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VOLUME 9 • ISSUE 13

Serving the City of Citrus Heights & Sacramento County

JULY 12, 2019

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Girl Scouts Take STEM on the Road



(Above Left to right) Gold Award girl scout Meyda Aiyah and GSHCC STEM initiatives manager Beth Peter celebrate the launch of the new Mobile STEM Center + MakerSpace. Photo courtesy Shauna Boyd. (Right) The Mobile STEM Center + MakerSpace will serve underserved girl scouts in the Heart of Central California council. Photo provided by Girl Scouts Heart of Central California.

Story by Shauna Boyd

SACRAMENTO REGION, CA (MPG) - Far too many girls in this country are unable to see themselves working in STEM (science, technology, engineering, and math) fields, but Girl Scouts is working to change that. "There's been a big investment nationally in STEM," explained Beth Peters, Girl Scouts Heart of Central California (GSHCC) STEM initiatives manager. "The national CEO [Sylvia Acevedo] is a rocket scientist, so she's very invested in computer science. She got into science because of Girl Scouts, so she wants other girls to have that opportunity."

The GSHCC council successfully opened two STEM Centers + MakerSpaces, one in Sacramento and another in Modesto. Peters said

the Sacramento space served 1,400 girls in the first year and 2,400 girls so far this year. "It's growing rapidly," said Peters, "and it's not just limited to STEM centers. Girls are doing projects with their troops, with their troop leaders, doing it on their own, they're taking more classes... girls are getting more involved, for sure, which is really exciting."

GSHCC has 18,000 girls in their council, which serves 18 counties. Everywhere "between Yuba City down to Merced, from Tracy to Truckee, so it's a very big section of the Central Valley," said Peters.

"It's just not feasible for people

to be able to get to the MakerSpaces on a regular basis." To expand on the success of the STEM Centers and reach more girls, GSHCC just launched a Mobile STEM Center + MakerSpace. "We decided to take everything good about these spaces and put it on wheels so we can take it to them," said Peters.

Meyda Aiyah, a Gold Award girl scout, was part of the GIRL (Go-getter, Innovator, Risk taker, and

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**\$1 Million
in Grants
Available
to Area
Nonprofits**

**By Kim Nava,
Sacramento County**

SACRAMENTO COUNTY, CA (MPG) - The County Board of Supervisors will provide \$1 million through the 2019 TOT Grant Program to support non-profit organizations located in Sacramento County that carry out community-based programs and/or services in the areas of economic and workforce development, arts and culture, community development, or health and human services. The County began setting aside funding for this purpose in 2017.

Grants will be allocated through a competitive process and applicants must meet eligibility and funding requirements. Applications will be accepted online beginning July 26 through the County's Office of Economic Development with a deadline of August 26, 2019.

Funding for the TOT Grant Program will come from County Transient Occupancy Tax (TOT) revenues. Transient Occupancy Taxes are levied on guests who occupy rooms in hotels, motels and other temporary lodging accommodations in the unincorporated area of the County.

2019 TOT Grant Program Application Dates & Details

Grant DEADLINE: August 26, 2019, 5 p.m.

Grant Application Period
July 26 – August 26, 2019

All applications and documentation requested in announcement must be submitted by 5:00 p.m. on August 26, 2019; Online Applications Only: all applications are only accepted electronically: Apply online beginning July 26; Duplicate and incomplete applications will be disqualified; Applicants will receive electronic receipt notification upon submission.

Grant Program and Application Workshops – 827 7th Street, Community Room

July 24, 2019 at 5:30 – 7 pm

July 26, 2019 at 11:30 am – 1 pm

General Overview of the Grant Program and Process; Application Writing - What the Evaluation Panel Looks For; Review of Timeline and Submission Information; Frequently Asked Questions.

