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Changes Name to  
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# M Citrus Heights Messenger

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

Volume 3 Issue 9 Serving the City of Citrus Heights and Sacramento County First Edition for May 2013

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## A One In a Million Dream



Natasha Ebert trains with her solid bred paint horse Toby, as she prepares for the Pinto World Championships in Tulsa, Oklahoma. She will compete in nine classes while there. Photo by Julie Parker

By Julie Parker

CITRUS HEIGHTS, CA – (MPG) The 2013 Pinto World Championships are set for June 10-22, 2013 in Tulsa, Oklahoma. “I’ve never been to any show that large - ever,” says petite, 19-year-old Natasha Ebert.

Ebert and Toby, a solid bred paint horse (father is a pinto paint) will be there all twelve days, showing in nine classes, from English to Western. “Normally, people look at the solid bred horses as the underdogs, because realistically we aren’t eligible to make as much money as the two-color paint horses. If he was to have a mark underneath his belly that was 3” white, he’d be a paint horse.”

Ebert has worked hard to get to this point. She joined 4-H when she was six, participated at age nine with a pony, and worked up to 14 with Toby.

She lives on seven-acres which have been owned by her family

for 45 years. Her father, previously with the Carpenters’ Union, now takes care of the property, including building paddocks for their boarding business.

Toby arrived in Ebert’s life almost five years ago, when he was two years old. “For the first six months, I just walked him around every day for about two hours, then took him to a trainer. He bucked me off three times, being playful. He’s 1,200 pounds and I’m 110, so I could only do so much to hold him back when he got really hyper.”

They have showed at the local county fair, SHA, Orangevale Arena, and schooling shows. “Toby and I won champion showmanship, champion halter, and we won every single class we were in.” This past March, they won Champion Hunter Under Saddle, 18 and under, In Gold-n-Grand, a show in Rancho Murietta.

In high school, Ebert preferred working with horses and

homework over a social life at Oakmont. However, during her junior year, she hosted a field trip for its special needs students. “There were ten kids in the class, and I let them see the horses.”

In fact, Ebert volunteered Toby for a special needs class in Oklahoma concurrent with Worlds, which doesn’t conflict with her showing schedule. “There are 30 children in a program. I told them if they have a larger boy, this is the perfect horse, because at 16.3, he’s large. I don’t want any smaller kid being scared. They said there are a couple of larger sized boys that are looking for horses.”

She graduated a year early from high school after attending two summer classes at Sierra College, where she is now continuing her education. She hopes to transfer to UC Davis for pre-med to become an anesthesiologist. “Toby will go with me to college, which is why I like U.C. Davis. They

have a beautiful equestrian program which, hopefully, Toby and I can both go to, so he will expand also. He would learn so much.”

Unfortunately, odds are lower for California residents. Her second choice is Logan, Utah. “They also have an equestrian program. I wish it was in California, but I need to go to school. Maybe I can end up at Davis for the rest of my medical and residency.”

Meanwhile, her focus is covering expenses for Pinto Worlds. With the help of family sponsorship, she was just able to pay the \$1,100 entry fee. Travel expenses for she, Toby and her mother, are around \$3,000.

“I think that I’ve put in a lot more work than most of the other people, because I can’t afford the \$900 a month that the majority of those who are in competition pay.”

Continued on Page 9

## Old Sacramento Underground Tour Guide Positions Open

SACRAMENTO, CA – (MPG) Now in its fourth consecutive season, the Historic Old Sacramento Foundation (HOSF) is hiring a number of tour guides for its popular Old Sacramento Underground program. In addition to the paid tour guide job openings, a number of summertime volunteer opportunities are available as well.

HOSF is looking to fill between three to five paid tour guide positions to staff the coveted Old Sacramento Underground tours, which are already underway and will continue through 2013. The underground tour program takes visitors into the city’s underground and hollow sidewalk areas created when the streets were raised in the 1860s and 1870s due to devastating floods.

In addition, applications are now being accepted for a number of volunteer positions for individuals interested in working as docents for underground tours, the fun and lively Time Travel Weekends street theatre activities (that resume in late June and continue through August), and for the signature Gold Rush Days community event (that happens over Labor Day weekend in Old Sacramento).

All available positions for the underground tours are part-time and include evening and weekend shifts.

Applicants with public speaking or theatrical experience, a background in history or prior tour guide experience are strongly encouraged to apply. Interested applicants can review job requirements and/or download an online application at [www.historicoldsac.org](http://www.historicoldsac.org) and resumes can be sent to [kmcalpin@cityof-sacremtno.org](mailto:kmcalpin@cityof-sacremtno.org). The deadline to submit applications is May 17. No phone calls please.

Both the Old Sacramento Underground tours and Time Travel Weekends street theatre program are offered by the Historic Old Sacramento Foundation in partnership with the City of Sacramento, California State Parks, Old Sacramento Business Association and participating merchants and businesses.

More information is available at [www.historicoldsac.org](http://www.historicoldsac.org)  
Source: T-Rock Communications

## Anticipation Mounts as First Mesa Verde, San Juan Football Alumni Football Face-off Draws Near

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) – McArthur Football Field at San Juan High School in Citrus Heights will soon fill with anticipation as the first ever alumni rivalry full contact football game commences between Mesa Verde and San Juan High School on Friday, May 17 at 7 p.m.

“This game has been a long time coming” states Mesa Verde assistant coach Justin Llorente, (class of 1999) who is looking forward to this event bringing back the old time feeling of small town school rivalries and sense of community involvement.

Over 100 former players, all alumni of the rival schools have

been practicing for this night since February. They will be showing their stuff for present and past generations of students and alumni, and the local community of Citrus Heights.

Llorente looks forward to it being the first of many alumni games, with former students returning from all over the country to play. Of special pride is our active military from all branches of service, this year coming from as far away as Utah, Texas and South Carolina.

To kick off the event the Marine Corp Honor Guard will present colors followed by a rousing welcome by the Citrus Heights Community Marching Band. Mayor Steve Miller will

execute the coin toss to officially start the game.

A bittersweet moment will be observed during half time when long time Mesa Verde coach and athletic director Mike Gebhardt will be remembered. Gebhardt, an icon in high school football, was Mesa Verde’s head coach and athletic director from 1976 to 2000. He passed away in 2007. The Michael D. Gebhardt Coaches Award was created in his honor in 2010 to recognize “the coach that has best evoked the spirit, sportsmanship and dedication that Gebhardt showed during his long tenure at Mesa Verde”, according to the Colfax Record.

One former Mesa Verde player

to watch is starting linebacker John Lymath, class of 1979, who played for the first varsity team at Mesa Verde. Lymath, 52, is up to the challenge; he still boxes ‘for fun’ and sees this game as an important way to stay involved in the community and give back to his former school, according to assistant coach, Llorente.

Funds raised from the show-down will be divided between Mesa Verde and San Juan. Mesa Verde is raising funds for football camp, towards building their own field, and to create an alumni association. San Juan is supporting their junior programs such as Pop Warner, and the San Juan Spartans and Mesa Verde Mavericks!

This game will also be an

opportunity to introduce new San Juan head coach, Charlie Ruiz, (class of 1991). Llorente is confident Ruiz will “do a great job getting San Juan back to a competitive level and bringing rivalry games back to Citrus Heights”. Due to declining enrollment at San Juan, games between the schools ceased several years ago.

Alumni Football USA is the sponsor of this game.

Cost for the game is \$10 for adults, \$5 for ages 7-12, and free for 6 and under. Tickets only by presale. Contact Justin Llorente at [teamllorente@gmail.com](mailto:teamllorente@gmail.com), or 916-470-6619. Go San Juan Spartans and Mesa Verde Mavericks!

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# Domestic Violence Intervention Center Changes name to Reflect Who They Are and What They Do... “A Community for Peace”

SACRAMENTO, CA – (MPG) The Domestic Violence Intervention Center (DVIC) took to heart their mission to create PEACE in our communities when they announced their new name – A Community For Peace at the recent Garden of Hope ~ Celebrating Our Journey 2013 held at the beautiful Lake Natoma Inn in Folsom, CA and sponsored by Kaiser Permanente.

More than 250 people gathered to celebrate the unveiling of their new name and to hear inspirational words from Elaine Whitefeather, Executive Director of ACFP as she shared about the organizations partnerships and her vision for the future - promoting and creating PEACE in our homes, schools and communities.

