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# Citrus Heights Messenger

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

Volume 3 Issue 10

Serving the City of Citrus Heights and Sacramento County

Second Edition for May 2013

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## *“Ladies in White” A Pioneering Group*



**“Ladies in White in front of “Rescue One.” A early Citrus Heights pioneering group.** Photo by Julie Parker

*By Julie Parker*

CITRUS HEIGHTS, CA – (MPG) Blazing trails for today’s female firefighters and paramedics, women from Citrus Heights historically demonstrated strength and tenacity in emergency situations, setting a higher bar for women and men alike.

In tribute to these groundbreaking women, Teena Stern and Alice Fellos produced a pictorial history book, “The Ladies Auxiliary and Ladies in White: Pioneering Female Firefighters in Citrus Heights,” published by the City of Citrus Heights.

“The City is delighted to share the stories of this pioneering group of women,” says Katherine Cooley, Development Specialist, II. “We hope their stories will serve as an inspiration to the girls and women of Citrus Heights to strive for excellence, strength and innovation in their own lives.”

During WWII, women around

the country were asked to fill in for absent men who were serving overseas. Locally, the Citrus Heights Fire District created The Ladies Auxiliary, asking women to cover daytime emergencies. They fought grass fires, barn fires, and rescued animals. It was a challenge, as fire hydrants were scarce, and fire trucks only held 150-250 gallons of water.

In 1947, they assisted in fighting the devastating Cap Kohler fire, resulting in two of their own receiving severe injuries. That same year, the men returned and the organization was disbanded. However, some women continued to fight fires.

In 1951, the volunteer Ladies in White Rescue Squad was created to augment emergency response services. Many of the Ladies were married to firefighters and understood the rigorous challenges they faced every day.

Their services included emergency birthing deliveries. They wore a safety pin on their

uniform, pinned horizontally, from which hung additional pins – each reflecting a birth for which they assisted.

When their ambulance “Rescue One” – the only ambulance in the northeast portion of Sacramento County – wasn’t available, they drove their own cars, and had to purchase their own radios.

A crowning glory of the Ladies is that they, not the men, developed one of the nation’s first, and most effective, first aid programs. It was so innovative, the program was written up in Europe and Japan.

The organization ended in 1986 with the introduction of advanced trained paramedics, and the growing number of rescue calls.

On May 8, 2013, the Sacramento Metropolitan Fire District’s Station 23 hosted a book signing event, at which attending Ladies received appreciative applause from a grateful

public. Uniforms from both Ladies organizations were on display, along with photographs and other memorabilia.

Ladies present were Jay Darnell, Sandra Thayne, Janie McBride, Claire Koll (Kropp), Shirley Verhines, Linda Pittman, Winnie Veasman, Doreen Sharlach, and Marleen Covington.

“It’s an honor to be here today with the Ladies in White who set the stage earlier than what my mom did,” says Fire Chief Kurt P. Henke. His mother was a volunteer firefighter in rural Napa County in the 1970s. “She was in a group of 13 women. In a rural area, you couldn’t depend on anybody else. She was a very classy person, but very rugged, with a can-do attitude. They all were. CalPERS Board President Rob Feckner’s mother was one of them.”

The book is available for purchase through Lulu at <http://tinyurl.com/adbdw97>.

**Parade Adds  
New Dimensions**

*By Elise Spliess*

CITRUS HEIGHTS, CA – (MPG) One of the best ways to learn about your city is to go to a parade. If you want to learn all about Citrus Heights in less than a mile, get ready to attend the 14th annual Citrus Heights Red, White and Blue Parade. This event celebrates American spirit and patriotism, in addition to the energy and commitment of Citrus Heights residents to their community.

Taking place on Saturday, June 22 at 9:00 a.m. expect to be awed, amazed and inspired by the 59th Army Band, the Citrus Heights Community Marching Band, a skydiving aerial display, BMX stunt bike riders, the traditional Wells Fargo Stage Coach and the Sacramento King’s own Slamson. Parade goers love police and fire members and their vehicles, marching bands, marching children, animals, and vintage cars; they’ll all be there.

New to the event this year is the Fun Zone, sponsored by Sunrise Mall, where children will enjoy pony rides, zippy ride-on’s, bumper cars and bounce houses. Our Pageant Queens will again provide face painting.

San Juan High School Alumni Association will be celebrating the 100th anniversary of the high school. The Capitol Pops concert Band and the Red Circle Dance Group - Native American PowWow dancers will also liven up the route with more live music and dance.

Floats and other entries tell the story of Citrus Heights – our neighborhoods, schools, places of worship, city leaders and services, and local businesses and civic organizations that provide services of every possible description. You may find yourself repeating many times, “I didn’t know we had that in Citrus Heights” or may be thinking, “I could to be a part of that group”.

Radio 101.9 The Wolf, will add to the spirit of community. As is tradition, the Rotary Club will be sponsoring their pancake breakfast following the parade – only \$5.00 donation.

Applications are still being accepted to enter a float or other entry in the parade, the deadline in June 1. For information and application go to <http://citrusheights.net>. Under “what’s new”, scroll down to “upcoming events”. Fee is \$20 per entry. Email: [msaario@citrusheights.net](mailto:msaario@citrusheights.net)

## **Metro Fire-Fire Camp: Sign Up!** *Applications Are Now Being Accepted For 11-13 Year Olds*

SACRAMENTO REGION, CA – (MPG) It is time to sign up for Metro Fire’s - FIRE CAMP. Fire Camp is a day camp sponsored by the Sacramento Metropolitan Fire District that



**Kids are grouped in “strike teams” of eight campers.**  
Photo courtesy of Sacramento Metro Fire Dept.

takes place from July 9-12, 2013. Each day of camp 11, 12, and 13 year olds’ are given a chance to see and learn the varied disciplines of today’s fire service. It is a once in a lifetime experience, which instills self-confidence, teamwork and a basic understanding of the firefighter profession in a fun and exciting atmosphere.

The kids are grouped in “strike teams” of eight campers, and each strike team is mentored and supervised by two professional firefighters. Teams learn about the job of a firefighter and experience first hand important life safety skills. To attend FIRE



**Each day of camp, kids are given a chance to see and learn the varied disciplines of today’s fire service.** Photo courtesy of Sacramento Metro Fire Dept.

CAMP, applicants must be 11, 12 or 13 years of age. Preference is given to applicants who live within the Metro Fire District boundaries. Applications and more information can be found on our website: [www.metrofire.ca.gov](http://www.metrofire.ca.gov) Applications are processed in the order in which

they are received, so the earlier you apply, the better the chance of securing a position.

Sacramento Metro Fire, 10545 Armstrong Ave., Suite 200, Mather, CA 95655 (916)859-4300 [www.metrofire.ca.gov](http://www.metrofire.ca.gov)



# Coming Soon...CHERP of Citrus Heights

CITRUS HEIGHTS, CA – (MPG) Due to the recent loss of state redevelopment funds local governments have been scrambling to find "alternative" approaches for redevelopment. One such alternative may come from a program called CHERP initiated 2 years ago in Claremont, a small town of approximately 35,000 people in Southern California.