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Citizens Want Solution to Homelessness in Their Backyards

**Story by
Shauna Boyd**

CITRUS HEIGHTS, CA (MPG)

- At the Citrus Heights City Council meeting on June 27, Director of Sacramento Public Library Rivkah Sass updated the Council about the "refresh" of the Sylvan Oaks Library. The library now has new paint, flooring, carpets, and efficient LED lighting. Other modernizations include an enhanced children's area, an updated teen space, a homework help area, new computers, quiet study rooms, and new service desks.

"It will be more efficient and 21st century ready," said Sass. "This will be the gold standard for what county libraries will look like after a refresh."

Sylvan Oaks Library's Grand Re-Opening

Celebration will be held on Saturday, August 3 from 10:30 am – 1:30 pm. The event will feature a shaved ice truck, henna art, face painting and balloon animals, outdoor lawn games, a history exhibit, tours of the new library space, and library card sign ups.

Mayor Jeannie Bruins said, "I'm excited. This library is a very important element of our community. I know the people have missed it since it's been closed. ... Thank you for investing in our community. It will continue to be well-used."

Numerous residents of the Stock Ranch Rd. neighborhood attended the meeting to voice concerns about homeless camps in the greenbelt behind their homes. Residents are worried that the homeless persons camping in the area pose a threat to their property

values and to the safety of their families. One resident explained that he understands some homeless people have mental illnesses and need help to get off the streets, but he said he has spoken to others who have chosen the homeless lifestyle because they do not want to be part of society. Another resident said, "I'm sensitive to it, and I feel sorry for these people, but enough is enough."

Many residents said they appreciate the Citrus Heights Police Department's (CHPD) quick responses to calls in the area, but they believe more needs to be done. The campers are damaging the natural environment due to the garbage and human excrement they leave behind, and residents want to see a cleanup effort to address this. They asked for a comprehensive plan to address and

discourage homeless encampments, saying they want to help find a solution.

CHPD Chief Ron Lawrence thanked the residents for their comments and said he shares their concerns. Chief Lawrence said that Citrus Heights has a lower rate of homelessness compared to the Sacramento Region, and the number of homeless people in the city is decreasing due to the efforts of the Navigator Program, which provides resources to homeless people to get them the help they need. "Those that don't want assistance, that are committing crimes, we take an aggressive enforcement approach with," said Chief Lawrence.

CHPD Commander Jason Russo said that the Sunrise Recreation and Park District had a cleanup effort planned

Continued on page 3

Business Academy Addresses Homelessness and Active Shooters

By Patrick Larenas

CITRUS HEIGHTS, CA (MPG) - Recently, on June 20, and June 27, the Citrus Heights Police Department hosted its first Business Academy for people interested in learning what they can do in case a crime occurs while at work. Because crime and homelessness are two concerns in the community, the police department has been fostering new partnerships with citizens and businesses.

“The Business Academy is a natural development from the Citrus Heights Police Department’s Citizens Academy which has been held since 2008. We realized that like citizens, business owners and managers have little knowledge on dealing with crime,” said Community Service Officer and Program Coordinator for the Business Academy, Larissa Wasilevsky.

Problem-Oriented Policing (POP) officer James Garing stated that the curriculum of the academy reflects the department’s own approach to preventing and addressing crime: “We have a three focus emphasis on education, enforcement and engineering.”

As Citrus Heights grows and develops economically, the issues of homelessness and crime tend to affect the economic sectors of the city. “There is no instant solution,” said Wasilevsky, “because this is not an instant problem.” Due to over a decade of recession, people have



From left to right: POP Officer James Garing, Tony Morgan, Navigator of HART, and CSO Larissa Wasilevsky. Photo by Patrick Larenas

“lost their homes, their jobs and careers, and are subsequently in economic distress,” added POP officer Garing.

Tony Morgan, Navigator of Homeless Assistance Resource Team, explained how HART and the police department work together to deal with the homeless crisis and crime in business situations. “We want to give the homeless an option,” she said, “so there is a lot of relationship building involved. It takes time because many come from broken marriages, having lost custody of their children and end up in substance abuse.... But when you team up with someone, things are easier.”

