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# M Citrus Heights Messenger

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

Volume 3 Issue 17

Serving the City of Citrus Heights and Sacramento County

First Edition for September 2013

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Unified School  
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## Annual Picnic Succeeds in Linking Veterans With Benefits



The GFWC Citrus Heights Women's Club with the C.H. American Legion Post 637 sponsored the fourth annual picnic, with support from both the area's private and public sectors. Pictured here with Army veteran George Marks (92) are some of the well-wishers and supporters of Post 637.

**By Elise Spleiss**

CITRUS HEIGHTS, CA (MPG)- "I thought once I was out, I was out. I just assumed I had to be officially retired to get any benefits. No one ever told me anything different, until now." These are the words of one veteran, but countless veterans in our county echo the sentiment even today. Thanks to events such as the 4th Annual Veteran's Appreciation and Resource Picnic held on August 24 at Rusch Park, this reality is slowly abating.

The day commenced with the always-moving Folsom Marine Corps League Honor Guard, followed by the rousing Citrus Heights Community Marching Band playing the National Anthem.

The GFWC Citrus Heights Women's Club with the C.H.

American Legion Post 637 sponsored the picnic, with much support from both the area's private and public sectors. Master of Ceremonies Carol Spiker introduced participants and changed hats midway to perform. American Legion Commander Paul Reyes introduced veterans and others who spoke about issues important to veterans.

Thanks to resources including the Veteran's Administration, CalVet, Sacramento Valley Vets and Placer County Veterans, plus dozens of non-profit and private resources, over 600 veterans' families and guests enjoyed the day educating themselves, meeting and recognizing those who have served our country, and of course, eating great food and relaxing with good music. Fuddruckers Restaurant and Wild Wade BBQ

mobile catering made sure no one left hungry with their grilled hamburger and hotdog lunches.

Making time to attend among the myriad of other events scheduled for this day, Mayor Steve Miller and other city council members enjoyed the camaraderie, food and music.

Assorted Nuts and Old Time Fiddlers got toes to tapping with popular old time tunes with an array of unique instruments. Becca and Chuck closed out the music day with tunes you would likely recognize from classical rock, old standards and oldies, country, blues and even their original songs.

The children and young at heart enjoyed face painting by the little ambassadors, princesses and queens, balloon animals by Janice, and a jump house.

This year's service project was the collection of items for Blue Star Moms and Gold Star Wives "taste of home" care package items for troops in Afghanistan. Appreciative picnic goers brought "tons" of food, toiletries, games, puzzles, movies and music DVD's and CD's, and other desert appropriate items to be packed into boxes and sent overseas.

Three of our annual returning veterans were honored. Edwin (Ed) Bly, 87 years young, is a veteran of three wars: WWII, Korea and Vietnam. He enlisted at 17 years during WWII and later went to Korea as a Navy Seabee. After WWII he had enlisted in the Reserves expecting to just work on weekends, not suspecting Korea was just around the corner.

*Continued on Page 2*

## Sunday Funday Brings Fun and New Excitement!

CITRUS HEIGHTS, CA (MPG)- This year brings new attractions to this fun filled family event. There will be a variety of live entertainment including local sensation Karissa Lee and The Citrus Heights Theater Arts Group on the Sunday Funday stage as well as the ever popular Citrus Heights Community Marching Band. Live music will be provided by 101.9 The Wolf throughout the event. The ever popular Kid Zone will feature inflatables, rides, games, rock climbing walls, face painting by local pageant winners, pony rides, K-9 demonstrations and giveaways. The Smile Keepers Mobile Truck courtesy of the County of Sacramento will be available to offer free dental screenings, referrals, and oral health education to children.

There will be various business, craft and non-profit vendors to visit as well as a variety of food available for purchase. Worried about missing your NFL Sunday football game? Best Buy will have a gaming tent with television screens and video gaming to make sure you always know the score. Crocker Art Museums Art Ark is a must see with tours during the event. Something else new this year is FREE tours of the historic Rusch Home from 12:00pm-2:00pm.

Parking is limited at Rusch Park. A free shuttle is available 11:00am to 3:00pm from Grand Oaks Elementary School located at 7901 Rosswood Drive to the event.

Bring your family and friends out to the 17th Annual Citrus Heights Sunday FunDay on September 22nd from 11:00am to 3:00 p.m. in Rusch Park (7801 Auburn Blvd., at the corner of Auburn & Antelope) sponsored by the City of Citrus Heights, County of Sacramento, Sunrise Recreation and Parks District, Citrus Heights Chamber of Commerce, Radio Disney, 101.9 The Wolf, SMUD, California American Water, and Republic Services.

For more information please call Michele Saario at 916-727-5400 or visit [www.citrusheights.net](http://www.citrusheights.net).

## BMXers Race to Area for Largest State Finals Ever Oak Creek BMX to Host 3,000 Spectators and Riders



Over 700 riders will be participating in the BMX State Finals. The event will be held at Oak Creek BMX in Roseville September 13th through the 15th. Photo courtesy of Placer Valley Tourism

SACRAMENTO REGION, CA (MPG) - BMX racers from all over California have been training all year long to qualify for the upcoming BMX State Finals, set to take place at Oak Creek BMX in Roseville September 13th through 15th. Over 700 riders will be participating in this tournament, forecasting the largest State Finals ever. ABA BMX and Placer Valley Tourism have partnered up to bring this exciting competition to Placer Valley.

California is the mecca for BMX riders. It has only been five years since the sport has been recognized and included as an Olympic event, and the sport continues to grow here; the qualifying tournament, the State Doubles, had the most participants ever. Every BMX track in California will be represented by one or more qualified riders in the Finals.

Riders are competing for the awards of the day-novelty backpacks, enormous custom trophies and

even high-end bikes will be awarded to top finishers. Number plates will be awarded for the top 10% of each age and skill class, and the top scorers will go on to compete in the Race of Champions (ROC) that precede the Grand Nationals on Thanksgiving. The Grand Nationals is where athletes are invited onto the Olympic team, so the State Finals are where California rivals can show their talents and compare skills for the first time this season.

Come check out the intense first round of competition. Concessions, bike equipment and raffles will be available for sale.

Placer Valley Tourism [PVT] is made up of the 23 hotels in Roseville, Rocklin and Lincoln, California. PVT recruits and supports hundreds of annual events with grants, marketing, volunteers, and other services as needed. To learn more about how PVT can help bring your event here, visit [www.playplacer.com](http://www.playplacer.com) or call (916) 773-5400.

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# Citrus Heights United Methodist Church Hosts “Heart Strings,” A Life Planning Seminar for Older Adults

CITRUS HEIGHTS, CA (MPG) On Saturday, September 28th, 9AM – 3:30PM, the Citrus Heights United Methodist Church will be hosting a seminar concerning later life planning for older adults. The name of this informative, instructional meeting is, “Heart Strings.” Topics being discussed include Advance Directives, Physicians Orders for Life, Sustaining Treatment, Ethical Wills, Five Wishes and Memorial Service Planning. Although many of us may think we’ve planned efficiently so as not to burden those we leave behind, things have changed, especially in the medical field. There are new advancements available to older adults to sustain life, so it may not be as easy as having a traditional Medical Advance Directive or Power of Attorney to insure your wishes are carried out. The Heart Strings comprehensive seminar can help navigate changes and the options available for later life planning.

Heart Strings has been made possible through a Beulah Grant offered by the United Methodist Women’s Ministry. Notable speakers for the day are: Reverend Dr. Judith Pruess-Mellow, retired Hospice Chaplain with Bristol Hospice in Roseville, and Jacqueline C. Finley. There will be a FREE lunch served, and advance reservations are required. You may call 916-332-0301 to RSVP by 9/21. Citrus Heights United Methodist Church is located at 7833 Highlands Ave., Citrus Heights, CA 95610.

