



# Region Now Booming with Local Craft Beers

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# Citrus Heights Messenger

“Written by the people, for the people”

Volume 3 Issue 4

Serving the City of Citrus Heights and Sacramento County

Second Edition for February 2013

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Your Dolls are Worth?



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## Trafficking Now A Serious Problem



Human sex and forced labor trafficking thrives in Placer and Sacramento counties. Victims of sexual exploitation include street prostitution and escort services.

By Elise Spliess

SACRAMENTO REGION, CA – (MPG) Human Trafficking is modern-day slavery, and it does exist in Sacramento County. According to the FBI, Sacramento County is among the top five counties for prosecuted Domestic (U.S. born) Minor (under 18 years) Sex Trafficking (DMST) cases in the nation. In our area, the majority of these cases are found in impoverished and at-risk communities such as North Highlands, Del Paso Heights, Oak Park and Meadowview. Ninety-nine percent of cases involve children with no father in the home.

No child, youth or teen ever wakes up one day and says,

“today I’m going to become a forced labor or sex slave”, and yet at least 100,000 children are being exploited every year in the United States.

Human trafficking is now tied with the arms trade as the #2 criminal industry in the world, second only to drug trafficking.

How has this happened, seemingly right under our noses? What is Human Trafficking? How long has it been going on and what is being done to save those already caught in the bonds of human slavery in our area, and prevent it from happening to others? While this topic is much too extensive for one article, there is basic information that can be used by readers

to become aware of the problem and learn the signs to look for in their own interaction with the youth in their own community.

The legal definition of Human Trafficking: According to the Trafficking Victims Protection Act (TVPA) of 2000, “Severe Forms” of human trafficking (H.T.), are defined as: a) sex trafficking in which a commercial sex act is induced by force, fraud, or coercion, or in which the person induced to perform such an act has not attained 18 years of age; OR, b) as the recruitment, harboring, transportation, provision or obtaining of a person for labor or services, through the use of force, fraud, or coercion for the purposes of subjection to

involuntary servitude, peonage, debt bondage or slavery.

The existence of modern human trafficking in the United States came to light dramatically in 1995 in Los Angeles in a case dubbed the “El Monte sweatshop case”. Seventy-two female garment workers from Thailand were discovered living and working in an apartment complex in the El Monte neighborhood in Los Angeles. Hidden from public view, the complex was surrounded by barbed wire, and the women were forced to work there, some for 7 years, under fear of physical harm and deportation.

Continued on Page 11

## Looking to Volunteer in Citrus Heights?

CITRUS HEIGHTS, CA – (MPG) The City of Citrus Heights is currently seeking volunteers for the Citrus Heights Community Center, the newly constructed Sylvan Community Center and volunteers for the ever popular City and Community Events. All volunteers must be at least 18 years old and must successfully pass a background investigation, including a criminal history check and DMV background.

The Community Center is currently seeking volunteers for the following positions:

**Facility Worker:** Volunteer duties include exterior building and grounds site clean-up and landscape maintenance.

**Community Center Administrative Office:** Volunteer duties include answering telephones/voicemail, contact with the public and customer service, tours of the facilities, photocopying and scanning, filing, data entry, assisting with contracts and following up with clients regarding bookings. Knowledge of basic computer programs is preferred.

**City Events Volunteer:** Volunteer duties include answering telephones/voicemail, contact with the public and customer service, tours of the facilities, photocopying and scanning, filing, data entry, supplies, following up with registrants, sending correspondence and making return phone calls, mailers and working city events. Knowledge of basic computer programs is preferred.

**Facility Aide Events Volunteer:** Volunteer duties include set-up, breakdown and cleaning with events, inventory, equipment cleaning, and tours of the facilities.

Please join us for a Volunteer Open House at the Citrus Heights Community Center located at 6300 Fountain Square Drive on February 28th from 4:30pm-6:00pm. RSVP is required. For more information and to RSVP, please call 916-727-5400 or e-mail [msaario@citrusheights.net](mailto:msaario@citrusheights.net).

## Firefighters to Fill the Boot for Burns

CITRUS HEIGHTS, CA – (MPG) The driving public can join the Sacramento Metro Fire Department and other local firefighters as they raise funds for the Firefighters Burn Institute. The fundraising Fill the Boot Drive is an annual event held locally at the intersection of Greenback Lane and Sunrise Blvd. in Citrus Heights.

The Firefighters Burn Institute is a non-profit organization founded by the Sacramento Area Firefighters Local 522 in 1973, for the purpose of establishing a local burn treatment facility; providing recovery programs for burn survivors; providing fire and burn prevention through public education; funding education for burn team professionals, firefighters, and burn survivors; and supporting burn treatment and rehabilitation research.

The Firefighters Burn Institute participates in local burn care, and also plays an active leadership role on a national level with the Federation of Burn Foundations and

the American Burn Association.

Filling the Boot Drive is scheduled for Friday, February 15, 9am-5pm, Saturday, February 16, 9am-5pm, Sunday, February 17, 9am-5pm and Monday, February 18, 9am-4pm.

Neighbors can come by and check out the firefighters and fire apparatus in the Sunrise Mall parking lot during the fundraising drive. Agencies involved in the fundraising efforts are Sacramento Metro Fire Dept., Sacramento Fire, Folsom Fire, and other firefighters from all over Northern California.

Publisher’s note: Drivers should be careful not to exit their cars when travelling through the intersection at these times. You can proceed to the parking lot and make your donations to firefighters there. DO NOT stop your car in moving traffic, as it may cause traffic problems, delays, or accidents.

Photo provided by  
Firefighters Burn Institute





## Got an Old Doll or Teddy Bear in Your Closet?



Experts will be available to appraise up to 2 of your treasures.

SACRAMENTO REGION, CA – (MPG) Experts will be on hand to identify and appraise up to 2 of your treasures. The March show and sale in Roseville will feature several of the leading doll and teddy bear experts in the US as well as experts of reviving your well-loved treasures. They will be available to identify those mysterious dolls or teddy bears that are living in your ‘wonder what they are worth’ closet.

The 2013 kick-off event in



The 2013 kick-off event will feature stunning sales displays.

