

# Messenger

Citrus Heights

“Written by the people, for the people”

Volume 2 Issue 22

Serving the City of Citrus Heights and Sacramento County

Second Edition for November 2012

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## Thanksgiving and Gratitude



Filling yourself with gratitude on a daily basis makes you feel good. Consider all the people who have overcome difficulties far worse than yours.

Commentary by Bryan Golden

Thanksgiving is much more than a big meal with family and friends. It’s a time to reflect on, and be thankful for, all of the good things you have. Even with all of the uncertainty and turmoil in the world, you have so much to be grateful for. It’s important to be grateful, not just on Thanksgiving, but each and every day. Rather than lamenting what you feel is lacking in your life, begin each new day by developing an attitude of gratitude. Take inventory of your blessings and you will be surprised at just how much you have to be thankful for. If you have enough to eat, a place to live, a way to get

around, people who care about you, or people you care about, then you are wealthy. If you lack any of these elements, you must still be grateful for what you do have, while striving to obtain whatever is absent. Focus on all positive aspects of your life. Take nothing for granted. Every morning, recharge your appreciation. Be happy for everything there is, not upset over what you feel is missing. Dreams of the future shouldn’t diminish appreciation for the present. If all you do is concentrate on what you want, you won’t enjoy today. Don’t be jealous of others; what they do or have has no bearing on you. You can feel bitter or resentful for a variety of reasons.

Perhaps you feel something is missing from your life, things aren’t going your way, or you have been treated unfairly. You may wonder, “why do these things always happen to me?” Life’s problems tend to dominate your thoughts, turning your focus to what you feel is wrong. You may start to resent those who appear to be better off. You’re apt to dwell on things you think would make your life better if you had them. If only you had more money, more time, a bigger house, a different car, a different job, a different boss, had picked a different career, etc. Once your attitude becomes one of deficiency instead of abundance and appreciation, you can become overwhelmed by feelings

of frustration and feel like a victim. As this happens, a consuming vicious cycle starts. Being bitter or resentful blows situations out of proportion. People who are bitter frequently find that their situations deteriorate and their mental and physical health decays. It’s difficult, if not impossible, to achieve your goals while you are bitter or resentful. Regardless of what challenges might befall you, bitterness makes finding solutions much more elusive. There is no point to feeling bitter since it accomplishes nothing, harms you and makes things worse. Filling yourself with gratitude on a daily basis makes you feel good, while driving out negative feelings. Begin your practice of gratitude each morning as soon as you wake. Every day is a great day. If you have any doubts, try missing one. Take inventory of everything, no matter how small or seemingly insignificant, that is good in your life. If it helps, make a written list of all things you are grateful for. Read your list every day. As you do this, you will build and reinforce your attitude of gratitude. Don’t waste any time with what you feel you don’t have. Keep things in perspective. Consider all the people who have overcome difficulties far worse than yours. Don’t be consumed by your problems, there is always a solution. Maintaining an attitude of gratitude allows your mind to devise a resolution for your circumstances. Make every-day a day of Thanksgiving and you will be amazed how much better your life will become. NOW AVAILABLE: “Dare to Live Without Limits,” the book. Visit [www.BryanGolden.com](http://www.BryanGolden.com) or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at [bryan@columnist.com](mailto:bryan@columnist.com) or write him c/o this paper. © 2007 Bryan Golden.

Motorcycle Awareness is a Group Effort



Special CHP Report

SACRAMENTO REGION, CA – (MPG) California is home to more than 1.3 million licensed motorcyclists and some of the best riding weather year round. Unfortunately, the state has also experienced an increase in the number of people killed in motorcycle-involved collisions. The California Highway Patrol (CHP) is preparing to address the problem with the help of a federal grant that will fund a yearlong, lifesaving effort. “Motorcycle awareness is a priority for the California Highway Patrol and a key to saving lives on the roadway,” said CHP Commissioner Joe Farrow. “Education combined with enforcement will help reinforce the concept that all motorists need to safely share the road.” Each year hundreds of motorcyclists are killed in collisions and thousands are injured. According to preliminary data from the CHP’s Statewide Integrated Traffic Records System, there has been nearly a 20 percent increase in the number of motorcyclists killed from 2010 to 2011. The recent increase follows a two-year decline (2008-2010) in motorcycle-involved collisions. To reverse the trend and reduce motorcycle-involved collisions resulting in injury or death, the CHP has begun an intensive public awareness campaign. The campaign includes an education component which will be achieved through public service announcements, social media, public outreach events, and motorcycle safety and road-sharing presentations throughout California.

## Celebrating Christmas in Citrus Heights



The 16th year of this Citrus Heights tradition promises to be a celebration to remember. Photo courtesy of the City of Citrus Heights.

City of Citrus Heights  
Special Release

CITRUS HEIGHTS, CA (MPG) – The Annual Tree Lighting Ceremony will take place on December 6, 2012. This marks the 16th year of this Citrus Heights tradition, and promises to be a celebration to remember. The Annual Tree Lighting Ceremony is a FREE event for all to enjoy! The Tree Lighting will take place in the City Hall Parking Lot with music performed by the Citrus Heights Community Marching Band, Christmas Carols lead by Jingle Julie, special holiday messages from the Mayor, Council members and Police Chief and a dance performance by the Carriage Dance Team. Following the Tree Lighting Ceremony the festive celebration will continue in the beautiful Citrus Heights Community Center across the street from City Hall. The Citrus Heights Community Marching Band will provide holiday music and the KM Dance

Arts group will perform special holiday dance routines. There will be FREE hot cocoa, cookies and cookie decorating provided by Randy Peters Catering. While enjoying the holiday festivities, children can get their face painted by Citrus Heights Princesses’ and Beauty Queens. Most importantly, bring your camera! Santa will be on hand to take pictures and listen to all of those Christmas wish lists. Donation bins will be on hand for new unwrapped toys. Spend the holidays with the City of Citrus Heights on December 6, 2012 beginning at 6:30pm in the City Hall Parking Lot located at 7117 Greenback Lane. The event is sponsored by the City of Citrus Heights, California American Water, Sunrise Mall, Sunrise Marketplace, Randy Peters Catering, and SAFE Credit Union. For more information visit [www.citrusheights.net](http://www.citrusheights.net) under What’s New/Upcoming Events or call 916-727-5400.



# Java Cherry Opens in Citrus Heights



Louise Hansen-Cordray, owner of Java Cherry. Photo by Eric Marks.

By Eric Marks

CITRUS HEIGHTS, CA (MPG)—“Java Cherry is more than a coffee house, but your neighbor for coffee”—this is the motto of Citrus Heights latest business, a new family owned coffeehouse located at Van Maren and Auburn. They are competing with the likes of Starbucks, Dutch Brothers and Java Detour but strongly believe they can succeed in this tough economic climate by offering quality product at fair prices.

The owner, Louise Hansen-Cordray, comes off as one with moxie, an attentive ear and eager to embed herself in the community. And why not? She has resided in the area since 1985. Java Cherry is her first foray as a small business owner and with the support of her family is optimistic for success.

It may seem risky to start a business in a very challenging climate and double-digit unemployment, but Hansen-Cordray does not see it this way.

“Now’s the time to do it, to reach for that ‘Plan B’...most people have three careers in a lifetime... you could walk into your job tomorrow to find it closing or moving to another state,” elaborated Hansen-Cordray.

Hansen-Cordray told the Messenger that coffee is her passion and after about 20 years working in banking she thought she would “give it a shot and see what happens.”

“I wanted to do something more giving, more community oriented...I enjoy talking to people and beginning their day... the environment I strive for is happy and (Java Cherry is a) place where neighbors stop by, have coffee and catch up.”

Java Cherry serves both hot and cold beverages to order and offers few seating indoors since the grounds are small, but everything inside is new: laminate flooring, painted walls and of course the aroma of coffee which entices people to come in.

One such customer, Kalli Medina was visiting Java Cherry for the first time and tried an espresso. After drinking it she enthused “It is a small coffee shop to break up a busy day, although the location is kind of secluded it is a good find...the pricing is fantastic and beats Starbucks by a landslide!”

Hansen-Cordray is working on her American dream in Citrus Heights and her advice for those wanting to achieve it is to not give up.

