



**SacRT Launches  
Newly Redesigned  
Bus Network**

PAGE 11

**Never,  
Ever Forget**

SEPTEMBER 11, 2001



# Citrus Heights Messenger

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

VOLUME 9 • ISSUE 17

Serving the City of Citrus Heights & Sacramento County

SEPTEMBER 13, 2019

**SEE  
INSIDE**

**VETERANS  
APPRECIATION  
PICNIC CELEBRATES A  
DECADE OF SUPPORT**



PAGE 3

**ANNUAL EXPO  
BRINGS FRANCHISE  
AND BUSINESS  
OPPORTUNITIES**



PAGE 2

**TWO EVENINGS  
OF VIP COCKTAIL  
FARM-TO-FORK  
TRAIN RIDES**



PAGE 9



direct link to our online edition!

**LEGAL ADS FOR  
SACRAMENTO  
COUNTY?**

**We Can Do That!**

**MPG**

*To place your legal  
advertising, go to*

**CarmichaelTimes.com**

## FunDay is Coming!

By Patrick Larenas

CITRUS HEIGHTS, CA (MPG)

- Make plans to be at Rusch Park on Sunday, September 22, and have a blast at this year's Sunday FunDay entertainment extravaganza! Bring your family, friends and business ventures to share and celebrate the last week-end of summer.

Thousands of people from all walks of life will be there enjoying the live music of the band Journey Revisited, The Citrus Heights Community Marching Band, and a variety of food to keep you satisfied while entertained. The City has also prepared lots of entertainment for children including pony rides, inflatable bounce houses and tours of the Historic Rusch Home, where the park got its heritage.

If you have something fun or activities to exhibit, set up a booth and show the public what fascinates and connects you to others in the community. Whether you are a business, non-profit or just crafting, you will attract the like-minded, giving you the chance to meet those who keep Citrus Heights friendly,



The City has also prepared lots of entertainment for children including pony rides, inflatable bounce houses and tours of the Historic Rusch Home, where the park got its heritage. Stock photo

alive and innovative; however, you must contact the city for vendor booth approval.

Entrance and entertainment is free. So come

ready to eat and enjoy that great weather before it goes away!

The Rusch Park Sunday FunDay event is from 11 am to 3 pm and is located

at 7801 Auburn Blvd, Citrus Heights.

For more information, visit our website at CitrusHeights.net or call (916) 727-5400. ★

## City Honors Community Services Director for Dedicated Career

Story and photo  
by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG)

- The Citrus Heights City Council recently said an emotional farewell to community services director Rhonda Sherman, who retired at the end of August. The Council issued a proclamation honoring Sherman's steadfast dedication and exceptional service.

Sherman was one of the City's first employees after incorporation. She has held the positions of economic development coordinator, economic development manager, economic development and city information director, city clerk, and community and economic development director. In 2017, she agreed to take on the role of community services director, managing both the general services and the community economic development departments. Councilmember Steve Miller said, "You wore many hats, but you wore them well."

Sherman held a crucial leadership role on many significant projects,



From left: City Manager Chris Boyd, Councilmember Steve Miller, Mayor Jeannie Bruins, Vice Mayor Jeff Slowey, Community Services Director Rhonda Sherman and her husband Simon, Councilmember Bret Daniels, and Councilmember Porsche Middleton.

including the purchase of the former Sylvan Middle School property, the beautification of Sylvan Corners and Auburn Blvd., the development of residential and retail spaces in Stock Ranch, and the creation of the Stock Ranch nature preserve.

Mayor Jeannie Bruins read the proclamation, stating that Sherman has "distinguished herself as perceptive, loyal, and passionate — a conscientious, dedicated public servant and staunch community advocate. Her innumerable

contributions... and invaluable guidance significantly and permanently enhanced the evolution and expansion of this city, as we now know it."

"It is her heartfelt commitment to empower, motivate, and encourage while fostering a spirit of team and camaraderie that will forever remain the truest testament of her character, integrity, and humility and will, after all is said and done, be her greatest legacy," said Mayor Bruins.

Councilmember Bret Daniels said, "I do not

believe there's any other employee that has had more of an impact on Citrus Heights than you. We are not what we are today without you."

Sherman expressed her gratitude for a "challenging and rewarding" career: "When I came to Citrus Heights, I never would have imagined the opportunities that were given to me to be my best self. ... Thank you, Councilmembers, for always putting the best for the city above all. It's been my honor serving you and the community." ★

## City Council Approves Funding for Rusch Park Improvements

Story by  
Shaunna Boyd

CITRUS HEIGHTS, CA (MPG)

- The City of Citrus Heights collects a Park Facilities Impact Fee on new development projects within the city, and the collected revenue then funds the improvement and development of park and recreation facilities. The Sunrise Recreation and Park District (SRPD) submitted a funding request for \$90,000 for improvements to Rusch Park — \$86,000 for new playground equipment and \$4,000 for security cameras that will have a direct feed to the Citrus Heights Police Department.

The total project includes the security cameras, replacement of playground equipment, restoration of the swing set, and improvements to the covered picnic area and covered bridge near the basketball courts. Dave Mitchell, district administrator for SRPD, said that the project's total cost is \$385,000.

The SRPD Board has put in \$100,000 from their general fund and allocated \$39,000 of the District's in-lieu fees (which developers pay to the park instead of meeting park or open space requirements). SRPD also received a \$60,000 grant from Republic Services in February 2019 and \$100,000 in Community Development Block Grant funding from the City's Quality of Life Committee in May 2019. SRPD submitted their request for Park Facilities Impact Fee funding in July 2019 to close the project's funding gap.

At the Citrus Heights City Council meeting in August, Mitchell said that the new playground area will be about twice the size of the original. The new playground equipment was selected from 14 different options that were narrowed down through five community outreach events. Well over 400 people were surveyed, and Mitchell said that the chosen design was "the number one vote getter" at all events. "We're really, really excited and pleased to bring this project forward," said Mitchell.

The Rusch Park improvement project meets the following Park Facilities Impact Fee eligibility requirements: the project will improve a park located within the city, it will provide a benefit to the community, and it is listed within the SRPD Master Plan.

Rusch Park is the largest  
*Continued on page 12*



# County Board Approves Revised FY 2019-20 Budget

By Kim Nava, Sacramento County

**SACRAMENTO COUNTY, CA (MPG)** - The Sacramento County Board of Supervisors voted to revise the Approved Budget for the 2019-20 fiscal year.

The Approved Budget in June totaled \$4.4 billion. With the completion of the County's FY 2018-19 year-end financial closing activities and updated information, an increase of \$138 million was proposed, bringing the Budget Recommended for Adoption to \$4.5 billion in appropriations. Most of this increase involved re-budgeting funds for capital projects due to shifts in timing for those projects.

In June, to close a general shortfall of \$55 million, Sacramento County made \$43 million in reductions in General Fund Departments and reduced \$12 million in General Fund reserves to bridge the gap.

General Fund departments identified a number of targeted program and position reductions. The reductions included the elimination of 181.3 FTE positions that were either vacant or, in a few cases, filled by employees who were shifted to other positions in the same class. No layoffs were necessary.

The June Approved Budget also

included budget increases in a number of areas, including:

- \$21.7 million to make improvements to the County's jails as part of continuing efforts to resolve conditions of confinement concerns identified in a recent lawsuit;
- \$2.3 million in state and federal revenue to add 25 FTE positions in Child Support Services;
- \$1.2 million in 2011 Realignment Local Innovation funds to add seven positions in Probation to establish a Pre-Trial Assessment and Monitoring Pilot Program;
- \$1 million set aside for costs related to the Hardesty/Schneider lawsuit against the County;
- \$3.5 million to add 29 FTE positions in Airports Department to handle the impact of increasing passenger and freight volume; and
- \$668,000 to cover the cost of post-cards and postage for the March 2020 Primary Election, as required by state law.

The Board is scheduled to formally adopt the Budget Recommended for Adoption on Sep. 24.

For details, read the Budget Letter to the Board of Supervisors or view all budget documents on the Office of Budget and Debt Management website. ★

# Opportunity Expo Brings New Franchises, Business Success Exhibits and Speakers

Business Opportunity Expo Press Release

**SACRAMENTO REGION, CA (MPG)** - The Business Opportunity Expo is scheduled for September 28 and 29, 2019 at the Crowne



**Keynote Speaker Professor Alan Tratner of Green2Gold "Cash in on your Great Ideas!"** Photo provided by The Opportunity Expo

Plaza Hotel NE. It is the most comprehensive business event for the public in this region. The show features local and national exhibits including a variety of franchises and business opportunities, financing for small to medium businesses, state-of-the-art

tools for success, and business education and training.

Listen to top nationally known speakers like Professor Alan Tratner, who has been dubbed the "Minister of Ideas" and has appeared on *Oprah*, *CNN*, *CNBC* and has had features in *The Wall Street Journal*, *Time*, *Business Week*, *Newsweek*, and many others. Alan will teach you "How to Cash in your Great Ideas!" and can even help you get them financed. Craig Hettrich of California Growth Advisors will teach how to achieve success with "The Best Practices of Great Companies." And Lynne Shelton, founder of Shelton Law & Associates, will show you how to choose and run a successful franchise, or how to turn your existing business into a successful franchise chain.

Visit dynamic new franchises being offered such as EnviroMerica and i9



**Lynne Shelton of Shelton Law & Associates "How to Franchise your Business"** Photo provided by The Opportunity Expo

Sports, or open a profitable candy kiosk in the mall or a successful hair salon. It's all here at The Opportunity Expo. Admission and parking are free.

**Where:** Crowne Plaza Hotel NE, 5321 Date Ave, Sacramento, CA 95841

**When:** Saturday and Sunday, September 28 and 29, 2019, 11 am – 5 pm

**Admission:** This event and parking are free to the public. Please see [www.OpportunityExpo.net](http://www.OpportunityExpo.net) to attend or exhibit and see the list of speakers and times. ★

# Behind the Wheel or on Foot, Think Two Steps Ahead

Tim Weisberg, California Office of Traffic Safety

**SACRAMENTO COUNTY, CA (MPG)** - September is Pedestrian Safety Month, and the California Office of Traffic Safety (OTS) is asking drivers and people walking to look out for one another.

"Despite advances in vehicle technology that act as additional safety measures for drivers and passengers involved in a crash, pedestrians are still just as vulnerable as in years past," OTS Director Barbara Rooney said.

"Whether we are driving or walking, we are all going places so it is important that we avoid bad habits and put safety first."

According to a report released this year by the Governors Highway Safety Association (GHSA), a projected 6,227 pedestrian deaths occurred nationwide last year, the highest number since 1990. In California, 858 pedestrians were killed in 2017, accounting for nearly 25 percent of all traffic deaths.

It is why the OTS is working

with our safety partners, state and local agencies on educating the public about safe roadway habits, regardless of how you get around.

"People should not be afraid of a car hitting them as they cross the street," Rooney said.

"Having said that, it is important that pedestrians are aware of their surroundings and think about how they would want a pedestrian to act if they were the one driving."

The OTS offers the following tips for drivers and pedestrians

to help ensure we all get to where we need to go safely:

For pedestrians: Cross the street at crosswalks, preferably with a stop sign or signal. Do not cross the street midblock (no jaywalking); Make eye contact with drivers; Look for cars backing up. Avoid darting between parked cars; Wear bright color clothing during the day and use a flashlight at night; Do not use your cell phone or wear ear buds while walking.

For drivers: Avoid distractions such as a cell phone; Never drive

under the influence of alcohol and/or drugs; Watch for pedestrians when backing up; Follow the speed limit; Yield to pedestrians at crosswalks. Make sure the path is clear before making a turn at an intersection.

