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Citrus Heights Messenger

"Written by the people, for the people"

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Stopping Crime Before It Starts



From left to right: Officer James Garing, CSO Larissa Wasilevsky, and Officer Felicia Taylor.

By Patrick Larenas

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Police Department (CHPD) will be offering a safety training Business Academy for business owners and managers on Thursday, June 20, and Thursday, June 27, from 8 am to 12 noon.

Participants at the Business Academy will receive an introduction to the criminal justice system and learn to deal with and decrease business related crimes. "The Business Academy was created to deal effectively with business related issues and crimes such as shoplifting, theft, homeless loitering and counterfeit money," said Program Coordinator for the Business Academy, Larissa Wasilevsky.

"The program is a way to create partnerships with community business owners, managers and the Police Department. Crime is down overall 10 percent from 2018," said Wasilevsky, "but we know there are a number of new businesses moving into the city and we want them to be prepared in case a crime happens."

A wide variety of skilled and experienced crime related instructors will be hosted including:

Problem-Oriented Policing (POP) officer James Garing will be speaking on the subject of firearms and active shooter situations;

Homeless Assistance Resource Team (HART) Navigator Tony Morgan will focus on how to deal with homeless people in business situations

and why homelessness happens;

Crime Prevention Through Environmental Design (CPTED) specialist Felicia Taylor will deal with neighborhood, location and landscape issues associated with business crime;

Police Dispatcher Mark King will explain to students how to call the Police Department, how to become a good witness, how to describe suspects and other questions when contacting the Police Department.

The deadline to sign up is June 18 and participants will receive a Certificate of Participation. Future courses may be offered depending on community interest. To sign up contact Larissa Wasilevsky at (916) 727-5879 or at lwasevsky@citrusheights.net ★

**Spring
Cleaning?
Schedule Your
Bulky Waste
Pick-Up**

**By Laurie Slothower,
Sacramento County**

SACRAMENTO COUNTY, CA (MPG) - Old couches. Left-over lumber. One-legged chairs. Used laptops and TVs. Broken refrigerators. Beat-up mattresses. Does this sound like your backyard or garage? Did you know the Sacramento County Department of Waste Management and Recycling will come to your home and pick these items up from your curb at no charge?

One Bulky Waste Pick-Up per calendar year is included in your garbage rate. The no-charge pick-up is good for an 8' x 4' x 4' pile, with a maximum material amount of 5 cubic yards – about the size of a pickup bed loaded to the top of the cab. Additional pickups are only \$25!

Bulky Waste Pick-Up services are available by appointment only. To schedule your pick-up, call (916) 875-5555 or complete the Waste Management and Recycling form online.

Acceptable items include: Appliances, E-Waste (TVs and computer monitors), Universal Waste (household batteries, fluorescent light bulbs less than 4 feet, and cell phones), Furniture/Mattresses, Pipes, Lumber, Lawn/Tree/Shrub Trimmings.

Please use your green waste container as much as possible for leaves, grass, weeds and prunings. The more you use your green waste cart, the more space in your Bulk Waste Pick-Up for items that cannot go into a cart.

Place these items to the side of your pile: Tires (no rims; maximum of 5); Junk.

Lumber, pipes and trimmings should be no more than four inches in diameter and five feet long.

Unacceptable items include: Commercial Waste, Dirt, Rocks, and Bricks, Glass Panes, Concrete, Vehicle Batteries, Household Garbage, Hot Ashes, Heavy Materials (like auto bodies, engines, etc.), Hazardous Waste. This includes paint, oil and chemicals. This material may be dropped off at the Household Hazardous Waste Collection Facility located at the North Area Recovery Station. Call (916) 875-5555 for hours.

Customers are asked to place the materials in front of their property and on the same side of the street 24 hours before scheduled pick-up.

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Nonprofit Childcare Opens Center to Support Families

**By Jessica Keefe,
Elevate Public Relations**

CITRUS HEIGHTS, CA (MPG) - Single Mom Strong, a nonprofit created to meet the unique needs of local single mothers and their families through support, education and events is expanding its mission by addressing the lack of affordable, quality childcare in the region. Its new Empowerment Center, where a Grand Opening is set for Saturday, June 15, 2019, will immediately offer value- and activity-based summer camps, addressing a great need for working families.

When the school year kicks off, the Center will offer preschool and childcare programs, including extended hours and drop-in care, in a co-operative style childcare where parents can volunteer in exchange for reduced rates.

In addition, the Center will offer a variety of personal and professional growth programs for single mothers, with a wide range of topics such as goal setting, budgeting and self-defense, as well as

one-on-one coaching and mentoring.

"The cost of childcare is a significant strain on the family budget, particularly for single parents. The problem multiplies when school is not in session and full-day programs are needed such as during summer and winter breaks. We need to find better solutions to the childcare dilemma for families. Single Mom Strong's new summer program is a great option. Then, when the EmpowerME preschool and co-op childcare programs open in the fall, families will have an affordable long-term care option with the opportunity to volunteer in the Center in exchange for reduced-cost care for their children," said Founder Tara Taylor.

