



God's Hand
was in the
Details

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Everywhere

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Citrus Heights Messenger

"Written by the people, for the people"

VOLUME 9 • ISSUE 14

Serving the City of Citrus Heights & Sacramento County

JULY 26, 2019

SEE
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STONES
GAMBLING HALL
SAYS "THANK YOU"



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The Oars to Offer Project Lifesaver and Farmtable Dining



Above - Sondra Campbell with Chris Boyle, Ronda Rivera, and Rhonda Sherman. Left - Chief Lawrence with Mikah Montoya.

Story and photos
by Trina L. Drotar

CITRUS HEIGHTS, CA (MPG) - "It's good to be back in Citrus Heights," said Sondra Campbell, Senior Director of Sales and Marketing for The Oars

Citrus Heights Police Chief Ronald A. Lawrence, Citrus Heights City Manager Chris Boyle, Citrus Heights Assistance City Manager Ronda Rivera, Citrus Heights Community Services Director Rhonda Sherman, and Citrus Heights City

Senior Living. The Oars will open in November on Greenback Lane, west of Dewey Drive, but on July 18th, staff welcomed approximately 60 visitors including

Councilmember Porsche Middleton. Campbell, who has worked in senior living for two decades, explained how the facility would work within the city, for its residents, and that it is a participant in the Citrus Heights Police Department's Project Lifesaver program. This nationwide program is offered at no charge to residents of Citrus Heights caring for family or other loved ones who might be in danger of wandering away, including people with Alzheimer's Disease.

"The facts are staggering," wrote Campbell in an email. "Every

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Council Approves Plan to Guide Redevelopment at Sunrise Mall

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - Sunrise Mall, which opened in 1971, has been an economic cornerstone of Citrus Heights since the City's incorporation. It is the highest generator of sales tax in the city and is the anchor of the Sunrise MarketPlace commercial district. In recognition of Sunrise Mall's important role in Citrus Heights, the City Council recently directed staff to draft a General Plan Amendment focusing on future revitalization of the mall property. The Planning Commission unanimously approved a General Plan Amendment requiring the development of a Specific Plan that will ensure a comprehensive planning effort in redevelopment of Sunrise Mall.

The mall property is nearly 100 acres - 75 of which are underutilized

parking fields. In recent years, there has been some interest in subdividing and developing peripheral parcels of the property. However, the proposals lacked a comprehensive approach and didn't address operational issues like traffic, onsite circulation, parking, utilities, and other infrastructure concerns. Senior Planner Casey Kempenaar presented the General Plan Amendment to the Council at the July 11 meeting, explaining that guiding principles in the redevelopment process are vital to the economic success of the city, because the lack of a comprehensive vision could hinder the property from reaching its full potential.

The General Plan Amendment states it "will ensure the future development of Sunrise Mall creates and implements a community-based vision

through a comprehensive planning effort." The goal is to "transform the Sunrise Mall area into a premier regional destination and a flourishing center of community life where residents and visitors shop, work, live, and play." The comprehensive Specific Plan, which will be drafted with input from local residents, will help guide redevelopment and revitalization on the mall property to ensure a complementary mix of land uses and design details to create a "pedestrian-friendly and experience-oriented regional destination."

During public comment, one resident spoke in support of the revitalization plan, saying that he wants the mall to become a popular destination that attracts more businesses and shoppers to the area. He said he is looking forward to spending his time and

money in the city instead of in neighboring cities like Roseville or Folsom which currently have more attractive business centers.

Some residents voiced concerns that the mixed-land use mentioned in the plan was vague and could result in developments that would attract homeless people to the area. Others interpreted that phrase to mean the potential development of affordable housing in the area, and they were concerned that it is not the appropriate venue for more apartment complexes.

Councilmember Steve Miller clarified that mixed use doesn't necessarily mean housing, and he stated that the Specific Plan will be created with public input. He stressed the importance of public outreach to ensure residents are involved as the plan moves forward.

Continued on page 3

Los Rios and Partners Address College Affordability

Los Rios Community
College District
Press Release

SACRAMENTO REGION, CA (MPG) - The Los Rios Community College District announced the largest set of investments to address college affordability in Los Rios history. In total, Sutter Health, SAFE Credit Union, Wells Fargo and VSP Global will contribute \$752,500 resulting in 1,234 Promise Scholarships that will remove financial obstacles to education for low-income students, like textbooks and living expenses, which are not typically covered by existing aid programs.

The new funds build on the state's newly announced two-year California College Promise Program, which guarantees free tuition for all first-time, full-time California community college students. These investments and state funds, along with partnerships with the City of Rancho Cordova and the City of West Sacramento and their respective Promise programs for the residents of those cities, will help Los Rios students reduce the financial barriers to academic success.

"Los Rios is committed to solving the financial challenges that our students face," said Brian King, Chancellor of the Los Rios Community College District. "We are proud to partner with the committed leadership at Sutter Health, SAFE Credit Union, Wells Fargo and VSP Global to address college affordability by building on the state's investment in our students and providing the support our students need to achieve their academic goals."

The combined total marks the largest contribution to address college affordability in Los Rios' 50-plus year history.

