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Citrus Heights Messenger

"Written by the people, for the people"

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Serving the City of Citrus Heights & Sacramento County

MAY 10, 2019

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Lanterns Launch Peace, Love and Memories



Veronica Caeton, Heather Maire and Ayrika Caeton's lanterns memorialized lost loved-ones.

**Story and photo
by Susan Maxwell Skinner**

SACRAMENTO COUNTY, CA (MPG) - A Water Lantern Festival at Gibson Ranch last weekend launched thousands of hopes, dreams and memories on the reserve's lake.

Organized by One World LLC, the event continued an international trend inspired by oriental tradition. At similar events hosted by hundreds of US locations, paying participants receive lanterns and marker pens. Sustainable rice paper is the canvas upon which messages of whimsy, emotion or hope are expressed. Illuminated by battery lights, the luminarias are then liberated to float in rose-hued armadas, carrying serenity and goodwill into the universe. The idea, say organizers, is to unite friends, families and strangers in celebrating life.

For the Woodstock generation, it's like attending a tamer, Max Yasgur's Farm – with fairy lights and without mud.

Promoted largely by social media, the Gibson Ranch celebration drew almost 5000 participants. Some travelled from the Bay Area and Nevada. Indian-born newlyweds Shivangi and Bhasker Dhaundiyal heard about the karma-fest in their Sunnyvale suburb and trekked to Elverta. The couple celebrated the "perfect imperfection" of their marriage by lamplight.

Many luminarias were decorated with blessings of peace and serenity. Bereaved mom Ayrika Caeton dedicated her love-light to a lost infant son. Deceased pets, whales and unicorns were carefully drawn and launched. Before the launching ceremony, festival-goers were encouraged to meditate and share goodwill with

fellow attendees. Music played, merchandise was sold, food trucks did brisk business and thousands of selfies were indulged. With as much serenity as is possible in a traffic jam, festival goers later departed amidst clouds of Gibson Ranch dust. Once the music ended, a chorus of perplexed goose-honking continued lakeside melodies.

Organizers spent the next day in rubber boots, clearing litter and lifting thousands of wood and paper craft from the lake.

Water Lantern Festival LLC is based in Utah and supports Water.org, an international nonprofit that promotes safe water in developing nations.

Learn about future water lantern events – including an October 6 festival at Lake Folsom at www.waterlanternfestival.com ★

Council Approves New Contracts, Maintaining Park Safety and Continuing HazMat Services

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) -

At the Citrus Heights City Council meeting on April 25, the Council voted to approve a new supplemental police services agreement between the Sunrise Recreation and Park District (SRPD) and the Citrus Heights Police Department (CHPD). In order to enhance safety in and around the parks and open spaces in Citrus Heights, the SRPD and the CHPD have had a supplemental police services agreement since 2013.

The contract specifies that the CHPD provide one overtime officer who patrols the parks for 10 hours each week, for a total of 40 hours each month. The contract was renewed

in 2016 and 2018 with minor changes. The SRPD is requesting to renew the supplemental police services contract through the end of 2020.

The only significant change in the new contract is an increase in the hourly rate billed to SRPD. The contract rate will now be billed at up to \$95 per hour, which is a rate increase from \$85 per hour in the previous contract. The increase is due to the City's salary adjustments for CHPD officers.

Councilmember Bret Daniels stated the importance of having a police presence in the parks, and he said he would like to see the City "expand law enforcement functions." He suggested that at some point the Council should

consider funding a full-time officer to patrol the parks.

The Council also voted to approve the list of 2019-2020 Citrus Heights projects that will be funded by Senate Bill 1 (SB 1) — The Road Repair and Accountability Act.

SB 1 was passed in 2017 to address transportation deficiencies and maintenance needs throughout California. Recipients must meet SB 1's transparency and accountability requirements in order to receive funding. To receive SB 1 funds, the City must adopt a resolution approving the proposed projects and submit an annual expenditure plan to the California Transportation Commission.

The City of Citrus Heights expects to receive

approximately \$1,452,092 in funding to complete the following residential street resurfacing projects: Blowing Wind Way, Carol Ave., Celestial Way, Covewood Ct., Creekmont Way, Flaming Arrow Dr., Forbs Way, Glass Slipper, Hatfield Ct., Maidstone Way, Picnic Ct., Scribner Ave., and Sudden Wind Ct. The streets are all in poor to very poor condition, and they are located throughout the city so work will not disrupt traffic in a concentrated area. The City resurfaced the same amount of residential streets last year, a number that is double what they could afford to do prior to the enactment of SB 1.

SB 1 funds for fiscal year 2019-2020 will be

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Reducing the Stigma of Mental Health

**By Andrea Sandoval,
Sacramento County**

SACRAMENTO REGION, CA (MPG) - In recognition of Mental Health Month this May, the "Mental Illness: It's not always what you think" project will be active at Sacramento County community events, engaging with attendees and distributing helpful information in an effort to help stop stigma and discrimination, promote mental health and wellness, and inspire hope for people and families living with mental illness.

These local events provide a great opportunity for residents, along with their friends and family, to get involved and help Sacramento County increase awareness during this important time of year.

Get involved and help to stop mental health stigma this May:

Wednesday, May 22: Mental Health Matters Day at the California State Capitol from 9:30 a.m. – 2:00 p.m. RSVP for this free event and stop by the project's booth;

Friday, May 24: Mental Health Matters Night with the Sacramento River Cats! Come out to Raley Field on May 24 for Mental Health Matters Night and cheer on the Sacramento River Cats as they take on the Salt Lake Bees! The game will take place at Raley Field starting at 7:05 p.m. (Don't forget to wear lime green for Mental Health Month!);

Purchase tickets before they sell out and show your support for the efforts of Each Mind Matters and the Sacramento County "Mental Illness: It's not always what you think" project to help promote mental health and inspire hope for people and families living with mental illness.