Led by Reverend Robert (Bobby) Jones, Citrus Heights United Methodist Church continues its commitment to neighborhood outreach. The Heart Strings Seminar is just one example of meeting the needs of community members. On Tuesdays, the women’s Ministry group prepares sack meals for children at Sayonara Children’s Community Center, and this year the Church is a sponsor of the “Mud Strut,” a 2K – 5K run to raise funds for the “Blind. The congregation of Citrus Heights United Methodist Church is always willing to help wherever they can to make life better.

If you’d like to enjoy a traditional worship service with fellowship afterward, get involved with your community, or maybe join the “Friendly Forum” on Wednesdays.

This month, the book, “Love Wins,” by author Rob Bell is on the agenda for discussion aftger which you can join the friendly, dedicated group of people at Citrus Heights Methodist Church on Sunday at 10:00 am. Children’s Sunday school is held during the adult worship service.

For any additional questions, directions, etc. call the Church Office at 916-725-6363.

# Rosa Umbach Education Committee Volunteer of the Year Award



(L-R) Ted Wolter of Sacramento County Supervisor Roberta MacGlashan’s office, Jeannie Bruins, President/CEO of the Citrus Heights Regional Chamber of Commerce and City of Citrus Heights City Council Member, Ashley Adishian of Senator Jim Nielsen’s office, Daniel Iritani of Congressman Ami Bera’s office, Cendrinne DeMattei, Vice Chair of Education, Rosa Umbach Education Committee Member of the Year, her husband Ken Umbach of Umbach Consulting & Publishing, and Christi Woodards, Board Chair of the Citrus Heights Regional Chamber of Commerce

By Elise Spleiss

CITRUS HEIGHTS, Ca (MPG) – Rosa Umbach, member of the Education Committee for the Citrus Heights Chamber of Commerce, was awarded Volunteer of the Year at a luncheon held August 13. She was

honored for her dedication and many hours spent benefiting education in Citrus Heights.

Umbach’s management of all aspects of the intensive Job Readiness Training Program at San Juan High School has influenced the lives of many students and improved their self-

confidence in their ability to prepare and search for employment upon entering the job market. She is also involved in the annual school supply drives and Holiday Referral Programs. She and her husband Ken have been members of the Chamber since 2003.

**Citrus Heights United Methodist Church**  
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(L-R) WWII POW survivor Robert “Bud” Bouressa (90), Army veteran George Marks (92), and veteran of three conflicts, Edwin (Ed) Bly (87).

**Publisher, Paul V. Scholl**

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**Citrus Heights Messenger**

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# San Juan High School Centennial, Part 2

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - San Juan High School turns 100 years old this year. The first class met on September 22, 1913 in classrooms loaned by the Fair Oaks Elementary School until the permanent buildings were built on Greenback Lane. To celebrate this Centennial, the San Juan Unified School District, City of Citrus Heights, the High School, San Juan Alumni Association, Sunrise Mall, and Sunrise Marketplace have planned a year's worth of events and activities.

On June 4th, the school and Alumni Association opened their Legacy Exhibit in a room adjacent to the cafeteria fronting Greenback Lane. The exhibit showcases memorabilia, photos, documents, and yearbooks from the past 100 years. It is open to the public after August 19th. Call the school at 971-5188 to check opening hours.

A photographic and video presentation about the school's history and current academic offerings is available for civic and charitable organizations. Contact Maria Ferris Brugger at [bruggermaria@yahoo.com](mailto:bruggermaria@yahoo.com) to schedule an offering.

Local businesses and civic groups are sponsoring banners celebrating the Centennial to be hung on the light standards along Greenback Lane in the vicinity of the school. The design and manufacturing of the banners was coordinated by Sunrise Marketplace.

Homecoming 2013 will be expanded to a week of events, including a back-to-school night on September 12th and a traditional homecoming football game Friday evening, September 20th.

On Saturday, October 26th, the school will host a Centennial Celebration Day featuring:

- Student-led tours of the new facilities at the campus
- A student, alumni, and faculty art exhibition



In the past five years, the San Juan Unified School District has invested over \$30 million in fashioning facilities to house Career Technical Education.

- Food offerings form the Culinary Arts students, as well as other food vendors
- An exhibit of old farm machinery and tractors celebrating the agricultural roots of the Citrus Heights community
- A car show welcoming cars from the last 100 years will featuring several 1913 cars. To enter the farm or car show, contact Jerry Still at 725 2069 or [whiskeystill@comcast.net](mailto:whiskeystill@comcast.net)
- Student-run booths offering Centennial and other San Juan memorabilia for sale
- The Legacy Exhibit open during the day

On December 13, 2013, a student-written drama telling the story of the founding and early years of San Juan High School will debut in the newly refurbished San Juan auditorium.

In the past five years, the San Juan Unified School District

has invested over \$30 million in fashioning facilities to house Career Technical Education. A new Culinary Arts Building features commercial grade kitchen equipment and training spaces. The automotive shop was given state-of-the-art equipment and facilities. The Media Arts studio allows filming and recording of live work, with the use of editing equipment. The auditorium has been outfitted with lighting, sound, and set equipment to allow its use as a teaching facility for media production. The Construction and Engineering programs have new classrooms with equipment for digital design as well as hands-on execution of construction projects.

The centennial year will close with graduation in June 2014, 100 years after the first diploma was awarded by San Juan High School.



The first class to attend four years at San Juan High School—taken in 1916. Photo courtesy Dick Cowan

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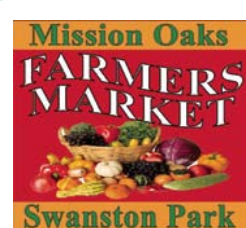
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**Mather VA Hospital Farmers Market**  
10535 Hospital Way, Mather  
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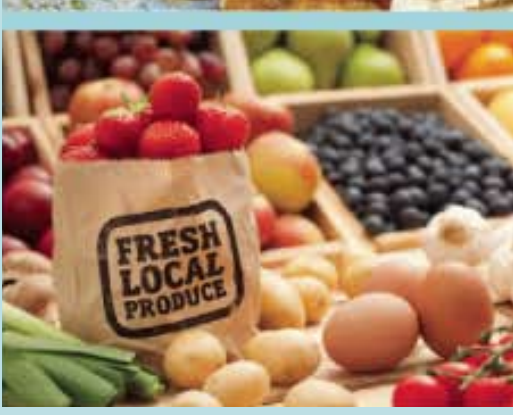
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# KTXL FOX40 Hires News Director

SACRAMENTO REGION, CA (MPG) - KTXL FOX40 has appointed Ed Chapuis as Vice President, News Director. After an extensive search, Chapuis was the clear choice for FOX40 News. In his position, Chapuis will be tasked with the overall supervision and direction of the newsroom, as well as executing long term initiatives. In addition, he is responsible for the overall supervision of the daily editorial content for FOX40 News.

“We are fortunate that Ed was available. Ed spent the past 10 years leading the top rated news at KTVU, the FOX station in San Francisco. Before that, he spent 11 years at KCRA. His experience and tenure at #1 ranked stations in both the Bay Area and, more importantly, here in Sacramento will prove to be invaluable for our station,” said Jerry Del Core, VP and General Manager KTXL FOX40/Antenna TV. “He will take FOX40 to new heights.”

“I’m excited about joining FOX40 with its strong news



Ed Chapuis has been appointed News Director at KTXL FOX40 here in Sacramento.

tradition of innovation, creativity and story-telling,” Chapuis said. “I’ve watched and admired KTXL for years and know it has an exceptionally strong news team. I’m looking forward to working with them.”