The OTS administers funding for traffic safety programs statewide with the goal of reducing crashes that result in deaths, injuries, and economic losses. The OTS is a department under the California State Transportation Agency (CalSTA). ★

## KP International MARKET

FOOD COURT NOW OPEN

10971 Olson Drive  
Rancho Cordova, CA 95670  
916.853.8000

Market: 3 Days: 8am-10pm  
Food Court: 3 Days: 11am-8:30pm  
(Chinese: 11:30am-8:30pm)

### FROZEN & FISH DEPT

REG. \$5.99/LB  
**\$3.99** /lb  
Frozen Black Cod

REG. \$6.99/EA  
**\$4.99** /ea  
B-B-BIG Red Bean Ice Bars (8 Pcs)

### WEEKLY MEAT SPECIALS

**BONUS BUY**

**Beef T-Bone Steak**  
Filet de T-Bone  
**\$3.69** /lb  
Beef Rump Bottom Round Roast - Boneless  
1/2 Pcs Contra en Trozo sin Hueso  
**\$2.99** /lb

**GREAT VALUE**

**Beef Porterhouse Steak**  
Filet de Porterhouse  
**\$3.99** /lb  
40 lb Box: \$54.99/ea

**TURKEY VALLEY**

**Boneless & Skinless Chicken Breasts**  
Pechuga de Pollo Deshuesada sin Piel  
40 lb Box: **\$1.39** /lb  
Colas de Pavo  
**99¢** /lb

**SMITHFIELD**

**Pork Butt - Bone In**  
Trozo de Puerco con Hueso  
**\$1.49** /lb  
Pork Butt - Boneless  
Trozo de Puerco sin Hueso  
**\$1.79** /lb  
Pork Baby Back Ribs Single Pack  
**\$2.49** /lb

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE SEPTEMBER 4 - SEPTEMBER 10, 2019.

### KARAOKE SPECIAL

Sun-Thu Come before 6pm (Valid Time)  
Fri-Sat Come before 5pm (Valid Time)

**\$1 FOR 6 PEOPLE \$66.00**

3 Hours Karaoke • Pizzzo • Pitcher Soda • 2 Main Dishes (Small Room)  
(12 inch) (Up to 3 pitchers) (9 Dishes To Choose From)

**\$5 FOR 18 PEOPLE \$228.00**

3 Hours Karaoke • 3 Pizzos • Pitcher Soda • 7 Main Dishes (Large Room)  
(14 inch) (Up to 9 pitchers) (9 Dishes To Choose From)

**\$2 FOR 8 PEOPLE \$88.00**

3 Hours Karaoke • Pizzzo • Pitcher Soda • 3 Main Dishes (Medium Room)  
(14 inch) (Up to 4 pitchers) (9 Dishes To Choose From)

**\$8 FOR 28 PEOPLE \$299.00**

3 Hours Karaoke • 3 Pizzos • Pitcher Soda • 9 Main Dishes (Party Room)  
(14 inch) (Up to 12 pitchers)

**\$3 FOR 12 PEOPLE \$154.00**

3 Hours Karaoke • 2 Pizzos • Pitcher Soda • 5 Main Dishes (Family Room)  
(14 inch) (Up to 7 pitchers) (9 Dishes To Choose From)

**\$6 FOR 14 PEOPLE \$174.00**

3 Hours Karaoke • 2 Pizzos • Pitcher Soda • 5 Main Dishes (Family Room)  
(14 inch) (Up to 7 pitchers) (9 Dishes To Choose From)

**9 DISHES TO CHOOSE FROM**

Hamburger • Cheese Burger • Club Sandwich • Chicken Nuggets  
Chicken Wings • Pork Lumpia • French Fries • Spiced Edamame • Fried Dumplings

**OPEN 7 DAYS A WEEK:**  
Mon-Thu 8AM-2AM / Fri-Sat 2PM-2AM / Sun 2PM-12AM  
10947 OLSON DRIVE, RANCHO CORDOVA, CA 95670  
916-853-2006 • WWW.KP-KARAOKE.COM

### FRESH PRODUCE

SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM

Chayote Squash 2lbs \$1

Aloe Vera 79¢

Sweet Mini Peppers 1 lb 1.99

Mexican Mango 7.99

White Potatoes 10 lb Bag 2.99

Kabocha 2lbs \$1

Opo Squash 2lbs \$1

Yellow Onions 3lbs \$1

Thai Young Coconut 9 ct 12.99

Longjin 2.99

White/Brown Birch Mushrooms 150 g 99¢

Green Onions 4' \$1

### AMERICAN/HISPANIC GROCERY

Fiora 4.99

Firm Butter 12x 360 Sheets +TAX 6.99

1-2-5 Vegetable Oil 1 Gallon 6.99

Amor Chanay Mol Sauce 1 Liter 1.79

Tide Powder Detergent 5 Kg +TAX 14.99

Tajin Fruit Seasoning 5 oz 1.79

### ASIAN GROCERY

Teh Teh Teh 2.99

Zestier 6x 200 ml 2.49

Mushroom Soy Sauce 2.5 fl oz 2.49

Brillite Dry Blend 3.99

Lucky Candy 12.3 oz 3.99

Asian Fruit Smoothie 12.3 oz 3.99

AAA Rice Vermicelli 2 lb 3.99

CELEBRITY BRAND 4.99

### EUROPEAN GROCERY

Sofia Pure Grapefruit Oil 1 Liter 6.99

Indo European Grape Lemons 350 gr 2.49

Maitre Truffles Fancy Truffles Classic 200 g 3.99

Maple Syrup 3.99

Erna Chori Suppliment 500 g 3.99

Urtika Darkcherry 75 x 90 gr 2.99

### KOREAN/JAPANESE GROCERY

6.99

99¢

7.99

2.99

1.99

5.99

4.99

2.99

1.99

2.99

5.99

3.99

### HOUSEWARES

28.99

32.99

47.99

109.99

14.99

29.99

3.99

4.99

6.99

### FROZEN & FISH DEPT

2.99

5.99

### EUROPEAN DELI

4.99

4.99

3.19

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE SEPTEMBER 4 - SEPTEMBER 10, 2019.



# Community Invited to Participate in Multi Modal Transportation Safety Program

By Michelle Parker,  
City of Citrus Heights

**CITRUS HEIGHTS, CA (MPG)** - The City of Citrus Heights is working to make roads in our community safer for everyone who uses them, with the goal of making sure our neighborhoods are safe places to walk, drive, bike and roll. The Multi Modal Transportation Safety Program (MMTSP), funded by a Caltrans Sustainable Communities grant, will update and improve the way the city addresses traffic and safety concerns raised by residents. This program will:

- Develop a clear and transparent process for addressing complaints, identifying the best way to fix the issue, and outlining when and how changes will be made;
- Develop a catalog of safety measures to address specific types of problems including guidelines for how to best apply different safety measures;
- Develop a way to prioritize citizen requests to address speeding, cut-through traffic, and other safety issues in their neighborhoods;
- Package the above features into a “tool” that allows the city to quickly respond to citizen requests and track the status of requests anywhere in the process;
- Provide Citrus Heights residents tools

and strategies to promote safety in their neighborhoods;

The MMTSP includes a robust community involvement component, including active participation by Neighborhood Champions. Neighborhood Champions are community volunteers interested in contributing to multi-modal safety throughout the city in an active capacity. Champions will play an important role in developing the program, including:

- Communicating the program goals and progress to their neighbors and soliciting participation in the program’s community-based activities;
- Attending training and leading “WALKshops” with residents to highlight safety issues and safety improvements;
- Assisting the city in leading community workshops to develop the citizen request program;
- Interested residents can watch the project information video and download the Neighborhood Champion interest form from the project website. #RoadsForAllModes

To learn more about the project, visit [www.citrusheights.net/945](http://www.citrusheights.net/945) . Questions about the community open house and/or the project can be directed to [mmtsp@citrusheights.net](mailto:mmtsp@citrusheights.net). ★

# Veterans Appreciation Picnic Celebrates a Decade of Support

By Elise Spleiss

**CITRUS HEIGHTS, CA (MPG)** - A decade has passed since the first Citrus Heights Annual Appreciation and Resource Picnic honoring area retired and active duty military and their families.

This year’s event was sponsored by American Legion Post 637 with assistance from members of the GFWC Citrus Heights Women’s Club, and other organizations and individuals. Immediate Past Post Commander Paul Reyes represented newly elected Post Commander Sylvia Thweatt as Master of Ceremonies.

Attendees enjoyed the music of the Citrus Heights Community Marching Band and local DJ Carlos Verette. Wild Wade’s traditional barbecue lunch and children’s activities are a picnic staple. Local and area dignitaries greeted all.

Dozens of services and resources for attendees were provided, along with the highly anticipated donated raffle prizes.

At a young 85 years, the picnic’s Guest of Honor Robert Snyder told attendees he still misses the service. After enlisting in the U.S. Navy at 17 years he served in Korea operating a rocket launcher. In Vietnam, from 1969 to 1970 he fought the war from riverboats patrolling the rivers of South Vietnam. After 22 years, 18 of those at sea, Snyder retired from the Navy as an E6 on the USS Enterprise.

But Snyder was not through serving his country. His “next life” was working for the Department of the Army for 23 years. For eight of those years he worked at



Robert Snyder, Honored Guest (center) with fiancée Dona Kay and volunteers Keni Kuhney and Daleia Acevedo. Photo by Susan Kuhney

the Sacramento Army Depot developing training for members of Operation Desert Storm and Desert Shield.

Snyder continues to be a resource and mentor for all veterans. He owns and operates an antique store, the Curiosity Shoppe in Folsom. He and his fiancé, Dona Kay, an artist, will be married on September 21.



Fellow police officers came out in force at Rusch Park on August 24 to honor their own K-9 Officer Kyle Shoberg as he received the Citrus Heights American Legion Post 637 Officer of the Year Award. Photo courtesy of Susan Hendricks

The 2019 American Legion Police Officer of the Year award was presented to K9 Officer Kyle Shoberg for his outstanding service to the Citrus Heights Police Department (CHDP) and his community in the many positions he has held since his hiring in 2010. These include Patrol, Narcotics, SWAT, Special Incidents, and since 2014, a K9 handler and trainer. He is known as a

down and apprehend a suspect quicker and safer than sending an officer into a situation solo. Case in point: Shoberg’s K9 Axel is credited with saving the life of his handler and other officers at a shoot-out with an armed suspect at the Citrus Heights Sunrise Mall on July 9. The suspect shot twice at Axel, missing him, which gave officers time to quickly bring the incident to an end. ★

Open Enrollment Begins Soon. Don't Delay!

## Having trouble understanding Medicare?

Get **FREE** assistance at a HICAP office near you.

Or attend one of our **FREE** workshops. Call for details or go to our website.

**Call (800) 434-0222**  
or visit [www.hicapservices.net](http://www.hicapservices.net)

Personal Medicare Counseling • Seminars • Drug Plan Finder Tool

AGENCY ON AGING AREA 4

HICAP

Supported in part by grants 1801CAMSH, 1801CAMIA & 1801CAMIR, U.S. Administration for Community Living, Department of Health & Human Services, Washington, D.C. 20201.

LEGAL SERVICES NORTHERN CALIFORNIA

**LEGAL ADS FOR SACRAMENTO COUNTY?**

**We Can Do That!**

**MPG**

To place your legal advertising, go to [CARMICHAELTIMES.COM](http://CARMICHAELTIMES.COM)

# CATCH FOOTBALL AT SAMMY'S AND SCORE!

With 40 big screens, dozens of tasty dishes, and all your favorite craft beers and cocktails, Sammy's is the perfect place for football season.