Throughout the Month of May: Visit our May is Mental Health Art Displays! All art displayed was created by individuals and families living with mental illness to help dispel the myths and stereotypes about mental illness. Check out our website for the dates and locations of our displays.

Get involved – anytime! Show your support for those living with mental illness and pledge to reduce stigma by signing the virtual Wall of Hope on the Project's website;

Share your personal story of hope and recovery to help stop stigma and discrimination toward people and families living with mental illness. Telling your story may encourage others to share their experiences and may end the silence that contributes to isolation and shame;

Join the Stop Stigma Sacramento Speakers Bureau

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"I think it's just a great experience for the kids to give back to the younger kids.... It shows the importance of the leadership aspect of being a student athlete," said Dolliver. "It's good to bring them out here, and I think it's going to make them better football players themselves." ★



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Dispatcher of the Year Award



Dispatcher Scott Kermgard, the CHPD awards recipient, standing with Police Chief Ron Lawrence. Photo courtesy of Shaunna Boyd

Citrus Heights Police Department

CITRUS HEIGHTS, CA (MPG) - Each year, the second full week of April is dedicated to the men and women who serve as Public Safety Telecommunicators. On Saturday, April 6, 2019, the Organization of Public Safety Telecommunicators (OPST) hosted the 22nd annual Dispatcher Awards Banquet to recognize and honor police and fire 9-1-1 dispatchers, call takers and supervisors for their exemplary performance and contributions to the community. OPST is comprised of call takers, dispatchers, supervisors, and managers from 9-1-1 Public Safety agencies in Placer, El Dorado, Nevada, Sacramento, and Yolo Counties, including state agencies. Each year many Citrus Heights Police Department (CHPD) dispatchers are nominated for the annual Dispatcher of the Year Award, and this year Dispatcher Scott Kermgard was selected as the CHPD awards recipient. Scott joined the CHPD Communications team shortly after the inception of CHPD in 2006. During his tenure, Scott has served in a variety of training and leadership roles and is looked upon as a veteran

member and mentor of this team. On December 27, 2018, Scott received a frantic 9-1-1 call from a woman who had just been struck by a drunk driver while riding her skateboard. Scott remained on the line with the victim for over 20 minutes while he, his partners, and responding officers attempted to identify the caller's location. During that time, Scott demonstrated incredible calm, compassion, and encouragement, and the victim was successfully located and transported to the hospital with critical injuries. For many the story ends here; but not for Scott. He and his partners would later visit the victim in the hospital to show their care, concern and compassion towards those we serve. The above example is just one of many reasons Scott is deserving of this award. In department-wide nominations, he was recognized for his consistency, reliability, expertise, professionalism, and compassion. Scott is a consummate professional and has earned this award for his ongoing compassion in representing the dispatch profession. Congratulations, Scott! We are so lucky and honored to have you on our team. ★

Council Approves New Contracts, Maintaining Park Safety and Continuing HazMat Services

Continued from page 1
distributed each month starting in July 2019, and the listed projects are scheduled to be completed by June 2020. After resurfacing, the streets should last 30 years. The Council approved a new three-year contract with the County of Sacramento for the Hazardous Materials Response Team (HMRT) to provide specialized services for incidents involving hazardous material. Citrus Heights has contracted with the County for these services since 2006. Sacramento Metropolitan Fire District operates HMRT as part of the Special Operations Division; the team is staffed by seven specialist-level personnel and is administered by a manager who is on call 24/7. Hazardous material is any substance that can cause harm to human life and/or the environment, such as explosive,

flammable, toxic, radioactive, and destructive materials. HMRT provides services in response to Level II and Level III incidents, which require evacuation and specialized protection procedures beyond what local first responders are trained to handle. In the case of serious hazardous incidents, HMRT would provide assessment, victim rescue, identification of hazardous material, containment of hazardous material, management of the incident, mitigation recommendations, management of emergency response activities, and coordination of cleanup and restoration of affected site. The cost of HMRT service for the 2018-2019 fiscal year was \$59,771.74, which was included in the CHPD budget. For 2019-2020, the cost increased by 3%, for a total of \$61,564.90. The contract amounts for upcoming

years all include a 3% increase per year based on anticipated increases in costs for services. Vice Mayor Jeff Slowey questioned why the contract price will increase by 3% each year instead of increasing at pace with the cost of living. Assistant Chief of Police Gina Anderson stated that the increase was estimated based on the cost of services, training, and equipment. If costs don't increase as much as expected, the City can renegotiate the contract at the end of the three-year term. Vice Mayor Slowey compared the contract to hazardous material insurance, acknowledging that a major incident could cost the City much more than the yearly contract price if they had to mitigate the incident on their own. He asked that HMRT provide a report each year detailing hazardous materials incidents from the past year of service. ★

Taste of Citrus Heights Declared 'A Delicious Experience'



Guests of TOCH experienced all in one room, bites and sips of culinary heaven including BBQ, traditional Mediterranean, Mexican, Italian, pizza, gourmet sandwiches, vegan dishes and delectable desserts and candy of all kinds. Photo courtesy of Tamara Barbu