Chapuis starts at FOX40 on

Monday, August 26, 2013. His wife Anne, daughters Regina and Abigail were all born here in Sacramento. Chapuis and his family are looking forward to being reunited with the city. He added, “It’s great to be back in Sacramento.”

FOX40 News produces 41 ½ hours of local news each week. This is more local news than any other station in the Sacramento, Stockton and Modesto area. FOX40 is owned and operated by Tribune Company. Tribune is one of the country’s leading multimedia companies, operating businesses in publishing, digital and broadcasting. In publishing, Tribune’s leading daily newspapers include the Los Angeles Times and the Chicago Tribune. The company’s broadcasting group operates 23 television stations including KTLA in Los Angeles, KSWB – FOX5 in San Diego, WGN America on national cable, the national multicast network “Antenna TV” and Chicago’s WGN-AM.

Questions should be directed to Jerry Del Core. He can be reached via email at [jerry.delcore@fox40.com](mailto:jerry.delcore@fox40.com) or by calling the station at (916) 454-4422.



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### TIPS FOR TURKEY

Many turkey hunters come home without a gobbler because of silly little mistakes like waiting until the bird was in full view before raising their gun. When the bird is approaching, get your gun up and poised long before you can see the gobbler and never sit where a tree or brush in front of you is so close that it obstructs the swing of your gun.

Before making a call trying to locate a bird, find a place nearby where you can plop down quickly. Many gobblers survive because they were close when the call was made and the hunter couldn't get into a good setup position soon enough.

Getting impatient and deciding to move to a different spot has probably spooked more gobblers that were slowly coming in than anything. Staying longer is better than leaving too soon, so learn to be patient.

*Larry Whiteley is Host of the award-winning Outdoor World Radio*

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# Sacramento County DA Reports

## Recent cases of interest

**CASE: Ryan Haley (09/03/13)**  
**PROSECUTOR: Deputy District Attorney Quirina Orozco, Special Assault & Child Abuse Unit**

District Attorney Jan Scully announced that the Honorable Michael Kenny sentenced Ryan Haley to 300 years to life in prison. On July 24, 2013, a jury convicted Haley of 20 counts of lewd and lascivious acts against a minor under 14 years of age. Haley also pled no contest to possessing child pornography and was sentenced to an additional consecutive term of 2 years in prison.

Haley molested the victims at his Citrus Heights home from 1999 through 2005. Many of the victims were friends of Haley's youngest brother and lived in the neighborhood. Haley lured them into his bedroom with the promise of playing video games.

Three victims testified at trial, facing their abuser for the first time in nearly a decade since they were molested. At the sentencing, one of the victims stated, "I didn't come forward for myself, but rather for the other boys who he hurt all those years."

**CASE: Devenne Rodriguez & Sherston Miles (08/30/13)**  
**PROSECUTOR: Deputy District Attorney Sheri Greco, Homicide Unit**

District Attorney Jan Scully announced today that the Honorable Geoffrey Goodman sentenced Devenne Rodriguez to life in prison without the possibility of parole. Devenne Rodriguez was convicted by jury for the robbery and first degree murder of 20-year-old Adrian Augusta. The co-defendant, Sherston Miles who pled no contest to second degree murder during jury deliberations was previously sentenced to 16 years to life in prison.

On August 26, 2011, Miles drove Rodriguez to meet with the victim to commit a marijuana robbery. During the commission of the robbery Rodriguez shot Augusta in the back. Augusta's cell phone was taken. Augusta was left face down in the gutter on a residential roadway and died from a single gunshot wound to his back. Miles drove Rodriguez away from the scene.

**CASE: Anthony Martin (08/29/13)**  
**PROSECUTOR: Deputy District Attorney Sonia Satchell, Special Assault & Child Abuse Unit**

District Attorney Jan Scully announced today that Anthony Martin pled to sex assault charges including lewd and lascivious acts by force, penetration of a child under 10 years of age and false imprisonment.

In July 2009, Martin sexually assaulted several children and a woman who were unknown to him. He grabbed the victims from behind to assault them. This occurred in various locations in Sacramento and Placer County. Martin was not identified until Sacramento sheriff's detectives and other investigative agencies compared the similarities in the assaults. Martin had a history of similar sex assaults in Oregon.

Deputy District Attorney Sonia Satchell states, "The successful resolution of this case was the direct result of the thorough investigative work by law enforcement agencies and the victims' astute observations in describing the attacker."

Martin faces 21 years to life in prison when he is sentenced on October 25, 2013 at 8:30 a.m. in Department 42 before the Honorable Allen Sumner.

**CASE: Angelo Wright (08/27/13)**  
**PROSECUTOR: Deputy District Attorney Amy Holliday, Adult Sexual Assault Prosecution Unit**

District Attorney Jan Scully announced that the Honorable Ben Davidian sentenced Carlos Mesinas to 11 years in state prison after a jury convicted Mesinas of forcible rape, rape of a disabled female, and the commission of a lewd and lascivious act upon a 14-year-old child. The jury also found true the allegation that the victim was 14 years old at the time of the sexual assault.

On June 14, 2012, Mesinas forcibly raped a 14-year-old girl. The victim has cerebral palsy, is severely mentally and physically handicapped, and does not move or speak. Mesinas videotaped a portion of the rape using the camera on his cell phone. On July 7, 2012, the victim's mother found the video of the rape on the defendant's cell phone. She notified the victim's pediatrician of the discovery of the video on the defendant's phone. The pediatrician called the Sacramento Police Department who subsequently investigated the case and arrested Mesinas. Deputy District Attorney Amy Holliday states, "There were no available enhancements that would have provided additional punishment of the defendant in this case. There are enhancements that apply to the commission of certain sexual assaults such as the commission of a kidnapping, use of a weapon, torture, or tying or binding the victim that would raise the punishment to 15 years to life or 25 years to life in prison. However, there are no such enhancements for sexually assaulting a severely mentally and physically disabled victim. I hope this case will raise awareness regarding this issue and draw the attention of the California Legislature to examine and rectify this gap in the law as it currently exists."

The victim's family is in great need of reliable transportation. Destinations Mobility, a 501(c)(3) charitable division of Paratransit, Inc., is collecting donations for this cause. Destinations Mobility is committed to providing quality vehicles and mobility equipment that's safe, affordable and customized for individual needs. For information on how to donate please go to <http://www.destinationsmobility.com/component/content/article/116-justice/128-wheels-of-justice-fundraiser>

