additional \$55,967.

Using white collar crime laws, the District Attorney's Office froze assets belonging to the defendants. After sentencing, the court appointed J. Benjamin McGrew of Managewest, Inc. to levy those assets. McGrew generated \$480,000 for restitution from the sale of a Folsom residence, several vehicles, and the liquidation of bank accounts.

Supervising Deputy District Attorney Michael Blazina, who prosecuted the case, stated, "In many embezzlement cases victims do not get their money back. Fortunately in this case, not all of the stolen money was squandered and several properties still existed with sufficient value. Although the library is not yet made whole for its loss, a significant part of the taxpayers' money is being returned to the agency from which it was wrongfully taken." ★

Source: Office of the District Attorney

Celebrate Christmas with the City of Citrus Heights

SACRAMENTO, CA (MPG) - The Annual Tree Lighting Ceremony will take place in Citrus Heights on December 5th. This marks the 17th year of this Citrus Heights tradition, and promises to be a celebration to remember. The Annual Tree Lighting Ceremony is a free event for all to enjoy!

The Tree Lighting will take place, beginning at 6:30 p.m., in the City Hall Parking Lot, 7117 Greenback Lane, with music performed by the Citrus Heights

Community Marching Band, Christmas Carols lead by Jingle Julie, special holiday messages from the Mayor, Council members and a dance performance by the Nube de Oro's sponsored by the Citrus Heights History and Arts Commission.

Following the Tree Lighting Ceremony the celebration will continue in the Citrus Heights Community Center across the street from City Hall. The Citrus Heights Community Marching

Band will provide holiday music and the Nube de Oro's will perform a special holiday dance routine. There will be free hot cocoa, peppermint mocha's provided by 7-11, free cookies and cookie decorating provided by Randy Peters Catering and balloon twisting.

While enjoying the holiday festivities, children can get their face painted by Citrus Heights Princesses', Beauty Queens and Ambassadors. Bring your camera

since Santa will be on hand to listen to all the Christmas wish lists. Donation bins will be on hand for new unwrapped toys.

The event is sponsored by the City of Citrus Heights, Sunrise Mall, Sunrise Marketplace, and 7-11.

For more information visit www.citrusheights.net under What's New/Upcoming Events or call Michele Saario at 916-727-5400. ★

Source: City of Citrus Heights

City and Community Collaborate for a Brighter Christmas

CITRUS HEIGHTS, CA (MPG) - The City of Citrus Heights 5th Annual Holiday Referral Program is officially under way. The Citrus Heights Police Department and the City of Citrus Heights have again partnered with various local service clubs, schools, neighborhoods, businesses, and community members to brighten the holidays for several of our Citrus Heights families.

Participation can include the donation of items, adopting a family, or volunteering. Community members can donate or nominate a family who needs assistance by filling out a referral form. To refer a family for consideration, an application must be completed and submitted to CHPD.



The Holiday Referral Program Application can be picked up at the front counter of CHPD or downloaded from the City website located at www.citrusheights.net.

Completed referrals can either be dropped off at the department or mailed to CHPD at 6315 Fountain Square Drive, Citrus Heights, CA 95621. Applications will be accepted through Friday, November 22nd.

Donations can be dropped off at the Citrus Heights Police Department from November 25th to December 15th between the hours of 8:00 a.m. and 5:00 p.m., Monday through Friday, or Saturdays between 9:00 a.m. and 2:00 p.m.

For additional information contact the Citrus Heights Police Department at (916) 727-5500 or email holidayreferral@citrusheights.net. ★

Source: City of Citrus Heights

Win a CHPD Harley Road King

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

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



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

Proceeds from the CHPAL Raffle and Banquet will benefit the Citrus Heights Police

Activities League (CHPAL), a non-profit program established in 2010 to foster positive relationships between police officers and at-risk youth. The program currently serves over 500 local children.

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

Source: City of Citrus Heights

Chamber of Commerce Welcomes 1st Choice Realty to the Community

By Bill Martin

CITRUS HEIGHTS, CA (MPG) - A Ribbon Cutting ceremony was held recently on November 8th for the newest Citrus Heights business to join the community; 1st Choice Realty. Real Estate Broker Tanya Bridges, along with her partners, Gary Sidhu and Gary Khera put together a fabulous event. Lots of great raffle prizes, scrumptious food, live music, and a lot of mingling added to the festive mood at the lively event.

1st Choice Realty serves residents of the Citrus Heights area and beyond. You can call the good folks at 1st Choice Realty at (916) 722-7400 or stop by during business hours at 7622 Auburn Blvd. in Citrus Heights. 1st Choice Realty is comprised of eight (8) experienced and knowledgeable Realtors to serve you; Gary Khera, Ravi Grewal, Mike Riccobuano, Tanya Bridges, Trena Thompson, Tarrah Smith, Randy Ritter and Gary Sidhu. 1st Choice Realty also offers an on-site Real Estate Broker and will soon be offering a Notary to be of service to the Citrus Heights



Focusing on small town values, being of service to the community, working hard and offering clients the latest innovations and services via Real Estate-focused-technology, is a primary goal of 1st Choice Realty.

community as well.

