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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 24, 2019

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Navigating Homelessness

Navigator Program Working to Fill the Gaps



The regional partners have now all mutually agreed to focus on providing resources to help address the underlying causes of homelessness. MPG file photo

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - Officer James Garing and Sergeant James Evans are part of the Special Operations Unit of the Citrus Heights Police Department (CHPD). They recently updated the Citrus Heights City Council about the department's efforts to provide resources to homeless persons in the city.

Because homelessness is an issue that affects the entire region, the CHPD is partnering with many agencies in the area: California Highway Patrol, Sacramento County Sheriff's Office, Placer County Sheriff's Office, Placer County Probation, Roseville Police, Auburn Police, Lincoln Police, Rocklin Police, and Union Pacific Railroad Police.

The regional partners hold quarterly meetings to discuss the failures and successes of various strategies to address homelessness. These meetings provide an opportunity for the agencies to collaborate and find solutions to problems. Officer Garing explained that one of the failed strategies was a practice known as "re-towning," in which an agency would pick up a homeless person and drop them off in the next city.

Officer Garing said, "This was not a solution to solve any problems and, quite frankly, it made a lot of the agencies look bad." The regional partners have now all mutually agreed to suspend this practice and focus on providing resources to help address the underlying causes of homelessness.

"We have resources available in the area for people that are homeless," said Officer Garing. "You can lead a horse to water, but you can't make him drink it. And when it comes to working with our homeless, we can provide them all the resource information, but we can't force them to take it and we can't force them to go to the shelters. So what we have to do is figure out ways to have continuous contact, and to find our success that way. And one of our best resources is Toni, our Navigator."

The most successful strategy implemented by the CHPD is the Navigator Program. Toni Morgan is the Citrus Heights Navigator, and each week she goes to targeted locations with CHPD officers to meet directly with

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Sacramento County, CPS Address Family Homelessness

By Andrea Sandoval,
Sacramento County

SACRAMENTO REGION, CA (MPG) - Homelessness and housing instability forces families to make hard choices about the necessities of life and can make a significant impact on a family's overall well-being. For families receiving reunification and family maintenance services through child welfare, Sacramento County is helping to address these housing needs with the Bringing Families Home housing program.

The goal of this program is to reduce the number of families experiencing homelessness, increase family reunification, and prevent foster care placements.

Bringing Families Home is a California Department of Social Services grant-funded program that began July 2017 and has already supported 87 families in need of housing services. Over the next year, the program will secure housing for a minimum of 100 Sacramento County families who are completing court-ordered services and working towards family reunification.

"Housing is a basic need and when parents are experiencing homelessness and housing instability, this need is often prioritized over the required services needed for reunification," said Sacramento County Program Planner, Niku Mohanty-Campbell.

"Child Protective Services works to provide housing stability while also allowing parents to better engage in services and address the issues that brought them to the attention of child welfare. Bringing Families Home allows for more safe and timely reunification and can prevent future foster care placements, overall supporting better child welfare outcomes," he stated.

To address the housing needs of Child Protective Services families, the Sacramento County Department of Child, Family and Adult Services has partnered with the County's Department of Human Assistance along with the Sacramento Housing and Redevelopment Agency, and other organizations to provide families with an initial assessment, service and support to obtain housing, and short term case management once housing is located.

Families are referred to the Bringing Families Home program by their social worker. The program is voluntary, but participation in Family Reunification or family maintenance services is required for program eligibility. The program prioritizes families that are homeless, however,

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A Cornerstone of Civilization

Citrus Heights Recognizes National Public Works Week



In honor of National Public Works Week, the Citrus Heights City Council recognized the vital role of the City's general services department.

**Story and photo
by Shaunna Boyd**

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights City Council issued a proclamation recognizing May 19 - 25 as National Public Works Week. Mayor Jeannie Bruins honored employees from the City's general services department: "You do so many different things in our

city that without you we wouldn't even be able to function properly.... We want to thank you for all that you do to make Citrus Heights such a great place to live and work."

Public works includes engineering, street maintenance, landscaping, traffic operation, urban forestry, solid waste and disposal, recycling, sewer collection and treatment,

water, clean facilities maintenance, and emergency preparedness and response.

Mayor Bruins said public works services "are an integral part of our citizen's everyday lives, and the support of an understanding and informed citizenry is vital to the efficient delivery of and operation of public works systems and programs....

The health, safety, welfare, and quality of life of the city of Citrus Heights residents greatly depends on all the services you provide."