Taylor created Single Mom Strong as a response to her own challenges as a single mother. "I know from my own experience that it really does take a village to raise a child. I raised my daughter alone from the age of 6 months old without support from her father. It was the hardest, but most rewarding thing I have ever done.



Single Mom Strong Founder Tara Taylor.

I wanted to make that path a bit easier for other single mothers, so I decided to create the "village" that every mom needs when raising a child and Single Mom Strong was born."

Despite mothers' best efforts, statistics show that children raised by single mothers suffer in a variety of ways: they are more likely to have educational deficiencies, engage in sex at a younger age, have lower occupational status and income as adults, and give birth outside of marriage themselves, among other

issues. In fact, eighty-five percent of all children with behavioral problems come from fatherless homes.

Meanwhile, single mothers are plagued with feelings of guilt and inadequacy and usually find themselves living at or below poverty level. Single Mom Strong is working with local single mothers to change these statistics.

Since its inception in Sacramento less than three years ago, Single Mom Strong has served over 400 mothers and children in the

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D-Day Remembrance with Living Legends at Aerospace Museum

Story and photos
by Trina L. Drotar

SACRAMENTO REGION, CA (MPG) - Seventy five years ago, Dwight D. Eisenhower authorized Operation Overlord sending 176,000 troops from England to France. The date was June 5, 1944. On the morning of June 6th, troops, including 18,000 parachutists, had landed or were landing on the shoreline of Normandy. An additional 13,000 aircraft had been dispatched to provide air cover for the troops. June 6th, 1944 is D-Day.

Clarence “Bud” Anderson was one of the pilots who flew 100 miles inland that day. He shared that story with a group of 100 visitors at the Aerospace Museum of California’s D-Day commemoration event on Saturday, June 1st. Anderson, a retired colonel with the USAF, was joined by retired Navy Commander Dean “Diz” Laird for a talk about their experiences during WWII.

“We are so fortunate to have them here today,” said museum director Tom Jones.

The men, a few years south of 100, entertained the audience for two hours, graciously posed for photos, and signed books, pictures, and memorabilia. They met the many attendees who stood in long lines for the opportunity to ask a question or to thank the men for their service, a phrase heard repeatedly.

Prior to their talk, museum volunteer Jim Ronko, dressed as a D-day glider pilot, led a group of nearly 50 people through a living history talk and reenactment. “Path to D-Day” began inside and finished outside in front of the C-53, a plane that would have carried gliders to Normandy. Volunteers dressed as parachutists sat inside and greeted children and adults. The tour set the stage for the talk.

WWII aces, Colonel C.E. “Bud” Anderson, USAF (Ret.) and Commander Dean S. “Diz” Laird, USN (Ret.) looked like the neighbor next door or a great uncle, belying the strength that both men displayed during WWII and continue to display.

“To all of our veterans, past and present, especially Bud and Diz, thank you for your service,” said Jones who provided an overview of D-Day before introducing the Placer



Above: Commander Dean “Diz” Laird and Colonel Clarence “Bud” Anderson. Right: Aerospace Museum volunteer Jim Ronko reenacts the events leading up to the landing of troops at Normandy.

High School graduates.

Anderson, a triple ace, served in WWII and Vietnam, and received, among others, the Bronze Medal Star, World War II Victory Medal, Air Force Longevity Service Award, and Vietnam Campaign Medal. He is a National Aviation Museum, EAA Warbirds of America, and San Diego Air and Space Museum International Air and Space hall of fame inductee. He is also a Congressional Medal of Honor recipient.

Laird, born in Loomis, suffered from motion sickness but he had his sights set on flying. Among the 100 airplanes he has flown are the F4F Wildcat and F6F Hellcat. He scored victories in both the European and Pacific Theaters, set a record during the 1949 National Air Races where he flew an F2H Banshee. He is the recipient of Distinguished Flying Cross and Audie Murphy Award, among others. He is also a Congressional Medal of Honor recipient.

“Gentlemen, I salute you,” said Jones.



The audience applauded and many saluted the two men.

“We were the hottest damn fighter squadron in the world,” Laird said, his voice quiet but strong. “We were told this, and we believed them.”

He talked about the new requirement to be qualified for night landing saying that most pilots were not enthusiastic and that reports from the executive officer “did nothing to bolster our morale.” Laird recalled a sky filled with 72 fighter pilots circling and trying to get into a traffic pattern. The men,

constantly ridiculed, trained nightly. During the third week, Laird finally entered the traffic pattern, made several passes, and was determined to make the next pass his last. But he was going 10 – 15 knots too fast, caught only the top wire and was turned upside down.

“Damn Diz, we thought you were dead,” said the flight officer.

Laird did not have to make another attempt until he was back in the United States.

“It was a rather rough six months, learning new things from people who didn’t know how to do it in the first place.”

He threatened to punch his ops officer if he did not get a good mission. The mission, it turns out, nearly killed him, but he is a survivor who jumped out of an airplane for his 90th birthday and flew his 100th aircraft three years ago.

After flying a six hour mission, he returned to the ship, was seen by a doctor, and moved to sick bay where the doctor removed his appendix.

“You are one of the luckiest guys I know,” the doctor told him.