**HAPPY HOUR FOOD AND DRINK SPECIALS DURING EVERY PRO FOOTBALL GAME**

**BOTTOMLESS MIMOSAS FROM 6AM - 1PM ON SUNDAYS**

**SAMMY'S GIFT CARD RAFFLES!**

Plus, enjoy these other weekly specials:

**KIDS EAT FREE**  
Every Monday

**WINE WEDNESDAYS**  
Half off all bottles (\$100 or less)

**PRIME RIB SPECIAL**  
Every Friday Night • \$24.99

OPEN 24HRS/7 DAYS A WEEK

I-80 @ ANTELOPE RD

916-735-8440

6510 ANTELOPE RD, CITRUS HEIGHTS, CA 95621

[STONESGAMBLINGHALL.COM](http://STONESGAMBLINGHALL.COM)

SAMMY'S

RESTAURANT + BAR

Gambling problem? Call 1-800-GAMBLER.



TV GUIDE MAGAZINE

CHEERS & JEERS

By Damian Holbrook

Cheers to To Tell the Truth

for booking some straight-up icons. We cannot lie, the sight of legendary producer Norman Lear and *One Day at a Time*'s Rita Moreno (pictured) on the same stage had us thinking that ABC's other game shows should go after more guests with such impressive TV roots.

Cheers to Pennyworth

for being the butler who does it with style. Like a young Michael Caine, Jack Bannon is the hero we'd happily hold the door for in Epix's super-cool period thriller about Batman's future manservant back when he was a stylish,

sexy James Bond type.

Jeers to 9-1-1

for soaking its stars in disaster-film drama. When you have a cast of first responders that includes powerhouses like Peter Krause, Angela Basset and Aisha Hinds, you don't need Irwin Allen-level stunts like mega-earthquakes and Season 3's impending tidal wave. Let's leave that silliness for movies starring The Rock and better special effects..

Jeers to Animal Kingdom

for eating its own! Even for a show that's always been violent and unpredictable, we never imagined they'd dare kill of Ellen Barkin's Smurf. Not only because



Taylor Schilling (pictured) locked it down in a series finale full of endings happy, heartbreaking and even hopeful.

Mama Cody is the hard-hearted, horrifying center of the twisted Cody clan, but also because Barkin is a badass who just can't be replaced. ★

ASK MATT

BY MATT ROUSH TV Guide Senior Critic

Why Is A Show Like Love Island On Cbs?

**Question:** I've really enjoyed *Blood & Treasure* on CBS. It's one of the best on TV and typical of the quality of CBS's shows. On the other hand, I was surprised to see *Love Island* on CBS, not at all something I'd expect to see on my favorite channel. Is CBS trying to compete with *The Bachelor* and *The Bachelorette*? Isn't *Big Brother* enough of that sort of show? Hopefully, *Love Island* won't be

renewed. – Carley

**Matt Roush:** This is a good news/bad news situation and also a perfect illustration of a broadcast network trying to be all things to all people, especially during the summer months when its tentpole hits are all in repeats. I doubt there's much intersection between the fan base of guilty-pleasure reality trash like *Love Island* — which plays to the *Big Brother* crowd — and classic action-adventure fare

like *Blood & Treasure*, but each of these genres has its respective audience and a network like CBS is probably smart to go after both. *Love Island* wasn't the breakout hit CBS had hoped, but it delivered social-media buzz and a consistent audience much younger than the network's norm, and the execs believe the show will grow with exposure, so yes, *Love Island* will be back next summer. But on the plus side, so will *Blood & Treasure*, which as you rightly note is much more in keeping with the CBS brand. Be thankful for small victories.

To submit questions to TV Critic Matt Roush, go to: [tvinsider.com](mailto:tvinsider.com) ★

# Effie Yeaw Nature Center to Present the 9th Annual NatureFest

By Tova Fleming, Effie Yeaw Nature Center

CARMICHAEL, CA (MPG) - NatureFest, a family-friendly event focusing on science & nature education, will run from 10am to 3pm at Effie Yeaw Nature Center on Sunday, September 22.

Nearly 40 local organizations will participate as exhibitors and sponsors, providing demonstrations and activities related to science education and outdoor recreation. Each exhibitor booth is interactive, and there are live animal shows and guided nature walks throughout the day.

Highlights include: An array of local and exotic animals presented on stage by Wild Things and Save the Snakes; Live bats, reptiles, and birds of prey at booths and shows all day long; Fly-tying instruction for kids; Karuk, Maidu, and Wintu tribe cultural demonstrations such as basket weaving; Hands-on art projects; Guided walks through the 100-acre nature preserve.

"This year we are celebrating our ninth

annual NatureFest. This family-friendly event has grown each year, both in attendees and exhibitors," said Heather Gabel, the Nature Center's Interim Executive Director. "Last year we welcomed over 1,500 visitors and 30 booths. NatureFest is a great way to be introduced to the variety of nature related topics and activities in the Sacramento Region. We hope you will join us for this educational and fun event!"

Exhibitors include: NorCal Bats, Wild Things, Save the Snakes, Folsom Zoo, Sacramento Audubon Society, Maidu, Wintu, and Karuk Tribal demonstrations, Golden Country Wildlife Rescue and many more.

For more information, visit [www.sacnature-center.net](http://www.sacnature-center.net) or call 916-489-4918.

The nature area is included as a "Watchable Wildlife" site in the California state guide because of The Nature Center is the American River Parkway's interpretive center dedicated to providing educational and interpretive programs and information about the natural environment to schools, children, and the public. ★

You're Invited!

Come out and Square Dance

Starting September 19th, 2019

Thursday Evenings 7:30 - 9pm

the OVERalls

• Great exercise!

• Meet lots of wonderful people!

• Have a lot of fun!

First 2 Nights (Sept. 19 & 26) FREE!!!

It's Fitness for Mind, Body & Spirit

Singles, Couples and Families Welcome

overallsquaredance@gmail.com

Veteran's Memorial Hall, 110 Park Drive, Roseville, CA 916-573-0288

EVERY OTHER WEEK WE HAVE THE **LOWEST PRICES ON FRISKIES** (5.5oz) **OR FANCY FEAST** (3oz)

\*Compared to All Chain and Local Stores

**We Beat Almost All Online Prices on Premium Brand Pet Foods**

Including Blue Buffalo, Chicken Soup, Earth Born, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin.

**PET CLUB**

FOOD AND SUPPLIES

EVERYDAY LOW PRICES

Super Discount Prices\* Hot Specials & Coupons

(Not All in Stores) (See Signs)

We Only Accept ATM, Cash, & Checks

2344 Sunrise Blvd. 318 N Sunrise Blvd.

Rancho Cordova, CA Roseville, CA

916-635-5008 916-781-8500

M-F 9-8, SAT 9-7, SUN 10-7 Effective 9/11/19 - 9/17/19

**NATURAL BALANCE DRY DOG FOOD**

•Lamb Meal & Rice (Reg & Lrg Breed)

•Sweet Potato & Fish •Sweet Potato & Venison •Sweet Potato & Bison

•Sweet Potato & Chicken 26-28 Lb Bag

**\$5 OFF**

Limit 2 Bags Per Family

Effective 9/11/19 - 9/17/19

**FRISKIES BUFFET CANNED CAT FOOD**

5.5 Oz All Varieties

**ON SALE Everyday**

Limit 2 Cases Per Family

Effective 9/11/19 - 9/17/19

**AVODERM NATURAL DRY DOG FOOD**

26-30 Lb Bag Limit 2 Bags Per Family

•Lamb Meal & Rice •Chicken Meal & Rice

•Lite •Large Breed

**\$4 OFF**

OUR DISCOUNT PRICES!

Effective 9/11/19 - 9/17/19

**ARM & HAMMER SUPER SCOOP CLUMPING CAT LITTER**

20 Lb Box •Unscented •Double Duty (Clump n Seal Regular 19 lb) (Slide 19 lb)

**ON SALE**

Limit 2 Boxes Per Family

Effective 9/11/19 - 9/17/19

**EARTHBORN HOLISTIC DRY DOG FOOD**

•Pimitive Feast •Great Plain Feast •Meadow Feast •Coastal Catch •Weight Control

•Western Feast (Reg Price \$43.99) 28 Lb Bag

Natural/Grain Free

Limit 2 Bags Per Family

**\$39.99**

Effective 9/11/19 - 9/17/19

**SCIENCE DIET CANINE MAINTENANCE CANNED DOG FOOD**

13 oz can •Selected Varieties (Reg price \$1.75)

(Healthy Cuisine 12.5 oz can \$1.75 Reg price \$1.99)

**\$1.49**

Limit 2 Cases Per Family

Effective 9/11/19 - 9/17/19

**FRISKIES TENDER & CRUNCHY COMBO DRY CAT FOOD**

16 Lb Bag

**\$9.99**

Limit 2 Bags per Family

Effective 9/11/19 - 9/17/19

**SCOOPAWAY CLUMPING CAT LITTER**

42 Lb Bag

**\$10.99**

Limit 2 Bags Per Family

Effective 9/11/19 - 9/17/19

**NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD**

Limit 2 Bags per Family Small Bites \$35.99 •Adult •Large Breed \$37.99

Lamb Meal & Rice 30 Lb bag

**PURELY FANCY FEAST CANNED CAT FOOD**

2 oz. All Varieties \$1.09

Limit 1 Case

**PURINA PRO-PAN CANNED FOOD SALE**

Limit 2 Cases •Selected Varieties Cat Food 3 Oz. Dog Food 13 Oz.

**ON SALE EVERYDAY**

**NATURE'S MIRACLE PREMIUM ORGANIC CORN COB LITTER**

Bio-Enzymatic Formula 10 Lb Bag Limit 2 Bags

**\$7.49**

**ELEVATE SUPER PREMIUM DRY DOG FOOD**

Antioxidant Blend 28 Lb Bag •Chicken •Lamb •Salmon •Pork (22 Lbs) •Beef

Limit 2 Bags Per Family

**\$5.00 OFF**

OUR SUPER DISCOUNT PRICE

**NATURALLY FRESH CAT LITTER**

14 Lb Bag Limit 2 Bags Pellets \$4.99 Clumping \$8.99 Multi-Cat Clumping \$9.99

**SCIENCE DIET SMALL BITES DRY DOG FOOD**

•Adult •Light •Mature 15 Lb Bag Limit 2 Bags

**\$21.99**

**FRESH STEP CRYSTALS CAT LITTER**

8Lb Bag Limit 2 Bags

**\$10.99**

**9 LIVES DRY CAT FOOD**

•Grilled Tuna & Egg 12 Lb Bag Limit 2 Bags Per Family

**\$7.99**

**CANIDAE PURE GRAIN FREE ADULT DRY DOG FOOD**

24 Lb Bag Limit 2 Bags •Lamb •Duck •Salmon•Bison

**\$5 OFF**

OUR REGULAR LOW PRICES

**SCIENCE DIET FELINE MAINTENANCE DRY CAT FOOD**

•Mature \$30.99 •Light \$33.99 •(Sensitive Stomach 15.5 Lb •Urinary 15.5 Lb •Perfect Weight 15 Lb \$37.99) 16 Lb Bag Adult