The theme of this year's National Public Works Week is "It starts here." As a "cornerstone of civilization," Mayor Bruins said public works plays a vital role in "connecting us all together." ★

Volunteers Pack 75,000 Meals to Feed the Hungry

Story and photo by Shaunna Boyd

SACRAMENTO REGION, CA (MPG) - Rotary District 5180 has 41 clubs in the Sacramento Region that collaborated on a district-wide meal-packing event on May 17 at Rusch Park Community Center in Citrus Heights. More than 250 volunteers worked in shifts to bag over 75,000 meals, which will be distributed by Rise Against Hunger, a non-profit international hunger relief organization.

Music blasted through the gymnasium as hundreds of volunteers enthusiastically worked their stations, filling buckets with ingredients, bagging, sealing, packing the finished meals into boxes, and stacking boxes onto shipping pallets. Youth exchange students from Rotary International, players from the Casa Robles High School football team, members of local churches, and rotary members from throughout the District all worked together to package meals for those in need.

The meal bags include a nutrient package, a scoop of dehydrated vegetables, soy protein, and rice. One meal package boiled in a gallon and half of water will feed six people. Rich Hale, president of the Citrus Heights Rotary Club, said the meals are sent to developing countries: "They go all over the world, wherever the need is."

"There's a lot of starving people in the world, and you cannot function in society if you're hungry. That's why this is so important," said Hale. "One bag



Rotary Exchange students from countries around the world helped package meals at the Rise Against Hunger event.

can feed a family of six, so you can see the impact. That's why we do it."

District 5180 held a Poker Night fundraiser in April to raise \$20,000 for the meal-packing event, and Heinz donated an additional \$3,000. With a total of \$23,000, the District was able to set the goal of more 75,000 meals.

Hale said, "We've been wanting to have a big District event, so this was very successful.... Hopefully this gives us momentum for years to come and we can do this again." Hale said that next year they'd like to fill a shipping container, which holds 289,000 meals.

Hale said Rise Against Hunger is "a very well-organized company.... They bring all the materials and all the equipment we need."

"This is an amazing undertaking," said Pete Schroeder of the Fair Oaks Rotary Club. "It's just incredible when people get together and it's organized and they know what they're doing."

Jim Quinney, Rise Against Hunger community engagement manager

for the Sacramento territory, said, "We started working with the Rotary in Citrus Heights four years ago for the 10,000-meal event, and it's grown and now we're collaborating with other clubs.... It's just been wonderful to see the spirit of collaboration, and all these people are true advocates working to end hunger by 2030."

Quinney described the Rise Against Hunger meal-packing events as "scalable turn-key operations." They have the resources to organize events of any size, from large work parties to small team-building events.

Quinney said, "We want to engage as many people as possible. Every day we want people thinking about hunger and how they can help."

"Helping others is a big part of who we are, and who the club is," said Fair Oaks Rotary Club member Joe Arguelles. "It's important to come and stand by your fellow man and help other people, help those who need help, so you can really feel like you've done something good for somebody." ★

Navigating Homelessness

Navigator Program Working to Fill the Gaps

Continued from page 1
homeless persons in the city.

"Essentially, we're bringing the resources and information to them," said Officer Garing. "And then (Morgan) can set up the appointments and meetings and start bringing them into her program and eventually have that continuous contact."

"We can't force them into these programs; all we can do is encourage them to get involved," said Officer Garing. Sometimes people accept help after the first contact, but for others it takes 10 to 20 contacts before they are willing to engage.

Officer Garing said that is why continuous contact is so important: eventually people realize that Morgan and the accompanying officers really do care and want to help them improve

their living situation.

Citrus Heights was the first city in the region to implement the Navigator Program. Morgan, the original Navigator, has now trained six additional Navigators in the Sacramento area. In the first quarter of 2019, Morgan has already housed 30 people, helped 14 people get new IDs, provided 10 lawyer referrals, given out 32 bus passes, and enrolled three people into the Mather program — a 13-month job placement and living program. Morgan currently has 880 active clients.

In 2015, CHPD started the Homeless Outreach Program and Education (HOPE) Survey, which is conducted in April each year. During any contact with a homeless person, officers collect

their information and give it to Morgan so she can reach out to them. Because officers are out in the field responding to a variety of calls, they have many opportunities to meet people who could benefit from the help of the Navigator Program.

When comparing HOPE Survey cards with the regional partners, the CHPD was interested to see if there was a migratory pattern of homelessness. Of the 147 survey cards collected in Citrus Heights last year, the other agencies only recognized three names. This indicates that the majority of homeless people have ties to specific communities.

Now that there more regional Navigators available, people can receive the resources they need within their own community. ★

Sacramento County, CPS Address Family Homelessness

Continued from page 1
can serve those that are facing housing instability, which includes when a family is at imminent risk of losing their housing.