Sutter Health is providing the largest investment toward the Promise effort, committing \$512,500 over five years. In a single year, this funding will support 180 students with \$500 Promise Scholarships—helping reduce financial barriers and to support students' post-secondary and workforce success. Additionally, a portion of the investment will be added to the Los Rios Promise Endowment, ensuring that students

Continued on page 6

God’s Hand was in the Details

Story and photo
by Shaunna Boyd

FAIR OAKS, CA (MPG) - In April, out of the blue, Nick Javier began experiencing pain in his right leg. It was so severe he couldn’t walk, and a lump formed. After an x-ray, an ultrasound, and various blood tests came back inconclusive, Nick asked for an MRI. The images showed a mass, and a biopsy revealed it was sarcoma – a rare malignant tumor.

After finding out he had cancer, Nick and his wife Joan decided to go skydiving: “It was literally a template for everything we’ve gone through,” said Nick. “It was pretty scary jumping out of that plane, and then there was a moment of bliss when the parachute opened. It’s helped us think through and deal with everything.”

The following day they met with the surgeon, who recommended amputation to remove the stage 3 tumor that had invaded the lower portion of his leg. A second MRI, just a day before the surgery, showed that the tumor had doubled in size in just a month. “It’s a miracle that it stayed local in my leg,” said Nick. “God’s hand was in the details.”

Joan said, “I could feel everyone praying for Nick.” While Nick was in surgery, Joan was overcome by a beautiful image: “I envisioned balloons going up to heaven — each with a prayer inside for Nick. ... I felt such awe and wonder, and that everything was going to be alright.”

After the tumor was removed, doctors found that it was synovial sarcoma, which is very rare — affecting between one and three out of a million people each year— usually children and young adults. “I always said he was a big kid, and one in a million,” said Joan.

Although the tumor was successfully removed, Joan



Nick and Joan Javier’s faith has helped them through Nick’s cancer diagnosis and amputation, and they are optimistic about the future.

explained that this type of cancer sends out “sleeping cells” that could cause new tumors to grow, so Nick has to undergo extremely aggressive chemotherapy. Starting on July 15, he’ll spend five days in the hospital receiving chemo and then three weeks at home recovering, repeating the cycle four or five times.

Joan said that this type of cancer responds well to the proposed treatment, so Nick has an excellent prognosis: “The challenge is that they haven’t had a 65-year-old with this cancer, so they don’t know how he’ll respond, but I said, ‘They don’t know Nick. ... He’s ready.’”

“I’m bolstered by God’s confidence. I do have the courage to

come out the other side cancer-free,” said Nick. “They say God never gives you more than you can handle, so we’ve been leaning on that credo, and so far it’s been true. ... It’s really been a miracle.”

Joan had her own battle with cancer last year — a stage 2 melanoma. Doctors had to remove the lymph nodes from one side of her face and neck, and Joan was incredibly lucky that the cancer had not yet spread into her lymphatic system. “They called that a miracle too,” she said.

Nick said, “Our faith is strong. We’ve been married 26 years, and God has always been the center of our life. He never ceases to amaze us. ... Our faith has buoyed us and has continued

to provide inspiration and encouragement.”

For 45 years, Nick has been working as an MC for weddings and corporate events, and while waiting for his diagnosis he even worked events on crutches. Now he’s had to reassign all his 2019 bookings to colleagues while he focuses on his recovery. Joan works as a lease negotiator, and is now only working part time while she helps care for Nick.

Nick also hosts DJ Trivia Nights three times a week, and shortly after the surgery he was already back at it. “They took my leg, but they didn’t take by mind or my intellect,” said Nick. “The fact that I can still do this under the circumstances makes me feel whole.”

Nick and Joan have lived in Fair Oaks for 18 years, and they have received so much support from the people of the community. Joan said, “It’s really been humbling.”

While walking their dog recently, a neighbor came out to push Nick’s chair. “Little things like that show what a great community this is,” said Nick.

“It’s community at its best,” said Joan. “It takes a village.”

A fundraiser through Go Fund ME has already raised over \$15,000 of the \$20,000 goal, which will create a financial safety net for the Javier family. If you would like to donate to “A Leg Up for Nick,” visit www.gofundme.com/nick-javier-amp-extremity-fund. ★

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Water, Water Everywhere

Stones Gambling Hall Says “Thank You”



Citrus Heights, CA (MPG) – On Saturday, July 20 a car accident closed the westbound lanes of Antelope Road near Auburn Blvd. for a few hours, blocking traffic from a huge water main break. Traffic in that direction was diverted away to Mariposa Blvd. The car causing the water break rolled over in the accident. Many onlookers stood across the street and watched as Sac Metro Fire and CHPD secured the area. No further information was available from CHPD at press time. Photo by Paul Scholl



Citrus Heights, CA (MPG) – Yes, 5 years goes by pretty fast. But Stones Gambling Hall took time on Saturday, July 20 to say “Thank You” to their patrons and neighbors at their Community Appreciation Event. They served great tasting hamburgers and hot dogs along with a variety of salads, free snow cones, cotton candy, and face painting and balloons for families that brought their kids along. Some of those stopping by included Citrus Heights councilmembers Jeannie Bruins (left), Steve Miller (in back) and Jeff Slowey (in the cool hat) and were greeted by Kermit Schaytitz a partner of Stones (in the middle) for a relaxing afternoon of fun . Photo by Paul Scholl

Citrus Heights Police Officers

Take Down Gunman

By David Gutierrez,
Citrus Heights Police
Department Press
Release

CITRUS HEIGHTS, CA (MPG) - This updated information is based on our ongoing investigation related to the events surrounding the officer involved shooting. The investigation continues to evolve as investigators interview witnesses, and review physical and electronic evidence. Our understanding of the facts and circumstances may change as additional evidence is collected and analyzed.