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - "It just keeps getting better." That was the general consensus of those attending the third annual Taste of Citrus Heights (TOCH) on April 26, 2019 at the Citrus Heights Community Center. Members of the General Federation of Women's Clubs (GFWC) Citrus Heights Women's Club began planning the evening in 2018. Over two dozen vendors from Citrus Heights and the surrounding area again brought both traditional and unique cuisine to their sampling tables. Guests of TOCH paid \$40 to experience all in one room, bites and sips of culinary heaven including BBQ, traditional Mediterranean, Mexican, Italian, pizza, gourmet sandwiches, vegan dishes and delectable desserts and candy of all kinds. To complement the food, vendors offered tempting teas including a high alcohol kombucha tea, gourmet coffee, beer, wine, and

flavored margaritas. Funds raised from ticket sales, raffle and silent auction tickets, and sponsor donations will help fund the police department's annual mandatory 'emotional survival' training for all police officers. They and their spouses learn techniques and ways to deal with post-traumatic stress, anxiety and relationship issues stemming from the daily stress members of law enforcement and their families experience. This program saves marriages and lives. Several local grocers got in on the action, highlighting their own beer and wines and other grocery specialties. While browsing the different vendors' offerings, several offered on-line only, attendees were often surprised and pleased to discover a hidden gem "off the beaten path" or right in their neighborhood they had not known existed. The ethnic diversity was impressive. Competing for silent auction and raffle prizes is a highly anticipated part of any fundraiser. Volunteers donated an eclectic array of items and put together dozens of creative baskets which led to a fun part of the evening. Dozens of volunteers made this event possible, including members of the Women's Club and police department. Tamara Barbu-Brown, local pageant director for greater Sacramento and her queens helped with the raffle and silent auction and remained until the end to help. With their aid along with the many other volunteers, another successful Taste of Citrus Heights was 'in the books' by night's end. Sponsors were Sacramento County Supervisor (and former mayor of Citrus Heights) Sue Frost, Reliable Home Improvement, The City of Citrus Heights, Sunrise Market Place, Citrus Heights Police Officers Association (CHPOA), Hernandez Law & Realty, Citrus Heights Sentinel and Chris DeMattei Real Estate. ★

Reducing the Stigma of Mental Health

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or invite one of our inspirational speakers to share their personal stories of hope and inspiration at an upcoming event; Show your support on social media by following the project on Twitter and be sure to "like" the project on Facebook. Join the positive conversation around mental health with the hashtag: #StopStigma. It is estimated that one in every five people will experience a mental illness during their lifetime. In Sacramento County alone, more than 300,000 residents

live with mental illness. But two-thirds of these individuals do not seek support or treatment because they worry they will lose their jobs, their friends or family, or be isolated because of the stigma and discrimination associated with having a mental illness. To fundamentally alter negative attitudes and perceptions about mental illness, seven years ago, the Sacramento County Division of Behavioral Health Services (DBHS) initiated a multimedia and community outreach project that aims to replace myths and stereotypes with examples of wellness, recovery and hope. For more information on Sacramento County's "Mental Illness: It's not always what you think" project, and to learn more about how to reduce stigma and discrimination in your community, please visit the Stop Stigma website. This program is funded by the Division of Behavioral Health Services through the voter-approved Proposition 63, Mental Health Services Act (MHSA). For more information visit: <http://stopstigasacramento.org/> ★

Fire Camp Lets Kids Be Firefighters


By Brenda Briggs, Metro Fire

SACRAMENTO COUNTY, CA (MPG) - Metro Fire recently opened the application period for Fire Camp, a day camp Campers learn valuable life safety skills, while discovering what it means to be a firefighter. Photos courtesy Metro Fire. that takes place from June 25 – 28, 2019. Fire

Camp provides local children a once-in-a-lifetime opportunity to experience today's fire service, first hand. The program is designed to instill self-confidence, teamwork, teach life safety skills and provide a basic understanding of the firefighting profession, in a fun and exciting atmosphere. Campers are grouped in "strike teams" of eight campers, and each strike team is mentored by two Metro Firefighters. Campers learn valuable life safety skills, while discovering what it means to be a firefighter. To attend Fire Camp, applicants must be 11, 12 or 13 years of age, with preference given to those living within Metro Fire's boundaries. Applications are processed in the order in which they are received, so apply early



Camp provides local children a once-in-a-lifetime opportunity to experience today's fire service, first hand.



Publisher, Paul V. Scholl

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Disenfranchised Parents Unhappy with SJUSD’s Controversial Curriculum

By Gary McFadyen

SACRAMENTO REGION, CA (MPG) - More than 250 unhappy parents showed up at the San Juan School Board Meeting on Tuesday night April 9th, to ask the board to not adopt the district staff recommended and proposed History and Social Science curriculum for elementary-aged students. This was the first of the last two SJUSD board meetings before they would vote on whether or not to adopt the curriculum as proposed. The loudest objection aimed at the school board coming from the many parents who spoke at that meeting, came from a group of aggrieved moms and dads who claimed that they were intentionally left out of the discussions that would have allowed them to help shape the recommendations to the board on the matter that could have provided options that would both comply with SB48, and that would meet concerns of parents on both sides of the controversial curriculum issue: The issue of teaching about a person’s sexuality and the subsequent classroom conversations regarding sex and sexual preferences of people who have made contributions in some form to society. The discussion these parents say they were left out of was the one about what material would be used, at what age level would it be appropriate, and how it would be taught. During the Public Comment portion of the

board meeting, Chelsy Erickson, one of the large number of parents in the district feeling disenfranchised, told the board “nothing has shocked or disappointed me more than the lack of inclusion of the parents by not giving us a seat at the table so we could have a voice.” She continued, “invitations were buried in a flood of ‘general informational’ emails and robo calls, but there was no specific information telling parents that there would be sensitive or controversial material involved.” Erickson told the board that this crucial specific information was left out of district communications to parents until the eleventh hour when it was finally added only because a concerned mother challenged San Juan School District staff and insisted that the notifications specifically mention the LGBT inclusion items in the curriculum being proposed. These parents contend that there was neither a robust nor truly transparent effort by the district to inform parents of the extraordinary content in the new curriculum and that the crucial information was not fairly or appropriately highlighted in notices until January of this year; thirty months into a thirty-six month timetable, effectively giving concerned parents no time to organize and demand they be given a seat at the planning table. Larry Gilmore, parent of a third grader, told the board that he is one