Focusing on small town values, being of service to the community, working hard and offering clients the latest innovations and services via Real Estate-focused-technology, is a primary goal of 1st Choice Realty.

As a seasonal example of putting their goal to work; 1st Choice Realty has volunteered their time and office space as a

drop-off point for non-perishable items for the 5th Annual Holiday Referral Program for the City of Citrus Heights and the Citrus Heights Police Department. Please bring your donations by 1st Choice Realty at 7622 Auburn Blvd. in Citrus Heights, help out someone less fortunate during this holiday season and meet your new business neighbors!

City of Citrus Heights - 17th Annual Christmas Tree Lighting

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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**

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

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Complete listing of retailers and restaurants at Citrus Town Center

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Summer Hills Veterinary Improves the Health of Pets for 20 Years

By Linda Harper

CITRUS HEIGHTS, CA (MPG) - When our pets get sick, wouldn't it be great if they could tell us "where it hurts"? How about when the cute, little puppy you welcomed into your home begins destroying his/her new digs? Have you been compelled to ask your pet, "why"? Maybe you're a dog owner who experiences the "darting dog" who races out the door every time you open it. You want to know why he's so anxious to leave, and where he's going in such a hurry. Or perhaps you have a cat with peculiar habits, and you wonder if you've done or said something to stir up a questionable attitude. There's help for all of us curious pet owners. A trip to an experienced Veterinarian is the answer. Dr. David C Davis, DVM is the driving force behind the

longevity of Summer Hills Veterinary Hospital located at 7912 Zenith Drive, (off of Antelope, before the freeway). He and his dedicated staff have been serving the needs of Citrus Heights pets and their owners since 1994. He is an Internal Medicine specialist with a PHD in Clinical Immunology. His special interests are in animal Gastroenterology, Geriatric Diseases, Oncology and Arthritis. In addition to his general practice, he is also a referral Vet and he's available for second opinions. Dr. Davis uses modern science to solve today's veterinary needs. Just as there are new medical breakthroughs for humans, there are as many in the Veterinary Medicine arena. Dr. Davis keeps an eye on research that will help him treat his patients in the future. A vast amount of experience as a Veterinarian, coupled with

on-going education provides Dr. Davis the opportunity to treat a multitude of animal ailments, as well as educate pet owners on the importance of disease prevention. Dr. Dave is also willing to help you find a new pet that will be perfect for you and your family. He can facilitate a comfortable "fit" by working closely with area breeders and the surrounding animal shelters. After you welcome your new family member into your home, Dr. Davis will promote and evaluate your pet, as well as guiding you through your new life together. He is able to answer the questions posed above and more, by explaining the behavioral traits of different animal breeds, size expectations and environmental preferences. Dr. Davis is committed to the community, its pets and their owners. He's a pro-active

member of the Public Advisory Committee for Citrus Heights. This group makes recommendations to the City to improve Animal Control services, develops plans to return lost pets to their owners, and focuses on improving the animal/human bond. The dedicated staff at Summer Hills Veterinary Hospital take pride in serving each pet as if it was their own. The longevity of his business can be attributed to extraordinary customer service, affordable care, a genuine love and caring for animals, and the constant work to improve the dignity of our pets. Summer Hills Veterinary Hospital is open Monday – Saturday. Go to www.summerhillsvet.com for their hours and more information, or call (916) 726-3001. ★

Holiday Collection Drive to Aid Citrus Heights



Drop off new clothing, gifts, toys, blankets and non-perishable food. (Pick up a list and specials from Sprouts Farmers Market entrance.)

CITRUS HEIGHTS, CA (MPG) - Ring in the holidays and support local families who need assistance this season. Drop off new clothing, gifts, toys, blankets and non-perishable food. (Pick up a list and specials from Sprouts Farmers Market entrance.) Be entertained by Victorian carolers, a free train

ride and face painting. Enter to win a \$250 gift card to the Citrus Town Center store of your choice! Drive is co-sponsored by Citrus Town Center, City of Citrus Heights and The Citrus Heights Police Department. ★ Source: Marketing Resources

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United Way California Capital Region Announces New President and CEO

SACRAMENTO REGION, CA (MPG)

- Stephanie McLemore Bray, executive director of the San Francisco General Hospital Foundation, has been chosen to lead United Way California Capital Region as the new president and CEO beginning in January.

"Our goal was to recruit the best possible talent for this position, and we are thrilled to have secured Stephanie as our new president and CEO," said Carolyn Mullins, United Way board chair. "With 25 years of experience in fund development and volunteer management for local, regional and national organizations, Stephanie will be an outstanding leader as we find new ways to improve education, income and health in our region."