**\$29.99**

**BOXIE CAT CAT LITTER**

16 Lb \$3.00 OFF 28 Lb \$4.00 OFF

INTRODUCTORY OFFER

Veterinarian Recommended Limit 2 Bags

**ASPEN PETMATE PET BEDDING**

All Varieties, Including Self Warming Bedding

**20% OFF**

OUR SUPER LOW PRICES

**CADET RAWHIDE SALE**

28 oz. •Chicken Breast •Duck Breast •Sweet Potato & Chicken •Sweet Potato & Duck

**\$15.99**

**SHERPA PRODUCTS**

•Original Deluxe (Small, Medium, Large) •Carrier On Wheels

**20% OFF**

OUR SUPER LOW PRICES

**PRESTIGE DOG CABLE TIE OUT & AERIAL RUN**

All Varieties

**20% OFF**

OUR SUPER LOW PRICES

**PENN-PLAX CASCADE POWER FILTER SALE**

CASCADE 100 20 Gal. \$17.99

CASCADE 150 35 Gal. \$21.99

CASCADE 200 50 Gal. \$25.99

CASCADE 300 100 Gal. \$35.99

**AQUEON BOXED 10 GALLON TANK With Economy Kit**

Just add Heater For Tropical Fish

**\$36.99**

Limit 1 Per Family

**TETRA FISH FOOD SALE**

Tetrafin Goldfish 7.06 oz. \$7.99

Tetramin Staple 7.06 oz. \$11.99

Tetra Color 7.06 oz. \$11.99

**REEF CRYSTALS**

50 Gal. Salt Mix

**\$14.99**

**BONUS COUPON**

**FANCY FEAST GOURMET CANNED CAT FOOD**

3 Oz - All Varieties Except Elegant Medley

Limit 1 Case Per Family

Limit One Coupon Per Family

Price Valid Only With Coupon

Effective 9/11/19 - 9/17/19

**ON SALE Everyday**

CHM PLU 361

**BONUS COUPON**

**FRISKIES PARTY MIX CAT TREATS**

2.1 Oz •Selected Varieties

Limit 2 Pkgs with Coupon

Limit One Coupon Per Family

Price Valid Only With Coupon

Effective 9/11/19 - 9/17/19

**\$1.19**

CHM PLU 573

**BONUS COUPON**

**JONNY CAT PREMIUM CAT LITTER**

20 Lb Bag

Limit 1 Bag With Coupon

Limit One Coupon Per Family

Price Valid Only With Coupon

Effective 9/11/19 - 9/17/19

**\$3.79**

CHM PLU 362



# What is PUBLIC SAFETY POWER SHUTOFF?



**Public Safety Power Shutoff** or **PSPS** is a precautionary safety measure that may proactively turn off power lines when extreme fire danger conditions are forecast. We will do this to reduce wildfire risks and keep our customers safe. To receive important outage alerts, update your contact information at [pge.com/mywildfirealerts](https://pge.com/mywildfirealerts).



## What criteria does PG&E consider when calling a **PSPS**?

No single factor will initiate a Public Safety Power Shutoff as each situation is unique. The factors we generally consider include:

- A Red Flag Warning declared by the National Weather Service
- Forecasts of strong winds and wind gusts
- Low humidity levels
- Critically dry vegetation that could fuel a wildfire
- And on-the-ground, real-time observations from PG&E field crews

In the interest of public safety, we continue to update and refine our criteria and protocols on an ongoing basis.

## How will I know if a **PSPS** has been called in my neighborhood?

Because extreme weather threats can change quickly, our goal is to provide notice through phone calls, emails and text messages to customers 48 hours in advance, again at 24 hours and again just prior to turning off the power for safety.

Updates will also be shared through social media, local news, radio and [pge.com](https://pge.com) until the time power is restored. To receive important outage alerts, update your contact information at [pge.com/mywildfirealerts](https://pge.com/mywildfirealerts).

## How can I prepare for a **PSPS**?

We advise you to think in advance about your family’s needs and how you might be impacted in the event of a power shutoff — or for any emergency.

- Do you have a personal safety plan for all members of your family, including pets?
- If you own a generator, is it ready to operate safely?
- Do you know how to open your garage door manually?
- Do you have cash and a full tank of gas, in the event ATMs and gas stations are unavailable?
- Are your mobile phones fully charged?

SIGN UP FOR ALERTS AT [PGE.COM/MYWILDFIREALERTS](https://pge.com/mywildfirealerts)





# POPPOFF!

with Mary Jane Popp

## Your Best Life

Do you overthink things? You know...like I should be better or I should have been more successful? You beat yourself up. **Dr. Michael Broder** says stop it. It can cause psychological distress. Besides, anxiety and depression go up when we look at our shortcomings. Let's say you want to stop it, but you don't know how. **Dr. Broder** authored a book to help you out called **"Seven Steps to Your Best Life:"** The stage climbing solution for the life you were born to live. **Dr. Broder** is a psychologist and coach to high achievers in business, politics, sports and media. His work centers on helping people to bring about major change in the shortest time possible. He is an acclaimed expert in cognitive behavioral therapy. He's been interviewed on "The Today Show" and Oprah even took heed. He's been featured in **Time, Newsweek, USA Today** and the **New York**

**Times.** So I asked **Dr. Broder** to give me the condensed version of those seven steps on my POPPOFF Radio Show. **STEP 1) TAKE INITIATIVE TO DO WHATEVER IT IS YOU NEED TO DO.** **STEP 2) MASTER SELF-DISCIPLINE TO TAKE RESPONSIBILITY FOR YOUR ACTIONS.** **STEP 3) UNLOCK YOUR COMFORT ZONE.** Replace them by choosing and developing alternative actions and attitudes that allow you to own your uniqueness. High achievers usually make it look so easy, because what you see are their successes, after the risks were taken and work is done. But **Dr. Broder** never met one that regretted leaving their comfort zone. **STEP 4) REPLACE YOUR FEAR WITH COURAGE.** Allow yourself to risk failure or to sometimes even look foolish. Instead of being governed by your fears or anxieties, you forge ahead and do all you can to get the result you want. **STEP 5) TAKE CHARGE OF YOUR LIFE AND ROLES.** You are committed to expending energy – even to the uninspiring, but necessary practical and logistical

elements that are essential to succeed with whatever it is that you are committed to doing. And with the last two steps, you have entered the **ZONE.** **STEP 6) FOLLOW YOUR PASSION.** Trust your inspiration and whatever inner guidance you get, to take you to your creativity, talents, innate gifts, and all the things about life that you love and enjoy the most. **STEP 7) EMBRACE BENEVOLENCE AND ANY PASSION DRIVEN MISSION TO MAKE AN INDELIBLE CONTRIBUTION TO SOMETHING LARGER THAN YOURSELF.** I think we all beat ourselves up when we reach for that brass ring and it slips out of our fingers. But the key is not to give up. Fear can hold us back, but as one intelligent high achiever said "F-E-A-R is only false expectations appearing real." So stop being hard on yourself and you can change your life. **Dr. Broder** tells us "Just as there are steps in life—baby, toddler, childhood, adolescence, adult—there are steps to fulfilling that elusive potential." If you'd like more information, go to **Dr. Broder's** website [www.StageClimbing.com](http://www.StageClimbing.com). Now... **GO FOR IT!!!**

# 2019 Congressional App Challenge

Submitted by Philip Norton

**SACRAMENTO, CA (MPG)** - The Office of Representative Ami Bera, M.D. is holding the 2019 Congressional App Challenge for middle or high school students. If you have a great idea for a new phone app or computer program you can sign up for the App Challenge.

The Competition Format will require the following: Code an Application; Create a demonstration video; Answer short essay questions; Register online. For a full view of the rules see <https://bera.house.gov/appchallenge> All applications must be the original work of eligible middle or high school students who reside or attend school within the



Representative Ami Bera receives computer instructions from Ryan Lee – the student awarded with the Certificate of Congressional Recognition for Best in Concept and Design in Space Exploration. Photo courtesy of Office of Representative Ami Bera

7th congressional district; Students can participate as an individual or with a team of up to four; Any programming language (i.e. C, C++, JavaScript, Python, Block Code, etc.); Any platform (i.e. PC, web, tablet, mobile, etc.) The winner will be eligible to have their work featured in Washington, D.C. next spring and receive other prizes.

Submission Deadline: November 1, 2019. For more information please contact Ivanna at (916) 635-0505 or visit <https://bera.house.gov/appchallenge> Source: Office of Representative Ami Bera, M.D. ★





## UNITED WE STAND

TUESDAY | SEPTEMBER 24  
7:00 AM - 9:00 AM



TO REGISTER TEXT BLUE TO 916.778.3234  
WITH QUESTIONS CALL 916.344.9378



## RESTORATION SPINAL CARE CENTERS

**WE LISTEN  
WE CARE  
WE GET RESULTS!**

THE NATURAL WAY TO GOOD HEALTH

**Consultation, Exam, X-Rays (if necessary), and 1 Adjustment for**

# \$45<sup>00</sup>\*

\* Excludes Medicare and Worker's Compensation.

**Dr. Thad Potocki DC**  
5150 Sunrise Blvd.  
Suite F1  
Fair Oaks, CA 95628  
(Corner of Wildridge & Sunrise)  
**916-536-0400**  
[www.drpotocki.com](http://www.drpotocki.com)

## STATEPOINT CROSSWORD • FOOTBALL

### CLUES

**ACROSS**

- Tax evader's fear
- "You betcha!"
- Fill to satisfaction
- Crocus, pl.
- Reef dweller
- Freeze off
- Buzz Aldrin's first name
- Wildbeest
- Reduced, often paired with down
- \* \_\_\_\_ back
- \*#1 NFL pick in 2019
- Precedes whiz
- Bald eagle's nest
- Summer sandwich?
- Past tense of reave
- Bee's favorite drink
- German currency
- Shower with affection
- Africa's horned herbivore
- Battery fluid
- Bad-tempered
- All over again
- Ticked off
- Cut with a beam
- Rip or pull
- Pico de gallo and such
- Abe's coin
- Hog haven
- Refuses to
- Likewise
- \*Team gathering
- \*Common play on 3rd and long
- Committee of judges
- One of the five W's
- Ranee's wrap
- Sheep-like
- Auction set
- Romanov's edict
- Type of message
- Aye-aye
- \*Worn atop thigh pads

**DOWN**

- Maple tree and laptop brand
- Pakistani language
- \*First \_\_\_\_!
- Cupcake topper
- Smaller than tiny
- Safecracker
- Poetic "even"
- On D'Artagnan's hat
- Practice in the ring
- Certain sensation
- \*NFL Primetime and NFL Draft host Wingo
- \*Type of zone
- More spry
- Must-haves
- Funerary vase
- What opposites do?
- \*Soldier Field's team
- \* \_\_\_\_ di Lammermoor
- Do-re-do-re-do-re-do-re, e.g.
- \*Blindside block, e.g.
- Burn to a crisp
- Fork prongs
- Beside, archaic
- \*"All my \_\_\_\_ friends are coming over tonight..."
- Words from Wordsworth, pl.
- Other than what is
- Gossipmonger
- Waste time
- La precursor

### Crossword Puzzle Solutions on Page 7



Your Family Deserves The **BEST** Technology... Value... TVL...

# \$59.99

190 Channels

CALL TODAY Save 20%! **1-888-416-7103**

Upgrade to the Hopper® 3 Smart HD DVR

- Watch and record 16 shows at once
- Get built-in Netflix and YouTube
- Watch TV on your mobile devices

Add High Speed Internet **\$14.95** /mo.

Subject to availability. Services apply. Limited time promotion. Not available in all areas.

**dish**

© StatePoint Media

### SUDOKU

The support you need to find quality SENIOR LIVING SOLUTIONS

A Place for Mom has helped over one million families find senior living solutions that meet their unique needs.