CHERP is an acronym for "Claremont Home Energy Retrofit Program". Over a two-year period 163 Claremont homeowners have voluntarily participated in a "deep energy retrofit" resulting in significant reductions on their home utility bills. Claremont homeowners have also received over \$600,000 in combined utility rebates to help offset the cost of their energy-efficient improvements.

The City of Claremont benefited from over \$2.6 million in economic development and significant job growth. The city's budget has also benefited from increased property and sale tax revenues, and the city discovered a "new source" of consumer discretionary spending generated from the monthly savings

from lower utility bills. CHERP was made possible through a \$36,000 City grant that so far in only 2 years has returned a 100 to 1 dividend to the city and has reduce Claremont's greenhouse gas emissions by over 227 metric tons of CO2 annually.

Devon Hartman, founder of CHERP, has appointed a local Citrus Heights energy consultant, Jack Frost, to become the Sacramento Regional CHERP Director, with the goal of expanding CHERP to all 22 cities and 6 counties representing the Greater Sacramento Region. CHERP has recently applied for a \$25K grant from the Citrus Heights Economic Development Support Fund where a little over half the funding (\$14,000) is earmarked for financial incentives to Citrus Heights homeowners who voluntarily participate in CHERP, and the balance of the funds (\$11,000) will be used for expenses related to public awareness and consumer education.

CHERP is a volunteer organization made up from a broad range of business professionals, community organizations, utility companies, and interested Citrus Heights citizens and



Gloria McCormack, 50-year resident of the first "CHERP home" in Citrus Heights, with son-in-law, Jack Frost. The home, built in 1958, resembles the majority of homes in Citrus Heights that would benefit from a "Deep Energy Retrofit".

homeowners. These groups form a CHERP "core-group" with a focus on providing public awareness and consumer education to allow participants to maximize energy-efficiency and minimize the overall cost of improvements. Consumer education is focused on helping consumers learn how to identify and access the most viable financing programs allowing them to participate, even if

their home values are "underwater" or their credit is less than "perfect" and to learn how to maximize utility rebates to help offset the cost of energy-efficient home improvements.

Citrus Height is poised to surpass the results achieved in Claremont where homeowners are "limited" to a maximum of \$4,500 in utility rebates. Homeowners in Citrus Heights

are currently eligible for rebates as high as \$4,500 from PG&E plus \$5,000 from SMUD. These rebates are welcome news at a time when local utility companies are proposing rate hikes and leading economists are predicting that utility rates could rise significantly over the next decade.

Citrus Heights will also have a head start on its' program as CHERP Director, Jack Frost, recently completed a "deep energy retrofit" on his mother-in-law's home at 7640 Taurus Ct. in Citrus Heights. The 2,200 square foot home of Gloria McCormack was built in 1958. The average monthly PG&E bill over the past year averaged \$300 and the SMUD bill averaged \$75. The first PG&E bill "post" retrofit was only \$28.92 and the first SMUD bill was \$13.64. This represents nearly 90% in combined monthly savings allowing an extra \$330 per month to be "re-directed" to the local Citrus Heights economy.

The McCormack home will be featured in "free" CHERP public workshops as a "Case Study" to teach Citrus Heights homeowners about the wide range of energy-efficient measures available to reduce energy and to lower their utility bills.

CHERP Founder Devon Hartman recently observed that it must have been divine intervention that Citrus Heights would be the first city in the Sacramento Region to launch CHERP, as here the original acronym for CHERP will denote "Citrus Heights Energy Retrofit Program".

The CHERP grant has received a broad range of support from local Citrus Heights business owners who will benefit from additional jobs and the opportunity to provide products and services required to complete residential retrofits. Lowe's Home Improvement Center and PG&E are among the many supporters of the CHERP Grant.

A broad base of support has also been provided by 80% of the Citrus Heights Neighborhood Associations reflecting support from the community at large.

The Citrus Heights City Council is scheduled to vote on the CHERP grant the evening of May 23rd. If you have questions about the CHERP program you can reach Jack Frost at 916-616-7962.



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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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**CITRUS HEIGHTS SOCCER CLUB**  
*A Nonprofit Organization*

**2013 Soccer Season Registration**

**Registration will be held at Round Table Pizza, 7867 Lichen Drive, Citrus Heights, CA 95621**

**Thursday, June 20th**  
**6:30 pm-8:30 pm**

**ITEMS NEEDED FOR REGISTRATION**

1. Cost: U6-\$65 per player, U8 through U19-\$85.  
Cash, Credit, ATM (w/ Visa or MasterCard symbol), no Checks  
Every Child who registers for 2013 season by June 20th will receive a FREE Soccer Ball with Citrus Heights Logo on it!!!
2. Candy Fundraiser is mandatory for first child per family only!!  
\$60 per box of candy or buy-out for \$30 paid at time of Registration
3. Small picture of player (preferably 1"x 1").
4. Photocopy of Birth Certificate issued from the county of child's birth.  
Hospital birth certificate is not acceptable.  
A passport or military I.D. is acceptable in lieu of a Birth Certificate.  
(Note: If you have registered with Citrus Heights Soccer Club in 2012, a birth certificate is not necessary. Your information will be on file.)


**Uniforms will be Pre-Ordered @ Registration Full Uniform (Jersey, Shorts, Socks) = \$25 (Returning players not required to purchase Uniform)**


**Practices begin July 2013. Games will be held on Saturdays beginning September 2013 (U8 and above).**

**Games for CVYSL U6 program will be held on Friday evenings, beginning August 2013. Any questions please visit our website at [www.chsoccer.org](http://www.chsoccer.org)**

**\*\*We will be having a Cleat Drive this year, please bring any extra cleats to Registration to donate, no matter the size or condition!!**


*This is not a program of the San Juan Unified School District and SJUSD accepts no liability or responsibility for the program.*





**Publisher, Paul V. Scholl**

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**Citrus Heights Messenger**

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

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# Memorial Day Service at Sylvan Cemetery

All Gave Some; Some Gave All



Veterans from all branches of the military march during 2012 Memorial Day observance at Sylvan Cemetery in Citrus Heights.

By Jim Monteton

CITRUS HEIGHTS, CA—(MPG) Memorial Day is a day of remembering the men and women who died while serving in the United States Armed Forces. This day is often confused with Veterans Day which is observed on November 11 and celebrates the service of all U. S. military veterans.

Every year, Sylvan Cemetery in Citrus Heights honors those who gave their lives in the defense of their country. This year the Memorial Day service will be held on Monday, May 27, 2013, at Sylvan Cemetery, 7401 Auburn Blvd., Citrus Heights.

American Legion Post 637 sponsors the ceremony. All members of the community are invited to attend this important event.