"Through this grant and partnership, we are able to help families find a house, pay up to a double deposit and provide families a rental subsidy for three months after they move in," she added.

If your family or a family you know is receiving child welfare services and is interested in participating in the housing program,

contact Sacramento County Program Planner, Niku Mohanty-Campbell or email CPSBFHHouseReferral@saccounty.net.

Bringing Families Home is one of several County programs helping families and individuals experiencing homelessness transition to permanent housing stability. Ongoing County programs include the County's Flexible Supportive Re-Housing Program, the CalWORKS Housing Support Program as well as new programs, such as the Flexible Housing Pool

(FHP), an \$8 million re-housing program funded through the new State Homeless Emergency Aid Program.

Launching in May, FHP will help resolve homelessness for up to 600 households, including vulnerable seniors, those engaged with criminal justice, unsheltered individuals and families, and those staying in an emergency shelter.

For additional information on County homeless activities, visit Sacramento County's Responding to Homelessness webpage. ★

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Here we come, Orangevale/Fair Oaks!

By Sal Arrigo, Jr.

If no one has ever asked you to join a service club, then I am asking you right now! The Kiwanis Clubs of Division 44 are welcoming a newcomer – the Orangevale/Fair Oaks Kiwanis Supper Club. While a traditional Kiwanis Club format consists of weekly meetings and participation in ongoing community service projects, the supper club (also known as a 3-2-1 club) will offer a more tailored and less time-intensive obligation for its members, as follows:

- three hours of community service per month;
- two hours per month at a Kiwanis social event;
- one club meeting a month.

This model has been highly successful across the U.S. It is geared toward those

people who want to be a force for good in their community, but don't have the time to devote to weekly club meetings and long-term projects. It is a great option for those who are working or have gone back to college full time, and those with young families. All are welcome!

The Kiwanis team were out in the Orangevale community on May 21-24 visiting businesses and providing information regarding Kiwanis and the new supper club. In addition, and to learn more, there will be an open house at the Orangevale Park District Community Center at 6826 Hazel Ave., Orangevale, CA, on Tuesday, June 18, 2019 from 6:00 - 7:30 pm.

In the meantime, you may want to send us an email at: division44kiwaniscnh@gmail.com. You are also invited to visit our Division 44 website at <http://www.cnhdivision44.org>. ★

Senior Graphic Designer Exhibits

PENSACOLA, FLORIDA - Sharlynn Carter, daughter of Mr. and Mrs. Charles Carter of Citrus Heights, California, presented her senior graphic design portfolio exhibit at Pensacola Christian College from March 1 through March 27. The graphic design portfolio exhibit was presented in partial fulfillment of the requirements for the Bachelor of Science degree in Visual Arts with a Concentration



Portrait of Sharlynn Carter recently graduated from Pensacola Christian College with a Bachelor of Science degree in Visual Arts.

in Graphic Design. Pensacola Christian College is a liberal arts college enrolling students from every state in the U.S and from around the world. Pensacola Christian College has an enrollment of approximately 4,800 students (undergraduate, graduate, and Seminary) and offers a variety of programs of study. Source Pensacola Christian College. ★

Meet and Greet Italian Style!



CITRUS HEIGHTS, CA (MPG) - Stock Ranch Road Retirement Community invited local business owners, friends and family to an Italian Style business mixer in late April, offering an array of Italian dishes to tease the taste buds. Kelly Stimbirt, Sales Manager, (in pink) made sure everyone had plenty of the tasty dishes and desserts. To find out more about the facility and what they have to offer you can visit the company website at HappyLivingCogir.com, or reach out to Kelly at 916-725-7418. Their location is in the heart of Citrus Heights at 7418 Stock Ranch Road. ★

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SacRT Forward Presents New Network to Council

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - At the Citrus Heights City Council meeting on May 9, staff recommended that the City enter into a contract with Lance, Soll and Lunghad, LLP (LSL) for independent audit services. The City of Citrus Heights retains an outside audit firm to perform a complete audit on the City's financial transactions and activities each year. Richardson and Company has performed the audits since 2014.

In February 2019, the City requested new proposals from independent audit firms, and five proposals were received. City staff evaluated the proposals for technical experience and staff qualifications, training, and education. LSL was determined to be the best choice for the new contract.

The contract with LSL is for a three-year period, with the option of adding two additional years. The cost of the yearly audit services will be included in the City's budget. For fiscal year 2018-2019, the cost is budgeted at \$40,765.

The Council voted unanimously to approve the proposal and authorized the City Manager to execute the contract with LSL.