“Sometimes you just need to take a gamble and not regret it. If this fails in the end I can rest knowing I have tried...I am glad I am doing this...it has been wonderful!”

# Citrus Heights Holiday Referral Program

NOVEMBER 5TH – DECEMBER 14TH, 2012 • MONDAY- FRIDAY 9:00A.M. to 5:00P.M.

CITRUS HEIGHTS, CA (MPG) – The City of Citrus Heights Fourth Annual Holiday Referral Program is officially under way. The Citrus Heights Police Department and the City of Citrus Heights have again partnered with various local service clubs, schools, neighborhoods, businesses, and community members to brighten the holidays for several of our Citrus Heights families. This collaborative effort between all facets of the community specifically targets assistance to families residing in the City of Citrus Heights. Last year we worked with over 40 service clubs, business groups, social clubs, churches, schools, and community members to assist 60 families, including 152 children and 108 adults.

This unique community-involved program was created to provide participating families with food, household items, and toys/clothes for the children. We



rely heavily on the community to help make the effort a success. Participation can include the donation of items, adopting a family, volunteering, or all of the above. Community members can donate or nominate a family who needs assistance by filling out a referral form. To refer a family for consideration, an application must be completed and submitted to CHPD. The “Holiday Referral Program Application” can be picked up at the front counter of CHPD or found online at [www.citrusheightspd.net](http://www.citrusheightspd.net). Completed referrals can either be dropped off at the department or mailed

to CHPD at 6315 Fountain Square Drive, Citrus Heights, California, 95621. Applications will be accepted from Monday, November 5th thru Wednesday, November 21st, 2012.

We will be accepting donations from November 26th to December 14th 2012. Donations can be dropped off at the Citrus Heights Police Department located at 6315 Fountain Square Drive between the hours of 8:00A.M. - 5:00P.M., Monday through Friday, or Saturdays between 9:00 A.M. – 2:00 P.M.

If you would like to volunteer, adopt a family or have questions regarding the program, please email: [holidayreferral@citrusheights.net](mailto:holidayreferral@citrusheights.net) or call: **Cassandra Roesser (916) 727-5561** [croesser@citrusheights.net](mailto:croesser@citrusheights.net)

**Sandy Maraviov (916) 727-5557** [smaraviov@citrusheights.net](mailto:smaraviov@citrusheights.net)



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**City of Citrus Heights - 16th Annual Christmas Tree Lighting**

**Thursday**  
**December 6, 2012**  
**6:30pm**

**Tree Lighting Ceremony**  
**City Hall Parking Lot**  
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**Share in the festivities after the ceremony in the**  
**Citrus Heights Community Center**  
**6300 Fountain Square Drive**

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

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# Veterans Day at Sylvan Cemetery



Citrus Heights Police Honor Guard Ceremony. Citrus Heights Mayor Jeff Slowey, Sacramento County Supervisor Roberta MacGlashan, City Council member Mel Turner. Photo by Elena Ilie.

By Leslie Carrara

CITRUS HEIGHTS, CA (MPG) – Sylvan Cemetery District kept with tradition on Nov. 12 and hosted a Veteran’s Day ceremony, presented by the Citrus Heights Chapter of the Veteran’s of Foreign Wars and the American Legion. Folsom’s own Harmony Express sang patriotic songs for the gathered crowd.

City dignitaries spoke at the event, including County Supervisor Roberta MacGlashan, Mayor Jeff Slowey, Councilmember Mel Turner and newly elected Councilmember Sue Frost. Citrus Heights Police Chief Christopher Boyd, VFW 637 Commander Paul Reyes, Sylvan Cemetery Board of Trustees Member Jim Monteton, and Administrative Secretary to The Board of Trustees Jayne Rich also spoke. A prayer was spoken before and after the service.

MacGlashan said that she is the daughter and daughter-in-law to two World War II veterans.

“This nation is clearly divided over issues,” she added, noting that we just came off a close election. “Whether you’re happy or unhappy, Americans accept it. Our veterans serve and continue to serve

our country for freedom.” Slowey and Turner both have family members in the armed forces; respectively, a son-in-law and a son. Slowey’s son-in-law enlisted in the United States Army, and Turner’s son enlisted in the United States Air Force, where he is a Major working at the Pentagon. Slowey said he wanted to say “thank you to the veteran’s and their families.”

Boyd told the crowd that “we have an important duty today to thank all the men and women who have served.”

Frost indicated that she has met a number of veterans who are either physically or mentally impaired upon returning from war. “I wish God’s richest blessings to our veterans,” she said.

Reyes welcomed home Viet Nam Veterans in a moving discussion. He also said that today, there are more than 1.2 million women in uniform.

Monteton said before he spoke that this particular cemetery has over 1,300 vets buried there. He said in the same conversation that Veteran’s Day “means that the veteran is as important in death as they were in life. They are a mainstay,” he said.

He discussed that No Soldier

Left Behind Act as “it is important to remember the price of freedom.”

No Soldier Left Behind began after the Civil War, he explained in his talk to the crowd, when 650,000 soldiers were killed and left in the fields where they died. Ultimately, they were able to identify 300,000 casualties by the sacks they were carrying with letters and other memorabilia from home to give these soldiers a proper burial. When the burials were complete, the Master General thought it was honorable.

“It’s heart warming to leave no man behind,” Monteton said.

One name inscribed on the plaque at the cemetery is that of Army Sergeant John A. Karibo, Tonya Wagner’s husband, who died somewhere between Guam and the Philippines in 1962 when the plane he was on simply disappeared.. All total, 109 servicemen and crew members died that day, and efforts to locate the plane were futile. Karibo was on his way to Viet Nam. He was 26-years-old. Today, Wagner is the president of the Greater Sacramento Area Chapter of Gold Star Wives. Karibo also left behind a daughter. Fifty years later, Wagner still gets choked up thinking about it.

# Merrill Gardens Supports USO With Entertaining Fundraiser

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) – Whenever Merrill Gardens at Citrus Heights sponsors an event, you know it’ll be done right! The 3rd annual USO Support Our Troops fundraiser held on Wednesday, November 7 was no different!

More than 150 Merrill Garden residents, family and friends were escorted back in time to the Big Band Era by the live music of the Rotary Rooters, members of the Rotary Club of Sacramento. This 10-piece band is comprised of volunteer Rotarians; all aged seventy plus years’ young, and led by Red Clark. As the sounds ranging from Benny Goodman to Tommy Dorsey and Glenn Miller, filled the facility and entertained party goers of all ages, Chef Jeffrey Dull, who knows how to “keep them wanting more”, added a new dimension to the casual dining experience with his “may I have seconds please” traditional spaghetti dinner. Whatever it is, he knows the secret.

Festivities began at 4:30 p.m. with the Posting of the Colors and Retiring of the Merrill Gardens U.S. flag, by the Mesa Verde High School ROTC Color Guard, bringing generations together to share in their respect for flag and country. Besides the music and food, the highlight of the evening was waiting for the big moment at the end of the evening to see who would be the lucky winner of a 32” flat screen T.V.

Under the direction of Cathy Reuter, Community Relations Director, this event, along with others held at the facility, was a labor of love by staff. Merrill Gardens is home to over 50 veterans. A Veterans’ Wall of photos attests to the fact that these brave men and women are honored members of the community. Of these veterans, Reuter says, “We are privileged to be home for our wonderful seniors. Many of our veterans are truly living history



ROTARY ROOTERS, Red Clark, leader, front center. Photo by Sarah Hendricks.

and we honor them every day’.

Mel Powell is one of these honored veterans. At 88 years, his memory of his time of service in WWII is perfect. The caption under his photo on the Veteran’s Wall reads, “Mel Powell served almost 4 years during WWII, most of the time in the Pacific Theatre. He served on the islands of New Guinea, the Philippines and Okinawa. In Seoul, Korea he served on a radio Teletype team under the 4025th Army Signal Corp. They set up a net from Seoul to Tokyo, Japan and Manila, Philippines”. This caption just touches on the many groundbreaking services Powell performed during his time in the service. He is just one of the many proud veterans, both men and women residing at Merrill Gardens.