Anderson, it turns out, is also one lucky guy who credits the P-51 Mustang and Major General Jimmy Doolittle’s new instructions that fighter pilots could pursue and destroy while climbing to 18,000 ft. altitude. Previous mandates limited the planes to 15,000 ft. and required them to remain very close to the bombers.

“What a lucky break that was for us,” said Anderson. “That’s when victories soared.”

They were able to kill the experienced Luftwaffe pilots, leaving them with planes and inexperienced pilots. Anderson was the second flight to take off in the early morning hours of June 6th. Two squadrons of 32 aircraft were dispatched.

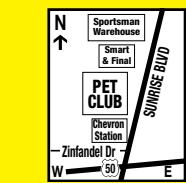
“Our destination was south of Normandy on the other side,” he said. The third flight leader said, “You know, that Bud Anderson seems to get home all the time. I think I’m going to follow him.” The mission lasted 6 hours, 55 minutes. A normal mission lasted 4 ½ hours. For additional information on Aerospace Museum of California, visit: <https://aerospacemuseum.org>. ★

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Limit One Coupon Per Family
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Memorial Day: Not a Day of Celebration, But a Day to Remember



The Citrus Heights Police Department motorcycle team escorts a procession of veterans, some in period dress, Boy Scout Troop 228, and members of the community, pausing at four stations to honor those buried from the Civil War, World War II, Korea and Vietnam. Photo by Steve Gall

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Memorial Day is not about barbecues, picnics, or races. It is about honoring the sacrifice of more than 1.5 million of our sons and daughters who died in uniform on land and sea and in the air since 1775. However, this number does not include those wounded or missing in action.

This was the theme of the Memorial Day service at Sylvan Cemetery on May 27, 2019. American Legion Post 637 Commander Paul Reyes cited General George S. Patton’s belief that it is wrong to mourn those who died but rather to thank God that “such men lived”.

The Citrus Heights Police Department motorcycle team escorted the procession of veterans, some in period dress including the Sons of the American Revolution, and the rifle guard of the Sons of Union Veterans of the Civil War. Other marchers included Boy Scout Troop 228, Citrus Heights American Legion Post 637 and members of the community. The procession wound through the cemetery, stopping at four stations to honor those buried who fought in the Civil War, WWII, Korea and Vietnam with a prayer and a salute.

Following other speakers during the service, Police Chief Ron Lawrence spoke of the special bond the U.S. military and police officers share as they all take the oath to “support and defend the Constitution of the United States against all enemies, foreign and domestic.”

Lawrence told the dramatic story of one overlooked hero of D-Day who showed extreme bravery under extreme conditions. Fifty-one-year-old General Norman Cota graduated from West Point Military in 1917 with Dwight D. Eisenhower. Cota served his country during peacetime for 30 years before he saw battle on Omaha Beach.

On D-Day, June 6, 1944 Cota was a brigadier general, second in command of the 29th division leading the Allied assault on Omaha Beach in Normandy, France towards the end of War II. His heroic actions that day earned him the Distinguished Service Cross for “personally leading traumatized soldiers through a gap of bloody Omaha Beach” where 2,000 American soldiers died.

The morning ended with a prayer, Harmony Express’s rendition of “Battle Hymn of the Republic”, a rifle salute and Taps being played.

Source: New England Historical Society ★

Nonprofit Childcare Opens Center to Support Families

Continued from page 1

greater Sacramento area.

The interest list for Single Mom Strong’s EmpowerME summer program is open but space is limited. Interested parties are encouraged to learn more at SingleMomStrong.org and attend the Grand Opening hosted by Taylor and the Center’s new Childcare Director Le Taunya Terrell. The event will feature a ribbon cutting, facility tours, carnival games, silent auction, special guests and treats. ★

Council OK's Sylvan Purchase

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - At the Citrus Heights City Council meeting on May 23, the Council unanimously approved the purchase of the old Sylvan Middle School property, which is one quadrant of the Sylvan Corners intersection (Auburn Blvd. and Sylvan Rd.). City staff described the area as vital to Citrus Heights’ economic development. If a developer purchased the property, the City wouldn’t have much say in how the land is used. By purchasing the property now, the City will have better control over the land use and design of the site.

The San Juan Unified School District has agreed to sell the 11.44-acre surplus property to the City at the appraised value: \$3.43 million (\$299,825 per acre). After an initial deposit of \$100,000, the City will have 60 days to review the property and conduct inspections. If for any reason the City chooses not to continue with the purchase, the agreement can be terminated during the 60-day “feasibility period” and the City’s deposit will be returned.

The Council recently approved a Revolving Line of Credit, which will be used for the purchase of the property. After the purchase, the City plans to partner with a developer and provide input and direction on plans for the property’s development. After the property is eventually sold to the chosen developer, the sale proceeds will be used to pay down the balance on the line of credit.

The May 23 meeting was also the third of five public hearings about the City’s transition to district-based elections in order to comply with the California Voting Rights Act. National Demographics Corporation (NDC), which is assisting the City in the districting process, presented nine draft maps for review. Members of the public submitted six maps for consideration and NDC prepared three drafts maps. The goal of the hearing was to explain the specifics of each map and receive public input.