As reported, our officers responded to the report of a male subject who was believed to have fired a handgun in the vicinity of Sunrise Boulevard and Arcadia Drive.

We now know that the suspect fired a bullet through a storefront window of the Macy’s store located on the north side of the building. The store was occupied with customers at the time of the shooting. Thankfully, no one was injured as a result of the suspect’s actions.

As officers were

responding to the scene with lights and sirens, they observed the described subject running east along Greenback Lane in front of the Brake Masters, towards the Burger King. The officers attempted to make contact with the subject, but he was uncooperative and continued to run. One of the first officers on scene was a police K9 unit. The canine handler released his police K9 in an attempt to safely apprehend the reportedly armed subject. As the K9 was running towards the suspect, the suspect turned towards the K9 and the officers while still running, and fired a shot in their direction. The K9 continued to pursue the suspect and eventually engaged him.

Officers observed the suspect fire at least two rounds towards the K9’s head at point blank range and then fire towards them. Officers returned gunfire at the suspect, striking him. When the police K9 came back to his handler, his face had a significant amount of blood on it. Based on what was witnessed, the officers believed the K9 had been shot. The K9 handler

rushed the K9 to a vet hospital. Upon the vet cleaning the K9’s face and head, it was learned the K9 had amazingly not sustained a gunshot injury. The blood on the K9’s head was determined to be from the suspect.

Officers on scene are attributing the K9’s actions with saving their lives. (See picture of Hero K9 Axel below)



Axel

This incident occurred in a heavily populated area. We believe an active shooter type event was avoided due to the K9’s actions and the heroic actions of our officers.

At this time, we will not be releasing the identity of the suspect or any evidentiary video footage. ★

Council Approves Plan to Guide

Redevelopment at Sunrise Mall

Continued from page 1

Councilmember Bret Daniels said that the mall has been there almost 50 years and is very important to the city. But “things are changing. Retail malls... may not be sustainable in the future, so I think maybe we need to look at doing something different with this mall.” He said the goal is “to rebuild [and] revitalize so we have something that is good for the city, is good for the residents, is good for the owners, and everybody wins.”

Councilmember Daniels also wanted residents to understand that “the City of Citrus Heights does not own the mall. We cannot tell them what to build... we are just looking to have a voice in the process.”

Vice Mayor Jeff Slowey said that a Specific Plan will allow the City to work with mall owners and tell them what types of development Citrus Heights residents would prefer. “We have to tell them what we want to see. ... We can’t pick and choose who comes in, [but] we don’t want to see haphazard development.”

Mayor Jeannie Bruins said, “The intention is to be proactive; we plan to be a partner with the owners to revitalize the city.” She said Sunrise Mall is “an economic engine” and in order for that engine to “pick up steam, we need to be part of the process.” Mayor Bruins mentioned that the new owners of the mall originally had

“a different vision that wouldn’t have carried our city into the future.” After a meeting with Mayor Bruins, the city manager, and the economic development manager, the new owners are “more amenable now” to working with the City to create a comprehensive revitalization plan with community input.

The Council unanimously approved the resolution to adopt the General Plan Amendment for development within the Sunrise Mall property and determined that the project is exempt from California Environmental Quality Act (CEQA) because there would be only minor alterations to land use limitations. ★



**Publisher,
Paul V. Scholl**

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SacRT’s Henry Li Honored as Best Public Transportation CEO

Retrofitting Homes to Keep Seniors Living Safe at Home



SacRT General Manager CEO Henry Li. Courtesy Sacramento Regional Transit

By Jessica Gonzalez, Sacramento Regional Transit

SACRAMENTO COUNTY, CA (MPG) - Henry Li, Sacramento Regional Transit District’s (SacRT) General Manager/CEO, received the 2019 Outstanding Public Transportation Manager Award from the American Public Transportation Association (APTA). This prestigious and highly competitive award, described by APTA as the equivalent of an Oscar award to the industry, is presented to a manager who has made outstanding contributions to the advancement of public transportation in North America. APTA is the leading force in advancing public transportation entities providing bus, rail, subway, ferry and paratransit services throughout North America. “Li is a visionary and transformational leader who is well deserving of this award, which is given to the best public transit CEO in North America. His leadership

at SacRT has created phenomenal results not only in the quality of service, but also in the restoration of positive financial ratings, increase in ridership, implementation of innovations, and the rebuilding of public trust. It takes a true leader with a focused vision to achieve the impressive results seen in his three year term at SacRT,” said APTA President and CEO Paul P. Skoutelas. “On behalf of the 1,500 member organizations of APTA, I congratulate him.” Li’s selection is a testament to his vision, dedication and leadership to take SacRT to the next level as a world-class transit agency. He implemented historic improvements over the last three years as GM/CEO, including ridership growth for SacRT, as our industry is still struggling with downward trends. He is highly praised by the Sacramento community and the industry for implementing a solid and comprehensive transformation of SacRT in record speed. Li has proved to be a powerful change agent, overseeing a massive transformation to a solid culture of “Customers First and Business Optimization,” and dramatically improving key aspects of organizational performance, including safety, security, cleanliness, fiscal health, rail system modernization, service reliability, customer satisfaction and ridership improvements. “I am truly humbled and grateful to receive this honor, but this is genuinely about the community and