Prior to her work at San Francisco General Hospital Foundation, Bray served as assistant dean for health sciences advancement at UC Davis Health System, overseeing fundraising for the School of Medicine, The Medical Center, the Betty Irene Moore School of Nursing and several other centers of medical excellence on the UC Davis Sacramento campus. She has served in fundraising leadership positions with the American Cancer Society, UNCF/The College Fund, Learning Ally, and the University of Medicine and Dentistry of New Jersey. Bray is a graduate of Douglass College, Rutgers University, in New Jersey and was a participant in Harvard Business School's Strategic Perspectives in Nonprofit Management in July 2012.

"United Way has proven itself to be an innovative and impactful organization in our region," Bray said. "I am looking forward to being part of the change taking place in our community. My experience both locally



Stephanie McLemore Bray, executive director of the San Francisco General Hospital Foundation, has been chosen to lead United Way California Capital Region as the new president and CEO beginning in January.

and across the nation has given me some ideas for how we can become even more effective at our vision to build stronger, healthier, more compassionate communities."

Bray replaces Steve Heath, who departed as president and CEO at the end of June. Victoria Kosha, senior vice president for finance and administration, will continue to serve as interim president and CEO until January.

For 90 years, United Way California Capital Region has actively worked to address the community's most pressing issues, now focusing on innovative solutions related to high school graduation rates, household financial stability and obesity. United Way's team of

nonprofits, businesses, donors and volunteers are working together to provide positive, measurable results on these issues through United Way projects: STAR Readers, SenSe-Ability and Fit Kids. Community members can give, volunteer and advocate in support of the causes they care most about, benefiting United Way and hundreds of nonprofits in Amador, El Dorado, Placer, Sacramento and Yolo counties. United Way is an independent, local affiliate of United Way Worldwide. For more information, visit www.yourlocalunitedway.org. ★

Source: Kristin Thebaud Communications

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CLUES

ACROSS

1. "The buck ____ here"
6. Augment
9. Like a jury unable to agree
13. Orca, e.g.
14. *Photographs in text messages
15. Wiser
16. Buddhist who has attained nirvana
17. Australian runner
18. Sign of life
19. *Movie host
21. *Like popular TV genre
23. Hot springs resort
24. Ski lift
25. Sensitive subject to some
28. Delhi wrap
30. Boredom
35. "____ Free" (1966)
37. *What a judge does on "Top Chef"
39. Straight muscles
40. Continental currency
41. Iron Age priest
43. Churn
44. Make more attractive
46. Major European river
47. "Fool me ____, shame on you"
48. Rodent and name of outdoor gear maker
50. Fungal spore sacs
52. Articulate
53. Coffin along with stand
55. Mozart's "L____ del Cairo"
57. *One Direction, e.g.
61. *Modern book
65. Architectural projection
66. Jelly-like stuff
68. **"Say Yes to the Dress" target
69. Calyx part
70. Emergency responder
71. Saint ____ of Rome
72. *American Idol's Ryan Seacrest
73. Unidentified John
74. City in Belgium

DOWN

1. Go to and fro
2. Through, to a poet
3. Pearl Harbor location
4. Surveyor's maps
5. Arrangements
6. D'Artagnan's weapon of choice
7. *Kourtney and Khloé's sister
8. Beyond suburbs
9. Drag
10. Tangerine and grapefruit hybrid
11. Egg holder
12. *Multi-shaded Christian
15. Merciful one
20. Talked like a sheep
22. **"The Biggest Loser" isn't supposed to do it a lot
24. Like a noble dignitary
25. At right angles to ship or plane
26. Known for its common red casing
27. Computer message
29. Like pink steak
31. Audition tape
32. *They're on an iPhone screen
33. Carthage's ancient neighbor
34. "From Disney to pop star
36. "Cheers" regular
38. *The Jonas bros
42. Interior designer's focus
45. Cricket penalty
49. Sn. on periodic table
51. First-aid item
54. Bordered
56. Frustration, in print
57. *One of Miami Heat's "Big Three"
58. Filling treat
59. Pitiful puppy cries
60. ***Teen ____ mag (1967-2007)
61. Besides
62. Have supper
63. Original garden?
64. R in RIP
67. Rock music style

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

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

For Solutions See Page 7

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Crossword Puzzle on Page 6

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By Ronnie McBrayer

One of my sons has a motto by which he attempts to live his life. It is: “Never submit.” I can attest that he practices this maxim rigorously, and it serves him well in many situations, giving him grit and determination. But at the point that he cannot impose his demands upon people and situations, bending these to his liking (and he reaches this point routinely), then “Never Submit” leads to a dark and dangerous place.

Nevertheless, my boy is at least speaking the truth, as only youngsters can. And the truth reaches well beyond himself. This is precisely how many of us live. We are stubborn, obstinate, and pigheaded. We refuse to submit – not to authority, the rules, or a way of life that would make our days lighter, easier, and healthier – and not even to God. This shows up, most noticeably, when we pray.