NDC aimed to create maps with compact districts that follow neighborhood

boundaries and major roads while also respecting the will of the voters — drafting districts so only one current councilmember resides in each. Having districts that would put two or more members in direct competition in upcoming elections does not respect the choices voters made in prior elections.

NDC’s Map 109 successfully respects voter choice, but Maps 101 and 102 would both create one vacant district while putting Vice Mayor Jeff Slowey and Councilmember Bret Daniels in the same district — pitting them against each other in the 2020 election if both run for re-election.

Steve Demers, a GIS analyst with Sacramento County Elections Office and Department of Technology, submitted Maps 107 and 108, and members of the public submitted the remaining maps: Rodney Hart, Map 103; Steve Wiggington, Map 104; Albert Fox, Map 105; and Frances Phipps, Map 106. Of these maps, only 104 would put each councilmember in their own district. In Wiggington’s submitted comments, he stated that Map 104 has “a good mix of business and residential across all districts. It provides a relatively equal mix of schools, parks and open spaces across all districts. It takes into account a predicted population expansion of the Mitchell Farms residential development project by having a lower initial population in that district.”

During the hearing, the Council narrowed down the draft map options, selecting three focus maps (102, 104, and 109) that will receive further analysis. The Council generally favored Map 104 because it considered the expansion at Mitchell Farms and respected voter choice. There was some concern about the districts splitting some neighborhoods, so the Council asked NDC to create an alternate version of 104 that shifts the district lines to keep those neighborhoods together.

The Council is selecting the final district map this week. The public can view the maps online and submit feedback at www.citrusheights.net/992/Transitioning-to-District-Based-Election. ★

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Publisher,
Paul V. Scholl

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SMUD and CDFW Stock Thousands of Trout in Reservoirs

SMUD Press Release

EL DORADO COUNTY, CA (MPG) - SMUD and the California Department of Fish and Wildlife (CDFW) are again stocking three Sierra reservoirs with rainbow trout. The fish planting will run into August with SMUD stocking 25,000 pounds of fish into Union Valley, Ice House and Loon Lake reservoirs in El Dorado County. This is the fifth consecutive summer SMUD and CDFW have combined efforts to stock the reservoirs.

The trout plants are intended to enhance angling opportunities for the public. Surveys say fishing tops the reasons folks visit the Crystal Basin Recreation Area. On average, the stocked trout weigh one to two pounds each, including some trophy fish. SMUD, along with the owners of the Ice House Resort, have installed the “Crystal Basin Bragging Board” where anglers can post pictures of their catch from Crystal Basin reservoirs. There is also a scale available if anglers wish to weigh their catch and claim biggest-fish bragging rights. Anglers are also encouraged to tag SMUD on social media and show off their catch.

SMUD proactively works to improve the quality of life in El Dorado County, where many SMUD employees call home and work, and where the electric utility owns and operates the Upper American

River Project (UARP), a system of hydro-electric generation facilities.

SMUD was awarded a new 50-year license by the Federal Energy Regulatory Commission (FERC) in 2014 to continue operating the UARP, which provides nearly 700 megawatts of low-cost, clean, non-carbon-emitting hydro power, enough to provide about 15 to 20 percent of SMUD’s energy capacity during an average water year.

The fish-stocking effort helps SMUD meet conditions of operating its FERC license for the UARP.

SMUD will coordinate six separate trout plantings starting in early June and continuing into early August. Union Valley, the largest of the three reservoirs, will get 9,600 pounds; Loon Lake, 7,750 pounds; and Ice House, 7,650. The fish provided by SMUD will come from Mount Lassen Trout Farms of Payne’s Creek. The company also stocks SMUD’s Rancho Seco Lake, which annually hosts the very popular Trout Derby.

Fishing licenses are available for purchase from more than 1,400 license agents throughout the state and can also be obtained online at wildlife.ca.gov/licensing.

For more information about UARP and associated projects, as well as current reservoir and stream release conditions, please visit smud.org and the Community and Recreational Areas Web pages. ★

Blue Star Museums’ Free to Military Personnel and Families



A U.S. Air Force F-4 McDonnell Douglas Phantom II at the Aerospace Museum of California. Photo courtesy of the Aerospace Museum of California.

By Traci Rockefeller
Cusack, T-Rock
Communications

SACRAMENTO REGION, CA (MPG) - Seven Sacramento area museums are participating in Blue Star Museums, a collaboration among the National Endowment for the Arts, Blue Star Families, the Department of Defense and more than 2,000 museums across America by offering free admission to all active duty military personnel and their families now through Labor Day (September 2), 2019.

The seven local museums participating in Blue Star Museums include the following: Aerospace Museum of California, California Automobile Museum, California Museum, Crocker Art Museum, Fairytale Town, Powerhouse Science Center and the

Sacramento History Museum.

First Lady of the United States Melania Trump and Second Lady of the United States Karen Pence are honorary co-chairs of Blue Star Museums 2019. This year’s participating organizations include fine art, science, history, and children’s museums, as well as zoos, aquariums, gardens, and more.

