



## Army of Angels Share a Weekend

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**PLUS: Don't Let  
Your Ride Get  
Ripped Off**

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# M Citrus Heights Messenger

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

Volume 3 Issue 7

Serving the City of Citrus Heights and Sacramento County

First Edition for April 2013

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## Saving the Old Sylvan School



Jim Rounsavell, long time Citrus Heights resident and veteran of World War II and the Korean war, is leading the effort to raise funds for the purchase and renovation of the former Sylvan School building for use as a much-needed place to help disabled veterans.. Photo by Elise Spleiss.

By Elise Spleiss

SACRAMENTO REGION, CA - (MPG) There are steps afoot to undertake the purchase and renovation – with anticipated community support – of the historic Sylvan School / Community Center located at 6921 Sylvan Road, near Sylvan Corners in Citrus Heights.

Reviving this ‘City of Citrus Heights Historic Landmark’ is crucial in preserving the earliest memories of our city. In fact it is so important that an early photo of the school, with its four columns and crowning cupola, has been the iconic symbol for the City of Citrus Heights since its incorporation in 1997. Unfortunately, the building has been standing unused since the death of its Board of Trustees chair, James Van Maren in November of 2012, and is in danger of being demolished.

There are those who recognize the former school’s value to our history and would like to see it escape the wrecking ball. According to an email from Mayor Steve Miller, changes

made over the years to the building have “much reduced the historical value of the building (beyond the local level), but not the great history of education, community events and family celebrations this facility has hosted for 150 years.”

Jim Rounsavell, long time Citrus Heights resident and veteran of World War II and the Korean war, is founder of the Veterans Golf Park for Disabled Vets, a 501(c)3 non-profit. He is leading the effort to raise funds for the purchase and renovation of the former Sylvan School building for use as a much-needed place to help disabled veterans. It will also continue to be maintained as a site available to the community for rent by service and other organizations and for private celebrations.

Rounsavell’s vision is to use the building and its surrounding 6/10 of an acre, to provide a free treatment program for veterans that is proven to enable those with Post Traumatic Stress Syndrome (PTSD) and Traumatic Brain Injury (TBI), to “rehabilitate themselves

both physically and emotionally in a positive, therapeutic and accepting social environment” according to Rounsavell. This is a pilot program whose results will benefit both veterans and others suffering from PTSD and TBI throughout the country. Non-veterans are also welcome to be involved in the program.

There is a medically proven healing quality to the game of golf. According to Disabled American Veterans Association, techniques and positions golfers use to play the game are used by help patients re-train their brains and challenge their perceived limitations of themselves in a positive way. They learn or re-learn skills which will contribute to their emotional and physical well-being.

As of 2011, there were over 200,000 veterans in Sacramento and 38,500 disabled vets in the greater Sacramento region.

The veteran’s program at the renovated building site would serve as a safe place where veterans can do this work to help strengthen and control the movement of their bodies while

learning or re-learning the basics of golf. The self-esteem and confidence gained through this process is invaluable to the healing process for these veterans.

This program would gradually provide them with the skill and stamina needed to eventually be able to keep up with other golfers while playing at the Mather Field Golf Course, in Rancho Cordova.

The purchase price of \$100,000 includes the main building and over 2,000 square feet of open hall space and the surrounding land. It is estimated renovations would cost approximately \$600,000.

Sylvan School, built in 1862, was one of the first rural schools in Sacramento County, and is one of the oldest surviving grammar school buildings in the county. It was originally located on land donated by W.A. Thomas on five acres on the northwest corner of Auburn Road, where Sylvan Middle School is now located. Soon after Thomas named the school, the general area became known as Sylvan District.

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## Weekend Bootcamp for Entrepreneurs

SACRAMENTO, CA – (MPG) Six Sacramento-area organizations are hosting “Startup Weekend Sacramento,” a nationally-acclaimed, not-for-profit workshop for anyone interested in starting a new business. During the course of an intense weekend, attendees will learn how to transform their startup concepts into reality. The 54-hour program runs Friday, April 5th through Sunday, April 7th. The cost is \$54.

Startup Weekend Sacramento provides hands-on experience in which attendees learn, share, develop and work with the current and future leaders of the Sacramento startup scene.

The six host organizations HackerLab, Capsity, SARTA, Upstart Sacramento, the Urban Hive, and Sierra Communications Public Relations Inc.

“Startup Weekend is a tremendous opportunity for entrepreneurs and start-up businesses to benefit from mentors, teams and coaches. They will have one-on-one time with Sacramento-area business movers and shakers. And they will walk away with the know-how to refine and/or launch their new companies,” said Gina Lujan, of HackerLab,

Local CEOs, founders and startup veterans will share their insight and expertise as well as mentor teams.

“The learning experience of Startup Weekend Sacramento goes beyond launching startups, it’s about networking and encouraging growth and innovation throughout the Sacramento region,” said Geoff Sakala, of Upstart Sacramento.

The weekend bootcamp will be hosted in Sacramento at the HackerLab offices located at 1715 I Street.

No prior startup experience is required to attend; only the interest to learn about and work in the Sacramento startup community.

For more information on Startup Weekend Sacramento or to register visit <http://sacramento.startupweekend.org/>

Source: Sierra Communications

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## Employers Accelerate Local Hiring Demand

### Pacific Staffing Special Report

SACRAMENTO COUNTY, CA – (MPG) If 2008 was slamming on the ‘economic’ brakes in Sacramento, 2009 was screeching to a halt. 2010 a virtual dead stop for hiring while 2011 offered a chance to restart the ‘market engines’. As the national recovery gains speed 2012 has finally put the local job market back into gear. Pacific Staffing has discovered that Sacramento’s top employers are putting ‘pedal to the metal’ as they hit the ‘gas’ in hiring in the second quarter of 2013.

Seventy-five percent (75%) of

top regional employers polled are hiring, with fifty percent (50%) attributing the employee demand to growth of their workforce. Another fifty percent (50%) will hire for replacements as their motivation for seeking workers in April, May and June. It was this time last year that hiring for growth surpassed hiring demand for the first time since 2008.

This growing market opportunity is also causing Sacramento area employers to suggest retention of workers is becoming a concern in the next quarter. While keeping workers was a worry, a greater number of employers cited compliance with new State and Federal law, and

management of new healthcare rules as their major challenges.

Seasonal demand was also cited by sixteen percent (16%) of companies in the next three months. More hiring has become seasonal in nature as reduction and reorganizations caused by the recession created awareness among Sacramento employers of actual needs. Twenty-five percent (25%) of regional employers polled directly by phone between February 24 and March 13 say they are not hiring.

Employers report demand is so strong for software and IT system programmers they are recruiting out of the Sacramento market. High employer demand

was also noted in the Second Quarter for customer service/sales, general office/clerical, manufacturing/warehouse and accounting/finance skills. Another niche demand hard to fill according to top employers is drivers, both local and over the road while Construction companies seek general office/clerical workers.

### The Longer View in 2013

When asked if employers changed their hiring plans for 2013 because of new tax laws ninety-four percent (94%) said No, while those remaining didn’t know or couldn’t answer. When asked the follow-up question,

“Will you hire, more, less or take a wait & see attitude in 2013?” thirty-five percent (35%) say they will hire more with another forty-nine percent (49%) choosing wait & see. Only ten percent (10%) of employers say they will hire fewer in 2013.

Sacramento Regional top companies polled by industry: 45% are Service, 32% are Manufacturers, 17% are Construction and 6% are Retail

How does this Quarter compare to last Quarter, or last year? Find out for yourself.

For more information, employment blogs & market surveys go to [www.pacificstaffing.com](http://www.pacificstaffing.com).