our commitment to improving mobility in our region,” said Li. “It is through the leadership and support from the Board, the hard work and dedication of our employees and the collaboration and support from riders, community stakeholders and advocates that we have been able to achieve transformational successes.” “Henry hit the ground running and has been a difference-maker in improving the safety of our transit system and expanding the suite of mobility options for Sacramentans of all ages and abilities,” said Congresswoman Doris Matsui, U.S. Representative for the Sacramento Region. “Henry’s commitment to safety, accessibility, and innovation are positioning SacRT for a bright future, and I congratulate him on this well-deserved and prestigious award.” “By emphasizing clean, safe and convenient, relentlessly pursuing business optimization and putting the customers first, he has won over the hearts and minds of the community,” said SacRT Board Chair and Sacramento County Supervisor Patrick Kennedy. “Henry is a champion of innovative mobility solutions,” City of Sacramento Mayor Darrell Steinberg said. “From on-demand microtransit to partnering with TNC’s and micro-mobility providers, SacRT is at the forefront of the integrated transit solutions that is fueling our economy and creating the smart city of the future,” he finalized. ★

By Mia Lopez, Uptown Studios

SACRAMENTO REGION, CA (MPG) - Rebuilding Together Sacramento will discuss simple safety improvements to help increase seniors’ mobility and safety in their homes, and discuss their Safe at Home program. Falls in the home are a serious health issue that is often preventable with simple lifestyle and home updates. The Safe at Home program is available to those of any income level. Trained volunteers improve accessibility and safety with simple items that can make a big difference. There is a need for affordable housing, particularly for older adults and those with disabilities. Homes need retrofits that support aging in place and this is an ever-growing concern. This service is essential to seniors in Sacramento because: ““Falls are the leading cause of fatal and nonfatal injuries among older persons,” said Erik Listou, co-founder of the Living in Place Institute... ” Bliss, S. (Aug. 23, 2018). The Wall Street Journal. Retrieved from <https://livinginplace.institute/images/ws3j-3-pages.pdf>; “Aging in place has also been shown

to have health and emotional benefits over institutional care... ” Evidence Matters (Fall 2013). Measuring the Costs and Savings of Aging in Place. Retrieved from [https://www.huduser.gov/portal/periodicals/em/fall13/highlight2.html#title](https://www.huduser.gov/portal/periodicals/em/fall13/highlight2.html#title;); “Over three-fourths of professional remodelers undertake projects designed to allow homeowners to Age-in-Place...” Emrath, Paul (May 8, 2019). Eye on Housing. Retrieved from <http://eyeonhousing.org/2019/05/remodeling-to-age-in-place-remains-strong-still-mostly-for-older-homeowners/> Rebuilding Together Sacramento is seeking volunteers who want to improve the safety and independence of older adults and those with disabilities by installing safety items in their homes. Rebuilding Together Sacramento (RTS) is a nonprofit organization that has been serving the Greater Sacramento area since 1991. RTS continues to expand its partnerships with others that are revitalizing neighborhoods, improving homes, preventing falls and reducing energy use. More about the organization: <http://rebuildingtogethersacramento.org/> ★



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POPPOFF!

with Mary Jane Popp

Love in the Air

Is love in the air for you? With all the high tech we have these days to find your soulmate, would you believe finding that special someone has never been more difficult? Drs John Gottman and Julie Schwartz Gottman, relationship experts for over 40 years, are the leading research scientists on marriage and family. They’ve become famous for their ability to predict, with 90% accuracy, if a couple will get a divorce. So what can keep couples together? Not to worry. The Gottmans put it all together in a neat package...“Eight Dates” Essential conversations for a lifetime of love. I asked them for ten tips for a GREAT relationship on my POPPOFF Radio Show. Here goes. 1) LISTEN TO YOUR PARTNER with an open heart and mind. 2) ASK YOUR PARTNER OPEN-ENDED QUESTIONS to understand them better. 3) WHEN YOUR PARTNER MAKES A BID FOR CONNECTION, respond

with interest and care. 4) IF YOU ARE UNHAPPY ABOUT SOMETHING IN THE RELATIONSHIP, talk to your partner about it first. Don’t wait. 5) AVOID CRITICIZING YOUR PARTNER or blaming issues in the relationship on a personality flaw of your partner’s. 6) WHEN BRINGING UP AN ISSUE, DESCRIBE YOU – your feeling and needs, not what’s wrong with your partner. 7) TAKE RESPONSIBILITY FOR YOUR PART when things go wrong. 8) MAKE REPAIRS AS SOON AS YOU CAN IF YOUR CONVERSATION IS TAKING A NOSEDIVE. For example, instead of getting defensive, try saying, “I’m starting to feel defensive. Can you say that in another way? 9) LOOK FOR WHAT YOUR PARTNER IS DOING RIGHT, not only what they are doing wrong. 10) BE SURE TO ASK YOUR PARTNER ABOUT THEIR DREAMS and what might give their lives more meaning and purpose.