The free admission program is available for those currently serving in the United States Military –

Army, Navy, Air Force, Marine Corps, Coast Guard as well as members of the Reserves, National Guard, U.S. Public Health Commissioned Corps, NOAA Commissioned Corps, and up to five family members.

Qualified members must show a Geneva Convention common access card (CAC),

DD Form 1173 ID card (dependent ID), or a DD Form 1173-1 ID card for entrance into a participating Blue Star Museum.

Before planning a visit, guests are encouraged to contact the individual museums for hours of operation and note some are normally closed on Mondays and in observance of holidays such as Memorial Day and Labor Day.

For more information or a complete list of participating Blue Star museums, please visit <https://www.arts.gov/national/blue-star-museums>. For more information about upcoming activities offered by Sacramento area museums, “like” them on Facebook at www.facebook.com/SacMuseums, follow them on Instagram and Twitter @SacMuseums or visit the user-friendly website at www.SacMuseums.org. ★

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By Marlys Johnsen Norris, Christian Author

Though out our lifetime, every one of us experience many different kinds of *longings*. The day we were born our first longing was the nourishment for our bodies. We did not know what it was until the love of our mother placed our mouths on her breast and we automatically sucked and milk came out to satisfy our longing. There is also a *longing* we experience in the beginning of life and that is LOVE. The love of a mother, father and other members of our family meet that deepest need we have as a child.

Once we are old enough to attend school another *longing* we don't understand creeps into our senses. It is having other classmates care about us and we fit into the circle of play. It gives us a sense of self-worth and acceptance we really do not fully understand. Then, there is the classroom experience

Longings!

with a teacher. When the teacher gives us acknowledgement for a correct answer we have a sense of worthiness. We feel like we are learning and advancing in the class.

Later as teenagers, being accepted by our peers becomes extremely important to make us fit in. The *longing* in our heart is primary for us to be accepted. We look forward to parties, a date for a school dance and other school activities for teenagers and receiving an invitation possibly from a person of the opposite sex.

It is in our teen years that *longings* for the opposite sex and enjoying their company and a hug and a kiss can advance to other *longings* we have never experienced before. Again, we want to be "accepted" and some who have not had education about it at home possibly yield to them. We feel the *longing* in our body but really don't understand the power it has over to sexual urges in their lives not really realizing the bondage God's enemy places on sinful acts.

There is another important deep inner "*longing*" within that comes from the heaven and it is a spiritual longing God places within us for Him self. If a person has attended Sunday school or Church

they may have learned about our Creator/God/Heavenly Father and His Beloved Son Jesus Christ. There comes a time when every one needs to establish heavenly convictions so they can face unbelievable temptations. It is forming a solid, immovable biblical principle that shapes the truth one believes and shows them how to live an abundant life God promises. Originally within them there might have created a special little *longing* that has increased over the years. Yet, there are so many who have never had this opportunity to learn anything about a God who loves them more than anyone could ever love.

Plus, God's love is so powerful He will give them many many opportunities to hear about His personal love just for them. He will wait patiently for that special day they are ready to fill that deep inner *longing* within and invite His Blessed Son, Jesus into their Heart and Life. Now, "born-again" they begin a brand new love journey with God through life and He will never leave or forsake them.

Marlys Johnsen Norris
Christian Author,
Stephens Minister
"God Moves Mountains,
It was a Miracle"
Marlysjn@gmail.com ★



By Pastor Ray Dare

God's power is unlimited. God can do anything He wants to. His power is amazing! But let me tell you something more amazing – the Bible says God wants to make His power available to YOU. That's good news because there are so many people in our society who are powerless. Powerless to change their lives. Powerless to become the person they want to be. Powerless to rise above their present situation or circumstance.

So many people live all their life beneath their God given potential. And they go all through life with the feelings of inferiority, feeling defeated, hopeless, with no dreams, no goals, no purpose, no ambition and that's sad.

You may feel this way, you think, "I'll never be the person that I want to be... I'll never be what I could have been... My circumstances will never

Pastor Ray's Encouraging Words

Tap into God's Power

change." If you've ever felt that way, I have good news for you. God says "I want to help you get there... I'm going to help you be the person I created you to be... I'm going to help you rise above your present self-imposed limitations." So, how do you get God's power in your life?

Admit that you need His power. You stop acting like superman or superwoman. You stop relying on your own strength and power and admit that you need His help. Paul said in 2 Cor. 2, "I have cheerfully made up my mind to be proud of my weaknesses, because they mean a deeper experience of Christ's power. . . For my very weakness makes me strong in Him!"

Believe He will help you. Faith is the key that unlocks the door to God's power in your life.

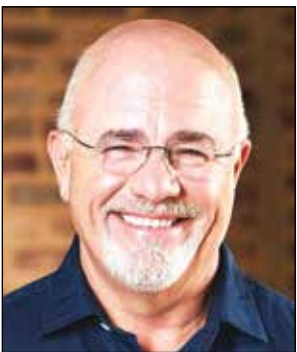
"Everything is possible for him who believes." Mark 9:23. One of my favorite verses is Matthew 9:29 "According to your faith it will be done unto you." God says, you get to choose what I do in your life. You get to choose how much power God pours

into your life.