James Boyle, director of planning for Sacramento Regional Transit (SacRT), provided the Council with an update about the SacRT Forward project and its upcoming launch of the new network. SacRT Forward, essentially a redesign of the entire bus network, was a two-year process involving analysis of route productivity and extensive public outreach.

SacRT operates every day of the year, including on holidays. Throughout Sacramento County, there are 3,500

bus stops and an average of 36,000 passengers board SacRT each day.

The goal of SacRT Forward is to improve the frequency and reliability of the bus system, so adjustments have been made to almost every route. The new network will provide longer service hours, more frequent stops, and more weekend service.

After examining ridership patterns, SacRT determined that many of the low-productivity routes are being utilized only during the peak hours of morning and evening commutes. These will be converted to "peak hour routes."

Other low-productivity routes will be merged together to increase the frequency of stops. To best allocate resources, some routes will be discontinued due to very low ridership.

Currently, more than half of the routes do not run on weekends, but when SacRT Forward launches, all but one of the routes (Route 33) will run seven days a week.

The redesigned network will be simpler and easier for riders to use, and the routes will all have a frequency of 45 minutes or better (except Route 19). The new route schedules will also complement the new 15-minute frequency of weekend light rail.

Jessica Gonzalez, SacRT director of marketing and communications, explained the comprehensive plan for educating riders about the new route system. SacRT staff will conduct direct outreach on each of the routes, riding the routes and talking to the riders. They will explain the changes and help riders understand how the upcoming changes will affect them.

Handouts specifying the changes to the particular route will be provided, and letters or door hangers will be delivered to the public in areas near new bus stops and discontinued bus stops.

The public outreach campaign will also include new signs on all the buses and updates on social media. SacRT staff is receiving extensive training on the new route system so that all employees will be able to answer questions from the public.

The SacRT website will also feature a "future trip planner" that will allow riders to input the date, time, and location of their destination and receive route options to help plan their trip.

Since the frequency of service is increasing under SacRT Forward, new bus drivers are needed. Gonzales said the jobs offer great benefits, an excellent pension plan, and opportunities for promotion. To apply, visit www.sacrt.com/careers or call (916) 556-0298.

SacRT Forward will launch on September 8, 2019, and SacRT plans to invest up to \$3 million in additional funds to retain and improve service.

Mayor Jeannie Bruins said, "It sounds like you put a tremendous amount of work into this, and I think it will pay dividends."

Councilmember Steve Miller, a member of the SacRT Board of Directors, said he is excited about this change: "This redesign is long overdue."

He acknowledged that change can be difficult and that there may be some problems initially, "but we're committed to solving them. ... We're building a network for future expansion, so as funding becomes available we can build upon what we're doing." ★

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Trail Brothers to Provide Free Horseback Riding to Veterans



Image of riders on Trail Brothers' horses at Gibson Park. Photo courtesy Trail Brothers

**Miranda Raulinaitis,
Elmets Communications**

SACRAMENTO REGION, CA (MPG) - Veteran owned business, Trail Brothers LLC, will celebrate the grand opening of their equestrian services at Gibson Ranch Park by offering free guided horseback trail rides to veterans and their families this Memorial Day – Monday, May 27 from 8 a.m. to 8 p.m.

Those interested in taking advantage of the free guided trail rides must schedule their session in advance by visiting www.GibsonHorses.com.

Zachary Leyden, CEO of Trail Brothers, served as a combat veteran and is thrilled to launch his equestrian services at Gibson Ranch.

“Gibson Ranch is a beautiful park and the perfect destination for veterans and their families to pack a picnic and celebrate this Memorial Day,” said Leyden. “We feel privileged to provide our services on the exceptional trails.”

The Veterans of Foreign Wars will also be selling their “buddy poppies”

to celebrate American military service members.

As part of an ongoing partnership with Gibson Ranch Park, Trail Brothers will provide guided trail rides, pony ride and other equestrian services to guests following the Memorial Day grand opening. Gibson Ranch Park is located at 8556 Gibson Ranch Road, Elverta, CA 95626

For more information, please visit: www.gibsonhorses.com.

About Trail Brothers

Trail Brothers began in 2016 and is owned by Zachary Leyden and Kalea Bell. The company provides equestrian services from trail rides, pony rides and horse training to kids camps and riding lessons at three different venues in California. Veterans ride free at all three venues.