The USO is still actively entertaining and performing many services to improve and change the lives of our troops and their families both overseas and at home, as they have been doing for over 70 years. They support troops in combat, their families, our wounded warriors and the families of fallen warriors in over 160 locations worldwide in 14 countries, with facilities in 27 U.S. states.

A brand new relocated, renovated and expanded USO center opened in August of this year at Travis Air Force base in Fairfield.

You can follow their myriad of nationwide fundraisers and activities and learn which U.S. companies support their efforts at [uso.org](http://uso.org), and on Facebook.

Merrill Gardens at Citrus Heights is one of 57 assisted living retirement facilities in 9 states, 21 in California, all who participated in their own USO fundraising event. They were part of fundraising efforts that helped raise over \$100K nationwide in the past 2 years.

Merrill Gardens is based in Seattle, Washington. It is obvious that community service and outreach is important in their communities. Their active relationship with the neighborhoods they serve challenges the common perception of aging and assisted living facilities. Events such as the USO fundraiser provide opportunities for residents to themselves give back and be involved with their community.

Other annual events at Citrus Heights include a Halloween Scarecrow Competition & the Annual Top Chef Event, which features the culinary fare of each community and highlights their Anytime Dining.

If you think you or someone you know is interested in this type of Life Style Living, contact Merrill Gardens at Citrus Heights at 725-7418 and schedule a tour today. Mention this article and receive a complimentary lunch!

Citrus Town Center

# Perfection

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## Holiday Open House

Sunday, December 9, 1-3pm

- Enjoy **food sampling** and **special offers** at participating businesses.
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# What’s Coming Up In Citrus Heights

Compiled by Leslie Carrara

Saturday Mornings year round, Farmers Market, Sunrise Mall behind Sears in parking lot, 8 a.m. to 1 p.m.

**November 22 & 23, 2012** - City Offices Closed. City Council Meeting CANCELLED.

**November 26, 2012** - Sylvan Old Auburn Road Meeting, Area 10, 6921 Sylvan Rd., 7 p.m. Fourth Monday each month.

**November 27, 2012** - Sunrise Ranch Neighborhood Meeting, Area 6, 7690 Twin Oaks Ave., 7 p.m. Fourth Tuesday each month.

**November 28, 2012** - Planning Commission Meeting, 7117 Greenback Lane, 7 p.m.

**December 3, 2012** - Residents’ Empowerment Association of Citrus Heights or REACH Meeting, 6237 Fountain Square Dr., Citrus Heights, Trellis Hall, 6:30 p.m.

**December 3, 2012** - History and Arts Commission Meeting, Citrus Heights Community Center, 6300 Fountain Square Dr., East Room D, 7 p.m.

**December 4, 2012** - Arcade Creek Neighborhood Meeting, Area 4, 6237 Fountain Square Dr., Trellis Hall, 7 p.m. First Tuesday each month

**December 5, 2012** - Sunrise Oaks Neighborhood Meeting, Area 9, 7227 Canelo Hills Dr., 7 p.m. First Wednesday each month

**December 6, 2012** - 16th Annual Christmas Tree Lighting, 6237 Fountain Square Dr., 6:30 p.m. Refreshments following ceremony at Community Center.

**December 11, 2012** - Citrus Heights Area Three Neighborhood Meeting, Area 3, 6237 Fountain Square Dr., Trellis Hall, 7 p.m. Second Tuesday each month.

**December 12, 2012** - Planning Commission Meeting, 7117 Greenback Lane, Citrus

Heights, 7 p.m. CANCELLED.

**December 13, 2012** - Citrus Heights City Council Meeting, 7117 Greenback Lane, Citrus Heights, 7 p.m.

**December 18, 2012** - Northwest Neighborhood Meeting, Area 1, 7600 Daly Ave., 7 p.m.

**December 18, 2012** - Citrus Heights Oversight Board Meeting, CANCELLED.

**December 18, 2012** - Citrus Heights Areas Seven and Eight Meeting, Areas 7 & 8, 8300 Old Auburn Rd., 7 p.m.

**December 19, 2012** - Birdcage Heights Neighborhood Meeting, Area 11, 5641 Mariposa Ave., Library, 7 p.m. Third Wednesday each month.

**December 20, 2012** - Rusch Park Neighborhood Meeting, Area 2, 7607 Garden Gate Dr., 7 p.m. Third Thursday each month.

**December 20, 2012** - Park Oaks Neighborhood Meeting, Area 5, 5901 San Juan Ave., 7 p.m. Third Thursday each month.

**December 24, 2012** - Sylvan Old Auburn Road Neighborhood Meeting, Area 10, 6921 Sylvan Rd., 7 p.m. Fourth Monday each month.

**December 24 & 25, 2012** - City Offices Closed.

**December 25, 2012** - Sunrise Ranch Neighborhood Meeting, Area 6, 7690 Twin Oaks Ave., 7 p.m. Fourth Tuesday each month.

**December 26, 2012** - Citrus Heights Planning Commission Meeting, CANCELLED.

**December 27, 2012** - Citrus Heights City Council Meeting, 7117 Greenback Lane, 7 p.m.

**December 31, 2012** - City Offices Closed.

# “Stay Positive, and Keep Rock-n-Rolling!”

By Julie Parker

CITRUS HEIGHTS, CA (MPG) – In 2002, 51-year-old Steve Wright, founding bass player and co-songwriter with the Greg Kihn Band, was feeling under the weather—a little “fevery”—as he traveled toward Downieville for a family getaway.

After arriving, his symptoms segued to sweats, difficulty getting out of bed, and difficulty breathing.

He was air transported via helicopter to Sacramento. During the flight, he flat lined, but the medical personnel were able to resuscitate him.

On the third day of his hospital stay, he was released. Before he had a chance to check out, he suffered a stroke, and was discovered passed out on the floor. The stroke was severe, and although a DNC should have been performed within the first four hours, it was not.

As a result, his right side became paralyzed, he lost vision in his left eye, and developed aphasia (inability to speak). The initial diagnosis indicated the aphasia and paralyzed condition would be permanent.

An uninsured musician, Wright’s medical options were limited. He received physical therapy and a brace on his right leg, but remained in a wheelchair for a lengthy period of time.

He could not afford speech therapy. For the first couple of years, the only sounds he could utter were “waffa, waffa.” Before he could speak, he was able to cuss and sing, as those automatic actions in the brain did not need



Photo provided by Erica Vargas, Steve Wright’s daughter, taken at one of the Kihn reunion concerts.

to be re-learned.

Eventually, he entered a speech therapy program, learning communication skills. With a non-functioning right arm, Wright taught himself to write with his left hand.

He also taught himself to walk again; walking around a nursing home at least once-a-day.

About a year and a-half ago, Wright moved to Auburn Oaks Senior Living in Citrus Heights. He continues speech therapy at Sacramento State, and on a left-handed keyboard in his apartment, he continues to write and record with computer software. He’s also teaching his son-in-law to play guitar.

In May and July 2012, the Greg Kihn Band performed reunion concerts, and Wright was able to participate in both. The experience was simultaneously joyful and poignant, as two former band mates had passed away—Dave Carpender, lead

guitar (heart failure) and Gary Phillips, keyboard (cancer).

Did you know strokes were once known as “apoplexy,” derived from the Greek “apopleseis,” meaning to “strike down?”

According to The National Stroke Association (stroke.org), 80 percent of strokes can be prevented. Contributing factors include high blood pressure, atrial fibrillation, high cholesterol, diabetes, atherosclerosis, circulation problems, smoking, alcohol, physical inactivity, and obesity. In Wright’s case, a heart attack set the clot in action.

If you or someone you know has suffered a stroke, Wright encourages moving forward, continue to learn, and strongly advocates walking, as he no longer needs a wheelchair.

Says Wright, “Stay positive, and keep Rock-n-Rolling!”