Chelsy Erickson expresses her opposing views. Photo by Gary McFadyen

of approximately 2,500 tax paying Concerned Parents of San Juan Unified School District who objected to the way the district went about adopting the state’s curriculum for elementary-aged students. He told the board that they violated their Professional Code of Conduct in that they allowed misrepresentation and distortion of facts during public discussion. In his examples he cited EC 35160.1 (Education Code) where the Legislature found and declared that “school districts have the flexibility to create their own unique solutions” which can be “liberally construed to effect this objective”. He also cited SB 48 and the HSS Framework law that state “while mandatory in regard to its implementation, it falls to the teacher and the local school and district administration to determine how the content is covered and at which grade level(s).” Gilmore asked the board why, knowing this was such a volatile issue, they

didn’t give more complete information, or invite parents to explore options that under the law would be a more acceptable solution for all involved. He urged the board to delay adoption until parents can fairly be given this opportunity. Becky Milton stood before the board saying, “I respectfully ask that you do not adopt this new curriculum in its entirety”. She stated that she is a firm believer in public education, and that she taught and subbed in SJUSD for over 10 years. “This is too much too soon,” she said, “the complex nature of sexuality and gender identity are not appropriate topics to discuss with elementary age children at school”. Quoting the Fair Act (SB 48) she too stated that the board could choose to push back the curriculum and to focus the fair act at the more appropriately aged high school level. Milton asked that rather than making a decision that would divide the district, all parents and educators be allowed

to “work together to build bridges”. And in Erickson’s comments she asked the board to give the parents, both proponents and opponents of the current proposal, the opportunity to work together to find mutually acceptable paths for implementation. The boards concluding remarks in this meeting did not acknowledge or address the complaints cited, or the sincere requests of parents asking for a postponement and opportunity to fairly participate and work together. Their remarks did, however, with the exception of one, indicate that each of them had already decided to vote for adoption of the proposed curriculum at the next board meeting. The April 23rd meeting was also packed. Concerned parents filled the main board room, an overflow room, and stood shoulder to shoulder in the halls to hear the proceedings. Again, parents from both sides addressed the board. Again, the disenfranchised parents protested that the district intentionally left them out of the discussion, and they pleaded with the board to postpone adopting the new curriculum and allow parents a chance to work together to come up with a plan for presenting the material in a way that would meet both the requirements and concerns of parents on both sides of the issue. “We put our trust in you when we voted for you”, said Erickson, addressing

the board at the second meeting in a row, “won’t you put some faith and trust in us by giving us the opportunity to work on this together”. Closing remarks from the board differed little from the last meeting. This time a board member and the superintendent did acknowledge the request from parents for postponement but said that it would not change the fact that they were required by the state to adopt the proposed curriculum, and that they had no choice but to vote for it. It is important to note here that other school districts including Capistrano Valley Unified School District and Clovis Unified School District have intentionally not adopted the state approved History and Social Studies curriculum in an effort to cooperate more with concerns of all district families and communities. These two districts have joined with at least 24 other school districts in California, including Orange County School District, who are using the flexibility built into the law, and working with parents to come up with solutions that work to meet the important needs of the children and families in their districts. The pleas of the disenfranchised parents had no impact on the outcome. In the end, as predicted from the meeting two weeks earlier, the school board voted unanimously to adopt the new curriculum provided and approved by the state. ★



COMPUTER INSIGHTS

By Rich Martinson

#1 Computer Safety Tip: Backup Regularly!

So, you’ve stored all of your financial information, documents, and contact information on your Mac or PC and now it’s all gone! Does it really matter what caused it? Maybe you accidentally deleted some files; the hard drive could have crashed; there was a fire; or maybe a virus or hacker trashed your files.

Protecting against any of those things and endless other possibilities is really EASY. You just have to BACKUP your important files. That way if they’re lost, you can always get them back.

You can even schedule the file

saves so that once it’s set up, the system can back up your important files automatically at a time that is convenient for you. All without giving it a second thought. Sound good?

If you’re one of those folks who forget to do it, there is no need to kick yourself because research shows that more than half of PC users don’t backup their systems or don’t do it often enough.

However, since the consequences are so devastating and the fix is so simple, don’t you think you should be doing it regularly?

Here Are Some Tips

- Files to backup should include your emails, contacts, browser favorites, as well as any important folders, files, and documents that you’ve been working on.
- Schedule your backups so that if something happens between backups you can recreate any lost files. A one week period works for individuals, but businesses often need a daily backup.
- Use an external flash drive, hard drive or storage device that is large enough to store your files.
- A USB drive attached to your system
- should be remove and stored in a safe place when done.
- A network drive is a good destination for backups and can be used routinely.
- Consider backing up to the cloud or a remote server in another physical location from your system. This is a big plus if you are considering a more complete disaster recovery.
- In addition to the backup systems built into the computers operating system, you can purchase pretty cheap software that does everything automatically.

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party software. There are so many, I am reluctant to recommend one in particular, but I’ve seen great apps for as little as \$20.00 bucks.

When you put it all together, a regular backup will cost you next to nothing except a little bit of time and will ensure that your files are safe and recoverable no matter what happens!

### Happy Computing!

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



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By Marlys Johnsen Norris, Christian Author

God has provided hundreds of wonderful stories about admirable men in the Bible for us to learn the various things they went through with dignity and courage. They were men who counseled with God and lived faithfully by their faith as God spoke and inspired their journey through life.

1. *The first man in the Bible was never born and never had a birthday.* He owned nothing but he was physically perfect. He was a great zoologist and gave every animal a name. He even donated a rib for the first woman to come into existence. Did you guess it? His name was ADAM.

2. This man was the father of the oldest man in the world and he lived a godly life in spite of a very wicked generation. He is the only man in 3,000 years that did not die but

Stories About Six Wonderful Men In The Bible

walked into heaven. His name was ENOCH

3. This man was radiant with righteousness as he lived in a dark world. He saved his family of seven because of his personal faith in God. He heard the voice of God and became a ship builder in the desert. He put the family and one of every animal into it. He never had to launch his ship because the sea came up and flood the land and lifted the ship up to the top of a mountain. His name was NOAH

4. He left his beautiful home to live in a tent after he left a great city because of God's request. He traveled across the desert and lived in a tent for 100 years.