Now those eight dates. Here’s what they cover in their book. DATE #1: LEAN ON ME: Trust and commitment. DATE #2: AGREE TO DISAGREE: Addressing

conflict early reveal: Some conflict is unreasonable—as it should be. DATE #3: LET’S GET IT ON: SEX AND INTIMACY: The chapter we all turn to first—it’s only as hot as your vulnerability. DATE #4: THE COST OF LOVE: WORK AND MONEY. It’s not about the money, it’s about what the money means. DATE #5: ROOM TO GROW: Family. DATE #6: PLAY WITH ME: FUN AND ADVENTURE: A frustration of long-term couples is reframed and reinvented. DATE #7: SOMETHING TO BELIEVE IN: Growth and spirituality. DATE #8: A LIFETIME OF LOVE: DREAMS: They begin when you are a child and they can grow when you share a life—if you have the conversation. Hope LOVE is in the air for you! So there you have a start. You can check out their website at www.Gottman.com. Whether a couple is newly in love or has been together for decades, a happy relationship isn’t the result of having lots of things in common, as we often think, it comes from a couple knowing how to address their core differences in a way that supports each partner’s needs and dreams. YOUR LOVE IS IN THE AIR!★

Los Rios and Partners Address College Affordability

Continued from page 1 benefit from Sutter’s generosity for generations to come. They will also be using some of their contribution to create an endowment for the Los Rios Colleges Foundation Student Emergency Fund, which will build a sustainable source of funding to provide emergency grants to Los Rios students in their time of greatest need.

“As a not-for-profit organization, Sutter Health reinvests in the communities we serve. We appreciate the opportunity to form strong partnerships that support impactful programs, which help meet our communities’ most pressing needs,” said Keri Thomas, vice president of External Affairs, Sutter Health Valley Area.

“Education is one of the foundational pillars to the health of any community. We hope that these Promise scholarships provide the reassurance and spark the inspiration students need to continue pursuing their dreams and reaching for their goals. Students of today will help shape our communities of tomorrow,” he continued.

Wells Fargo was the first corporate partner to support this effort, giving \$90,000 total over the past two years. Their gifts will fund 80 of the 120 inaugural Promise scholarships this

fall, at \$500 per student, and another 90 scholarships next year. Their gift will also support an additional \$10,000 for the Los Rios Colleges Foundation Student Emergency Fund.

SAFE Credit Union’s gift of \$120,000 will be shared between the Los Rios Promise Scholarship, providing 120 student scholarships, as well as supporting students who serve as program assistants at the STEM Center at American River College’s innovative new STEM building under construction. SAFE’s first pledge payment created the Los Rios Promise Endowment, and 10% of all future Promise Scholarship gifts will be invested into the endowment so that funding can support Los Rios students in perpetuity.

VSP Global’s recent gift of \$30,000 to the Promise Scholarship will help support 54 students with \$500 scholarships and \$3,000 contributed to the Los Rios Promise Endowment. Several years ago, VSP Global designed ‘Professional Pathways – with VSP Global,’ a school-to-work/college program in partnership with Los Rios, Cordova High School, Folsom Lake College and the City of Rancho Cordova. The program helps local underserved students

successfully transition to a path aligned with their career aspirations following high school.

The cities of Rancho Cordova and West Sacramento have been leaders in this effort, having dedicated local voter-supported tax measures to help residents of their cities with the cost of attending college. In Rancho Cordova, those funds have supported student tuition fees, book vouchers and other mandatory fees. In West Sacramento, the funds have covered tuition and other student fees as part of the city’s West Sacramento Home Run program.

Along with the generous support of corporate partners, the Los Rios Promise effort is supported by a number of individual donors, who are making it possible for the Los Rios Colleges Foundation to award 40 Promise Scholarships in 2019-2020.

The Los Rios Community College District is one of the nation’s most respected learning institutions and the second-largest community college district in California, serving the greater Sacramento region. Los Rios includes: American River, Cosumnes River, Folsom Lake and Sacramento City colleges; and six major education/outreach centers. ★

STATEPOINT CROSSWORD • FIGURE OF SPEECH

- CLUES
- ACROSS
- 1. Without, à Paris
 - 5. “Blind as a _____,” simile
 - 8. “Attract someone’s attention onomatopoeically
 - 12. Scheme
 - 13. Frosh, next year
 - 14. “Grim Reaper
 - 15. Having the know-how
 - 16. Medicinal houseplant
 - 17. Forearm bones
 - 18. “Napoleon of “Animal Farm”
 - 20. Horsetfly
 - 21. Emotional turmoil
 - 22. “Damn, homophone
 - 23. Reproductive cell
 - 26. “Opposite of figurative
 - 30. Bonanza find
 - 31. Er on Periodic table
 - 34. Dalai _____
 - 35. Chopper blade
 - 37. The little one “stops to tie his shoe”
 - 38. Like three nursery rhyme mice
 - 39. American stock exchange in NYC
 - 40. Temper, as metal
 - 42. Baron Munchhausen’s statement
 - 43. “_____ fly away home...”
 - 45. Time of the year
 - 47. Police shot
 - 48. Headquartered
 - 50. Sailor’s hail
 - 52. “Broken heart” or “heart of stone”
 - 55. Dig, so to speak
 - 56. Tangelo
 - 57. Kind of Steven?
 - 58. September’s reason to celebrate
 - 60. Outer layer of Earth’s crust
 - 61. First female Attorney General
 - 62. Caddie’s offering
 - 63. Lt.’s subordinate
 - 64. Means justifiers

Crossword Puzzle Solutions on Page 7

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
	18			19					20			
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62					63				64			

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- DOWN
- 1. Masseuse’s office
 - 2. “Some Kind of Beautiful” star
 - 3. Steelers’ Chuck
 - 4. Rosetta Stone and such
 - 5. Western neck ornaments
 - 6. To the left of helm
 - 7. People in general
 - 8. Helter-skelter
 - 9. Not loony
 - 10. Doe’s mate
 - 11. Café alternative
 - 13. One in low-fitting jeans
 - 14. Old European coin
 - 19. “C’mon in!”
 - 22. Slow-witted
 - 23. Small Asian ungulate
 - 24. Enophile’s sensory concern
 - 25. Dished out
 - 26. “Stringed homophone of loot
 - 27. Pair in a railroad track
 - 28. Prenatal test, for short
 - 29. Full of cargo
 - 32. “Collision, onomatopoeically speaking
 - 33. Wayside stop
 - 36. “Sweet sorrow” or “painful