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# Assault with a Vehicle

CHPD Special Report

CITRUS HEIGHTS, CA (MPG) – On the evening of November 18, 2012, just after 9:00 P.M. Officers from the Citrus Heights Police Department responded to a report of a vehicle striking two pedestrians in the 7900 block of Auburn Blvd. According to eye witnesses, the impact forced the pedestrians into a business breaking a plate glass window. Officers arrived on scene and found two victims. One of the victims was

transported to an area hospital for treatment. Citrus Heights Detectives investigated the crime and a suspect was identified. The investigation showed earlier in the day two co-workers had been arguing. One co-worker called her husband who responded to the area to confront the victim. The husband, later identified as suspect Anthony Robinson, located the victim standing in front of a closed business suite. Suspect Robinson intentionally ran his vehicle into the victim

and a second unrelated male. Suspect Robinson then left the area in what was described as a gold SUV. Suspect Robinson was later located at his residence where he was taken into custody. Suspect Robinson is a black male adult, 47 years old from North Highlands, CA. The vehicle used in the assault was located a short distance from the suspects residence. Robinson was booked at the Sacramento County Jail without incident.

# DA Jan Scully Hosts Family Justice Center Workshop



From the Office of the District Attorney

SACRAMENTO COUNTY, CA (MPG) – On District Attorney Jan Scully is excited to announce a significant community-wide initiative with public safety and domestic violence service organizations leading the effort. As chair of the Sacramento Family Justice Center Steering Committee, Scully will be joined by committee members from the Sacramento Sheriff’s Department, Sacramento Police Department, Folsom Police Department, Sacramento Superior Court, the Domestic Violence Intervention Center,

My Sister’s House, and WEAVE in hosting a two-day planning session to establish a Family Justice Center (FJC) in Sacramento. **WHEN: \*Monday, November 26, 2012 (8:30 a.m. to 4:00 p.m.) Tuesday, November 27, 2012 (8:30 a.m. to 3:00 p.m.) WHERE: Liberty Towers Church - 5132 Elkhorn Blvd. (Foothill Farms area of Sacramento County)** The FJC concept brings multiple agencies together under one roof to provide victims of domestic violence, child abuse, and elder abuse with the services they need in one location. Services at these centers often include law enforcement, prosecutors, social service providers, medical examinations and treatment. There are 13 counties in California that have successful FJCs. Sacramento County has over 80 agencies that serve victims of family violence. A Sacramento FJC would provide victims and their families with a “one stop” facility to report a crime, provide a complete statement taken by a detective or a trained child interviewer, learn how to obtain a temporary restraining order, find safe housing, meet their prosecutor

and victim advocate to learn what will happen in court, and most importantly, find the support they need to keep them from falling back into the hands of the accused. Media is encouraged to join local elected and public officials, judges, law enforcement, business, health, and community organization leaders who will be in attendance to provide their unique perspective in the development of the strategic plan. **\*The morning of Monday, November 26, is the most important for a big picture view of the FJC concept, goals, the need it will fulfill, and the positive impact it will have in the Sacramento region.** DA Scully states, “With nearly 3,000 domestic violence cases filed and prosecuted in Sacramento County this past year, I am committed to providing better assistance and protection for domestic violence victims. This workshop is the first step in bringing our public and private industry leaders together to establish a Sacramento Family Justice Center, which will benefit the entire community.” *For more information, contact Shelly Orio at 916.874.0083 or orios@sacda.org.*

## Feed the Needy Soup Kitchen

Serving the Citrus Heights community for over twenty years, please note that the Holy Family Catholic Church Feed the Needy Soup Kitchen is open weekly on Wednesday nights for those in need. Bread is available for pick-up starting at 4:00 p.m. each Wednesday evening throughout the year, a hot meal is promptly served at 5:30 p.m. with seconds served and leftovers provided as available, and a food line runs at approximately 6:00 p.m. for those desiring to pick-up donated food items to take home. We have plenty of food to share! Please note that there are no identification or registration requirements to be served a hot meal or given groceries for yourself and your family. The Feed the Needy program at Holy Family Catholic Church, located at 7817 Old Auburn Road in

Citrus Heights, has been running continuously since January of 1991 with able-bodied Nora Martinez at the helm. Finding a need to fill the mouths of the hungry all those years ago – she continues to do so with an army of volunteers and much needed donations flowing through the doors from businesses and individuals alike. The need is even greater now – and The Feed the Needy Soup Kitchen is still here! Willing future volunteers and those wishing to make a donation of any kind can contact Nora Martinez directly at (916) 721-1176. Those wishing to stop by for a meal, groceries and good company, can do so every Wednesday in the hall at the back of the church parking lot. We look forward to seeing you there!

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By Ronnie McBrayer

When my youngest son hopped on an airplane for his first foray into the friendly skies, it didn’t take him long to shake off any fear he may have brought down the tarmac with him. He loved it, his favorite part being when the plane would bank steeply to one side.

“It’s fun when the universe is sideways,” he said as the plane tilted dangerously askew. I disagreed in more ways than one. The universe is sideways, it seems, but it is not very enjoyable. It is terrifying.

The fear, uncertainty, wars and rumors of wars, loss of homes, jobs, and economic insecurity have all but stolen the spirit of Thanksgiving from many a heart. When your mortgage payment is ninety days late; when you have to sit down with your child to say you can no longer afford the tuition that is keeping her at school; when you wonder if you will have enough gas money just to get you to work next week, it’s hard to be thankful.

When you can no longer stomach the ring of your cell phone because of all the bill collectors, when your retirement plan has lost forty, fifty, sixty percent of its value – your personal universe is sideways and it is not fun.

## His Love Endures Forever

So it is a daunting task for many this Thanksgiving to sit down to turkey, if there is even a turkey to eat, and be able to say “thank you.” An alternative prayer of the Psalmist seems more appropriate: “How long O Lord, will you forget about me?”

Some time ago my sweet wife was having a very bad day. Anyone who knows my wife knows that she is as steady as the rising sun. Her mood and outlook on life is constantly cheerful. But on this day, it was chilly and dark.

Things at work were difficult. There were family issues – in hers and mine. There was more month than money. A co-worker was being inflexible and obnoxious. The house was a wreck. Our children were defying her, and I was ignoring her. She was reduced to tears. I went in to where she was crying, I put my arms around her, and I said, “But honey, I love you.”

In my mind I was dismounting from my white steed, my shining armor polished to a dazzling sheen, there to save the day with my strong arms, calming presence, and soothing words. But I was not received as the saving Messiah. Cindy recoiled, pushed me away and said, “I know. But that doesn’t fix anything.” And she was right.

My love for her didn’t shut up bawling children. It didn’t magically put more money in our checking account. It didn’t turn the dunce she worked with into

Mother Teresa. It didn’t even take the fish sticks off the table.

But what we ultimately agreed upon, after I got over the shock of being so rebuffed, is that while love changes nothing about our circumstances, love changes us. It gives us the strength to face what is out there, even if what is out there is sideways. Love sustains us, encourages us; it gives us what we really need: The ability to keep going, even with tears on our cheeks.

That’s what God’s love does. It keeps going and keeps us going. It endures forever, and for that, we are forever grateful. We are not alone. We are not abandoned. We are not forgotten. God is with us. We are loved.

If given this choice, which would you take: To have all your problems solved, all your struggles worked out, and all your troubles flushed away; or, would you choose to be deeply, unconditionally, and madly loved?

I think I know your answer. And that answer is the reason for our gratitude, even in a world turned upside down. Love produces thanksgiving – not because we will have everything we want – but because we have the one thing we were made for, the one thing we need. His love endures forever; let us give thanks.

*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 Great Thanksgiving Con

Rev. James L. Snyder, D.Litt

Let me make it clear right up front that Thanksgiving is one of my favorite holidays. I admit I am not too fond of many holidays. Can a week go by without some holiday that shuts down everybody?

I celebrated Veteran’s Day, for example, on Sunday and the next day I went to the bank and discovered the bank was celebrating Veteran’s Day on Monday. Don’t they know what day it is? I trust these people with my money?

Of all the holidays we have, Thanksgiving is high on my list. I used to have a high regard for my birthday but so many of them have come that I do not like them anymore. I am ready to cancel that holiday. My birthday only means I am one year older and not one whit wiser.

I am not thinking just about the scrumptious Thanksgiving dinner. Okay, maybe I am, a little. Down through the years, I have been great fraternity buddies with eating. We have bonded so great throughout the years that even now that bonding is beginning to show.