Attending the evenings event were Assemblyman Ken Cooley, Eighth District who presented the California Legislature Assembly Certificate of Recognition to ACFP Advocates, Community Partners and Staff for their tremendous work and courage. Ms.Tara Shabazz, Executive

Director, California Partnership to End Domestic Violence presented Opening Remarks and spoke to the wonderful work that ACFP has done within the movement and spoke from her heart of the support she received personally and professionally from both Elaine Whitefeather and Robin Basinger. WEAVE’s Beth Hassett, Executive Director was also in attendance demonstrating her support of ACFP’s and WEAVE’s collaborative partnership in this new paradigm of supporting our fellow sisters in this movement. Citrus Heights Chief of Police was in attendance with many of his fellow officers and also spoke words of respect and admiration for the innovative programs of ACFP and the leadership that has blazed the trail of growth and success.

Chief Boyd presented the Champion of HOPE award to Ms. Robin Basinger, Program Director, ACFP for her outstanding leadership and innovative programs that have changed the face of ACFP and the way we all respond to domestic violence and family violence. Chief



(l to r) Sargent Schaffer, Ofc. Deborah Bayer recipient of Guardian of Hope Award, Ofc. Felicia Taylor, Robin Basinger, Program Director, ACFP, Elaine Whitefeather, ED, ACFP, Christopher Boyd, Chief of Police, Citrus Heights

Boyd spoke of the tremendous success of DVRT – Domestic Violence Response Team which partners trained ACFP Family Violence Specialist “in the car & on scene” with a Citrus Heights Law Enforcement Officer and together as a team they respond to the needs of our community offering support and

education on scene. DVRT has positioned Citrus Heights Police Department as an innovative and award winning team on the State and National level for their willingness to take a chance and partner with ACFP.

Guest were entertained by Ms. Deane Calvin accompanied by David Blanchard and Micky

Bennett while enjoying great art for sale, appetizers, cocktails and cheering on other honorees: Celia Snow, ACFP DVRT Volunteer and Officer Deborah Bayer, Citrus Heights Police Department, both received the Guardian of HOPE for their endless efforts on the streets to serve, support and educate our

community on the impact of family violence and domestic violence. Judi Ceynowa, ACFP DVAS Coordinator and Donna Brown, ACFP’s Harmony House Manager both received the Angel of HOPE award for their above and beyond work to support the women, children, men and boys who seek free counseling and services at the ACFP office and the safe shelter.

ACFP is about creating PEACE in our community and we invite you to join our team for PEACE – there are many ways to get involved. Call us and learn how – the benefits will inspire you and change your life.

Located in Citrus Heights, A Community For Peace mission is to end all forms of violence to women and girls, men and boys; and to promote PEACE in our homes, schools and communities. Learn more about the free and unlimited services offered at ACFP by visiting [www.ACommunityForPeace.org](http://www.ACommunityForPeace.org) or by calling 916-728-5613. ACFP is a non-profit 501(c)(3) organization.



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**Saturday, May 18th 11:00 am-4:00pm**  
**Thursday, June 20th 6:30 pm-8:30 pm**


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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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# Longtime Citrus Heights Resident, Irene ‘Rene’ Boling Lived By Maxim: ‘There is Life in This Old Girl Yet’

By Elise Spleiss

CITRUS HEIGHTS, CA - (MPG) Irene ‘Rene’ Boling made Citrus Heights her home for 65 years. Born in Los Angeles, California on October 30, 1915, as Irene Hannah-Marie Lundstrom, she passed away on January 26, 2013 at the age of 97.

Boling was 100% Swedish. She attended Covina Union High School in California, where she met her husband-to-be, Everett Boling. She was a freshman, Everett a senior. Just out of high school in 1933, her first job was as a bookkeeper at JJ Newberry Department Store in Covina.

Everett Boling enlisted in the U.S. Army Air Corps in 1931 from high school and was stationed in Hawaii as an aircraft mechanic. When his hitch ended in 1935 he returned to the mainland. Everett and Rene married in 1935 in Riverside, California.

Everett then joined the civil service and was again assigned work as an aircraft mechanic in Honolulu, Hawaii where they moved. Rene enjoyed taking hula lessons; at 5’9”, she was a natural. Their daughter, Carole, was born in 1938. They left Hawaii in 1940.

Still in civil service, Everett’s



Irene ‘Rene’ Boling

skill at repairing and servicing military planes took the family to McClellan Air Force Base in California. During WWII McClellan was a Strategic Air Command (SAC) base. Everett serviced military aircraft as they landed briefly, and then took off quickly during missions.

The family moved to Del Paso Heights in 1940. Their son, John, was born in 1942. In 1949, while still residing in Del Paso Heights Everett and Rene purchased a one-acre ranch on Mariposa Avenue in Citrus Heights from Ruth and Paul

Grow for \$350. They worked on the house every weekend for a year, when they finally moved in and became official residents of unincorporated Citrus Heights.

Through the years Rene was active in the Lionelles, American River College Patrons Club and the Belly Button Birthday Club, a birthday club made up of friends from Citrus Heights and its surrounding towns.

One of the highlights of Rene’s life was meeting Minsey Brown -- a Hawaiian princess she met in Fair Oaks. Brown worked with ‘Biggie’ Kanai, booking luaus and hula performances at military bases and for other groups in the 1960s and 1970s. Rene began teaching and then performing the hula for these programs.

Following Everett’s death in 1979, Rene and her friends began traveling, visiting 16 countries in her lifetime.

One of Rene’s greatest joys later in life was attending her grandchildren’s basketball games. She continued to live healthy and happy on her own until age 94, when she moved to the Queen of Hearts Care Home in Orangevale, until her death in January 2013 at 97 years of age.

Carole Franklin, daughter, contributed to this article.

# Memorial Day Service at Sylvan Cemetery All Gave Some; Some Gave All

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.



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

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.

Source: Wikipedia

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# Army of Angels



The City of Citrus Heights and other Citrus Heights organizations and individuals were honored at Army of Angel's Gala kick off to National Child Abuse Prevention Awareness Month on March 30. As a follow-up to their recognition at the Gala, the following were recognized at the Citrus Heights City Council meeting on April 25, 2013, for their work at keeping our children safe.

Back Row: City Council: Vice Mayor Mel Turner; Sue Frost; Mayor Steve Miller; Jayna Karpinski-Costa; Jeff Slowey Front Row: Mary Purvis, Director Northern California Pageants; Claudia Ferguson, GFWC C.H. Women's Club; Commander Daman Christensen, C.H. Police Department; Elaine Whitefeather, A Community for Peace (formerly known as DVIC); Gladys Standard, Sayonara Youth Center; Max Woodford, C.H. Kiwanis; Austen Alsey, Bella Vista Kiwanis Key Club; Carol Spiker, Army of Angels. Photo By Amy Van

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# How many trees are there in Citrus Heights?

CITRUS HEIGHTS, CA – (MPG) The City hopes to answer that question following a tree inventory this summer! Crews will begin the inventory in early May and will wrap up in September.

The information gathered during the inventory will be used to develop an Urban Forest Management Plan and comprehensive Citrus Heights Urban Greening Strategy (CHUGS). In

line with the City's Greenhouse Gas Reduction Plan (GGRP), the strategy will include policies and procedures aimed at reducing GHG levels in Citrus Heights. The GGRP was adopted by the City Council in 2011 as part of the General Plan process and set a GHG reduction target of 10-15% below baseline levels by 2020.

The City needs your help to capture all of the trees in the

inventory! Add the trees in your yard on the Sacramento Tree Foundation's interactive Greenprint Map. This project is funded by Proposition 84, through the Strategic Growth Council's Urban Greening for Sustainable Communities grant program. For more information on the City's commitment to sustainability, visit [green.citrusheights.net](http://green.citrusheights.net).

Source: City of Citrus Heights

## Knights of Columbus 4964 Hold Spring Fling & Swing Event

30's-40's-50's Dance Band performs for the 3rd Annual Knights of Columbus 4964 Spring Fling & Swing Event! This is a wonderful Mother's Day event. Please forward this public event information to anyone who may be interested to help make this night a success for the Knights of Columbus.