Prayer, if you haven’t detected it for yourself, can be very self-centered. We approach God, not with a view of letting go of ourselves, to receive and live the life he has for us. We approach God with the mantra, “Never Submit.” Our prayers are scripturally-laced ransom letters,

Never Submit

demanding the Almighty to do things our way; to meet us where we are; to comply with our plans.

Sure, prayer is a way of bringing our needs and requests to God, but sometimes, being human as we are, we can’t tell the difference between what we want and what we need. We mistake our preferences, as wholesome as these appear, for what we require. We cling to our personal agendas, and conveying these to God, require him to make us as comfortable as possible, comfort achieved as he yields to our wishes.

Such an attitude is not unlike the act of checking into a luxurious penthouse. We want something to eat, so room service is called and the kitchen goes into full operational mode to bring us whatever we want when we want it. Our favorite shirt is dirty. No problem, send for the maid. She will quickly take it to the laundry and return it before dinner.

Do you need a cab? Ring the bell; the concierge lives to serve you. Not enough clean towels? Want your bed made twice a day? Need an extra chocolate on your pillow at bedtime? It’s easy-peasy: Pick up the phone and the management will be happy to attend to your every whim and impulse.

Does prayer really work this way? I don’t think so. Prayer is not a method for getting everything we want. Rather, it is the means by which we surrender to what God wants. It is an act of submission; the letting go of our

will, to be shaped by God’s will.

Really, what good is prayer if it isn’t changing the one who prays? Because if prayer only feeds our narcissism and the human tendency to self-aggrandize our egos, I seriously doubt that God is doing very much listening. Why would he? If all we want is a change of circumstances, be it in regards to our health, finances, job, church, spouse or a hundred other things, we miss the point that God seems more interested in changing us, rather than changing our surroundings.

I love the image painted by the great Methodist missionary E. Stanley Jones. He said, “Suppose you go fishing early one morning, and launch your little boat into the water. After a while, you are finished, and you wish to return home. What do you do?” He answers, “You throw a line to shore and begin to pull. Are you pulling the entire landmass to yourself, or are you being pulled to the shore?” The answer to his question is as enlightening as it is obvious.

Prayer is not pulling God to ourselves, to our will, or to our way of seeing and doing things. It is compliance to the will of God, as he pulls our lives in his direction. It is orienting our entire existence to his direction. It is submission, always. ★

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.

If You Like Your Apple Fritter, You Can Eat Your Apple Fritter

By Rev. James L. Snyder

Not mentioning any names, but some person living in my house can be a little tricky when it comes to the usage of language. I may be the “wordsmith” in our house but she definitely is the “word butcher.”

A while back, we were having a little discussion centering on one of my favorite topics, Apple Fritters. My motto: An Apple fritter a day makes it all worth living and two turns it into heaven.

In our discussion, I was reminding the Gracious Mistress of the Parsonage that she made a promise that if I liked an Apple Fritter I could eat an Apple Fritter. I laid out my argument very clear, at least I thought so, and encouraged her to follow suit.

She then disrupted the whole discussion by insisting on evidence.

“When,” she said with a very suspicious look on her face, “did I ever say if you liked your Apple Fritter you could eat your Apple Fritter?”

“Don’t you remember,” I said as confidently as I could possibly muster at the time, “we were at a restaurant and our discussion centered on dessert.”

“I don’t remember such an occasion.”

I started to wiggle a little bit but I knew if I could win this argument at this point it would be a great win.

It is at times like this I wish I was a little more like a politician who can say something and it mean different things to different people at different times. Regardless of what they say at any particular time it can always be reinterpreted the way a politician wants it any particular time he needs it.

Let me point out very quickly that this is in no way lying. In fact, I am not sure what the definition of lying is anymore. Nobody lies, they are just being misinterpreted. They can get anybody to believe anything if they rearrange the truth in such a way it is no longer the truth but it is not necessarily a lie.

“Don’t you remember we were talking about dessert,” I said as calculatedly as possible, “and you said a person should be able to like what they eat and eat what they like?”

She thought for a moment and then responded, “I seem to recall a conversation along that line but I do not recollect that we were talking about Apple Fritters. The words “Apple Fritters” never

came up in the conversation as I remember it.”

“When I said that,” she said, looking at me straight in the eye, “I did not have Apple fritters on my mind. In fact, if the truth were known, I had broccoli on my mind at that moment.”

Many times what I hear is not really what is being said and at times, what is being said is not exactly what I hear, especially if my wife is doing the speaking.

Only God says what He means and means what He says. I like the encouragement he gives to Joshua. “There shall not any man be able to stand before thee all the days of thy life: as I was with Moses, so I will be with thee: I will not fail thee, nor forsake thee” (Joshua 1:5 KJV).