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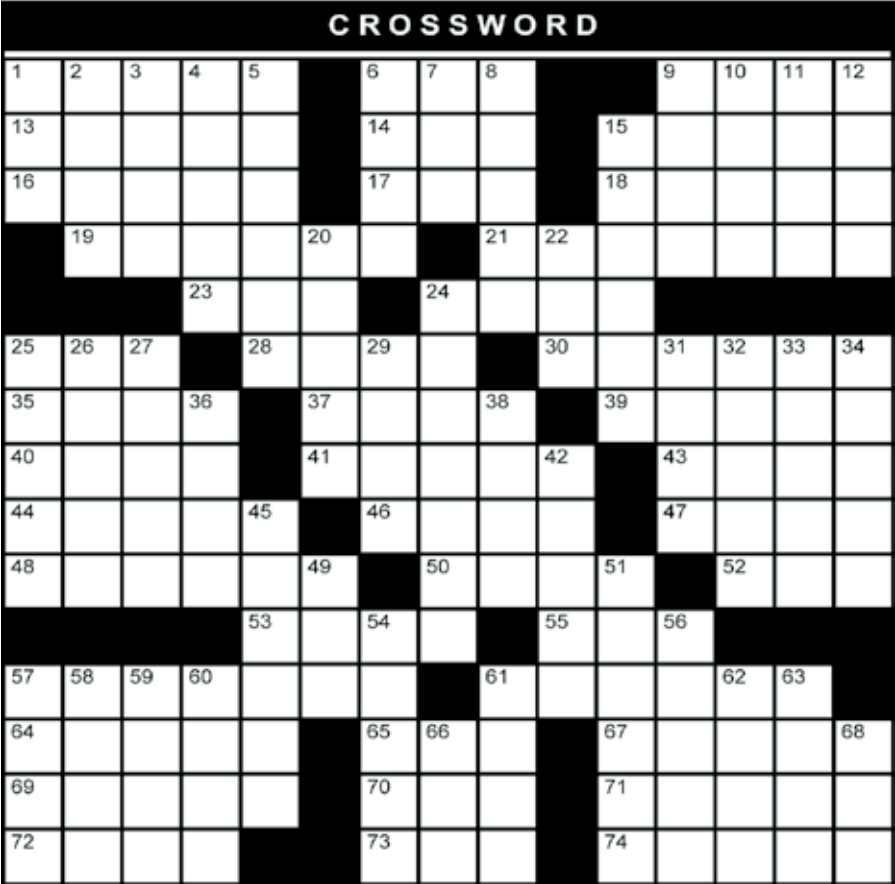
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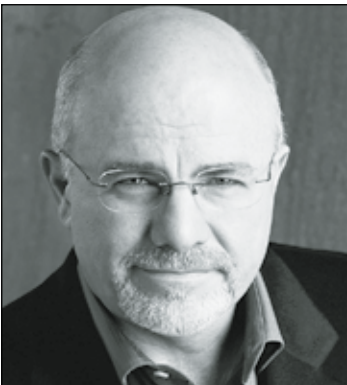
CLUES

- ACROSS

  - 1. Dads
  - 6. Common inquiries
  - 9. \*You can place a football one in Vegas
  - 13. Throat dangler
  - 14. Australian runner
  - 15. Man with a mission
  - 16. Sans-\_\_\_\_\_ font
  - 17. Day \_\_\_\_
  - 18. Deserving of respect?
  - 19. Rains and snows together
  - 21. \*Start of the game
  - 23. Greatest possible
  - 24. Hit the road
  - 25. Hair raiser
  - 28. Affirmative
  - 30. \*A \_\_\_\_\_ defense uses five defensive backs
  - 35. Smell
  - 37. "\_\_\_\_ the night before Christmas..."
  - 39. Ronald Reagan's wife
  - 40. Formerly Persia
  - 41. Certain saxes
- 43. Cow sounds
  - 44. Goes great with onions
  - 46. \*Most players must be still until this
  - 47. Whimper
  - 48. Wiggle room
  - 50. Moonfish
  - 52. "\_\_\_\_ the season ..."
  - 53. Chapter 11 issue
  - 55. Mutt
  - 57. \*Final destination
  - 61. Like Anthony Kiedis's group
  - 64. Refined woman
  - 65. Caustic chemical
  - 67. Star in Cygnus
  - 69. Cell phone bill item
  - 70. \*Received when deplaning to attend the Pro Bowl?
  - 71. Dough or cabbage
  - 72. Simon does this
  - 73. Grass bristle
  - 74. Correct
- DOWN

  - 1. It causes inflammation
  - 2. They go north and south in NYC
  - 3. Opposite of knit
  - 4. Venusian, e.g.
  - 5. \*Defensive score
  - 6. Come clean, with "up"
  - 7. It increases strength of signals
  - 8. San Francisco's 1906 event
  - 9. Pitcher's illegal move
  - 10. Taro plant
  - 11. Not kosher
  - 12. Feudal laborer
  - 15. Jelly ingredient
  - 20. Kappa Alpha \_\_\_\_\_
  - 22. Wayside stop
  - 24. Knickknackery
  - 25. \*Tailgating staple?
  - 26. Creepy
  - 27. Furlough
  - 29. Hole-making tools
  - 31. \*Where football training happens
- 32. Flogger's tool
  - 33. Food safety threat
  - 34. Plural of lysis
  - 36. Was aware of
  - 38. Cleaning bar
  - 42. Elbow room
  - 45. Radar + dome
  - 49. Japanese capital
  - 51. \*Only 11 allowed here
  - 54. Isabella Swan of "Twilight"
  - 56. Watery discharge of the eyes
  - 57. Plural of #14 Across
  - 58. Org. with a mission
  - 59. Normandy landing
  - 60. Opposite of zigs
  - 61. Bit attachment
  - 62. In one case
  - 63. Seaside bird
  - 66. Coniferous tree
  - 68. Made in the morning?

For Solution See Page 7



Dave Ramsey is America's trusted voice on money and business. He's authored four New York Times best-selling books: **Financial Peace**, **More Than Enough**, **The Total Money Makeover** and **EntreLeadership**. The **Dave Ramsey Show** is heard by more than 6 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

Denied for Life

Dear Dave,  
My husband was recently denied term life insurance because he has a criminal record from a long time ago. The good news is that, in a year, he'll be far enough removed from the incident that he'll be eligible for a policy. He has a whole life policy for \$75,000 from before, which he doesn't plan to cancel. We have two small children, so is there another kind of policy he could get in the interim?

- Dana

Dear Dana,  
If you can't get term life insurance, you can't get whole life. It's the same underwriting process. I only recommend term policies, but under these circumstances I'd keep the whole life in place because he's basically uninsurable. There are a couple of things you can do in this kind of situation. One thing is to get a mortgage life insurance policy. These are usually available without any kind of major inspection, and they pay off your mortgage, in full, in the event of death. It's about 10 times more expensive than regular term insurance, but at least it will pay off the house. Another thing to look into is an automatic issue-type policy. Lots of banks offer these when you open an account. Usually, they'll send you an offer for a \$10,000 life insurance policy. But if you pick up four or five of these, then he's got another \$50,000

Dave Says

on top of the \$75,000 already in place. It's still not enough, but it's better than nothing. But I wouldn't spend a lot when he's only got a year left until he can get some good, proper coverage. I recommend people have eight to 10 times their annual income in life insurance coverage. So, if he makes \$50,000 a year, he needs to have \$400,000 to \$500,000 in a good, level term policy. That's what you guys need to shoot for a year from now!

Finding Good Tenants

Dear Dave,  
I have a townhouse I'm preparing to rent. Do you have any advice for evaluating potential tenants?

- Chris

Dear Chris,  
The first thing I'd do is pull a credit bureau report. I'm not really worried about their credit score; I just want to see if they have a history of late or missed payments. Talk to some local property management firms and see who they use to pull these reports. I'd also recommend doing a background check on the potential renters. Talk to the owner of the last place they rented as well as the one before. I advise this because there are some dishonest landlords out there who will tell you that a bad tenant is

wonderful just to get them out of their property. A lot of things, though, are simply common sense measures. Have them fill out an application, which includes their income and a list of their debts. If they make \$2,000 a month and have \$2,500 a month in debt payments, you don't want them as tenants. In this scenario, a smile and "I promise I can pay it" won't work. Spend some time just talking with them too. Really listen to what they say and how they say it. Get a feel for what kind of people they are, and, if they have children, pay special attention to the kids. Are they well behaved, or do they run around and act like a bunch of wild animals? If it's the latter, then they're going to tear up your house. And guess what? If the parents can't discipline their kids, there's a good chance they can't discipline themselves either. You don't want to get mixed up with that. People who let kids run the household don't make good tenants. Finally, remember to trust your gut instincts. If you get a weird vibe from someone, or if things just feel strange, don't rent to them. Chances are, there's a reason you have those feelings.

- Dave

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For Solution See Page 7.