The morning begins at 10:30 a.m. with a walk through the historical section of Sylvan Cemetery, which takes about 30 minutes. Walkers stop briefly at each flag station to read a prayer and salute the flag.

The men marching include the American Legion, Veterans of Foreign Wars, Sons of Union Veterans of the Civil War, Sons of the American Revolution, Boys Scout Troop 228, and police officers of the Citrus Heights Police Department. This year the American Legion

Auxiliary, female relatives of qualified living and deceased servicemembers, will be joining in the march. All others who wish to walk are welcome.

The procession will conclude at the gazebo where there will be a one hour ceremony. Many participants marching will be in uniform – past and present – from the American Revolution to modern day.

As part of the ceremony this year, we invite all who would like to, to take part by standing and saying the name aloud of loved ones, friends and family members – all who lost their lives in war. We would like you to say the name, branch of service and the war they did not return from. In this way it is hoped that this Memorial Day will truly be memorable.

Although Memorial Day was to be celebrated on May 30, the official holiday occurs every year on the final Monday of May.

Memorial Day, formerly known as Decoration Day, originated after the American Civil War in 1868 to commemorate the Union and Confederate soldiers who died in the Civil War. The end of May seemed to be appropriate since many spring flowers are available. By the 20th century Memorial Day had been extended to honor all Americans who have died in all wars in the past 236 years.

# May is Veteran’s Poppy Month

**We Shall Not Sleep  
In Flanders fields  
the poppies blow  
Between the crosses,  
row on row,  
That mark our place;  
and in the sky  
The larks, still bravely  
singing, fly  
Scarce heard amid  
the guns below.  
We are the Dead.  
Short days ago  
We lived, felt dawn,  
saw sunset glow,  
Loved and were loved,  
and now we lie  
In Flanders fields.  
Take up our quarrel  
with the foe:  
To you from failing  
hands we throw  
The torch; be yours  
to hold it high.  
If ye break faith with  
us who die  
We shall not sleep,  
though poppies grow  
In Flanders fields.**

**Poem inspired by the  
poppies of Flanders Field,  
France**

**By Lt. Col. John McCrae,  
Canadian Army WWI**



(l to r) Brenda Sheriff, ALA president, Assemblyman Ken Cooley, Virginia Hicks, Helen Muth, Sheila LaPolla, and JoAnne Schuster. Photo by Ken Hicks

The red poppy has become an international symbol of remembrance to honor all who have suffered in war. Assemblyman, 8th District, Ken Cooley, and Citrus Heights Council Member, Sue Frost visited the American Legion Auxiliary, Unit 637, Poppy table at the C.H. Post Office on May 11, to contribute towards the the red poppies made by disabled veterans. All proceeds are returned to the veterans. For the full story of Flanders Field and the red poppy, visit [www.greatwar.co.uk/article/remembrance-poppy](http://www.greatwar.co.uk/article/remembrance-poppy).

# SMUD Asks Customers to Take Safety Precautions Before Digging

SACRAMENTO REGION, CA – (MPG) Whether planting a tree, building a deck, putting in a pool or putting up a new fence, be sure to include an important safety step prior to starting the job.

Call Underground Service Alert (USA) a minimum of two business days before beginning to dig to find out if there are any dangerous underground utilities such as power lines in the area.

Whether you are doing the job yourself or hiring a professional, smart digging means calling 811 or going online to call811.com before each job.

The Sacramento Municipal Utility District and other area utilities such as gas and cable television will be contacted to determine whether they have underground facilities at the excavation site.

Underground utility lines are not always located in the street; some utilities may be located in backyard easements.

Digging into an underground electrical line can cause power outages and personal injury or death.

Source: SMUD Newsroom



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# Bittersweet ‘Homecoming’ for Mother of Liver Transplant Donor

By Elise Spleiss

SACRAMENTO REGION, CA – (MPG) In January 2010, 22-year-old George Becker died suddenly of a rare bacterial brain infection in Carmichael. At the same time, 15-year-old Alfonso Garcia was fighting for his life in San Francisco, with a rare genetic disorder. When Becker died the family chose to donate his liver to Garcia.

The floral image of liver donor Becker, created entirely of materials from nature, was chosen by the CA Transplant Donor Network (CTDN) as one of 32 floral images of organ and tissue transplant donors to be featured on their Journeys of the Heart float in the 2013 Tournament of Roses Parade. Recipient Garcia, now 18, and a student at UC San Francisco, rode next to Becker’s floral picture.

Four months later her son, George has in a sense, come home. As family, friends and



Alfonso Garcia, liver transplant recipient; floral portrait of donor George Becker; Cathy Olmo, CA Transplant Donor Network; Connie Mays, mother of donor.

media looked on, the recipient of her son’s liver, Alfonso Garcia, presented Connie Mays with the floral portrait of her son. It was hung it in a prominent place in May’s hair salon in Sacramento.

Garcia, his parents and Connie Mays have become ambassadors for the transplant program, working to encourage others to

register as donors so they too can save a life. Visit [www.ctdn.org](http://www.ctdn.org) for information on the organ and tissue transplant program.

This is an update of this article printed in the December 2012 issue #24 of Citrus Heights Messenger. You can read the article on our web site under “previous issues”.

# SMUD Invites Public Input

SACRAMENTO, CA –(MPG) The Sacramento Municipal Utility District (SMUD) Board of Directors is holding two public workshops and a public hearing to discuss proposed rate changes to begin in January 2014.

In the General Manager’s Report & Recommendation (Report), released by SMUD General Manager & CEO John Di Stasio, staff outlines a proposed two-step rate increase of 2.5 percent in both 2014 and 2015 for all customers to meet projected shortfalls resulting from the higher costs of renewable power required by the state, the increase in the number of participants in the low-income energy assistance program, and debt service obligations. SMUD’s rates remain lower than most other utilities in California. Of the 19 largest electric utilities in the state, SMUD has the third lowest average cost per kWh. The Report also recommends a restructuring of the residential rates that will be phased in gradually over four years to

better align rates with SMUD’s cost to serve customers. This restructure will help residential customers make better informed choices about their energy consumption and utilizes new smart technology. SMUD seeks to transition to flat rate pricing with the goal of recommending time-based pricing by 2018.

The Report also addresses the following items:

- A new approach to the Energy Assistance Program Rate (EAPR) for low-income customers to help neutralize bill impacts by increasing the discount but adding a cap to the total discount.
- Modifications to street lighting rates making efficient LED lighting more cost beneficial.
- New Combined Heat and Power (CHP) rate for non-renewable generators.
- Revised late fees for public entity commercial customers.
- Reduce bill impacts to small commercial customers by combining demand and energy criteria

for the small commercial rate.

- Revisions and modifications to the Rates, Rules and Regulations to enhance clarity and consistency.

All three meetings will be held at the SMUD Headquarters building, 6201 S Street, Sacramento, 95817.