**DATE:** Saturday 11 May 2013  
**TIME:** 5:30 pm dinner / 7-10 pm dancing  
**PLACE:** Holy Family Catholic Church - 7817 Old Auburn Road, Citrus Heights, CA 95610  
**PRICE:** \$25 per person (includes smoked tri-tip dinner!) and dancing/listening to 17-piece

30's-40's-50's Dance Band  
**PHONE:** 916-725-3371 - Ed Clark; Reservations are required so please call by Monday 6 May to purchase tickets for this wonderful evening.  
We hope to see you there. Thank you.  
Sel Gonsoulin, Director, 30's-40's-50's Dance Band

SAVE THE DATE

4<sup>th</sup> Annual Citrus Heights

Veteran's Appreciation and Resource Picnic

Saturday, August 24, 2013

11 a.m. to 3 p.m.

Rusch Park, 7801 Auburn Blvd.

Citrus Heights

At the Gazebo/Pavilion



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For information / to volunteer:  
Contact [citrusheightswomensclub@gmail.com](mailto:citrusheightswomensclub@gmail.com); 916-723-2314  
Planning Meeting: Monday, May 21, 5:30 p.m. at  
Merrill Gardens Assisted Living, 7418 Stock Ranch Rd. Citrus Heights

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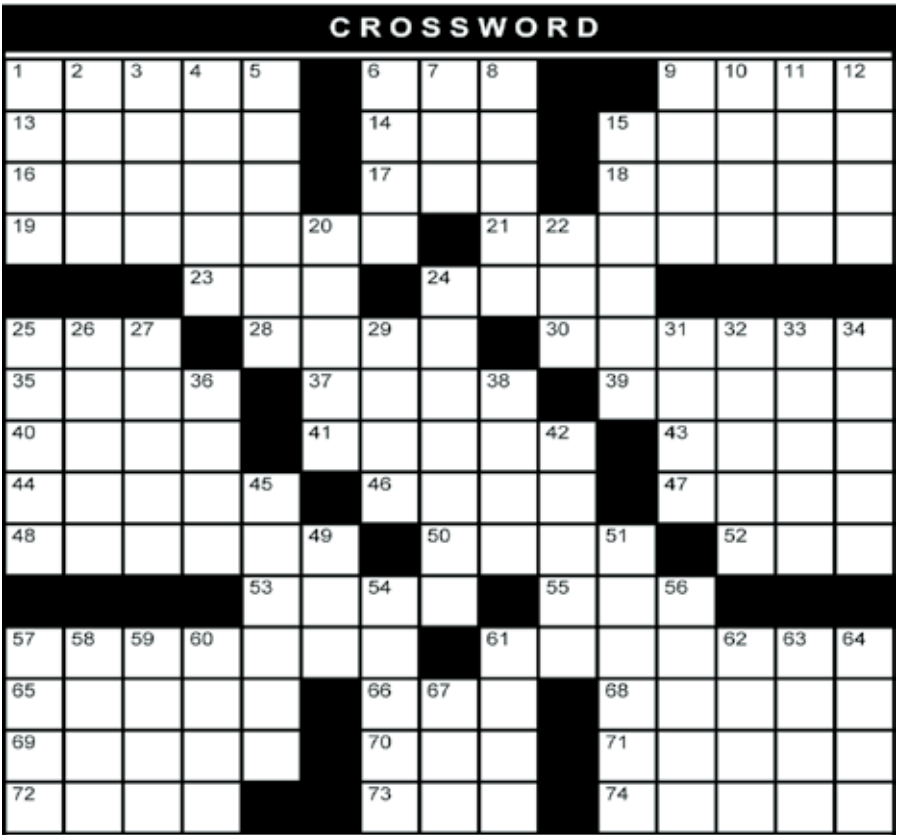
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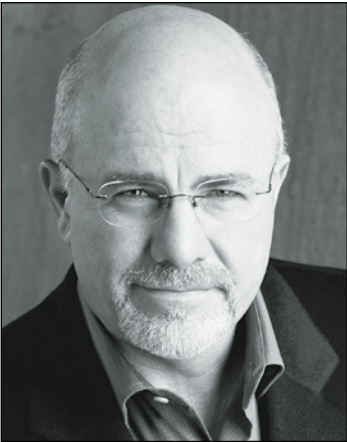
- ACROSS

  - 1. Between streets
  - 6. Acorn producer
  - 9. Dwelling choice
  - 13. Garlicky mayonnaise
  - 14. Club \_\_\_\_
  - 15. Henry, Mary or Elizabeth
  - 16. \*Amsterdam's Anne Frank House is where she hid from them
  - 17. Pilot's announcement, acr.
  - 18. Do penance
  - 19. \*Red Square attraction
  - 21. \*Lady \_\_\_\_
  - 23. Always, in verse
  - 24. Greek personification of Earth
  - 25. Body, slang
  - 28. Medicine bottle
  - 30. Enter uninvited
  - 35. Augments or increases, often precedes "out"
  - 37. Pig trough contents
  - 39. 1/100 of a rial
  - 40. \*Italy's Mount Vesuvius is scarred by it
- 41. Equestrian's attire
  - 43. Eye affliction
  - 44. \_\_\_\_ Wars between China and England
  - 46. Con
  - 47. Capital of Ukraine
  - 48. Gary Coleman: "What you talking 'bout \_\_\_\_?"
  - 50. Mary had a little one
  - 52. "Big Island" flower necklace
  - 53. Calcium oxide
  - 55. Napoleon of "Animal Farm"
  - 57. \* \_\_\_\_ Chapel
  - 61. Trendy
  - 65. Accustom
  - 66. Female gametes
  - 68. All plant and animal life of a region
  - 69. Farewell remark in France
  - 70. \*Fort Sumter, where the Civil one began
  - 71. To impede or bar
  - 72. Tiny piece of anything
  - 73. Home for #55 Across
  - 74. Kind of tides
- DOWN

  - 1. \_\_\_\_ shot in basketball
  - 2. Yarn spinner
  - 3. Exude
  - 4. Frigid, torrid or temperate one
  - 5. Hanukkah month
  - 6. Inviting sign
  - 7. \*The Louvre in Paris has a lot of it
  - 8. Bear Down Under
  - 9. Mandolin's cousin
  - 10. Carbon monoxide lacks this
  - 11. Arial, e.g.
  - 12. 3-pointer in basketball
  - 15. Over-armor tunic
  - 20. \*Like Blarney Stone at Blarney Castle
  - 22. Junior's junior
  - 24. A small round drop
  - 25. Under
  - 26. Giraffe-like African animal
  - 27. Prince of Darkness
  - 29. Winglike
  - 31. Classic board game
  - 32. Justin Timberlake's
- " \_\_\_\_ the End of Time"

  - 33. The one who the check is made out to
  - 34. \*\*\*Three Coins in the Fountain" fountain
  - 36. First king of Israelites
  - 38. \*Site of Leaning Tower
  - 42. Allegro or lento
  - 45. Environs
  - 49. Break a commandment
  - 51. \*Big clock
  - 54. Cat sounds
  - 56. Sheep's clothing to wolf
  - 57. Thailand, once
  - 58. \_\_\_\_-European language
  - 59. Executive, slang
  - 60. Tire swing prop
  - 61. Deviate
  - 62. I, to a Greek
  - 63. Octagonal sign
  - 64. Chance occurrences
  - 67. Giant pot

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.

Essential Expenses

Dear Dave,  
I'm following your plan, and currently I have \$14,000 in my emergency fund. What are essentials for three to six months of expenses?  
- Brian

Dear Brian,  
Basically, you should ask yourself this question: *What would it take to operate my household for a month?* There are several different things that could be classified as "essentials," but if you take those things and multiply the number by three, four, five or six, you'll see how much money you need to have a fully loaded emergency fund of three to six months of expenses. This is Baby Step 3 in my plan.  
Some people get really technical about exactly how many months of expenses they need to save in this range. And that's okay. You can take a little time to evaluate things before moving on to Baby Step 4, which is investing 15 percent of your household income into Roth IRAs and other pre-tax retirement plans.  
Believe me, it's a great feeling to have a big pile of cash sitting there just for a rainy day. You don't want to go nuts and make

Dave Says

it so big that you sacrifice retirement or other important aspects of your life, but after a point you shouldn't be too concerned whether you have three months or six months of expenses—or somewhere in between—saved just for emergencies.  
Having a nice emergency fund, along with no debt, creates a wonderful sense of financial peace!  
- Dave

**She Stole His Identity**  
Dear Dave,  
If a wife takes out a credit card in her husband's name without his knowledge, and they get divorced, can the husband claim identity theft?  
- Nancy

Dear Nancy,  
Absolutely! Unless they have power of attorney, anytime someone opens an account in a name other than their own, they have stolen an identity. Being married to someone doesn't give you the right to sign their name to a document.  
I knew a guy in the real estate business years ago who was doing a lot of property deals under his

own name. Occasionally, the title company would require his wife's signature, and he would sign her name on the papers himself. Sometimes he signed her name after calling her up and explaining what was happening, and she was okay with the situation. Then, he signed some papers she didn't know about, and it came back to bite him. He was charged with criminal fraud!  
You cannot legally sign your spouse's name without first having power of attorney privileges. If you do, it's called identity theft. It's a crime anytime you lie to get money.  
- Dave

\*For more financial help, please visit daveramsey.com.