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Sudoku Puzzle on Page 6

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

P	A	P	A	S		F	A	Q		B	E	T	S	
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By Ronnie McBrayer

The first Labor Day celebration was observed in New York City in 1882. It was not intended to be the official end of summer. It was a movement to honor “the contributions workers have made to the strength, prosperity, and well-being of our country.” A bit more than a decade later, Labor Day became a national holiday.

Not many years later, it became evident that the American worker was such an exceptional and efficient creature, work hours would soon be reduced to mere shadows of their former oppression. For example, economist John Maynard Keynes, in the teeth of the Great Depression, predicted that technological advancements would soon lead to a 15-hour work week.

Inthemid-1960s,congressional leaders boldly predicted a two-day work week by the year 2000. That prediction has apparently only rung true for congressional leaders, as the average time workers spend on the job has ballooned over the years to nearly 50 hours per week.

Meanwhile, it is well known that our peers in Europe and other “developed” countries, enjoy bountiful quantities of leisure time (on average, putting in 400 fewer annual work hours than Americans), while enjoying

## Let Your Soul Catch Up

equal levels of productivity. Working more hours simply hasn’t translated to greater production or higher levels of satisfaction, and the predictions of “less work, more rest” is a farce for today’s laborers.

And while we mostly recognize the need to protect our health by eating right, staying hydrated, exercising, and the like, Americans are notorious for ignoring the body’s need for intentional times of rest. More so, we ignore our mental, emotional, and spiritual need for rest.

In the book of Genesis, the ancient writer says that on the final day of the first week, God rested. Was God tired? No, God set an example by abstaining from his creative work, and pausing to enjoy it.

The word for rest, used in those Genesis accounts, can be translated “to soulify” or “to enhance one’s soul.” More practically it means “to catch one’s breath” or to “renew the spirit.” So when we pause to catch our breath, to renew our spirit, or recharge our souls, it is an imitation of God – it is worship.

Lettie Cowman, a devotional writer from a century ago, illustrates this so well with one of her stories from Africa. She wrote about an Englishman who was exploring the deepest jungles of the continent, traveling like British royalty. He had brought with him fine wines, his favorite foods, tons of books and parchments, furniture, and clothing.

He had so much that he had to hire an army of strong men from

the local villages to portage all this material through the jungle. On the first day of his grand safari, he pushed the laborers at an exhausting, God-forsaken pace. He wanted to cover as much distance as possible, and he did exactly that.

As he lounged in his tent that evening, he concluded that if such a pace could be kept, why, he would see most of the continent, and his journey would be a quick one. But on the second morning, the hired Africans refused to move. They just sat there, and no amount of pleading, cursing, or bribery could make them move.

Finally, one of the young men explained that they were not especially tired. Rather, they had gone too far and too fast on the first day, and they had to “wait for their souls to catch up with their bodies.”

Cowman concluded her story with these words of reflection (and I remind you, her words are a century old): “This whirling, rushing life which so many of us live does for us what that first march did for those poor tribesmen. But here is the difference: They knew what they needed to restore life’s balance; too often we do not.”

So on this weekend that marks the official end of summer, don’t simply grill your burgers or down a few beers. Do less. Sit still. Take a nap. It will be an act of worship.

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

## Some Mysteries Are Tough to Solve

By Rev. James L. Snyder

For my wife’s birthday (I’m not allowed to mention which one), I surprised her with round trip tickets to her family reunion in upper New York State. Out of courtesy to her, I elected not to include myself in her little vacation. After all, it’s her family and that is just the kind of man I am.

I must say I was looking forward to a week in the house by myself, where I could be the absolute boss. Nobody to tell me what to do. Nobody to tell me where to go. For a week, I would be the king of my castle, the captain of my ship, the pilot of my spacecraft.

Actually, I need more than one week to do all of these things.

The Gracious Mistress of the Parsonage deserves time off and away from Yours Truly. All year long, she works hard, and most of the time has her hands full trying to untangle me from one foil after another. Lately, it has developed into a foil-time job.

The day finally came for me to take her to the airport and see her off. As I kissed her goodbye, my thoughts roved back to the week that lay before me as a freelance husband.

All the way back from the airport, I played my Barry Manilow CD. I like Barry Manilow because he can’t Smile Without Me. Believe me, a smile creased my clock all the way home.

One difference between men and women, or maybe I should say husbands and wives, is the notion of cleanliness. Wives have the idea that cleanliness is next to godliness. If true, ours is the godliest house on the planet. Even God must wipe his feet before coming into our home.

As a man, I see absolutely no connection between cleanliness and godliness. I do my best thinking, not to mention praying, in the midst of clutter. If godliness is related to happiness, then I am

in heaven when I am in the midst of hodgepodge — the podgier the better.

Along about Friday afternoon, I was absolutely in heaven. The house was a complete wreck, and I could not have been happier. About this time, an incident developed that brought me to my senses.

I was about ready to take a shower when I noticed the soap and shampoo in my shower were gone. I knew reserves are somewhere in our house, but for the life of me; I could not put my fingers on any of it. This is by my wife’s design.

Notwithstanding, and I was standing in my birthday suit, I needed to take a shower. Then a brilliant idea struck me. Since my wife has not been home all week, the shampoo and soap in her shower should be in great supply. Snatching my towel from my shower, I headed for hers.

One thing I noticed in my wife’s shower was the variety of bottles. Not wearing my glasses, I couldn’t read the labels on any of them. However, I was not here to read bottles, but to take a shower, so I disregarded the labels.

I turned on the shower, adjusted the water temperature, and began my shower. I reached for the nearest bottle, which I assumed was shampoo. After dousing my hair with a generous portion, I began scrubbing my head. I noticed, however, no suds. I grabbed another bottle and repeated the procedure with the same results.

After using 17 bottles, I finally found one that produced suds.

I remember thinking to myself, what does my wife do with all these bottles in her shower that do not do anything? Nevertheless, in a moment I forgot the whole incident, stepped out of her shower and toweled off.

I made a cup of coffee and settled into my easy chair to watch a little television. As I sat there, I

noticed a strange fragrance. This is the difference between men and women. A man enjoys strange smells. A woman, on the other hand, enjoys fragrant aromas.

I smelled a fragrant aroma with a strong tinge of fruit about it. It smelled as if someone had brought me a bowl of mixed of fruit. I knew for a fact, there was no fruit in the house, so this fruity aroma puzzled me.

I got up and walked around the house looking for this bowl of fruit. No matter what room I was in, I could smell the fruit. It was the strangest thing I ever experienced.

Finally, I went back to my easy chair and cup of coffee not knowing where these fruity fumes were coming from. Some mysteries are tough to solve.

Then something hit me right between the eyes. The fruity bouquet was coming from me! I took several healthy sniffs and discovered I smelled like a bowl of fruit. I could not understand this phenomenon. Then I remember the bottles in my wife’s shower.

I went back to investigate and discovered my wife had bottles of fruity concoctions of every variety.

A verse from the Bible came to mind. “But I have all, and abound: I am full, having received of Epaphroditus the things which were sent from you, an odour of a sweet smell, a sacrifice acceptable, well pleasing to God.” (Philippians 4:18 KJV.)

The only fragrance worth dwelling on is a life well pleasing to God.

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



By Karen Anderson

There are times when I’m so angry, I could spit nails. Have you ever felt that way?

Some people say that being angry is part of who we are as humans, but to me, that’s a cop-out. There really is never any good reason to “explode” at someone ... friends, family, or even foes. Wouldn’t it be better to calmly deal with the situation? When that anger is building up, you can probably feel the heat in your body. It may even feel like it’s getting ready for a fire to burst forth. In actuality, it is. Your nervous system is firing on all gauges, your blood is pumping hundreds of times faster than normal. You are internally out of control. Think about the damage that raging fire is creating in your body ... NOT A GOOD THING.