# Capitol Pops Mark Anniversary with Free Concert at Rusch Park in Citrus Heights



Maestro Jerry Lopes leads the Capitol Pops ensemble for a tuneful spring celebration. Photo by Susan Maxwell Skinner.

CITRUS HEIGHTS, CA- (MPG) The Capitol Pops Concert Band will celebrate its 16th season with a free, open to the public concert at 7:30 p.m. Saturday, April 13, 2013, in the Rusch Park Gym, 7801 Auburn Blvd., in Citrus Heights.

Under the baton of Director Jerry Lopes, CPCB's Anniversary Concert performance will include some of the band's traditional American favorites that have entertained Northern California audiences for 16 years. Voice and instrumental soloists will be part of the show, which will run about two hours, with a 20-minute intermission.

Longtime band supporter Easley

Nursery in Auburn will provide a special rosebush for the band's student scholarship raffle, and decorative spring plants will be sold after the concert concludes. All plant-sale proceeds support the CPCB's general fund.

The concert is co-sponsored by the City of Citrus Heights and the Sunrise Recreation & Park District.

Started in 1997, the Capitol Pops Concert Band performs a diverse portfolio of high-quality, well-prepared music heard by thousands of concert-goers throughout Northern California. It plays at more than a dozen Sacramento-region venues annually. The band's musical repertoire

includes music from Broadway shows, movies, marches, patriotic, vocal and instrumental solos, and popular music from several eras.

Most concerts are free and open to the public. The self-supporting, nonprofit CPCB is made up of about 75 volunteer musicians, ranging from college-age students to nonagenarians. Musicians and vocalists represent a wide cross-section of the Sacramento area, with educators, business people, industry professionals and retirees in the fold. CPCB's scholarship fund supports the education of student musicians.

More information can be found at [www.capitolpops.org](http://www.capitolpops.org) or on Facebook.

# Assemblyman Ken Cooley Highlights Bill to Send Drug Traffickers to State Prison

SACRAMENTO, CA – (MPG) Assemblyman Ken Cooley (Rancho Cordova), Sacramento County District Attorney Jan Scully and Sacramento County Sheriff Scott Jones gathered at Sacramento County Rio Cosumnes Correction Center on Monday morning to discuss Assembly Bill 222 aimed at incarcerating drug traffickers in California prisons.

Assembly Bill 222 will help ensure that convicted offenders who sell or transport more than one kilogram of heroin, cocaine or methamphetamine will serve their incarceration in state prison and not county jails.

"This legislation goes far to ensure drug traffickers face the consequences of their crimes in state prison," said Assemblyman Ken Cooley. "Selling more than a kilo of cocaine should not give a dealer a ticket to county jail.



Assemblyman Ken Cooley

These are hardened criminals and they belong in a state prison with the capability to house and rehabilitate our most serious offenders."

Currently, criminals convicted of selling or transporting over one kilogram of these controlled substances without serious or

violent felonies generally serve their sentences in county jails instead of state prisons; many of these sentences exceed 15 or 20 years in length.

The law currently provides that a person convicted of selling or transporting heroin, cocaine, methamphetamine, amphetamine, or phencyclidine (PCP) are subject to a sentence enhancement of three to 25 additional years if they possessed at least one kilogram or 30 liters of these drugs.

Assemblyman Ken Cooley represents the 8th Assembly District which includes the communities of Arden-Arcade, Carmichael, Citrus Heights, Rancho Cordova, Rancho Murieta, Rosemont, Wilton and other portions of unincorporated Sacramento County.

Source: Office of Ken Cooley

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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

Saturday, March 23rd 11:00am-4:00pm  
Thursday, April 18th 6:30pm-8:30 pm  
Saturday, May 18th 11:00 am-4:00pm  
Thursday, June 20th 6:30 pm-8:30 pm

### ITEMS NEEDED FOR REGISTRATION

- 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!!!
- 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
- Small picture of player (preferably 1"x 1").
- 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.*

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# Birdcage Heights Neighborhood is Finalist for Neighborhood of the Year

CITRUS HEIGHTS, CA (MPG) The Birdcage Heights Neighborhood Association, (Area 11) has been selected as a finalist to compete for the Neighborhood Of The Year Award at the annual Neighborhood USA (NUSA) Conference held this year in Minneapolis, May 22 – 25.

Jim Reiman, President and Bob Pitvorec, Board Member for Birdcage Heights Neighborhood Association will attend the NUSA Conference and present an overview of last year’s “Inaugural Earth Day – Citrus Heights” event. Winning neighborhoods receive the award and a cash

prize. This prestigious award was won in 2009, by the Sylvan Old Auburn Road Neighborhood Association (Area 10) for organizing the 2008 Senior Health Fair event in Citrus Heights. The conference is attended by representatives from all 50 states as well as Canada and Mexico.

## Baer Honored by Thrivent Financial for Outstanding Performance

FAIR OAKS, CA – (MPG) Bradley N. Baer CFP, LUTCF, FIC a Wealth Advisor, Fair Oaks with Thrivent Financial for Lutherans, Has qualified for the Summit Circle conference by providing financial guidance and solutions to members of the organization in 2012. Nine percent of Thrivent Financial’s nearly 2,300 financial representatives qualified for this honor. Baer is with Thrivent Financial’s Southwest Regional Financial Office, serving Lutherans and their family members in Fair Oaks and Orangevale and surrounding communities. Baer was recognized by his peers from across the country at Thrivent Financial’s annual



conference. Baer has been with Thrivent Financial for 23 years. He has been recognized for his performance 23 times.

**About Thrivent Financial for Lutherans**

Thrivent Financial for Lutherans is a faith-based, Fortune 500 financial services membership organization helping its nearly 2.5 million members to be wise with money and to live generous lives. Thrivent Financial and its affiliates offer a broad range of financial products and services. As a not-for-profit organization, Thrivent Financial joins with its members to create and support national outreach programs and activities that help congregations, schools, charitable organizations and individuals in need.

*For more information, visit Thrivent.com.*



Carol with her Dad James Rogers



*Gardening is a creative pastime* that is open to almost all of us. I especially enjoy the opportunity to make each season in my garden different. Much of this is done when I am choosing the plant palette. It’s easy to go into the nursery and pick out plants that look good when you are planting designing. When you do that it shouldn’t be a surprise when it looks good the same time each year. Because most people get active in the spring a lot of gardens are best in the spring. You need to resist the temptation!

In the Sacramento region, we can have an interesting, unique and colorful garden all four seasons. In the spring we have Azaleas, Camellias, Dogwoods, Japanese Maples, deciduous flowering shrubs and trees, but what about the rest of the year.

I have made a list of my favorites choices to extend the color seasons beyond the Spring on my website TheGardenTutors.com. Check it out at <http://thegardentutors.com/misc/seasonalcolor.html> or go to TheGardenTutors.com, “ misc.” tab and

“Plants for year round color.”

Another idea for making your garden change with the seasons is to use container gardening. If you use containers large enough to show in the landscape, you have limitless possibilities.

Annuals that are replanted twice a year give the opportunity to color your garden 12 months a year. Not much work and inexpensive, after the investment in the pot.

A mixed pot with grasses, carex, perennials combined with a few annuals that need to be replaced seasonally gives you opportunity to expose your inner artist. Most of the time this kind of planting lasts two to three years until it needs to be redone.

Plants like Citrus, landscape Roses, Camellias, Sasanquas also make great pot subjects. In some cases you can add annuals or small perennials underneath the main plant.

I have a 20 minute video that focuses on pots in the garden at our website at TheGardenTutors.com. Check at “Misc” tab ,” Simply Fun video”.