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

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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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Sudoku Puzzle on Page 6								
1	2	8	9	4	3	7	5	6
5	3	9	2	7	6	1	4	8
4	6	7	1	8	5	2	3	9
8	5	6	3	2	1	9	7	4
3	1	4	6	9	7	5	8	2
7	9	2	8	5	4	6	1	3
9	7	5	4	6	8	3	2	1
6	4	3	7	1	2	8	9	5
2	8	1	5	3	9	4	6	7

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**Personals**

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By Ronnie McBrayer

Years ago my oldest son asked me a question: “What is a saint?” When you’re driving along with a numb mind at day’s end, as I was, that’s not the type of question you are prepared to answer. So I splattered out, “A saint is someone who does what God wants them to do.” My son answered, “If that’s a saint, then why did New Orleans choose that as their football mascot?” I didn’t have an answer for that question either.

What is a saint? Well, we often think of saints as being holy or remarkable people who did something extraordinary for God. We think of people we know personally who have influenced us: A grandmother, parent, or mentor whom we easily refer to as saints. Or we think of some poor lady with a worthless husband and an impossible life. She never loses her patience or resolve, so behind her back we talk about how great her reward in heaven will be, and we call her a saint.

Thomas Merton, a saintly person in his own right, said: “A saint is not someone who is good. It is someone who has experienced the goodness of God.” Going with Merton’s thought, saints are those have come to know deep, abiding grace. Saints understand that their failures and shortcomings do not disqualify them from receiving God’s love. Saints have learned

# A Saint Goes Marching In

that their grotesque, self-inflicted wounds, rather than alienating God, bring the divine to bear in their lives in unique and powerful ways.

Extraordinary. Influential. Determined. Fallible and damaged. If these are the characteristics of sainthood, then a true saint left the world in recent days: The writer, priest, preacher, alcoholic, divorcé, and all-round self-proclaimed “ragamuffin” known as Brennan Manning.

As a young man Brennan entered the seminary and was ordained to the Franciscan priesthood. He would go on to become a theologian, a campus minister, a spiritual director, the author of nearly two dozen books (his “Ragamuffin Gospel” should be required religious reading), and a practitioner in the way of Jesus, living among the poor as a mason’s assistant, a dishwasher, a voluntary prisoner, and a shrimp.

Of course, if Manning’s story and life ended there, there would be little doubt about his sainthood. Teaching theology, working among the pitiable and overlooked, self-imprisonment (though innocent) in order to minister to convicts, living among the rough and tumble fisherman of the Gulf Coast – who could be more like Jesus?

But Manning’s ministry and life disintegrated into horrific alcoholism. He was homeless and busted, living on a quart of vodka a day, when he finally entered treatment. It took him months to get sober, but he did, only to relapse. When sober again he began writing in

earnest, left the priesthood, married Rosalyn, and moved to New Orleans (he was an avid Saints fan), where his marriage would end in divorce, and again he would land in rehab.

Manning says that the greatest regret of his life is not his relapses into alcoholism. His greatest regret is “The time I’ve wasted in shame, guilt, remorse, and self-condemnation...I’m not speaking about the appropriate guilt one ought to feel after committing a sin. I’m talking about wallowing in guilt, almost indulging in it, which is basically a kind of idolatry where I am the center of my focus and concern.”

He went on to say, “I can waste no more time being shocked or horrified that I have failed. There’s nothing else I can do now but help sinners journey from self-hatred to God’s love, and to help people see that if God ceased to love, God would cease to be God.”

This blessed, bumbling drunk; this muddled mix of failure and faithfulness; this holy, blue-eyed and blue-jean-wearing champion of grace did exactly that for untold thousands – he helped them find the love of God in spite of personal shame. And while I only knew him through his words, he did the same for me. So from one ragamuffin to another, “Thank you, Brennan. A saint truly is marching in.”

*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).*



By Marlys Norris, Christian Author

Throughout our lifetime every one from time to time makes huge mistakes in relationships. Most often what has been done or said has been an impulsive reaction to something. Numerous causes such as illness and stress can cause someone to react unfavorably. When this happens, how do we once again reestablish and reconcile ourselves with others and especially our relationship with God?

We must remember that unless we forgive others (and ourselves, for an unkind act) God holds us accountable and He is not pleased with us, therefore He withholds His forgiveness of us. It certainly would be terrible to enter heaven’s door without God’s forgiveness. God’s Holy Word states, “*For if we forgive*

# Accept and Give the Pardon Freely

*men their trespasses, your heavenly Father will also forgive you. But if you forgive not, men their trespasses, neither will your Father forgive your trespasses.” (Mat. 6:14-15)* Those words should cause us all to take proper action to correct our impulsive reaction and be restored into God’s unconditional love, grace and mercy...

One may never forget the incident but if they have been carrying a grudge against someone, wanting or planning to get even — Don’t!—Instead, confess the sinfulness right now and let God take care of it. After all, a lack of forgiveness is dishonoring the God one claims to be following. Let’s not be a hypocrite and be reunited and reconciled to God’s family. God’s instruction *for such a happening is “Vengeance is Mine (Let it be and God will take care of it); I will repay, said the Lord.” (Romans 12: 19)* His words indicate, “if” one chooses to let-go of the grudge and forgive God will teach them and He will take care of it the right way! Gods Holy Spirit has a special way of helping all of His

children to find a deeper meaning to everything.

God does give second chances — but one will never hear Him ever say “I forgive but!” The “but” indicates to the other person, that there is not a sincere forgiving action involved in one’s efforts to make things right again. He expects the same “unconditional love” to be exemplified from us when we have developed the character of His Beloved Son, Jesus Christ. .

Living in right relationship with God, our Heavenly Father means we forget about our self pride and any discomfort to do the right thing. If we claim to love and appreciate Him our relationship is much more important than anything that took place! The Holy Bible tells us to be reconciled to all men/women, therefore we cannot just ignore the incident, and with God’s direction we must take action.

*Marlys Johnsen Norris Award Winning Christian Author/Speaker Contact: [Marlysjn@gmail.com](mailto:Marlysjn@gmail.com)*

# You’re God’s, Period



By Karen Anderson

It is a wonder to me (and we all do this) how the plans are all made for the day. You have everything all mapped out, then at the end of the day you wonder why nothing worked out as you planned. Do you know why that is? You missed a very important element...God. It is more than just bringing God into your day. It’s that you made the plans without Him and asked Him to agree with you. When you think about this, it is really foolish because God knows so much more than you do. I sometimes wonder what God must think when plans are made without Him and then we just want His approval. How silly is that?

In my own life, I can just see Him smiling, knowing what is waiting for me around the bends of my day. It’s not what He wanted for me, but in my arrogant attitude that I know what is best for me, I blow it every time. He is always right, that unexpected bend in the road was hiding something totally unexpected that I didn’t see it coming and it swamps me. God knows best and if I had followed His lead and asked for His direction I probably would have avoided it. You know that the obstacles are what the enemy is throwing out there to trip me up and he does his job very well. I have the bumps and scrapes to prove it. Sometimes my problem is that I still don’t see it when I pick myself back up. I wonder why everything went wrong and start complaining to God that He wasn’t there when I needed Him.