There are many verses in the Bible about anger. Some are about others’ anger toward you,

## Cooling the Flames of Anger

your anger toward others, and yes, even God gets angry. The nice thing is that when God gets angry, it is only for a moment, and then we can connect with Him again. Isn’t that a relief? It is to me. I don’t want God to be angry with me for a long time. I want, instead, to be walking hand in hand with Him.

The insight from God’s Word on anger is this: “*Slowness to anger makes for deep understanding; a quick-tempered person stockpiles stupidity.*”

What has your experience been with this one? Sometimes I get so aggravated with others because no matter how hard I try, we just keep going around in circles. They don’t understand me, and I don’t understand them. What also drives me crazy is when something is being read into my words that I never said. Talk about irritating!

What is the solution to this merry-go-round? I think it’s the idea that instead of everything building up, ready to explode, take a deep breath and ask for God’s intervention. My added prayer to God would be, “Like, RIGHT NOW!” That would normally be my response. When you think about it, by slowing down your

words, you create coolness in the body instead of heat.

I don’t know about you, but the madder I get, the faster I speak. I guess I’ve been stockpiling stupidity for many years. I must have a huge pile by now! I pray that God rids me of that stockpile once for all. I don’t need it in my life any more. You need to be free from yours too.

I encourage you today to post this verse where you can see it and be reminded that God has a plan even for angry times. You need to STOP, THINK (meditate), then SPEAK. You will probably find that the anger you thought was so important will be gone. Thank you, God, for such a great verse to remind me to live in peace; it is SO much better.

PASSAGE: Proverbs 14:29 (The Message)

*Karen Anderson is an accomplished speaker, author, and chaplain. Her 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.doablesteps.com/contact](http://www.doablesteps.com/contact) or connect with her on Facebook at [www.facebook.com/DoAbleSteps](http://www.facebook.com/DoAbleSteps)*



By Marlys Norris, Christian Author

When God (Father, Son-Jesus, and the Holy Spirit) created mankind out of His compassionate heart of love, He created in us a deep need to be loved unconditionally. This is the way God loves each one of us. Original sin must be broken in our lives before we truly understand the depths of His personal love for each one of us.

Not until we mature do we truly understand the depth of that kind of love, so we misinterpret the inappropriate attention we receive from others. Often we relate the love of parents to be our understanding of what love might be and that totally depends on the mental makeup and actions they display reflecting their upbringing as well. One might say we pass on the kind of

love we received as a child to future generations.

Unfortunately, some wrong concepts of love bring a “family curse” into the lives for many generations, until it is broken by the power of God and correct teaching. A family curse might have several members of the family being born out of wedlock – a curse that needs to be broken! Or it can be the family is worshipping a false god. Few people really understand that this kind of behavior is often inherited because of their lack of understanding of what GOD’S LOVE ACTUALLY IS.

Any kind of abuse cheats a person from developing or even understanding unconditional love. It twists and distorts the action of love to mean something far different than what God intended. It is only when we are challenged to accept Jesus Christ into our lives and begin our walk into the words of the Bible, making them alive in our lives, do we begin to understand how much God truly loves us. He loves us in spite of ourselves or the sins we may have committed.

## Love That Counts!

He miraculously enters our hearts by His Spirit, and the Word says, He will never leave or forsake us.

Yes, the only perfect human being that ever lived – both God and Man – came to earth for the purpose of saving our souls and blessing us with the gift of eternal life one day.

Yes, both God and Man! Jesus and the Holy Spirit were there when He created heaven and Earth. God said, “Let US make man in OUR image, after OUR likeness; and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creeps upon the earth.” (Genesis 1:26) “These things have I written unto you that believe on the name of the Son of God, that you may know that you have eternal life, and that you may believe on the name of the Son of God.” (1 John 5:13)

*Marlys Johnsen Norris Author of 7 Christian Books [Marlysjn@gmail.com](mailto:Marlysjn@gmail.com)*

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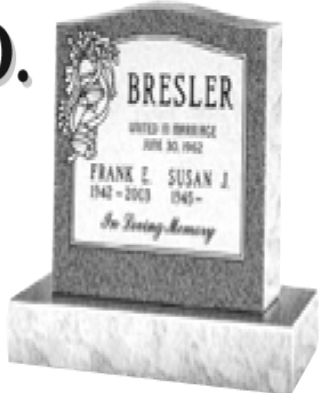
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# How to Have Peace Under Pressure

By Pastor Ray Dare

Do you ever feel overloaded? Weighed down? Like there are too many expectations and demands on your life? Do you ever feel pressured by other people? The truth is we all feel pressure in life. We all feel pressure from other people.

One day Jesus was being pressured by a group of people. He made this statement, which is a key to living a life of peace and joy, to living a stress-free life, a life at peace under pressure. "Jesus told them... 'I know where I came from and where I am going...'" John 8:14 (LB) Jesus said, 'I know where I'm going'. Do you?

People who are the most stressed and depressed in life are people who don't know where they're going. They have no purpose, no direction and no plan. One of the basic truths of Christianity is that God has a plan and purpose for your life. You were put here for a purpose.

There's a grand design, a plan for your life. You're not an accident, a freak of nature, or a mistake. God made you. He made you for a purpose and that gives your life great, great significance and value. The closer you get to God and the more you understand Him, the more you'll understand your purpose in life, and that will become a great stress reliever.

When you understand your purpose the less stress you're going to have because you're going to live by priorities. When you forget your priorities, you become a slave to pressures. When you forget the ultimate you succumb to the immediate. You will either live your life by priorities or by pressures. You get to decide. If you don't decide what your priorities are and what God wants you to accomplish in life, then other people will decide for you. They will tell you what's important and that will cause you stress.

Jesus didn't allow people's pressures to distract His personal priorities. "People were looking for Him (Jesus) and when they came to Him where he was they tried to keep Him from leaving them but He said, 'I must preach the good news of the kingdom

of God to the other towns also because that's why I was sent' He kept on preaching..." Luke 4:42-44 Jesus didn't allow the demands of others to distract Him, to sidetrack Him, to keep Him from His mission. He knew who He was and where He was going. You see, busyness is not necessarily productivity. You can be busy, yet not productive. You can be efficient, yet not effective. Efficiency is doing things right, effectiveness is doing right things.

The Bible says, "Look straight ahead and fix your eyes on what lies before you. Mark out a straight path for you feet; then stick to the path...don't get sidetracked." Proverbs 4:25-27 (NLT) The key to living a life of peace under pressure is knowing where you're going. Live a focused life. Set priorities. Get to know God and you'll get to know what's MOST important in life and you'll live at peace rather than pressure.

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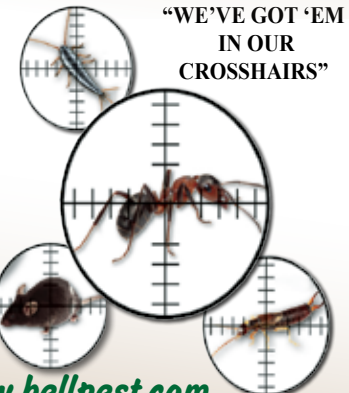
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# Renovation Update on Vet’s Community Center



Makeover began August 11 on the renovations at the Citrus Heights Veteran’s Community Center.

By Elise Spleiss

CITRUS HEIGHTS, Ca (MPG) Renovations are in full swing at the Citrus Heights Veteran’s Community Center at 6921 Sylvan Road. The local landmark - originally Sylvan School - began receiving her

makeover on August 11 when replacement of the century-year-old roof commenced. Lord’s Roofing and Walker Lumber are working together to keep costs down in the construction of this “100 year roof.”