Roseville will be packed with stunning sales displays that will thrill collectors. You will find exceptional artistry, nostalgia and fine antiques assembled by more than 70 exhibitors from around the region. As teddy bears make us sigh and dolls take our breath away, there’s a lot happening in the Doll and Teddy Bear world for you in March. What is a doll and teddy bear show/sale all about? The Crossroads event brings contests, demonstrations and an international group of high profile

artists to share their creations. This lighthearted show and sale is for enthusiasts of all ages and includes a sales floor packed with dolls, teddy bears, antiques, miniatures, clothes, supplies, & more: from antique to modern, and the carefully hand-crafted.

Event: The Crossroads Doll and Teddy Bear Show and Sales  
Event Date/Time: March 2, 2013 Saturday 9AM to 3PM  
Event Location: Placer County Fairgrounds 800 All-America City Blvd Roseville CA 95678

- Event Features:**
- Doll & teddy bear identification and appraisal by industry experts.
  - Consignment booth.
  - Doll Stringing & evaluations of repairs.

Event Information and Email: [info@dolls4all.com](mailto:info@dolls4all.com)

Web site: [www.dolls4all.com](http://www.dolls4all.com)  
775 348 7713

Ticket Info: Adults \$7.00  
Children under 12 \$4.00

Thank you, Dorothy Drake.

## Dusty Baker Encourages “Fit Kids”



SACRAMENTO REGION, CA – (MPG) Cincinnati Reds manager, Granite Bay resident and Sacramento Sports Hall of Fame member Dusty Baker (back row center), recently took time out from preparations for spring training to encourage Fit Kids participants to keep up the good work.

Fit Kids is United Way

California Capital Region’s project that seeks to reduce obesity rates in the region by fostering healthy eating habits and active lifestyles. YMCA of Superior California is one of six regional nonprofits funded by United Way to work on Fit Kids. There are more than 1,000 kids in the program region-wide.

Baker, a 19-year major leaguer,

has had an active lifestyle his entire life. He was a four-sport varsity athlete at Del Campo High School in Carmichael and in addition to riding a bicycle two hours a day is an avid hunter and fisherman during the off-season.

Source: Kristin Thebaud Communications

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### Community Center and City Events Volunteers Needed!

#### Citrus Heights Community Center Volunteer Open House

Thursday, February 28, 2013  
4:30p.m.-6:00p.m.  
6300 Fountain Square Drive

The Citrus Heights Community Center is seeking dedicated volunteers to assist with the facility's ongoing operations. As well as volunteers to assist with the ever popular City and Community Events.

You are invited to join us at the Citrus Heights Community Center volunteer open house on February 28th. All volunteers must be at least 18 years old and must successfully pass a background investigation, including a criminal history check and DMV background.

**RSVP Required**

For more information and to RSVP, please call 916-727-5400 or contact Michele Saario at [msaario@citrusheights.net](mailto:msaario@citrusheights.net)

## Congressman Bera Urges Congress to be Responsible and Make Good Decisions

*Asks them to stop automatic across-the-board spending cuts*

WASHINGTON, D.C. – (MPG) Earlier today Congressman Ami Bera urged members of Congress to be responsible, make good decisions, and not allow automatic across-the-board spending cuts to go into effect at the end of the month.

During a speech on the floor of the House of Representatives, Bera used a poster sent to him by a 3rd grade class at Foulks Ranch Elementary School in Elk Grove, California with some tips for Congress to make his point. The poster read:

- Be Responsible
- Be Respectful
- Be Kind
- Be Accountable
- Make Good Choices



Congressman Ami Bera

“If sequestration takes place, 70,000 children will be kicked out of Head Start, 10,000 teachers will lose their jobs, and hundreds of thousands of our children will face a more difficult future,” said Congressman Bera. “If the 3rd graders can figure

it out, I hope we in Congress can. Let’s do what they advise. Be responsible and make good choices.”

Watch Congressman Bera’s speech: <http://youtu.be/JRff90NYc>

So, if Congress doesn’t act before March 1, automatic across-the-board spending cuts will go into effect, impacting programs that are vital to local communities and national security.

Congressman Ami Bera represents Sacramento County in the 113th Congress. A lifelong Californian and first generation American, Bera is a medical doctor and the only Indian American currently serving in Congress.

Source: Office of Ami Bera

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## Citrus Heights Messenger

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# Celebrating Beer Week



Sacramento is now a boomtown for craft beer and fans are happily drinking it down. The success of Sacramento Beer Week comes from the hard work of the local craft beer community.

SACRAMENTO REGION, CA – (MPG) The 4th Annual Sacramento Beer Week will be held from February 22nd until March 3rd, 2013. Throughout the Sacramento Valley, breweries, pubs, restaurants and other beer-loving businesses will celebrate Sacramento craft beer culture and Northern California's legacy as the birthplace of the modern craft beer movement.

Last year, more than 100 businesses hosted beer tastings, tap takeovers from visiting breweries, beer dinners, food pairings and more. SBW is anchored by the Capital Beerfest on March 2nd at Cal Expo, where thousands of beer fans will sample from almost 100 breweries to benefit the Runnin' for Rhett Foundation. New features this year will include a cocktail competition from the Sacramento Bartenders Guild and several exclusive collaborative beers from local breweries. A new beer magazine, Hops to Table, has been introduced to chronicle Sacramento's craft beer scene.

Sacramento Beer Week

organizers have also introduced a local campaign to promote responsible drinking.

"Drink Safely Sacramento will use social marketing strategies to reduce the harm from drinking alcohol," says Dan Scott, founder and executive director of Sacramento Beer Week. "We aim to make Sacramento safer, improve people's lives and maybe even save a few."

Sacramento has ten beer producers within city limits, another fifteen less than an hour away and eight new regional breweries scheduled to open in 2013. "Sacramento Beer Week and the caliber of locally-produced craft beers are yet another example that help to illustrate the reality of Sacramento's designation as the Farm-to-Fork Capital of America," said Steve Hammond, president and CEO of the Sacramento Convention & Visitors Bureau. "The region's heritage of quality craft beer production is second to none and, as showcased during Sacramento Beer Week, provides an additional element to the culinary

reputation that continues to grow both inside and outside of the Sacramento region."

Glynn Phillips, owner of Rubicon Brewing and President of the Northern California Brewers Guild, was an early supporter of the event. "Sacramento Beer Week has helped to elevate the presence and importance of craft beer in our region. Rubicon has been here for 25 years and I am still surprised at how many people learn of our beer through Sacramento Beer Week." Scott credits the collaborative nature of the craft beer industry. "The success of Sacramento Beer Week comes from the hard work of our craft beer community."