Public Workshop–Tuesday, May 28–6 p.m.

Public Workshop–Tuesday, June 18–10 a.m.

Public Hearing–Thursday, July 18–9 a.m.

Information on the proposed rate action and a complete copy of the General Manager’s Report and Recommendation can be found on [smud.org/rateinfo](http://smud.org/rateinfo) or at all Sacramento County Public Libraries.

If you have specific rates questions, contact SMUD’s Rates Administrator at [rates@smud.org](mailto:rates@smud.org) or call (916) 732-6222.

Source: SMUD Newsroom

## Auburn Rd. and Sunrise Blvd. update

By Regina Cave

CITRUS HEIGHTS, CA –(MPG)

### AUBURN BLVD

Segment II (under grounding of utilities from Rusch Park to Sylvan Corners and street improvements from Rusch Park to Sycamore Drive): SMUD installed the last of three new 69 KVA poles on Auburn Boulevard between Watson Way and Antelope Road on Thursday, May 2nd. Sidewalks, driveways and curb and gutter are almost complete on the east side of Auburn from Antelope to Cripple Creek. Demolition has also started on the west side of Auburn Boulevard with sidewalks scheduled to be constructed starting the week of May 13th.

Utility companies have also started to arrive on-site. SMUD and Surewest are both actively working and Comcast and Sprint

are expected to start in June if not earlier. Properties are also being converted to the underground utilities, one by one. Poles are expected to start coming down in early July.

DRIVE THE SPEED LIMIT, 25 MPH. CHPD is enforcing.

Segment III (Street improvements from Sycamore Drive to Sylvan Corners):

Staff and the consultant team performed a project site walk to coordinate changes to the Segment II utilities and field review 100% plans. Final plans, specifications and estimates are expected in early June.

### SUNRISE BLVD

The Sunrise Boulevard Complete Streets Project Phase I (Vista Ridge to Antelope Road): Project is substantially complete. The contractor, Teichert Construction, is currently working on punch-list items such as completion of landscaping and

items to be corrected before the project can be field accepted. Drivers can now enjoy a smooth road to travel on, coupled with advanced traffic signal operations to help traffic flowing.

Drivers will also notice an additional left turn lane has been added on Old Auburn to north-bound Sunrise. Pedestrians can also enjoy wider, ADA compliant sidewalks, enhanced crosswalks, and audible countdown devices at the three main intersections.

This project also incorporated “green” amenities, such as new LED streets, and enhanced landscaping along the new crosswalks, which were designed to help filter storm water before entering our storm drain system.

While the project is wrapping up, it is still a construction zone, so be sure to DRIVE THE POSTED SPEED LIMIT – 25 MPH.

For more information, contact General Services Department at (916) 727-4770.

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PUBLIC NOTICE

SMUD INVITES PUBLIC INPUT ON PROPOSED RATE ACTIONS

The Sacramento Municipal Utility District (SMUD) is holding two public workshops and a public hearing to discuss proposed rate changes to begin in January 2014.

The General Manager’s Report and Recommendations (Report) includes a proposed two-step rate increase of 2.5 percent in both 2014 and 2015 to meet projected shortfalls resulting from higher costs of renewable power required by the state, the increase in the number of participants in the low-income energy assistance program, and debt service obligations. Even with the proposed rate increase, SMUD rates remain among the lowest in California and would be approximately 24 percent below PG&E.

The Report also recommends a restructuring of the residential rates that will be phased in gradually over four years to better align rates with SMUD’s cost to serve customers. This restructure will help residential customers make better informed choices about their energy consumption and utilizes new smart technology. SMUD’s goal is to transition from tiered pricing to time-based pricing by 2018.

During the residential rate transition, SMUD proposes a new approach to the Energy Assistance Program Rate (EAPR) for low-income customers to help neutralize bill impacts.

- The Report also addresses the following items:
- Modifications to street lighting rates making efficient LED lighting more cost beneficial.
  - New Combined Heat and Power (CHP) rate for non-renewable generators.
  - Revised late fees for public entity commercial customers.
  - Reduce bill impacts to small commercial customers by combining demand and energy criteria for the small commercial rate.
  - Revisions and modifications to the Rates, Rules and Regulations to enhance clarity and consistency.

**Public Workshop** Tuesday, May 28 - 6 p.m.  
**Public Workshop** Tuesday, June 18 - 10 a.m.  
**Public Hearing** Thursday, July 18 - 9 a.m.

All three meetings will be held at:  
SMUD Headquarters, 6201 S Street, Sacramento, 95817

Information on the proposed rate action and a copy of the General Manager’s Report and Recommendation can be found on [smud.org/rates](http://smud.org/rates). Copies of the report are also available at all Sacramento County Public Libraries.

Accommodations are available for the disabled individuals. If you need a hearing assistance device or other aid, or have specific rates questions, contact SMUD’s Rates Administrator at (916) 732-6222. Written comments can be sent to [rates@smud.org](mailto:rates@smud.org) or MS A451, SMUD, P.O. Box 15830, Sacramento, CA 95852-0830.



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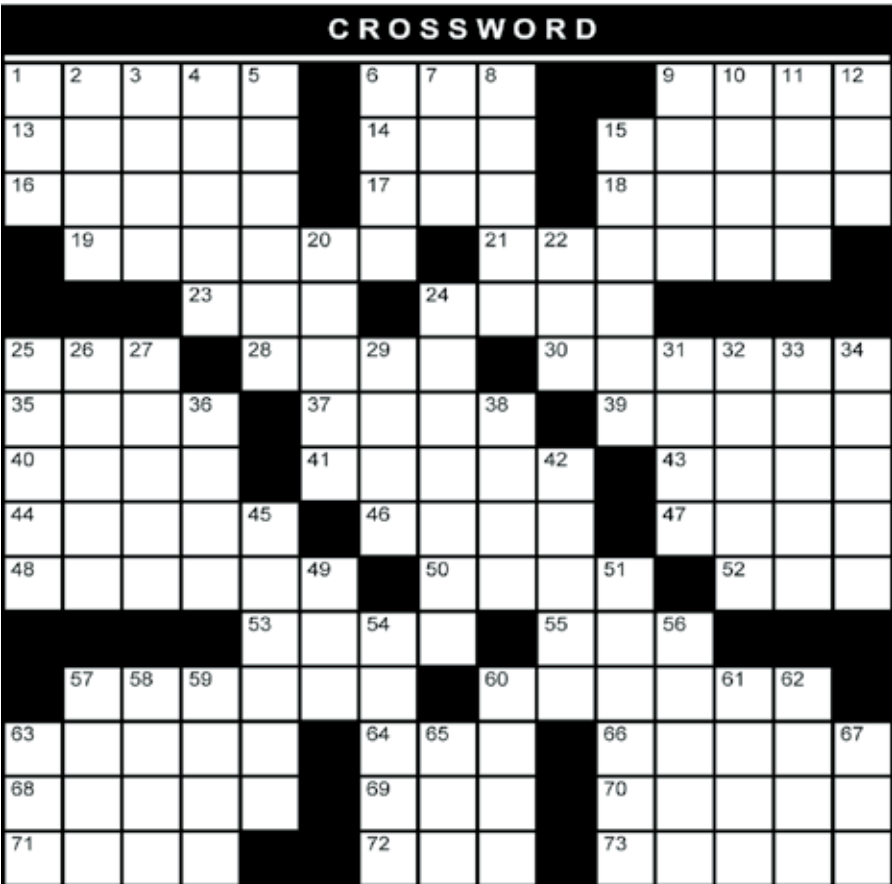
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CLUES