Start acting in faith. You put feet to your faith. You start acting as though it's already so. You thank God for the answer in advance. If you wait until you receive the answer to thank God is that faith? No. That's gratitude. Faith thanks God in advance and acts as if it's already so.

The Bible tells us that power is wrapped up in a person, the person of Jesus Christ. You don't get the power without getting the person. So, the key to having God's power in your life is to have God's Son in your life, Jesus Christ. When you say, "Jesus Christ, put Your Spirit in me, the Spirit of power, love, hope and peace," you have God's power. If you've never invited Christ into your life, open yourself up and say, "Christ come into my life, give me your power. I want to live your way." That's how you do it! Plug in to God's power today.

Pastor Ray
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Dave Ramsey Says

see is that he's making no money. He needs to get a better job. He can't pay his bills, and in the process, he's sucking you dry. I'm sure your fiancé is a good, hard-working man, but he needs to make a serious career shift soon – like now!

In the meantime, this guy needs to take on a part-time job or two until he gets that career shifted. It's not really a budgeting problem you're looking at. It's an income issue. – Dave

Diversify Advisors?

Dear Dave,

We're wondering if we should diversify our investments by hiring multiple advisors with different companies, so we won't have all our eggs in one basket. Your thoughts would be appreciated. – Marya

Dear Marya,

I would get *one* advisor, and I wouldn't invest all my *mutual funds* in one fund. Virtually all mutual fund advisors can sell pretty much any mutual fund, and you can buy an array of different mutual funds from different companies through one advisor. That gives you diversification. So, there's really no advantage in having multiple advisors, unless

you don't trust someone's advice. And if you don't trust someone's advice, why are you working with them in the first place?

I personally have one financial advisor, and I trust that person. Still, I ask lots of questions and make sure I understand everything that's going on with my money and the investment before making a decision. Why are you recommending this? What is it about them you like? Show me the fund and how it compares to the S&P and other funds in the same category. If you approach it this way, and again, you have one advisor, it's a learning process and you become a more educated investor. Plus, after a while you can create your own diversification.

Never put money into something you don't fully understand! – 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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By Noah Howard

Every video game enthusiast has their own selection of small details or aspects of games that they appreciate. The small joys of mastering a new skill, painting a set of armor, completing a small task, or the oft-requested ability to pet in-game dogs should not be underestimated when it comes to measuring overall enjoyment of a game. But arguably the most important and popular small detail that has frequently echoed throughout the gaming community has been the ability to customize a home.

Though online games like *Second Life* had featured home-building as a central feature for some time, home-building was first thrust into the gaming mainstream with *Minecraft*, the survival game/digital set of Lego bricks that remains one of the best selling video games of all time. In *Minecraft*'s survival mode, building a home was essential as a fortress against the hostile creatures of the night. And in the monster-less creative mode, players created masterpieces of architecture that took the internet by storm.

Other major games got on board with the trend at a micro-level. The *Mass*

Game Plots

A Place to Call Digital-Home

Effect series allowed you to retreat from the perils of intergalactic war to your private quarters, where you could listen to music, feed pet fish, and collect model spaceships. *The Elder Scrolls V: Skyrim* similarly allowed you to purchase and cultivate a house, allowing you to find a spouse and to decorate your home with spoils from your adventures.

More recently, homes in games have skyrocketed in popularity. Major releases like *The Division* and *Wolfenstein II: The New Colossus* feature homes prominently as both mechanical and narrative devices. Some indie games have similarly embraced the trend; *FTL: Faster than Light*, *Sunless Sea*, and *Subnautica* create emotional attachments to your vessels/bases, making it all the more devastating if they're destroyed. *Far: Lone Sails* makes this craft-attachment its primary mechanic, as you peacefully pilot your steampunk mobile home across a desolate landscape.

The trend makes sense: even though it may seem small, having a personalizable space in an otherwise daunting environment can allow players to place their personal stamp on a massive world, creating a feeling of ownership and control over a small corner of a huge game. Collecting

mementos and decorations to personalize a home can be a pleasant distraction for the player, a side activity that differs significantly from the thrills and violence that characterize many games.

But the in-game home can also compliment the more exciting aspects of a game. Though the best video games are consistently entertaining, they are not always "fun": players may be placed into desperate or frantic situations, or might have to contend with tough moral choices. Having a safe place to retreat to can alleviate the emotional intensity that the best games are able to convey (or, in particularly sadistic twists, games can increase that intensity by destroying or modifying spaces the player considers "safe.")

In-game homes are a versatile choice for designers, offering a bevy of options to shift the emotional flow of gameplay. But games should be willing to include this feature even if it isn't essential to their creative vision. Because for players, even if it isn't central to a game,

having a cozy, personal place to call home can be as comforting and refreshing in the digital world as it is in the real one. To Respond To Noah's Articles Email Him At Digitalartsnoah@yahoo.com ★



Dads and Daughters

It's fascinating when you think about dads and daughters. Either they are the little princess or the daughter that my mother would always accuse me of being... "just like your father"...especially when I got one of my stubborn streaks going. Of course it didn't help when I would thank her for saying that. Don't know why she always got angry when I thanked her. Like...right! My dad has been gone a very long time, and I do miss him still.