We should all be proud that Sacramento is now a major destination for craft beer lovers from around the world. Sacramento is a boomtown for craft beer and fans are happily drinking it down."

Complete information is available at SacramentoBeerWeek.com and CapitalBeerfest.com.

# Annual Rotary Speech Contest for Citrus Heights High School Students

CITRUS HEIGHTS, CA – (MPG) The Citrus Heights Rotary is inviting high school students from Mesa Verde High School and San Juan High School to participate in the Annual Rotary Speech Contest. Students are to write and present a speech expressing the theme of "Peace Through Service". The Citrus Heights Rotary Club level contest will be held at noon on February 27th, 2013 at the Citrus Heights Community Center.

The Annual Rotary Speech Contest consists of three rounds: First round is at a local Rotary Club meeting to pick a first place winner. All Club first place winners will advance to the Semi-Final round. Four finalists will be selected at the Semi-Final Round to attend the Final Round.

*Below are some general rules:*

1. Contestants must be high school students in grades 9, 10, 11, or 12.
2. All contestants MUST ARRIVE at their designated contest locations NO LATER THAN 10 MINUTES

PRIOR to the start of the contest. Late arrivals will be DISQUALIFIED. There are no exceptions to the rule.

3. Microphones will be required at the District Semi-Final and Final Speech Contests. Encourage use of microphone (hand held or wireless) at your Club Contest.
4. No displays, props or prompting are allowed. Any clothing containing logos might be considered props.
5. The speech must be at least 5 minutes in length but not more than 8 minutes.
6. Same speech is to be used for all levels.
7. All contestants must agree to speak at the Semi-Final and Final Contest should they advance that far.
8. The topic for every contest is: "Peace through Service"
9. Students may compete at only ONE District 5180 Rotary Club.
10. Any prior year's winner may compete again at the Club level, if they so desire, and advance to Semi-Final and Final Contests if declared

the winner at each level.

**CLUB CONTEST AWARDS:**

First place: \$200 Second place: \$100 Third place: \$50

Each Club Contest Winner will advance to one of four regional semifinals.

**REGIONAL SEMIFINAL CONTEST AWARDS:**

First place: \$250 Second place: \$100 Third place: \$50

The four first place winners at the regional semifinals will advance to District Contest Finals on Saturday, May 11, 2013 at the District Conference at the Hyatt Regency Lake Tahoe, Incline Village, Nevada.

**DISTRICT LEVEL AWARDS:**

First place: \$1,000 Second place: \$700 Third place: \$400 Fourth place: \$200

For more information and applications, please contact Jamie McDaniels at 916-536-9267.

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- Jack T., Citrus Heights, CA





# Sacramento County DA Reports Recent Cases of Interest

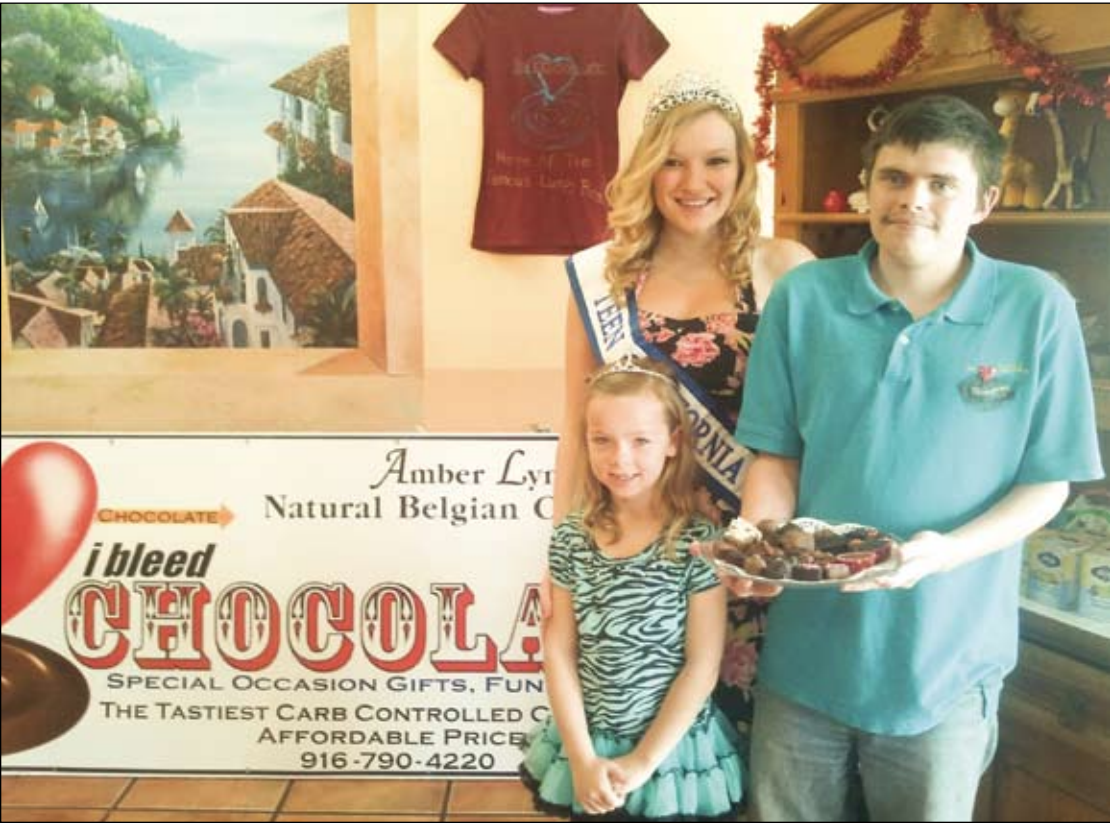
**CASE: Richard Carter (02/1513)**  
**PROSECUTOR: Deputy District Attorney Eric Kindall, Homicide Unit**  
District Attorney Jan Scully announced today that Richard Carter was convicted by jury of second degree murder in the shooting death of Kevin Burks on October 11, 2011. He was also convicted of being a felon in possession of a firearm. A court trial on his “strike” prior allegation is pending. Sentencing is set for March 7, 2013 at 1:30 p.m. before the Honorable Timothy Frawley. Carter is facing a sentence of 80 years to life in prison if the “strike” prior allegation is found to be true or 40 years to life in prison if the allegation is found not to be true. Carter was 17 years old at the time of the crime and was charged and convicted as an adult.