- ACROSS

  - 1. Done with a knife
  - 6. Pendulum's path
  - 9. Pompous talk or writing
  - 13. Salk's conquest
  - 14. Gunk
  - 15. \*Given name of "Dog the Bounty Hunter"
  - 16. Tree in Latin
  - 17. Hold title to
  - 18. Knightly suit
  - 19. \*Nickelodeon's conjoined brothers (1998-2005)
  - 21. Dig further
  - 23. Deadeye's forte
  - 24. Good earth
  - 25. Young woman making her debut
  - 28. Le Corbusier's art
  - 30. "The Cat in the Hat wore a striped one
  - 35. Like decorated cake
  - 37. Slime
  - 39. Nary a soul
  - 40. Musical mark
  - 41. Elephant trainer's prod
43. Byproduct of muddy roads

44. Mirths

46. "A dog relies on it to interpret the world

47. Speed on water

48. "There Will Be Blood" contraption

50. Mail agency

52. Double helix

53. Well-mannered Emily \_\_\_\_

55. "High" drink

57. "\_\_\_\_" Noir" cabaret

60. "Most famous collie?"

63. Best not mentioned

64. Poetic "before"

66. Bridal path

68. Open disrespect

69. Poetic "even"

70. Imposing house

71. One of the Ivies

72. Banned insecticide

73. Larger key on the right
- DOWN

  - 1. R&R hot spot
  - 2. Rigid necklace
  - 3. Actress Jessica
  - 4. Plants and animals
  - 5. Like a dirty affair
  - 6. Bug-eyed
  - 7. Column's counterpart
  - 8. Type of dwelling unit
  - 9. In some cultures, this is a compliment
  - 10. Not cool
  - 11. In a little while, old-fashioned
  - 12. \_\_\_\_ Royal Highness
  - 15. \*Cerberus, e.g.
  - 20. Opposite of alpha
  - 22. "Dog \_\_\_\_ dog"
  - 24. Observation post
  - 25. "It ate my baby"
  - 26. Food safety threat
  - 27. Asian pepper
  - 29. a.k.a. CT
  - 31. Politician's barrelful
  - 32. \*Baskerville's scare
  - 33. Author \_\_\_\_ Chekhov
34. Seed coat

36. Whitetail, e.g.

38. \*Boot-wearing cat

42. Anatomical dividers

45. Used to drain gas tank

49. India's smallest state

51. PBS street

54. Knight's mount

56. Of the Orient

57. Pretty undergarment fabric

58. Very dark black

59. Succotash ingredient

60. Fast time

61. "\_\_\_\_ that the truth?!"

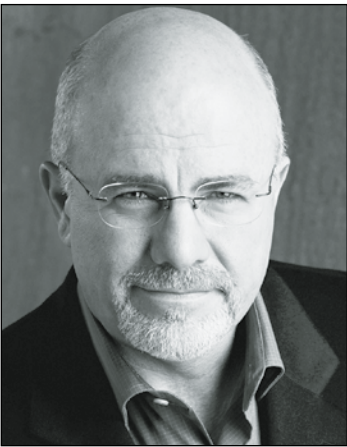
62. Besides

63. Recipe amount

65. \*Color of some setters

67. Poetic "always"

For Solution  
See Page 7



Dave Ramsey is America's most 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 5,000,000 listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

She Wants to Work

Dear Dave,

I'm a stay-at-home mom now, and my husband brings home \$2,600 a month. We're trying to get out of debt, but we need more money coming in. I want to go back to work, but emotionally part of me feels like I should stay home with our 2-year-old daughter. What do you think?

- Kayla

Dear Kayla,

I understand the feelings involved, especially if you've spent all of your time home with your child. But don't make the mistake of blaming the debt if you simply want to go back to work. You're not a bad person if you have kids and you work outside the home.

I have several ladies on my team who have young children, and they work 40 hours a week. Guess what? They're excellent mothers! Anyone who says a woman can't be a great mom because she works outside the home is full of crap. On the other hand, if anyone says you're not fulfilling yourself as a person or you're stunting your intellectual development because you're a stay-at-home mom, they're full of it too!

I'd advise you and your husband to sit down, talk about this a lot, and pray about the situation.

Dave Says

Don't worry about what anyone else thinks, because it's none of their business. You guys are in charge of your lives and your family. That makes it your job to decide what's best.

If you want to stay at home, and you guys can make it happen financially, that's a great thing. If you can't right now, or you simply want to go back into the workforce, that's fine too. It'll help solve your debt problem. Then after you've got your money under control, you might find you want to come home again. The option will be there.

For now, I think you should go back to work. Why? Because you want to!

- Dave

Financing the College Experience

Dear Dave,

We live in New Jersey, and my wife and I can afford the \$10,000 to send our son to a state college. However, we have a younger child who is heading to college in a couple of years, and I'm having a hard time justifying room and board when he can commute. My wife doesn't have a problem paying for it, even though it would mean taking out a loan. What do you think?

- Andy

Dear Andy,

I'm with you on this one. If you had an extra \$40,000 lying around, this wouldn't be an issue. But if you're talking about borrowing money just for him to live in a dorm, my answer is a resounding no!

If your son, or your wife, wants the "college experience" to be part of the equation, then Junior can get a job to pay for the added expense. Anyone can make \$10,000 a year delivering pizza while in school, and it would be a great life experience. You might spot him a little something to get him in there and get things going, but I'd make it contingent on him working to pay the remainder.

There's no reason to take out loans for something like this. It sounds like you guys can cash flow the important stuff, but make sure this kid learns what work is and why it's important. I worked full time while I was in college and still graduated in four years.

Besides, most college dorm rooms look a lot like prison cells; they're tiny, with concrete block walls and maybe a window, if you're lucky. Does this really sound like an "experience" worth going into debt for? I don't think so!

- Dave

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		9	8		3		6
			1	6	3		
			5			6	3
				4	5	8	

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

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For Solution  
See Page 7.

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By Ronnie McBrayer

“There is something rotten in the state of Denmark.” That is a centuries old phrase from William Shakespeare’s masterpiece, “Hamlet.” Going back to your high school English class, you might remember that strange things were indeed going on in Hamlet’s world.