He became the father of a great nation. He had his first son when he was 100 years old. His name is ABRAHAM

5. This man believed God when no one else would. He was a general. He used Trumpets to conquer land and destroy a city. His name was JOSEPH

6. This man was an adopted child and lived amidst the wealth of the day. He enjoyed Unlimited education but in spite of this he choose to identify

himself with the poor people. He was forced to live in the desert for forty years and was chosen to be the leader of three million people he let out of bondage. God gave Moses a wonderful promise! *“I will raise up for them a Prophet like you from among their brethren, and will put My words in His mouth and He shall speak to them all that I command Him.” (Deut18:18)* He was faithful as he talked with God and followed His words faithfully. He died an unknown death and was buried by no man. His name is MOSES Men (and women) of our world today need to take note! Ignoring, dishonoring or not believing in our Creator/God is a mistake you will be accountable to answer Him one day in the future. Paul echoed this when he wrote to Timothy: *“Hold fast the pattern of sound words which you have heard from me, in faith and love which are in Christ Jesus.” (2 Timothy 1:13)*

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Teacher  
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By Pastor Ray Dare

I heard a story about a group of young men that decided to play a practical joke on a young bachelor executive that worked with them in Dallas. Each Thanksgiving it was the custom of their company to give free turkeys to the employees. However, the young bachelor made it known to his friends that he really didn't want a turkey, it would have been too much food for him alone and he had no desire to cook it. So, his friends decided to play a little trick. They confiscated his turkey and replaced it with one made from paper mache.

The young bachelor, unaware of the switch, tucked his bogus bird under his arm and caught the streetcar home. As he was sitting there, a man sat down next to him. Since the turkey was an obvious conversation piece they were soon engaged talking about Thanksgiving and

Pastor Ray's Encouraging Words

When You Don't Know all the Facts

the turkey. In the course of time, the young man learned his companion was without a job and had been down on his luck for some time. He was on his way home with a few pounds of hamburger meat to be the entire Thanksgiving meal for his family. Our friend had a brilliant idea. Why not swap? The man, of course, was delighted. The generosity was overwhelming. With a great sense of gratitude, they made the exchange.

Of course, you can imagine the outcome and the man's thoughts when he removed the wrappings from the turkey with his children crowded around wide-eyed with anticipation. I'm sure he had nothing but contempt for that young bachelor, "How could he do such a thing!?" The young bachelor, when he learned what his friends had done, searched for days for that man who he had unwittingly cheated. Unfortunately, he could never find him.

The point is obvious. The poor, defrauded man, from his vantage point, would never understand the young man's actions. How could he? He didn't know all the facts. He didn't have the

full story. But to this day, I'm sure from his limited knowledge, he has nothing but contempt for the young bachelor's actions. Yet from the young man's point of view, his actions were pure.

Question, who's actions are you questioning without knowing all the facts? Who are you judging? The Bible says, "Does our law condemn a man without first hearing him..." John 7:51a That's a rhetorical question. The obvious answer is "no". It's wrong to judge when you condemn somebody without all the facts.

To avoid condemning others we must remember our role. God did not send Jesus to judge people, but to save them, John 3:17. Judging wasn't the mission of Jesus, why do we feel it's ours? It's not. It's not our role, it's not our mission. There's only one judge and that is God. He will judge everyone one day and He will judge rightly and fairly because He knows all the facts. Let's leave the judging to Him.

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### Find Puzzles on Page 6

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# I'm Listening!



"Send Silence Packing" toured at California State University, Sacramento; the backpacks represent college students who have committed suicide. Photo courtesy of Sal Arrigo

By Sal Arrigo, Jr.

**SACRAMENTO REGION, CA (MPG)** - In the 1990's there was a television sitcom named "Frasier" about a radio psychiatrist who greeted his callers with the phrase "I'm listening." Although it was a comedy, the show did focus on real-life topics and relationships and often the discussions led to one question: what is the root cause of your issue?

Suicide is a very real issue in this country. We hear that a person "seemed just fine to me," but that was only on the surface. To be quite frank on why I am writing about this subject is easy – I have post-traumatic stress disorder (PTSD), and I can relate to all the buildup and emotions on why someone would take their life.

Suicide, the act of intentionally causing your own death, is listed as a top ten cause of death in the United States, according to a 2017 Center for Disease Control report. So, I ask, are you listening when the person who committed suicide remained silent up to the end?

Recently, California State University, Sacramento hosted the Send Silence Packing national tour, a program of the Active Minds organization that brings awareness to college students who take their own lives. Founded by Alison Malmon when she was a junior at the University of Pennsylvania following the suicide of her older brother, and only sibling, Brian, Alison started the Active Minds organization. According to the organization's website, Active Mind's purpose is "to reflect the organization's focus on action and student advocacy in mental health." They have been doing this since 2003.

Each year, as stated on the Active Minds website, Send Silence Packing visits 30-40 schools and communities. The all-day exhibit raises mental health awareness, inspires action for suicide prevention, connects viewers to mental health resources, and jump starts action.

Send Silence Packing catalyzes conversations in a way that contributes to a community's overall positive climate for mental health. Suicide is the second leading cause of death for college students. The Active Minds website, [www.activeminds.org](http://www.activeminds.org) has a simple, and yet very powerful message: "Are you listening?"

I spoke with Barbara Gillogly Ph.D., a Developmental Psychologist and licensed Family Therapist, about her experiences with clients who discussed suicide. "I cannot tell them not to do it (suicide), but I can listen and validate their feelings." Dr. Gillogly continued, "People just want to vent and be heard, and not be judged. I listen to the emotion behind the words and find people just want to talk."

I asked Dr. Gillogly what she tells someone who has lost a loved one or friend to suicide. "Go to a support group because they have been there." It is not pretty to go through the grieving process regarding suicide as this is the toughest guilt for the survivors: could I have done something to help?"