**CASE: Anthony Arinaga (02/15/13)**  
**PROSECUTOR: Deputy District Attorney Alan Hengel, Insurance Fraud Unit**  
District Attorney Jan Scully announced that 34-year-old Anthony Arinaga admitted to a felony charge of vehicular arson with the intent to defraud his auto insurance company, a strike under California’s Three Strikes Law. Galt resident Anthony Arinaga had a vehicle which needed frequent and costly repairs. Arinaga and a friend, Laura Perry, decided they would destroy his car. Arinaga would then file a false stolen vehicle police report and false insurance claim. Arinaga believed his scheme would eliminate having to pay for additional costly car repairs and that he would instead receive payment from his auto insurance company for the value of his car. The morning of September 11, 2011, Arinaga and Perry drove separate cars to a remote area near Stockton. Once there, Arinaga set his car on fire and immediately left with Perry who drove him home. Later that morning, Arinaga called the Galt Police Department and said he had just discovered that his car had been stolen. A Galt police officer went to Arinaga’s home to take a stolen vehicle report. Both Arinaga and his wife, Christina Arinaga, initially told the officer that their car had been stolen. After further questioning by the officer, they both admitted lying about their car being stolen. Anthony Arinaga faces a sentence of 180 days in jail and formal probation. Sentencing is set for March 15, 2013 in Department 8 of the Sacramento Superior Court.

**CASE: Haywood Luster (02/15/13)**  
**PROSECUTOR: Deputy District Attorney Matt Chisholm, Elder Abuse Unit**  
District Attorney Jan Scully announced today the Honorable Kevin McCormick sentenced 50- year-old Haywood Luster to 17 years and 4 months in prison. Last month, Luster pled to three counts of robbery with an elder victim enhancement. In the summer of 2012, Luster robbed seven women ranging in age from 76 to 93. Luster followed the women home from two grocery stores in the Arden area. When the victims arrived home and began taking groceries into their houses, he struck them from behind and stole their purses. None of the seven victims were able to identify Luster because the attacks were a surprise and executed quickly. During the last robbery, an alert neighbor witnessed the robbery and chased Luster back to his car. After the neighbor provided a detailed description of the car, the Sacramento sheriff’s robbery detail searched the area for hours and apprehended Luster in the car. All of the victims escaped serious injuries, but many of the victims have lost their sense of security, independence and will no longer leave their homes alone. In Luster’s statement to probation, he admitted targeting elderly women because he thought they were easy targets. Deputy District Attorney Matt Chisholm states, “Thanks to the tireless work of Sacramento Sheriff’s Detective Jason Lonteen and the watchful eyes of caring neighbors, this defendant is no longer wandering our streets targeting some of the most vulnerable people in our community.”

**CASE: Ignacio Bulahan (02/13/13)**  
**PROSECUTOR: Deputy District Attorney William Satchell, Gangs & Hate Crimes Unit**  
District Attorney Jan Scully announced that the Honorable Maryanne Gilliard sentenced 37-year-old Ignacio Bulahan for the May 19, 2004 murder of Thyotis Jackson. Last month, Bulahan was convicted by jury of first degree murder. Bulahan received a sentence of 25 years to life in prison plus 1 year for the use of a deadly weapon. The homicide was unsolved until 2010 when an individual came forward with information that assisted the Sacramento Police Department in linking the murder to Bulahan.

# iBleedchocolate Opens in Citrus Heights



CITRUS HEIGHTS, CA (MPG) 6970 Sunrise Blvd. In the food Max Center near Woodmore Oaks. Pictured showing off the sweets are Little Miss Ambassador, Kalie Bagwill; Miss Teen California, Karolynn Parker; and family member and employee, Keyote Carlson.

# Homeowners Alerted to a Growing Fire by their 3 year Old Pug Dog

Sacramento Metropolitan Fire District Report



CITRUS HEIGHTS, CA (MPG) – On February 17, 2013 at 11:12 pm Metro Fire units were dispatched to a report of a structure fire on the 7600 block of Woodchuck Way in Citrus Heights. The first arriving Metro Fire units reported heavy smoke from a single story home. Metro Fire Companies immediately began fire suppression activities and while searching for occupants located a homeowner gathering belongings in a back bedroom. The homeowner was escorted to safety.

Rapid deployment of resources prevented further damage to the home sparing most of the personal property.

Firefighting efforts confined the spread of the fire limiting damage to the structure and personal property to approximately \$75,000. The two adult occupants of the home told of being alerted to the fire by their 3 year

old pug dog and moments later their smoke alarm activated. No citizens or firefighters were injured as a result of the incident. Preliminary cause of the fire is being attributed to improperly discarded cigarette butts in a rear patio planter which caused a growing exterior fire to extend into the attic of the home. Metro Fire reminds you that smoke alarms save lives! Almost 2/3 of home fire deaths are in homes with no working smoke alarms. Protect your family: test your smoke alarms every month, and change the batteries when you change your clocks.

# CITRUS HEIGHTS City Ride

A new distinctive shuttle service for travel in Citrus Heights for everyone!



# New Shuttle Service for Citrus Heights

The Sacramento Regional Transit District (RT), in partnership with the City of Citrus Heights, now offers a new shuttle service for travel in Citrus Heights called "City Ride."

City Ride offers curb-to-curb service to and from any destination within the boundaries of the city of Citrus Heights and Mercy San Juan Medical Center on Coyle Avenue in Carmichael. In the near future, RT plans to offer service to Kaiser Medical Offices on Riverside Avenue in Roseville.

- Weekday service from 7 a.m. to 7 p.m.
- Advance reservations required
- Open to the general public
- Regular RT fares apply



To learn more about Citrus Heights City Ride, visit [www.sacrt.com/citrusheightscityride](http://www.sacrt.com/citrusheightscityride) or call 916-321-BUSS (2877). To make a reservation, call 916-556-0258.