POP officer Garing focused on the current concern that “about 42 percent of all Active Shooter situations occur in commercial settings—with education following at 30 percent.” National headlines have brought awareness that these “incidents have been on the rise over the past two decades from about 1 case in 2000 to 30 cases in 2017”. Since 30 cases is not a big number, “It

makes it difficult to prepare for because you never think it’s going to happen to you,” said Garing.

Garing analyzed a long series of suspicious Pre-Attack Behaviors to look out for and advised: “Many of us are distracted concentrated on texting on our cell phones and other things which leaves us with little situational awareness.”



POP Officer James Garing demonstrates protective gear that can be used in dangerous situations. Picture courtesy of Citrus Heights Police Department

“Enforcement is reactive. It will take time for the police to arrive, so be prepared,” he finalized. ★

Citizens Want Solution to Homelessness in Their Backyards

Continued from page 1

in the greenbelt the following day. They planned to trim trees in the area to increase visibility, which discourages camping, and to clean up a couple of established camps. Commander Russo appreciated that the residents want to be involved: “That’s really important in solving this problem; we can’t do it alone, as you know. It takes the whole community.”

Councilmember Bret Daniels said he also lives near a greenbelt and understands the residents’ frustrations: “I’m done tolerating it. ... The community gets what the community tolerates, and we don’t want to tolerate this kind of stuff anymore.” Councilmember Daniels said there should be daily sweeps to clear homeless people of out these areas to ensure that citizens can feel safe in

their neighborhoods.

City staff asked the Council to approve the Mitigated Negative Declaration (MND) for the Electric Greenway Trail Project — a proposed 2.9-mile paved trail that will connect many of the parks and nature areas in Citrus Heights. The project is currently in the outreach, engineering, design, and environmental review phase. Mayor Bruins recused herself from the proceedings because her home is within 500 ft. of the proposed project, but she did state that she is personally in favor of the trail.

Numerous residents spoke during public comment, both in support and in opposition to the project. Many citizens are looking forward to using the trail and see the project as a positive investment in healthy recreation within the city. Other residents,

particularly those whose homes will be adjacent to the project, voiced concerns that the trail will create an “attractive nuisance” and bring an “unsavory element” to the area.

The conclusion of the MND shows that there will be no significant environmental impacts after the proposed mitigation measures have been applied. Vice Mayor Slowey explained that this particular vote related only to the trail’s physical impact on the environment: “This isn’t the ending of negotiations. ... We haven’t even seen the final design. ... This is really about the environmental impact of this potential project.” The Council unanimously approved the resolution to adopt the project’s MND and the Mitigation Monitoring Plan. ★



PizzaRev held their grand opening ribbon cutting on May 30. They are located at 5450 Sunrise Blvd., Unit E in Citrus Heights. Owners Raymond and Marlen Gallo cut the ribbon. Attendees include Mayor Jeannie Bruins, City Council Members, and representatives from the Citrus Heights Police Department and the Citrus Heights Chamber.

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TV
GUIDE
MAGAZINE

CHEERS & JEERS

By Damian Holbrook

Jeers to The Handmaid's Tale

for telling the same old story. As great as the show's performers are – and they are amazing – with June (Elisabeth Moss, pictured) stuck in another male - dominated house while trying to save her child, Season 3 feels like it's spinning the wheels more than moving the characters forward.

Cheers to Younger

for getting even better with age. With Liza and Charles (Sutton Foster and Peter Hermann) going public as a couple, Kelsey (Hilary Duff) rising in the corporate ranks and Josh (Nico Tortorella) facing potential fatherhood, this once frothy TV Land

rom-com has grown into a sophisticated treat you should give yourself regularly.

Cheers to When They see Us

for being must-see. Ava DuVernay's miniseries about the Central Park Five is not just a harrowing portrait of a broken legal system and ruined, innocent lives, it also showcases a phenomenal cast – including Niecy Nash, Mr. Mercedes' Jharrel Jerome and Gotham's Chris Chalk – at the top of their game.