To continue the facelift, on

Saturday, September 7, volunteer contactors will descend upon the property to construct a new bell tower to house the newly purchased school bell. The bell tower will be lifted atop the building by forklift, followed by completion of the roof.



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A TV Article by Tim Riley

With modern technology offering so many new ways to view and enjoy entertainment content previously confined to a television set, it’s no wonder that streaming media companies like Hulu and Netflix have become major players in the TV game. Not that many years ago, Hulu began to offer a user-friendly model for enjoying TV series running on other networks. As Acting CEO Andy Forssell told TV critics recently, Hulu “was all about last night’s TV.” The program you missed on FOX or NBC could be seen the next day. Popular for current and vintage TV shows, Hulu now finds itself up against cable providers offering “Video on Demand,” and so Hulu started to look for opportunities to offer programs, even from other countries, that have been missing from traditional television.

Hulu CEO Forssell observed that Hulu is “really not a network, we’re not a studio, we are a distributor at heart,” and that Hulu is all about trying to “connect people with content they love, no matter where it comes from.” However Hulu wishes to define itself, the obvious thrust of its streaming video content is to focus on upcoming original programs, of which there are ten shows to roll out the rest of this year during the major networks’ customary fall season.

First out of the block this summer is “The Awesomes,” an animated show for adults that combines the thrills of comic book storytelling with the irreverent comedy that springs from the minds of Seth Meyers (“Saturday Night Live”) and Michael Shoemaker (“Late Night with Jimmy Fallon”). Seth Meyers gives voice to Prock, the son of America’s greatest superhero, who wants to follow in his father’s footsteps but is utterly unqualified for the job.

# Riley Reviews

## HULU EXPANDS THE TV UNIVERSE WITH NEW ORIGINAL SERIES

With the help of the dimwitted Muscleman (Ike Barinholtz), Prock puts together a team of D-list superheroes, trying to keep federal funding for his outfit. “The Awesomes,” though it has its moments of comic amusement, is not particularly awesome, but that’s because there’s not enough inspired lunacy to distinguish this series from the standard animated superhero fare found on any number of similar shows on cable channels. There’s an argument to be made that there is nothing original on TV anymore. Everything is derivative, or so it often seems. A case in point is Hulu’s “Quick Draw,” a comedic half-hour western set in 1875 that centers on a Harvard-educated sheriff and his quest to introduce the emerging science of forensics to an unruly Kansas town.

In the early days of the FOX network, a series called “The Adventures of Brisco County, Jr.” starred Bruce Campbell as a Harvard-educated lawyer-turned-bounty hunter who was hired to capture an outlaw’s gang. Humor was a big part of the show.

Similarly, “Quick Draw” is campy and cheeky, with John Lehr’s Sheriff Hoyle constantly reminding the unimpressed yokels that he was educated at an elite school. He has no compunction about feeling intellectually superior, boasting that he graduated 327th in his class.

The citizens of Great Bend, Kansas include the brassy blonde owner (Allison Dunbar) of the town’s brothel, who runs an odds-making wager line on when the new sheriff will meet an untimely death.

Sheriff Hoyle also boasts of getting a B-plus in sharp shooting at Harvard, which he says is an actually an A anywhere else. Meanwhile, he’s assisted by reluctant Deputy Eli (Nick Brown) to hunt down Cole Younger and his murderous gang.

Have you ever wondered about

the person inside a mascot’s uniform, whether at a high school game or in pro sports? Well, later this fall, “Behind the Mask” takes viewers on a behind-the-scenes adventure into the colorful world of sports mascots.

The series focuses on four mascots: Lebanon High School’s Rooty the Cedar Tree, UNLV’s Hey Reb, minor league hockey mascot Tux the Penguin, and NBA mascot Bango of the Milwaukee Bucks.

“Behind the Mask” tells the moving stories of these real-life Clark Kents, capturing their highs and lows, both inside the suit at games and outside the uniform at home and regular life. The tales are funny, entertaining and at times poignant.

A lot of Hulu’s original programming comes from the United Kingdom. One show produced by the BBC that looks very promising is “The Wrong Mans,” centered on two lowly office workers caught up in a deadly criminal conspiracy. By the way, it is a comedy with a twisted sensibility.

Part of the appeal of this show is that one of the main characters is played by James Corden, a truly gifted comedian. I had the great pleasure of seeing him as the leading man in the Broadway show “One Man, Two Guvnors,” arguably one of the funniest stage productions ever. Corden won the Tony Award for best actor in that show.

In “The Wrong Mans,” Mathew Baynton’s Sam discovers a ringing phone at the scene of a horrific car crash. Answering the phone turns his world upside down, as he and Phil (Corden) soon realize it’s up to them to save the day.

Sam and Phil are in the wrong place at the wrong time, with the wrong skills to get involved in sleuthing. Now you know why the show is called “The Wrong Mans,” a comedy that seems ever so right.

Several other new programs are on the horizon for Hulu. “Mother Up!” stars Eva Longoria as a disgraced former music exec who transitions from the towers of Manhattan to the carpool lane of suburbia.

I’d like to tell you more about “Mother Up!” and a slew of other new series, but Hulu has not yet provided screeners for review. Nevertheless, there may be a few good reasons to check out Hulu for more than just the next-day airing of TV programs.

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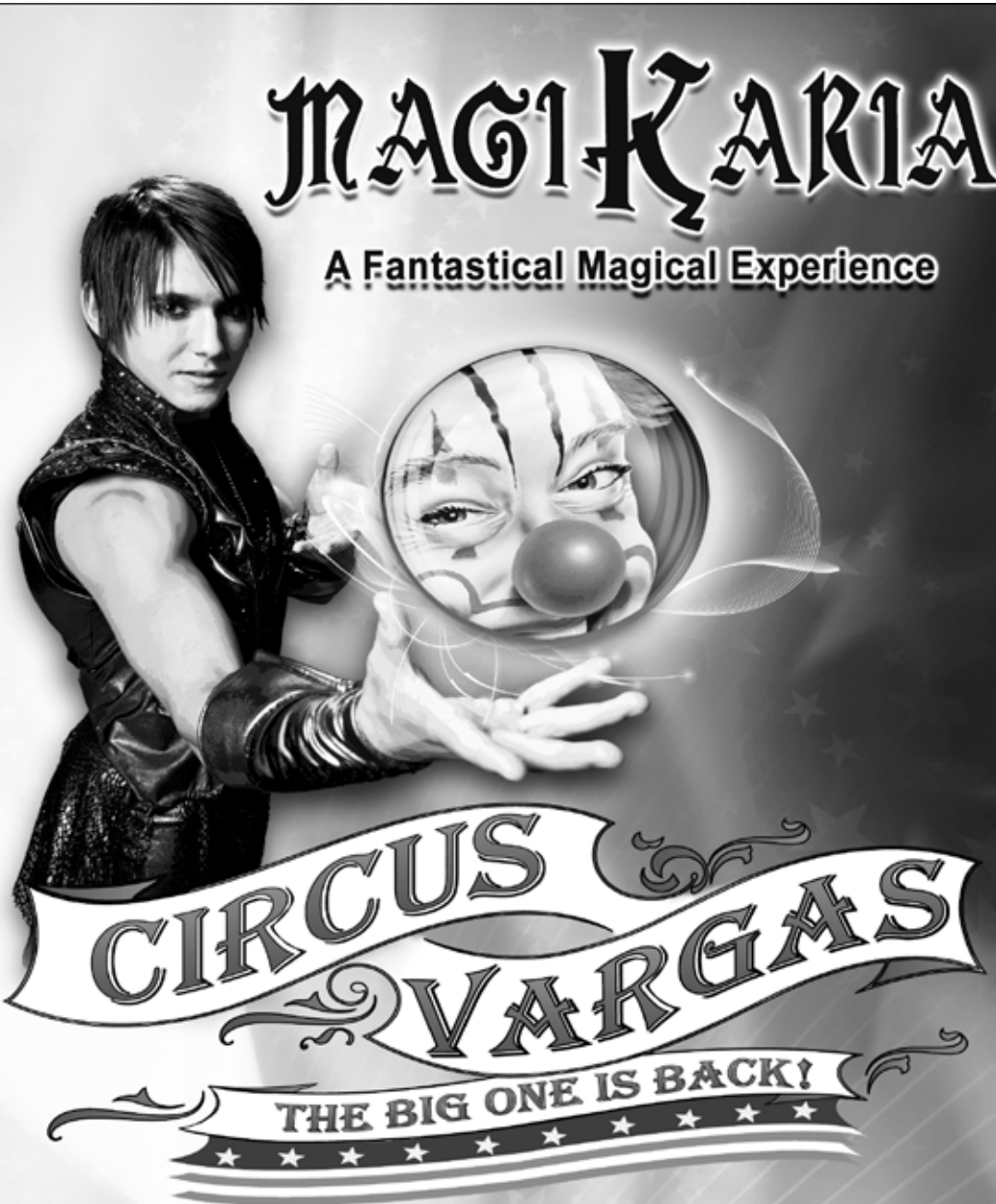
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I don't know about you, but I am a real ice cream buff, so I thought it would be fun for Dr. Hirsch to give us some stats on the flavors. These are the flavors with which they have done research. So pick out your favorite flavor, and discover your personality traits !!!  
**VANILLA:** Impulsive, easily suggestible, idealist.