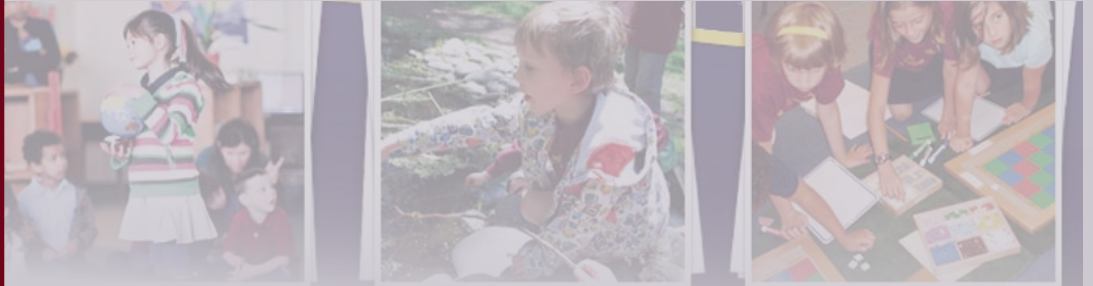


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CLUES

ACROSS

1. "The knight on the Oscar statuette holds one

6. "Possible best director

9. Sound of passing bullet?

13. Taekwondo country

14. \_\_\_ of Good Feelings

15. Twofold

16. Relating to Quechuan people

17. Energy unit

18. To set someone free

19. Bruce Wayne's Batman, e.g.

21. "Historical drama and Oscar nominee

23. Feline cry

24. Secretary, e.g.

25. a.k.a. American Gas Association

28. Cleanse

30. Gather, as in courage, e.g.

35. Make fun of

37. Lord's worker

39. "Controversial speech-making director (2003)

40. Aware of

41. They itch

43. "Singing nominee

44. Apartments, e.g.

46. Bank claim

47. "\_\_\_ in full"

48. Petered out

50. Put in the hold

52. Grazing land

53. "Vanity Fair holds a big one on Oscar night

55. \_\_\_ sheet

57. "Western director nominee

61. "'Cloud \_\_\_," snubbed by the Academy

63. Justin Timberlake's "\_\_\_ the End of Time"

64. Under the weather

66. 1.75 pints

69. "Time is money," e.g.

70. Adam and Eve used its leaves for covering

71. Silly and insignificant

72. Comedy Central's "\_\_\_O"

73. Drug approver

74. Throat infection

DOWN

1. Often used with "bum"

2. "Got an Oscar

3. Shamu, e.g.

4. King's domain

5. "President portrayer

6. "Ang and Spike, e.g.

7. Get it wrong

8. Bald symbol

9. Dietary mineral

10. Division word

11. Nervous biter's victim

12. Hidden valley

15. Hogwash

20. Flooded

22. Any doctrine

24. Ascetic Muslim monk

25. "Love

26. Going to

27. "Cooper and Lawrence \_\_\_ "Silver Linings Playbook"

29. Wedding cover

31. Daytime TV offering

32. Relating to tone

33. Bert's roommate

34. High-pitched

36. Japanese string instrument

38. Three of these in a yard

42. Horse or pig sound

45. Difficult to detect by the mind

49. \_\_\_ chi

51. "Youngest ever nominee

54. Sense an odor

56. Colorful spread

57. African tea

58. Backward arrow command

59. Greek H's

60. Not far distant in time, space or degree

61. Aquatic plant

62. "Like most in attendance at the Oscars

65. Manhole cover

67. WSW opposite

68. One in a set

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.

More Than Just A Problem

Dear Dave,  
My mother-in-law has a serious credit card problem. She can't afford stuff, but she shops anyway, acquires more and more credit and thinks she'll pay for it all later somehow. Her husband has bailed her out a few times, but he's unwilling to do it anymore. My wife and I, and her sister, want to address this issue, but where do we start?

- Jonathan

Dear Jonathan,  
First of all, you need to stay out of the discussion. This is something for her daughters to handle, and her husband needs to be part of it, too. He's closer to this and feels the effects more than anyone else in the family. They need to sit down with her in a closed setting, where there are no interruptions, no television and no one else. Start with the fact that they love her and care about her deeply. This part is really important. But they also have to walk through what's going on, and let her know they're tired of watching her destroy herself and her marriage with this immature and irresponsible behavior.

Dave Says

Everyone involved should understand going in that they're likely to receive a volatile, angry reaction from this lady. Sometimes people get ticked off when they hear the truth, especially when it's connected to their own misbehavior. It may even be a good idea for your wife, her sister and your father-in-law to get some advice from a family counselor beforehand. What we're really talking about here is an intervention.

If she were a drunk, you'd want to try and make her see how alcohol was hurting her and the relationships she has with her family. Basically, she has a credit card addiction, and it's wreaking havoc on her marriage and their financial well-being. Show as much love and understanding as possible, but someone has to say something and draw a line in the sand. Otherwise, this behavior will eat everyone alive!

- Dave

Closing Whole Life

Dear Dave,  
I want to get out of my whole life policy. Should I formally close out the old policy, or just

stop paying the premiums?  
- Anonymous  
Dear Anonymous,  
Close out the old policy once you have a good, term life insurance policy in place. I recommend 15- to 20-year level term insurance equal to 10 to 12 times your annual income. For instance, if you make \$40,000 a year, you should have \$400,000 to \$500,000 in coverage. Term life insurance is much less expensive than whole life. Plus, did you know that you lose the part of your whole life policy known as the "savings plan" or "cash value" when you die? They only pay the face amount of the policy. So, close it out and stop pumping money into that thing!  
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- Dave  
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For Solution See Page 7.

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## Help Wanted

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

Sudoku Puzzle on Page 6

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**By Ronnie McBrayer**

It seems a young girl was talking to her science teacher about whales when the teacher said it was physically impossible for a whale to swallow a human being.

# Hard Grace

God's mercy often comes to us by painful means. Heaven's love can wear a disguise. The circumstances that lead to our transformation are

I wish this kind of hard trans-formative grace could be taught, for it would save us all much agony, but it can't be. Hard grace can only be experienced. But once it is experienced, and we never wish for a repeat performance, mind you, we become changed people. As Julian of Norwich said, "There is the fall and then there is the recovery. Both are the mercy of God." Such mercy is the greatest miracle of all.

*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).*

# True Love Trumps A Romantic Fling Every Time

***By Rev. James L. Snyder, D.  
Litt***

I'll have you know that romance has not been a stranger at the parsonage. I met my wife (actually, she

The young woman emerging from the men's dorm defied description. Do you remember when women rolled their hair up in big rollers? Well, this young woman had rolled her hair up in tomato cans! Nothing prepared me for such a sight. She actually looked like some space alien.