Whatever God says He means and it never changes its meaning from one generation to the next. That is something I can really rely upon. ★

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 jamessnyder2@att.net. His website is www.jamessnyderministries.com.

Forever In His Arms



By Karen Anderson

A while back grief came up, hit me square in the face and left me with the most excruciating heart pain I have ever known. The following are excerpts from my book, Nikki’s Tail-Waggin’ Lessons and my recent bout with grief. Nikki was my special Golden Girl that I believe God sent to me for a time. I had never connected at the soul-level like I did with this special friend with the wet nose and the wiggly tail-end. On with part of this story...

As we continue to enjoy this wonderful life together, Nikki, God was preparing you for your most important assignment. This was a lesson I did not want you to teach me. At the beginning of October, 2011, you were diagnosed with lymphoma that was not curable... When I heard that you would not live more than a few months, I was shocked and stunned. The realization that you would be gone by the end of November was unacceptable;

there had to be something we could do. My thoughts were, “How can this be? You are only five years old.” The doctor indicated that you really didn’t know you were sick and that you were feeling no pain. My heart started to die with you and we lost you the end of March 2012.

During this whole time I was asking God why you had to be taken from me at such a young age. My heart cried out to God, “Where are you Lord!” I knew in my mind that He was watching over me, but I didn’t feel His presence. Let’s continue with the story...

What gave some peace to my heart was that you were pretty much yourself through the whole ordeal. We had been praying that the Lord would take you home peacefully without us making the decision to put you down. We spent time together, while you rested in your favorite spot under a big tree in the backyard. I had to leave you for a short while and you wouldn’t come with me. When I came back out a short time later, you had completed your assignment and had slipped peacefully into the loving arms of God. I can see God looking down at you and saying, “Well done, thou good and faithful servant; now come home,” as He tenderly scooped you up. I guess you didn’t want me to see you graduate. You knew it

would have broken my heart to watch you leave, so you snuck out when I wasn’t looking. You always looked out for me, even at the end.

God’s Word says, “The Lord Himself watches over you! The Lord stands beside you as your protective shade. The sun will not harm you by day, nor the moon at night. The Lord keeps you from all harm and watches over your life. The Lord keeps watch over you as you come and go, both now and forever.” God knew what was best, even though my heart was broken at the time. You were a great teacher and you will be forever on my heart.

To the reader, when your heart is broken remember His Word. God is your ultimate comforter and He will hold you in His arms until you are ready to move forward once again. Look for the continuation of this story.

PASSAGE: Psalm 121:5-8 (NLT)

★

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/](http://www.facebook.com/Facebook) SoaringToHope.



By Marlys Johnsen Norris, Christian Author

Child Evangelism is active throughout the world and the teachings they use may be simple but profound to help every one of us to understand God’s plan of loving grace and redemption that has changed thousands of lives for the better. They use colors and what they represent as they tell the story to children, possibly today they might bring a deeper understanding of the glorious plan of God to touch your life too.

In the beginning God created all that was along with structures that apply to assist in their growth, such as oxygen, sunlight and gravity. Rules/laws: for existence. One cannot question this fact. Then He created

The Glorious Plan of God

Adam and Eve and He instructed them, “to never to eat from the tree of good and evil”. But they disobeyed and ate thereby “sin” entered their life and every generation thereafter. Since this inherited SIN will keep all of us out of our heavenly home and its color is BLACK.

Loving ALL God has created, He desires that we will live with Him in heaven one day. However heaven is a holy and perfect place and God will not allow any form of sin in anyone to reside there. Heaven is perfect and a beautiful GREEN and CRYSTAL CLEAR. Its beauty is breathtaking!

So God provided a redemption plan for us and sent His Perfect and Only Beloved Son from heaven to earth. He birthed as a tiny baby in a virgin named Mary. Thus, Jesus was both God and man. He was an exceptional child learning the Word of God. He went about the country doing miracles and teaching in the church. At the perfect time as recorded in prophecies, one of his disciples named Judas betrayed him and took 30 piece of silver. The soldiers took him and, as an innocent man, he was

nailed to a cruel cross. A soldier pieced his side and every ounce of blood and water spilled from His body and Jesus died. Every ounce of His RED Blood was shed providing salvation for all that will believe in Him as the Savior of their souls.

Then, as Jesus prophesied three times before he died, He rose again and was alive with hundreds of people seeing and talking with him. He had received a new body and walked through a wall where He met in the Upper Room with His disciples. Thus, Jesus Christ shed blood washed away every sin making those who believe pure WHITE and clean. He also provided the “gift” of eternal life in heaven for those who will believe and follow in obedience forever to His Word. Jesus righteousness purchased the abundant life for he once who accepts His birth, His life, His death and His resurrection that provided the Way, the Truth and New Life for us. ★

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

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By Pastor Ray Dare

When the Pilgrims celebrated the first Thanksgiving, things had not gone as planned for them. They came to America so they could have freedom to worship Jesus Christ. But on the trip over and after they got here everything went wrong. About half the people died in the settlement. It was an incredibly harsh winter. The Indians were hostile. The crops they had planted wouldn't grow. They suffered one disappointment after another. They had every reason in the world to be resentful towards God. Yet in the midst of all the things that were going wrong in their lives what did they do? They had a Thanksgiving Service.