Jeers to A Baby Shark Series.

Nickelodeon is planning a cartoon based on the YouTube video that's captivated kids with its repetitive ditty about a



Elisabeth Moss, stuck in another male - dominated house while trying to save her child. Season 3 feels like it's spinning the wheels more than moving the characters forward.

finned family tree while simultaneously driving their parents insane. Doo-doo- doo not do this to us...we just got the Barney theme out of our heads! ★

(especially in its unedited form), this seems to me more like a stunt to get the show some added exposure this year during the time when TV Academy members are making their Emmy nomination picks. It's also possible the network is dangling the first season of The Good Fight to its mainstream viewers as an enticement and advertisement for the streaming service, but its exclusivity to CBS All Access is why the series exists at all. So while it's always possible CBS could roll out the other seasons in future summers, their real goal with the series is to get more people inside the All Access tent.

To submit questions to TV Critic Matt Roush, go to: tvinsider.com ★



Will CBS Show All Seasonsof The Good Fight ?

Question: Now that CBS has debuted The Good Fight's first season on the mothership, do you think they'll re-air all the seasons on CBS, since CBS All Access is at least 3 seasons or years ahead? We have enough streaming options and adding another for just one show is not in the cards. –Ryan

Matt Roush: You're far

from the only one who's aggravated by CBS putting its best and most promotable properties (The Good Fight, Star Trek: Discovery, the Twilight Zone reboot) behind a paywall while delivering weak reboots or worse to its loyal broadcast audience. But that's the direction things are going throughout the industry, and while I'd like to promise that CBS will treat its viewers to future seasons of The Good Fight, which is terrific

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Map 2: Pet Club location in Roseville

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Watch for West Nile Virus Mosquito Bites

By Corey Egel, CDPH

SACRAMENTO REGION, CA (MPG) - The California Department of Public Health (CDPH) urges all Californians to protect themselves from mosquito bites during West Nile virus (WNV) season, which extends from summer through early fall.

“West Nile virus activity in the state is increasing, so it is important to take every possible precaution to protect against mosquito bites,” said State Public Health Officer and CDPH Director Dr. Karen Smith.

West Nile virus spreads to humans and animals through the bite of an infected mosquito. Late-spring rains have contributed to standing water, which serves as a breeding source for mosquitoes that can spread WNV. Hot temperatures also contribute to increasing numbers of breeding mosquitoes and an increased risk of virus transmission to humans.

Currently, WNV activity is within expected levels and is similar to activity at this time last year. The risk of disease due to WNV increases as the summer progresses, and declines in early fall as the weather cools. In 2018, there were 217 reported WNV cases in California, including 11 deaths. Since WNV was first introduced into California in 2003, there have been more than 6,000 human WNV cases and 303 WNV-related deaths across the state.

West Nile virus is influenced by many factors, including climate, the number and types of birds and



West Nile virus activity in the state is increasing, so it is important to take every possible precaution to protect against mosquito bites. File photo MPG

mosquitoes in an area, and the level of WNV immunity in birds. For most people, the risk of developing serious illness is low. However, some individuals – less than one percent – can develop serious neurologic illnesses such as encephalitis or meningitis. People 50 years of age and older, and individuals with diabetes or hypertension, have a higher chance of getting sick and are more likely to develop complications from WNV infection.

CDPH recommends that people protect against mosquito bites and WNV by practicing the “Three Ds”:

DEET – Apply U.S. Environmental Protection Agency (EPA)-registered insect repellent containing DEET, picaridin, oil of lemon eucalyptus, or IR3535 according to label instructions. EPA-registered repellents are recommended for use because they have been tested for safety and efficacy in preventing mosquito bites. Insect repellents should not be used on children under two months of age. For more information,

visit CDPH’s insect repellent toolkit.