I like Thanksgiving, and so I am a little confused about these Sanity Challenged Buffoons who are allergic to the word “Thanksgiving.” They want to use names like, “Turkey Day,” and the latest one “T-Day.” What the “T” stands for is anybody’s guess. I know what “D-Day” stands for but all the gray matter has leaked out of my skull trying to figure out what “T-Day” stands for.

Given the rationality of these purveyors of insanity, I can only guess.

Looking at what is happening to this great holiday, I have uncovered a con so convert that most people do not know it is going on. I call it the great Thanksgiving con. This is especially true for those who call it Turkey Day.

First off, everybody says nice things about the turkey. The more the turkey struts, the more the compliments flow his way. What the turkey does not know is that when these “Turkey Day” people are looking at the turkey they are also licking their lips. It is not the beautiful feathers that interest them. It is not the way the turkey proudly struts back and forth. The frame these people want to see the turkey in is a roasting pan.

They want to get rid of all those feathers that the turkey is so proud of and strip him bare so that he fits nicely in the roasting pan.

The last few weeks of the turkey’s life are rather remarkable. These people will give the turkey everything it wants. More food than the turkey can gobble up. What the turkey does not know is that there is a destiny in store for him. With all the attention paid him, he has the idea that everybody appreciates him for his looks.

If this turkey would ever spend an evening watching television with his human host, he would gather the idea that the most important thing in all the world is how you look. Looking into the mirror the turkey is quite proud of what he sees. He assumes that what he sees looking in the mirror is what his human host sees when they look at him.

How wrong can a turkey be?

The con begins to unfold. Rumors are flying about that there is a great banquet being prepared in his honor. Any turkey would be proud of this kind of development and look forward to being the guest of honor.

In fact, as the turkey struts back-and-forth in front of his human hosts, he hears them saying, “Won’t that turkey look good at our dinner table?” Whose head wouldn’t turn hearing this kind of a compliment?

What the turkey does not know is that being a guest at a

dinner table is a one-time event for a creature like himself. Any turkey worth his feathers does not think beyond this great feast being held in his honor.

I can imagine the gobble back in the turkey pen with the other turkeys. This great big, good-looking turkey, is telling all the others how important he is on the other side of the fence. Being the kind of turkey that he is, his gobble wins over the admiration of the other turkeys.

“I’m so special,” the turkey gobbles to his inferiors, “that those humans are having a special banquet and I am the special guest of honor.” The rest of the turkeys are oohing in his direction for they never seen anyone quite as special as this turkey.

The fatal day arrives. People come for the turkey and the rest of the turkeys have gathered around giving him a special turkey sendoff. They cannot wait to hear his report when he gets back from the special banquet.

I say this is a con to beat all cons. Wrong messages are being sent to the turkey population. Thinking they are the guest of honor, they turn out to be the main dish on the banquet table.

This is why I am against the term “Turkey Day.” It sends the wrong message. The focus around our table on this special occasion will not be the turkey but rather giving thanks to God who has been so good to us.

“Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name” (Psalms 100:4 KJV).

*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 [jamesnsnyder2@att.net](mailto:jamesnsnyder2@att.net). The church web site is [www.whatafellowship.com](http://www.whatafellowship.com).*



By Marlys Norris, Christian Author

Over and over again we are hearing the time for Christ’s return is nearing to gather His children, called the “Rapture” of the church. (Believers and followers of Jesus Christ)

This afternoon as I sat on our front porch, sitting on the swing just listening to the wind and the music of wind chimes — new thoughts began to enter my mind. The impression or voice I heard was this, “What if when Christ comes for His church, He left you behind?” My first thought was Oh No! I questioned! I am part of “the Church.. Why would He do that? He gave

me eternal life when I accepted Jesus as my Lord and Savior of my soul! Then, a strange thing happened as I began to get answers and more questions. It was like the voice of God talking to me in my mind. .

He said, “Marlys haven’t you written in your articles that your heart cries with Mine when someone rejects my plan of salvation?” I answered, “Yes, I did write that and I do experience hurt and I do cry with you.”

“Are you not concerned about every soul coming to Me that they might surrender and commit their lives to Me?” I again answered, “Yes” and I heard this, “Well then, I just might need you to stay and help Me bring some souls into my kingdom. Would you be willing to stay?” I was taken back and humbled by these words because there are so many more people much more qualified than I. Then I thought— if God would call me, my answer would be “yes” because His Beloved Son died and shed His precious blood for me. I truly would be

willing to die what-ever way He deemed to be my will. I believe with all my heart that God’s promises are true and He said He would never leave or forsake me. His Holy Spirit has been inspiring me since I began to use this gift to honor and glorify Him. He has been with me since 1968 and given me a blessed life and what-ever He asks I will be willing to do, that He might see the fruit of my love is true.

It is an awesome thing to hear and believe God is speaking, asking one a profound question. The longer I walk with God it is more and more awesome to hear His voice louder. I never know when He will make things so clear, nor do I have any preconceived idea of what it might be about. I love and trust Him with my heart and soul!

*Marlys Johnsen Norris*  
*Seven Christian Books*  
*“God Moves Mountains, That’s a Miracle!”*  
*Contact me: [Marlysjn@gmail.com](mailto:Marlysjn@gmail.com)*



By Pastor Ray Dare

We’re going to celebrate Thanksgiving this month. How do you be thankful in tough times? When the economy is not good? When you’ve lost your job, lost your house, when you’ve lost your health, when things aren’t going your way? How do you be thankful in tough times?

The Bible says in Philippians 4:6, “*Don’t be anxious about anything but in everything by prayer and petition with thanksgiving, present your requests to God and the peace of God which transcends all understanding will guard your hearts and minds in Christ Jesus.*” Then it says, “*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.*”

**Thank God in all things.** 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) You know He has a purpose bigger than the problem

## Thanksgiving In Tough Times

and (b) He will give you the power to overcome the problem, and (c) You will grow through the experience if you allow it to help you grow. In every circumstance, even in tough times you can be thankful because you 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. How can I be thankful in that situation?” You can be thankful by looking not at what you’ve lost but 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 and 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.** 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. Whatever you feed into your mind, whatever you think about, is going to come out in your life. The way you think determines the way you feel and the way you feel determines the way you act. So if you want to change your life, you need to change what you’re thinking about. What’s the result? Philippians 4:7, “*If you do this you will experience*

*God’s peace which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your heart quiet and at rest as you trust in Christ Jesus.*” The result is peace, God’s peace. How do you get the kind of peace that helps you be thankful 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.

Would you pray this prayer in your heart? “Dear Lord, help me not to worry about anything but to pray about everything, to discuss things with You rather than worry. Help me to be a more grateful person, to develop the attitude of gratitude and 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 in the Bible every day, reading Your Bible to fill my mind with positive things, not the negative garbage that’s out in the world. I ask You to put Your peace in my heart, in Jesus’ name, Amen”.

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Crossword Puzzle on Page 10

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# Folsom Dam’s New Operating Rules Should be Based on Real-Time Technology and Data



Commentary by Shauna Lorraine

CITRUS HEIGHTS, CA (MPG) – With a new spillway planned for Folsom Dam, state and federal officials are obtaining input about new rules for the dam’s flood management operations. The new rules will govern how much water the dam can hold and how much can be released during different scenarios.

There’s a balancing act between flood protection and

water storage when managing water supplies. We’re working with the U.S. Bureau of Reclamation, U.S. Army Corps of Engineers and Sacramento Area Flood Control Agency to strike a balance as they prepare for the new spillway and update the dam’s rules.

The spillway will provide Sacramento a 200-year level flood protection, meaning it will increase the dam’s ability to withstand the largest storm seen in a 200-year period. Scheduled for a 2017 completion, the spillway will operate in conjunction with Folsom Dam’s existing spillway gates to manage flood flows. The new spillway’s gate will be 50 feet lower than existing ones, allowing water to be released more safely from Folsom Lake during high water.

We’ve encouraged the Corps of Engineers to develop rules based on real-time forecast technology and runoff data. This information should be used to accurately manage the storage

and release of water, rather than the current approach of releasing water based on the time of year.

The new rules should also adhere to existing State Water Rights terms. The release of American River water should not interfere with the U.S. Bureau of Reclamation’s water right terms for customer water deliveries.

We believe our recommendations will protect our region’s water supplies and support flood control efforts. We hope the rule makers agree.