- pride”
- 38. 4-letter word on primetime TV
- 40. Summer mo.
- 41. Attack
- 44. “_____ beware”
- 46. Stick firmly
- 48. Launch
- 49. Country album?
- 50. Shevat follower
- 51. Vagrant or tramp
- 52. Gala to Dali
- 53. Baker’s baker
- 55. Actor Mahershala
- 58. Us, in Mexico

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Solutions on Page 7

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By Marlys Johnsen Norris, Christian Author

It is only in loyal obedience to the laws of God one will ever experience any kind of significant reward! Scripture clearly states that the “wages of sin is death”. Sin steals the blessings God desires to plant into any our lives. When one’s personal satisfaction and physical will is greater than and more important than fulfilling the will of God, one is in big trouble!

If anyone has refused to put honoring God FIRST in their lives, they are living in very dangerous territory! They are listening to the wrong voice and it is time to recognize that voice is Satan. God cast him out of heaven onto the earth and

God “Must Be First” In Our Lives

this is his home. He lies to us about many things and those words are recorded in the Holy Bible. () Our lives are NOT to be about me – myself and I! Loving oneself above God is folly!

Jesus Christ had to come and be sacrificed to redeem us from our fleshly desires, actions and sin. Any one who is disobedient to any one of God’s laws dishonors what-ever their faith in God is and affects the whole church. **The Church throughout the whole world represents - Everyone who believes, honors and follows Jesus Christ as their personal Savior and Lord.** It is not just a particular denomination. Jesus is Lord of All and He is to be honored “FIRST” in every life.

Warning: Not putting God FIRST (#1) in one’s life - puts a curse on that life! A curse cripples their personal journey to accomplish anything throughout their lifetime.

Scripture puts the word FIRST plainly for us to understand in Matthew 6:33

“Seek you first the kingdom of God and His righteousness and all things will be added unto you.” Putting the Lord God FIRST will prove to us He can and will do exceedingly abundantly all we ask according to His will for life when He is in His rightful place which is FIRST.

God has recorded hundreds of promises in the Bible for those who believe to read and claim in their lives. One that is meaningful to a new believer is: “He will never leave or forsake you once you have accepted His death on the Cross and invited Jesus into your life as Lord and Savior of your soul” There is a lot to learn and it is a “lifetime journey” of a loving adventure getting to know and love God with your heart and soul. Then, at a specific moment and time His Gift of Eternal Life in heaven with Him becomes your very own.

Victory is coming!
Marlys Johnsen Norris
Author, Stephens Minister,
Teacher
Marlysjn@gmail.com
PO Box 114, Orangevale, CA★



By Pastor Ray Dare

Do you enjoy being around somebody who’s always correcting what you do? Nobody likes being nagged all the time, being corrected all the time, perfected all the time, it’s frustrating! The Bible says, “Love forgets mistakes. Nagging about them parts the best of friends.” One of the problems with being a perfectionist is It damages relationships.

All of us are perfectionists to one degree or another. What it does is cause us to look at the wrong thing. And it’s rooted in insecurity. Perfectionists who are harsh and demanding on other people are harsh and demanding on themselves. They’re holding themselves to a high standard. The problem is, they expect the same from everybody else! They take great pains in their work but they’re also a great pain to everybody else!

Psalm 119:96 “Nothing is perfect except God’s

Pastor Ray’s Encouraging Words

Realize Nobody’s Perfect

Word.” That’s why you need to build your life on God’s Word because nothing else is perfect. What Hollywood tells you isn’t perfect. What popular opinion tells you isn’t perfect. What the majority tells you isn’t perfect. But God’s word is perfect. That’s why you should build your life upon God’s word.

This would be a good verse for you to put on your refrigerator, if you are married to a perfectionist, “Nothing is perfect except God’s Word.” If you spend all your time trying to attain perfection, you’re wasting your time. Ninety-two percent is still an A! You don’t have the time to be perfect at everything. And you can’t anyway.

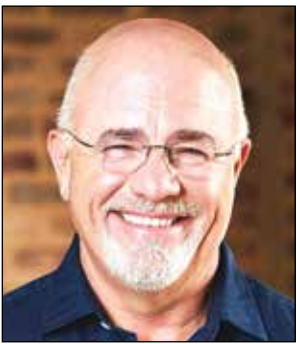
“There is no one on earth who does what is right all the time and never makes a mistake.” A few years ago, a book came out, I’m OK, You’re OK. But that’s not true. There are areas in my life that are definitely not ok. There are some areas in your life that are definitely not ok. So, all the little affirmations in the world are not going to make you ok. You’re imperfect. I’m imperfect. The point is, we’re not

okay, but because of God’s grace that’s OK!

What does that mean? Does that mean God isn’t interested in my growth? Of course, He wants me to grow. Does that mean God doesn’t want me to change? Of course, He wants us to change. When God says, “You’re ok because of My grace,” that does not mean you can just keep on being a jerk the rest of your life. It just means that God isn’t waiting for you to change before He starts loving you.