Changing the subject to fertilizing.

Generally I fertilize anything

that hasn’t reached a size that allows it to function in the landscape. Screens that don’t screen yet. Trees that are just twigs. Shrubs that don’t hold their space in the garden.

I also fertilize plants that need to grow to do what you intend them to do: Roses that need to grow to bloom, Citrus plants that need fertilizer for sweet fruit, deciduous fruit trees that need to grow to bloom or Camellias and Azaleas that need to grow to bloom.

I seldom fertilize that Indian Hawthorn that is out-growing its spot, a Photinea that is already too big, or a trees that are big enough.

Fertilize only the plants that need it. Reduce over fertilizing. Over fertilizing contaminates the ground water and eventually the rivers.

My next article will be talking about watering.

*Happy gardening, Jungle Jim*  
TheGardenTutors.com  
Comments or questions sent to [junglejim@TheGardenTutors.com](mailto:junglejim@TheGardenTutors.com)  
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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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# Reports from Citrus Heights Police Department

## Impersonating a Peace Officer

CHPD Remind Motorists Who are Suspicious to Proceed to Well-Lit Public Place

CITRUS HEIGHTS, CA- (MPG) On Saturday, March 23, 2013, Citrus Heights Police are investigating an incident involving a police impersonator. On this same day at 2:25 p.m., police officers responded to a theft of clothing that had just occurred at the 7500 block of Auburn Blvd. It was reported a black male adult, dressed in a police-style uniform, stole clothing from a local business.

The suspect is described as a black male, 25 to 30 years old,

5' 08" to 5' 09" tall, and about 155 pounds. He had black hair and visible tattoos on his arms. He was wearing a black baseball cap with an unknown emblem, a black vest similar to a police vest affixed with a "Sheriff" patch, black cargo pants, a police utility belt with a silver star badged attached, and black boots. He was driving a gold or tan Ford SUV last seen southbound on Auburn Blvd. from the location.

As a result, Citrus Heights Police are reminding motorist

who are suspicious about being pulled over by an unmarked vehicle to proceed to a public place that is well-lit. Anyone who suspects they are dealing with someone who is impersonating a peace officer should call 9-1-1 immediately.

Citrus Heights Police are asking that anyone who may have witnessed any part of this incident or has any information about the suspect or his vehicle to call the Citrus Heights Police Department at (916) 727-5500.

## Subjects Seen Breaking into Vehicles at Sunrise Mall

CITRUS HEIGHTS, CA (MPG) 03-23-13, at about 8:30 pm, an alert citizen reported seeing two subjects breaking into vehicles in the Sunrise Mall parking lot. Officers, deployed as part of the Citrus Heights Police Department's new Directed



Anthony Junkin

Patrol Unit, arrived on scene within seconds and saw the suspect vehicle immediately flee the area. The driver sped eastbound on Greenback until he side-swiped a citizen at Greenback and Illinois in Orangevale and collided into a ditch. That citizen was not injured. The two suspects fled the vehicle. Allied agencies assisted in a perimeter while citizens provided information on sightings which led to one suspect's capture in a nearby backyard. Another citizen alerted police to the second suspect walking away from the scene. Both suspects were arrested and booked into County Jail.

The driver, Anthony Junkin (25), was booked for outstanding felony warrants and fresh charges for evading. The



Marcus Culbertson

passenger, Marcus Culbertson (28), was also booked for evading. The Citrus Heights Police Department wishes to thank the multiple involved citizens for their alertness and assistance in the apprehension of these suspects.

## Commercial Burglary Investigated

CITRUS HEIGHTS, CA (MPG) On Friday, March 29, 2013, Citrus Heights Police responded to the 12400 block of Fair Oaks Boulevard concerning a commercial burglary which occurred between midnight and 8:00 am.

Unknown suspect(s) forced entry into the business complex through the roof and made their way into the business. Once inside, the suspect(s) forced entry through the walls of the adjoining

businesses. The suspect(s) forced entry into the convenience store. Preliminary investigations reveal money was taken from the business. There were no employees at the businesses during the time of the incident.

Crime Scene Investigators responded to the scene to aid in a thorough investigation.

A suspect description was obtained from surveillance footage inside the business. The suspect is described as wearing

a green and maroon colored hooded sweater and olive drab colored cargo pants.

Citrus Heights Police are asking that anyone who may have witnessed any part of this incident or has any information about the suspect(s) to call the Citrus Heights Police at (916) 727-5500.

Citrus Heights Police want to remind the community to call the police when observing suspicious activity.

## Suspicious Suitcase Left Unattended

CITRUS HEIGHTS, CA (MPG) On Saturday, March 30, 2013, Citrus Heights Police responded to a report of a suspicious suitcase left unattended at Sunrise Mall located at the 6000 block of Sunrise Blvd., Citrus Heights.

At 2:25 p.m., Sunrise Mall security observed a suitcase that was placed in the middle of the walkway, in front of the two stores (see below photograph). Sunrise Mall Security advised that their protocol was to evacuate the mall, so the evacuation was completed by Sunrise Mall Security. Sunrise Mall Security immediately notified the Citrus Heights Police Department.

Sacramento County Sheriff's Department Explosive Ordinance

Disposal (EOD) unit was requested and dispatched to the scene to determine if the suitcase was a destructive device. Based on EOD's investigation, it was determined the suitcase was empty and poses no danger to the community.

During the investigation, a female juvenile, who is 15 years old, claimed ownership of the suitcase. As a result of the investigation, it was determined the juvenile placed the empty suitcase in the middle of the walkway with intent to cause fear. The juvenile was arrested by the Citrus Heights Police Department.

CONTACT:  
PIO Sergeant David Moranz

Phone Number (916) 727-5500  
Email: [dmoranz@citrusheights.net](mailto:dmoranz@citrusheights.net)



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# Don't Let Your Ride Get Ripped Off

## AAA Offers Tips on Preventing Vehicle Theft

SACRAMENTO REGION, CA-(MPG) March 25, 2013 – None of us wants to walk up to an empty parking space where our car is supposed to be parked. AAA Northern California offers tips to help avoid becoming a victim of car theft, and reminds drivers that almost half of all thefts are due to driver error, such as leaving the keys in the ignition or leaving the doors unlocked.

The Federal Bureau of Investigation reported an estimated 715,373 motor vehicle thefts nationwide in 2011, which translates to a vehicle stolen every 44 seconds. Those thefts total losses of more than \$4.3 billion.

"Helping to prevent your car from getting stolen is important on many levels. It helps get people to work, kids to school, and business deliveries to customers," said Cynthia Harris, AAA Northern California spokesperson. "Additionally, if a vehicle is stolen, the crime can have an emotional impact as well."

### Tips for Preventing Auto Theft

- Use multiple layers of protection: locked doors, stickers stating the car is protected, a steering wheel lock, immobilizing devices like kill switches or tracking devices.
- Remove your keys from the ignition and take them with you.
- Always use your emergency brake when parking; this makes it more difficult for a thief to tow your vehicle away.
- Never leave your vehicle running, even if you'll just be gone a minute.
- Park in a well-lit, populated area.
- Do not leave valuables in plain sight or in unattended vehicles. Even empty shopping bags, sunglasses or a change of clothes might look interesting to a thief.
- Do not leave the title inside your vehicle.

- Never hide a spare ignition key on the vehicle. Thieves look for keys in popular hiding places like inside a car bumper or wheel well.
- Contact your insurance company immediately after contacting the police to let them know your car is missing.