I know deep down that God cares for me but this would sometimes make me question Him. Was I simply one of the masses and He just didn’t have time for me? What a silly thought! The problem was and sometimes still

is that I need to ask what He wants for me. Then, I need to be willing to follow His direction. The Word says, “*I’m single-minded in pursuit of you; don’t let me miss the road signs you’ve posted.*”

I can tell you from personal experience, if you will open your heart and mind to God, life will be better. It isn’t an easy road, but you have a brilliant spotlight showing you the path. Listen and follow Him and your day will go smoother and you won’t be tripped up by Satan himself. God’s light has illuminated the enemy himself so you will see him. PASSAGE: Psalm 119:10 (The Message)

*Karen Anderson is an accomplished speaker, author, and chaplain. Women’s Retreat planned for March 2014 at [www.renewingyourspiritretreat.com](http://www.renewingyourspiritretreat.com). Receive a copy of her latest book, “Nikki’s Tail-Waggin’ Lessons” and “The Little Book of BIG Thoughts” series. Leave a message or questions for Karen through her website [www.doablesteps.com/contact](http://www.doablesteps.com/contact).*

# Why Can’t We Just Have Fun?

By Rev. James L. Snyder, D. Litt

The great pastime of America throughout the years has been sports. Americans have been ingenious in turning something simple into a sport for everyone to enjoy. I must say I have enjoyed my share of sports.

When younger, I was a baseball fan. I went to as many games as possible. The Stadium in Baltimore Maryland was just a few minutes from my house so I could visit it often, and I often did. I did not really care who won the game as long as it was a good game played, not to mention the hotdogs.

The Gracious Mistress of the Parsonage accused me of going to ball games just to eat hotdogs. Whenever I would return from a ballgame the first question would be, not who won the game but, “How many hotdogs did you eat?”

If the truth was known, and you will not get it from me, many a hotdog sacrificed itself at a ballgame. After all, when you are watching a ballgame, who has time to keep track of how many hotdogs you are eating?

I did have a moment of anxiety once when my wife threatened to weigh me before the game and then weigh me after the game to see if I had eaten too many hotdogs. When she first mentioned it I laughed, but I noticed she was not laughing, which caused me some deep concern.

Fortunately, for me it never got to that but came perilously close.

Nothing is more relaxing on a Saturday afternoon than sitting in a ballpark watching a ballgame in progress. Somehow, all the cares of the world seem to flutter away while watching the game.

It all ended for me one summer. I had come into the house from some chore and my wife greeted

me by saying, “Do you know your ball team is on strike?”

I looked at her, laughed and said, “I know. They get three strikes and then they’re out. That’s the way they play the game.” I winked at her and laughed good-naturedly. “Finally,” I said to her, “you’re coming to understand what the game is all about.”

“No, you don’t understand. Your team is on strike.”

“I get you, and this Saturday I’m going to go and watch them strike again.”

It took me a while but finally my wife got through the thickness of my skull and got me to understand the strike she was talking about was not the strike I was talking about. It is always nice when people are on the same page.

In a marriage situation, the biggest challenge a couple has is staying on the same page. Even though the husband and wife might be reading the same book, for some reason wives have the ability to read three or four chapters ahead. When a husband tries to correct her she impatiently says, “We were on that page last week. Try to keep up.”

Try as we might, it is a rare husband who can keep up. But we try.

When I got up to the same page as my wife about the baseball team on strike, I was feeling rather low. “What do you think about your baseball game now,” she taunted.

As it turned out, the baseball team was actually out on strike and if I remember correctly, we missed the whole season that year. They were on strike for, you will never guess, more money.

Up to that point, I thought the players played because they loved the game. Boy was I on the wrong page with that. I went to games because I love the game and it did not matter to me who won or lost as long as it was a good game.

Now, to find out that my heroes,

if you can call them such, were primarily interested in money was disheartening. I have never been able to watch a game since with the same excitement I did before.

Why can’t we just have fun? Why does life have to be such a battle? Why can’t we have a baseball game just for the fun of it?

Recently, I attended a baseball game at the local high school. I thought I would just go and enjoy the game. I did not know any of the players; I just wanted to enjoy the game.

Then I met an unfamiliar phenomenon of high school baseball. Parents of baseball players!

The game started as normal but soon the air exploded with shouting and yelling in the stands. I did not quite understand what all the noise was about at the time. Two women, imagine that, got in a fist-fight over the ballgame! They were mothers of two of the players on opposite teams.

That was just the beginning of the shouting and the yelling that afternoon. As I walked away, I sadly shook my head and said to myself, “Why can’t we just have fun?”

I believe the Preacher in the book of Ecclesiastes explains it well. “I have seen all the works that are done under the sun; and, behold, all was vanity and vexation of spirit” (Ecclesiastes 1:14 KJV).

Some are so caught up in the vanity and vexations of life that they never know what it is like to just enjoy life. Why can’t we just have a little bit of fun?

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

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# First Veteran ‘Stand Up’ Serves Over 70 Veterans at Citrus Heights Mobile Home Park

By Elise Spleiss

CITRUS HEIGHTS, CA - (MPG) As daylight broke over the city of Citrus Heights early Friday April 5, a quiet mobile home park on Auburn Avenue began the transformation from a peaceful community of approximately 250 seniors, nearly half of them veterans, to one teeming with activity.

Even as rain threatened, a caravan of cars, trucks, trailers, police and fire vehicles, ambled its way through the park claiming sites to set up for the day as part of a Veteran’s ‘Stand Up’, a unique and historical event in veteran history.

The term ‘Stand Up’ is borrowed from the Department of Veterans Affairs ‘Stand Down’ concept which is part of the VA’s efforts to provide services to homeless veterans. The difference between a Stand Down and this first ever Stand Up is to bring many of the same available services and resources to veterans living at home.

The all-volunteer event, which had descended upon the Imperial Manor Senior Mobile Home community, was the brainchild of new resident to the community, Tina Minasian.

When Minasian first arrived at the park in November of 2012 she had no idea it was largely a community of veterans. One morning, as she joined her new neighbors for coffee at the clubhouse, they asked her what her ‘story’ was. She told them.

It just happens that Minasian is the owner of Aloha Senior and Veteran Services; she has been a senior care consultant for over 4 years, and patient advocate for over 10 years. She is also Chaplain of the Citrus Heights American Legion Auxiliary Unit 637. Her passion is to assist seniors and veterans with services and benefits they are eligible to receive.

As Minasian explained what her services encompass, she listened with alarm as one veteran after another expressed surprise that they were eligible for any benefits at all as they were not ‘retired’ or ‘disabled’ from military service. Unfortunately, Minasian says she “hears this all the time, maybe 100 times a month! There is a lot of misunderstanding in the veteran community.”

Disappointed and angry that so many veterans in one location have been so misinformed for decades regarding their benefits, Minasian did what came natural. With support from husband Jeff, the Minasians jumped into action, calling on her well-established contacts for help. In six weeks, with enthusiastic response from a myriad of resources, they pulled together the local veterans’ resources community, City of Citrus Heights, and suitable local businesses for a six-hour veteran and community



A Veterans Salute at the Stand-up Event. Photo by Renee Neilsen

outreach resource fair, awesome barbeque picnic, first class entertainment and special recognition of several legendary veteran residents of this community.

Dave Blase, owner of Action Military Surplus, located just down the street from the park, had begun the transaction for just one flag for the event, but when Blase heard what his flags were to be used for, now and in the future he donated seven, including a Prisoner of War flag. They lined the park for the entire event.

At 10:00 a.m. with the full honor and respect attributed to any military event, opening ceremonies led by Master of Ceremonies Minasian began with the Presentation of Colors, an invocation, and singing of the “Star Spangled Banner”. Attendees enjoyed exceptional entertainment throughout the day from talented veterans: former Drifter and Platter member Mike Branson, singer and disabled veteran Lee Garrett, and a touch of comedy from Billy “Putting on the Skits”. The amazing DJ talents of DJ2E provided music for the remainder of the day, Minasian’s brother.

The entire Veteran’s services network came out in full force, along with the help of Citrus Heights public safety services and local utilities.

The VA mobile Vet Center provided counselors and VA Women’s Healthcare. Mather VA Medical Center and McClellan VA Clinic five doctors, four nurses and several other healthcare professionals who provided free checkups and basic testing. All services including those by exhibitors were free to residents and families; in addition exhibitors each provided a door prize for opportunity drawings for the seniors and veterans. Members of the American Legion Post 637 and the Auxiliary Unit 637 lent their time and talents before, during and following the fair.

Participants were pampered from head to toe, literally. Resident Phyllis Mosburg, and Carmela Herrada with Studio 55, gave attendees countless haircuts including two total hair ‘make-overs’. Over a dozen massage therapists were busy all day with

full body, foot and chair massages by Veterans Holistic Healthcare of America. Pacific Medical Inc. gave free foot evaluations. Finally, Citrus Heights Lions Club donated the Vision Van and volunteer doctors provided state of the art vision screening. To help protect resident’s homes, Sacramento Metro Fire checked out their smoke detectors and batteries.