In 1 Corinthians 13, the Bible says, “Love believes the best in every person.” One version says, “Love overlooks a person’s faults.” I want to challenge you today to begin overlooking the faults in others. We should not be hard and critical and judgmental toward other people. Love sees the best in everybody. Look for what’s right, not what’s wrong. Focus on the good things in others. Realizing that nobody’s perfect. Isn’t that what God does with us? Yes!

Pastor Ray
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A Course in Day Trading?

Dear Dave,

I was recently offered an opportunity to participate in a hands-on stock trading class. The problem is we don’t have the \$6,500 registration fee just lying around. My husband and I are on Baby Step 4 of your plan, so what would you think about us borrowing that amount from our emergency fund? We would still have three months of expenses set aside after paying for the class. – Camille

Dear Camille,

I don’t know the exact course you’re talking about, but I do know something about the concept of buying and selling stocks, or day trading, if you want to call it that. I can tell you all the research shows 78 to 84 percent of day traders lose money. And one hundred percent think they won’t be the ones losing out. That includes people who take courses like the one you mentioned.

I have found no data points which show, on

Dave Ramsey Says

a consistent level across a broad population, that people who take a course like that become wealthy as a result. Buying and selling single stocks is an ultra-high-risk proposition. That’s why I don’t buy any single stocks. Now, I know some people who buy and sell single stocks as a very small percentage of their financial world. It’s almost like a hobby for them. A couple might actually make a little money from time to time, but it’s not the main focus of their investment strategy. To hear them, it’s like listening to fishing stories. They’re always talking about the one that got away.

I wouldn’t waste my money on the course, Camille—especially my emergency fund money. Your emergency fund is for, say it with me, *emergencies only!* – Dave

You don’t fake poor

Dear Dave,

I’ve got a couple of friends who were advised by their financial planners not to open college savings accounts for their kids. Their planners told them this would count against their children’s ability to receive financial aid and assistance when it’s time for college. Apparently, these planners told them to put the money into their own retirement accounts. It’s

my understanding, however, that both the child’s and the parent’s financial situations are looked into when determining financial aid. Can you please shed some light on this? – Janette

Dear Janette,

So, if a financial planner told you not to get a job because then you can apply for welfare, are you going to listen to that person? What kind of moron gives financial advice like this? You don’t tell people not to save money for something, just so they can pretend they’re poor!

Save whatever money you can, and send your kid to school. Why is that such a difficult concept to grasp? People need to stop looking for tricks and shortcuts, because there aren’t any that will be beneficial in the long run. I’m not going to pose as broke – fraudulently – to get financial aid for my kid. That’s ridiculous!

I hope I wasn’t unclear. – 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. ★

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Find Puzzles on Page 6

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

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August 10 ♦ 11 - 2pm
Rusch Park
Food Trucks Vendors
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Bring your family and join your neighbors in the fun with food, local vendors and live music in the park. Rusch Pool will be open for **Free Swim** from 11:00 am - 1:00 pm. Accepting vendor application until August 1st.

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To register or for questions regarding the car show please visit norcalcruiser.com or contact Wally Schnierle at (916) 947-0689 or Sharkey1948@yahoo.com (pre-registration is encouraged).



Cars show begins at 9am. Registration 7:30 - 9am. No early birds.

Fundraising proceeds benefit the Citrus Heights Police Activities League



Follow Sunrise Parks:
For more information or to become a vendor, please visit: Sunriseparks.com or call 1.916.725.1585



Assemblyman Cooley is Pleased with Yosemite Historic Landmark Names Settlement

By Jillena Hernandez

RANCHO CORDOVA, CA (MPG) - Assemblyman Ken Cooley (D-Rancho Cordova) released the following statement after news broke that a lawsuit settlement will permit Yosemite National Park to resume using its historic landmark names.

"I am very pleased to hear the news that historic Yosemite names like the Ahwahnee Hotel, Curry Village and the Wawona Hotel have been rightfully restored. In 2016, after learning that the former Yosemite concessionaire had outrageously claimed ownership of treasured Yosemite names, I authored the California Heritage Protection Act (AB 2249) with my colleagues Adam Gray and Frank Bigelow to change the law and make certain a private company could never trademark an historic state park landmark.

"Our parks showcase the beauty and incredible history of California, and



Assemblyman Ken Cooley (D-Rancho Cordova)
Photo courtesy of Office of Assemblyman Ken Cooley

should always serve the interests of the people."
Source: Office of Assemblyman Ken Cooley

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Shop in a 17,000 square foot air conditioned space and 1/2 acre parking lot: find gently used shoes and clothing for the entire family, antiques and collectibles, linens, home décor, fashion accessories, housewares, kitchen gadgets, furniture, small appliances, lamps, electronic merchandise, toys, books, DVDs, sporting goods, camping equipment, tools, framed art, holiday decorations, golf clubs, balls, bags and much more!

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6:30pm Gates Open

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Don't Miss These Upcoming Concerts
September 14: Night Moves | Tributes to Bob Seger & Creedence Clearwater Revival
October 5: Paperback Writer | The Beatles Experience

Concert Under the Stars!



By County Supervisor Sue Frost

Through the generosity of the *Citrus Heights Messenger*, this column serves to provide an update about matters affecting the community of Citrus Heights.

Earlier this year, in an attempt to curb teen smoking, the City of Sacramento voted to ban the sale of flavored tobacco products (including flavored e-cigarette cartridges), and soon the County of Sacramento will be facing a decision on whether or not to follow suit. Since this is a controversial issue that would directly impact the unincorporated areas of Sacramento County, I wanted to take the opportunity to explain to you my initial concerns with such a ban.