About Gibson Ranch Park

Gibson Ranch is one of Northern California’s best family destinations. Located less than fifteen miles from downtown Sacramento, this amazing natural resource offers a wide-range of activities from hiking, to concerts and sports of every kind. ★

EVENTS CALENDAR



Memorial Day Observance

Date: 5-27-19
Time: 10am
Place: Sacramento VA Medical Center
10535 Hospital Way
Rancho Cordova
Contact: 916-273-5701
Info: The Cordova Community Council is proud to present a community observance honoring those who have have paid the ultimate price while bravely serving the nation in time of war and peace. Memorial bricks will be dedicated, inspirational remarks and honors bestowed - all against a background of patriotic music performed live by the Rancho Cordova River City Concert Band.

Orangevale Chamber of Commerce.
*Seating is limited. Must be 21+ for Adult Beverages

Best of Carmichael
Date: 5-31-19
Time: 6pm to 8:30pm
Place: Milagro Centre
6241 Fair Oaks Blvd,
Carmichael, CA 95608
Contact: 916-725-1585
Info: Find out who's The Best in Carmichael! Restaurants, Pub, Event, Dental, Real Estate, Senior living etc. Dinner tickets \$55. Become a sponsor.

Orangevale Town Fair 2019 Pow Wow Days
Date: 5-31 through 6-2-19
Time: 916-934-2207
Place: 7145 Filbert Ave. Orangevale, CA 95662
Contact: 916-725-1585
Info: The Pow Wow Days Town and Country Fair takes place every year in the beautiful 36 acre Orangevale Community Park in Orangevale, CA. The event is a 55 year old tradition, is 3 days long and is expected to draw thousand attendees in 2018. Pow Wow Days is fun, affordable, safe for the whole family and admission is FREE! Our community enjoys our friendly atmosphere, wonderful parade, traditional country fair displays, hands-on activities, carnival, yummy specialty foods, festival style entertainment, special attractions and events, unique crafters and a variety of vendors. We serve our community through supporting local youth programs and

promoting local vendors.

Summer Splash
Date: 6-1-19
Time: 9:00am to 12:00pm
Place: Antelope Aquatic Complex
Contact: 916-725-1015
Info: Presentations, Activities & Prizes! Free Swimming (All children must be accompanied by an adult. Regular Pool Rules Apply)

Park, Rec & Eat it
Date: 6-6-19
Time: 5pm to 9pm
Place: Carmichael Park
5750 Grant Avenue
Carmichael, CA 95608
Contact: 916-485-5322
Info: Join Carmichael Recreation and Park District and SactoMoFo for Park, Rec and Eat It CRPD's food truck event at Carmichael Park. Bring your appetite to Carmichael Park for yummy food, music, vendors and more! Events held rain or shine.

Brews in the Burbs Beer Festival
Date: 6-8-19
Time: 4pm to 8pm
Place: Sunrise Mall 6041 Sunrise Boulevard Citrus Heights, CA 95610
Info: Sunrise MarketPlace will transform the Sunrise Mall parking lot into a backyard hangout to showcase the best Craft Breweries, Home Brewers, Cideries, Meaderies and Distilleries in the Northern California area. This inaugural event will feature craft beer tastings, live music, food trucks, backyard games and YOU!

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- CLUES**
- ACROSS
- 1. Estimator's phrase
 - 5. Pharaohs' cobras
 - 9. Cheek ____ test
 - 13. Pays the bill
 - 15. Ho-hum
 - 16. Gallup's inquiry
 - 17. Plural of folium
 - 18. Spiky seed pod
 - 19. "Lucy's solo in "The Threepenny Opera," e.g.
 - 20. "It crashed hard
 - 23. *Insulin's birthplace, e.g.
 - 24. ____ the season!
 - 25. Rolling country, pl.
 - 27. Mark on Pinterest
 - 28. Change a sketch
 - 30. Tag predecessor
 - 33. Garbed
 - 35. Large amount often followed by "of"
 - 38. Grammy of sports
 - 39. Comforter stuffing feathers
 - 41. *Aimee Semple McPherson action
 - 42. Type of wheat
 - 44. Collier's work place
 - 45. Dublin land
 - 46. City in Syria
 - 48. *Douglas Fairbanks did it
 - 50. Smokeless tobacco brand
 - 51. Fuss to Shakespeare
 - 52. Last letter
 - 53. *New York's Harlem ____
 - 60. Et alibi
 - 62. *1920s art style
 - 63. Distinguishing feature
 - 64. Do like phoenix
 - 65. Chutzpah
 - 66. Anatomical dividers
 - 67. December stone
 - 68. Pursue for a formal affair
 - 69. ____ Candies
- DOWN
- 1. Deals a death blow
 - 2. Place of origin
 - 3. *Like Lindbergh's
- transatlantic journey
- 4. Ear-related
 - 5. Whose music is featured in "Mamma Mia!"?
 - 6. Talk like a drunk
 - 7. Amusement destination
 - 8. Keen-witted
 - 9. Epsom or Evian-les-Bains
 - 10. It began in 1914
 - 11. *Al Brown to Al Capone
 - 12. Spill the beans
 - 14. Hinduism's divine feminine power
 - 21. Kind of pie
 - 22. High rocky hills
 - 26. Turkey's hanging neck skin
 - 27. Baklava dough
 - 28. *Major 1920s electronic device
 - 29. "I Dream of Jeannie" actress
 - 30. "For ____ a Jolly Good Fellow"
 - 31. #5 Across, sing.
 - 32. *Prohibition era establishment
 - 34. Not stiff
 - 36. Feather glue?
 - 37. Visual system organ
 - 40. Interprets, as in tarot cards
 - 43. Product of laceration
 - 47. Promise allegiance