How can you be grateful when things aren't going your way? A famous English Bible scholar

The Pressure Test

named Matthew Henry was once attacked by thieves and robbed of his purse. He wrote these words in his diary: "Let me be thankful. First, I was never robbed before. Second, although they took my purse, they didn't take my life. Third, although they took my all, it was not much. Fourth, let me be thankful because it was I who was robbed and not I who did the robbing."

Grateful people rise above their problems with thankfulness in the hearts because of their perspective. Our problem is the way we looking at things. The Bible says, "Celebrate God all day, every day...I'd say you'll do this best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse." *Philippians 4:4,8 (Msg)*. What you choose to focus on has a greater influence on your life than anything else.

The attitude of gratitude gets your eyes off the problem and puts it on the positive things in your life. John Henry Jowett, a British preacher of an earlier generation, said this about gratitude:

"Gratitude is a vaccine, an antitoxin, and an antiseptic." What did he mean? He meant that gratitude, like a vaccine, can prevent and heal a discouraged spirit. Like an antitoxin, gratitude can prevent the affects of the poisons of cynicism, criticalness, and grumbling. Like an antiseptic, a spirit of gratitude can heal a depressed spirit.

Develop the attitude of gratitude today by counting your blessings. Thank God for all the good things in your life. Make a list of 50 things you can be grateful for; it's a great antiseptic to discouragement!

One day Jesus healed ten people with leprosy. The Bible says after they were healed that only one person came back to Jesus to thank Him. Jesus asked, "Didn't I heal ten men? Where are the other nine?" *Luke 17:17* Have you expressed your gratefulness to God lately? There's always something to be grateful for.

Pastor Ray.

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Santas Needed to Fill Holiday Stockings

SACRAMENTO REGION, CA (MPG) - Local residents can bring smiles to formerly homeless women and children this holiday season by contributing to Women's Empowerment's annual Holiday Stocking Drive. The group is seeking 250 stockings and specific fillers for local infants and toddlers, children, teens and adult women. For the list of items needed, visit www.womens-empowerment.org.

Those interested also can donate \$30 to have a volunteer elf fill a stocking. Items are needed by Dec. 6 and can be dropped off at 1590 North A Street in Sacramento. For more information, contact Kate Towson at kate@womens-empowerment.org or (916) 669-2307.

"These remarkable women and children have worked tirelessly to break the cycle of homelessness, and these stockings bring immeasurable holiday cheer to their hearts and their new homes," said Lisa Culp, executive director. Women's Empowerment



offers the most comprehensive job-readiness program in the Sacramento area for women who are homeless and their children. The 2009 Nonprofit of the Year award winner has graduated 1,086 homeless women and their more than 2,000 children. Last year, 90 percent of graduates found homes and nearly 80 percent found jobs or enrolled in school or training.

The program combines self-

esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women's Empowerment is funded solely through private donations from the community. For more information or to donate online, visit: www.womens-empowerment.org

Source: Thébaud Communications



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Korean War Veterans gathered for a photo on this the 60th anniversary of the Korean War. Left to right: Jerld Hackney, Chief Master Sgt. Army Air Force; Rick Duran, Corporal USMC; Richard Taylor, 2nd Lt., U.S. Army; Don Colbert, Master Gunnery Sergeant; Les Cudorth, Boilerman 1st class, U.S. Navy, USS Algol.

Continued from Page 1

American Legion, all shared their own stories and observations of this important day with attendees. There were stories of family members serving in all wars, some losing their lives. MacGlashan shared the many benefits available to Veterans in Sacramento County. Chief Boyd thanked those who fight for the rights that his own men and women help to preserve and protect. Mayor Steve Miller shared

a poem he had written, “I Will Never Know”, bringing to mind the myriad of experiences one at war must face while loved ones wait for him or her at home. We were reminded that the day to thank a veteran is every day. We were educated on the difference between Memorial Day and Veteran’s Day, thought about the importance of our flag in the world, and heard the history of Veteran’s Day from WWI to what it is today. A new addition this year,

eleven team members of Americorps, a national civilian community volunteer corps for men and women ages 18-24 helped where needed as part of their 10 month program. Finally, one lesson learned by City Councilman Jeff Slowey: when you are buying a ‘round’ of drinks to thank a few Marines you just met following their Marine’s 238th birthday party, the word will spread fast and they will come, but it was well worth it in the end. ★