A good wife is the find of a lifetime, as long as God is in charge of the search.



***By Karen Anderson***

There is a saying: "Judge not lest you be judged." What does this mean? Does it ruffle your feathers, or make the hairs on your neck stand straight up? Are you quick to make a judgment, even though you may think it is not that bad or it's just a little criticism? What's the harm in that, right? You may think you are helping the person, but in reality you are attacking their self-esteem. Putting someone down (even though it may be justified in your mind) is just **WRONG**. Shame on you for doing that! This maybe the way you treat others because you in turn have been treated this way, but there is no excuse for it. Judgment is judgment, and we don't have the right to do it to anyone. It angers me when I have been the recipient of unfair judgment. It makes me feel like, did I really deserve this mistreatment? The other form of judgment is when someone reads into what you say with something that isn't or was never said. Does that person think they can read your mind? They can't, and once again I believe this is a form of judgment, because it starts all the

# Unreasonable Expectations

Something I have learned when I am being verbally attacked is to say nothing and walk away. Remember, you don't have to take this. It could create anger in the other party, but most of the time that person is so involved with what they want you to hear, they are almost in a state of shock when you walk away. Another way to easily diffuse someone before you

Another thought: are you the one judging others? You should always weigh your words against God's principles. Day in and day out you are bombarded with chances to be judgmental. It is time to do your own soul-searching and STOP...THINK...SAY. Before you SAY anything, ask God if it is your place or His to judge the situation. The tongue is a powerful tool that can either encourage or destroy someone. What would you rather be known as: the "destroyer" or the "ENCOURAGER"? I personally want to be God's encourager. As you help others, don't let yourself become a judge; it is not your place. If you are willing, ask for God's guidance...He is there in everything you say and do.

PASSAGE: Romans 2:1-2 (NIV)  
Psalm 94:15 (NIV)

*Karen Anderson is an accomplished speaker, author, and chaplain. Leave a message or questions for Karen through her website [www.doablesteps.com/contact](http://www.doablesteps.com/contact).*

## *A Measure of Faith*



***By Marlys Norris,  
Christian Author***

Faith is something deep within that holds one together when everything on the outside is all mixed up. Recently I ran across this meaningful quote from Martin Luther on the internet, which explains clearly the meaning of what faith is. *“Faith is living with an unshakeable confidence, a belief in God, so assured that a man would die a thousand deaths for its sake.”*

The Bible clearly tells us about the holiness and righteous character of God and directs us clearly to His plan of redemption.

“Faith is the substance of things hoped for, the evidence of things not seen. (Hebrews 11:1) But these (words) are written, that you might believe that Jesus is the Christ, the Son of God; and that believing you might have life through his name”. (John 20:31) And this is the verse that spoke to my heart *“These things have I (God) written unto you who believe on the name of the Son of God; that ye may “know” that you have eternal life, and that you may believe on the name of the Son of God.” ( 1 John 5:13) Yes, Amen, one can Actually KNOW. “For God so loved the world, He sent His Son and who-so-ever believes in Him shall not perish but have everlasting life.” (John 3:16) God keeps His promises!*

Marlys Johnson Norris  
Seven Christian Books  
"God Moves Mountains,  
It was a Miracle!"  
Contact me: [Marlysjn@gmail.com](mailto:Marlysjn@gmail.com).  
[comMarlysjn@gmail.com](http://comMarlysjn@gmail.com)

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By Pastor Ray Dare

We don't like to admit our fears, but we all have our private phobias, inner insecurities, anxieties and worries. We may try to fake it, pretend they don't exist, cover them up, medicate them, but the fact is we all have them. If you don't deal with them, eventually they lead to other problems. How do you break free from worry? The Bible tells us how in Philippians 4.

**Pray about everything.** How do you overcome the habit of worrying? You replace it. You don't quit bad habits, you replace them with new, good habits. Instead of worrying, the Bible tells us to pray. "Don't be anxious about anything..... but in everything by prayer..." Philippians 4:6 If it's worth worrying about, it's worth praying about. You say, "But I don't have time to pray!" Sure you do. Take the time you spent worrying and begin praying. If you prayed as much as you worried, you'd have a lot less to worry about. Turn your worries into prayers because God cares for you and wants to help you.

**Thank God in all things.**

# How to Overcome Worry

"with thanksgiving..." Philippians 4:6 The Bible does NOT say be thankful FOR everything. It says "In every circumstance give thanks." Not for every circumstance. What's the difference? Even out of bad God can bring good. In every circumstance, no matter how bad it is, you can give thanks to God because, (a) I know He has a purpose bigger than the problem, and (b) He will give me the power to overcome the problem, and (c) I will grow through the experience if I allow it to help me grow. In every circumstance, even in tough times, I can be thankful because I know God is greater than the problem.

You may think, "But how can I be grateful when I've lost so much? I've lost my job, I've lost my health, I've lost my house. I've lost income. How can I be thankful in that situation?" You don't look at what you've lost, you look at what you have left. And you have a lot left! You're still alive and you still have a lot of blessings if you'll look around count them. Gratitude is a stress reliever because it gets your eyes off the problem and puts it on the positive things in your life.

**Think about right things.** "Finally whatever is true and noble and right and pure and lovely and admirable, think about such things and the God of peace will be with you." Philippians 4:8 None of us use

our brain to the potential God has given us. Whatever you put in your brain is what's going to come out. It's like a computer. Garbage in, garbage out. So, if you want to change your life, you need to change what you're thinking about. What's the result? The result is peace, God's peace. How do you get that kind of peace that helps you to trust in the tough times? You don't worry about anything, you pray about everything, you give thanks in all things, you think about right things and the peace of God will be yours as you trust in Jesus.

Pray this right now, "Dear Lord, help me not to worry about anything but to discuss them with You rather than worry. Help me to thank You in every situation, realizing that there's always something to be grateful for. Help me to think about the right things, to spend some time with You, reading the Bible to fill my mind with positive things, not the negative garbage that's out in the world. I ask for Your peace in my heart, in Jesus name, Amen".

Pastor Ray  
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This is our 5th year of our outreach program helping veterans and their families, in the Sacramento and the surrounding communities. We feed over 100 Veterans and their families through this program. In addition we provide advocate representation that gives the veteran access to legal services, helping in acquiring V.A. benefits, Medical access with transportation, and our Naturopath life Coaching program that combats Bio chemical addiction empowering the veteran to have a healthy body, and mind. We help the homeless, elderly, disabled, PTSD, veterans.