There's no cost to you! CALL (855) 439-6734

*We're paid by our partner community.*

a Place for Mom



Solutions on Page 7



## Live Healthy

Get More Nutritional Stability & Feel More Vibrant

Suffering with CONSTIPATION? BLOAT? STRESS? ANXIETY? INSOMNIA? FIBROMYALGIA? LEAKY GUT? CHRONIC EXHAUSTION? OTHER ISSUES? Let our highly trained nutritional consultants help you with unique products that work!

**We are your CBD Resource!**

Our stores carry more than 12 kinds of premium quality CBD for you and your pets, including THC-free brands.

**TWO LOCATIONS TO SERVE YOU**

**EverGreen**

4044 Sunrise Blvd., Ste 160 (Sunridge Plaza Center)  
Mon - Thurs 10 - 7pm  
Fri - Sat 10 - 6pm • Sun 11 - 5pm

(916) 500-3334  
[www.evergreenfb.com](http://www.evergreenfb.com) • [cs@evergreenfb.com](mailto:cs@evergreenfb.com)  
Find us on [f](#) /EverGreenNutritionBeauty

**Sunshine**

Sunshine Natural Foods  
8121 Madison Ave., Fair Oaks  
Mon - Thurs 10 - 7pm  
Fri & Sat 10 - 6pm • Sunday Closed

(916) 966-8021  
[sunshinenaturalfoods.net](http://sunshinenaturalfoods.net)  
[f](#) /SunshineNaturalFoods/

Vegan Certified Vegan Gluten-Free Certified Keto-Friendly Non-GMO Project Verified Non-GMO Organic




Join our Loyalty Program for additional savings

Bring in this coupon for **10% OFF** your next purchase\*  
No Copies will be accepted. Excludes sale items. Only one discount may be applied at a time. Exp. 09/30/19

## OCT 8TH at WILLIAM JESSUP UNIVERSITY!

# WAR for AMERICA'S Soul

Doors open at 5:30 All seating is first come



**MICHELLE MALKIN** **LARRY ELDER** **SEBASTIAN GORKA**

Go to : <https://am1380theanswer.com>

**VIP Tickets** include a signed book, preferred seating and photo op.

**Ultimate VIP Tickets** include Lunch w/Larry Elder, Seats in Front 2 rows, signed book.

**Address:**  
2121 University Ave. Rocklin, CA 95765





By Marlys Johnsen Norris, Christian Author

The one who is an obedient believer and follower in the Love of God will endure forever! No-matter what one does God’s love endures and it is an example of their true faith in God! One does not always feel the presence of God but He is there! Where ever one purposely lives in their journey walk with God He is there! God is the Creator and sustainer of everything! God knows that we might fail Him and He will do everything possible to bring us back into the fold of His love again.

Once one realizes this truth they should *never turn away* from God, even to the

## God’s Love Endures Forever!

slightest degree! There is a constant battleground with God’s enemy and they need to understand that God’s enemy is anxious to take that them away closer into the depth of hell’s entrance so he will be honored and glorified. Warning: Here, It is much harder for one to return to the earlier good life they turned from. *The darkness of the enemy’s world brings “bondage and evil spirits” into one’s life. It may become too late because Satan’s hold appears too strong! This begins in the darkness and sinful self centered ways sought to reign in a persons life. God is no where to be found!*

*The battle is only won with the Holy Word of God and the Blood of Jesus Christ Demons shake at the powerful name of Jesus!*

However, no matter what one has done or how much they have slipped into the darkness of sin, once they take sincere positive steps to return to God. He is there immediately ready to help them return. Possibly they

never have experienced the brightness of His light and power in their life. Now because they are sincerely seeking to truly know God/ Creator/Father. His Holy Spirit will guide, teach and protect them as they begin an honest sincere search to walk in the truth of His Holy Word and in His will for their life. The supernatural power of their faith is unlimited. They will accomplish great things now with God’s help as He gifts them in many ways.

Totally surrendering into God’s will opens doors of hope, faith and encouragement and the words of the Holy Bible will “come alive” and empower their daily lives. They will now become a part of the victorious “Bride of Christ” the church.

Marlys Johnsen Norris Author, Teacher, Stephen’s Minister  
*‘God Moves Mountains, It was a Miracle!’*  
Marlysjn@gmail.com  
Box 114, Orangevale, CA 95662 ★



By Pastor Ray Dare

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

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

God says cease striving. Why does God say that? Two of the greatest sources

## Pastor Ray’s Encouraging Words

### How to Lower Your Stress?

of stress in your life are arrogance and aggression. First, aggression: You don’t wait, you’re not patient, you get aggressive, try doing things in your own strength, in your own energy and effort to get it all done. Next arrogance: you think, “If it’s going to be, it’s up to me!” “I’ve got to get it done!” You try to control everything. A lot of your stress comes from your own pride, thinking you can do more, be more, have more and control more.

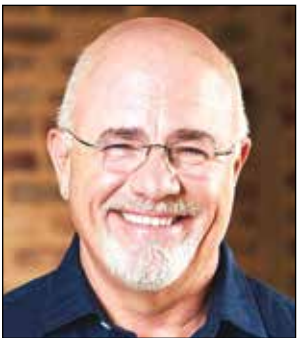
So, God says, “Be still and know that I am God!” Ps. 46:10. You need to remind yourself that you are not the general manager of the universe. That you are not everybody’s savior, that you cannot do all and control all, that you are only a cog on a giant wheel. You are a pawn on God’s chessboard. It’s about God and not us. And your world is not going to fall apart when you start trusting God. I want to suggest, because you’ve probably tried a lot of other things to reduce the pressure in your life, why not try trusting God?

Another stress reducer

is found in Proverbs 20, “Since the Lord is directing our steps, why try to understand everything that happens along the way.” Your stress will lower when you stop demanding explanations for everything. God doesn’t owe us explanations. If He tried to explain it all to you, you couldn’t understand it anyway. So why don’t you just trust Him. He loves you and wants the best for you.

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

Pastor Ray  
New Beginnings Church  
10am Sundays, You’re invited!  
www.NBC4U.org ★



## Why Do I Need a Will if I’m Young?

Dear Dave,  
Why do I need a will if I’m still young and haven’t acquired a lot of wealth?  
–Laura

Dear Laura,  
In a case like yours, you don’t need a *complicated* will. But you do need an inexpensive, basic will. The larger and more complicated your estate is, the more you’d spend on estate planning and a *will* in order to ensure everything is properly addressed – and to keep the government’s hands off everything.

Let’s say you’re in your early – to mid-twenties and single. You have a car and a bank account, and that’s it. In this kind of scenario, it’s going to be easy to work through your estate. But it’s going to take your parents – or whoever’s left – a whole lot longer to get those few simple transactions taken care of if you don’t have a will in place.

The other thing you’ll always want to have in your will package is a healthcare power of attorney directive. This includes things like who’s going to make **medical** decisions for you if you’re unable to make

## Dave Ramsey Says

decisions for yourself. As a part of this, you’d want to fill out the paperwork on whether to disconnect life support systems in the event of a coma. These things aren’t fun to think about, but doing it will take a huge burden off the people you love. And all this becomes even more important if you have children, because the state will step in and decide what happens to them if you don’t.

Having these things laid out ahead of time, and sharing them with your family and close friends, is a very thoughtful and mature thing to do for those who would be left behind in the event of your death. They’re already going to be distraught and grieving, and you don’t want to make it worse by leaving them with a lot of important, difficult decisions to make. –Dave

### Keep the House

Dear Dave,

My wife and I are on Baby Step 2, and the only debt we have is \$90,000 in student loans. We bring home about \$90,000 a year. In addition to this, we have almost \$60,000 in equity in our home. We also have a toddler, plus another baby on the way. Do you think we should sell the house, and rent for a few years, while using the money from the sale of the house to pay down our student loan debt? –Chris

Dear Chris,

No, I wouldn’t sell your

home in this situation. You’re going to be out of debt in a couple of years or so, anyway. You’ll just have to lean into it, and make sure you’re living on a strict, written budget. I’m talking about no vacations, and no eating out. You shouldn’t see the inside of a restaurant unless you’re working there. And the new kid’s crib may have to come from a garage sale, but so what? Mine did, too. Want to know something else? I survived without having a rich kid’s nursery, and so did my kids.

There’s a price to be paid anytime you decide to get serious about gaining control of your money and cleaning up a financial mess you’ve made. You’re going to have to work like maniacs and have no lives for a while. That might even mean picking up a part-time job at night or on weekends. You’ve got a tough couple of years ahead of you, but I think it’s worth the tradeoff.

Keep your house.  
–Dave

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including *The Total Money Makeover*. *The Dave Ramsey Show* is heard by more than 14 million listeners each week on 600 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey. ★

## YOU’RE INVITED!

Sundays 10:00a.m.

A Purpose Driven Church

“We do Church Differently”

www.nbc4u.org | (916) 992-1997

### Find Puzzles on Page 6

A	A	D	I	T		Y	E	P		S	A	T	E						
C	R	O	C	I		E	E	L		S	P	U	R	N					
E	D	W	I	N		G	N	U		P	A	R	E	D					
R	U	N	N	I	N	G				M	U	R	R	A	Y				
						G	E	E		A	E	R	Y						
B	L	T				R	E	F	T		N	E	C	T	A	R			
E	U	R	O			D	O	T	E		R	H	I	N	O				
A	C	I	D			S	U	R	L	Y		A	N	E	W				
R	I	L	E	D		L	A	S	E		R	E	N	D					
S	A	L	S	A	S		C	E	N	T		S	T	Y					
						W	O	N	T		T	O	O						
						H	U	D	D	L	E		P	A	S	S	I	N	G
P	A	N	E	L						W	H	O			S	A	R	E	E
O	V	I	N	E						L	O	T			U	K	A	S	E
T	E	X	T							Y	E	S			P	A	N	T	S

### Classified Advertising

Sell Your Stuff!  
Reach 1000's of Readers Every Week!

916-773-1111

### Sudoku Puzzle on Page 6

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

### Earn \$200 per month for just a few hours delivery work per week!

CALL 916-773-1111

# GRACE BAPTIST CHURCH

## Come and Experience God's Amazing Grace

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung. Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible.

### SERVICE SCHEDULES

Sunday Schools (All Ages).... 9:45 am  
Sunday Worship..... 11:00 am  
Sunday Evening..... 6:00 pm  
Wednesday Evening..... 7:00 pm

6724 Palm Avenue, Fair Oaks, CA 95628  
(Located one block South of Madison; just East of Dewey)

PASTOR CHARLES CARTER

CALL FOR MORE INFORMATION (916) 967-3915 WWW.GBCFAIROAKS.NET



BUSINESS DIRECTORY

LANDSCAPE SERVICES

**SLS**  
Superior Landscape Services  
Landscaping and Maintenance

• Sprinkler Repair/Install • Pruning  
• Mowing/Trimming • Fertilizing

Insured  
Lic#794551

(916) 728-5812 • Cell (916) 761-0999  
Dave Cochran Owner • dave\_SLS@surewest.net

Land For Sale

39 ACRE NORTHERN ARIZONA WILDERNESS RANCH \$183 MONTH - Outstanding buy on quiet secluded off grid northern Arizona homestead at cool -clear 6,000' elev. Blend of mature evergreen woodlands & grassy meadows with sweeping views of surrounding mountains and valleys from elevated ridgetop cabin sites. Borders 640 acres of uninhabited State Trust woodlands. Free well water access, rich loam garden soil, ideal climate. No urban noise & dark sky nights amid complete privacy & solitude. Camping and RV ok. Maintained road access. \$19,900, \$1,990 down with no qualifying seller financing. Free brochure with additional properties, prices & descriptions, photos/terrain maps/ weather data/ nearby town/lake info. 1st United Realty 1-800-966-6690. (Cal-SCAN)

DRUG AND ALCOHOL REHABILITATION

**CLEAN & SOBER**  
LIVING  
CSLT, Inc.

HELPING PEOPLE AND THE COMMUNITY WITH  
THE ALCOHOL AND DRUG PROBLEM!  
18 YEARS IN BUSINESS!