Crossword Puzzle Solutions on Page 7

1	2	3	4		5	6	7	8		9	10	11	12
13				14		15				16			
17						18				19			
20					21				22		23		
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64					65					66			
67					68					69			

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By Marlys Johnsen Norris, Christian Author

If you really do believe we were created in the image of God then, obviously we also recognize that we were also created with emotions just like His. There are times in our lives when we need to be serious but our action often does not reflect sincerity. Words we speak need to be balanced with a sense of sincerity but there are times we need a sense humor and enjoyment as well. Some people do not understand this and they totally miss good times when life experiences provide times for laughter. God is possibly allowing us to minister His love in a way others will receive it. His Holy Spirit is in control no matter what happens!

Positive words or comments about anything will create happiness while negative words will hurt. Have you ever realized

God Has A Dynamic Sense Of Humor

that we hurt God when we are verbalizing unkind words or actions toward others? We need to be more aware of the kind of messages we are giving to others and check ourselves! Discontinue saying those kind of things to anyone. God is moving in every life or a church function. Possibly you have thought it was a humble action to put yourself down after someone gives you a compliment. Not so . . .

Those words hurt God! God however, is not always serious! The ways of God do not always make sense to us because we are on a human level of understanding. God is so much more! He does do some very funny things! Think about the various kinds of His different creations: The animals, birds, insects and bugs, flowers, earth and even we human beings are intrinsically made different. All sizes, shapes and appearances. Every single variety anyone could imagine but each designed perfectly by our Creator. Yes, perfectly!

Being super religious about everything should and must express

our personal experience with God. We must be aware that projecting a sense of “religiousness” is often offending to others. Our job is to be a loving expression of Jesus Love for all mankind. Our hope is that our life will cause others to want and seek God with their whole heart and find Him as their personal Savior and Lord of their lives.

Being a Christian for a number of years does not give us a privilege above anyone else. We have an important higher calling and responsibility to cause another to: **“Seek Him with their whole heart that they too may receive the blessings God awaiting for them” (Matt. 6:22)**

It is God’s Holy Spirit who might be speaking to your heart right now, so please listen and pray and be accountable for every single word that comes from your mouth and God will be pleased with you.

Enjoy Life with Jesus

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



By Pastor Ray Dare

Rest in your life as a human being is so important that God put it in the Big Ten, right up there with “Don’t murder, don’t steal...” God says, by the way, I want you to take at least one day off a week. That’s how important He considers rest. We would never think of murdering somebody or stealing, but we do ignore the commandment to take a day off.

This is called a Sabbath. Sabbath simply means a day of rest. When should you take your Sabbath? Jesus said it didn’t matter; He said, “The sabbath was made for man, not man for the sabbath.” Mark 2:27. Colossians says, one day is as good as the other. What matters is you take one day off every week.

What are you supposed to do on your Sabbath? What we usually do is play catch up on all the things we didn’t get done during the week. But that’s not taking

Pastor Ray's Encouraging Words

Why Rest Is So Important

a day off. You should use your day off, your weekly Sabbath, for three things:

- 1. Rest your body.** Physical rest, because you’re not wired to go 24-7, every day, work, work, work, no relaxation, no break. Your brain, your body was not built for that. You’re wired to take a weekly day off. To rest your body and your mind. Have you discovered that if you don’t take time off, your body will make time off? It will shut down. My best requires rest.
- 2. Recharge your emotions.** You can’t keep charging without recharging. You’re going to drain your battery dead. You need to know what recharges your emotions. Quietness recharges emotions. Solitude recharges emotions. For some people, being with other people, people they love, recharges emotions. For other people, hobbies, recreation recharges emotions. Some people feel guilty when they relax. Jesus didn’t. He’s a good role model.
- 3. Refocus your spirit.** I do a spiritual tune-up. I refocus my spirit. It’s reconnecting with God. God says

you need to do that once a week in worship with other believers, at church. Resting doesn’t mean you sleep-in on Sundays... skip church, no. Your spirit needs recharging just as much as your body does. God says, don’t get disconnected. You also need private time alone with God, not just at church. You need private time with God daily. The more time you spend alone with God, the more relaxed you’re going to be.