He was a strong man with a short fuse, but got over it just as quickly. Sounds like yours truly. Dad passed on so many lessons without even realizing he was doing it. He never gave up was the best. He was born in Ilasco, Missouri, but his mom took him back to Romania when he was just two years old. His father was a brilliant man who spoke some 11 languages with little education. He just had the knack for it. But he did not have the knack for being a responsible father. He did not return to Romania with his family. He became an interpreter

POPPOFF!

with Mary Jane Popp

for the Ford Motor Company in Detroit, Michigan when it was a real powerhouse. When my dad was fourteen, he had to declare whether he would stay in Romania or return to the USA. Here's where I can say my dad was a strong person. He literally said he was born in the USA and wanted to return. But no one gave him a hand...not even his own father. His own father told him..."I gave you wings, now fly." BUT HE NEVER GAVE UP!

He worked long and hard, lying about his age to get whatever job he could get. I don't have enough time to share the whole story, but he became a Furrier and made it to Metro Golden Mayer studios in Hollywood to design fur coats for the stars including Betty Davis. When ulcers took their toll on his health, he worked his way up to making airplane wings in a plant and then turned to, of all things, taking on the arduous task of becoming an Ironworker. Yup, walking on those two inch girders several stories up in the sky, including the Sears Tower in Chicago. And I can tell you, he succeeded in every job he took on...right to the end when cancer took over and his heart gave out.

So why do I tell you this abbreviated version of my life with dad? I think it's important to realize that dads

do have a significant influence on their daughter's life. My dad taught me to never give up, no matter what the situation. I would like to think he would be proud of my accomplishments today. He got to see the beginning of my work in Television and Radio, but not my writing a



Happy Father's Day DAD!!

book and my sharing stories with you in this column. But I do think about dad often, and his words still ring in my ears. NEVER GIVE UP! I won't dad. Happy Father's Day. Love, Mary Jane. ★



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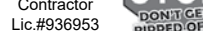
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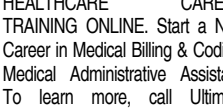
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COMPUTER INSIGHTS

By Rich Martinson

Using a Good Router

Last week we provided 10 Safety Best Practices to keep your MAC or PC free from outside threats. Number 1 on that list was to put your computer behind a good router.

What is the Router anyway?

Part 1. A modem that converts the signals coming from your ISP into an ethernet format that the router will use to provide signal to your local area network (LAN).

Part 2. The actual router with (at least) one Wide Area Network (WAN) port that takes the ethernet signal from the ISP and splits it up into 4 or more ports on the LAN. These LAN ports are used to attach the “wired” computers, printers, and other devices in your home or business. If more wired devices need to be added, then connect a “switch” to one of the LAN ports and more devices can connect to the switch.

Part 3. A WiFi section that allows you to connect even more devices wirelessly to your LAN.

Remember that all the wired and WiFi traffic has only the WAN port(s) to get to the internet. So the higher the speed that your ISP has provided, the more devices you can add and the faster they will be.

To picture how it works, imagine

For most homes and businesses the router is a combination device that your Internet Service Provider (ISP) gave you when the internet connection was installed. It typically combines at least 3 things:

a funnel where all of the wired and wirelessly connected devices on your LAN have their signals combined into a stream of data that goes out the WAN port(s) to your ISP who sends it to the internet.

Inside the Router

The secret sauce in the router that provides more internet safety to you is Network Address Translation (NAT). That is the programming that makes sure that the data coming and going to the internet through your router's WAN port(s) finds its way to the correct LAN port that made the original request. You wouldn't want the website content from another workstation to show up on your computer by accident would you? NAT programming ensures that that won't happen.

It does it by giving each port on the LAN its own address. Because the address your ISP assigns to you is not the address your router uses to manage your devices, the result is that you are much safer behind your router than if the computer was just sitting on the internet without it in between.

It's not perfect protection, but it cuts back attack threats significantly. And thanks to your ISP, you're most likely getting it automatically.

Happy Computing!

Rich Martinson is an IT Consultant and can be reached at insights@rrmartinson.com or at 916-222-2735 for any inquiries.



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Connecting Kids to Dental Care

**Andrea Sandoval,
Sacramento County**

SACRAMENTO, CA (MPG) - Did you know that tooth decay is preventable and when kids have healthy teeth, they feel and do better in school? Sacramento County Public Health is working with community organizations to increase access to dental care and to educate parents about how to prevent dental disease so the whole family can live healthier lives without dental pain.

Sacramento County Public Health Officer, Olivia Kasirye, said, “Tooth decay in children results in dental pain, missed school days and hinders student success. Cavities do not heal on their own, and therefore, need intervention by a dentist. Together, we can work to prevent tooth decay, tooth loss, and help our children be successful in school.”

First – let’s increase dental access; If you have Medi-Cal, you have dental benefits. In Sacramento County, approximately 58% of children who have Medi-Cal do not regularly visit the dentist even though dental care is a covered benefit. Studies show that children are more likely to visit the dentist if their parents do, too. Be the oral health role model your children need.