DETOX (916) 965-3386 SOBER LIVING (916) 961-2691

BEAUTY CONSULTANT

**Natalie Miller**  
Independent Beauty Consultant

MARY KAY.

millernatalie29@yahoo.com  
www.marykay.com/nmiller9625  
916.621.0833

Contact me for a Complimentary Facial

LET'S FACE IT!

Some jobs are just too big to do-it-yourself!  
Whatever it is that you need done,  
**Call A Professional!**  
Check out the advertisers on this page. They are waiting to hear from you!



LANDSCAPING / LAWN CARE

**DC Unlimited Lawn Care** *Will Beat Any Reasonable Price*

**Need Affordable Landscaping?**

One time basic service \$35.00 or less

- Monthly Service
- Weekly Service
- Bark/Rock Installation
- Fence Repair
- Hauling
- Shrub Maintenance
- Bi-Weekly Service
- One Time Clean Ups
- Sprinkler/Drip Repair
- Gutter Cleaning
- Rototiller
- Lawn Care

• FREE ESTIMATES • Call (916) 896-8413

**We'd love to help your business connect with our readers.**  
Call 916 773-1111

GOT LOCAL NEWS?

Call 916 773-1111



Messenger Publishing Group

**MPG**

IF YOU'RE READING THIS  
SO ARE YOUR CUSTOMERS  
Advertise Your Business Here  
**CALL 916-773-1111**

Local Classified

Announcement

Water Damage to Your Home? Call for a quote for professional cleanup & maintain the value of your home! Set an appt today! Call 855-401-7069 (Cal-SCAN)

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920 Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author's Guide 1-877-538-9554 or visit http://dorranceinfo.com/Call (Cal-SCAN)

Autos Wanted

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. FREE 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care of. Call 1-844-491-2884 (Cal-SCAN)

WANTED! Old Porsche 356/911/912 for restoration by hobbyist 1948-1973 Only. Any condition, top \$ paid! PLEASE LEAVE MESSAGE 1-707-965-9546. Email: porsche@restoration@yahoo.com (Cal-SCAN)

DONATE YOUR CAR, BOAT OR RV to receive a major tax deduction. Help homeless pets. Local, IRS Recognized. Top Value Guaranteed. Free Estimate and Pickup. LAPETSALIVE.ORG 1-833-772-2632 (Cal-SCAN)

CONCRETE WORK

Driveways - patios - walkways. All types finishes. Steve Wiezorek. 530-300-2766. Lic# 797744

Classified Advertising

916 773-1111

COMPUTER SERVICES

**Zinsky's**  
PC Configurations  
"Don't replace it - REPAIR IT!"  
Custom Desktop Computer Configurations  
• PC Repair • Home Wireless Networking  
• Installations • Virus & Spyware Eradication

Alan Zinsky  
Phone: 916-622-2269  
Zconf@zsbglobal.net  
Bus. Lic. # 305712 • B.E.A.R. Reg. #84416  
www.zinskyspcrepair.com

For Rent

Property is under construction and will soon have 1,2,3, & 4 bedroom units for rent!

The Housing Authority of the County of Butte is currently accepting applications for its Farm Labor Housing property in Gridley, CA. We have 2 Bd. units available at this time. Rental assistance is available and provided by USDA Rural Development for those that meet USDA Rural Development guidelines. For more information contact our office at (530) 895-4474 or TDD 1-800-735-2929.

"The Housing Authority of the County of Butte is an Equal Opportunity Employer and Housing Provider"



Fitness/Yoga

**Your Fitness Genie**  
18 Years of Experience  
FREE Fitness Goal Planner

**Bless The Aging Relative**  
Home or a Assisted Living  
\*Keep Strength and Mobility  
Be Active, Call Today!  
Jenn@YourFitnessGenie.com  
(916) 768-8767

Financial Services

Over \$10K in Debt? Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief 1-888-508-6305. (Cal-SCAN)

Struggling With Your Private Student Loan Payment? New relief programs can reduce your payments. Learn your options. Good credit not necessary. Call the Helpline 866-305-5862 (Mon-Fri 9am-5pm Eastern) (Cal-SCAN)

Handyman

**A Quality Home Maintenance**  
Hauling  
Gutters Cleaned  
Yardwork  
One Time Lawn Mowing  
You Name It!  
Scott Lehman  
Gutter Dog  
(916) 613-8359

Health & Medical

Attention: Oxygen Users! Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 1-844-653-7402 (Cal-SCAN)

Stay in your home longer with an American Standard Walk-In Bath. Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-844-252-0740 (Cal-SCAN)

**OXYGEN** - Anytime. Anywhere! No tanks to refill. No deliveries. The All-New Inogen One G4 is only 2.8 pounds! FAA approved! FREE info kit: 1-844-359-3976. (Cal-SCAN)

CASH PAID for your unwanted Inogen or Respronic portable oxygen concentrators. Call now to get a top-dollar offer! Agents available 7 days a week 877-315-7116

Insurance/Health

**Lowest Prices on Health & Dental Insurance.** We have the best rates from top companies! Call Now! 888-989-4807. (Cal-SCAN)

Suffering from an ADDICTION to Alcohol, Opiates, Prescription Painkillers or other DRUGS? There is hope! Call Today to speak with someone who cares. Call NOW 1-855-399-8803

TYPE-2 DIABETICS - Gangrene of the genitals has been associated with the use of SGLT2 Inhibitors, like Invokana, Farxiga, Jardiance. Call 1-800-800-9815 - you may be entitled to compensation! (Cal-SCAN)

Classified Advertising

916-773-1111

Landscaping

**CREATE YOUR PARADISE**

Winter Yard Cleanups, Complete Landscape Design/Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls- All Types, Drainage Systems-all types, Landscape Lighting, Residential/ commercial American Landscape Design & Installation. Est 1987 American Construction & Property Maintenance Company

WE ACCEPT VISA & MASTER CARD  
(916) 612-0776  
Lic#690968

**Lawn / Yard Care**  
JOHN WILLIAMSON LAWN & YARD. Res/comm. Wkly services, cleanups, pruning, gutters. Riding mower prop. ok. 916-508-2158 BizLic 836256 Not serving Gold River/ Rancho

**LANDSCAPING**  
One time yard clean up. Mow, weed, and prune, haul, rock, bark, and gutters. 916 205-9310 916 688-9310.

Miscellaneous

Will juice in your home for you. Have juicer will travel. Used juicers wanted. 916 370-0858

ELIMINATE ROACHES & RATS-GUARANTEED! Buy Harris Bait, Sprays, or Traps. Available: Hardware Stores, The Home Depot, homedepot.com.

Attention: Oxygen Users! Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 1-844-653-7402 (Cal-SCAN)

HARRIS DIATOMACEOUS EARTH FOOD GRADE 100%. OMRI Listed. Available: Hardware Stores, The Home Depot, homedepot.com

Music Lessons

Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. freddiebbalbert1@yahoo.com. 530-263-6926 (MPG 12-31-19)

Pest Control

KILL BED BUGS! Buy Harris Sprays, Traps, Kits, Mattress Covers. DETECT, KILL, PREVENT Available: Hardware Stores, The Home Depot, homedepot.com.

Western Exterminator: pest control solutions since 1921. Protect your home from termites, ants, spiders, fleas, roaches and more—365 days a year! Call 1-844-817-4126. Schedule your FREE Pest Inspection. (Cal-SCAN)

**Small Paint Jobs are my Specialty**  
When was the last paint touch-up of your kitchen or living room? Sr. 55+ save 25%. Specializing in cabinets. Call Jake 916 967-0763. Lic# 646386

Schools

AIRLINE CAREERS Start Here - Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance 877-205-4138. (Cal-SCAN)

Pets/Animals

**Professional, Loving PET SITTING**  
\*Established Reputation  
\*Kennel Free  
\*Lots of TLC  
\*Happy & Safe Environment  
\*Affordable Rate

**Call Madeline**  
(916) 723-1608

**DOG RESCUE**  
Gary  
(916) 334-2841  
Please Adopt or Foster  
Because so many really great dogs are dying for a good home...  
ShelterMOU  
@hotmail.com

Roofing

**BERNARDINO ROOFING**  
Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER!

\*\*\*FREE ESTIMATES\*\*\*  
SENIOR DISCOUNTS  
Lic#87946 35 Years Experience  
**916.920.0100**  
www.bernardinoroofting.com

School

HEALTHCARE CAREER TRAINING ONLINE. Start a New Career in Medical Billing & Coding. Medical Administrative Assistant. To learn more, call Ultimate Medical Academy. 855-629-5104

Senior Living

**A PLACE FOR MOM.** The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-800-550-4822. (Cal-SCAN)

Tax Services

**ARE YOU BEHIND \$10k OR MORE ON YOUR TAXES?** Stop wage & bank levies, liens & audits, unified tax returns, payroll issues, & resolve tax debt FAST. Call 855-970-2032. (Cal-SCAN)

Tree Service

**BP TREE SERVICES LLC.**

TREE & STUMP REMOVAL  
TREE TRIMMING/ SHAPING  
FREE ESTIMATE  
10% OFF WITH THIS AD  
Insured. Workman's comp. Arborist  
**916-722-6321**  
BPTreeServices.com  
VISA / MASTER CARD  
California Contractors Lic #1036031

**WE SUPPORT OUR MILITARY**

Work Wanted

I do garage and house organizing, cleaning, and de-cluttering. Pruning and weeding. I will juice fruit and vegetable juices in your home. I do respite home health work-References, College grad, security and Health background. Tim, 916-370-0858. (MPG 12-31-19)

Wanted

KC BUYS HOUSES - FAST - CASH - Any Condition. Family owned & Operated. Same day offer! (951) 777-2518 WWW.KCBUYSHOUSES.COM (Cal-SCAN)

Real Estate

RETIRED COUPLE \$\$\$\$ for business purpose Real Estate loans. Credit unimportant. V.I.P. Trust Deed Company www.viploan.com Call 818 248-0000 Broker-principal DRE 01041073. No consumer loans. (Cal-SCAN)

WANTED

Occupational Therapist needed at Ms Roses Theraplace. Job location: Rancho Cordova. Send resume to 11151 Sun Center Dr., Suite. C, Rancho Cordova, CA, 95670 ATTN: HR

RETIRED COUPLE

Has \$\$\$\$ to lend on California Real Estate\*  
V.I.P. TRUST DEED COMPANY  
OVER 35 YEARS OF FAST FUNDING  
Principal (818) 248-0000  
WWW.VIPLAN.COM  
Real Estate License #01041073 CA Department of Real Estate. NMLS #329217  
Huge fees paid for higher interest rates and fees for secured borrower loans

Donate A Boat or Car Today!

**Boat Angel**  
"2-Night Free Vacation!"  
**800-700-BOAT**  
(8828)  
www.boatangel.com  
sponsored by boat angel outreach centers STOP CRIMES AGAINST CHILDREN



**AIRLINE CAREERS START HERE**

Get trained as FAA certified Aviation Technician.  
Financial aid for qualified students.  
Job placement assistance.  
Call Aviation Institute of Maintenance  
877-205-4138

**LET US SAVE YOU TIME & MONEY**

REACH 75+ MILLION READERS WITH ONE ORDER, ONE BILL!