His father, the Danish king, had been murdered. His uncle was behind the conspiracy and had taken over the country. Ghosts and apparitions were visiting the castle. One of the characters finally states the obvious: “Something is fishy around here.” Denmark has smelled rotten ever since.

But in reality, Denmark doesn’t stink at all. It’s a wonderful place. In fact, Denmark, Sweden, Norway, and the Scandinavian nations of Northern Europe are officially the happiest countries in the world. This seems so counterintuitive to me. No offense to the Scandinavians, but when I think of happy places, the cities of the Nordic north do not quickly come to mind. Nevertheless, the statistics don’t lie.

Every year the Legatum Institute in London publishes its annual Prosperity Index that gauges the happiness level of the world’s countries. Consistently, Denmark, Norway and the sister Scandinavian nations are at the top of the heap. On the other

## Choose To Be Happy

end of the scale, the countries of Haiti, Afghanistan, the Congo, and the Central African Republic have more than a stench to deal with. These countries are consistently at the bottom of the happiness list, reflecting terrible misery for their populations.

If you are curious, the United States is currently ranked 12th on the Prosperity Index. Not too bad, but we were much happier in the near past. We have been sliding downward for some time now. Our society as a whole is not as happy as it once was, and honestly I don’t think that comes as much of a surprise.

While this survey says a lot about societal happiness, it says hardly anything at all about personal happiness. You can be a healthy, wealthy, free and secure Norwegian and be absolutely miserable. You can be a Haitian child living half-starved on the streets of Port au Prince and be filled with wondrous joy.

You can be a comfortable, successful, suburban, mortgage-paying, SUV-driving husband of one and father of two and be wretchedly unhappy. You can be a poor immigrant, a single mother with four children living in squalor, scraping for every meal, and be as happy as a singing bird in a tree.

Happiness is affected by our environment. That much is true. Happiness is a product of our genetics (scientists say that an elongated SHIT gene will make you happier on average than most). But ultimately, barring emotional or mental dysfunction, happiness is a choice we make. No, we don’t live in Scandinavia. We have no control over our chromosomal makeup.

We can’t do anything about our age and very little to change our personal economics. There are simply some things we cannot change.

But, there are other things we can do something about. We can opt to live near our friends. We can decide to practice gratitude. We can do work we find fulfilling. We can opt out of the blame game, and quit holding God, life, circumstances, past lovers, ex-wives, former business partners, parents, and reality responsible for doing us in.

We can make choices that will lead us toward becoming happy, joyful people or we can make choices that will result in us becoming chronically unhappy people. Regardless, that choice belongs to each and every one of us.

It was Viktor Frankl, famed Jewish Holocaust survivor and brilliant Austrian psychiatrist, who best articulated the power of choice in personal happiness. Reflecting upon his time in the concentration camps he wrote, “Everything can be taken from a man but one thing: the last of human freedoms – to choose one’s attitude in any given set of circumstances.”

If you want to be happy you don’t have to move to Northern Europe or wait for science to alter your genetics. But you do have to choose to be happy, and no one else can make that choice for you.

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

## Oh For a Memory Like Dear Old Mom’s

By Rev. James L. Snyder, D. Litt

In growing up one of the outstanding things in my relationship with my mother had to do with her memory. She could remember everything.

All I had to do was ask dear old mom and she knew the answer. She knew everything. No matter the topic, she had an opinion about it, which truly amazed me as a young person.

Before I went to school, my mother was my entire world. From the time I got up in the morning until she tucked me in bed at night, she was the master of my world. Whatever I could do, she was the one who allowed me to do it.

Looking back, I can remember when my father got home from work in the evening he gave my mother a little break from looking after me and my brother and sister. If memory serves me correctly, my father watched us by lying on the couch snoring. I never could figure out how he could do that but it was his way of watching us and helping mom.

As a young person, anything I wanted I had to requisition it from dear old mom. The thing that always amazed me was that she always had what I needed. I have often wondered how she could do that. But then, she was mom.

My weekly allowance came from my mother. It took me a long time to realize the money for my allowance came from my father. I always believe mom had all the money there was.

I remember coming home from the second grade with homework to do that just baffled me. All I had to do was ask mom and she could explain it to me like nobody else could. Mothers are like that.

They know everything and remember everything. What my mother knew only my mother could know. It was as if she could read my mind. It was as if

she had eyes in the back of her head.

It was so bad that I could not get away with anything. Believe me; I tried very hard to get away with something. For some reason my mother knew what I was going to do days before I actually thought about doing it.

I am not sure who is credited with designing the first memory board for computers, but I know who designed the memory board for people. I firmly believe that mothers were the first computer designed and wired by God. Why in the world do you think they call it the “motherboard?” It is no accident that they come up with this term.

My mother had a tremendous memory. This is the difference between mothers and fathers. Mothers cannot forget anything and fathers cannot remember anything. Together they make an invincible team for raising children.

It was not until I became a teenager that a little click developed between my mother and me. I began to realize that my memory did not always harmonize with hers on some issues. As I got older, the harmony was less and less.

For example. My mother would tell me, “You must be home by 10 o’clock.”

At least, that is what she said she told me after the fact. When I came in at 11 o’clock, she reminded me of what she told me. For the life of me, I could not remember her telling me to be home by 10 o’clock.

“I told you to clean up your room.”

Searching my memory board, I could not find any indication that she told me this. I am not saying that she did not; I am just saying that our memories did not coincide on a variety of issues when I became a teenager.

What struck me about my mother was she could remember conversation she had with me three years ago word for word. As I get older, I began to doubt

the accuracy of her memory. The problem with that was, I had no memory of anything and so I had to rely upon her memory.

Now that I am a parent, it is apparent to me that memory is a rather funny thing. I am not sure that my mother was in this category, but my memory is of such a nature that I can remember things that never took place. Not only that, I can describe it in detail.

As a teenager I remember coming into the room and my mother sitting there looking out the window with a little smile on her face.

“What are you thinking about?”

She just looked at me, smiled and said, “Oh, I was just remembering some things.” Then she turned and looked out the window again and I left her to her memories.

In celebrating Mother’s Day, I cannot help but think of the many wonderful memories each mother cherishes. Their children will always be children. No matter how old their children get, they will always be their little babies.

Memory is a delightful thing and sometimes can be very selective. I am sure, when a mother engages in the fine art of memory, they are all good memories.

Solomon was probably thinking about his mother when he wrote, “Her children arise up, and call her blessed; her husband also, and he praiseth her. Many daughters have done virtuously, but thou excellest them all” (Proverbs 31:28-29 KJV).

You cannot put a price on a good memory.

*Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 1-866-552-2543 or e-mail [jamesnsnyder2@att.net](mailto:jamesnsnyder2@att.net). His web site is [www.jamessnyderministries.com](http://www.jamessnyderministries.com).*



By Karen Anderson

There is a statement that says, “Accept your path, with its many twists and turns. The adventure is in the journey, not the arriving.” Once again, Satan is after me because I want to do God’s work, not his.