If you don’t have Medi-Cal, call Sacramento Covered at (916) 414-8333 to help determine if you qualify and/or to sign up for free or low-cost health coverage. If you don’t qualify, Sacramento Covered will provide other options to help you get the dental care you need. The Sacramento County Department of Human Assistance also helps determine eligibility for

Medi-Cal, CalFresh and more – call (916)874-3100.

Second – let’s brush up on dental facts:

Cavities are not something that everyone gets - you can prevent cavities and dental disease by brushing twice a day, making healthy food/drink choices, and visiting a dentist regularly;

If you are pregnant or planning to get pregnant, see your dentist for a checkup;

From day one, protect baby’s dental health by the following: Wipe baby’s gums after feeding with a soft cloth or finger toothbrush; Only put water in a baby’s bottle at bedtime (if a bottle is needed); Make baby’s first dental appointment when their first tooth comes in or by their first birthday;

Baby teeth matter for the development of healthy permanent teeth, speech and proper eating;

2x2x2 - Brush with fluoridated toothpaste twice a day for two minutes and visit your dentist twice a year;

Dental sealants and fluoride varnish greatly reduce the risk for cavities;

Make healthy food choices and limit sugary snacks and drinks.

Third – let’s learn about the Sacramento County Public Health’s Oral Health Program. Sacramento County Public Health offers oral health education; dental provider resources; referral assistance for parents, school staff, and public health professionals; and works to improve access to dental care services.

Dental Transformation Initiative – To increase access to dental care for Medi-Cal eligible children aged 0-20 years old, the Every Smile Counts! pilot projects use

innovative strategies to reach families including the Virtual Dental Home, Medical/Dental Partnerships, and Community Outreach and Parent Education;

Rethink Your Drink – A campaign to teach children and parents about the amount of sugar and calories found in commonly consumed beverages, and the impact it has on physical, as well as oral health;

Tobacco Cessation - Developing and delivering evidence-based training and resource materials for oral health professionals to assist clients in making healthy choices;

Kindergarten Oral Health Assessment – To help connect children to needed dental services, the County works with community partners to increase the number of students that receive a dental assessment and the number of schools and school districts that report the data.

Call the Sacramento County Oral Health Program to learn more about oral health education and resources at (916) 875-5947, and be sure to check out the First 5 Sacramento Dental website for dental information specific to 0-5-year-olds.

The Sacramento County Dental Health Program receives funding from the California State Department of Public Health through Proposition 56, the California Healthcare, Research and Prevention Tobacco Tax Act. As part of this grant, the Oral Health Program undertook a countywide oral health needs assessment to develop projects to support the California Oral Health Plan and to meet the unique needs of county residents. ★

Renaissance Singing Group Serenades Seniors



Singing for Fun’s ukulele ensemble: the Uk-u-Ladies. Photo courtesy of the Renaissance Society

**By Muffy Francke,
Renaissance Society**

FAIR OAKS, CA (MPG) - On Tuesday, May 7, the Renaissance Society’s Singing for Fun chorus serenaded the residents of Oakmont of Fair Oaks retirement community. The residents were treated to songs that many not only remembered, but enjoyed as a sing-along with the encouragement of Chorus Director Sara Zeigler.

The singers performed such tunes as “When You’re Smiling”, “It’s a Wonderful World”, “Up a Lazy River”, “Jeepers Creepers”, and “We’ll Meet Again”. The Uk-u-Ladies, the group’s ukulele ensemble, provided toe tapping beats to tunes like “Ain’t She Sweet” and “Yes, Sir, That’s My Baby”. There were train whistles for “Chattanooga Choo Choo,” rhythmic maracas for “Lemon Tree,” and chorus member Maryann Frantz entertained with a rousing tap dance during “On the Sunny Side of the Street.”

Narrator Bette Carr introduced each song with interesting and fun facts.

Singing for Fun is a class offered by the Renaissance Society, an organization in partnership with the California State University, Sacramento (CSUS), that provides opportunities for lifelong learning and community engagement for older adults. Society members choose to study topics proposed by peers who lead the seminars. There is a veritable smorgasbord of subjects which evolve from semester to semester depending on members’ interests.

Classes are held on the CSUS campus on Fridays and Saturdays during both Fall and Spring semesters. The Society also offers seminars, “birds of a feather” gatherings, book clubs and other activities such as Singing for Fun on other days and other locations.

The Society also hosts a Summer series of presentations where non-members are welcome. The schedule can be found at <https://www.csus.edu/org/rensoc/>

[calendar.html](#).

The Singing for Fun group chooses a new slate of songs each semester, rehearses for approximately eight weeks, and then performs for up to five different senior communities. This Spring in addition to the Oakmont show, they also entertained residents at Summerset Senior Living facility in Rancho Cordova, Sunrise of Fair Oaks, Aegis of Carmichael, and the Hart Senior Center in Sacramento.

The chorus has been part of the Renaissance experience for almost thirty years. Each semester, there are about forty participants, many of whom have been singing with the chorus for years. The only requirement besides Renaissance Society membership is to enjoy singing and sharing the joy with others. Director Zeigler emphasized that the group has “fun” in its name so there are no tryouts and no requirement to read music. ★

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