Community Classified	1x \$650 Statewide
25 words/245+ papers	\$435 North/\$455 South
Daily Classified	7 days \$995
25 words/41 papers/7 days	\$650 North/\$650 South
CLASSIFIED COMBO	8 days \$1,270
25 words/282+ papers	Statewide
DISPLAY - Community Newspapers	
140+ papers	1x \$1,600 2x2 Statewide;
Sizes: 2x2; 2x4; 2x5; 2x6	\$1,240 2x2 No.; \$1,240 2x2 So.

**HOLLYWOOD CALIFORNIA NEWSPAPERS DELIVER!**  
More info: Call (916) 288-6011; email ceonlia@cpa.com

GOT LOCAL NEWS?

Call 916-773-1111





# Presenting Two Evenings of VIP Cocktail Farm-To-Fork Train Rides

By Traci Rockefeller Cusack, T-Rock Communications

**SACRAMENTO, CA (MPG)**

- Showcasing the rich history and deep connection between agriculture and the railroad, the California State Railroad Museum Foundation is proud to continue its multi-year partnership with Visit Sacramento as an official Farm-to-Fork sponsor. To celebrate the important role the railroad once played in bringing the fruits of the farm to emerging new communities throughout the region and nation, the Foundation is excited to present two evenings of VIP Cocktail Train Ride experiences on Saturday, September 28 & Sunday, September 29, 2019.

The VIP Cocktail Train first debuted in 2015 and was recognized as a finalist in Sunset Magazine’s Travel Awards competition in the “Best Train Experience” category. New this year, the elegant experience features themed wine and food pairings courtesy of Michelin Guide Bib Gourmand winner Frank Fats as guests travel along the picturesque Sacramento River in beautifully restored luxury train cars.

“2019 continues to be an important year for the railroad and we’re thrilled to continue the celebratory activities aboard Cocktail Train Rides while partnering with the esteemed Fat Family Restaurant Group, the oldest restaurant in the city to be owned exclusively by one family,” said Cheryl Marcell, President & CEO of the California State Railroad Museum Foundation.

“The Sacramento Southern Railroad was once primarily used to transport pears,



The VIP Cocktail Train Ride as an official Farm-to-Fork sponsor cruises along the scenic Sacramento River. Photo courtesy of Kelly B. Huston

asparagus, celery, seeds and other agricultural products to markets from local Delta communities. Today, the Museum and Foundation are proud to offer historic and authentic excursion train rides and VIP Cocktail Train ride experiences on the very same Sacramento Southern Railroad.”

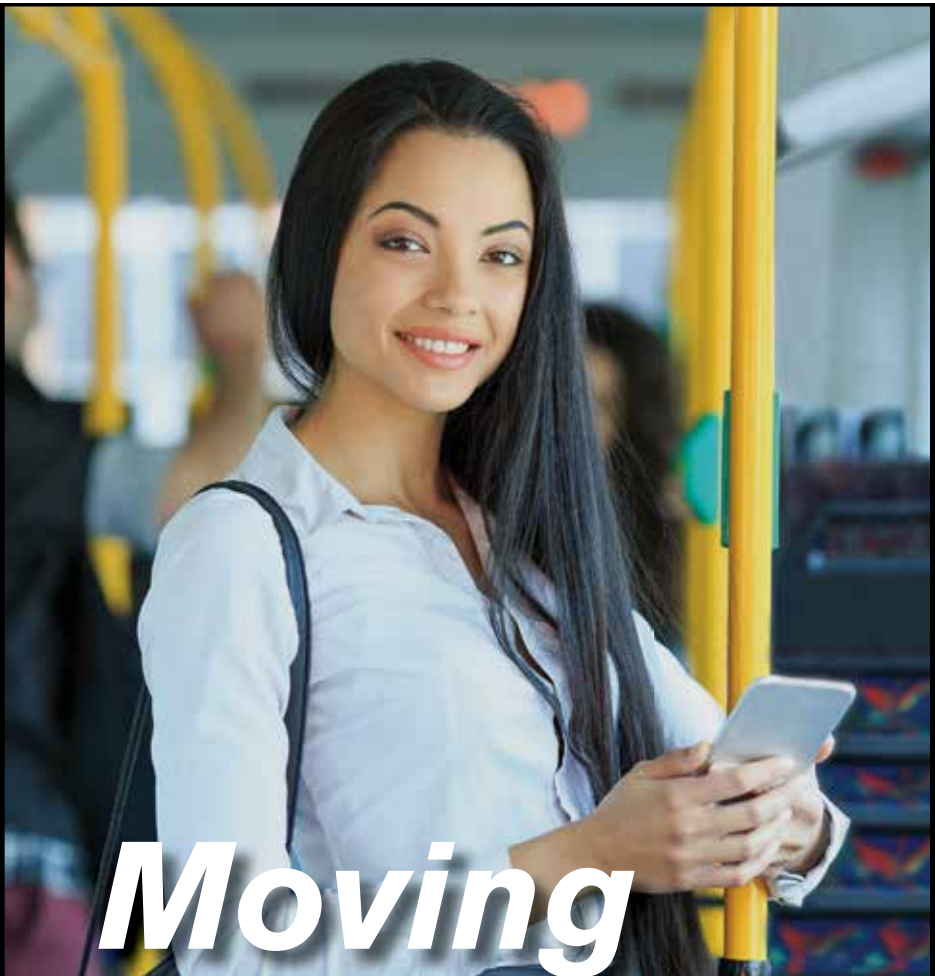
With VIP train rides on each evening at 6 p.m. departing from the Central Pacific Freight Depot along the Old Sacramento Waterfront, VIP Cocktail Train ride guests can sit back and experience what first-class was like during the early decades of the 20th century as developed by the Southern Pacific Railroad. Once they board, ticketed guests will be treated to a series of exquisite small plate appetizers provided by Frank Fat’s and paired with a craft cocktail, wine or sparkling selections.

The deliciously delightful menu includes Honey Walnut Prawns paired with a craft cocktail that features Gold River Distillery Vodka; Vegetable Chow Fun paired with a Chardonnay from Talbott Vineyards; Cumin Spiced Lamb Skewers from Superior Farms paired with a Cabernet Sauvignon from Mettler Family Vineyards; and finished with a choice of delicious desserts that include

Banana Cream or Chocolate Cream Pie Shooters paired with Champagne served in a keepsake souvenir glass.

Uniformed stewards will provide the finest first-class service onboard three of the California State Railroad Museum’s first-class cars: the Audubon dining car, the El Dorado lounge car and the French Quarter lounge car from the 1950s that served the famed Southern Pacific “Sunset Limited” service. As an added treat, the cars will be pulled by two eye-catching locomotives – Western Pacific No. 913 and Southern Pacific No. 6051 – both of which are classic streamlined locomotives representative of the first generation of diesel-electric locomotives.

Space is limited on the Farm-To-Fork Cocktail Train and tickets are on sale now. Train ride tickets cost \$125 per person and all train ride guests must be 21 years of age or over. The VIP Cocktail Train is a Foundation fundraiser for the California State Railroad Museum and Railtown 1897 State Historic Park, and corporate sponsorships are available by calling 916-407-2213. For more information or to purchase tickets on the VIP Cocktail Train, please visit [www.californiarailroad.museum/](http://www.californiarailroad.museum/).



# Moving

# Forward

Take advantage of more frequent service, more weekend service & lower fares.

 **Regional Transit**  
[sacrt.com/forward](http://sacrt.com/forward)

- ✓ **WHEN**  
Sept 28 & 29, 2019  
11am to 5pm
- ✓ **WHERE**  
Sacramento, CA  
Crowne Plaza Northeast
- ✓ **INFO**  
[OpportunityExpo.net](http://OpportunityExpo.net)

**Make More Money with less Hassle!**  
**Free Success Seminars!**  
**Free Admission!**  
**Free Parking!**

“The Business Opportunity Expo is your Ticket to Financial Freedom and Real Success!”

National Exhibitors and Dynamic Speakers throughout the day.

**The Opportunity Expo**  
Explore the Possibilities!

**Northern California’s Franchise & Business Show!**  
Be your own boss! Open a dynamic new business!  
Grow and Finance your existing Business!

- Exciting Franchises & Business Opportunities!
- Meet the Experts for Your Business Success
- Financing for Small to Medium Businesses
- Leading-edge Marketing for All Businesses

Contact us now to reserve your Exhibit Space!  
916.910.9499 | [events@premier2000.com](mailto:events@premier2000.com)



SACRAMENTO COUNTY PRESENTS  
**CALIFORNIA CAPITAL AIRSHOW**  
in partnership with  
RANCHO CORDOVA AIRPORT

**OCTOBER 5-6, 2019**  
**MATHER AIRPORT**

**BUY TICKETS NOW!**  
[CALIFORNIACAPITALAIRSHOW.com](http://CALIFORNIACAPITALAIRSHOW.com)



# 5 Year FIXED RATE Home Equity Line of Credit Loan

## 4.25% Initial APR\*

**CHECK THE EL DORADO ADVANTAGE:**

- ✓ **FIXED RATE for 5 Years**
- ✓ **Local Processing & Servicing**
- ✓ **No Closing Costs on Qualifying Transactions**
- ✓ **Flexibility and Convenience**
- ✓ **Have Funds Available for Current and Future Needs**
- ✓ **Home Improvement, Debt Consolidation, College Tuition**
- ✓ **Interest May be Tax Deductible** (Please consult your tax advisor)



### EL DORADO SAVINGS BANK


Serving our local communities since 1958  
[www.eldoradosavingsbank.com](http://www.eldoradosavingsbank.com)

**CITRUS HEIGHTS • 7895 Lichen Drive • 729-1100**  
Se Habla Espanol • 800-874-9779

Member **FDIC**

 **LENDER**

\*The initial Annual Percentage Rate (APR) is currently 4.25% for a new Home Equity Line of Credit (HELOC), and is fixed for the first 5 years of the loan which is called the draw period. After the initial 5 year period, the APR can change once based on the value of an Index and Margin. The Index is the weekly average yield on U.S. Treasury Securities adjusted to a constant maturity of 10 years and the margin is 3.50%. The current APR for the repayment period is 5.000%. The maximum APR that can apply any time during your HELOC is 10%. A qualifying transaction consists of the following conditions: (1) the initial APR assumes a maximum HELOC of \$150,000, and a total maximum Loan-to-Value (LTV) of 70% including the new HELOC and any existing 1st Deed of Trust loan on your residence; (2) your residence securing the HELOC must be a single-family home that you occupy as your primary residence; (3) if the 1st Deed of Trust loan is with a lender other than El Dorado Savings Bank, that loan may not exceed \$200,000 and may not be a revolving line of credit. Additional property restrictions and requirements apply. All loans are subject to a current appraisal. Property insurance is required and flood insurance may be required. Rates, APR, terms and conditions are subject to change without notice. Other conditions apply. A \$225 early closure fee will be assessed if the line of credit is closed within three years from the date of opening. An annual fee of \$75 will be assessed on the first anniversary of the HELOC and annually thereafter during the draw period. Ask for a copy of our "Fixed Rate Home Equity Line of Credit Disclosure Notice" for additional important information. Other HELOC loans are available under different terms.



## Citrus Heights Messenger

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

Serving Citrus Heights and Sacramento County Since 2006

It is the intent of the *Citrus Heights Messenger* to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.



The *Citrus Heights Messenger* is not responsible for unsolicited manuscripts or materials. The entire contents of the *Citrus Heights Messenger* are copyrighted. Ownership of all advertising created and/or composed by the *Citrus Heights Messenger* is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to:  
**Citrus Heights Messenger,**  
7405 Greenback Lane, #129, Citrus Heights, CA 95610

Subscription rate is \$28 per year in Citrus Heights.  
*Citrus Heights Messenger* is published twice monthly.  
Call (916) 773-1111 for more information.