Did you know that God WANTS you to rest and enjoy your rest? Psalm 127:2 (Mes) *“It is useless to rise up early and go to bed late and work your worried fingers to the bone. “Don’t you know that God enjoys giving rest to those He loves?”* God loves you and He wants to give you His rest today. Don’t feel guilty for resting. Sometimes the most spiritual thing you can do is take a nap! Let God restore you and rejuvenate you. He enjoys giving your rest. Your best requires rest.

Pastor Ray
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You Always Need an Emergency Fund

Dear Dave,

I’ll be retiring in the next couple of years. When I leave my job, we will have a yearly income of \$65,000 through my pension. I don’t think we need an emergency fund with such a dependable, steady income stream like that, but my wife disagrees. She says she would feel safer if we had money set aside just for the unexpected. What do you think we should do?

–Gary

Dear Gary,

A good pension can feel pretty solid, but nothing’s perfect. Nothing lasts forever. There’s always the possibility of lost income or large, unexpected expenses. What if one of you has a major medical event? Life can bite you at any time, and sometimes it will take a big financial chunk out of you. You need an

Dave Ramsey Says

emergency fund! I recommend an emergency fund of three to six months of expenses. Put it in a good money market account with check writing privileges and a decent interest rate. That way, your money will work for you a little bit. With a solid pension like you’re talking about, you could probably lean toward the three-month side, if you wanted. Honestly though, I’d save up six months of expenses—just in case. Trust me, a fully funded emergency fund will make you both feel better. Plus, it can turn a disaster into nothing more than an inconvenience! –Dave

Above and Beyond

Dear Dave,

The school system I work for puts 12 percent of my pay into a public teacher retirement fund, and they match this amount. I’ve seen where you tell people to put 15 percent of their income toward retirement. If that’s the case, should I put three percent into another retirement fund? I have no debt and very little in terms of expenses. Or, what would you think about the idea of opening another retirement account at a full 15

percent of what I make?

–Patti

Dear Patti,

I wouldn’t go as far as to pour an additional 15 percent into a different retirement plan, but I would consider putting maybe eight to 10 percent into a Roth IRA. I want you to have some money that’s separate from the school system account, just in case things go south with their retirement fund.

It sounds like you’ve got a pretty good pension plan, but you never know what might happen. I’m not predicting bad things, but at the same time there’s no way I’d lean on the school system fund as my one and only source of retirement income. You should never put all your financial eggs in one basket !– 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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from. **DELETE.** Delete emails that have no benefit or are irrelevant. **SORT.** Sort the remaining emails based on importance. You can sort by sender, or by header and it can be useful to create folders to store emails into – which makes them easier to find later. **RESPOND.** Now that you have reduced the number of emails remaining, you can read through and respond by importance – which helps you to get through your emails faster.

TIP #2) LIMIT HOW OFTEN YOU CHECK YOUR INBOX. A common pattern for many people is to constantly check and recheck their inbox, which fragments focus and can also interfere with decision making. Resist the temptation.

TIP #3) TURN OFF EMAIL NOTIFICATION. Take the time to turn off notifications and if you really need to focus on completing a task, put your cell phone in the drawer –you can check it when you are finished.

TIP #4) MAKING CLEARING YOUR INBOX A GAME. When something feels like a chore we often resist completing it. Turn responding to emails into a game. Set a timer and see if you can get through your inbox in less than 20 minutes.

TIP #5) HACK THE WAY YOU SEND EMAILS. You can also hack the way you send emails by letting a receiver know which of the following five actions they need to take. **FYI – FOR YOUR INFORMATION.** You want them to be aware of something. **SHARE/GATHER INFORMATION.** You would like them to gather their ideas. **DECIDE.** You want them to choose from a number of alternatives. **ACT.** You need them to take specific action based on the email. **MEET.** You need to meet to discuss the topic further.