Auto theft is covered under the comprehensive section of an auto insurance policy, which is optional coverage. To make sure your AAA Insurance is adequate and up-to-date, or to get a quote on a policy, call (800) 207-3618 to speak to a AAA Insurance Representative.

AAA Northern California offers a wide array of automotive, travel, insurance, DMV, financial services and consumer discounts to over 4.2 million members. AAA has been a leader and advocate for the safety and security of all travelers since it was founded more than 100 years ago.

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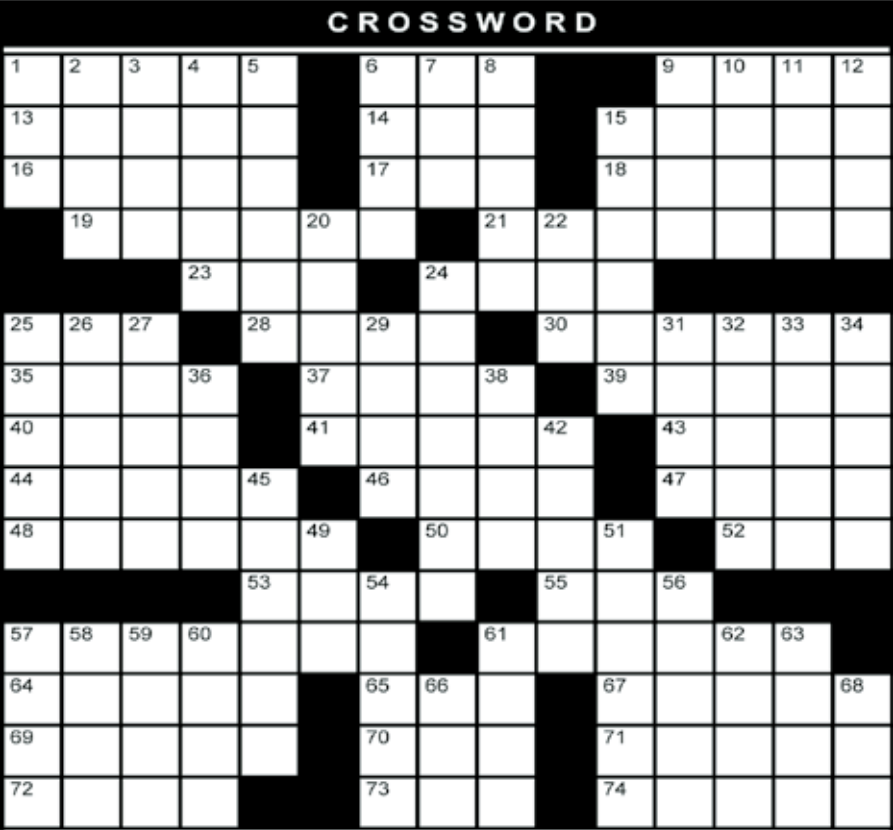
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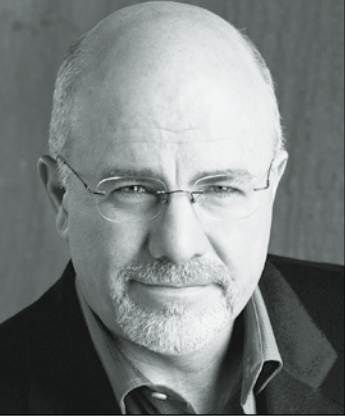
CLUES

- ACROSS

  - 1. Indian instrument in "Norwegian Wood"
  - 6. Lab eggs
  - 9. "I want my baby \_\_\_\_"
  - 13. "Mack the \_\_\_\_"
  - 14. Type of test for women
  - 15. Bridal veil fabric
  - 16. Of sour taste
  - 17. Pitcher's stat
  - 18. Bone-chilling
  - 19. "I'm the wonderer, yeah, the wonderer, I roam \_\_\_\_"
  - 21. "Lean on me... I'll help you \_\_\_\_"
  - 23. Hit the slopes
  - 24. "I read the \_\_\_\_ today oh boy"
  - 25. It makes a guitar louder
  - 28. Small ornamental case
  - 30. "Hey, I just met you... but here's my \_\_\_\_"
  - 35. Like beef with little fat
  - 37. Aphrodite's son
  - 39. Artillery burst
  - 40. Doing nothing
  - 41. Puzzle combining pictures and letters
- 43. Hula feast
  - 44. Opinions from Barbara, Elisabeth and Joy
  - 46. "\_\_\_\_ no mountain high enough"
  - 47. Danson and Seth MacFarlane's stuffed animal
  - 48. Like a smell or taste of soil
  - 50. "Now you're just somebody that I \_\_\_\_ to know"
  - 52. "I \_\_\_\_ the bad moon rising"
  - 53. 500 sheets
  - 55. Surfer's turf
  - 57. "Killing me softly with \_\_\_\_"
  - 61. "I'm puttin' on my \_\_\_\_ boy"
  - 64. Bye to Edith Piaf
  - 65. Frigid
  - 67. Impulses
  - 69. Rubber-\_\_\_\_ boots
  - 70. And not
  - 71. High-pitched laugh sound
  - 72. Walk, as through mud
  - 73. \_\_\_\_ Goo Dolls
  - 74. Brewer's staple
- DOWN

  - 1. Reggae precursor
  - 2. Ancient Peruvian
  - 3. Bleacher feature
  - 4. Rounded hairdos
  - 5. Chastise
  - 6. Popular newspaper page
  - 7. Variable, abbr.
  - 8. Quickly or rapidly
  - 9. Dutch settler in South Africa
  - 10. Breezy
  - 11. The Muse of history
  - 12. Razor-sharp
  - 15. Sometimes denoted as a "v"
  - 20. Fertilizer ingredient
  - 22. Barley bristle
  - 24. Nb on Mendeleev's table
  - 25. "I will survive... I know I'll stay \_\_\_\_"
  - 26. The press
  - 27. A whiter shade of pale?
  - 29. Carbamide
  - 31. Scotch ingredient
  - 32. "Lady sings the \_\_\_\_"
  - 33. Some do this with taxes
  - 34. Awaken
- 36. Former Speaker of the House
  - 38. Phoenix' team
  - 42. Dictation taker
  - 45. Corpse's garb
  - 49. Asian capital
  - 51. "I didn't shoot no \_\_\_\_"
  - 54. "I'm sitting here, doing nothing but \_\_\_\_"
  - 56. "You and me and the devil makes \_\_\_\_"
  - 57. Door fastener
  - 58. "White Wedding" singer
  - 59. Fodder holder
  - 60. Start of something big?
  - 61. Apprentice
  - 62. Turkish honorific
  - 63. Found in a caddie's pocket
  - 66. Dove's sound
  - 68. Part of tennis match

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.*

A Model Opportunity

Dear Dave,  
My daughter is 14, and she was recently offered a steady weekend modeling job. Do you have any advice on how to handle the money she earns?  
- Cynthia

Dear Cynthia,  
In terms of investing some of the money she'll make, a Roth IRA would be pretty cool. You would have to oversee it, of course, and you'd have to file a tax return, but starting something like this when she's 14 would help set her up for some serious money later.

I think the biggest thing, however, is to make sure you create lots of teachable moments for this young lady. There are three areas every child should learn about when it comes to finances: spending, saving and giving. If she's working and earning money, she should be able to spend a little and enjoy the fruits of her labors—within reason, of course.

Saving for the short term might include putting money aside for a car or even college. Long-term goals would include the Roth IRA, so she would have a head start on being able to retire with some dignity one day.

Dave Says

Then you should always make sure to give some. Whether it's tithing to your church or finding other good causes, giving helps others and it's good for the giver. When we give, it helps us realize that we're not the center of the universe. It also makes us a little more Christlike.