**MPG**

We are proud members of these newspaper associations.



**Publisher,  
Paul V. Scholl**

*Citrus Heights Messenger* is a member of **Messenger Publishing Group**

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: [Publisher@mpg8.com](mailto:Publisher@mpg8.com).  
**Be sure to place in the subject field "Attention to Publisher".** If you do not have email access, please call us at (916) 773-1111.



# Shredding Sale

Shredding  
**45¢/lb**

Reg price - 98¢

Limit 1 Coupon per Customer. Valid Only at Participating Locations. Restrictions Apply. Offer Expires 12/20/19

**45¢ per pound  
No Limit**

**The UPS Store**

Located at the Corner of Greenback & San Juan  
**7405 Greenback Lane, Citrus Heights, CA 95610**  
**916-725-1345** Fax: **916-725-1772**  
Website: [www.theupsstorelocal.com/2503](http://www.theupsstorelocal.com/2503)



## UNITY in the COMMUNITY

HOSTED BY THE  
SACRAMENTO COUNTY SHERIFF'S OFFICE

**SUNDAY, SEPTEMBER 22, 2019  
10:00AM-2:00PM  
FOOTHILL COMMUNITY PARK  
5510 DIABLO DRIVE  
SACRAMENTO**

**A FREE community event for the entire family**

Free bicycle raffle for 25 kids!  
Free life jackets for the first 50 kids!  
Free backpacks for the first 200 kids!  
See demonstrations and static displays from Sheriff's K9 Unit, Air Operations, SWAT team and the Bomb Squad.

- ★ Youth Services Unit
- ★ BBQ Lunch
- ★ Free Life Jackets
- ★ Face Painting
- ★ Bounce House
- ★ Free Backpacks



FOR MORE INFORMATION  
Email: [jnelson@sacsheriff.com](mailto:jnelson@sacsheriff.com)

[sacsheriff.com](http://sacsheriff.com)





# Thank A Veteran Today





## California MENTOR

Family Home Agency

Ask about our Referral Program!

# Everyone deserves a family like yours BECOME A MENTOR

**California MENTOR** is seeking loving individuals/families with a spare bedroom to support adults with special needs.

Receive ongoing support and **\$1075-\$3820 per month** to help cover the cost of care.

Call Jackie Today!  
**916-383-9785 ext.41**

[www.MentorsWanted.com](http://www.MentorsWanted.com)





**SEPTEMBER 21, 2019  
10AM-1PM @ SUNRISE MALL**

## Healthy, Wealthy & Wise



# Sunrise Mall FARMERS MARKET

Every SATURDAY, 8 AM - 1 PM

- ⇒ NEW LOCATION IN FRONT OF MALL
- ⇒ Live Music & Entertainment
- ⇒ 80+ Certified Farmers & Organic Producers
- ⇒ Specialty Gourmet Foods
- ⇒ EBT/WIC & SNAP Accepted



**SEPTEMBER 21, 2019  
10AM-1PM  
@ SUNRISE MALL**

CLASSIC CAR SHOWCASE • LIVE MUSIC  
FAMILY ACTIVITIES • FARMERS MARKET



# ILoveMyFarmersMarket.com



# SacRT Launches Newly Redesigned Bus Network

By Jessica Gonzalez, SacRT

**SACRAMENTO REGION, CA -** The Sacramento Regional Transit District (SacRT) is getting ready to roll out a newly redesigned bus network that offers seven-day-a-week service, more late night and weekend service and more frequent service. The new bus network launches on Sunday, September 8, 2019.

In celebration of the new bus network, SacRT is offering free rides on bus and light rail from Sunday, September 8 through Wednesday, September 11. Customer Assistance Teams will be out across the region helping riders navigate the new bus network and offer trip planning assistance.

“We started from a blank slate and took a closer look at where people live, work and play in the Sacramento region to develop a new bus network that will improve mobility and move the region forward,” said SacRT General Manager/CEO Henry Li.

“SacRT is moving forward with significant improvements that will help reduce congestion and lead to economic growth,” said Sacramento County Supervisor and SacRT Board Chair Patrick Kennedy. “The new bus network is just one of several historic improvements that SacRT has made over the last several years to make it easier for people to travel around the region.”

SacRT began the process of redesigning the bus network nearly three years ago, with the support



The new bus network consists of: 27 regular fixed routes; 15 peak hour only routes; All routes have 7-day a week service; More 15 minute service routes and all routes have at least 45 minute or better service. Photo courtesy SacRT

of our planning partners, the Sacramento Area Council of Governments (SACOG). SACOG assisted SacRT with the selection of a consulting team, study funding, and other key elements of the process. “An efficient transit network that helps connect more of the region’s residents to work, education, and opportunity is key to sustainable, prosperous growth,” said SACOG Executive Director James Corless. “We are thrilled that SacRT is increasing frequency and service to where people are and where they want to go.”

Adjustments have been made to almost every bus route, some minor and some much more substantial. SacRT invested an additional \$3 million to improve service on the new network.

The new bus network consists of: 27 regular fixed routes; 15 peak hour only routes; All routes have 7-day a week service; More 15 minute service routes and all routes have at least 45 minute or better service.

SacRT’s Customer Call Center is expanding hours to help answer rider questions about the new bus network. Starting Sunday, September 8, the new hours will be Monday through Friday from 6:30 a.m. to 7:30 p.m. and 7:00 a.m. to 4:00 p.m. on weekends. The expanded hours will be in effect for 90 days and extended if needed.

As part of the new bus network, new system maps and new bus stop signs have been put up across the region. This is the first time in 30 years that SacRT has redesigned the bus stop sign. The new sign is double sided, so riders can see the information from both directions and features the destination name so riders know which direction the bus is headed. SacRT is also giving riders the opportunity to take home a vintage bus stop sign by emailing customeradvocacy@sacrt.com to request a sign.

For more information on the new bus network, including a SacRT Forward trip planner to plan your next bus trip, visit sacrt.com/forward. ★

# FAMILY.

Make Memories at SUNDAY FUNDAY!

**DATE:** September 22, 2019

**TIME:** 11 am - 3pm

**LOCATION:** Rusch Park  
7801 Auburn Blvd., CH 95610

.....

- **Vendors** - (Business, Non-Profit, Craft)
- **Food Trucks**
- **Inflatables & Pony Rides**
- **Tours of the Historic Rusch Home**
- **Live Music** - (Band) Journey Revisited
- **Tours of the Historic Rusch Home**
- **Live Music** - The Citrus Heights Community Marching Band
- **Everything is FREE** - (with the exception of craft booth and food truck items)

.....

For More Information, Call or Visit Our Website:

CirusHeights.net  
916.727.5400

## FAIR OAKS THEATRE FESTIVAL

## 2019 SUMMER CONCERT SERIES

## SATURDAY, SEPTEMBER 14

# NIGHT MOVES

TRIBUTES TO BOB SEGER & CREEDENCE CLEARWATER REVIVAL

7:30pm Show Time  
6:30pm Gates Open

Advance Ticket \$20  
\$25 At the Door

Live from the California Family Fitness Stage

**CALIFORNIA Family Fitness**

7997 California Ave., Fair Oaks

*Dont Miss This Upcoming Concert:*

October 5: Paperback Writer | The Beatles Experience

# Concert Under the Stars!

Fair Oaks Recreation & Park District Presents:

## 14th Annual Fair Oaks Chicken Festival

## Saturday, Sept. 21st

10:00am - 5:00pm  
[www.forpd.org](http://www.forpd.org)

### Fair Oaks Village

7003 Park Dr, Fair Oaks

# FREE

General Admission & Parking

### Kid's Park Unlimited Wristband

Presale \$5 | At event \$7  
or 2 or more \$5 each

- **Morning Breakfast**  
\$3 Children and \$6 Adults
- **100+Vendors** (craft & company)
- **Live Entertainment**
  - Jax Hammer at 10am
  - FBI Band at 12:30 pm
  - Mullet Mechanix at 3pm
- **SactoMoFo Food Court**
- **Cluck N' Crow Contest at 12pm**
- **Craft Brew Tasting - \$3 tastes**
- **GREAT Chicken Contest**

visit us @fochickenfest

Sponsored by



# Council Approves Funding for Rusch Park Improvements

*Continued from page 1*  
community park within the District, it is the most frequently utilized park in the City, and it is the location for many recreational programs and community events. Vice Mayor Jeff Slowey said, “This particular playground that is being replaced is always in use, always packed. To make it bigger and better, I think that’s what park impact fees are for.”  
The Council unanimously approved the funding for the Rusch Park improvements. Demolition of the old playground will run from September 23 through October 13, and the construction and installation phase is scheduled for October 14 through November 22.  
The Council also accepted the Planning Commission’s recommendation to update the City’s affordable housing section of the Zoning Code. Local governments are required to enact affordable housing

ordinances that are consistent with State law. In recent years, a number of legislative updates have been adopted at the State level, so the City is required to update their code to remain in compliance.  
The California State Density Bonus Law (SDBL) was adopted to address the increased need for affordable housing. The goal of the SDBL was to mitigate the shortage of affordable housing by encouraging the development of low- and moderate-income housing units. The law has been amended many times over the years to accommodate housing needs for various income levels (very low, low, and moderate) and those with specialized needs such as seniors, students, or disabled veterans.  
Constructing affordable housing can be a financial burden to the developer, so the SDBL offsets that burden by allowing developers to create more units per acre

than typically permitted by the residential zoning code. After taking advantage of the increased density allowance, the developers must reserve a percentage of the units as affordable housing units for a set number of years. Prior legislation required the affordable units be reserved for 30 years, but new legislation has increased the requirement to 55 years.  
Legislation also requires that developers creating affordable housing under SDBL be offered additional incentives, such as an increase in allowable building heights and reductions in the requirements for parking spaces, setbacks, and open-space.  
The updates to the Zoning Code will bring the City up-to-date on the State’s affordable housing legislation through 2018, but additional changes to the code will need to be made when new legislation is passed at the State level. ★



## FINANCIAL ASSISTANCE AVAILABLE

Sutter hospitals offer:

- Free care, or care at a substantial discount for certain uninsured and insured patients based on family income and medical expenses.
- Reduced prices to the uninsured, including a prompt pay discount to uninsured patients who pay their bills within 30 days.

Please ask for information about these policies when at the hospital registration desk, by calling **855-398-1633** or online at [sutterhealth.org/financial-assistance](https://sutterhealth.org/financial-assistance) (available in more than 24 languages).





**Computer Issues? Call Us**

- File Recovery, Backup and Protection
- Project Planning and Management
- Virus Issues Resolved
- Computer Performance Improved
- Computer Training
- Network Services
- Website Development

**916-222-2735**  
[info@rrmartinson.com](mailto:info@rrmartinson.com)

**RR Martinson Consulting**  
*Computer Challenges - Resolved!*



**CALL 916-773-1111 TO ADVERTISE**



**STOCK RANCH ROAD**  
RETIREMENT COMMUNITY

*presents*

**FALL Celebrations**

**OPEN-HOUSE & FESTIVITIES FOR SENIORS & THEIR FAMILIES**

**FREE ADMISSION**

**SEPTEMBER 28<sup>TH</sup>**  
**11AM to 4PM**

Come out September 28<sup>th</sup> to celebrate autumn!

- **FALL MARKET**  
Unique local craft and produce vendors
- **OKTOBERFEST FESTIVITIES**  
Oktoberfest food • Beer Tasting



7418 Stock Ranch Rd,  
Citrus Heights, CA | 95621 | # Lic 342700471  
**(916) 725-7418**

[happylivingbycogir.com](https://happylivingbycogir.com)  