Taxpayer Group Applauds Senator Jim Nielsen

SACRAMENTO COUNTY, CA (MPG) - Advocates for the protection of Proposition 13 – the Howard Jarvis Taxpayers Association – recently touted Senator Jim Nielsen’s voting record to preserve taxpayers’ rights. In its review of lawmakers’ votes on bills pertaining to taxes during the 2013 legislative year, Senator Nielsen received a perfect score of 100 percent. “Californians are heavily taxed in our everyday lives from cell phone taxes to car taxes. These taxes are in addition to income and sales tax increases, the fire tax and the ever increasing fees

imposed by state agencies on all of us,” said Senator Nielsen (R-Gerber). “Yet, Sacramento politicians are constantly looking at different ways to tax us to pay for their pet projects.” Nielsen added, “The practice of politicians raiding taxpayers’ pocketbooks to fund an increasingly burdensome and dysfunctional government must stop.” After tracking over 20 pieces of legislation that would have significant negative impacts on taxpayers, HJTA thanked Nielsen for his support of taxpayers and his tireless efforts to fight on

their behalf. HJTA’s President Jon Coupal said, "For 35 years Jim has been a staunch supporter of Proposition 13 on behalf of taxpayers. This year's perfect score demonstrates a continued level of consistency that is commendable. His is a record that taxpayers can trust, and a model that other legislators should look to." Founded in 1978, the Howard Jarvis Taxpayers Association is the leading taxpayer group dedicated to the protection of Proposition 13. ★

Source: Senator Jim Nielsen



Let’s Talk Turkey

When you dig into that turkey dinner with dressing and yams with a dash of pumpkin pie, will you think of that first Thanksgiving so long ago and wonder what it was really like? The man to ask is Ken Davis who knows what it was really like. He is author of the “Don’t Know Much About” series from history to presidents. First of all, the pilgrims did not wear black. And the feast was more of a surf-and-turf, full of venison, turkey, and mussels and scallops from the nearby ocean. And, as for the “Happy Meal” with the friendly Indians, well, I’ll get into that later. If you think it was only religious freedom they sought, you only get a partial credit. Pilgrims were an offshoot sect of Puritans, people who were challenging the Church of England and the English monarchy itself. They wanted to purify the Church of England...that is to get rid of any vestige of Roman Catholicism. But the Pilgrims went another step. They wanted to separate from the Church of England completely. It was not a polite disagreement, but a phase of the Protestant Reformation that eventually led to a bloody English Civil War and the beheading of King Charles I in 1649. These separatists left England to take refuge in Holland. Unhappy there, they set up a company that would start a new colony in America where the Virginia colony had been established in 1606. And they did not call themselves “Pilgrims.” They referred to themselves as “Saints” or “First Comers.” Only later did William Bradford call them Pilgrims. Not even all the passengers on the Mayflower were Pilgrims. Of 102 people on board, only 50 were Pilgrims. The others were members of the Church of England who had signed on simply as laborers, soldiers, or those looking to gain property in the “New

POPPOFF!

with Mary Jane Popp

World.” The Pilgrims called them “Strangers.” In my own words... what a trip that must have been!!! Now to the turkey thing. There was turkey, but not the one we know and love. It was wild turkey (the animal not the beverage). The menu for this major feast was a colonial surf-and-turf which included ducks, geese, cod, salmon, lobster, mussels, eels, and clams, along with wild onions to make salad and vegetables, including pumpkins (but no pie) and “crane berries” (no cranberry jelly). Dessert would have been cornmeal bread and puddings. So who all was there? In addition to about fifty Pilgrims, unexpected company arrived. About ninety Wampanoag Indians showed up with their Chief Massasoit. As there was not yet any Hamburger Helper, so the Indians went out like good guests and brought back plenty of venison which added to the menu. The harvest lasted three days. The peace and good will of that celebration lasted about a generation. First, the English settlers fought a brutal war against nearby Pequot, wiping them out in 1637. Then in 1676, Massasoit’s son Metacom... known as King Philip...led the Wampanoag in a war of survival against the English. This bloody war nearly wiped out the colonists who ultimately prevailed. Metacom’s head was placed on a pole; his wife and son...grandson of the Chief who came to dinner in 1621...were sold into slavery. By the way, to the Pilgrims, a true day of thanksgiving simply meant a day of prayer and fasting... not what most of us have in mind when turkey day comes around. What we call “Thanksgiving” today was in fact a harvest festival for the Pilgrims who celebrated in October...not November...1621. Those Pilgrims were mostly grateful to be alive...half of their company had died during the bleak first winter in Massachusetts, after they landed at Plymouth in December 1620. Oh, and there was no mention of Plymouth Rock at the time. That’s clearly a notion cooked up more than a hundred years later. They had Public Relations folk even back then.