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# TAX HELP

*from a Tax Pro*

**Dean Alexander Sr.**

## Why Did My Tax Preparer Not Use My Deductions?

That reminds me of a lady who was unhappy when the IRS disallowed the exemption she took for her pet. “But I have been claiming seven of them in the past years,” she protested. Similarly many taxpayers seem to think that they are entitled to deductions for their food and living expenses.

I had a call the other day from someone who was unhappy with her tax preparer. “He seems not to know his business. She started telling me that he did not take any of her expenses for her food and commuting to work.

Needless to say that her tax preparer was correct in not deducting those personal expenses on her tax return. Personal Expenses are not deductible. Only expenses used in generating the income (except for commuting) are deductible.

Maybe it will help just to visit the issue briefly. If you are a business such as a corporation or a proprietor, you are entitled

to deduct your expenses that are used to generate your income. That seems commonsensical. The problem becomes a little twisted for wage earners.

In the good old days wage earners (people with w-2) used to be able to deduct their first dollar of business expenses. Then smart politicians who are bent on complications employed their twisted minds and decided to make life miserable for citizens and possibly for themselves.

Now employee business expenses have to pass two hurdles. The first hurdle is a percentage of adjusted gross income you have to jump over which they call a floor. You theoretically can deduct any amount above this floor. I say theoretically because we are not out of the woods yet.

After you successfully manage to jump the hurdle of the percentage of adjusted gross income and you have a dollar or two available now for deductions, the IRS

will tell you these deductions can only be used among the itemized deductions. So if you don’t have enough itemized deductions, the poor dollars that you have just liberated succumb to the shackles of the congress genius and they die forever.

Can’t we just live a simpler life? Taxes made simple or better yet no income tax but a sales tax system. You buy and you pay your taxes. NO more tax returns.

*Summary:* Only business expenses are deducted. Wage earners cannot deduct personal expenses. Employee business expenses are deductible but hardly.

*Dean has 30 years experience as a CPA and tax consultant and he is currently on two radio shows. He is the managing director of National Financial Advisors (NFA Tax Help), a national firm headquartered in Houston. He is also a Chartered Financial Consultant and Chartered Life Underwriter. He consults exclusively on tax matters particularly tax audits and tax collections at both the federal and the state levels.*



## BAYOU HOME REMEDIES

Why doesn’t the pharmaceutical companies and the healthcare industry use plants and herbs to treat patients? Actually they do, but it’s not advertised that way. According to Willie Gene, it all has to do with the financial motivation behind big pharma. She adds that there is so much deliberate misinformation put out there that people are confused, frightened, and dependent. But not Willie Gene. Bayou remedies have been a part of her family for generations. She had three aunts that each lived to over 100, and home remedies were all they had, and all they needed to stay healthy. As Willie Gene told me on my radio show POPPOFF, “We are told we are living longer, thanks to advances in modern medicine, but are we living better or merely existing?” So Willie Gene put down many of the remedies that have been passed down to her for decades in “How To Live A Long and Healthy Life” Using Natural Home Remedies.

And so began my journey into the back country where Willie Gene grew up with remedies for just about anything that ails ya’! The foremost one was the Mayapple plant. I had never heard of it before. Willie said

# POPPOFF!

with Mary Jane Popp

she started her search for the Mayapple after her mama died. Her mama had told her over and over again about this old Indian living in the neighborhood who made a paste out of the Mayapple root and put it in a “Red Heart” can (a tin that once contained pomade for men and held about one ounce). The old man sold the tins of Mayapple paste for \$100.00....a lot of loot in the early twentieth century. Folks would chip in together to buy a tin, using the paste on all their skin cancers, tumors, warts, etc. Her mama said all the skin diseases just disappeared, and there was enough in the can for everyone, because it took so little to do the job. While she was looking for more info on the plant, she ran across info on it in the encyclopedia. Guess what? Willie Gene said that not only do scientists know about it, it’s what they use in chemotherapy. The research says that the active ingredient in Mayapple stops cell division. Willie said the FDA thinks that Mayapple is too toxic for us to use ourselves, so we need a prescription. But are we supposed to believe people throughout history before the 1940’s didn’t have sense enough to tell if something was curing or killing them? The Native Americans have used Mayapple for centuries and still do to treat cancers of all kinds, rheumatism, cholera, diarrhea, hepatitis, gonorrhea, even syphilis. Willie said she has used this root to remove warts and skin cancer on herself. There’s a whole lot more about the Mayapple in her book too.

But Willie Gene goes to the heart of every day problems we can deal with such as”

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Peppermint-3 drops  
Clary Sage-1 drop  
Finish filling a one ounce drip bottle with sweet almond oil. Roll bottle to mix. Rub a few drops of the blend on palms and cup hands over nose. Inhale.

**3) Prevent Hair Loss with Essential Oils.**  
Clary Sage-4 drops  
Rosemary-4 drops  
Cedar Wood-2 drops  
Ylang Ylang-2 drops  
Finish filling a one ounce bottle with jojoba oil. Roll bottle to mix. Apply to scalp for 7 months.

**4) Aphrodisiac Massage Blend.**  
Coriander-6 drops  
Ginger Oil-6 drops  
Sandalwood-18 drops  
Add hazelnut carrier oil up to the neck of a four ounce pump bottle and roll to mix.

There’s a whole bunch more remedies in the book from hair loss to swollen ankles. You can check out her website at [www.NaturesLegacycures.com](http://www.NaturesLegacycures.com) for more information. By the way, she is quite a character! Living the good life on POPPOFF! Hope you will too!

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# Human Trafficking A Serious Problem

Continued from Page 1

This was one of the defining moments in modern anti-slavery movement in the United States. It was virtually unknown until this case that real slavery still existed in this country.

As a result of this case and the Thai worker’s experiences, the U.S. government’s approach to combating human trafficking changed. Major revisions and improvements in state and federal legislation were made. Law enforcement and service providers were also able to improve their response and treatment of human trafficking cases.

Examples of forced labor are: panhandling, restaurant services, farming or landscaping, fisheries, janitorial services, domestic (nannies or servants) in private homes, or as hotel /motel housekeepers, construction, and factory work, OR illegal enterprises such as selling drugs and forcing victims to serve as decoys in smuggling cases.