This is a phenomenal opportunity for your daughter. It's also a great chance for you, as a parent, to involve her in the process and teach her important lessons that will last a lifetime!

- Dave

Trusting in the Family

Dear Dave,  
When should a couple think about creating a family trust?

- Angie

Dear Angie

A family trust can take different shapes. Couples with young kids sometimes consider creating a trust in the event that they both die unexpectedly. In these situations, a family trust would be managed for the care of minor children.

Some people also create trusts for the purpose of avoiding estate taxes. These trusts aren't

as common, because you don't have to worry about estate tax problems unless you have assets in excess of \$5 million, based on current law.

But to be honest, Angie, I can't think of a situation where you'd want to create a family trust to manage money while you're alive. Unless, of course, it contains some kind of estate planning implications.

- Dave

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6							8
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		8	9		1	6	4
			6		8		

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For Solution See Page 7.

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3	5	4	1	9	6	2	8	7
1	7	9	8	2	3	4	5	6
6	2	5	4	1	9	7	3	8
4	8	3	5	6	7	9	1	2
7	4	6	3	8	2	1	9	5
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By Ronnie McBrayer

The words “holy” and “sacred” are sometimes used interchangeably. I don’t think this should be the case, as there is a huge difference between the two. Sacred comes from the Latin, “sacrum.” You might recognize that “sacrum” is also the name of the bones in your pelvis. The ancient Romans called this part of the human body “sacred.” It is where the reproductive organs are, and, particularly in the female, it is from where life springs.

Thus, as one line of thinking goes, the sacred was recognized as something that had to be protected and secured. That is an excellent picture, actually, of how we employ sacredness. Human beings create sacred rituals that draw lines, build barriers, and protect and secure our space and turf. We feel we have to keep everything that is perceived as a threat on the outside, so as to guard our life and our future.

A quick example: Not long ago I was preparing to speak at a church and had my always handy coffee cup with me. Without any thought, I sat it down on the pulpit while I was reviewing my sermon notes. This church had more than a lectern or podium. It was truly the “sacred desk.”

A person came up to me and said, “I would appreciate it if you removed your cup. This furniture

# Where Nothing Is Sacred

is sacred.” I complied but then added, “Yes, it is ‘sacred,’ but do you know why? Because it has been designated so by a church committee, not by God. God’s holiness is not violated by a Styrofoam cup” (I didn’t mean to be snarky, but I don’t think this person became a fan).

And a second example: During one of my pastorates we moved from a shabby little storefront building to a beautiful, magnificent sanctuary. It was an incredible upgrade with actual pews, a baptistery, a steeple, and some other sacred things. In our old location we had been picking up children in our little church van and bringing them to worship. These little people were tornadoes. Turned loose in an empty room, they would find something to destroy. When we moved to our new building we kept picking up these children, but I knew it would not last.

During our first week of Vacation Bible School in the new building one of the church mothers retrieved me from my office. She was enraged. “I need you to come with me right now!” she said. She took me to a hallway, pointed at the wall, and asked, “What are we going to do about that?”

Two and a half feet above the floor was a swatch of dirt staining the white wall. It ran down the entire length of the hallway stopping at one of the classroom doors. A classroom of these “dirty bus kids” had all run their hands down the wall as they

walked to class, that’s all. But I knew then that there would be no place for them in our new space.

The sacred is the ritualistic space, community, and people-dividing behavior of human beings. The holy, however, is something completely different. Something holy is something that is “whole.” The root word is “health.” In other words, holiness is something that cannot be divided. It is something that is complete, unbroken, and intact.

Thus, holiness is not something defined by lines of segregation or by different shades of acceptance. It is defined by openness and welcome. The holy doesn’t alienate, it invites. The holy doesn’t separate, it welcomes. The holy doesn’t divide, it embraces.

Whereas what is sacred is a small restricted space that must be sheltered and guarded, the old Norse word for “holy” means “a large living room,” where people are made to feel very much at home. I pray that God makes us holy: Whole, healthy, welcoming people! But I also pray that he never allow us to become a sacred people, for when we lose our ability to be hospitable, inviting the outsider in, we have lost our unique witness in the world.

*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).*

# The Proper Etiquette for Eating an Ice Cream Sundae

By Rev. James L. Snyder, D. Litt

Not everybody realizes how important it is to follow protocol. Many Philistines in our society do things so haphazardly that it is a real affront to those of us who know better. There should be a law forbidding such perfunctory behavior. We have a law for everything else, why not this? Plus, it would better serve our country and help maintain civilized behavior among our citizens.

I will be the first to admit that, throughout my lifetime, I have not always been committed to civilized behavior. It took me a long time to realize what civilized behavior really was. Before I got married, I had an idea of what I thought civilized behavior was. Unbeknownst to me I had wandered about in sheer ignorance.

Looking back, I think of those times and know why somebody said, “Ignorance is bliss.” And to be sure, I was very blissful. In fact, I did not know how very blissful I was.

Then came the time when I was willing to throw away all that bliss for the, “I do,” of a certain young lady I chanced to meet. It was then that my idea of bliss radically changed forever.

After getting married I realized just how uncivilized by behavior had been up to this point. Fortunately, for me, my bride was more than willing to take up the challenge of nurturing me to a more civilized behavior.

I would not say that she has been overwhelmingly successful in this attempt, however. I am a lot more civilized today than I was prior, which has to count for something.

One of the things that she attributes to civilized behavior has to do with cleanliness, in particular, clean clothes. For some reason she has a fetish that everything has to be cleaned. In

my uncivilized days, I had more of a fetish about saving water. Through the years, her persistence has paid off and I have come to the place that I really appreciate clean clothes.

Of course, there is a discrepancy in what each of us deem as clean.

For me, clean is when it passes the sniff test. As long as I cannot smell anything on my shirt, I consider it clean. My wife, on the other hand, believes that if you wear a piece of clothing one time it ceases to be clean.

Then there are spots. If a spot is on my shirt where nobody else can see it, I consider the shirt clean. After all, appearance is what really counts. However, my wife believes any and every spot renders a shirt unclean.

This brings me to the subject at hand. That is, the proper etiquette for eating an ice cream sundae. It appears, so I am told, that the correct way to eat an ice cream sundae is not to get any on your shirt.

My favorite ice cream sundae is hot fudge, which is humanly impossible to eat without getting something on your shirt. No matter how careful, I always drip hot fudge on my shirt. The cleaner the shirt, the bigger the smudge.

It is for this reason that the Gracious Mistress of the Parsonage has laid down some very strict rules when it comes to ice cream sundaes. No ice cream sundaes!

Period! For the most part, I do not let her catch me eating an ice cream sundae. It is more for her good than for mine that I keep this a secret. Whenever she discovers I have had an ice cream sundae it affects her blood pressure, not to mention the wear and tear on her vocal cords. (I will not even mention my eardrums.)

I have tried everything under the sun to master the etiquette of properly eating an ice cream sundae. No matter what I do or try, the result is always the same.

Some little smidgen of fudge on my clothing somewhere.

I recently came to a milestone in my pursuit of ice cream sundaes. At first, I thought it was an ingenious plan. In the beginning, it looked promising. It went simply like this. Since a hot fudge sundae usually drips on my shirt evidencing the fact that I indulged in the forbidden delicacy, I switched to strawberry sundaes where there is absolutely no chance of smearing your shirt with fudge.

This plan of mine worked for several months but came crashing down this past week. I had indulged in a very delicious strawberry sundae and thought I had gotten away with it. When I got home my wife looked at me and then said, “What is that stain on your shirt?”