A favorite event of the day was the fast moving K9 Search and Rescue demonstration, and criminal tracking scenario put on by Officer Sal Lombardo and his K9 partner, Bruno.

Other resources included information on Meals on Wheels, Lifeline, burial and cremation services, home and health care, retirement and financial planning, free specialized phones and much more.

As in every community it’s the people who make it special. A treasure trove of talent, experience and compassion dwell amidst this small community of Imperial Manor.

Owen King is an inspiring 105-year-old WWII Air Force who uses no wheel chair, no walker, not even a cane! He did reluctantly give up his driver’s license just last year. Miansian, also a talented entertainer, led the crowd on her ukulele in singing “Happy Birthday” to King.

One park resident and barbeque ‘crewmember’ for the Stand Up, Army Veteran Jake Brierley, praised the Stand Up as an ‘awesome event’, and applauded the Minasians for ‘pulling that many resources together in such a short time’. It also got residents out of their homes and working together while still having fun.

Imperial Manor is home to veterans of all wars and conflicts, including six women veterans of Korea, Vietnam and Desert Storm. Veteran Service Officer for the American Legion, Ken Hicks commented that the Stand Up was “one of the most upbeat, informative and well organized events I have ever been to for educating veterans on benefits and needs”.

For more information on veteran’s benefits contact Tina Minasian at (916) 532-7295, or visit her website at AlohaSeniorVeteranServices.com



By Pastor Ray Dare

“We aren’t saved from sin’s grasp by knowing the commandments of God because we can’t and don’t keep them, but God put into effect a different plan to save us.” Romans 8:3 (LB). The hardest person to reach with the gospel is the religious person. They try to work their way to Heaven and they’re trusting their religion to save them. All throughout the New Testament, Paul points out that you can be religious and lost. You can be a church member and still not go to Heaven.

What makes you a child of God? Who is a Christian? Who is saved? It’s not necessarily somebody who has been confirmed, baptized, taken the Lord’s Supper, joined the church, kept the Ten Commandments. It is faith in Christ. The Bible compares religion with a relationship. That’s what Jesus offers; a personal relationship with God.

We don’t need any more religious people. Religion has never saved anybody. No matter what

# Why Religion Can’t Save You

religion it is: Catholic, Protestant, Jew, Hindu, Mormon. Religion has never saved anybody. Many times what religion does is stifle the humanity of people. It keeps them from being creative. It keeps them bound emotionally, spiritually, socially, relationally; in every area of life. They get so many rules, regulations, rituals placed on them that aren’t even in the Bible. Charles Swindoll says, “Religion is a curse, not a cure.”

As you study the life of Christ, you’ll notice that Jesus has nothing to do with religion except that He’s against it. Jesus taught that religion would never get people to Heaven. He taught it’s a relationship with God that gets you to Heaven not any religion.

The religious people of Jesus’ day felt very secure. They thought, “We can’t do anything wrong. We have this religion.” But as you study the Scriptures you find that God often bypasses a religious establishment to get His message across. When God wanted to announce Jesus’ birth did He go tell the priests? No. Who did He first appear to? Shepherds. The low life of society. He bypassed the high priests, the rabbis, the teachers, the denominational groups. When God wanted to get the message out, “The word of God came to John the Baptist.” Who was John the Baptist?

A nobody. He wasn’t part of the religious establishment.

Religion is a turn off, but I have discovered that people are not offended by genuine, sincere witnessing. It’s not people who really care and share their faith in an honest way that turns people off. It’s the high powered phonies and hypocrites — religious people — that turn people off. What they don’t want is some religious person to cram a religion down their throat.

One of the things we try to do on Sunday morning is we try to have a worship service without all the religious trappings. One of my desires as a pastor is I want to teach people how to be Christians without being religious. That’s one of the deep desires of my heart — how to be a believer, turned on, loving Christ, Spirit filled, without being a kook. If you’re looking for a church that will teach you how to be “pious” you’ve got the wrong place. But if you want to live free and fully alive as Jesus taught we could live, then this is the place for you.

See you Sunday,  
Pastor Ray  
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www.NewChurchComingSoon.org

# Community Workshop for Creek Corridor Trail Project

CITRUS HEIGHTS, CA - (MPG) On May 14, 2013, the City will host a community workshop to gather public input on the placement of trails along the city’s creek corridors and SMUD’s utility corridor.

Creek Corridor Trail Project Community Workshop  
Date: May 14, 2013  
Time: 6:00 to 8:00 p.m.

Location: Citrus Heights Community Center  
6300 Fountain Square Drive  
Citrus Heights, CA 95621

The workshop is the first step of the City’s Creek Corridor Project is to analyze

the feasibility of constructing a multi-use trail network along the 26-miles of creek corridors within the jurisdiction. The objectives of the project are to evaluate the feasibility of establishing trails within the creek corridors, identify trail alignments, and prioritize future trail construction.

Ultimately, the City hopes to provide improved connections to key destinations for pedestrians and cyclists; improve access to the creek corridors for all residents; increase the number of recreational facilities to more neighborhoods; and increase transportation choices

within the city.

In order to gather community input throughout the process, a Trail Advisory Group (TAG) of local stakeholders has been convened. TAG representatives will assist the project team in evaluating the trail alignments to meet the project objectives and create a trail system that fits within the context of the neighborhoods. For more information, visit www.chcreektrails.net or contact the City’s Planning Division at (916) 727-4740.

CONTACT: Casey Kempenaar (916) 727-4740  
ckempenaar@citrusheights.net

# A One In a Million Dream

Continued from Page 1

She works part-time for her trainer, Julie Thompson, who travels globally to judge horse shows. “I housesit, and take care of ten to twelve horses. Training horses is underestimated. Everyone thinks that you just sit on a horse and look pretty. It’s a very hands-on, dirty job. I have trained many horses, and they all have a different mentality.

So, working at Julie’s house with that many horses, I have to approach each of them completely different.”

Not only does Ebert need to raise money to cover travel and lodging expenses, but championships require Western Pleasure apparel, which she doesn’t own.

If you would like to assist Ebert in her fundraising efforts, you can donate unwanted items for her garage sale on May 18

and 19, 2013, to be held at her grandmother’s house in Citrus Heights. She can either pick the items up, or you can arrange to drop them off. Call her at (916) 601-5935.

“Toby’s been a one-in-a-million horse for me. People have offered me thousands and thousands of dollars, and I can’t do it. Toby will probably be the one my kids will ride ten to fifteen years from now.”

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# POPPOFF!

with Mary Jane Popp

- 1) *Freeze edible flowers in ice cube trays.* Fill each cube half-way with water, place flowers and freeze. Then fill each to the top and freeze. It'll warm her heart.

2) *Plant your favorite bedding plant in a small basket.* Tie on a gift tag with a checkered ribbon.

3) *Bake bread in flower-shaped tubes.*

4) *Surprise Mom with a quiet retreat in her own bathroom.* Make sure it's clean first. Bring in scented candle, flowers, new magazine or book, a cold drink, and a portable stereo with soothing music. The most important part would be a sign on the door reading "JUST FOR MOM...PLEASE DO NOT DISTURB!"
- 2) **Super Moisturizing Massage Oil.**  
You will need: ½ cup sweet almond oil  
¼ cup coconut oil  
4 tablespoons jojoba oil  
1-½ tablespoons avocado oil  
3-5 drops essential oil of your choice (either one or a combination)  
Mix all together. Store in cool dry place. Shelf Life: 3-6 months

3) **All-in-one Linen and Sweater Protector And Cedar Chest Revitalizer.**  
You will need:  
1 cup white rice  
6 drops cedar wood essential oil  
1 drop orange essential oil  
Add essential oil to the rice and blend with spoon about 30 seconds. Shelf Life: Approximately. 6-8 months (then can be re-fragranced again.)

Then I turned to Casey Kellar for some wonderful tips to complete the picture from one of her books "The Good Earth Bath, Beauty, And Health Book" with more than 75 easy-to-make formulas for self-pampering and gift-giving like:

- 1) **Luxurious Scented Bath Oil.**  
You Will Need:  
½ Cup apricot kernel oil  
1 teaspoon jojoba oil  
2 tablespoons olive oil  
one 400 unit Vitamin E capsule (pierce it with a needle and squeeze oil into mix)  
3-6 drops essential oil (your choice)  
Mix all together. Use 1 tablespoon per bath. Store in bottle in cool place. Shelf life:4-8 months.