*Shauna Lorraine is the general manager for San Juan Water District. A graduate from the University of California, Davis with a degree in Mechanical Engineering, Shauna has more than 20 years of experience in the water field. She has been with SJWD for 16 years, and has served as general manager for the last eight. Shauna is a registered civil engineer and a certified special district administrator*

# What People of Citrus Heights are Thankful For

By Leslie Carrara

CITRUS HEIGHTS – With the Greater Sacramento Area still deep in the Great Recession, people in this community have a lot to be thankful for. Unemployment in this area is still over 10 per cent, but this does not include the number of people who have given up or who were self-employed when it all started three years ago.

Citrus Heights resident Leann Dickinson said she is “thankful for the little moments with your family that make you laugh. I’m also thankful to have the luxury to be a stay-at-home mom in this economy.” Her husband, Woody, works as a UPS driver.

City-wide volunteer and fellow Citrus Heights resident

Tonya Wagner is thankful that she got to know some people while working on the Yes for Measure K campaign. “The Measure might have failed,” she writes in an email, “but I believe that I have made some genuine friends. That in itself is a reward and something to be thankful for.”

Former Councilmember Dr. Jayna Karpinski-Costa writes in an email that “Citrus Heights is a great community with some remarkable people. I am grateful that I had the privilege to serve the community as their elected representative for the past seven and one-half years and for the opportunity to meet a lot of those people in the course of that service.”

And Mayor Jeff Slowey writes

that he is thankful for a few things.

“I am thankful every day that I have a loving and wonderful family - especially my wife, Laurie. I am thankful that my youngest daughter Kasondra found a wonderful man to spend the rest of her life with. And I am thankful that I live in the United States where we all have the right to express our thoughts , regardless of if they are popular or not. Freedom is precious and should be embraced each and every day.” Finally, this reporter and her family took a hard hit when the economy went bust. I am thankful my husband just found a full-time job for the first time in three years and for our health and happiness.

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**Authorized Users Don't Help Your Credit**

Dear Dave,  
My brother asked me to put his name on my credit card as an authorized user. He said it will help improve his credit score. Is this true, and would it help my score in any way?

- Anna

Dear Anna,  
Your brother is wrong. It will not improve his credit score at all. As an authorized user, he is not the owner of the debt. There's a high likelihood that it will affect your credit score in a *negative* way, though, because there's a good chance he'll do some dumb things with your card.

Look at it this way. Why would someone give him credit,

# Dave Says

or raise his credit score, just for using *your* credit? It doesn't make sense. Your credit score is affected by things like whether or not you pay your bill on time. The card isn't in his name, so really all this amounts to is him having fun with your card, and you're the one who's liable for the damage. The truth is that authorized users shouldn't even show up on a credit report.

It sounds like your brother has some financial problems. While I admire the fact that he wants to fix things, this is not the answer. Don't misunderstand what I'm saying, Anna. Chances are he's not trying to con you. He probably just got some bad information. But the hard truth is this: If you go along with his idea, it's not going to help him, and it's going to hurt you. Don't do it!

- Dave

**Season Tickets are A Luxury**

Dear Dave,  
In terms of a family's financial plan, when is it okay to purchase something like NFL season tickets? Is this the kind of thing that should wait until you're debt-free and can afford to pay cash for them?

- Greg

Dear Greg,  
Absolutely, you should wait until you're debt-free and can

pay cash. That kind of thing is a prime example of an expensive, luxury purchase.

I'm an NFL season ticket holder for the Tennessee Titans. But I've been debt-free for years, and my family's financial future is very secure. Whether the Titans win or lose, or whether I watch the games in person or in front of the television, has no impact on their security. However, if you're sitting there with credit card debt, a car payment and living paycheck to paycheck, you've got no business buying season tickets. Get yourself out of debt, build an emergency fund, and make sure your family is taken care of first. Then you can have some fun. Live like no one else so that later you can live like no one else. And then, if that includes season tickets to your favorite football, baseball or hockey team, have a blast!

Remember, this kind of thing is entertainment. I know a lot of silly people out there act like whoever wins a football game is a matter of life and death, but it's just a game. Your life and your financial future are not games, and they're not things to be taken lightly. First things first, Greg. There will be plenty of time for that kind of fun when you can afford it!

- Dave

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



## THANKFUL

They were somber Pilgrims all dressed in black outfits and clunky shoes with buckled hats, sitting down to a diet-busting Thanksgiving feast in 17th Century New England with the Native Americans. At least that's what we thought. The friendly natives came to the rescue and saved the starving settlers. That's the scene we all grew up believing. But it was not exactly that way, according to historian Ken Davis, author of the "Don't Know Much About" series. Here is what Ken told me. "The Pilgrims didn't wear black. The feast was more of a surf and turf affair, full of venison, turkey, and mussels and scallops from the nearby ocean." The turkey was not today's turkey, but wild turkey and there were pumpkins not pumpkin pie. Dessert would have been cornmeal breads and puddings. As for the "Happy Meal" with the friendly Indians, Ken said the peace and good will of that celebration lasted about a generation. It was quickly followed by fighting and bloodshed as relations with the Native Americans deteriorated when the colonists took land from the indigenous people. By the way, to the Pilgrims, a true day of thanksgiving simply meant a day of prayer and fasting, not what most of us have in mind when we pass around all the goodies! And the Pilgrims did not call themselves Pilgrims. They referred to themselves as "saints" or "First Comers." Only later did William Bradford call them Pilgrims. But not even all the passengers on board the Mayflower were Pilgrims. Of 102 people on board, only 50 were Pilgrims. The others were members of the Church of England who had signed on simply as laborers, soldiers, or those looking to gain property in the "New World." The Pilgrims called them strangers.

According to Davis, what we now call "Thanksgiving" was in fact a harvest festival for the Pilgrims who celebrated in October, not November, 1621. Those Pilgrims were mostly grateful just to be alive...half of their company had died during the bleak first winter in Massachusetts after

# POPPOFF!

with Mary Jane Popp

they had landed at Plymouth in December 1620. And no, Ken said there was no mention of Plymouth Rock back then. That notion was cooked up more than a hundred years later.

Let's face it, we have more to be thankful for in this country than anywhere else in the world. Perhaps we should say a prayer or two before we dig into that feast and settle in for the day to watch umpteen football games. So what do you have to be thankful for? I had the opportunity to ask a few celebs I had on my show recently what they are thankful for. You might be surprised at their answers.

Remember the classic TV programs "Big Valley" and "Dynasty?" Then you have to remember that blonde, blue-eyed beauty **Linda Evans**. She played Barbara Stanwyck's daughter Audra in "Big Valley" and Krystle Jennings who married oil baron Blake Carrington on "Dynasty" to mention just a few things she's done. Now 70 years old, Linda has a great attitude about life. She is grateful to be healthy with lots of life left. She speaks to women's groups about being yourself, don't imitate others, and develop the unique you. Incidentally, Linda loves to eat and does not miss the days when she had to constantly watch her weight. Her latest project is her book "Recipes for Life" in which she shares recipes of her famous friends and anecdotes to go along with them. In a word, she is grateful to be alive!

Now think back to a dad who had three sons, the dad being Fred McMurray, and you have the TV series "My Three Sons." It became a classic in its own right, and so has Stanley Livingston who played "Chip" on the series. When I queried him on what he is thankful for, this is what he told me. "In a business where the majority of actors, directors, and producers get their shot—then come and go—I'm still here. I am extremely grateful for that! My 15 minutes of fame has lasted 57 years! Why? It's part luck, part perseverance... and a willingness to push and reinvent myself and not be afraid to learn new things." Speaking of new things, Stanley has a new movie out called "In the Picture." If you'd like to check out the link, go to [www.stanleylivingston.com/id56.html](http://www.stanleylivingston.com/id56.html).

Now this name might not grab you immediately, but it will when I tell you what he has done. If

you like to be scared, then **Irwin Yablans** is your man. He is the man who created the movie series "Halloween" and he has a new book out called "The Man Who Created Halloween." But what he told me he was thankful for is all but scary! He explained how he was a poor boy raised in Brooklyn, New York. His dad was a taxi driver, and yet his brother became the President of Paramount Pictures, and his fame as the man behind the Halloween series is unparalleled. And what he is thankful for is his drive to overcome adversity and to use two words in your life..."show up." Opportunity presents itself if you show up. Only in America, right?