Knowing that if I confess I had an ice cream sundae I would be in deep trouble the thought occurred to me until I took my chance.

“I think it’s lipstick,” I said with a smile on my face.

“Oh, I thought it was strawberry syrup,” she said.

I am not sure what that means but I did not want to pursue the subject at the time.

I am learning that some things are not worth the effort. The apostle Paul thought this too.

“All things are lawful for me, but all things are not expedient: all things are lawful for me, but all things edify not” (1 Corinthians 10:23 KJV).

There is a proper way of doing everything and some things are not worth doing at all.

*The 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 (352) 687-4240 or e-mail [jamesnyder2@att.net](mailto:jamesnyder2@att.net). The church web site is [www.whatafellowship.com](http://www.whatafellowship.com).*



By Karen Anderson

# The Spiritual High

the roller coaster just recently. There is an event coming up in March next year that I am very involved with. My experience in the past has been when events are planned, it is a long and difficult road with many twists and turns. Finally, shaking, the event starts. The feelings and thoughts come: “Did I make the right decision coming here? Did I do everything I could to make this work out right? What if the women don’t like what I put together? Why am I even doing this?” Do you see a pattern in the questions? It is all centered around me, and what I wanted to do. How utterly ridiculous that is. In all the planning, I left out the most important element of the event...GOD.

In the planning this time, what makes the difference is that it is His event. God has given me a much needed mind-shift. What a difference! I have not forgotten who should be at the center of it all. Do you know who that is? *It is God!* He is the Master of it all. I know the enemy is hard at work trying to stop this event from being successful. I was having that old self-centered feeling of doing it my way, and it just wasn’t working. I was allowing others to try to tell me what to do and how to plan it. As a result of that doubt, fear and whatever else you want to call it came rushing back in and I was fearful and depressed. I was at the lowest part of my ongoing roller coaster ride. This time I reached out to God and He answered in a mighty way. Through just one phone call,

all my fears and depression was gone in an instant. It was almost beyond belief that God fixed everything with one call and the enemy went crawling away in defeat. Praise God for once again coming to my rescue. The spiritual high was almost overwhelming. Then I knew, without a doubt, that this event will be a *huge success* because it is God’s and not mine. The realization hit me; once again, I am His instrument to do what He wants. In my weakness, He is strong.

Through this experience, God has shown me that He needs to be in everything that I do, think, and say. Through my uncertainty and weakness He is always there to guide and direct my path. His Word says, “*Don’t panic. I’m with you. There’s no need to fear for I’m your God. I’ll give you strength. I’ll help you. I’ll hold you steady, and keep a firm grip on you.*” Do you want that *spiritual high*? Or do you want to constantly be riding that roller coaster with its ups and downs? If not, it is time to reach out and take hold of the hands of God. He is waiting for you.

PASSAGE: Isaiah 40:10 (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) active by April 15th. Latest books, “Nikki’s Tail-Waggin’ Lessons” and “The Little Book of BIG Thoughts Series.” Leave a message for Karen [www.doablesteps.com/contact](http://www.doablesteps.com/contact).*

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# Saving the Old Sylvan School

Continued from Page 1

The first class had forty students. According to a sign in front of the building, “The school property was divided by an imaginary line from north to south. The girls stayed on one side of the line and the boys on the other. The interior consisted of a single classroom with two small closets. In addition to serving as a schoolhouse, the building was used for community meetings, church services, dance parties and a voting place.”

Originally a simple Greek Revival-style building, it was remodeled in 1903 and given a more formal appearance, with the Doric columns and bell tower added.

In 1923 the Citrus Heights Community Club was formed and

held their meetings in the building. When it was deemed too small to continue as a grammar school in 1927, the Community Club took it over and relocated it to its current location on ranch land donated by Adolf and Catherine Van Maren. The ranch covered more than 1,000 acres and was farmed continuously from 1854 to the 1980. Over the years the original porch was enclosed, the columns and bell tower removed and shed rooms added.

For more than 85 years the Sylvan School building has served well as headquarters for the Community Club, continuing the tradition of serving as a civic club facility, and available to the community for weddings and other social functions.

The vision is to purchase the building and site, begin renovation, and involve the community in the process, learning about its heritage, putting in some volunteer labor and creating fundraising projects of any size to be a part of the restoration of this historic building to its early design. This can be a uniting cause for individuals, schools, service groups, non-profits, youth groups, and faith-based organizations working together in small ways to accomplish a big task. It can be done!

For more information or to express support for the Sylvan School Project or the Disabled Veterans Golf Park contact Jim Rounsavell at 916-757-9139, [information@veteransgolfpark.com](mailto:information@veteransgolfpark.com). Website: [allveteransgolf.org](http://allveteransgolf.org)



By Pastor Ray Dare

Hurried, overwhelmed, burnt-out and frustrated describes so much of our life. We pack more into our schedule than any other culture. We’re obsessed with going faster, trying harder. As a result we feel overloaded, stressed-out, overwhelmed. The sick thing about many of us is we see fatigue as normal. We’ve come to accept it. You’re born into a busy life and you move and rush through life until you drop dead. There are always little tasks that are biting at our ankles. There are too many responsibilities to be met, too many obligations to be carried out and not enough time to do everything. We feel frustrated, overwhelmed, and ready to throw in the towel.

God says in Psalms, “Cease striving and know that I am God.” Psalm 46:10a (NASB)

God says cease striving. Why does God say that? Two of the greatest sources of stress in your life are arrogance and aggression. First, aggression: You don’t wait, you’re not patient, you get aggressive, try in your own strength, in your own energy and effort to get

# How to Lower Your Stress Level

it all done. Next arrogance: you think, “If it’s going to be it’s up to me!” “I’ve got to get it done!” You try to control everything. A lot of your stress comes from your own pride, thinking you can do more, have more and control more.

So God says, “Be still and know that I am God!” You need to remind yourself that you are not the general manager of the universe. You are not everybody’s savior, you cannot do all and control all, you are only a cog on a giant wheel. You are a pawn on God’s chessboard. This thing is much bigger than you and me. It’s about God and not us. Your world is not going to fall apart when you start trusting God. I want to suggest because you’ve probably tried a lot of other things to reduce the pressure in your life...why don’t you try TRUSTING God?

Another stress reducer is found in Proverbs 20:24, “Since the Lord is directing our steps, why try to understand everything that happens along the way.” Stop demanding explanations for everything. God doesn’t owe us explanations. If He tried to explain it all to you, you couldn’t understand it anyway. So why don’t you just trust Him? He loves you and wants the best for you life. If you want to de-stress your life, give up control and stop demanding explanations! Maybe you’ve been feeling

overwhelmed lately. You’re frustrated and nothing seems to be going your way. Maybe you feel really tired and feel lousy and you don’t even like getting up in the morning. What you need is a spiritual refocus. A new perspective, a spiritual renewal or maybe even a new birth spiritually. When you place Jesus Christ in the center of your life and you put Him in control, it’s like the center of a gyroscope. He brings everything into balance, when He is at the center. It’s like the hub of a wheel. Everything else comes out in proportional balance. Jesus Christ says, “I want to be the center of your life.”

Put God at the center. Resign as general manager of the universe. When you put Christ at the center of your life, you restore a sense of balance and harmony you’ve been missing. You will tap into a source of strength that will never run dry. There’s enormous energy there. Cease from striving and realize He is God, that you matter to Him, that He’s in control and He has a good plan for your life.

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## Community Collects 660 Books for Kids In United Way’s Star Readers Project

SACRAMENTO Region, CA (MPG) – More than 650 kids struggling with reading across five capital region counties will receive books, thanks to the 660 books collected for United Way’s 2nd Annual STAR Readers Book Drive that ended March 8. The drive benefits United Way’s STAR Readers project that is working to increase graduation rates by improving early reading skills.