I asked Barbara if there are any signs that are tipping points to someone taking their own life. "A person may start to give away their personal items, or they slowly start retreating from life in general" she said.

My initial thought after interviewing Dr. Gillogly was that I wanted to find out more about local support groups. As it turned out, I found a person who has actually been to one, and provided me with a personal and tragic story.

Sharon Ruffner lost her brother Eddie to suicide many years ago. Sharon told me that Eddie struggled with his addiction to prescription drugs and had been in some trouble with the law. Sharon told me, "Eddie was brilliant; he was a gifted pianist, artist and scientist."

Although Eddie struggled in his life, his sister never stopped loving him and when Eddie would call and blame Sharon for an array of problems she did not create, Sharon always told her brother, "I love you and if you need help I am here for you." It was soon after that Eddie overdosed on the prescription drugs. One question haunts Sharon: "Did Eddie really mean to do this or just happened to take extra pills by mistake?"

As with my interview with Dr. Gillogly, Sharon agreed that when a family member or friend commits suicide it is difficult to comprehend. "What signs did I not recognize?" is a question that Sharon replays over and over. One piece of advice Sharon gives to other people in a similar situation is that you "never get over it; you just travel through the grief."

Eddie's mother, Norma, went into a deep depression which Sharon described as "having her right arm cut off." Although her Mom felt this way, Sharon said to me "I never felt devastation; I just tried to help my Mom."

I asked Sharon what kept her going after Eddie took his life. "I kept myself busy by taking some classes and learning some professional skills. It eventually led to a career position with the San Juan Unified School District." Sharon did tell me, "you need to allow people to help you, and that grief is an incredible personal journey. You do need to take your time to grieve."

In order to help ease the pain, Sharon said that she copes to this day by taking piano lessons to honor her brother. She also goes to Pacifica Beach in the San Francisco Bay Area and throws a rose into the water because "it was one of Eddie's favorite places to go."

Sharon presented me with a newsletter from the Friends for Survival, a nationwide non-profit organization with a Sacramento chapter. The mission statement says, "We are dedicated to providing a variety of peer support services that comfort those in grief, suicide grief support, encourage healing and growth, foster the development of skills to cope with a loss and educate the community regarding the impact of suicide."

In addition, the organization states, "The loving outreach of Friends for Survival can bridge the gap between despair and renewed hope. Those whose loss is recent can lean upon the shoulders of those who have made progress in the difficult task of working through grief after a suicide death."

The Sacramento chapter of Friends for Survival can be reached at 916-392-0664 or 800-646-7322. Their website is [www.ffa@truevine.net](http://www.ffa@truevine.net).

Personally, I came away from this story not with an ending, but a beginning. There is so much the general public needs to understand about this very real societal issue. I intend to continue writing more about this subject in the future with the goal of helping one person or one family. It is that important!

If you or someone you know is struggling with addiction or thoughts of suicide, please call the National Suicide Prevention Lifeline (24/7) at 1-800-273-8255 or the Substance Abuse and Mental Health Services Administration Helpline at 1-800-662-4357. ★



## Mom Forever

It is all about love...mom love. Mom's give so much of themselves to make our lives better, and prepare us for what life deals out to us. And that is a BIG job with the chaotic world we live in these days. That doesn't mean we always see eye to eye. I know I had my differences with my mom, but that bond still remains for life. We all have different personalities, and I know mom wants each child to develop their own potential. So we celebrate Mother's Day which was first suggested by Julia Ward to



Mary Jane and Mom.

honor American moms and to celebrate peace way back in 1872, long before the official Mother's Day was proclaimed by President

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Wilson who made it official in 1914.

So what do we do when Mother's Day rolls around? We head out to pick out that perfect card and bring the biggest box of candy we can find, buy a bouquet of gorgeous flowers, and don't forget that brunch that could feed an army. And we do it every year. But is it all about the stuff you can buy once a year to make mom happy and honor her? I would say a big NO to that thought. Honor doesn't mean one day a year. It means all year round and maybe with less stuff and more action.

Now where do we go from here? Action speaks louder than words. Let's start with a phone call that tells mom you care about what is going on in her life. Your caring voice and patient listening can mean so much so much because it says you really want to know how she feels, no matter what you think personally about what she tells you. If you want to take mom out, it doesn't have to be so pricey. Maybe a funky new place with delectables that she remembers from her growing up years might just be the ticket. As a matter of fact, why not try some fun things like freezing edible flowers with water in ice cube trays? It will certainly



One of our last times together! Photos courtesy Mary Jane

warm her heart. Instead of a bouquet of flowers that will fade quickly, plant her favorite bedding plant in an inexpensive basket complete with ribbons. It will last all year when planted. Maybe a simple handmade card with the promise to do some chores around the house or some shopping she needs to do. And it all counts so much more because you did it with your own hands.

You see? It doesn't take big bucks! All it takes is a little imagination that truly says "I love you mom." That brings me to perhaps the most important thing you can do for your mom. Tell her how much you love and appreciate her NOW. Trust me when I tell you how time flies by, and all of a sudden, your opportunity to say those words will be gone. I wish my mom was still here so I could share those simple but special words with her!★

**HAPPY MOTHER'S DAY!**

## Dave Ramsey Says

my idea of fun.

As a whole, timeshares have an incredibly high dissatisfaction rate. It's almost impossible to find anyone who's happy they bought into one, and there are good reasons for this. Why would you pay thousands of your hard-earned dollars for a tiny place you may or may not get a chance to visit once a year? Add to this the fact that you have no equity in the place, and you're stuck paying ongoing maintenance fees.

My advice? Don't take a chance playing the game, Dan. There are much better uses for your time and money!—Dave

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Dear Dave,

I've been late on a credit card bill several times, and it was turned over to a collection agency. They have offered a couple of different payment options. If I agree to one of these, does that mean the original creditor gets paid, too?