So when did the modern day Thanksgiving begin? It was first celebrated as an official holiday in 1777, to mark the patriot victory at Saratoga in the Revolutionary War. When Washington later tried to proclaim a Thanksgiving Day, some in Congress complained that he had no right to make such a proclamation. Gradually, Presidents routinely proclaimed days of “thanksgiving, but the custom died out in the 19th century. In 1837, a writer and magazine editor named Sarah Joseph Hale began a campaign to reinstate the holiday. Hale was also the author of the poem “Mary Had a Little Lamb.” At Hale’s urging, Abraham Lincoln finally proclaimed a national holiday of Thanksgiving on November 1863. During the Great Depression, Franklin D. Roosevelt moved the date to the third Thursday in November at the request of retailers who wanted to extend the holiday shopping season. In 1941, with individual state governors declaring separate thanksgiving days, Congress declared a national holiday and it was fixed on the fourth Thursday in November where it remains to this day. If you want more of the super reality info that Ken Davis has to tell, go to www.dontknowmuch.com. All his books are there with a bunch more information! There!!! Now we have some truths about all the fuss and muss of Thanksgiving Day and what it really was all about. Nevertheless, I hope your day is filled with the love and camaraderie that should be experienced on this day. Reach out to someone who will be alone and share. It does not have to be a feast, just a taste of caring! And don’t forget to look back and cherish just being. Put aside the things that are wrong in your life and be grateful for those that are right! I have much to be grateful for...a wonderful husband of 42 years, a beautiful brother and his wife who care about us, and a job of sharing all aspects of life with you on both on radio at KAH1-AM 950 and here in my POPPOFF Column. HAPPY THANKSGIVING...no matter how you celebrate it...to you and yours!!! ★

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SPORTS | Page C1

THE SACRAMENTO BEE
Monday, September 23, 2013

Housing rises from meltdown
"SUPER COMMUTERS" INVESTORS FLOCK TO BATTERED AREA

San Joaquin home prices
"Super commuters" and Bay Area residents are showing up home prices in the San Joaquin Valley and other northern areas, although prices are still below pre-recession levels.

Group in mall attack resilient
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SPOTLIGHT ON BUSINESS

1st Choice Realty A Part of Your Community



The 1st Choice Realty Team: Gary Khera, Mike Riccobuano, Tanya Bridges, Trena Thompson, Tarrah Smith, Randy Ritter and Gary Sidhu.

Do you remember the good old days when your local merchant was always part of your community? They were not just a branch office of some large corporation. They lived there and work there. They had a stake in the community's growth and success. A new local business is doing just that; putting down roots from which to grow with the community they serve; Citrus Heights. Tanya Bridges, Real Estate Broker, along with fellow owners, Gary Khera and Gary Sidhu, are Citrus Height's newest locally-owned and operated business, **1st Choice Realty**. Celebrating a combined 40+ years of experience with the Grand Opening of their newly remodeled, state-of-the art Real Estate office, will serve the residents of Citrus Heights. The owners have put together a strategy for how they wanted their Real Estate Company to function within the community they serve. As an example, they advertise that an "On duty agent will respond to your inquiry on a property within fifteen minutes, 7 days a week". As you can imagine, this cutting-edge Real Estate Company keeps their team of 8 agents on the go.

1st Choice Realty also offers two (2) special proprietary programs designed to insure interaction between the seller and their agent. The first program is called a "Proof of Performance Program". The second program they offer to their sellers is called a "Full Service Marketing Strategy" system. This system is designed to help their sellers reach the larger universe of potential buyers by marketing your property on the social networking sites like Facebook, Twitter, and

Craigslist, along with Internet Real Estate search engines as part of the marketing of your home. Tanya Bridges Broker and Owner stated, "There will soon be a Notary on duty at the office to handle Citrus Heights residents and business needs at a very reasonable fee".

The Citrus Heights Chamber Of Commerce was on hand November 8th for the ribbon cutting ceremony welcoming **1st Choice Realty** to the community. The ribbon-cutting ceremony was followed by the Grand Opening festivities featuring live music, raffles, prizes and food for all.

1st Choice Realty has also joined forces with the City of Citrus Heights, Citrus Heights Police Department, service clubs and schools in the "5th Annual Holiday Referral Program". The program is designed to help local families in need through an Adopt-a-Family project. For more information on how you can help a local family, please visit the Citrus Heights Police Department website at citrusheightsspd.net or email your questions to holidayreferral@citrusheights.net. **1st Choice Realty** will be your local drop off point for non-perishables for this program.

Stop by and visit your new neighbors, **1st Choice Realty**.

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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

SUNDAY

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

THURSDAY

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)

SATURDAY

Sacramento Midtown Farmers Market

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

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

WEDNESDAY

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)

WEDNESDAY

Mather VA Hospital Farmers Market

10535 Hospital Way, Mather

Every Wednesday from 9 am to 1 pm (Seasonal, through December 18th)

SATURDAY

Historic Folsom Farmers Market

915 Sutter Street, Historic Folsom Public Plaza, Folsom

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