“The capital region is incredibly generous, and we are grateful that communities across five counties contributed books to help children improve their reading and have access to books that will set them on a path for success,” said Steve Heath, United Way president and CEO.

Through the online book drive, local residents purchased age-appropriate books for children in kindergarten through third grade: “A Green, Green Garden” by Mercer Mayer, “Marley: Firehouse Dog” by John Grogan, “Frog and Toad

are Friends” by Arnold Lobel and “The Enormouse Pearl Heist” by Geronimo Stilton. The goal was to collect more than 650 books, one for each child in United Way’s STAR Readers project. Books will benefit Amador-Tuolumne Community Resources in Jackson, Boys & Girls Club of Auburn, Boys & Girls Club of El Dorado County, Boys & Girls Clubs of Greater Sacramento, Davis Bridge Foundation, New Morning Youth and Family Services in Placerville, Sacramento Chinese Community Service Center and Yolo County Children’s Alliance in Davis.

As part of the STAR Readers Book Drive, United Way teamed up with Barnes & Noble in Citrus Heights for a children’s reading event. Dozens of families came out in pajamas for A Starry Night on Feb. 27, where local celebrities gave dramatic readings of the books, which were available to purchase that night for the book drive.

For 90 years, United Way California Capital Region has actively worked to address the community’s most pressing issues, now focusing on innovative solutions related to high school graduation rates, household financial stability and obesity. United Way’s team of nonprofits, businesses, donors and volunteers are working together to provide positive, measurable results on these issues through United Way projects: STAR Readers, SenSe-Ability and Fit Kids. Community members can give, volunteer and advocate in support of the causes they care most about, benefiting United Way and hundreds of nonprofits in Amador, El Dorado, Placer, Sacramento and Yolo counties. United Way is an independent, local affiliate of United Way Worldwide. For more information, visit [www.yourlocalunitedway.org](http://www.yourlocalunitedway.org).

Source: Kristin Thébaud Communications

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# POPPOFF!

with Mary Jane Popp

saturated fat had more than triple the risk of developing Alzheimer's disease.

2) **Trans Fats** found in doughnuts and snack pastries, have been shown to increase Alzheimer's risk more than five fold. These "bad fats" raise cholesterol levels and apparently increase production of the protein that collects in plaques in the brain.

3) **Excess Iron.** While we need iron to make hemoglobin that carries oxygen in the bloodstream, excess iron can build up in the brain, sparking the production of damaging free radicals. Sources of excess iron include cast-iron cookware, meats, and iron supplements.

4) **Excess Copper.** The body needs traces of copper to make enzymes. In excess, copper impairs cognition—even in mid-adulthood—and ends up in the plaques of Alzheimer's disease. It comes from copper pipes and nutritional supplements.

5) **Aluminum.** Aluminum's role in the brain remains controversial. However, because it has been found in the brain of Alzheimer's patients, it pays to err on the side of caution. Avoid uncoated aluminum cookware and read labels when buying baking powder, antacids, and processed foods.

Now let's get to the **Brain-Protecting Foods** for getting that brain going.

1) **Nuts and Seeds** are rich in vitamin E. Especially good sources are almonds, walnuts, hazelnuts, pine nuts, pecans, pistachios, sunflower seeds, and flaxseed. Just one ounce a day is plenty.

2) **Blueberries and Grapes** get their deep colors from anthocyanins, powerful antioxidants shown to improve learning and recall in studies at the University of Cincinnati.

3) **Sweet Potatoes** are the dietary staple of Okinawans, the longest-lived people on Earth who

are also known for maintaining mental clarity into old age. They are rich in beta-carotene, a powerful antioxidant.

4) **Green Leafy Vegetables** provide iron in a form more absorbable when the body needs more and less absorbable when you have plenty. So it protects you from brain overload which can harm the brain. Green veggies are also loaded with folate, an important brain-protecting B-vitamin.

5) **Beans and Chickpeas** have vitamin B6 and folate, as well as protein and calcium, with no saturated fat or Tran's fat.

6) **Vitamin B-12** is essential for healthy nerves and brain cells. While many people have trouble absorbing vitamin B12 from foods, in supplements, they are highly absorbable. Together, folate, vitamin B6 and vitamin B12 eliminate homocystein, which can build up in the bloodstream—rather like a factory waste and damage the brain.

So there you have a brief glimpse into the world of the brain. In **"Power Foods"** For The Brain, you will discover a three-step program for brain health which includes putting power foods to work by shielding yourself from toxic metals, avoiding harmful fats and cholesterol, and building your vitamin shield. Add strengthening your brain through mental exercises that build your cognitive reserve, and physical exercises that protect your brain, and defeating memory threats by building memory power as you sleep, and finally, by identifying medicines and health conditions that impact memory. Got recipes too. It all begins with your desire to get started! If you need more info, go to Dr. Barnard's website at [www.PCRM.org](http://www.PCRM.org). Don't forget!!!

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



by David Dickstein



### Movie Review:

#### 'The Croods'

##### Looks are Deceiving

With the release of the caveman cartoon comedy "The Croods" (now playing), DreamWorks Animation has doubled the feature film output of rival "Pixar." For those keeping score, it's now 26 to 13 in favor of the studio that "Shrek" built.

That's no slouch of a milestone and almost tops the one DreamWorks Animation reached a few years ago when it unseated Pixar as the all-time box office champ when it comes to CGI features. The "Shrek" film franchise, alone, has made \$3.5 billion worldwide, and you can tally another \$1.9 billion from the three "Madagascar" movies and \$1.2 billion from just two "Kung Fu Panda" pictures.

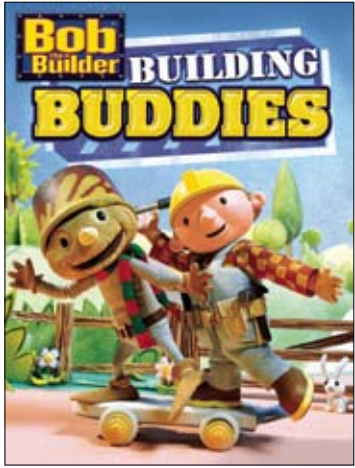
We'll get to the review of "The Croods" in a minute, but first the "but." While the talented folks at DreamWorks Animation have succeeded in getting the civilized world to side with a giant green ogre and cross fingers for lost, misfit zoo animals and root for a fat and lazy panda, none of the studio's features can hold a computer-drawn candle to the stories that make Pixar movies magical. Oh, they're funny and exciting, all right — many times even more so than what the rival puts out under the Disney banner.

But what Pixar's movies have that those from DreamWorks and the other big studios seem to lack are heart and smarts — the stuff that makes a film endearing and everlasting, and makes the sentimental cry. Call me soft if you must, but nine of Pixar's baker's dozen have caused me soggy eyeballs. When Sully reunites with Boo at the end of "Monsters, Inc." I bawled like a baby. The tender and wordless montage in "Up?" Serious Kleenex time. And don't even get me started on the second-to-last scene in "Toy Story 3." DreamWorks' "How to Train Your Dragon" came close to activating my waterworks. I'm a sucker for injured mythical creatures.