Okay, I have to dig deep to share with you what I am thankful for because the list is long. I must begin with a wonderful husband who has always supported me in whatever I chose to do, and sometimes it was pretty wacky. But he would just smile and say "go for it." And that has lasted 41 incredible years. I hear so many folks tell me how difficult a time they have with family, and yet, I have a super brother with whom I speak across the country most everyday about stuff from health to politics. And finally, I, like Stanley Livingston have had an incredible run in the Radio and TV business, and still going strong. I never stop learning every single day with every guest I have on POPPOFF. And like Stanley, I have branched out into writing this column and writing books like "Marilyn, Joe and Me." Perhaps that is the key. Go with the flow and love to go to your work every day, then it no longer is work, it's an energizing rush just to be there!

I will leave you with this thought as we near that special day of thanksgiving. Keep in mind people can be divided into three groups: 1) Those who make things happen, 2) Those who watch things happen, and 3) Those who wonder what's happening. Which do you want to be? Here is my hope for you. I hope you have much to be thankful for on this Thanksgiving Day. Share that time with family and friends, and save a turkey leg for me!

**A HAPPY AND BLESSED THANKSGIVING TO YOU AND YOURS !!!**

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



**By Karen Anderson**

The hurt is so deep you are trapped and can't even look up. You feel separated from any source of comfort because all you know is anger and the feeling of, "Why me?" It is that feeling of how can you go on with your life with this grief hanging over you?

In your deepest pit, you may cry, "I don't want to go through this! Lord, I HURT! Where are you in my pain and sorrow? I can't see you and I don't know what to do! In my anguish I want a loving arm to hold me and take away the hurt. But I don't deserve to be comforted! I feel like I can't take another step by myself. I want to lean on someone's shoulder. Someone that will not try and reason with me, or tell me I'm overreacting! I need someone to let me cry, yell, and be angry! I want to feel protected like I'm in my Father's arms as a small child. I want to be wrapped in His warm embrace that makes me feel safe and warm and let me cry until the tears subside. I don't want someone to tell me what to do, but to encourage me

# Lord! I HURT!

to lift my head and look around—it's a new day. Please! Help me to take that first step. I'm shaky and unsure of myself...I don't know if I can do it." Then that reassuring voice and steady arm of your Father says, "I'm with you all the way and you will make it—trust me".

There are losses that affect each of you differently. These feelings can be devastating and give you the feeling of sorrow and separation. Some of your losses may be the death of a loved one or a beloved pet; but it is so much more. It could be the loss of physical or mental abilities, the cruelty of any type of physical, verbal, or emotional abuse, and even the loss of a dream. In my case it was the loved ones, a beloved pet, physical loss, and the emotional and verbal attacks from ones you think care about you.

God is the voice and the comforting embrace that you want in your time of loss. He is the only one that can support you and encourage you through your hurt. God's Word is the true and trusted source of comfort. When you are ready to move forward, He will give you guidance and direction. For me personally, God's word brought me the comfort I needed in my time of "hurt." I knew He understood my broken heart. Claim His comfort and encouragement as you read and pray.

**"God is a safe place to hide, ready to help when we need him."**

It is time for you to take the next

step. Either visualize or find a picture of a cross. Nail your hurt to that cross and believe that your hurt is now with God. He will release you from the pain and then guide you on your next steps. God has promised to be there for you. Now believe what the heavenly Father has done. The blessing is that God has something great waiting for you, just reach out and accept His gift of love.

**"If you'll hold on to me for dear life," says God, "I'll get you out of any trouble. I'll give you the best of care if you'll only get to know and trust me. Call me and I'll answer, be at your side in bad times; I'll rescue you, then throw you a party."**

Do you have to stay in that loss, which is where the enemy wants you? The hurt is so deep you are trapped and can't even look up. Here is a thought for you. "I don't want to continue my hurt—where is it getting me?" NOWHERE! It is time to move on with God and grab onto everything He has for you. God is your comfort, ready to embrace you during the loss. Don't forget Him; He hasn't forgotten you.

PASSAGE: Psalm 46:1 (NIV)  
Psalm 91:14-15 (The Message)

*Karen Anderson is an accomplished speaker, author, and chaplain and has a local TV show, Move Your Mountains. Contact Karen at [www.doablesteps.com](http://www.doablesteps.com), or 916-961-4765.*

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ACROSS

1. "Wheel of Fortune" purchase  
6. Christian minister, abbr.  
9. "Jersey Shore" stars jump in and out of them  
13. Popeye's gal  
14. "... \_\_\_\_ he drove out of sight"  
15. Cuba Gooding, Jr. 2003 role  
16. Calculus calculation  
17. "Lend me your \_\_\_\_"  
18. Furnish with a fund  
19. "Bravo" cook  
21. "TV's largest family  
23. Toni Morrison's " \_\_\_\_ Baby"  
24. It's everywhere you want to be?  
25. Y, so to say  
28. Places  
30. Curved, as in foot  
35. Argonauts' propellers  
37. Shakespearean "does"  
39. Type of TV show  
40. Actress \_\_\_\_ Perlman  
41. Erasable programmable read-only memory  
43. Echoed by the flock  
44. John \_\_\_\_ of The Age of the Enlightenment  
46. Fodder holder  
47. Painter \_\_\_\_ Chagall  
48. Like an adoring mom  
50. Carbon monoxide lacks this  
52. Heavy-duty cleanser  
53. D in DINK  
55. Blue  
57. "Like a certain TV race  
61. Exposés  
65. Actor Matt \_\_\_\_  
66. Rocks in a bar  
68. Pool problem  
69. Faulkner's "As I Lay \_\_\_\_"  
70. Yes move  
71. Writer behind a writer  
72. Cold \_\_\_\_  
73. Gloppy stuff  
74. \*John and Kate plus how many?

CLUES

DOWN  
1. Electrical unit  
2. Hodgepodge  
3. Like one who lacks confidence  
4. Put out on a curb  
5. " \_\_\_\_ Weapon"  
6. Great Barrier \_\_\_\_  
7. E in BCE  
8. "Rigoletto" composer  
9. "The Big \_\_\_\_ Theory"  
10. Primary source for Scandinavian mythology  
11. Late designer Christian \_\_\_\_  
12. Girl hogs  
15. Perceive or think about in a particular way  
20. Grind down  
22. "Future home network for "Partners in Crime"  
24. Venomous talk  
25. "MTV's "The Real \_\_\_\_"  
26. Cowboy's cry of joy  
27. Not slouching  
29. "Entering its 25th season  
31. Pull an all-nighter  
32. Middle Eastern porter  
33. Salon file  
34. "So you think you can do this?"  
36. Goes well with sushi  
38. Phone button  
42. Natasha Fatale's enemy  
45. Concluding or finishing  
49. "It's often bought on "Pawn Stars"  
51. What pirates do  
54. Wine ripening  
56. Indian metropolis  
57. Contributes  
58. Waldorf salad ingredient  
59. Arabian chieftain  
60. Type of defense  
61. Word processor command  
62. Bug-eyed  
63. Mascara site  
64. Badger's den  
67. Bird word





# a tasty twist on turkey leftovers

FAMILY FEATURES

When you’re planning your big turkey dinner, the one thing you want to be sure to do is get a turkey big enough for some delicious leftovers. While turkey sandwiches are good, there’s a lot more you can do with this tasty bird.

**Breakfast or Brunch** — Wake the family up to a hearty breakfast casserole that’s a creamy blend of turkey, sour cream, cream of chicken soup, cheese and hash browns. It has a crunchy topping with a surprise ingredient; and you can finish it off with a dollop of fresh and flavorful Wholly Guacamole. Make it ahead of time so all you have to do is pop it into the oven in the morning.

**Lunch** — Enjoy lunch on the lighter side with a turkey salad sandwich. Instead of mayo, this dish gets flavor and 20 nutrients from the avocado in Wholly Guacamole. For extra zip, go with the spicy variety.