Scott is an international speaker and an expert on leadership and influence who helps many of the world’s best - known brands and government agencies to mobilize their leaders and their people. If you need to check out his books and other works, go to www.scottstein.com. By hacking your approach, you can stay on top of your email, which gives you more time to focus on the important things. You can boost impact and results, and even have a little extra time for FUN! ★



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By County Supervisor Sue Frost

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

Earlier this year, Governor Newsom announced that he was going to make housing his top priority, and called for 3.5 million new homes to be built in California within six years. I believe this is a laudable top priority, and have previously written about the great need in our region for more housing. To start with, Governor Newsom wisely announced \$500 million in awards to cities and counties that meet new, short-term housing goals. I believe the enticement of these funds can propel real change, and I hope Sacramento County will win some of this money.

Unfortunately, Governor Newsom coupled this “carrot” with an extremely dangerous “stick”, in the form of withholding gas tax money from cities and counties that don’t meet the regional housing targets set by the state. This has shaken virtually the entire state, as 97% of California cities and counties (including Sacramento County) are not hitting

Citrus Heights Community Update

Holding Your Tax Dollars Hostage

their housing targets.

This plan has a fundamental flaw in logic because it ties gas tax money to production goals, when counties are only accountable for planning. We should, and do, encourage housing through the land use process, but the decision whether to build more housing comes largely from factors outside our control.

We cannot force builders to build, nor can we force financial institutions to lend the builders money.

Even when projects have been approved, lately we are seeing production slowed down because the builders cannot find enough carpenters, plumbers, electricians, etc. to do the work, in part because the state has seemingly abandoned vocational education. Too few schools have a “shop class”, and too many children have been told that college was the only route to success, when in reality jobs working in the trades can often pay more than jobs that require a college education.

Beyond that, I believe it’s wrong to threaten our gas tax road funding, especially after voters went to the polls last November and voted to keep the gas tax. I’m not sure the gas tax repeal would have failed, had voters known the funding could be taken away for something entirely out of their control.

Our roads cannot bear even a small reduction in funding. As I wrote about earlier this year, even with

the gas tax in place, the County needs an additional \$15-20 million yearly just to maintain the roads at the current level, or an additional \$50 million yearly to get them to a standard people would describe as “good.”

If Governor Newsom is serious about wanting to build 3.5 million new homes in California, beyond incentives he needs to look at the high cost of construction. It is extremely expensive for a builder in California to conform to the unique regulations contained within the California Environmental Quality Act, and the enormous California Building Code grows larger each year. These regulations are part of the reason that a home in California is 2.4 times more expensive than a comparable home in Texas.

There are potential solutions to this housing crisis, but threatening counties like Sacramento for a problem out of our control ignores the root of the problem, and is ultimately doomed to fail.

Thank you for reading – and as always, if you want to contact me call me at 916-874-5491, or e-mail me at SupervisorFrost@sacounty.net.

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



By Rich Martinson

Computers Need A Good Defense Plan!

Did you know that an unprotected computer directly connected to the internet could be attacked within just a few minutes? Hackers, viruses, and malware never sleep and can compromise your computer day or night.

Wouldn't you like to know the steps to take to protect yourself from most unwanted intrusions? Wouldn't you like

to do your banking, make purchases, and do business or have fun online with confidence that your computer and transactions will be safe?

No problem, while no protection is 100% foolproof, this “Defense Plan” lists 10 things that can put the percentages heavily in your favor and ensure your computing experience is trouble free.

Defense Plan - Checklist

Confirm that these 4 items that are already in place or are being done automatically:

1. Place computers behind a good router with NAT capability.
2. Enable the firewall within your Computer's operating system, router, and consider a dedicated firewall appliance if what you working on can attract a lot of unwanted attention.
3. Install anti-virus and antimalware software on your computers and router (if it lets you) and be sure to keep them updated regularly.
4. Keep the operating system and applications on each computer up-to-date using a schedule or automatic setting.

Be sure to do these:

5. Remove unused applications and old application versions as soon as possible.
6. Use 2 factor identification to online sites where you have accounts.

By Implementing or confirming these 10 items are in effect in your computer environment, it can provide you with the peace of mind that your system is more than reasonably safe.

Be sure to keep your environment secure by performing maintenance and

7. On the internet, keep your visits to known and secure websites (Green padlock icon and https://...).
8. Follow links from an email or web page only if a destination check matches where you expect to go. The reverse is true too! NEVER follow a link from an email or website that you don't recognize or can't confirm.

Do these to lock-down access to sensitive files from prying eyes:

9. Lock your computer when leaving it unattended and logout or turn it off at the end of the day. Password access to your system, while being a little inconvenient, is protection that ensures that it is really you sitting at the keyboard.
10. Encrypt your sensitive files.

backups regularly.

In the coming weeks we'll examine each of these 10 items more closely; covering detail that can help you understand why each item listed here is important.

Next one up is number 1: “Place Computers Behind a Good Firewall.”

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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