Since February of this year, life has been exciting watching God work. To keep me balanced and letting “God’s Woman” appear, I am planning events for encouragement for your journey. In the past there have been struggles in all aspects of an event. Worries

## “Satan, SCAT!”

set in and I let the enemy (Satan) interfere with what God wants.

When I was planning the 2014 Women’s Retreat, I was shocked how quickly everything came together. In our first planning meeting, all the details, including the facility, were resolved. At first I just couldn’t believe it. Then a thought...”God can do whatever He wants.” I am proud to say that God is the sponsor of this event so I have nothing to worry about....Right?

As time has gone on, I realize that Satan is working super hard to stop the retreat. He tried to create discouragement in my thoughts and words. Since that didn’t work he created symptoms of Bells Palsy (a paralysis on one side of the face). At first this scared me and fear raised its ugly head. The enemy is after me even harder trying to stop me doing God’s work. I said, “Satan, you have no place here, so scat!” God is the love of my life, and

through my weakness, He will show His power. No matter, whether I can speak perfectly or not, I am His instrument and He will be glorified.

When life hits you in the face (excuse my pun), do you stand up strong with God against the storms in your life and say, “I will not be defeated because I am God’s love?” God’s word says, “But those who hope in the Lord will renew their strength. They will soar on the wings like eagles, they will run and not grow weary; they will walk and not be faint.” Be strong in the hope and power of God and just believe.

PASSAGE: Isaiah 40:31 (NIV)

*Karen Anderson is an accomplished speaker, author, and chaplain. Women’s Retreat planned for March 2014 at [www.renewingyourspiritretreat.com](http://www.renewingyourspiritretreat.com). Karen’s website [www.doablesteps.com](http://www.doablesteps.com) for more encouragement and offerings.*



By Marlys Norris, Christian Author

According to Webster — **FAITH:** *A belief in a value, truth, or trustworthiness of someone or something; belief and trust in God, the Scriptures, or other religious writings; a system of religious beliefs.* **SCRIPTURE:** *“Prove by the way you live that you have really turned from your sins and turned to God. (Matthew 3:8)”*

One’s trust in God our Heavenly Father and His beloved Son Jesus Christ represents everything one needs in this life. One is to listen and follow every instruction recorded in the Holy Bible, as evidence of our trusting faith. It is then one truly does

## God Honors Faith

enjoy a blessed life, Plus the blessing gift of eternal life. Trust and faith (belief) is a process and uniquely designed for each individual life, planned by the Lord, long before we were born. Everyone is “chosen” to become God’s adopted child gaining all rights of a legitimate heir of His eternal riches.. “*God’s unchanging plan has always been* (before the foundation of our world) *to adopt us into his own family by bringing us to himself through Jesus Christ. And this gave him great pleasure.*” (vs. 5 see *Ephesians 1: 1-10*) Adoption indicates how strong and intimate our relationship to God is. See also *Galatians 4:1-7*.

Yet, many refuse and reject the historical prophecies proving His deity. The enemy of their soul has deceived them into making their own man made god out of their own fleshly ideas and desires, unwilling to be accountable to God Almighty. Yet, God is patient and forgiving waiting and allowing their choices to bring about the end results

drawing them to Himself. At just the right time everyone who does believe will be touched by the merciful hand of God.

Historically many were healed by the hands of Jesus, as God honored their faith. God is the same Yesterday, Today and Tomorrow and through the ages He has continued to do great and mighty things in people’s lives. Unfortunately there are always some who come and doubt. A “spirit of unbelief” always closes the door to God’s intervention and wonderful miracles. Jesus said serious words to those who refuse to believe “*Go your way and as you have believed—so let it be done for you.*” (Matthew 8:13) Sadly, they will reap what they sow in life. Change your mind my friend, He loves you very much.

*Marlys Johnsen Norris Award Winning Author Book: Recipes for a Happier Marriage Contact: [Marlysjn@gmail.com](mailto:Marlysjn@gmail.com)*

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By Pastor Ray Dare

There is nothing that comes into your life without God's permission. God doesn't cause evil. God doesn't cause bad things to happen to you, but He will use them if you allow Him to. The Bible says, *"To those who love God and are called according to His plan everything that happens fits into a pattern for good. For God chose us to bear the family likeness of His Son."* Romans 8:28-29. There is a divine pattern to everything that is happening to you, a divine purpose to everything going on in your life, even the problems.

When problems come our way we tend to wonder, Why is this happening to me? Where are my problems coming from? Did I cause them? Did the devil cause them? Did God cause them? Regardless of where your problems are coming from or why you're having them, God can use them in your life if you'll let Him. So when problems come your way, the wrong question is, "Why, Lord?" The right question is,

# Don't Ask "Why?" Ask "What?"

"What, Lord?" What, Lord, do you want to teach me? What, Lord, do you want to produce in me through this difficult time?"

*"Everything that happens fits into a pattern for good. For God chose us to bear the family likeness of His Son"* God uses every problem to produce in you the character of His Son. If God is going to make you like Jesus, then He's going to allow you to go through some things that Jesus went through.

There were times when Jesus was betrayed. There were times when Jesus suffered. There were times when Jesus was lonely. There were times when Jesus was angry, upset with people, discouraged and confused. God allowed Jesus to go through all these things. Do you think God is going to spare you from these things? What makes any of us think we'll be exempted from suffering, loneliness, betrayal, discouragement or confusion?

God's going to allow you to go through similar circumstances that Jesus went through — count on it, because He wants to perfect you. Hebrews 5:8 says, *"Jesus learned obedience through suffering."* If Jesus learned obedience through suffering, how do you think you're going to learn it? Hebrews 2:10 says, *"Jesus was made perfect through suffering."* How

do you think you're going to be made perfect? God perfects you, first through His word, 2 Timothy 3:16-17, then the Holy Spirit, Romans 8:11, 1 Corinthians 3:18, and then if those two don't work, He uses circumstances. Even if you read the Bible 5 hours a day or follow the Spirit's leading most of the day, how many hours a day do you have circumstances? 24 hours. So God depends on circumstances the most to perfect you.

You cannot choose what is going to happen to you next week, next month or next year. You don't have that choice. But you can choose how you're going to respond, how you're going to react — whether it's going to make you or break you, whether it's going to be a stepping stone to maturity or a stumbling block to failure. What really matters in life the most, is not what happens to you. What happens to you is not the most important thing in your life. What happens *in you* is what matters most. And that's your choice.