**Dinner** — For another make-ahead meal, try a zesty turkey and corn enchilada casserole. This dish is easy to put together, and you may have all the ingredients in your pantry already. A cornbread base, your favorite enchilada sauce, turkey, cheese, and a generous serving of your favorite guac all add up to a new family favorite.

Get more leftover ideas with a twist at [www.eatwholly.com](http://www.eatwholly.com).

**Turkey Potato Cheesy Breakfast Casserole**  
Serves: 8

- 2 cups cubed turkey
- 1 cup low-fat sour cream
- 1 10-ounce can cream of chicken soup
- 1/4 cup milk
- 1 cup shredded cheddar cheese, divided
- 1 bag (30 ounces) frozen hash brown potatoes, thawed
- 1/2 onion, diced
- 1/2 cup corn flake cereal
- 1 cup Wholly Guacamole

In mixing bowl, combine turkey, sour cream, soup, milk, 1/2 cup cheese, hash browns and onion.

Spread in bottom of 2 quart dish (greased).

Bake, uncovered, at 350°F for 1 hour. Add additional 1/2 cup of cheese and corn flake cereal, and bake another 5 to 10 minutes until bubbly and slightly browned.

Let cool for 10 minutes and serve with a dollop of Wholly Guacamole.



**Quick Turkey Tidbits**  
Need some more inspiration for turkey leftovers? Try one of these easy snack ideas:

**Turkey nachos** — Shredded turkey, peppers, onions, black olives and cheese on lime-flavored nacho chips. Top with chunky guac, salsa or sour cream.

**Turkey bites** — Top your favorite crackers with a little turkey and a slice of pepper Jack cheese. Microwave until the cheese starts to melt. Add a dollop of salsa or guac.

**Mini mexi-pizzas** — Split an English muffin, and spread a little salsa on each half. Top with turkey and shredded cheese. Broil until cheese is bubbly. Top with a dollop of sour cream or guac.



**Guacamole Turkey Salad**  
Serves: 6

- 2 tablespoons canola oil
- 1/2 teaspoon salt, divided
- 1 cup of turkey, diced
- 1/4 teaspoon black pepper
- 3/4 teaspoon cumin, ground
- 1 lime zested
- 2 limes, juiced, divided
- 1/4 teaspoon sugar
- 1/4 teaspoon Mexican chili powder
- 1/4 cup red bell pepper, diced
- 1/4 cup yellow bell pepper, diced
- 1/4 cup red onion, diced
- 2 tablespoons cilantro, rough chop
- 1 cup Wholly Guacamole dip

Mix oil, 1/4 teaspoon salt, black pepper, cumin, sugar, chili powder, lime zest and juice of 1 1/2 limes.

Add to turkey and allow to marinate for at least 20 minutes — do not exceed 30 minutes.

Mix in bell peppers, onion, cilantro, dip, turkey, the rest of the lime juice and remaining salt.

Serve in a pita, on a whole wheat bun, as a lettuce wrap, or with crackers.

**Turkey and Corn Enchilada Casserole**  
Serves: 6

**First Layer**

- 1 15-ounce can corn, drained
- 1 15-ounce can creamed corn
- 8 ounces sour cream (non-fat)
- 1/2 cup ricotta (low-fat)
- 1 8 1/2-ounce package corn bread mix

**Second Layer**

- 1 cup turkey, shredded
- 1 cup shredded cheese
- 1 cup enchilada sauce, divided
- Wholly Guacamole dip, for garnish

Mix together all first layer ingredients in a casserole dish.

Bake at 350°F for 30 minutes or until firm.

Take out of oven, poke fork holes all around it.

Pour 1/2 cup red enchilada sauce over corn bread.

Top with turkey and cheese.

Put back in oven until cheese melts.

Top with remaining enchilada sauce, guacamole dip; serve.



# Safer Routes To School

By Leslie Carrara

CITRUS HEIGHTS, CA (MPG) – The City of Citrus Heights is under contract with WalkSacramento conducting surveys and feasibility studies for the Safe Routes To School Program (SRTS), federally and state funded through Cal Trans as efforts are in place to get K-8 age kids to walk to school. WalkSacramento is a non-profit organization that has been around for over 10 years and the SRTS program through Cal Trans for approximately seven years. Citrus Heights became involved two years ago and there is one year left on the contract.

Under President George Bush, the concern facing obesity and asthma in kids is the reasons for the SRTS program. According to federal statistics, in this area, one in three kids is at risk for being obese, one in six will develop asthma and, one child in 610,000 is at risk of an attack from a pedophile.

Safe Routes To School Coordinator for the San Juan Unified School District Dan Allison, writes in an email that “the SRTS program has identified many barriers to students walking and biking to school through walk audits, observations and community input.” Cambridge Heights Elementary School is one of four schools left out of the initial 11 schools in Citrus Heights to be slated for a

walk audit on Wednesday, Dec. 5th at 2:45 p.m. The remaining schools will be addressed in January, according to Allison.

For Citrus Heights, the pieces easily fell into place for the contract two years ago. According to Operations Manager with the General Services Department in Citrus Heights Mary Poole, Goal 29 of the City’s General Plan is to plan, design, construct and manage a transportation network, which includes sidewalks and bike lanes, throughout the city for all mobility types.

“You can see this policy in action when you look at any of the roadway projects currently under construction - there is a strong emphasis on the provision of improved pedestrian, bicycle and transit accessibility and safety in all our projects,” she writes in an email.

Perhaps the largest construction project to date under the SRTS program is the development of sidewalks from Greenback Lane south on Mariposa to Skycrest Elementary School. Phase One between Grace Ellen Ct. and the northern boundary of the school was funded with a \$426,000 grant while the City contributed an additional \$47,400. The school also contributed some funds as they realigned the southern driveway so the City could install a crosswalk and four-way stop sign, all completed in 2008. Phase Two on Mariposa is under



Some government officials believe that the physical activity gained by children while walking to school will help in the battle to control obesity.

construction at this time, with Citrus Heights contributing a total of \$104,000 and a \$900,000 grant. The grants are from SRTS/Cal Trans.

The grant of \$496,670 is from the federal government to conduct the three-year study. There is one year left for the study to be completed.

According to Allison, traffic volume and speed seem to be the greatest concern of parents. “... That is a reasonable concern that must be addressed because parents driving their own children to school present a significant danger to students walking and biking. Though parents are

concerned about ‘stranger danger’, it is not the most common concern.” He added that the decline in walking to school rate is due to a variety of factors, including cultural change, increased traffic, suburban road design, new school locations and closure of schools, and parents concerned about the safety of their children walking and biking.

The day two young children were hit by a driver allegedly under the influence of a substance at Greenback and Mariposa, Safe Routes Project Manager Alexis Kelso of WalkSacramento visited Kingswood Elementary School.

She said that at first, parents were not interested in their children walking to school, but by the end of the meeting, they had turned around and saw the benefits of this type of transportation as volunteers wearing orange vests will stand at the intersection and kids crossing Greenback Lane and Mariposa will be carrying bright orange flags. They have a total of 10 flags available per crossing. According to Kelso, students attending both Skycrest and Kingswood use this particular intersection.

One parent who walks kids to school at Skycrest, Holly Vorse, said that although this particular

school has always had a large number of students who walk, she has noticed a decrease in the congestion around the school and overall, she sees larger groups of kids walking with parents and/or volunteers.

Some government officials believe that the physical activity gained by children while walking to school will help in the battle to control obesity. Another advantage is that with the absence of automobiles spewing carbon monoxide while sitting idle waiting for children to discharge or pick up from school, this could alleviate some of the problems that plague asthma sufferers.

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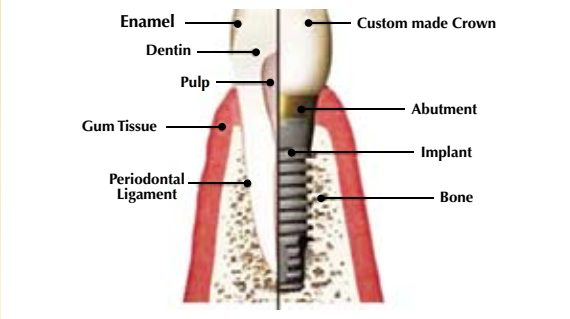
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