DAWN AND DUSK – Mosquitoes that transmit WNV usually bite in the early morning and evening, so it is important to wear proper clothing and repellent if outside during these times. Make sure that your doors and windows have tight-fitting screens to keep out mosquitoes. Repair or replace screens that have tears or holes.

DRAIN – Mosquitoes lay their eggs on standing water. Eliminate all sources of standing water on your property by emptying flower pots, old car tires, buckets, and other containers. If you know of a swimming pool that is not being properly maintained, please contact your local mosquito and vector control agency.

California’s West Nile virus website includes the latest information on WNV activity in the state. Californians are encouraged to report dead birds on the website or by calling toll-free 1-877-WNV-BIRD (968-2473). www.cdph.ca.gov



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By Marlys Johnsen Norris, Christian Author

I know so little about heaven, yet, one day God gave me a glimpse of its beauty. The transition from this life to the next will be in a twinkling of an eye. The beauty of this world will be but a shadow compared to what we will see when we arrive in our eternal home. Not only will be in the very presence of our Master-Creator (Father, Son and Holy Spirit) but because of the work, life, death and resurrection of His Beloved Son, we will be like Him. (1 John 3:2)

Once we saw through a darkened mirror, but now we will see and know all things clearly. (1 Cor. 13:12) The mystery of life and death will no longer exist, we will just know all things. We will see God (Father, Son and Holy Spirit) as He IS. We will instantly understand the Trinity and how three could be one! No longer do we have preconceived ideas of our own making about God and what the Holy Bible teaches and instructs. We know, we actually will know! A Spiritual experience beyond measure! No longer will we have unanswered questions. Because we no longer try to compromise truth or sit on fences wondering what is right and what is wrong,

My Glimpse Of Heaven!

We just know! We know the true value of what we have believed because now all our beliefs were transformed by the infinite power of our Creator and we have become unified in spirit about all things.

In heaven an indescribable peace fills the atmosphere and enters our being. We rest, we trust and we worship, praise and glorify the Master Creator. A love beyond any earthly love penetrates deep within our soul. There are no words to express the emotion within our being.

He knows our thoughts and we communicate with silent unspoken words of love and affection to one another and understand completely every word.

When we entered God's workshop called "heaven" we saw "prayer warriors" in one corner listening to the prayers of the saints below. They stop periodically in worship and are silent, then we hear them lifting the names of the saints in prayer.

In another area we see more angels waiting anxiously for an earthly assignment to bring about a miracle in someone's life. Their arms are lifted in worship as they gently and softly sing praises to the Father.

Still in another area animals are grazing and there are farmers gathering beautiful flowers, seeds, bushes and various plants placing them in a cart with wheels. It appears they are the ones who tend to the natural beauty we saw as we crossed over the bridge where Jesus met us as we entered His eternal home.

Oh, I forgot to mention the beauty of what we called "nature" on earth is seen

more exquisite than we have ever seen before. The colors are so pure and perfect as we have never seen before. The sky is blue and as we walk or move through the air, brilliant colors form and dance around us. As we walk we are encircled by beautiful varied hues as through they are caressing us with their love and beauty.

Here, we never feel alone and the moment thoughts of someone comes to mind, they miraculously appear in front of us. They share in our "silent unspoken words" and praise and love for God. We talk about our new existence and new eternal life with God in heaven. It is even more natural as breathing. We talk about His Glory, His Love and His mercy now poured into our eternal lives. We see the angels coming our way singing and exalting God. Then everyone is coming out of their homes to join in. The bursts of melody and music fill the air and we willingly joyfully join in. Because of Jesus life and death on the Cross, we are all "One" forever and ever. (John 17)

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



By Pastor Ray Dare

The Christian life isn't a 100-yard dash, it's a marathon. If you're going to be everything God wants you to be, you've got to keep going. But how?