Victims of sexual exploitation include work in street prostitution, pornography, stripping, exotic / nude massage, escort services, phone line sex, gang based prostitution, international pimping, and forms of Internet based exploitation.

Victims are not only found working in businesses but also in homes. Some victims are forced to work by their own relatives, often brought here from other countries such as Mexico, where they are promised a good job in a family business such as a bakery, beauty shop or retail store. Instead of the promised employment, they are transported to

a trafficking hub such as Los Angeles or Sacramento. When they arrive their passports are taken away and they are told they must now work in a forced labor or sex job to work off their travel debt.

Why Sacramento? Sacramento is centrally located between Stockton, the Bay Area and Reno. Four major freeways (Interstate 5, US 99, Interstate 80, and US 50) intersect in Sacramento making it the ideal location for a major hub for human trafficking.

Who are these children? They are our abandoned, our runaways, throwaways and homeless children. They are the vulnerable: foster children, those suffering from mental and emotional trauma, those experiencing bullying and other problems with their peers, the learning disabled and those suffering from substance abuse.

Where do they come from? While there are victims brought here from outside the United States, 7 out of 10 are U.S. nationals and are working near their homes. They are from broken families in our own counties. Dad is in jail, and mom is an addict. “The one common thread”, according to Chris Stambaugh, Founder and Director of The GRACE Network, its that ninety-nine percent of these children have no father in the home.

The true number of labor and sex trafficking victims remain unreported as they are often arrested and even deported before their full story is known. In addition, victims may already be in the legal or welfare system

and were never unidentified as victims.

There is more than one face to the human trafficking victim. The youngest reported sex trafficking victim was a 3-year-old girl and the oldest was a 64-year-old Filipino woman. While the average age of entry is 12 to 14 years, those over 18 are often not identified as victims, already having been in their situation for many years. Victims may also enter the juvenile justice or welfare systems before they were identified as involved in a trafficking situation. While victims of sex trafficking are usually female, a small percentage is male. Victims of forced labor and sex trafficking come from varying educational backgrounds, and can be U.S. citizens or voluntary ‘migrants’, here seeking to improve their situation. They are from all ethnicities, race, religions and economic classes.

Because of the Internet much of the illegal activity is able to be arranged underground, away from the eyes of the law. This is why non-government organizations and community members need to be eyes on the lookout for these victims. In many cases physical bonds or locked rooms are not necessary, victims often create their own ‘mind cage’.

After a trafficker identifies a potential victim and asserts she has no family or friends to come to her rescue, he or she can gain her trust by assuming the parental role. The trafficker takes care of her physical needs while making promises that things will get better. Using gang mentality of “I’ll take care of you”, the girl

becomes dependent on the trafficker and becomes an easy target for emotional slavery. Believing no one else understands or cares about her she will do what her ‘protector’ tells her. If she does at one point threaten to leave, the pimp or trafficker tells her he will harm her or someone she loves.

The most important way to help victims become survivors is to increase one’s understanding of this number one underreported crime. The ability to identify a potential victim is the beginning of their recovery.

If one notices a person who is always in the company of someone who seems unusually controlling, if they are unpaid or paid very little, if they never go out except to work or school, if they seem submissive, fearful, or depressed or if their living quarters or work facility seems to have peculiar security precautions, there could be reason for concern. If something seems suspicious, report it. The organizations listed below will all accept reports of suspicious activities. You can also report to your local police department.

There is hope. Much is being done, and much more needs to be done. To continue the outreach of information and education to local non-governmental the community based organizations, a Human Trafficking Conference was held on February 8, 2013 sponsored by My Sister’s House in Sacramento.

Local organizations working against human trafficking, along with other community resources were present to aid professionals and other ‘first responders’:

those most likely come in contact with victims, ages 8 to 18 years, to identify and work with these individuals.

School and medical personnel, social workers, and faith-based organizations are on the front lines in this battle. They are also reminded that, “If something seems suspicious, report it!” Even cab drivers, hairdressers, staff at airports, bus and train stations, along with security employees can be first responders and should report suspicion of illegal activities.

Following a rescue the victim begins the often slow and painful recovery on his or her way to becoming a survivor. Most survivors relate they feel alone and scared and believe no one understands what they have been through. This is where the full collaboration of non-governmental, community services and other advocates come together to work with survivors.

Victims need counseling, rehabilitation and emotional care. Legal services are often needed as the victim of a sex crime is often arrested and some are even set for deportation before they are identified as a victim. They may need help with substance abuse, literacy, life skills, education and employment to aid in integration back into their community. Tattoo removal may be required for removal of a pimp’s ‘brand’ from the body of a survivor.

Readers who would like to have a part in eradicating this crime and saving our children are urged to contact their legislators to learn about and support ongoing legislation for anti-

trafficking laws.

Representatives from the organizations below are available to come and speak to your school, workplace or service organization or faith –based organization. You or your group can adopt one of these organizations and raise funds or collect needed supplies for survivors.

It is an ongoing battle.

**Resources:**

National Human Trafficking Resource Center 1-888-373-7888  
Coalition to Abolish Slavery and Trafficking: (CAST) [angela@castla.org](mailto:angela@castla.org)  
G.R.A.C.E. Network: 916-850-0846; [www.thegracenetwork.org](http://www.thegracenetwork.org)  
My Sister’s House: 916-930-0626; [www.my-sisters-house.org](http://www.my-sisters-house.org)  
Opening Doors: 916-492-2591; [openingdoorsinc.org](http://openingdoorsinc.org)  
Strive2Free: [www.strive2free.org](http://www.strive2free.org)  
WEAVE: 916-448-2321; [www.weaveinc.org](http://www.weaveinc.org)

**Reading:**

‘The Slave Next Door: Human Trafficking and Slavery in American Today,’ by Kevin Bales and Ron Soodalte  
“Girls Like Us”, by Rachel Lloyd

**Sources for article:**

Kay Buck, Coalition to Abolish Slavery and Trafficking  
Chris Stambaugh, The GRACE Network  
“Traffickingprogram.org” website  
Ambassador Luis CdeBaca, U.S. Dept. of State website

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<b>Advair™</b>	<b>\$759.90</b>	VS	<b>Salmeterol &amp; Fluticasone Propionate*</b>	<b>\$145.00</b>
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