—Carter

Dear Carter,

A collection agency either owns the debt outright, or they're directly

representing the credit card company in these kinds of situations. It's not unusual for things to be handled this way when someone has defaulted on a loan.

Unless you have the cash to make good on the debt outright, I'd go ahead and accept whichever deal makes the most sense for you and your current financial situation. You've already got a mark against you on your credit report for having this turned over to collections, so an indication of settlement on a credit card you defaulted on is really no big deal.

But here's my best piece of advice—stop using credit cards! —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](http://daveramsey.com) and on Twitter at @DaveRamsey.* ★



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TV

GUIDE

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CHEERS & JEERS

By Damian Holbrook

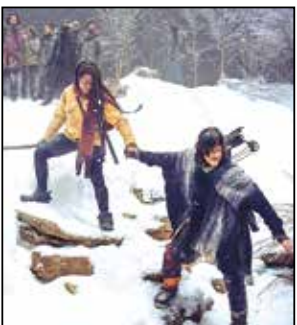
**Cheers to The Walking Dead**  
for bringing a big chill to the undead life. AMC's zombie drama (with Danai Gurira and Norman Reedus, pictured) pulled a cool move with its snowy season finale that gave walkers a new way to hide and ended with a cliff-hanger about possible new survivors

**Cheers to The Rookie**  
for throwing together two top-tier charmers. As if Nathan Fillion's 40-year-old LAPD newbie wasn't roguish enough, the ABC cop dramedy wisely recruited master snarker Joel McHale to guest star as a dirty border patrol

agent. If loving the chemistry between this odd couple is a crime, lock us up.

**Jeers to This Is Us**  
for ruining Randall (Sterling K. Brown). Between the endless city council run, his demand that Beth (Susan Kelechi Watson, with Brown) be a stay-at-home mom and now that nasty voicemail about her dance career, the Pearson we most wanted to weep with has become a bigger mess than Kevin's '90s goatee. It's a good thing he did right by her in the season finale!

**Jeers to Chilling Adventures of Sabrina**  
for the teen witch's supernaturally crappy intuition.



AMC's zombie drama (with Danai Gurira and Norman Reedus, pictured) pulled a cool move with its snowy season finale that gave walkers a new way to hide.

It took Sabrina (the fabulous Kiernan Shipka) two seasons to realize she was being demonically manipulated by Wardwell (Michelle Gomez), the creepiest teacher since Glee's Mr. Schu? And here we thought a talking cat was dumb. ★

ASK

MATT

BY MATT ROUSH TV Guide Senior Critic

**Will Chris Noth's Show Gone On Wgn Be Back?**

**Question:** *Gone* is a great series on WGN America! I would love to see this show continue! – Unsigned

**Matt Roush:** Here's the thing about WGNA programming. None of it is original to the channel anymore. The shows now airing on WGNA are all acquisitions, and in the case of *Gone*, it's a show that first began

airing in late 2017 in international markets and only now found its way to an American outlet. Only one season of 12 episodes has been filmed and it's hard to imagine more being made. This isn't WGN's call. They bought the show as is, and if more were to come, they might buy that, too. But I wouldn't count on it.

**Question:** I just wanted to give praise to *After Life* on Netflix. What a

wonderful show about a topic as hard as grief. I hope they make Season 2 as wonderful. – Unsigned

**Matt Roush:** I had much the same reaction to this terrific tragicomedy. Initially worried because the maudlin tone of Ricky Gervais' previous series for Netflix, *Derek*, had been such a turnoff, *After Life* turned out to be a pleasant surprise. I'm hopeful it will be as enjoyable the second time around, although the character arc of Ricky's character, Tony, through the first season felt satisfyingly complete. Still, I know I'd watch another short season.

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

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# Lions Donate \$150k to Society for the Blind

*Funds to expand the Low Vision Clinic*



Members of the Northern California Lions Sight Association join Lions District 4-C5's Doug Wight and Sheri Retzlaff to present a check to Society for the Blind's Shari Roeseler. Photo courtesy of Society for the Blind.

**By Kristin Thébaud, Thébaud Communications**

**SACRAMENTO, CA (MPG)** - Society for the Blind recently received a Vision 2020 campaign donation of \$150,000 from the Northern California Lions Sight Association (NCLSA) and the Lions Clubs International (LCIF) to support the expansion of the group's Low Vision Clinic and training space for people who are blind or have low vision.

NCLSA donated \$75,000 to purchase equipment and vision testing devices for the clinic and secured an additional matching grant of \$75,000 from LCIF to add an indoor orientation and mobility course.

"Lions Clubs across the world have a long history of supporting organizations that help people with vision loss, so we are deeply honored that the Lions chose to invest in Society for the Blind here in Sacramento," said Shari Roeseler, executive director, Society for the Blind. Roeseler continued: "As the only comprehensive vision rehabilitation center in the Sacramento region, Society for the Blind is a critical resource for people who are blind or have low vision. The generosity of the regional and international Lions means

that more people across California who are experiencing vision loss will have access to critical assessment and treatment."

Society for the Blind's Low Vision Clinic is one of the longest running community-based clinics in the region. The Low Vision Clinic provides care, vision rehabilitation, low vision devices and transportation assistance to more than 375 people each year.

Clinics are staffed by three optometrists with special training in low vision eye care and serve patients with cataracts, glaucoma, age-related macular degeneration, diabetic retinopathy and other congenital and degenerative eye diseases.

Clinic staff includes a vision rehabilitation therapist who works with patients with some functional vision, teaching them techniques to use their remaining vision safely and effectively and providing training on assistive devices.