With "The Croods" (rated PG), a prehistoric comedy adventure that follows the supposed last surviving family of their era, tears of laughter are sought much more than the other kind. Yeah, there's

# Films and DVDs for the Whole Family

This month in family home entertainment:



**"Bob the Builder: Building Buddies"** (April 9 on digital download, not rated, ages 2-5): Seven episodes featuring the hospitable handyman are threaded by stories that promote taking on challenges and succeeding through teamwork. *Grade: B*

**"Charlie: A Toy Story"** (April 2 on DVD, not rated, ages 5-12): An invention called Wondermation, which mixes science and imagination to create the most amazing toy the world, falls in the wrong hands. Coming to the rescue are a golden retriever named Charlie and his 10-year-old master Caden, whose father's toy store is the setting for this wholesome, direct-to-video movie. *Grade: B-*

**"Disneynature: Wings of Life"** (April 16 on DVD and Blu-ray, rated G, ages 3-adult): Meryl Streep narrates this captivating look at butterflies, bees, hummingbirds, bats and flowers,



touching on how they fit in the world's food supply. This is the latest in a series that has examined Earth, oceans, African cats and chimps. *Grade: A*

**"Pingu's Igloo Adventures"** (April 2 on DVD and digital download, not rated, ages 2-5): The Curious George of penguins gets into 12 episodes' worth of mischief in the South Pole. Along for the rocky ride, as usual, are his little sister Pinga and best bud Robby the Seal. Parents who watch with their little ones are treated to stories sprinkled with sarcasm and attitude, and the glibberish dialogue is a hoot. *Grade: A*



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# River Cats Season Opener April 4th

SACRAMENTO REGION, CA (MPG)– The complete River Cats promotional schedule for the 2013 season was unveiled recently, with twice as many fireworks shows, a nine-part bobblehead giveaway, and a pair of new recurring promotions—Throwback Mondays presented by Cache Creek and Free Parking Wednesdays presented by Jiffy Lube—featured as highlights to what was already one of the best promo schedules in all of baseball.

For the first time, Raley Field will be the backdrop for post-game fireworks after every Friday home game in addition to the return of the popular Sutter Health Fireworks Saturdays. With a fireworks extravaganza planned for the Independence Day Celebration on July 3 as well, there will be 22 fireworks shows after River Cats games this season.

Recurring promotions—a promotion for every day of the week, all season long—will return this season with a pair of unique additions. Throwback Mondays presented by Cache Creek will feature the River Cats donning Sacramento Solons jerseys and



hats, as well as “throwback” prices on popcorn and peanuts, available for just 50 cents each. Also, Free Parking Wednesdays presented by Jiffy Lube will debut this season, with free parking at Wednesday home games throughout the season (excludes July 3).

The River Cats also will celebrate a pair of ballpark milestones this season: the 1,000th game at Raley Field will be commemorated with “A Grand Celebration” on Saturday, June 22, and the 10-millionth fan at Raley Field will be honored with a once-in-a-lifetime prize package, expected sometime early in

the season.

Other popular theme nights that will return to Raley Field in 2013 include Military Appreciation Night presented by US Army (May 18), Star Wars Night (June 15), Hot Rods and Cool Cats Block Party (June 23), Fin Fest Block Party (July 13), and Bark in the Ballpark (July 24), where fans can bring their furry friends to Raley Field.

The complete 2013 promotional schedule can be found online at the River Cats brand new website, rivercats.com.

## 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.



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



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.



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# Army of Angels Share a Weekend

By Elise Spleiss

SACRAMENTO REGION, CA- (MPG) Almost 2,000 caring Angels from all walks of life, and backgrounds, from all parts of California and across the country gathered at four separate events from Friday, March 29 to Sunday March 31, 2013.

Their goal was the same: to spread awareness of the evil of crimes against children, to share their stories and learn what still needs to be done, and to give and get much needed hope knowing there are many caring and compassionate members in all parts of society that are working endlessly to stop the madness.

Army of Angels (AOA), an international coalition of child advocates that work together to eliminate crimes against children, produced the event, which was their kick-off to the National Child Abuse Prevention Month. AOA founder, Kathleen Moore was pleased that “an enormous amount of awareness was generated during the weekend, calling to action the public to better protect our children.”

The weekend commenced Friday evening with a VIP reception for over 200 people, hosted by Toni Tirapelli, founder of STARS POWER Programs, Inc., Toni has been empowering youth for twenty years. Speakers shared their stories and how they had been inspired to join the battle to save our children. Music and other entertainment was enjoyed by all.

Saturday day saw the Rely on Us Rally family event, hosted by Kellie Jo Lovata and Lara Sansen. Nearly 1,000 participants attended the Rally, which included a fire truck and police car to inspect, belly dancing, fiddling, some rap & hip-hop, cheerleaders and a comedian. There was also a bounce house,



From the right: Tom Scales, Innocence Revolution; Roger Chiang, producer America’s Most Wanted; Sgt. Dave Moranz, Citrus Heights Police Department; CHP in brown uniforms; and Army of Angels founder Kathleen Moore, with members of the Galt Police Department and Sacramento Sheriff’s Department. Photo courtesy of Army of Angels

crafts and face painting by the princesses and ambassadors to enjoy.

A poignant highlight of the weekend was the unveiling of the “Mobilizing America Quilt program”. The nine quilts, mounted on 6 X 6 foot panels provide a new dimension to the tragedy felt by family and friends by giving the victims a face. Quilts included images of children of Army of Angels families, babies who became ‘angels’ all too

soon, and the faces of the victims of the Sandy Hook School tragedy. The quilts were created by Candy Stevens. The quilts are on their way to Washington D.C. with the Kross Kountry 4-Kids caravan, to be displayed at the rally. (See below.)

Saturday evening over 550 members of the community dedicated to the positive development and protection of our children and youth gathered for the “Heroes with Heart Gala and

Awards Ceremony”.

Special guest Roger Chiang producer of the “America’s Most Wanted” television show received a Lifetime Achievement Award for his work on the show,

Local non-profit and private organizations working with children and youth and their families were also honored. Law enforcement was well represented with police departments from Citrus Heights, Elk Grove, Galt and Folsom, the Sacramento

Sheriff’s Department and the U.S. Marshall’s office, The California Attorney General and district attorneys from four counties including Sacramento and Los Angeles were also recognized for the difference they have made in working for new and more effective legislation passed regarding crimes against children.

All local Sacramento stations, plus NBC, CBS, CNN, and National Public Radio provided

media coverage.

Citrus Heights honorees included the Citrus Heights Police Department; Fitness 19; “Miss” Gladys Standard, shepherd of the children at the Sayonara Center; Mary Purvis for her work with the development of her Pageant Queens and Princesses; Citrus Heights Domestic Violence Intervention Program; the Citrus Heights Kiwanis Club, and Kiwanis Key Club which brought their energetic teen club members to help with all aspects of the events.

Donations from an eclectic silent auction went towards the KlaasKids Foundation and WynSpring. KlassKids aids in the prevention of child abduction as well as exploitation, and assists in finding missing children. WynSpring Family Resource Center in Sacramento works with young victims of abuse in protective custody.

Staff from Wynspring had the joyful task of gathering up the 50 colorful and creative Easter basket centerpieces donated by the GFWC Women’s Clubs, Sutter District to be delivered to their deserving children.

Finally, Sunday morning saw a wet but enthusiastic group of bikers along with their chase vehicle depart on their 6,000 mile Kross Kountry-4-Kids A Journey-4 Justice journey. Roger Chiang and several dozen well-wishers braved the rain to wish them a safe trip. .

The caravan is due to arrive in Washington D.C. on Sunday, April 7 for the Child Abuse Prevention Month Rally, and will return for their “Welcome Back Bash” at the Folsom Harley-Davidson store in Folsom on Sunday April 14 at noon. All are invited to attend. To track the caravan to Washington D.C. and back, go to Facebook / tracktheteam.



Donald Kendrick  
Music Director

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