## MOTHER'S DAY SPECIAL

How can you show **MOM** you really care on her special day? You can do the usual...flowers, candy, brunch etc. Wait a minute! What did Mom do for you when you were growing up? Remember the time she held your hand when you missed that home run pitch? And the time she kissed that boo-boo after you toppled off your bike? Or the time she stayed up all night to help mend that broken heart?

It's not how much you spend for Mom on any day. It's more like doing something from hand and heart that will leave an impression she'll long remember. Easier said than done? Not really. I checked out a couple of sources and jotted down a few ideas that will make you her kid hero all year 'round!

From **Susan Stone's** Book "*Memories In Moments*"...cherished ideas for every holiday and season including Mother's Day come:

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A TV Review by Tim Riley

## IRON MAN 3 (Rated PG-13)

Shane Black made his mark in Hollywood mainly for original screenplays of high-octane action films such as "Lethal Weapon" and "The Last Boy Scout." For "Iron Man 3" Black performs the double duty of writer and director.

This duality explains, in large measure, why "Iron Man 3" has its fair share of loud noise and explosions, including the surreal destruction of Grauman's Chinese Theater carried out by the red-eyed minions of a mad scientist.

To its credit, "Iron Man 3" works fairly well as a stand-alone entertainment, beginning with a flashback to New Year's Eve 1999 at a swank affair in Switzerland, where Tony Stark (Robert Downey, Jr.) rebuffs the entreaties of a tech geek.

Flash forward to the present, the nerdy scientist, Aldrich Killian (Guy Pearce), though still weird, now looks like a male model for Abercrombie & Fitch, albeit one with a diabolical plan for world domination, or possibly nothing short of global annihilation.

Killian holds a grudge that Tony Stark, whose alter ego is Iron Man, rejected his program for a project called Extremis, so now he's in cahoots with an Osama bin Laden-style terrorist named the Mandarin (Ben Kingsley).

Apparently, Killian's thugs are an army of zombie-like characters who outwardly look like normal humans, but they turn their bodies into a red-hot fury of molten flesh and then explode like human grenades for maximum devastation.

Worn out from too many superhero duties, the eccentric billionaire Tony Stark, suffers from anxiety, causing him to ceaselessly tinker with refinements to his armored Iron Man suit. This results in our hero being a mere mortal for much of the film.

His old pal, Captain Rhodes (Don Cheadle), ends up carrying the load of action heroism. Meanwhile, Stark is also paying little attention to his love interest Pepper Potts (Gwyneth

## Riley Reviews

WIT, CHARM AND HIGH-OCTANE ACTION FUEL "IRON MAN 3"

Paltrow).

Spurred on by taunts from Stark, the Mandarin launches a full-scale rocket assault on the industrialist's Malibu seaside mansion, blowing the entire estate into a pile of rubble at the bottom of the ocean.

In the manner of bin Laden's videotaped threats, the Mandarin interrupts global

Most spectacular of all is the hijacking of Air Force One, resulting in Iron Man having to fly through the air to rescue about a dozen people blown out of the plane, turning the exercise into what resembles an aerial circus act.

Of course, as with all action-fueled adventures in the superhero genre, the climax is a spectacular battle on the massive loading structure at an unidentified shipping port.

The climactic showdown proves to be too big a job for just one man, so Iron Man is joined by his War Machine colleague, Captain Rhodes. The reunion of the pair allows for them to engage in easygoing banter.

What makes the "Iron Man"



Robert Downey, Jr. reprises his role as billionaire tech genius Tony Stark in Iron Man 3. Starring with Downey, Jr. in this installment are Guy Pearce as Aldrich Killian; Ben Kingsley as Mandarin; Don Cheadle as Captain Rhodes; Gwyneth paltrow as Pepper Potts. Iron Man 3 is now showing.

television programming with diatribes intended to inflict fear of the latest terrorist assault.

Still fiddling with his metal suit, Stark tests a new system that allows him to fly through the air only partially armored while the other pieces hurtle in his direction as if he were a large magnet.

Testing his prototype armored suit leads him to the backwoods of Tennessee where his only ally is a young orphaned kid (Ty Simpkins) who helps the superhero piece together the mystery of the Mandarin.

The clock is running because the Mandarin continues to hijack the airwaves and threatens to bring America to its knees if President Ellis (William Sadler) does not exceed to his outrageous demands.

As expected in the Iron Man franchise, there are plenty of great action set-pieces, even if Stark spends much of his time outside his alter ego comfort zone.

franchise entertaining in many ways is the ease with which Robert Downey, Jr. infuses his character with affable wit and charm, along with a superb knack for delivering biting one-liners with facile nonchalance.


Without a doubt, "Iron Man 3," fittingly as it is based on a comic book, has its cartoonish aspects. Nevertheless, it strives for a higher purpose than just being loaded with special effects.

Though it is hard to imagine the "Iron Man" character inhabited by anyone other than the quirky, fevered Downey, the best of all this time around is Ben Kingsley, whose surprises should not be revealed.

If you are game to sit through endless minutes of credits (where it appears that half of everyone in Hollywood was involved in the production), there's an amusing session of Tony Stark in a bit of psychoanalysis at the very end.

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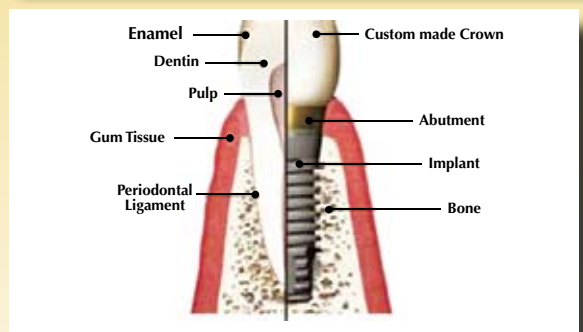
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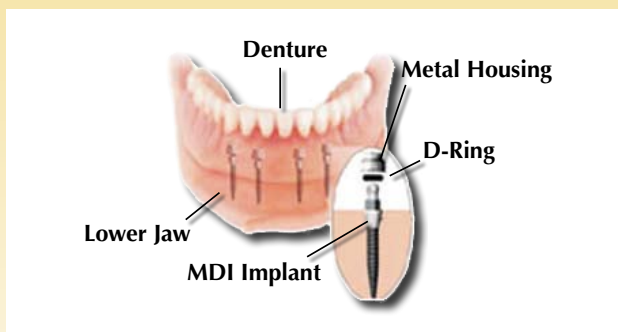
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# A Mother's Love Raises One Big Happy Family

By Paul V. Scholl

Nick, Tom, David, Dennis, Gerry, Regina, Lorna, Mary, Paul, Maggie and Don. Eleven children. Forty-plus grandchildren, and more great grandchildren I am still trying to count. Yes, Catholic.

Margaret G. Scholl was born in 1923.

Her mother died when she was 11, and her father passed the following year, of a broken heart. She was adopted within the family around Vallejo. The home she grew up in is now seen by passers by on I-80. That home still stands and serves as a mini-museum and office, having been recently restored by the new owners.

She had plans on becoming a nun. Then she met my dad!

Her brother "Uncle Jimmy" and sister "Aunt Lorraine" were such a big part of our family lives. Every year we rotated hosting our holiday dinners together. One would host Thanksgiving, the next Christmas. The following year someone else would take their turn. We shared big tables, kid's tables, "performances" and lots of jokes and laughs.

We were raised at 445 Jefferson Street on the corner of Delaware. Built somewhere in the early 1880's, my dad and mom bought it for around \$10,000. We lived there for 47 years.

Everybody came to our house. My mom made it so inviting and enjoyable, other kids wanted to come and stay over. There were times my dad thought she had adopted four or five kids when he wasn't looking.

Our yard was surrounded by nearly a dozen fruit trees. Plum, cherry, apricot, lemon, pomegranate, walnut, and almond. Our team challenge was picking, cleaning and canning that fruit each summer. Later, the realization came it was for our survival.

Peanut butter and jelly, meatloaf, powdered milk, kool-aid, tuna casserole, chicken and dumplings, fruit pies, stew in the crock pot. Nobody was starving.

All homework had to be done at the kitchen table right after school, before any games were played or TV watched.

Our back yard was about the size of a small baseball diamond, with the two-story house in left field serving as our "Monster". Anything hit off the house was a fair ball; over the house was a homerun. A family of pull-hitters. We played until mom yelled "dinner's ready". The next words were always "game over!"