**CHOCOLATE:** Self-absorbed, dramatic, lively, charming, flirtatious, seductive, gullible.

**VERY BERRY STRAWBERRY:** Dependent, nonthreatening, follower more than leader.

**MINT CHOCOLATE CHIP:**

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**CHOCOLATE CHIP COOKIE DOUGH:** Ambitious, competitive, visionary.

**PRALINES 'N CREAM:** Loving, supportive, avoids the spotlight.

**JAMOCA (i.e. coffee):** Scrupulous, conscientious, moral perfectionists.

**CHOCOLATE CHIP:** Generous, competent, a go getter.

**RAINBOW SHERBET:** Analytic, decisive, skeptical.

**ROCKY ROAD:** Engaging, good listener, aggressive.

I've got to tell you when he asked me what flavor I liked best, it was difficult since I love every ice cream flavor conceived. I did succumb to the Rocky road or the straight chocolate, but I think the Rocky road fits me best. But then I love vanilla as long as I can slather on the chocolate syrup and whip cream!!! So, on to the world of snacks. We all love 'em. Here are the ones he asked me to ponder.

**POTATO CHIPS:** Those who love potato chips are ambitious, successful, high achievers.

**TORTILLA CHIPS:** A perfectionist, always with the highest expectations of themselves.

**PRETZELS:** Lively and

energetic. Those who prefer pretzels crave novelty and easily become bored by the usual routine.

**SNACK CRACKERS:** Contemplative, thoughtful, logic rather than intuitively oriented. Decisions are reasoned and not based on emotions.

**CHEESE CURLS:** Formal, always proper, conscientious, principled. The cheese curls lover maintains high moral ground with their family, work, and romantic partners.

**MEAT SNACKS:** Gregarious, social. The meat snack lover is at their best amidst the company of others.

Alright, you got me! Let me at those potato chips! I am not pushing one brand over another, but I do love Lay's Potato Chips, and it's true, I can't have just one. It's more like a whole bag goes down at a sitting! Yes, the big one! Hey, I have to have some bad habits too.

Anyway, Dr. Alan Hirsch has a lot more to say about our taste preferences in his two books "What Flavor is Your Personality" and "What is Your Food Sign." If you would like to know more about why we prefer what we do, check out [www.smellandtaste.org](http://www.smellandtaste.org) or [www.scienceofsmell.com](http://www.scienceofsmell.com). Maybe next time when I have Dr. Hirsch on my POPPOFF Radio Show, I will ask him why hot cinnamon rolls trigger a sexual response. Got your attention now, don't I? Till next time, happy snacking!!!



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# Past Chairman's Golf Tournament

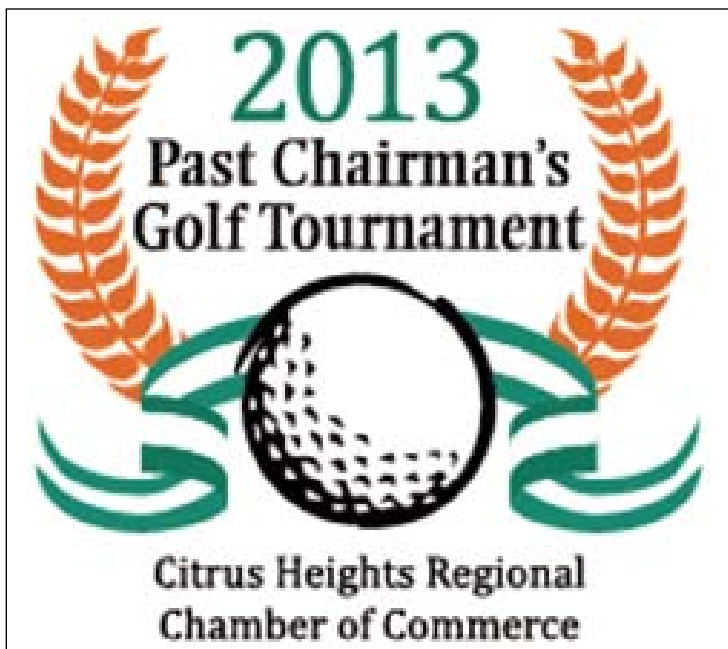
CITRUS HEIGHTS, Ca (MPG) – The Annual Past Chairman's Golf Tournament, four-player best ball scramble, will be held on September 27, 2013 at the Morgan Creek Golf Club, 8791 Morgan Creek Lane, Roseville.

A golf umbrella – provided by US Bank – will be provided for each player, along with refreshments and raffle prizes.

Sponsorship opportunities include Gold, Party Central, Breakfast, Hole-In-One, Closest-to-the-Pin, Longest Drive and Tee. Sponsorship/ golfer registration due September 13, 2013, and raffle items due to Chamber office by September 20, 2013.

Information and registration packets available – contact Renee or Ruth for details: 916-722-4545.

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## Senator Gaines' Legislation Signed Into Law

SACRAMENTO REGION, CA (MPG) – Senator Ted Gaines (R-Rocklin) recently announced that Governor Brown has signed two pieces of his legislation into law, opening up valuable recreational opportunities in northern California and protecting debtors from unnecessary collection efforts.

The first bill, Senate Bill 14, restores an important exemption for Bear Lake Reservoir that will allow the lake to be used for recreational activities as well as continuing its role as a source of drinking water for the surrounding communities.

"Bear Lake is gorgeous and I'm so happy that people from around the state will be able to enjoy it now that Governor Brown has signed my bill," said Gaines. "Opening the lake will

be a boon for the local economy and for recreation, and we can do it all while preserving the drinking water quality that the region depends on."

Senate Bill 551 was also signed by the Governor today. This bill will help ensure that debtors who have already satisfied their judgments are not subject to further collection actions.

"When a judgment is paid that should be the end of it," said Senator Gaines. "We had rules in place that made it difficult for banks or other collectors to tell when a judgment had been satisfied, leading them to keep trying to collect the same debt over and over. Senate Bill 551 provides some clarity and standardization that will benefit debtors and collectors alike and make California



Senator Ted Gaines

an easier place to do business." Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties.

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