Rely on God's mercy. "Therefore, since God in his mercy has given us this new way, we never give up" (2 Cor. 4:1 NLT). Paul knew the only reason he had a ministry was because of God's mercy. So often we hear Satan whispering in our ears that we're not good enough, not smart enough, and not "spiritual" enough to serve God. You need to remember that God does everything to you, through you, and for you is by His grace and mercy. It's all a gift.

Remember it's not about you. If you don't, you'll either get bitter or prideful. You'll take everything personally. Someone looks at you cross-eyed, and you're ready to quit. You have to check your motivation. The why

Pastor Ray's Encouraging Words

How to Keep Going

always determines the what and the how long. If you're serving the Lord, just for yourself or for the approval of others, you're not going to last. Twice in this passage Paul tells us why he does what he does – **for Jesus' sake.** How could he endure the whippings, imprisonments, and criticism? He didn't make it about himself.

Refocus on others. "For all this is because of you, so that grace, extended through more and more people, may cause thanksgiving to overflow to God's glory" (2 Cor. 4:15 NLT). Paul says everything he does is for the benefit of others. He doesn't do it for himself; he does it for others. He does it for love. You serve God by serving others, motivated by love. You've got to think of others before yourself.

Renew your heart daily. "Therefore we do not give up; even though our outer person is being destroyed, our inner person is being renewed day by day" (2 Cor. 4:16 NLT). We're all getting older and breaking down physically. But we don't have to break down internally. How do we

avoid that? Paul says we get renewed "day by day." You do that through daily Bible reading and prayer. It must be a daily practice.

Refocus on eternity. "For our momentary light affliction is producing for us an absolutely incomparable eternal weight of glory. So we do not focus on what is seen, but on what is unseen; for what is seen is temporary, but what is unseen is eternal" (2 Cor. 4:16-17 NLT).

Paul experienced all kinds of trials. He was beaten, shipwrecked, and criticized, but he called them just momentary afflictions. Why? He had an eternal perspective. When you have your eyes on eternity, temporary troubles shrink in comparison. You've been called to be on the front lines of what God wants to do in this world. But it won't happen today. And it won't happen tomorrow. You've got to be committed to ministry for the long haul. These principles will help you do just that.

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

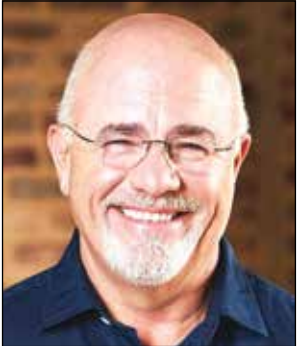
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Dear Dave, I'm an admissions counselor for a university, and I make \$37,000 a year. I spend alot of time on the road, and I'm trying to get out of debt, but I have one credit card I'm still using for travel expenses. The university refunds me for these expenses, which always run \$300 to \$400 per trip, but usually it takes about three weeks for this to happen. Do you have any advice for someone in my situation?

–Roxanne Dear Roxanne, Let's set up an account, and prime the pump once.

Dave Ramsey Says

By this, I mean in the next few months I want you save up \$500, then open a separate checking account for reimbursable travel expenses only. Make sure a debit card is attached to the account, too.

If you put \$500 into this account one time, you'll never have to save for it again. You'll use some of that money for your travel expenses—on your debit card—and when they reimburse you, you'll put the reimbursement check directly into your travel account. After you get the initial \$500 in there, your travel account will run off your reimbursement checks.

Lots of people carry credit cards on the road for expenses, but often they'll end up buying things that aren't reimbursable. It happens to everyone who travels. Then, over time, you accidentally run up credit card debt. But when you use a

debit card with an account that's completely separate, and you're not using it for anything except reimbursable travel expenses, it'll help you become a lot more disciplined with your purchases on the road.

Everyone who travels a lot does some stress eating and stress spending. Why? Because being on the road often, or for long periods of time, is no fun. The only people who think travel for work is glamorous are those who don't do it for living!

–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. ★

Find Puzzles on Page 6

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