Praying before every meal, we learned to appreciate the food, but more so my mom and dad's hard work to make it possible.

No meat on Fridays? Those were the days. "But mom, can we still have your meatloaf? There's hardly any meat in it!"

And then, there was the fine art of sneaking cookies from the cookie jar.

Mom wrote our chores on the black board in the kitchen. It was a long list, shared by everyone taking up a bed. She didn't send us a text hoping someone would notice.

Every week we said the rosary together, on our knees, around the living room floor. It taught us prayer, discipline, and the understanding of pain and patience. It also taught us that prayer matters.

We learned things the right way. Everybody worked. "You don't work, you don't eat". Respect. You DO NOT talk back to your parents. Take care of what you have. "Fix what you have before buying something new". And, of course the one I heard often, "Wait until your father gets home!"

Getting kicked out of kindergarten, (I still say I was innocent) meant the long walk home holding my mom's hand,



In 1965 we all gathered for our first, and only for twenty-one years, family photograph. We were never able to gather again all at the same time, although we did on some occasions, gather on the same day. This photograph has hung in our parent's home all those years as a great reminder of who's team we are on.

not knowing the discipline coming my way. Homeschooling the rest of the year meant a lot more chores as well.

We had the same yellow kitchen clock for over 35 years, hanging in exactly the same spot. I think it was the last thing to come down when the final moving was done.

We had one rotary dial telephone on the wall in the kitchen, and only a three foot cord. Privacy? Yeah, right.

Hand-me-downs included not only clothes, but cars for the older siblings and toys for the younger ones. I often wondered why so many parts or pieces were missing. I blamed China.

Shower calls daily were yelled; "Who's using all the hot water!" I used to love turning on

as good as the pancakes, scrambled eggs and hot chocolate.

My mom had a great strategy for our visit to Disneyland – plaid shirts, all the same color. She figured were there were four or five kids all wearing the exact same outfit it would be easier to keep an eye on them. I think I wore those plaid shirts to school for about five years!

Halloween was always safe back then. We could go out for hours, collecting enough candy for a three month stupor. I am sure now that it helped keep us pre-occupied while mom and dad tried to figure out just what they were going to do for Christmas. How and where did they hide all of those presents?

I remember this thing they were having on TV, something

home safely. I remember as children sitting out on our street corner late into the night looking up at the moon and really wanting them home safe. I remember my dad going out to the backyard to cry when the news came over that President Kennedy was shot and killed. I remember all of us watching man's first step on the moon. I remember watching Hank Aaron's 715th home run to pass Babe Ruth. One black and white TV, kids huddled together watching it for our limit of two hours a night.

As the years went by, my mom asked my dad for one thing, a color TV so she could watch the Rose Parade in color and not black and white. I still remember the day he brought it home to surprise her. She was in heaven

front half of the house, shoulder-high bushes surrounding the outside of our lot, the large lawn, many roses, lilies, gladiolas, and it brought a peacefulness when you could sit outside under a tree and enjoy it all.

I remember our long talks when I was a teenager on religion, spirit, and right and wrong. My selfish detours, being what they were; those long talks gave me the way and the desire to come back to a deep and abiding faith.

My mom had some great friends; Alice Lambro, Mary Young, Rose Wright, Lily Theissen to name a few. Long-time family friends included the O'Briens, Gaynors, Kazinecs, Donahues, Ramirez's, Muscovichs and the Lockwoods

written some of the guidelines. They wrote back admitting she was correct.

Mom was chosen the Grand Marshall years ago for the hometown Fourth of July parade. Dozens of family members showed up and took up a good part of the stands, giving her a standing ovation. All she wanted was something cold to drink.

My mom went to church everyday. She took Holy Communion to the sick parishioners who could not attend mass. Now, others are bringing it to her in her final days of comfort.

Some of the lessons we learned from our parents were about holding it together and trusting the Lord in tough times. We learned about caring for others when they really need you. We learned what "You'll find a way" really meant. I learned how lucky I am for having the parents and family I was blessed with in this life.

I remember what it was like to be in her arms as a very small child.

Years ago I revisited that two-story house. It was abandoned, the door was ajar. I went in and surveyed what was once home. It is amazing how small all the rooms had grown. It was even more amazing how all that fantastic energy had long since vanished.

As we all aged over the years, still gathering for holidays or when one of the siblings who had moved away came back for a visit, the best of times were the embellishing on old times – often at the expense of the absent – because you could no longer be sent to your room for past deeds. The "Statue of Limitations", no religious pun intended, has expired.

As Mom's care needs became greater over these last few years, my brothers all stepped up to do whatever needed to be done. It has been an honor to watch how our family has come together for her.

She asked me recently during a visit to her bedside what it would be like when she dies. She hasn't long to go on this life's journey.

"All I can say Mom, is when the light gets really, really bright run as fast as you can to it, like a little girl runs to her Daddy's open arms, with out fear, but full of love and joy. That's when you leap into the arms of the Lord."

Rest, Our Mother Dear. May your last days be full of love. God is smiling.



Twenty-plus years later, in 1986, we all gathered again for my youngest brother's wedding, just a short time before my father passed away. As we all stood in position, we commented on how weird, but good it felt to all come together again.

the hot water in the kitchen sink whenever a sister was taking a shower. Payback.

The annual Fourth of July parade used to come right down our street. We would all sit out on the second story balcony and enjoy the best seats on the whole street.

We would take camping trips as a family when my dad had his annual two-week vacation. We played games at the campsite, mostly cards, and nobody ever "let you win" just to make you feel better. The competition was good for us, but not nearly

new called a "Super Bowl".

We didn't have ESPN. We had the Saturday baseball "Game of the Week" with Joe Garigiola and Tony Kubek.

As a family we shared my mom's favourite show, The Lawrence Welk Show. We enjoyed The Ed Sullivan show, but the best was getting to stay up as you got older to watch the Johnny Carson show until one parent or the other yelled to us downstairs "turn that down". Must be bedtime.

I remember as a family praying for the astronauts to come

that New Year's morning.

Some years we had flooding in our neighborhood. One year the plumbing broke under the house during a bad rain storm. But what are you going to do, go under the house and fix it or let the water come back up into the house? I think that was my first "hero" experience. My mom really appreciated it. I appreciated being able to take a much longer hot shower afterward.

My main job as a teenager and as the oldest male still living at home was the yard. The ivy that grew to cover the entire

and Ramirez's. We always seemed to have such great family friends.

We even had a neighborhood grandma, Annie Erickson, who lived directly behind us. I didn't know for years that she wasn't one of our real grandma's. She traded watching out for us for the joy of having lots of kids around.

My mom was in the Legion of Mary at Holy Spirit church for so long we often thought she had started it. One time she actually wrote the Vatican to let them know they had incorrectly





# Happy Mother's Day

F R O M

*The mom in your life will be all smiles when you present her with this wonderful Mother's Day Package courtesy of participating merchants at Marketplace at Birdcage. Just fill out the entry blank below and drop off at any of the merchant locations shown by Noon, May 11th and you could receive the winning phone call on Mother's Day!*



Visit [ShopBirdcage.com](http://ShopBirdcage.com)

## Win a Special Mother's Day Package!



1lb of  
Coffee  
and  
Coffee  
Mug

Entire Prize  
Package  
Valued at  
Approximately  
\$500!

**BARNES & NOBLE**  
BOOKSELLERS

Beautiful hardbound 'LIFE' book  
"DREAM Destinations - 100 of the  
World's Best Vacations" and a  
Susan Ogilvie "Evening Sunlight"  
1000 piece puzzle from Barnes & Noble

\$25 Gift Certificate  
from Jamba Juice



**Jamba Juice.**  
*live fruitfully.*



\$75 Gift Certificate  
from Old Navy



**CITRUS**  
DENTAL GROUP AND ORTHODONTICS

• Exam • Cleaning • X-ray • Teeth Whitening Set  
• Electric Toothbrush

## Enter-to-Win!

*Win a Special Mother's Day Package!*

### Contest Rules

- All entries must be submitted to any one of the participating merchants at Marketplace at Birdcage. (See merchants in ad or poster)
- Must be 18 years or older.
- Only original entries accepted. No photocopies.
- One entry per person.
- Prizes are not exchangeable for cash or substitute merchandise.
- No purchase necessary.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

**Winner will be notified 5/12 on Mother's Day!**