I want to say at the beginning that I am completely in agreement with the proponents of flavored tobacco bans in the goal of reducing teen smoking. We should be doing everything we can do keep teens from smoking, and educating them so that when they turn 18 they fully know the dangers associated with smoking. I recognize that teens are illegally obtaining and using flavored tobacco products in greater volume, and in many cases

Citrus Heights Community Update

Should Sacramento County Ban Flavored Tobacco?

transitioning to traditional cigarettes.

But Sacramento County doesn't have a wall built around it, and anyone who wants to buy flavored tobacco products can easily obtain them from other nearby areas that have not banned it. These products will still be readily available in every county surrounding ours, as well as cities not named Sacramento, such as here in Citrus Heights. A statewide ban could be far more effective for an area like Sacramento, but even then, the widespread proliferation of marijuana prior to its legalization in California proves that even national bans can be largely ineffective.

The ban also doesn't come free. When the City of Sacramento enacted their ban, they expected that they would lose a couple million in yearly tax revenue as a result. And in the week following the city's decision, one of Sacramento's oldest tobacco shops had already announced they would be closing their doors due to the expected impact to their sales. While this may be manageable for the city, Sacramento County is struggling financially. This past budget we were forced to make reductions in services due to budgetary struggles (primarily brought on by a few large lawsuits against the County), and next year we will likely be doing the same.

I have also heard from many adults who legally use flavored tobacco

products both because they recreationally enjoy it, and because they use it as an alternative to smoking. While these adults will still be able to access them in other communities, it will make it more difficult for them to access something that is legal to use.

Instead of a ban, we could instead solve this problem by increasing the penalty for selling tobacco products to a minor from the current maximum of \$7,500, to a new minimum of \$7,500, accompanied by a ramped up undercover shopper program. This increase in penalties could potentially fully offset the cost of an improved undercover shopper program, but at the very least be substantially less than the loss in revenue we will now be facing under the ban.

Leading up to my vote on this issue, I will be meeting with stakeholders on both sides of the issue to understand their perspectives in more detail. But more than anything, I want to hear what you have to say. Please e-mail me your thoughts at SupervisorFrost@sac-county.net. Thank you for reading!

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murietta, North Highlands, Carmichael, Foothill Farms, Fair Oaks and Rancho Cordova.

The Oars to Offer Project Lifesaver and Farmtable Dining

Continued from page 1
65 seconds someone in the United States develops Alzheimer's and 1 in 3 seniors dies with Alzheimer's or another Dementia," adding that "the number of Americans living with Alzheimer's will increase from 5.8 million today to nearly 14 million by 2050."

A lightweight bracelet or ankle monitor will emit a silent radio signal 24 hours a day. "A caregiver," said Campbell, "can alert the police department, which will send a specially trained search team to locate the missing resident."

Project Lifesaver is currently used in several regional cities and counties.

Other safety concerns will also be addressed through 24 hour nursing care and motion sensors. Additionally, the community will be made up

of three small communities and will feature many opportunities for interaction and stimulation, including a workbench area that was created based on a resident's interest. Memory stations, like one featuring wedding attire and Pan Am ephemera, will be available.

Also on hand with a tower of freshly baked and decorated cupcakes was Mikah Montoya, senior director of dining and nutrition. Montoya has been in senior living for 11 of his 15 years in professional cooking. He has embraced the region's Farm to Fork movement with his Farm Table Dining Program.

"Nutrition," he wrote in an email, "was really the driving force behind all the food we will put to plates."

He said he wants to bring more that serves nutrition, fine dining, and food that is "on trend with restaurant

menu items." This, he said, is important because he will be feeding residents and their family and friends. He has seen the shift, as there has been with many public schools, from frozen foods to be reheated to freshly prepared offerings that are healthy, eye appealing, and tasty.

Diners will find adaptive silverware that city staff handled. Forks, spoons, and knives are available in traditional style or with an ergonomic, bulb-shaped handle for easy handling.

"Exciting to have it," said Chief Lawrence before he left for another meeting.

For more information, visit: <http://www.theoars-seniorliving.com> or visit for a public open house on August 17 from 10 a.m. – 4 p.m. For more information on ProjectLifesaver, visit <https://citrusheights.net/360/Project-Lifesaver>. ★

Support Citrus Heights Schools by Providing School Supplies

Citrus Heights Chamber of Commerce Press Release

CITRUS HEIGHTS, CA (MPG) - The Chamber's Education Committee is committed to serving the Citrus Heights schools through our Annual School Supply Drive. The donated school supplies go directly to the classroom so all students have the necessary tools to complete their school work.

Donations may be made through the purchase of the

supplies listed below or by donation of a gift certificate or check (make check payable to the Citrus Heights Chamber).

The supplies needed are the following: #2 pencils, backpacks, Kleenex, colored markers-regular and narrow point, dry erase markers-regular and fine point, colored pencils, crayons-16 count, highlighters, pocket folders-same colors, spiral bound notebooks-college rule, pens-blue, black and red ballpoint,

sheet protectors (top loading, heavy duty), student scissors, clipboards, glue sticks/white school glue, zippered pencil pouches, copy paper, composition books-lined and graph.

School supplies can be dropped off from July 1 to September 20, 2019, at the Citrus Heights Chamber's office located at 7920 Alta Sunrise Dr., Suite 100 in Citrus Heights. For more information you may call the office at (916) 772-4545. ★

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