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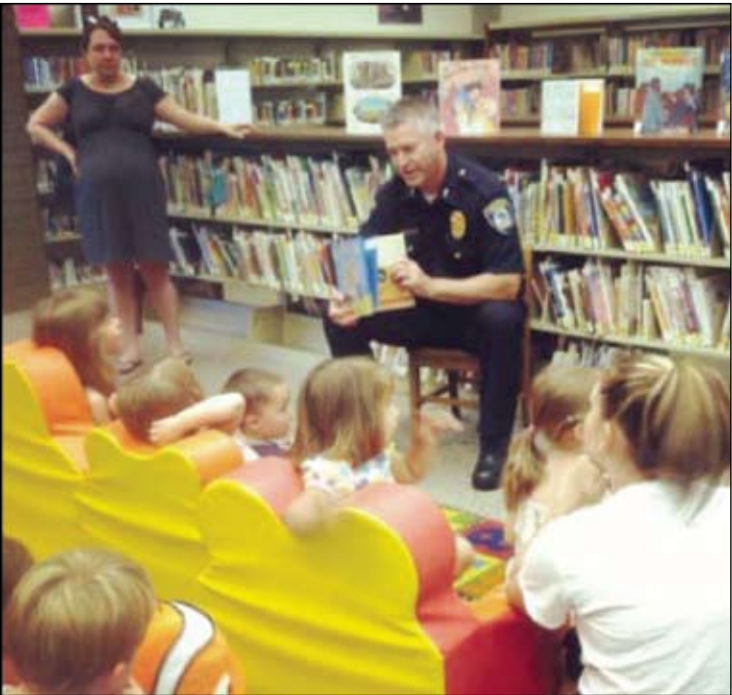
# Cops Reading to Kids

CITRUS HEIGHTS, Ca – (MPG) Tom Chaplin, Commander Investigative Services Division and President of the Citrus Heights Police Activities League recently announced the second annual Cops reading to kids day.

This well attended event will be held at Sylvan Oaks Library, 6770 Auburn Blvd, Citrus Heights. The event is scheduled for Thursday, June 6th from 10-12PM.

Although this is a PAL event, those youth (and their parents) who would like to know more about PAL are invited and welcome to attend this fun event.

In addition to many of the Citrus Heights Police Officers reading to and with youngsters of all levels of reading, there will be a Police K-9 demonstration, a tour of the library and a healthy snack.



The second annual Cops reading to kids day will be held at Sylvan Oaks Library, 6770 Auburn Blvd. Citrus Heights. Those who would like to know more about PAL (Police Activities League) are invited to attend.

For more information go to the Citrus Heights Police Activities League web site, www.citrusheightspal.com

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HEAD TRASH

Do you find yourself pushing hard to succeed, but you just can't get traction? Why? Could it be you're working against yourself? I know it sounds strange, but not after I spoke with **Tish Squillaro**, who co-authored "**Head-trash**" with **Timothy Thomas**, on my **POPOFF** Radio Show. They refer to thought patterns and emotional tendencies that hinder our ability to respond to business issues in a productive and professional way. Head trash is the negative voice of your subconscious. With eighteen years of business consulting experience, they have come up with seven traits we need to trash so we can make intelligent, effective decisions in our lives. They are Fear, Arrogance, Insecurity, Control, Anger, Guilt, and Paranoia. But wait just one minute. How do I talk back to my subconscious? I have trouble enough dealing with my conscious self. I think my paranoia is setting in. They call Tish the CEO Whisperer, so I asked her to whisper in my ear some ways to deal with this head trash and turn it into a positive. Here goes. These are the recommendations for:

**1) FEAR:** Build up the big decisions - if you have been frozen by fear, your decision making muscles have atrophied. Don't push too much strain on them all

POPOFF!

with Mary Jane Popp

at once. Start by making smaller decisions that are less frightening. Be consistent. That's the only way real change will take place. Over time you gain confidence you need to make the big decision that probably seemed impossible.

**2) ARROGANCE:** Cultivate humility - arrogant leaders tend to think of humility as weak. That's a false perception. Humility means being realistic about yourself, your abilities, your ideas. It means being honest enough to accept your limitations and admit that you are not perfect. You acknowledge that you can, and do make mistakes. Humility is about truth, and if you want to move forward, you need to be firmly rooted in the truth.

**3) INSECURITY:** Truly embrace compliments and Value your Worth - instead of leaping to devalue yourself. Grab the opportunity to pat yourself on the back after any success. It may be as simple as allowing yourself to accept a compliment without diminishing the praise. Then fan the spark of positive feedback into a small fire that you learn how to feed. If you can't do it for yourself, find a career coach or counselor who can help you.

**4) CONTROL:** Look at yourself - and ask yourself if you truly need to be involved. Does this really require your attention? Before you dive into a new timeline consuming initiative, see if you can delegate instead. And if you are sincere about wanting to change, ask yourself the hardest question..."am I getting in the way?"

**5) ANGER:** Breathe—when you start to feel yourself boil over, stop, breath, and think before you do or say anything you might regret. Are you so enraged

that it might be a good idea to leave the room? Fine! Get up and take yourself out of harm's way. Better than saying or doing something that leaves an indelible. You can always address the issue later, calmer and having thought it through.

**6) GUILT:** Move on quickly - lingering guilt is the mind's way of trying to rewrite history and change the outcome which, of course, is impossible. What is done is done. No matter how many times you think about it, or try to resolve it differently, nothing will change. Instead, drop the baggage, hit the pedal, and move forward.

**7) PARANOIA:** Write it out before you blurt it out - before you explode over a perceived slight to your status. Go back to yourself and ask, "why am I feeling this way?" It is remarkable how sitting quietly with your thoughts and a blank piece of paper or computer screen helps you sort out your emotions. Away from the event, you may find that you are misreading the situation through your own interpretations of fear and doubt.

There you have it. Several of these recommendations seem like common sense, but we do let our emotions run away with that common sense. Want to find out just how much of that head trash is stored in there? Check out this website [www.headtrash911.com](http://www.headtrash911.com) and take the survey. You might really be surprised. The book is called "Headtrash" cleaning out the junk that stands between you and success. Move on! It's all up to you! Now Go get 'em!

Join Mary Jane for the **KAHI Noon News Monday-Friday** and then again for **POPOFF 10 PM - Midnight**.

# Union Gospel Mission Sacramento

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

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# Maita Honda Celebrates with Chamber Ribbon Cutting Event



CITRUS HEIGHTS, CA – (MPG) Maita Honda of Citrus Heights held a mid-day ribbon cutting event on May 3rd to celebrate their one-year anniversary of operation at 6151 Auburn Blvd. in Citrus Heights at the corner of Greenback Lane. Chuck Baccarella, General Manager, and the entire Maita staff and ownership greeted approximately 50 local businesspeople, city officials and Chamber of Commerce representatives to the event. The luncheon was provided for attendees with the catering served by Capital City Catering. Maita Honda purchased the previous Carmichael Honda franchise in May of 2012. Photo by Paul Scholl



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

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

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

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

BusinessCoach.com was founded in 1989 and headquartered in

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

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

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



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



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

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

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

Gary can be contacted through BusinessCoach.com or email him at gary@businesscoach.com





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