"It's in our Lions Club DNA to help organizations like Society for the Blind," said Douglas Wight, governor, Lions District 4-C5. "Across the world, we work to bring greater stability and independence to people with vision loss by providing services and supporting organizations that do this work." ★

# STD Awareness: Prevent, Test, Treat

**By Andrea Sandoval, Sacramento County**

**SACRAMENTO, CA (MPG)** - Three common STDs – chlamydia, gonorrhea and syphilis – are surging across the United States, according to the Centers for Disease Control and Prevention, and especially hard-hit are those between 15-24 years old, which are estimated to account for half of all new sexually transmitted infections each year.

Sacramento County is no exception. In 2017, there were 5,581 reported cases of chlamydia, 1,174 gonorrhea cases, and 97 syphilis cases reported among this same age group.

"Looking at the issues that can threaten the health and well-being of our children, families and communities, the Sacramento County Public Health Division works to raise awareness of critical health issues and provides the information and tools to help prevent chronic diseases and infectious disease outbreaks," said Sacramento County Public Health Officer Dr. Olivia Kasirye.

The consequences of STDs are especially severe for young people. Chlamydia and gonorrhea often have no symptoms; therefore, many infections go undiagnosed and can lead to lifelong repercussions for a woman's reproductive health, including pelvic inflammatory disease and infertility.

Early detection through testing is key to avoiding these consequences, yet research has shown many young people don't talk with their health providers about sexual health issues at all during annual health visits.

All but eradicated 20 years ago, syphilis is making a comeback. In 2017, California was reported to have the second highest syphilis rates in the U.S. by the Centers for Disease Control and Prevention; And Sacramento County last year saw three times the number of cases than in 2015.

Although syphilis is treatable with antibiotics, for those who aren't treated, the infection can be dormant for years and lead to neurological or cardiovascular complications. Mothers with untreated syphilis can transmit the disease to their unborn babies with dire consequences – including blindness, developmental delays, physical deformities, and death.

Another trend the Department of Health Services has become aware of is the overlap of syphilis and meth use. The divisions of Public Health and Behavioral Health's Alcohol and Drug Services are working together and this issue will be a topic for

the upcoming May 9 Sacramento County Methamphetamine Coalition Meeting.

Sacramento County Director of the Department of Health Services Dr. Peter Beilenson said, "Meth use can increase risky behavior, which increases the odds of contracting sexually transmitted infections. To preserve health and prevent the spread of disease to others, it is important to know your risks, learn how to prevent STDs, get tested for STDs and get treated."

The total reported in Sacramento County for all ages in 2017: 9,803 Chlamydia cases; 3,344 Gonorrhea cases; 454 Syphilis cases (primary/secondary/early latent)

STDs: Prevent, Test, Treat

To prevent the spread of STDs, the Sacramento County Division of Public Health's HIV/STD Prevention Program provides residents with a variety of STD/HIV prevention and education services including: STD/HIV education and prevention information and condom distribution; Chlamydia and gonorrhea screening; HIV antibody testing and risk reduction counseling; Linkage to HIV and STD treatment; Community involvement through the Sacramento Workgroup to Improve Sexual Health and the HIV Health Services Planning Council; Other STD/HIV outreach activities and social marketing campaigns.

In addition, the Sacramento County program funds and promotes other local community organizations and HIV/STD testing sites, provides free home chlamydia/gonorrhea tests for women and promotes local pharmacies that provide non-prescription sale of syringes to reduce the spread of blood-borne diseases.


Getting tested for STDs is one of the most important things a person can do to protect their health, but it's not the only thing. There are several ways to prevent STDs.

The most reliable way is to not have sex, but there are many options if you are sexually active: talk openly with partners and healthcare providers about your sexual health; get testing for STDs including HIV; use latex or polyurethane condoms correctly and each time you have sex; and know the sexual histories of your sexual partners.

If you test positive for an STD get treated right away – and be sure your partner is also treated to lower the risk of getting infected again. And finally, if you are a parent, talk to your kids about STDs and their sexual health.

For more information on STDs, testing and resources, visit the Public Health HIV/STD Prevention Program webpage, or call 916-875-6022. ★

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# No Code, No Confidence

Story and photo  
by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - The City Council issued a proclamation observing May as Building Safety Month. The goal of 2019's Building Safety Month is to raise awareness about the importance of safe and resilient construction, fire prevention, disaster mitigation, and new technologies in the construction industry. This year's theme is "No code, no confidence."

Councilmember Steve Miller said there is public confidence in the structural integrity of local buildings, which is "achieved through the devotions of vigilant guardians... building safety and fire prevention officials, architects, engineers, builders, tradespeople, design



Councilmember Steve Miller (right) presents a proclamation to Citrus Heights chief building official Greg Anderson, recognizing May as Building Safety Month.

professionals, laborers, plumbers, electricians... and others in the construction industry."

"These guardians are dedicated members of the International Code Council (ICC)," said Miller. ICC is a United States-based organization that brings together experts on the local, state, and federal levels "to create and implement the highest quality codes to protect citizens in the built environment."

The City's chief building official, Greg Anderson, accepted the proclamation and thanked the Council for their support. Throughout the month of May, the Building Division will have displays and informational handouts available at City Hall to raise awareness about building safety. ★

# City Council Recognizes Fair Housing Month

Story and photo  
by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - April was Fair Housing Month, and the Citrus Heights City Council recently issued a proclamation affirming the City's commitment to ensuring equal access to housing for every member of the community. Mayor Jeannie Bruins said that the City of Citrus Heights is dedicated to continuing to fight for fair housing choices: "Every American, in choosing where they want to live, has the right to live in dignity and safety without fear of discrimination."

Mayor Bruins presented the proclamation to John



John Foley (left) of Sacramento Self Help Housing accepts a proclamation affirming the City's support of Fair Housing Month. Mayor Jeannie Bruins (right) recognized the organization's important role in protecting tenant rights.

Foley of Sacramento Self Help Housing, which helps people find and maintain affordable housing. They focus on assisting people who are homeless or at risk of becoming homeless.

Sacramento Self Help Housing also manages a Renters Helpline, educating tenants about their rights and offering free legal assistance in the case of discrimination. ★

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